



REACH

Older People Active Lives



For comments, articles & info
contact your Organiser or
opalreach@opalservices.org.uk

HAPPY NEW YEAR

2021 There have been some significant changes regarding tiers since our last newsletter and we are now sadly back in a lockdown situation. On a positive front, we understand that COVID vaccinations are commencing in Cheshire West. All patients who will be getting the vaccination, will be contacted directly by their GP practice. **Please do not telephone your surgery to ask at this incredibly busy period.** OPAL will still continue with our weekly Reach, telephone befriending and activity packs (although these may be posted rather than hand delivered) during this time. Please contact your Organiser if you would like information on any of these services.

BLAST FROM THE PAST - New Year...

- 2000 BC - The Mesopotamians were the first recorded to celebrate New Year.
- 45 BC - Julius Caesar accepted 1st Jan as New Year's Day.
- 1752 – Britain adopted the Gregorian calendar. Before then the New Year began on 25th March.
- 1788 – Auld Lang Syne was written by Robert Burns and means 'times gone by'.

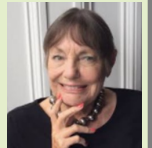


bbc.com

AGE IS NO BARRIER

Proving Age is No Barrier, we're featuring some older people who made the news last year. Regular viewers will know that Bill Bailey became the oldest celebrity to win Strictly Come Dancing with an amazing rate of improvement from week one. Viewers took pleasure in his achievements as every week he mastered new steps and his expression of pure happiness as he whirled around the ballroom raised everyone's mood.

Joyce Williams, the blogger 'Grandma Williams', is a great advocate for all the positive things about getting older and described doing balance exercises when cleaning her teeth!



Grandmawilliams.com

Joyce is also an advocate for using technology and explained how an iPad is her favourite device. (Joyce was 80 when she took the plunge and joined a class to learn how to blog!) You can read her musings at grandmawilliams.com – check out 'Do You Shilly Shally? Good, a Great Form of Exercise!'



bbc.com

Kay White was the UK's oldest post mistress and ran a village PO in Shropshire, until Christmas when she retired at the age of 93 after 60 years in the role, and she believed that having a chit chat and serving people has kept her brain active.

Paul Harvey is 80 years old and has Alzheimer's disease and when he played the piano using just 4 notes on World Alzheimer's Day, the clip went viral. This led to him and his son linking with the BBC Philharmonic Orchestra and releasing a single of the music he composed. His comments said it all when it reached number 1 - "That is fantastic, it really is. I didn't think I could be moved much more now - but I can. For all this to happen and I'm in my 80s - I think that's pretty good."



bbc.com

We look forward to hearing about your achievements in 2021.

If you received a new phone, tablet or iPad for Christmas, and would like some help and support to use it, please contact Jean Toyn on 07923 425239 and request support from one of the OPAL GoOnline volunteers. You never know, maybe you will be the next Grandma Williams....

What's On - Line?

Elevenes - Coffee and a Chat 14th January 2021 @ 11am

Matthew Smith (Locality Librarian) buys stock for libraries and will be talking about his role as well as Health & Wellbeing Week events. Please email jean.toyn@opalservices.org.uk for Zoom link and further information. All Welcome.

ONLINE

What's On?

'A Perfect Planet' with David Attenborough, BBC1, Sunday 10th January, 8pm
'The Great Pottery Throw Down', C4, Sunday 10th January, 8.45pm
'Mr Finchley Takes To The Road', Radio 4 Extra, Monday 11th January, 7.30pm.



Quizzical

MATHS SQUARE

Fill in the numbers from 1 to 9 so that each row, column & diagonal adds to 15.

	9	2
8		

LAST REACH ANSWERS: 1) Ebenezer, 2) The Grinch, 3) Bing Crosby, 4) 4, 5) James Stewart.

Who Am I?

GUESS THE FAMOUS BIRTHDAY - 8TH JANUARY 1947

I am an English singer-songwriter and actor.

I studied art, music and design before embarking on a professional career as a musician in 1963.

I released *Space Oddity* in 1969 and in 1981 I collaborated with Queen in *Under Pressure*. I reached my commercial peak in 1983 with *Let's Dance* which topped the UK and US charts.

My movie roles included Major Jack Celliers in *Merry Christmas*, *Mr. Lawrence* (1983), Jareth the Goblin King in *Labyrinth* (1986).

This is Your Life.....

CARY GRANT

Birthplace

He was born on 18th January 1904 in Bristol, England and was called Archibald Alexander Leach

An early memory

At the age of 9, he returned home from school to find his mother missing. He was told she had gone to the seaside but had been admitted to a mental institution, something he did not find out for many years.

Career

At the age of 14, he lied about his age, forged his father's signature and joined Bob Pender's troupe of knockabout comedians. In 1920, he was one of 8 Pender boys selected to go to the United States. The show "Good Times" ran on Broadway for 456 performances. He changed his name to Cary Grant when he started making movies as he needed a name that sounded more American. He went on to make many films including *North by Northwest* and *To Catch a Thief*.

Personal life

He married 5 times and became a father for the only time at the age of 62 when his 4th wife Dyan Cannon gave birth to their daughter. He died in 1986 aged 82

Quote

"There is no point in being unhappy growing older. Just think of the millions who have been denied the privilege."

(Source Golden Carers & IMBD)



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 FARRALL'S GROUP

Think about me, not my age

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