



Older People Active Lives

# BREAKTIME

Issue 2: August 2022



The Queen's Award  
for Voluntary Service

Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL! We've got some more brain-teasers, some useful information and the list of OPAL carers events for August. We look forward to seeing you out and about at one of our social meet-ups soon!

*Joy, Maria & Joanne*

## Quick Quiz: It Happened In August...

- 1) Which famous film star and blonde bombshell died in August 1962 aged 36?
- 2) Which popular soft drink first arrived in the UK in August 1900?
- 3) What is the name of the highest mountain in Western Europe, first climbed in August 1786?
- 4) Which famous explorer set sail from Spain with three ships in August 1492, seeking a westerly route to the Far East?
- 5) In August 1974, which American President became the first and only to resign whilst in office?
- 6) Name the film starring Humphrey Bogart and Lauren Bacall which premiered in August 1946?
- 7) Which famous jazz trumpeter was born on 4th August 1901?
- 8) Which Beatles song was released in August 1968, becoming one of the biggest hits of all time?



## Meet and Make Group

From September, the Grosvenor Museum in Chester will be continuing with their 'Meet and Make' group, a vibrant dementia inclusive group for older people, their families and carers. Sessions include art and craft, handling the museum collections, reminiscence films and much more. The group will run every other Monday afternoon and booking is essential. If you are interested in taking part, please contact Virginia Kettle at West Cheshire Museums on 01244 972197 and she will be happy to help!

## Anagrams

Change the word **cheater** into a job

Change the word **super** into something you keep money in

Change the word **disease** into a place to go on holiday

## Share Your Ideas!

At OPAL, we are always on the look out for new places to visit or interesting activities to try out with our lovely group of carers. If you have an idea that others might enjoy too, or somewhere in mind you would like to go, please tell us, even if it seems a bit unusual. From boat trips to bee keeping, garden centres to Grenadier Guards, we'll give most things a go! Have a chat to Joy, Joanne or Maria and we might be able to make it happen...

# OPAL Breaktime Plus Activities August 2022

Tuesday 2nd August	Blakemere Village Coffee Bar CW8 2EB	10.30 to 12.30	Enjoy your morning coffee in the café, have a chat and then a potter around the shops
Thursday 4th August	Deeside Ramblers Hockey Club, Tiverton CW6 9NA	10.30 to 12	A relaxed cup of tea and some musical entertainment with the Tarporley OPAL Club
Tuesday 9th August	Bellis Brothers, Holt LL3 9EU	10.30 to 12.30	Morning coffee and a walk around the garden centre
Wednesday 10th August	Oakmere Alpacas WA6 8LF	12.30 to 2.30	Spot some alpacas over lunch at the Chilli Bean Cafe
Wednesday 17th August	Seated Exercise at Kelsall Methodist Hall CW6 0QS	1.30 to 3pm	A gentle introduction to Tai Chi for beginners
Tuesday 23rd August	Tarporley Garden Centre CW6 9EE	10.30 to 12.30	Coffee and a natter in the Gardener's Retreat, then a stroll around the garden centre
Thursday 25th August	Storyhouse, Chester CH1 2AR	11 to 12.30	Relaxed Viewing with refreshments. Carers free, £6 for companions. Film to be confirmed.

**New unpaid Carers over 60, or those caring for someone over 60 are always welcome.**

Contact an OPAL Carer Support Organiser to learn more about the support we offer:

Joy.walker@opalservices.org.uk 07547 508280

maria.hudson@opalservices.org.uk 07547 508324

Joanne.patel@opalservices.org.uk 07856 095611

## Answers

Quick quiz: 1) Marilyn Monroe; 2) Coca Cola; 3) Mont Blanc; 4) Christopher Columbus; 5) Richard Nixon; 6) The Big Sleep; 7) Louis Armstrong; 8) Hey Jude

Anagrams: 1) Teacher; 2) Purse; 3) Seaside

OPAL thanks the following sources in this edition: credit Golden Carers

**Think about me, not my age**