

Ilkley Gazette

Surprise pampering session for Winifred's 101st birthday

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By Amanda Greaves

A surprise pampering session was set up for an Ilkley resident who celebrated her 101st birthday on Christmas Day.

Winifred Illingworth was the toast of staff and residents at Abbeydale Retirement Home, on Grove Road, when she received her telegram from the Queen last Christmas.

This year, proprietor Catherine Day got together with Number 1 Salon, in Crescent Court, to treat her to a free hair styling session and nail treatment last Thursday.

Winifred, who is originally from Saltaire, was delighted with her early birthday treat.

Staff also presented her with flowers at the salon.

Christmas celebrations at the home – including Abbeydale's annual tradition of a cocktail party for residents – combined with the birthday celebrations on Christmas Day as members of Winifred's family came to visit.

She says the secret to a long and healthy life is to have interests. "It's about keeping yourself busy," she said. "When I was younger I used to act in little Sunday school productions. I thought I was going to be an actress."

Winifred is known for always being smartly dressed, enjoys sitting out in the home's grounds in good weather and enjoys a glass of sherry. She also plays whist and goes on trips on the home's minibus.

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