




St Patrick's Day Parade in Swords

# The Doo-lots Guardian

March – May 2011 


Hi from all at St Doolagh's. Well, this year is flying by and we are well into April already. Easter will be great fun at St Doolaghs with lots of great things planned. The weather has started to warm up so we can happily wave in the long evenings and start to get ready for summer. That means more fun outings, music, gardening, fitness and much, much more. We are looking forward to the warmer weather and sunny evenings ahead. 

*Ciara*




James knows not to argue with a leprechaun driving an army tank




Ayesha and Debbie enjoying our bird's eye view 



The parade in full swing 



Aiden meets his wartime sweetheart 1 

## The Legend of St Bridget

Many legends are attributed to St Bridget but she will be remembered for her extraordinary spirituality, her boundless charity and compassion for those in distress. One of the legends tells us about Bridget as she sat with her dying father, she was meditating and began weaving a cross made from rushes. Her dying father asked Bridget to explain the cross and its meaning.

Prior to his death her father joined the church and was baptized by St Patrick. Today St Bridget's cross is placed in people's homes and farm buildings believing that with their faith it will protect them and their livestock from evil and deprivation.



Maureen's hand of experience



There's definitely a knack to it



Ayesha and Teresa at work



Over and under over and under and its done



## Green Things A-growing

It's gardening time and time to get out and start to put some seeds in the ground . Here's John and Raymond putting their backs into it. Lots to be done with ambitious plans a foot. We are going to plant potatoes Kerr Pinks and Records which will be available in a few months. We are also creating accessible raised beds so we can grow lettuces of different varieties, mini turnips, parsley, carrots etc. We have lots to learn but we are ready willing and able so at least we can have our own green shoots.

# Why Phil Lynott was the Greatest

By John O'Neill

with assistance from Karen



Phil Lynott was the lead singer and bass player with Thin Lizzy. He played a Marshall double bass guitar. My favourite songs include Sarah which he wrote for his daughter Sarah, Jail break, Whiskey in the Jar-O, Bad Reputation, Killer on the Loose, Rosalin and China Town. I saw Thin Lizzy in Slane Castle in 1985 on the river Boyle, it was a fantastic concert. We went to see his anniversary exhibition in St Stephens Green and it was great to see his guitar and his personal stuff. I don't know why I love Thin Lizzy and Phil Lynott, I love his music and he should have looked after himself better.



John and his hero Phil Lynott



Anthony enjoying a concert photo



Tony viewing the many many records to see



Louise beside a new drawing of Phil Lynott

The gang all together



## Spring time is Céilí Time

What better way is there for celebrating spring than kicking up your heels at a good old Céilí? We were delighted to welcome in Clare and Mairead recently and Karen and Colin joined in on the bodhran and guitar. It was great to feel the energy and fast beat of the music and everyone had a fantastic time.



Thomas kicking up his heels



St Doolagh's Ceili Band



Rachel & Ayesha



Karen & Colin



Teresa enjoying the craic



Our guest musicians



A right 'ole hoolie

## GYM TIME – FUN TIME

Nothing beats the feeling of a good workout. Here are Debbie and Louise pictured doing their daily work out in St Doolagh's Gym on the rowing machine and the exercise bike. Keep up the great work girls, you're an inspiration every day !

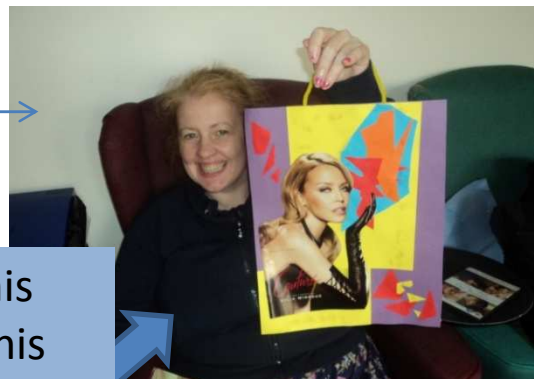




More musical fun in the activity room with CraftZone and pals  
Rumba Rumba



Art time in the activities room. Interesting results from colour patterns



From this comes this

Kylie's No. 1 fan



Good fun too!

Slí Na Sláinte guess the distance competition.

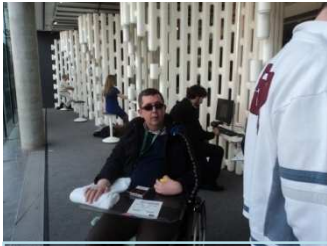
Make sure to join in the **Slí Na Sláinte** guess the distance competition. To mark the launch of our very own indoor and outdoor **Slí Na Sláinte** we will be asking everyone to guess the distance in meters to Main Gate, Campions Pub, and a loop of the top floor of St Doolaghs. Winners will be announced on launch day. We will be announcing that date soon. **Watch this space.**



Outing to The Memory Exhibition at the Science Gallery in April



Kathryn proving why she's the apple of our eyes



Saoirse getting familiar with his surroundings

John got the window seat



Here's Claire Doherty our art therapist with some of her class. We have concluded our first round of art therapy and look forward to her return in a few months.



Announcement: We will have mass with Fr Briscow on the first Wednesday of every month from now on at 2.30. We will continue to have mass with Rev. Gamble on the 3<sup>rd</sup> wed of every month at 2.00



Don't forget, after Easter we will be starting weekly Calligraphy classes in the art room – all welcome