



Older People Active Lives

# BREAKTIME

Issue 10: April 2023



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 lovely outings planned this month. It is always helpful if you can let us know if you are planning to attend, especially when we need to book a table. For those outings marked with (B) please let us know by the day before if possible. Hope to see you soon!

*Debbie and Maria*

## Spring Quiz:

- 1) What is the first month of Spring in the Northern Hemisphere?
- 2) What about in the Southern Hemisphere?
- 3) Why do birds sing so much in the Spring?
- 4) What is another name for a Spring Onion?
- 5) In Japan, which tree blossom is considered the start of Spring?
- 6) How many tulips bloom each Spring at the Keukenhof, Netherlands?
- 7) **Joke Question:** What do you call an Easter egg from Outer Space?



## New! Dementia Café in Tarporley

Alzheimer's Society are launching a new drop-in Dementia Café in Tarporley Community Centre (CW6 0AY) on Tuesday 11<sup>th</sup> April, 11.30-1 then every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday. A safe place for support and advice. 0300 369 0570.

## OPAL Telephone Friends

Would you, or someone you know over 60, like a weekly chat with one of OPAL's Telephone Friends' volunteers? It's a chance for a chat and to form new friendships from the comfort of your own home. For more information contact Janet Handley on 07592 464856 [janet.handley@opalservices.org.uk](mailto:janet.handley@opalservices.org.uk)

# OPAL Breaktime Plus Activities April 2023

Tuesday 4 <sup>th</sup> April	Abbeywood Café, Chester Road, Delamere, CW8 2HS	12-2	Easter Lunch. This will be subsidised by £5 a head. (B)
Wednesday 5 <sup>th</sup> April	Tarporley Chapel, High St. Tarporley, CW6 0AG	12.30-2	Seated exercise to help improve mobility and prevent falls. With Emma from Chatter Chairs.
Wednesday 12 <sup>th</sup> April	Storyhouse Hunter St, Chester, CH1 2AR	2-5 (starts 2.30)	Pride and Prejudice (*sort of). Straight from the West End, a comic stage version of the classic novel. Tickets £15 (carers free). Book with me as soon as possible as only a few tickets remaining.
Thursday 13 <sup>th</sup> April	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	Community Lunch –Sausage and Mash, choice of pudding, and tea or coffee for a donation of £6 (B)
Wednesday 19 <sup>th</sup> April	Blakemere Village Restaurant, Sandiway, CW8 2EB	12-2	£10 Pensioners' special roast and hot pudding, or a la carte, and a chance to visit the shops(B)
Thursday 20 <sup>th</sup> April	The Lion at Malpas, 1 Old Hall St, SY14 8NE	10.30-12.30	Late breakfast or coffee and cake and a catch up
Wednesday 26 <sup>th</sup> April	Castle Park Arts Centre Café, off Fountain Lane, Frodsham, WA6 6SE	10.30-12.30	Come and enjoy musical elevenes entertainment and a view of the art exhibition.
Thursday 27 <sup>th</sup> April	Storyhouse, Hunter St, Chester, CH1 2AR	11-1	Relaxed viewing of a recent film. Come early for complimentary refreshments

**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 to Spring Quiz:** 1. March; 2.September; 3. To attract a mate; 4. Scallion; 5. Cherry Blossom; 6. Over 7 Million Tulips; 7. An Egg-straterrestrial!

OPAL thanks the following sources in this edition: credit Golden Carers and pixabay.com

**Think about me, not my age**