

# OPAL SEASONS

*Spring 2021 Issue*

cyrenians  
**OPAL**

OPAL (Older People, Active Lives) is a West Lothian based charity. We help people age 60+ to remain independent and connected through a range of services including one-to-one telephone support, online groups, support with computers and mobile phones, and our popular puzzle packs.

Our services are delivered by a team of exceptionally skilled volunteers and staff, with years of experience of supporting older people in the community.

With the changes to everyone's lives caused by the COVID-19 pandemic, we have had to adapt and develop our services. Throughout 2021 we'll be sending out "OPAL Seasons" to keep you updated on the latest services available.

SEE INSIDE TO FIND OUT  
HOW WE CAN...



PUT A SPRING  
IN YOUR STEP!



# OPAL'S ONLINE GROUPS

## Zoom Room

Weekly on Wednesdays  
2pm-3pm

Always a fun way to spend a little time with quizzes, games, entertainment, seated exercise and some good old chat. Spring highlights include Easter crafts, pets (including a goat!), 'Singo' and an afternoon tea.

## After Hours

Fortnightly on Tuesdays  
6:30pm-7:30pm

Similar to the daytime Zoom Room but more laid back. More time to chat and spend time with others. This spring we'll be doing some worldwide armchair travel, Sandy's Ukulele Decades and reminiscing talks.

## Musical Memories

Weekly on Thursdays  
2pm-3pm

This dementia friendly group enjoys music and film from the good old days. This season, Sarah Laing will be giving us a live show, we'll have an afternoon with Elvis and a special VE day celebration.

## OPAL Kitchen

Every first Tuesday of the month  
2pm-3pm

What's cooking in the OPAL Kitchen this Spring? Well, Spring Lamb, of course. We'll also be bringing you some healthy but delicious seasonal salad ideas.

## OPAL Voices **NEW!**

Fortnightly on Tuesdays  
2pm-3pm

Brand new for Spring 2021, our OPAL Voices group will be singing songs from favourite musicals as well as from iconic singers from the bygone decades. Come along and sing the blues away!

**For joining details, please contact us on  
01506 815 815 or [opal@cyrenians.scot](mailto:opal@cyrenians.scot)**



# TELEPHONE SUPPORT

If you're missing the simple pleasure of a friendly chat with someone, our telephone support service will match you with an OPAL volunteer or staff member. You'll get regular calls (or texts/emails if you prefer).

We also offer phone-based digital support, if you need help in using your computer, phone or tablet.



# PUZZLE PACKS

Quizzes, crosswords, picture puzzles, riddles, recipes and much more...OPAL's free Puzzle Packs contain all sorts of ways to keep you entertained. You can receive each new pack fortnightly by post or email.

Packs include regular contributions by staff, volunteers and clients, so it's a great way for everyone to have fun while keeping in touch.



## BLETHER BUDDIES & MAIL MATES

Blether Buddies puts you in touch with like-minded people in your area for phone chats. Let us know your interests and things you like to talk about and we'll find a match for you!

Mail Mates is a similar service, but for those who love to write and receive letters and postcards.



## GET IN TOUCH!

OPAL's range of services are for anyone in West Lothian age 60+ experiencing loneliness or isolation. If you or a family member would like to join any of the services mentioned in this leaflet please contact us on:

**01506 815 815 / [opal@cyrenians.scot](mailto:opal@cyrenians.scot)**

**[www.cyrenians.scot/opal](http://www.cyrenians.scot/opal)**

**[facebook.com/OPALCyrenians](https://facebook.com/OPALCyrenians)**