

HAPPY NEW YEAR



Older People Active Lives

Carer Support Newsletter



Older People Active Lives

Issue 31: January 2025

Happy New Year from the Carer Support Team at OPAL! This month we are planning to start the year as we mean to go on with new adventures and lots of cake! We are particularly looking forward to an Alice in Wonderland themed afternoon tea at the newly re-opened Dormouse Haven Tea Rooms which was formerly Davenport's. Other highlights will include Dressage and the new Bob Dylan film. Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. You are welcome to attend with the person you care for if the outing is appropriate and safe for them.

Hope to see you soon!

Debbie & Sue

JANUARY QUIZ

1. January has 31 days, what are the names of the other months that have 31 days?
2. Who wrote the famous song Auld Lang Syne?
3. Where is New Year's Eve known as Hogmanay?
4. January replaced which month as the first month of the Roman year?
5. The singer with the nickname "Old Blue Eyes" has a birthday in January. Who is he?



To make you smile...

What did the little Champagne Bottle call his father? **Pop!**

What happened to the person who stole a Calendar on New Year's Day? **They got 12 months!**

Unpaid Carers over 60 or those caring for someone over 60 in rural West Cheshire are always welcome



Carer Support Team

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OPAL Carer Support Activities January 2025

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|---------------------------------------|--|----------------|---|
| Wednesday 8 th January | Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS | 10.30-12 | Start the New Year in style with a hearty breakfast or morning coffee by the roaring log fire in the beautiful surroundings of Abbeywood. Please book by 7th January |
| Thursday 9 th January | Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS | 12-2 | Join us for a delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. Please Book by 7th January |
| Tuesday 14 th January | Bellis Brothers Farm Shop and Garden Centre, Wrexham Rd, Holt, LL13 9YU | 10.30-12 | A late breakfast or coffee and cake in the Strawberry Fields Restaurant and a chance to do some shopping with the Senior discount card which offers 10% off on a Tuesday. To sign up visit: www.bellisbrothers.co.uk/seniors-card/ Please book by Monday 13th January |
| Wednesday 15 th January | Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN | 1.30- 3.30 | Join us for OPAL's fun new year Quiz including rounds on songs from the musicals and a look back at 2024. There will be prizes and cake! Suggested donation £3.* |
| Wednesday 22 nd January | Dormouse Haven Tea Room (formerly Davenport's), Bridge Farm, Warrington Rd, Northwich, CW8 4QU. Take second road on left after the bridge before the Davenport's sign for a less steep approach. | 12.30- 2.30 | A delicious Alice in Wonderland themed afternoon tea at the recently re-opened Dormouse Haven Tea Rooms. Look out for the Mad Hatter! £15 plus drinks Please book by Tuesday 21st January |
| Thursday 23 rd January | Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Rd (near Kelsall), CW6 0SR | 10.30-12 | A chance to see some dressage at this fantastic Equestrian centre over breakfast or morning coffee. We will be upstairs in the Primrose Suite (next to Urchin's Kitchen Café) which has a great view of the arena. Lift available. Please book by 22nd January |
| Thursday 30 th January | Storyhouse Cinema, Hunter St, Chester, CH1 2AR | 11-1 | A relaxed viewing of the new Bob Dylan Biopic "A Complete Unknown" Come early for complimentary refreshments. Free. Please book by 29th January |
| Friday 31 st January | Tarporley Chapel, High St, Tarporley, CW6 0AG Church Car park on left or park in Community Centre opposite | 2-4 | Carer Friday support group , with activities in a different room (separated by a glass screen) for the person you care for. Also a visit from Tosca the PAT Dog. * |

Quiz Answers: 1. March, May, July, August, October, December 2. Robert Burns 3. Scotland 4. March. 5. Frank Sinatra

* Booking not necessary but it is helpful if you can let Debbie know in advance.

Think about me, not my age