

## Lakers Galway Weekend Away

### With Cathal McKiernan - Member

My name is Cathal McKiernan and I am 20 years old. I go to SHS Student Learning Centre in Bray. I joined Bray Lakers last year and go to football on Mondays and swimming on Fridays.



I went on my first Lakers weekend away in February to Galway and really enjoyed it. My mum and dad came with me. We stayed in the Galway Bay Hotel which was really nice. It was great to be away with people that I know some were from SHS, some from football and some from swimming.

I went to the swimming pool and had a sauna. On Saturday night we all had dinner together, we sat at a big table and met some new people which was great. We went to the bar and had some fun. I enjoyed the breakfasts - choosing what I wanted to eat. I really enjoyed my weekend away with Lakers and hope we can go again next year.

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Cally the Caterpillar  
is hiding  
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see if you can find her





## Class Focus – Athletics

### With Lisa O'Brien - Instructor

Our athletics gang have been training hard and fast behind the scenes the last few weeks. They are preparing for their first competition in 2 or 3 years, and they are so excited to compete. The guys do a 400m lap to get warmed up and loosen up their bodies, they then do a full warm-up following different exercises where Lisa coaches them. After some stretches and mobility work they do reaction drills (Lisa likes to make sure that they are fully awake !)



As the competition is coming up soon, the pressure is on to get accurate scores from the members, so each week they are recorded doing their track and field events. This is hard work for them but they are enjoying the good weather that is slowly coming around.

Athletics training isn't just about work, friendships develop on the track and there is a lot of fun and laughs throughout each session. The guys learn to support and encourage each other and respect is earned and given to their team mates when they win, - and more importantly when they lose.



### Bocce Champions bring home Medals & Ribbons

Congratulations & Well done to our Bocce Winners who received accolades & medals at last weekends Special Olympics Bocce Advancement Competitions. Luke Campion (Gold), Ciara Fagan (Silver), Ciara Garvey (Bronze), Nathan Philips (Bronze). Ann Edwards (Bronze), Siobhan Moloney (Gold), Mary Foley (Silver), & Nigel Phillips who received a 4th place Ribbon



# Lakers Wins the Spirit Award at the St. Patricks Parade in Bray





## March in The Garden – Blog Excerpt

with Niamh Ni Ghrainne - Instructor

It might be spring, but the weather can still be unpredictable. There is an old farmer's saying about the weather in March if it "comes in like a lamb, it goes out like a lion" and conversely if it "comes in like a lion it goes out like a lamb" – and the beginning of March was quite mixed this year, so I'm not so sure how it will be at the end of the month! But certainly in the middle we have had some beautiful sunshine and allowed me to get ahead with some seed planting and planting some spring bedding plants.

There are also lots of other jobs we can be doing to prepare for all the outdoor sowing to come. I got myself a little greenhouse last year to go on my deck, but it was still a bit stormy so I put it inside my kitchen door so it is safe but still getting plenty of warmth to germinate my seeds (my kitchen is now a bit smaller!! But it will only be for a couple of weeks). That worked so well last year, it is back again!

Since my last blog, I have planted plenty more seeds. This time a lot of them are flowers, but I have also planted more vegetables. If you plant seeds for the same plants a couple of weeks apart then you can ensure plants at different stages of growth and they should produce their fruits or flowers across a longer period (well, in theory anyway).

You can read the rest of Niamh's blog at [www.lakers.ie/news](http://www.lakers.ie/news)



## Lakers Card Makers – Receive Social Enterprise Grant

Did you know Lakers has its very own Social Enterprise? Lakers employs 3 of our talented members part time to create beautiful hand crafted cards.

These cards are a testament to the hard work and skill of our members. Each unique card is beautifully designed and decorated with care and attention by our members.

Lakers recently received a Social Enterprise Capital Grant from Wicklow County Council. The grant supports our card making enterprise to rebrand, restock supplies and displays and create a new website for our card making enterprise. We have some great plans for our cards so watch this space!

**We have a great variety of these beautiful cards in stock & on sale, visit [www.lakers.ie/shop](http://www.lakers.ie/shop) or call in to Lakers to pick up some of these amazing cards.**





# Lakers Easter Fun Days

## Adult Easter Fun Days 19th April– 22nd April



Tuesday 19th 10am-3pm €25	Wednesday 20th 10am-3pm €20	Thursday 21st 10am-3pm €20	Friday 22nd 10am-1pm €10
10am—Outing (all day)	AM– Talent Show PM– Music + Art	AM– Marley Park PM– Cinema	AM–Music + Baking

## U18 Easter Fun Days 19th April– 22nd April



Tuesday 19th 11am-4pm €20	Wednesday 20th 11am-4pm €20	Thursday 21st 11am-4pm €20	Friday 22nd 2pm-4pm €15
AM– Cookery + Art PM– Bowling Bray Bowl	AM– Marley Park PM– Cinema	AM– Baking + Glee Club PM– Fun and Games	2PM– Bouncy Castle Fun

You can book as many days as you like.  
We will accomodate as many people as we can  
To book your days contact [info@lakers.ie](mailto:info@lakers.ie), call 01 2022694 or  
log in to the members community.





# NEWS & EVENTS

## Members help to Launch Lakers VHI Women's Mini Marathon Team

Who better to inspire the public to take part in a run than some of our fabulous sporting ladies from Lakers. Megan, Sara, Rebecha, Janet, Isabelle, Sophie and Lisa had their photos taken for our promotional campaigns and are helping to recruit runners for this year's VHI Women's Mini Marathon, - Thank you Ladies! Will you join us?



From left to right: Megan, Sara, Rebecha, Janet, Isabelle, Sophie and Lisa

Lakers is calling on all the ladies (or men willing to wear skirts) to run, jog or walk in this year's VHI Womens Mini Marathon on July 5th. The first 20 to join our team will receive free entry, t-shirt, transport and a post run BBQ. We have 10 places left for this amazing day. Funds will go towards junior & teen activities, & our respite weekend. To find out more or to register call Kathy on **012022694** or email [fundraising@lakers.ie](mailto:fundraising@lakers.ie). You can also register on [www.lakers.ie/events](http://www.lakers.ie/events)

## LAKERS EASTER LOTTO & RAFFLE 15TH APRIL

LINES ARE JUST €2  
OR 3 LINES FOR €5

**JACKPOT NOW  
€1979**

**+ 3 EASTER HAMPERS**

**[WWW.LAKERS.IE/LOTTO](http://WWW.LAKERS.IE/LOTTO)**

LAKERS IS A REGISTERED CHARITY RCN: 20051907

Buy 3 Lines for €5 or buy a line for €2  
at Lakers. Draw takes place April  
15th. Visit [www.lakers.ie/lotto](http://www.lakers.ie/lotto)



## VOLUNTEERS NEEDED

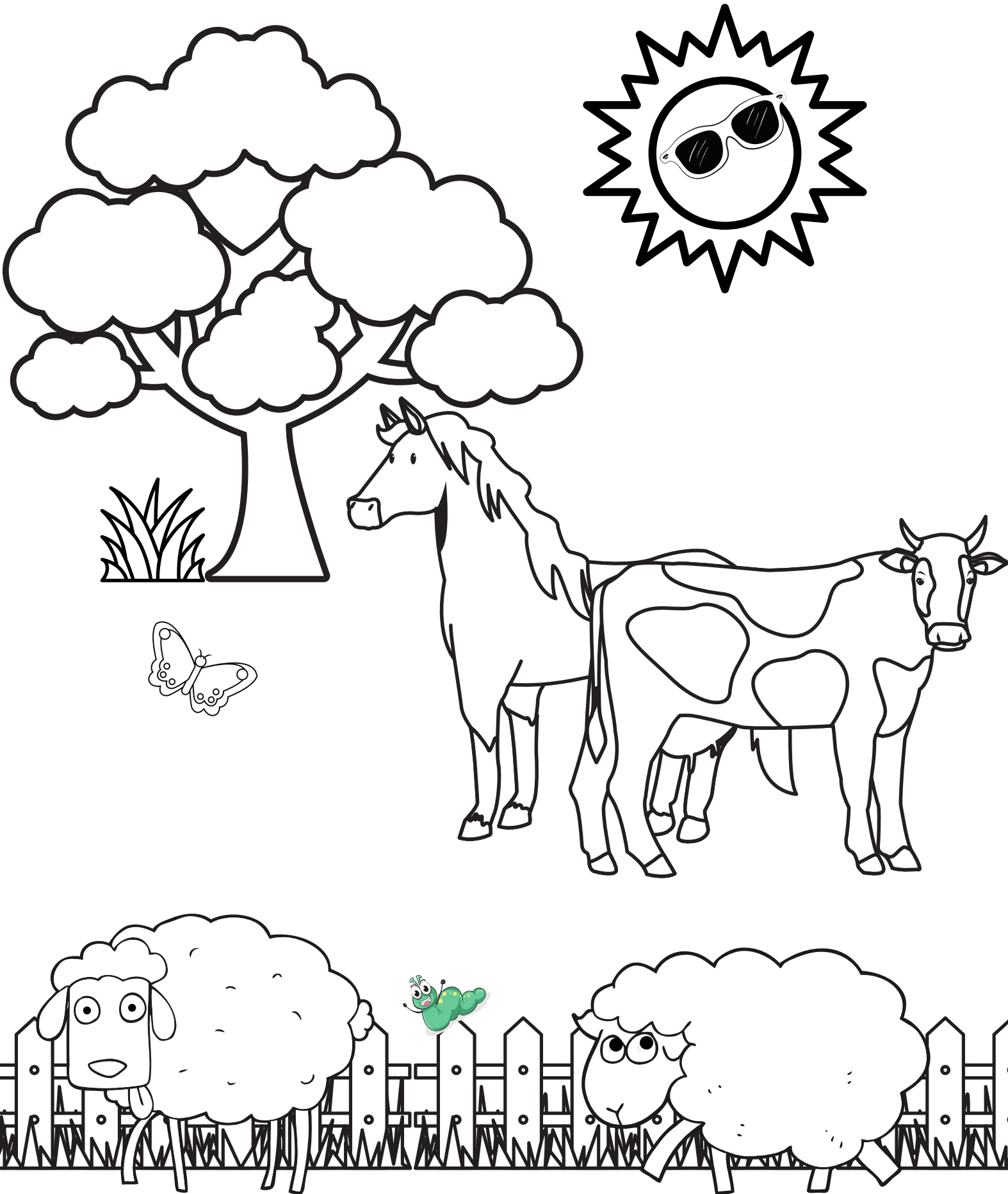
- BASKETBALL
- BADMINTON
- BOWLING
- COOKERY
- DRUMMING
- FUNDRAISING EVENTS

**Can you spare just  
1 hr a week ?**

**Call us at 01 2022694  
email [mark@lakers.ie](mailto:mark@lakers.ie)  
Looking forward to your help!  
[www.lakers.ie/volunteering](http://www.lakers.ie/volunteering)**



# GET COLOURING





# Spring Nature Hunt

Explore your garden or local park and tick off the pictures as you find them



☐ A leaf with smooth edges



☐ A flower with 6 or more petals



☐ A plant that has feathery leaves



Stay really quiet. Look around you, how many birds can you count? Do you know any of their names?



☐ A bee



☐ A leaf divided into smaller leaves



☐ A yellow flower



☐ A flower that insects like



☐ A plant that smells nice



☐ A leaf bud that is about to open



☐ A spider web



☐ A snail



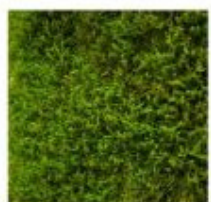
☐ A plant that likes shade



☐ A tree smaller than yourself



☐ A woodlouse  
hint: they live under old rotting wood and stones



☐ Moss



☐ A tree taller than yourself



☐ A butterfly



☐ A daisy





# Spring Newsletter



Lakers Social & Recreational Club

The Old School House, Eglington Rd. Bray. Co. Wicklow

Phone: 01 2022694, Email: [info@lakers.ie](mailto:info@lakers.ie)

[www.lakers.ie](http://www.lakers.ie)

RCN 20051907



*Thank you  
for  
supporting  
our club!*



Thank you to all the members and staff & our Sub-Editor 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](mailto:info@lakers.ie) or [kathy.baker@lakers.ie](mailto:kathy.baker@lakers.ie)