



Older People Active Lives

BREAKTIME

Issue 9: March 2023



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

Quick Quiz: It Happened in March

- 1) Who was assassinated on the Ides of March in 44BC?
- 2) Name the Pope elected in March 2013.
- 3) Who patented the telephone in March 1876?
- 4) Which island became the 10th province of Canada in 1959?
- 5) Which Turkish city changed its name in March 1930?
- 6) Which Roman god is the month of March named after?
- 7) Who became the first female prime minister of Israel in March 1969?



Fund for Carers

Don't forget each year you can apply for the Carers Essential Fund (up to £250) for new essential items that help support you in your caring role, such as white goods, decorating etc. To apply call the Carers Trust helpline on 0300 102 0008.

To make you smile...



Why can't pirates play cards?

Because the captain stood on the deck!

What music do sophisticated Kangaroos listen to?

Hopera!

OPAL Breaktime Plus Activities March 2023

Thursday 2nd March	The Drays, Eaton, CW6 9AN	12 -2	Lunch with a lovely view (B)
Wednesday 8th March	Abbeywood Café, Delamere, CW8 2HS	10 -12	Catch up over breakfast or morning coffee
Thursday 9th March	Kelsall Methodist Church, CW6 0QS	12-2	Community Lunch - Sausage & Mash, a choice of pudding, and tea or coffee for a donation of £6 (B)
Tuesday 14th March	Bellis Brothers, Holt LL13 9YU	10.30- 12.30	Breakfast or coffee and cake, and a chance to visit the farm shop
Wednesday 15th March	Kelsall Equestrian Centre, CW6 0SR	12 -2	Lunch with a view of the dressage competition (B)
Tuesday 21st March	Cuddington & Sandiway Village Hall CW8 2LA	1-3	Tea and cake with a Therapy dog. Come and meet Tosca the gorgeous Golden Retriever
Thursday 23rd March	Castle Park Arts Centre Café, Frodsham WA6 6SE	10.30-12	Come and enjoy musical elevenens entertainment and the new art exhibition
Wednesday 29th March	Blakemere Village Restaurant, CW8 2EB	12-2	£10 Pensioners special roast and hot pudding (B)
Thursday 30th March	Storyhouse, Chester CH1 2AR	11-1	Relaxed viewing of "What's Love got to do with It?" 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

Quick Quiz: 1. Julius Caesar; 2. Pope Francis ; 3. Alexander Graham Bell; 4. Newfoundland;
5. Constantinople became Istanbul; 6. Mars, the god of War; 7. Golda Meir

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

Think about me, not my age