

NEWSBRIDGE



April 2025

Welcome to our April edition of Newsbridge 2025 and a Happy Easter to all our readers

Our Remembrance Day will be held on Thursday 17th April here in Platinum Clubhouse.

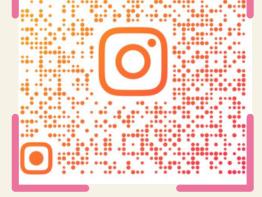
We will remember all our members who are no longer with us at a ceremony of light





Please follow our Instagram!!





April 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		1 Podcast House Meeting	2 Green Team	3 Our shared Plates NFRC Education & Employment Meeting	4 Chair Yoga	5 Closed		
6 closed	7 Policy Working Group Chair Yoga	8 Podcast House Meeting	9 Green Team Social Bingo in- House	10 Education & Employment Meeting Publications Group	11 Chair Yoga	12 Closed		
13 Closed	14 Policy Working Group Chair Yoga	15 Podcast House Meeting	16 Green Team	17 Education & Employment Meeting Publications Group	18 Chair Yoga	19 Closed		
20 Closed	21 Closed Easter Monday	22 Podcast House Meeting	23 Green Team	24 Education & Employment Meeting	25 Chair Yoga	26 Closed		
27 Closed	28 Policy Working Group Chair Yoga	29 Podcast House Meeting	30 Green Team Social- Cinema Trip					

Recipe of the Month

Espresso Chocolate Brownies

Ingredients

175g butter
175g dark chocolate
40g strong coffee powder
3 large eggs
275g caster sugar
85g plain flour
30g cocoa powder
Pinch salt
10g milk chocolate chips



Method

- 1. Preheat oven 170c
- 2. Line a 9 inch square tin
- 3. Place chocolate and butter in a glass bowl and put in the microwave for 30 seconds
- 4. Add coffee powder and leave to cool
- 5. Whisk eggs and sugar in mixing bowl until pale and thick
- 6. Pour butter & chocolate mix into the sugar & egg mix
- 7. Sieve dry ingredients into the bowl & fold in gently
- 8. Add chocolate chips
- 9. Pour into the tin
- 10. Bake for 22 to 26 minutes until top is fully baked & slightly wobbly
- 11. For best results leave in fridge & slice next day

Spring

Now that we are approaching April and the days are getting longer. I can see the flowers and blooms getting more plentiful, now we can look forward to Summer.

The calves, foals and lambs are getting stronger and they are a delight to see prancing around the fields.

Easter, and the eggs and the children hunting for them will be in this month Hopefully the weather will stay good and we have a good summer when we all hopefully visit different places and go on holidays

Joe G



Cheltenham 2025 - A great meeting for Willie Mullins and for Ireland.

Cheltenham 2025 was a great meeting for Willie Mullins and for Ireland. Willie Mullins had 10 winners and Ireland had 20 winners overall. Willie Mullins had no winners in any of the big championship races. Willie Mullins had a 100/1 winner of the Triumph Hurdle called Poniros.

Cheltenham is always a great celebration of horseracing for the people of Britain and Ireland who go to Cheltenham every year. Watching the action is always good for any body who has an interest in horseracing.

Horseracing is otherwise known as "The Sport of Kings". The four days of Cheltenham is always interesting, beca<mark>use you</mark> never know how each of the 28 races of the annual horseracing festival will go each and every single year.

A lot of people save up their money each year to the pilgrimage of the Cheltenham races. It is always a great sporting event to see which horses will win at Cheltenham The build — up to Cheltenham takes a long time for the owners, the trainers, the jockeys and the horses to get ready. Cheltenham is also described as the Olympics and the World Championship of national hunt racing.

Every owner, trainer, jockey and horse always want to have a winner at Cheltenham . Cheltenham is always an important occasion for all involved in racing every year.

Women's Appreciation Day was held @ Platinum Clubhouse on Wednesday 22nd April 2025

The day started with a grounding activity & meditation. A big thank you to the beauty therapy students who pampered us by doing our nails & hand massages.

To finish off the day we had a lovely afternoon tea in Deja Bru. The espresso brownies (on the catering page) were made especially for the day.

A big thank you to all who contributed to this day. It was a great success & enjoyed by everyone.

Sinead H & Sheena H



Pool Practice and Food in the Whitewater

On Wednesday 2nd April, whilst the ladies had their apprecitation day, the lads went to practice for the pool competition. We have decided to start our practice early to get ready for the tournament trophy that Platinum Clubhouse last won in August of 2023

A great day was had by the lads of the Platinum Clubhouse Pool Team. The day came to a great end when all the lads had food after playing pool in Sharks Pool Hall

An enjoyable day was had by all the gentlemen and a great laugh was had by all. I am so very looking forward to the next pool social.

Jim B



Picnic in the Park

Zoe our student from Carlow College, organised a 4 week long walk from 12.00 - 13.00 to the Linear Park. A beautiful setting with nature, a river and seats. At the end of the 4 week long walk, we had a picnic.

Sandwiches, drinks and suntan oil organised by the kitchen. We had music and a dance. The weather was great. Michael B won the walking steps and got a water bottle flask and a t-shirt. Zoe got us fit and well. We will continue without Zoe & her kind expertise and encouragement.





WORDSEARCH



Words beginning with L

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Lady, Lake, Lame, Lane, Last, Late, Lead, Leaf, Leak, Lean, Lent, Less, Lick, Lift, Like, Line, List, Live, Load, Lock, Loan, Lone, Loss, Lost, Lucy, Ludo, Lump, Lung, Lush, Lust