



Older People Active Lives

BREAKTIME

Issue 17: November 2023



Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL. We have many exciting outings planned this month including a tour of the Weetwood Brewery and an afternoon tea at the OPAL Christmas Fair. Please let us know if you are planning to come, especially for outings marked (B). You are welcome to attend all our events with the person you care for.

Hope to see you soon!

Debbie and Maria

Autumn Quiz

- Which BBC programme follows Autumn wildlife in the UK?
- Who is the best known member of the failed "Gunpowder Plot" which occurred in November 1605?
- What type of fruit can you pick from a bramble bush?
- Name the author of Dracula who was born in Dublin in November 1847?
- Which wall fell in November 1989?
- What date is Remembrance Day?
- What kind of trees do conkers come from?



To make you smile...

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

Nostalgia isn't what it used to be.

Change is inevitable, except from a vending machine.



Christmas

FAIR & AFTERNOON TEA

FRIDAY 17th November
TIME: 2PM - 5PM

Afternoon tea £7.50
Entrance only £1

Prebook your
afternoon tea at
www.buytickets.at/opalservices

Bickerton Village Hall, Malpas, SY14 8AU



Answers: Autumnwatch, Guy Fawkes, Blackberries, Bram Stoker, Berlin Wall, 11th November, Horse Chestnut

OPAL Breaktime Plus Activities November 2023

Wednesday 1 st November	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN (First road left off Chester Rd, as you drive down the hill from the Co-op. Turn in at The Willows, Beech Grove Homes)	2-4	Celebrate the turning of the leaves, with an Autumnal afternoon tea with parkin, scones, sandwiches and seasonal cakes. Free of charge. (B)
Thursday 2 nd November	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Church car park available at rear)	12-2	A lovely home cooked Community lunch and a choice of a delicious dessert, with tea or coffee for a donation of £8 (B)
Wednesday 8 th November	The Cheshire Cat Pub, Whitchurch Rd (A41), Christleton, Chester CH3 6AE (Excellent 2 course lunch for £16.50 during November or smaller plates available)	12-2	Lunch in an elegant private dining room with a view of the gardens. Afterwards why not take a stroll along the canal path? (B)
Thursday 9 th November	Kelsall Hill Equestrian Centre (Primrose Suite, upstairs next to Urchin's Kitchen Café. Lift available)	10.30-12	Breakfast or morning coffee in a private room overlooking Primrose Woods and a chance to watch some Show Jumping.
Thursday 16 th November	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	A catch-up over breakfast or a hot drink - shops and animals to visit.
Friday 17 th November	Bickerton Village Hall, Malpas, SY14 8AU (Please purchase afternoon tea tickets for £7.50 in advance from Debbie and Maria)	2-5	Join us for a sumptuous afternoon tea and enticing stalls at the OPAL Christmas Fair. A good opportunity to start your Christmas shopping.(B)
Wednesday 22 nd November	Weetwood Brewery and Distillery, Common Lane, Kelsall, CW6 0PY	1.30-3.30	A visit to the stylish Taproom, café and shop followed by a short tour of the award winning Brewery (B)
Thursday 23 rd November	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	10-12.30	A delicious breakfast or morning coffee and a catch up
Tuesday 28 th November	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10.30-12.30	Breakfast or a drink followed by Christmas shopping at this beautiful Garden Centre and Farm Shop.
Thursday 30 th November	Storyhouse Cinema, Hunter St, Chester CH1 2AR Arrive early for complimentary refreshments	11-1.30	Relaxed viewing of "The Miracle Club" with Maggie Smith and Kathy Bates. Free. Also an opportunity to visit Chester Christmas Market.

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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Think about me, not my age