



Older People Active Lives

REACH



For comments, articles & info contact your Organiser or opalreach@opalservices.org.uk

#GIVING TUESDAY

Following on from 'Black Friday', the 1st December has been named as 'Giving Tuesday' - set up to be a day of 'global giving', a way for us to give back to those who need our support. Staying close to home, if you would like to donate or help raise funds for OPAL, there are three ways to do so.



Just Giving—for a one off donation visit our website www.opalservices.org.uk



Buy the OPAL calendar - pre orders are now being taken for our amazing 2021 Calendars. Originally produced as a special gift for our club members - who will each receive one as part of their goody bags w/c December 7th - we feel these are too good not to share far and wide. Our fabulous volunteers have been sending us their best photos of Cheshire West and Chester and the calendar is full of photos of our beautiful County throughout the seasons. To pre order visit

<https://opal.sumup.link/> or contact your organiser.

Please note all members and services users at OPAL will receive a complimentary calendar in the next activity pack delivery.

Send OPAL Christmas Cards - sending an electronic card is quick and simple and we have put together some of the beautiful winter photos we were sent for the calendar and turned them into Christmas cards. For more information visit <https://www.dontsendmeacard.com/charities/PAOL>



BLAST FROM THE PAST - 47 YEARS AGO (1973)

- US Senate votes by 92 to 3 to confirm Gerald Ford as Vice President.
- Unemployment in the UK reached a low of 3.4%; it went no lower for 40 years.
- The world's highest flying bird is proven to be the Ruppell's griffon, a vulture indigenous to central Africa.
- Australia grants self-government to Papua New Guinea.

STRICTLY BLACKPOOL VARIETY!

It is autumn and Strictly Come Dancing has returned to our screens. It has been a family favourite since 2004, but this year it has had to be adapted, with all group dances filmed in advance, and each couple is in a bubble and away from family and friends. Last week would have been Blackpool weekend and everyone was saddened that they were not able to dance in the fantastic Tower Ballroom.

However, this year's Royal Variety Performance is coming from Blackpool – from the Blackpool Opera House. Many of the acts will be “virtual”, and include legendary fundraiser Captain Sir Tom Moore singing with Michael Ball. But ITV, who will screen the show in December, hope “we can take people’s minds off things and do what us Brits do best; have a laugh.”

Blackpool hosted the first Royal Variety Performance outside London – in 1955. This picture shows Her Majesty the Queen (patron of the Royal Variety Charity) meeting Arthur Askey. Also on the bill was Reginald Dixon, with his theme tune “I Do Like to be Beside The Seaside”, Tower Circus clown Charlie Cairoli, George Formby, American star Eddie Fisher and a couple of young comedians called Morecambe and Wise!



Scam Alert!

If you receive a **Winter Fuel Allowance**, don't give your bank details to callers wanting you to confirm your bank details prior to payment - it is a scam. Call Action Fraud helpline on 0300 123 2040 for more information.

What's On?



Live UK Championship Snooker, Saturday 28th November, 1.15pm, BBC 1
Christmas at Chatsworth House, Monday 30th November, 8.00pm, C4

Quizzical

MATCH THE DANCE TO THE DEFINITION...

- | | |
|-------------------|--|
| 1) The Waltz | a) this dance tells the story of a bullfight |
| 2) The Pasa Doble | b) originating in the USA in 1920s it became popular in the UK in WWII |
| 3) The Tango | c) Has a syncopated 4/4 time and is difficult to master |
| 4) The Jive | d) It originated in the suburbs of Vienna in 18th Century |
| 5) The Foxtrot | e) Originally a South American courting dance |

LAST WEEK'S ANSWERS : 1)nest 2)blessed 3)crest 4)breast 5)jest 6) stressed 7)west 8)zest 9)guest 10) quest 11)arrest 12)test

In the spotlight....

MAUREEN FROM KELSALL

Where were you born?

I was born at home in Birkenhead.

What is your earliest memory?

My earliest memory is being woken as I was carried to the Anderson shelter in the middle of the night as the bombs fell on the nearby docks.

Where is one of your favourite places to visit?

I like many places - particularly Rome for its history, which is my first love, and the Southern States of America particularly the area around the Mississippi which is the most spectacular stretch of water imaginable.

Who makes you laugh?

My grandchildren make me laugh as do lots of my friends but thinking of people who are paid to entertain I have to say Dave Allen & Victoria Wood (with a nod to Ken Dodd and Ronnie Barker)

Tell us something we might not know about you.

In my barmy past as well as being a Morris Dancer and a Black Belt in Jujitsu I was a bell ringer and rang the bells at Chester Cathedral once.

Did you have a career and, if so, what did you do?

I taught A level History and latterly A level & GCSE Business Studies.

Which OPAL service do you volunteer for?

I volunteer for OPAL where I teach Seated Exercise officially known as Movement to Music, more accurately described as Time to Laugh. I have always loved teaching and my present "students" are a joy to be with.

Do you have a favourite quote or poem?

I have a soft spot for the Lays of Ancient Rome. As a quote 'to thine own self be true and it must follow as the night does the day thou cannot then be false to any man.'



Kindly printed by  **FARRALLSGROUP** Think about me, not my age