



Older People Active Lives

# BREAKTIME

Issue 3: September 2022



The Queen's Award  
for Voluntary Service

Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL! Read on for fun quizzes, useful bits and bobs and our list of OPAL carers events for September. 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 September

- 1) What was Leningrad renamed in September 1991 following the collapse of the Soviet Union?
- 2) Which English musician and lead singer of the band Queen was born on September 5th, 1946?
- 3) What are the zodiac signs for September?
- 4) Which country became the first to grant women the right to vote in September 1893?
- 5) Which Spaghetti Western film starring Clint Eastwood premiered in September 1967?
- 6) Who did John F Kennedy marry in September 1953?
- 7) Name the British mystery author, born in September 1890, who wrote nearly a hundred books in her lifetime.
- 8) Which Pope died after only 33 days in office in September 1978?



## Brain Yoga in Kelsall

We have heard lovely things about this free, weekly group run by Esta and Lindsay from Healthbox. If you fancy joining in with a fun quiz to exercise your mind, a small group meets at The Morris Dancer in Kelsall on Fridays from 12-1pm. Anyone is welcome to join in, whether you just want some company, would like to meet new people or really love quizzes! Booking is essential, so contact Lindsay or Esta on 07593 138655 if you would like to give it a go.

## Reveal the Animal Game

Change one letter to reveal a type of animal!

1. Muffin 2. Ball 3. Deal 4. Other 5. Male 6. Sleep

## Plus Bus Service

We recently heard about Plus Bus and thought it might be of interest to some of our carers. This is a door to door, accessible transport service operating around the Chester area (including Tarvin, Ashton and Kelsall), and is designed for those who find it difficult to use public transport. It can be booked for one-off trips such as medical appointments, or regular journeys like a supermarket run. A single journey costs £3, or £5 for a return. Find out more by calling 0151 357 4420 or visiting the website <https://ectcharity.co.uk/services/areas/cheshire/plusbus>

# OPAL Breaktime Plus Activities September 2022

Thursday 1st Sept	The Lion, Malpas SY14 8NE	10 to 12 noon	Join us for a delicious pub brunch!
Tuesday 6th Sept	Cuddington and Sandiway Village Hall CW8 2LA	1 to 3pm	Talk from the Chester Alzheimer's Society with refreshments
Wednesday 7th Sept	Bembe Kitchen Café, Chester Zoo CH2 1LE	2 to 4pm	Meet for a catch up in the café and take a peep at the elephants
Tuesday 13th Sept	Cotebrook Shirehorse Centre CW6 9DS	10.30 to 12.30	Coffee and chat with a view of the beautiful horses
Wednesday 14th Sept	Lakeside Café, Coddington, near Tilston CH3 9EN	10.30 to 12.30	Enjoy a late breakfast or morning coffee by the lake
Wednesday 21st Sept	Blakemere Pottery Workshop CW8 2EB	2 to 4pm	Design and paint your own coaster to take home
Tuesday 27th Sept	Tarporley Garden Centre CW6 9EE	10.30 to 12.30	Coffee and a chat with a stroll around the garden centre
Wednesday 28th Sept	Drays Coffee Shop, Eaton CW6 9AN	12 to 2pm	Join us for lunch and a catch up!
Thursday 29th Sept	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:

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## Answers

Quick quiz: 1) Saint Petersburg; 2) Freddie Mercury; 3) Virgo & Libra; 4) New Zealand; 5) A Fistful of Dollars; 6) Jacqueline Bouvier; 7) Agatha Christie; 8) Pope John Paul I  
Reveal the Animal: 1) Puffin; 2) Bull; 3) Seal; 4) Otter; 5) Mole; 6) Sheep

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

**Think about me, not my age**