



Older People Active Lives

# BREAKTIME

Issue 7: January 2023



Happy New Year and welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL! Read on for fun quizzes, useful information and our list of OPAL carers events for January. Hope to see you soon!

*Joy, Maria & Joanne*

## Word Search

### WINTER WONDERLAND



F	E	C	J	M	Y	C	G	B	X	P	I	T	P
I	H	I	H	A	A	F	O	V	U	E	C	A	O
R	V	O	G	I	C	G	R	L	E	N	I	Y	L
E	P	K	T	L	L	K	I	C	D	G	C	S	A
P	I	G	C	C	O	L	F	C	S	U	L	L	R
L	C	G	G	W	H	O	M	R	N	I	E	E	B
A	E	S	H	S	X	O	F	X	O	N	S	D	E
C	S	C	N	N	E	F	C	Z	W	S	R	D	A
E	K	A	R	O	C	J	W	O	F	A	T	I	R
V	A	R	C	W	W	U	U	P	L	R	Q	N	J
W	T	F	B	B	V	M	G	T	A	A	O	G	A
C	I	K	E	A	C	P	A	F	K	Y	T	S	U
S	N	O	W	L	U	E	T	N	E	J	M	E	T

- |               |            |
|---------------|------------|
| Jack Frost    | Cold       |
| Polar Bear    | Snowflakes |
| Frost         | Penguins   |
| Jumper        | Igloo      |
| Sledding      | Snowman    |
| Wonderland    | Snow       |
| Fireplace     | Scarf      |
| Chill         | Snowball   |
| Ice Skating   | Magic      |
| Hot Chocolate | Icicles    |

## Winter wrapped up

With the cold weather and darker days, winter can be a more difficult time for everyone, but it can be especially tough as we get older. **ageuk** have produced a guide to help you stay warm and well over winter. It covers:-

- Keeping yourself and your home warm
- Staying healthy & well
- Extra help with energy bills
- Preparing for adverse weather

Download a copy from the **ageuk.org.uk** website or call **0800 678 1602** for your free copy through the post.



To Make you Smile.....

**Why does someone believe you when you say there are 4 billion stars but check when you say the paint is wet?**

**A TV can insult your intelligence but, nothing rubs it in like a computer!**

**I just burned 2,000 calories. That's the last time I leave brownies in the oven while I nap.**

# OPAL Breaktime Plus Activities January 2023

Wednesday 4th January	ARCAfe, Lady Heyes, Frodsham WA6 6SU	12 noon	Join us for a New Year catch up over Lunch
Wednesday 11th January	Blakemere Restaurant & Coffee Bar, Blakemere Village. CW8	12 noon	Lunch and a walk round the independent shops
Tuesday 17th January	Shire Horse Centre Café at Cotebrook, Tarporley CW6 9DS	10.30 am	Late breakfast and a chat
Wednesday 18th January	Kelsall Methodist Church, Chapel Bank, Kelsall CW6 0QS	1.30 - 3.30	Gentle Tai Chi exercises to ease you into the new year with Annette. Followed by light refreshments and time for a chat.
Wednesday 25th January	Bellis Brothers, Farm Shop, Garden Centre & Café, Holt LL3 9EU	10.30 am	Enjoy brunch in the Strawberry Fields Restaurant before browsing the treats in the farm shop.
Thursday 26th January	Storyhouse, Chester CH1 2AR	11 am	Relaxed viewing of a popular film (title to be confirmed) Come early for complimentary coffee and biscuits.

**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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If you are thinking of joining us at any of our events, then it would be great if you could let us know so that we can look out for you on the day.

If you'd like to come but have no transport, then give us a call - we will always try our best to find you a lift.

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

**Think about me, not my age**