

THE PHOENIX

Lakers Social & Recreational Club Newsletter

The Old School House, Eglington Rd. Bray. Co. Wicklow
Phone: 01 2022694, Email: info@lakers.ie
www.lakers.ie

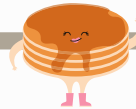
FEB
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My Favourite Class

by Sophie O'Connell

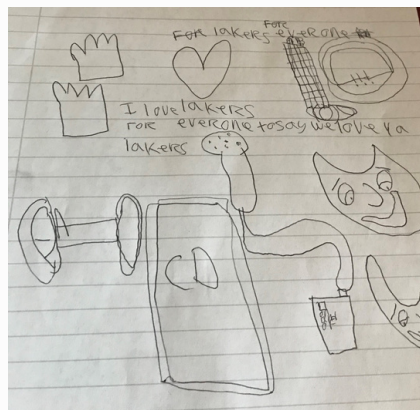
Niamh's class is awesome, I like that I can see what to do and I can copy her. I also love seeing my friends cooking at the same time. At home I like making chocolate cake and sushi with my sister. When I'm older I would like to have my own restaurant.



What I do in Lockdown to Stay Busy

Written by Matthew Davis

During Lockdown I walk every night. I made a book for my girlfriend. I watched a movie called Dolittle. I also play darts.



My favourite classes are music, song and dance, and strength training.

I am trying new online classes. I like to see my friends on them and catch up with them.

In this Issue

February Timetable
Book Your Classes

Pancake Tuesday
Recipes

Find Penny Pancake
on Every Page






Lakers News

Make your own
Valentines Cards

Online Links for Kids

Mental Health &
Support Links

Lakers Online Timetable – February

Register for classes using Lakers Community or emailing info@lakers.ie		Term 6 Zoom classes 8th February –6th March		LAKERS		Facebook Live with Graham Thursday's 9.30am-10.30am
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	 <p>LAKERS</p>  <p>#HOLDFIRM 4 week term Blue squares- 3 weeks</p>
Dance with Lisa 11am-12pm 8th Feb– 1st Mar (€20)	Yoga and Flexibility with Graham 10am-11pm 9th Feb– 2nd Mar (€20)	Fitness with Graham 10am-11am 10th Feb– 3rd Mar (€20)	Dance with Lisa 11am-12pm 11th Feb– 4th Mar (€20)	Breakfast Club with Lisa 9.30am-10.30am 12th Feb– 5th Mar (€20)	Senior Get-together with Hannah 10am-11am 13th Feb-6th Mar (€20)	
Strength Training with Graham 12.30pm-1.30pm 8th Feb– 1st Mar (€20)	Adult Music with Nadia 11am-12pm 9th Feb– 2nd Mar (€20)	Performance Song and Dance with Lisa 11am-12pm 10th Feb– 3rd Mar (€20)	Adult Music and Movement with Nadia 12pm-1pm 11th Feb– 25th Feb (€15)	Music with Graham 11am-12pm 12th Feb– 5th Mar (€20)	U18 Club with Hannah 11.30am-12.30pm 13th Feb-6th Mar (€20)	
Adult Music with Nadia 2.30pm-3.30pm 8th Feb– 1st Mar (€20)	Relaxation with Lisa 2pm-3pm 9th Feb– 2nd Mar (€20)	Senior Art with Christine 12pm-1pm 10th Feb– 3rd Mar (€20)	Get-together with Graham 2pm-3pm 11th Feb– 4th Mar (€20)	Healthy Eating and Lifestyle with Niamh 12pm-1pm 12th Feb– 5th Mar (€20)		
Art with Christine 3pm-4pm 8th Feb– 1st Mar (€20)	Adult Get-together with Graham 2pm-3pm 9th Feb– 2nd Mar (€20)	U18 Art with Christine 3pm-4pm 10th Feb– 3rd Mar (€20)	Drumming Circle with Nadia all ages 3pm-4pm 11th Feb– 25th Feb (€15)	Strength Training with Graham 2pm-3pm 12th Feb– 5th Mar (€20)		
U18 Music with Graham 3pm-4pm 8th Feb– 1st Mar (€20)	U18 Music Nadia 3.30pm-4.30pm 9th Feb– 2nd Mar (€20)	U18 Dance with Lisa 4pm-5pm 10th Feb– 3rd Mar (€20)	Cookery Junior and Senior with Niamh 4pm-5pm 11th Feb– 4th Mar (€20)	Relaxation with Lisa 3pm-4pm 12th Feb– 5th Mar (€20)		
U18 Fun with Lisa 4pm-5pm 8th Feb– 1st Mar (€20)	Adult Quiz with Lisa 4pm-5pm 9th Feb– 2nd Mar (€20)	U18 Music with Graham 4pm-5pm 10th Feb– 3rd Mar (€20)	U18 Games with Graham 4pm-5pm 11th Feb– 4th Mar (€20)			
						

Have you signed up for Term 6?

There are still plenty of places available. This term will run from the 8th February to the 6th March. To book a place please use the Lakers community <https://lakers.ie/book-a-class/> or email info@lakers.ie with members name and each class selection. If you have any questions please contact helen.furlong@lakers.ie or call 01 2022694



The Lakers show is back!

But because we are still living with Covid-19 restrictions, the best way to have the show this year is online. Members that sign up for the show will make videos of themselves singing, dancing or playing an instrument. Members can also send in photos of art work they have made. Nadia and Sandra will put all the videos and photos together and share it in a Zoom Online Show! We hope some of you might be interested in taking part! To find out more click <https://lakers.ie/lakers-arts-showcase-online-show/> or call Nadia on 0867860100

Pancake Recipe 2 Ways

Traditional Style Pancakes



Ingredients

125g/4oz Cream Plain
Flour
Pinch of Salt
1 Egg
300ml/½pt Milk
Oil for frying



Method

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.
2. Pour the milk mixture into the flour mixture and, using a fork or whisk, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a non-stick frying pan over a medium heat and add a knob of butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm (½in) thick.
4. Repeat until all the batter is used up. You can keep the pancakes warm in a low oven, but they taste best fresh out of the pan.
5. Serve with lashings of real maple syrup and extra butter, or chocolate spread if you like. Or a savoury option of crispy bacon and maple syrup.

American Style Pancakes



Ingredients

135g/4¾oz plain flour
1 tsp baking powder
½ tsp salt
2 Tbsp caster sugar
130ml/4½fl oz milk
1 large egg, lightly beaten
2 tbsp melted butter
(allowed to cool slightly)
or olive oil, plus extra for
cooking



Method

1. Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl or jug, lightly whisk together the milk and egg, then whisk in the melted butter.
2. Pour the milk mixture into the flour mixture and, using a fork or whisk, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
3. Heat a non-stick frying pan over a medium heat and add a knob of butter. When it's melted, add a ladle of batter (or two if your frying pan is big enough to cook two pancakes at the same time). It will seem very thick but this is how it should be. Wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen to about 1cm (½in) thick.
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MORE NEWS



SPECIAL OLYMPICS

Did you know Special Olympics Ireland are now holding Virtual Competitions! Try out a new sport or develop your existing skills. From Football, Gymnastics, Athletics and their Mobility training programme. Register by February 12th.

See Lakers Website for more details

<https://lakers.ie/special-olympics-ireland-update/>

MANDYS MILLION STEPS – JOIN OUR TEAM

Mandy Finlay is one of our members she is 47, she has Downs Syndrome, and she is a legend. Mandy has walked over 1 million steps, to raise funds for Lakers and she is still going. Not only did she manage to reach her goal but also lost an amazing 3.5 stone!

If you want to get fit, reach a goal, and feel great you can now join our "Mandys Million Steps Team", You can take up the million steps challenge, as a family, a team or solo. Its up to you how you reach your goal . **Click the photo for more info**

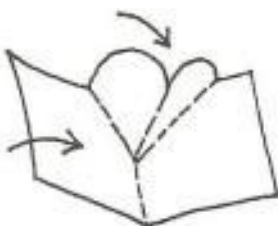


POEM ACTIVITY – FIND OUT MORE ON OUR BLOG

Check out the new blog on our website! It takes a look at the natural world and features different types of creative activities. Each blog will also have a "Photo Opportunity" section for members to send in their pictures. You will find it under "[News](#)" on our website. The next blog is due on the 15th of February and it will have a poetry writing activity in it! To see last week's blog [Click Here](#)


POP-UP VALENTINE CARD

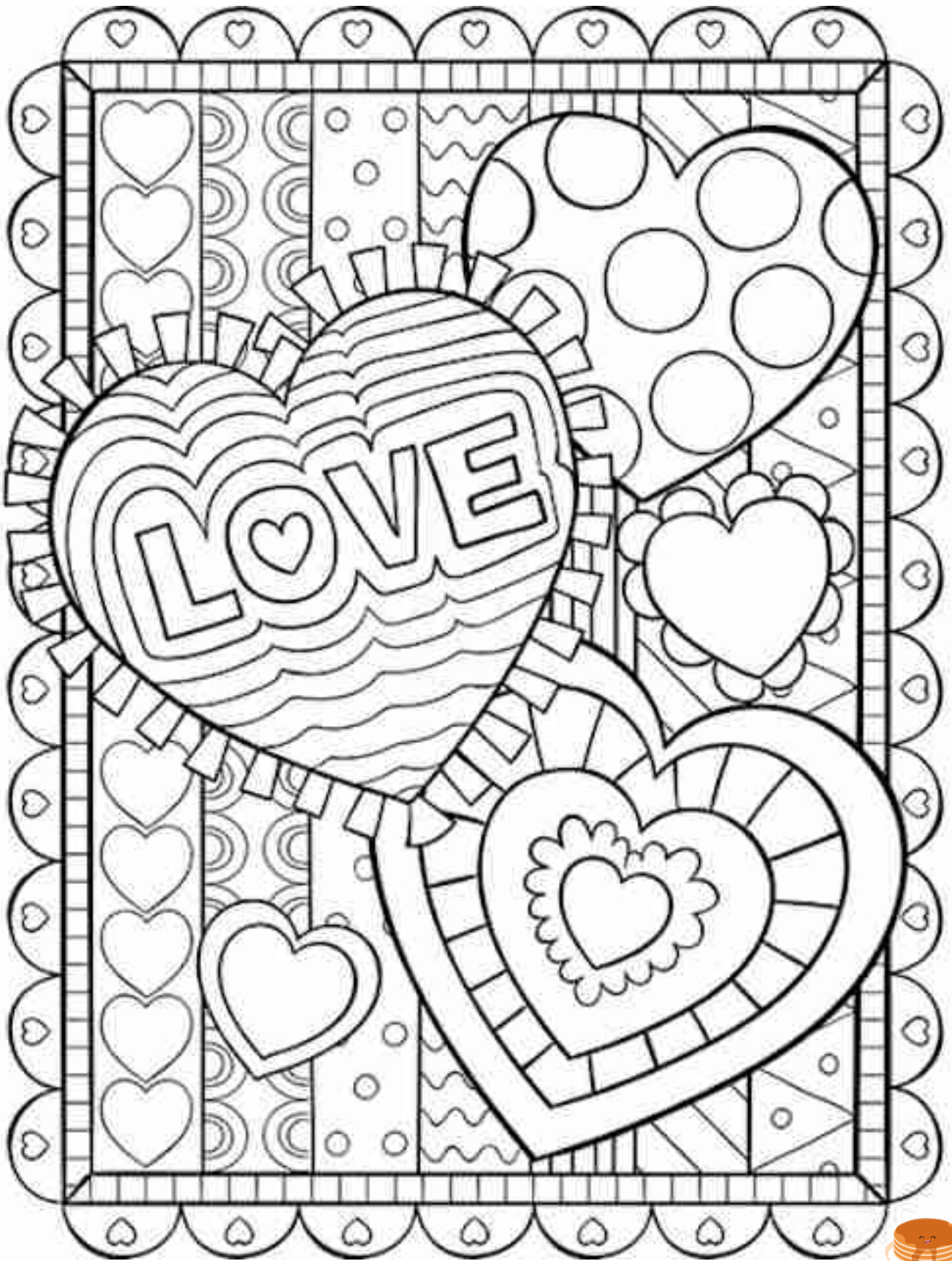
1. Cut out the card.
2. Fold along the dotted lines.
3. Color the heart red.
4. Write a message inside the card and decorate the card with crayons or markers.



Events & Fun Online

For Kids and Big Kids

1. **STRETCH** Yoga for Children with Autism/ Additional Needs. The yoga classes are free and run from 20th January to 20th February in association with DunLaoghaire Rathdown Libraries. Suited for children 8-12 years old. <https://www.eventbrite.ie/e/yoga-for-children-with-autism-with-tanja-thomas-tickets-137395161627>
2. **EARLY YEARS LEARNING** : With Down Syndrome Ireland. If you haven't seen it already. Down Syndrome Ireland have been running Early Years lessons online. They are all available on youtube and we are delighted to share this brilliant series of videos that Early Years Specialist Olive Buckeridge has produced. Here is one of her first that focuses on numbers and colours <https://www.youtube.com/watch?v=OSm1WwNt5uA>
3. **MAKE A MACHINE** Engineering Ireland are running an online Engineering Festival with lots of STEM activities for children. To sign up for their newsletter and find out about events see: <https://www.engineersireland.ie/Schools/Engineers-Week/Parents-and-Guardians>
4. **HISTORY & CRAFT** To celebrate St. Brigid's Day, Richmond Barrack's Historian for children, Dervilia Roche will be hosting a history workshop for children aged 9-12. Explore the fact, fiction and folklore of Brigid as a goddess and saint during this hour-long workshop. Your kids will also learn about her life and the traditions associated with her, including how to make a St. Brigid's Day cross. <https://richmondbarracks.ticketsolve.com/shows/1173606976>
5. **DANCE** Aim High Dance Academy is offering 29 free online dance classes to help you get through the lockdown period. From ballet to street dance, musical theatre to drama time, there's something for everyone! Sign up now before it ends! 
6. **ART COMPETITION** Lidl are getting new sustainable bags, and they are looking for your help designing them. Enter your design for the new Lidl Bag and you could be in with a chance of winning a €500 Lidl Voucher. For more info see their website <https://www.lidl.ie/shopping-bags>
7. **LEARN ABOUT THE OCEAN** Every Friday, with the The National Aquarium. Who are hosting online lessons about the Sea until the 28th of February. Lessons will also be available on Youtube. The first one is called "Deep Science" and will giving you lots of undersea facts and even some experiments to do ! See [National Marine Aquarium's website.](#) for more info





Looking After Your Mental Health Advice Tools & Support Links

Mental Health Ireland have a really good podcast series. They cover everything from loneliness, to sleeping better, building resilience, and even coping with technology. All you have to do is pop the ear phones in and listen to some helpful relaxing tools and advice to get you through those tougher days. [Check it out HERE](#)

Honest Guys Youtube Meditation – Listen and sleep. These guys are not your run of the mill hippy dippy meditation videos. Their voices sooth you and are a really good tool for relaxation, and just focusing on your breathing. If your mind is racing, these guys will help you to breath and find a bit of peace. [Click here to hear their deep relaxation video](#)

Carer / Guardian Support Links & Events

Find Support, join a network, get some advice, find a place to relax. Here are some handy links to get you through some of those tougher days.

Minding your families Health During Covid 19

Prof John Sharry is a social worker and family psychotherapist with over 27 year's experience as a child and adolescent mental health professional. John is the weekly parenting columnist for The Irish Times and a regular contributor to the national media. February 9th @ 19:00

Register / [Find out more here for Free](#)

ADHD Support Session – Supporting Children with ADHD

In these precarious times we understand families will face many challeges @staying at Home', especially if you have a child with ADHD. We would like to invite you to our online video session to discuss concerns, issues and your experiences of ADHD in your home life.

Times: 7pm-8pm [Register for Free!](#)

Family Carers Ireland offer online events to support Carers at home including Coffee Club, Exercise, Mindfulness, Knit and Natter, watercolour painting, and Relaxation. You can check out their online event timetable [HERE](#). All events are free for carers and run through zoom. <https://familycarers.ie/events>

You can also ask to join their family carer/ [carer support Facebook Group](#). All are welcome

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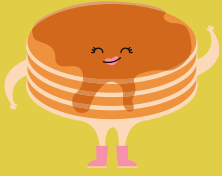


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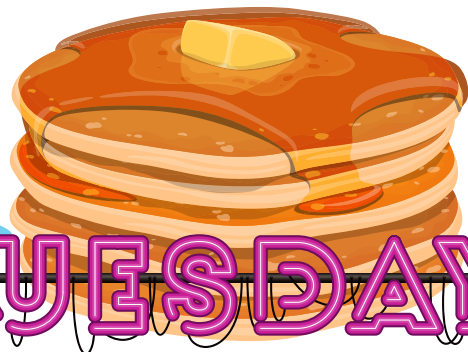
www.lakers.ie



HAPPY
Valentine's
DAY

&

enjoy!



TUESDAY



LAKERS

Thank you to all the members and staff & our Subeditor Marian O'Rourke for your work on this newsletter. If you would like to write an article, draw a picture or send in a photo for our next newsletter please email info@lakers.ie or kathy.baker@lakers.ie