

# May Activity Pack



Dear Friends,

We hope you are enjoying the warmer weather and are able to see nature in full bloom.

To celebrate the ASI's Alzheimer's Tea Day on May 6<sup>th</sup>, we have made the theme of this pack "Afternoon Tea"! So we encourage you to pour a cuppa, have something sweet and enjoy all the stories and activities we have inside.

We also have the third part of a fantastic collaboration with the Irish Museum of Modern Art – "Talking Art with IMMA".

We welcome poems and stories to be included in the pack if we have any artists or writers out there! Or if you'd like your Tea Day artwork from this pack, or photos of any local fundraising events, displayed on our social media please send your images via email to Danielle at [danielle.keogh@alzheimer.ie](mailto:danielle.keogh@alzheimer.ie).



"Come and share a pot of tea,  
My home is warm and my friendship's free"

**Emilie Barnes**

## Useful Resources:

- Our Free Helpline and Dementia Nurse Support Line are available at:  
Phone: **1800 341 341** and Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)
- Do you know an older person who would like support using their smart phone or tablet?  
Age Action Ireland are offering 5 hours free remote tutoring to help people learn to use Apps, email, Zoom, Facetime etc.  
Call 01 4756989 or email [gettingstarted@ageaction.ie](mailto:gettingstarted@ageaction.ie)
- We are hosting several Virtual Cafes. They are a place to come together, share a cuppa and listen to our amazing guest speakers.  
For information on how to attend visit:  
<https://alzheimer.ie/service/alzheimer-cafe/>
- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
- The BBC have curated a remarkable online archive of videos, images and audio clips to aid reminiscence and covers a wide variety of subject matter. Please visit:  
<https://remarc.bbcrewind.co.uk/> to check it out.
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

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## I-Spy and Counting



How Many of Each?



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## Irish Proverbs and Their Meanings

- An awkward colt often becomes a beautiful horse – everything can be improved.
- A wild goose never reared a tame gosling – children learn by example.
- The best way to keep loyalty in a man's heart is to keep money in his purse – another self-explanatory one.
- A trout in the pot is better than a salmon in the sea – be thankful for what you have rather than chasing after what you can never get.
- An old broom knows the dirty corners best – wisdom comes with experience.
- Any man can lose his hat in a fairy wind – some things are out of anyone's control.
- Don't make little of your dish for it may be an ignorant man who judges it – never undersell yourself.
- The cat is always dignified until the dog comes by – everyone has something or someone that makes them angry.
- Wide is the door of the little cottage – it is often poor people who are most generous.
- Everyone lays a burden on the willing horse – people are quick to take helpful people for granted.
- It is easy to halve the potato where there is love – if you love someone you will share whatever you have without resentment
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- Enough and no waste is as good as a feast – Having enough is better than having too much.
- While a person is out, his food goes cold – good things turn bad if left neglected.
- Do not take the thatch from your own roof to buy slates for another man's house – you can't help others unless you help yourself first.



## Tea by Brendan Benson

I'm drinkin' tea  
If it's good enough for me  
Then it's good enough for you  
We can have tea for two  
How do you do?  
But if you have to leave  
Then please leave,  
Don't let me keep you.

We can have tea another day  
Please come back and see me sometime  
But if you can't sleep  
And you have bad dreams  
And if you're bored and not feeling quite right  
Head is kind of heavy  
Tummy's kind of funny  
We can have tea tonight





## Small and Early by Tudor Jenks

When Dorothy and I took tea, we sat upon the floor;  
No matter how much tea I drank, she always gave me more;  
Our table was the scarlet box in which her tea-set came;  
Our guests, an armless one-eyed doll, a wooden horse gone lame.  
She poured out nothing, very fast,—the tea-pot tipped on high,  
And in the bowl found sugar lumps unseen by my dull eye.  
She added rich (pretended) cream—it seemed a wilful waste,  
For though she overflowed the cup, it did not change the taste.

She asked, “Take milk?” or “Sugar?” and though I answered, “No,”  
She put them in, and told me that I “must take it so!”  
She ’d say “Another cup, Papa?” and I, “No, thank you, Ma’am,”  
But then I had to take it—her courtesy was sham.  
Still, being neither green, nor black, nor English-breakfast tea,  
It did not give her guests the “nerves”—whatever those may be.  
Though often I upset my cup, she only minded when  
I would mistake the empty cups for those she ’d filled again.

She tasted my cup gingerly, for fear I ’d burn my tongue;  
Indeed, she really hurt my pride—she made me feel so young.  
I must have drunk some two score cups, and Dorothy sixteen,  
Allowing only needful time to pour them, in between.  
We stirred with massive pewter spoons, and sipped in courtly ease,  
With all the ceremony of the stately Japanese.  
At length she put the cups away. “Goodnight, Papa,” she said;  
And I went to a real tea, and Dorothy to bed.

## A Loving Recipe for a Perfect Cup of Tea - by Anonymous

1 Willing friend who loves to sit and share  
1 Grateful heart to have a friend that cares  
1 Beautiful garden to show us God is near  
Many wonderful memories of times shared throughout the years.  
Lots of smiles and laughter to brighten up our days  
Many prayers that we prayed for each other along the way  
I'm so blessed to have a friend like you  
To share in everything I do.  
For one special friend sharing a special cup of tea  
Truly makes this a perfect recipe.



## Tea for Two by Doris Day

Picture you upon my knee,  
Just tea for two and two for tea,  
Just me for you  
And you for me alone.

Nobody near us  
To see us or hear us,  
No friends or relations  
On weekend vacations.  
We won't have it known, dear,  
That we own a telephone, dear;

Day will break and you'll awake  
And start to bake a sugar cake,  
For me to take  
For all the boys to see.

We will raise a family,  
A boy for you, a girl for me.  
Oh, can't you see  
How happy we would be?



A cup of tea  
**MAKES**  
everything





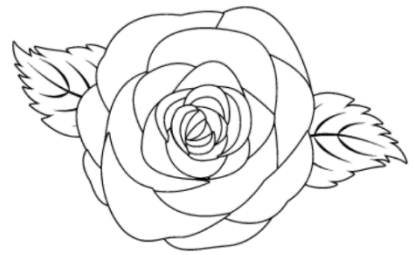






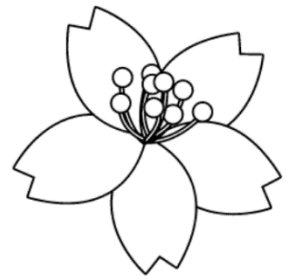


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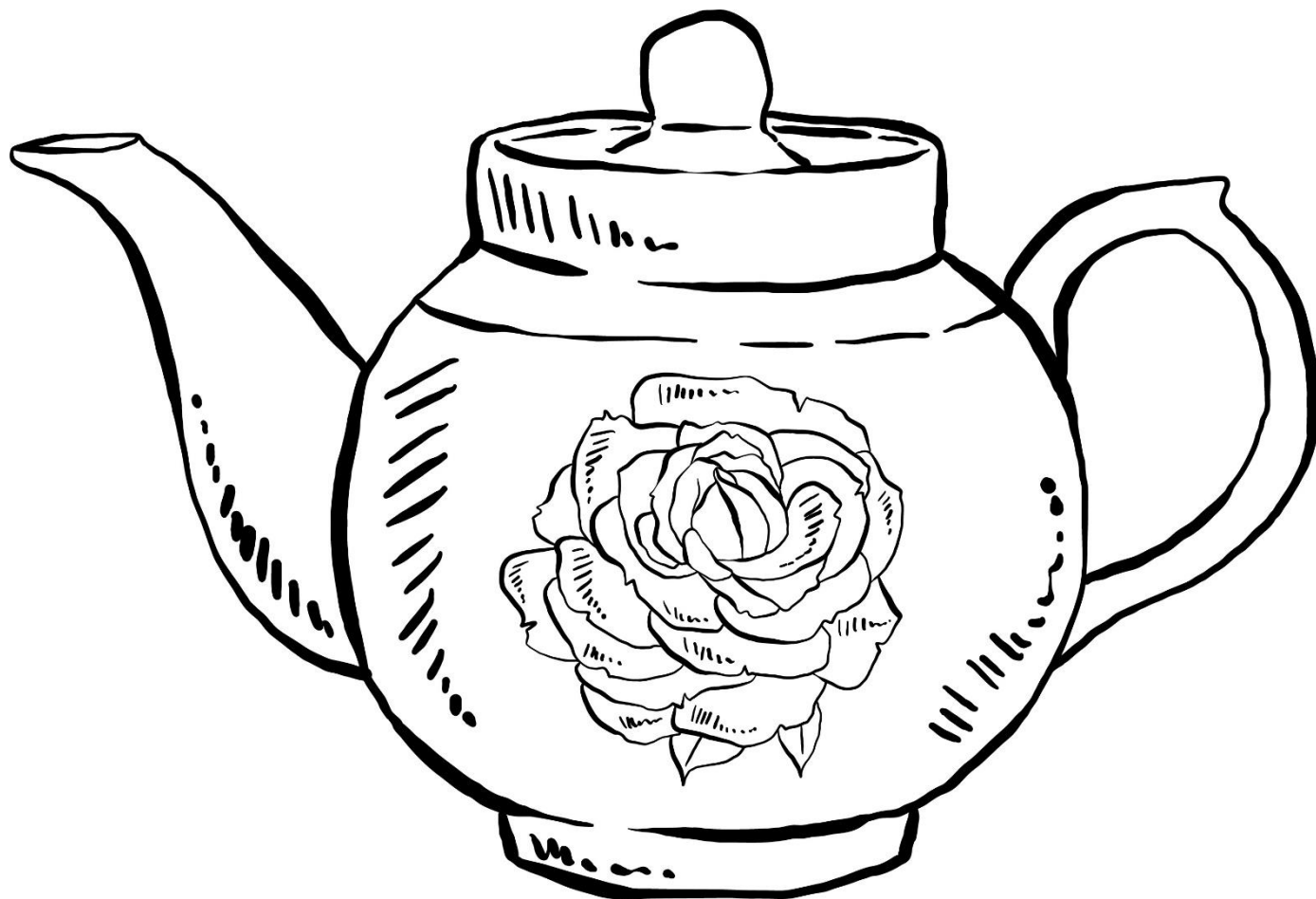


ME

AND



A CUP  
OF TEA





**TODAY**  
**I CHOOSE**



## Old Irish Stories and Folklore

### **A Tall Tea Tale**

Once upon a time before people used to drink tea a man went to Cork one day to pay his rent. After travelling around the city he felt very hungry. He went into a hotel and asked for a plate of porridge. The waitress told him that she had no porridge and she asked him would he have a cup of tea. The man said he never heard of tea before and asked what kind was it. The waitress gave him a cup of tea and she had milk and sugar put in it, when she was giving it to him she said "That's the best Congo tea and I hope you will like it". He drank it and he said it was lovely, and he asked for a second cup and she gave it to him, but she did not put the sugar or milk in it, instead she put the milk and sugar on the table and said, "Sweeten it to your liking", he did not know what she meant, he drank some of the tea and it burned him, and he threw the rest of it away. He went to pay for the tea and when he was paying the waitress she asked him how did he like the tea, and he said that the "Congo tea" was lovely, but the "Sweeten to Your Liking tea" was just horrible!



## A Fairy Tale from Donegal

Once upon a time there was a poor man and woman who lived in a wee house. One day there came an old man and he asked the woman of the house to make him some tea and the poor woman said I have got very little tea in the house and I cannot make you any. The man said if you would make it for me you will be lucky. The woman wished to be kind so made the tea and when the man finished it he said there is a crock of gold in the garden at the side of a large old tree. The man of the house went out to dig and came upon the crock of gold. A few days after that an old woman came in, and asked for tea. Not having much but knowing they were now fortunate and should share, she was provided with tea and after she was finished she looked down at the crock of gold and there was writing on the crock. The man and woman said no one could understand the writing and the old woman wisely said the writing on the crock said: "Same in the other side" before winking and going on her way. The man went out to the garden and dug for a while he got the crock of gold on the other side of the tree. (This story was told by a man named Mr. William Simms who lived in Drimore many years ago)





**If I Knew You Were Comin' I'd've Baked A Cake**  
**by Eileen Barton**

Come in!

Well, well, well. Look who's here.

I haven't seen you in many a year.

If I knew you were comin' I'd've baked a cake, baked a cake,  
baked a cake

If I knew you were comin' I'd've baked a cake

Howdya do, howdya do, howdya do?

Had you dropped me a letter, I'd a-hired a band,  
grandest band in the land,

Had you dropped me a letter, I'd a-hired a band

And spread the welcome mat for you.

Oh, I don't know where you came from

'Cause I don't know where you've been

But it really doesn't matter

Grab a chair and fill your platter

And dig, dig, dig right in.

If I knew you were comin' I'd've baked a cake, hired a band,  
goodness sake!

If I knew you were comin' I'd've baked a cake

Howdya do, howdya do, howdya do?

(Repeat)



## When I Take My Sugar To Tea

By Sammy Fain / Irving Kahal / Pierre Norman

I'm just a little "Jackie Horner"  
since I met my sugar cane.  
That gang of mine has been revealin'  
that they're feelin' sore.  
I left the lamp light on the corner,  
for the moon in lover's lane.  
I'm doing things I never did before.

When I take my sugar to tea, all the  
boys are jealous of me, 'cause I  
never take her where the gang goes,  
When I take my sugar to tea.  
I'm a rowdy dowdy, that's me,  
She's a high hat baby, that's she,  
So I never take her where the gang goes,  
When I take my sugar to tea.

Ev'ry Sunday afternoon,  
we forget about our cares,  
rubbing elbows at the Ritz,  
with those millionaires.  
When I take my sugar to tea,  
I'm as Ritzy as can be,  
'cause I never take her where the gang goes,  
When I take my sugar to tea.



## Talking Art With IMMA / 10

Welcome to Talking Art with IMMA, where we invite you to take a closer look at selected artworks from the permanent collection of the Irish Museum of Modern Art. We encourage you to use the questions below to have a conversation about the work with someone in your household, or with a friend or family member over the phone. There is no limit to the number of participants, the more the merrier!

Talking about an artwork with someone else can open our eyes to new details and reveal things we did not see at first. There is no need to rush, so get comfortable, take your time to discover and remember, there are no right or wrong answers. Have fun!

# Talking Art With IMMA

## → Let's Look Closely

The work is full of details that could be missed at first glance, so let's slow down, take a close look and tackle the image bit by bit.

- What is the first thing that you see?
- What shape, forms and textures do you notice?
- Can you describe the colours and the tone used in this work?
- What medium do you think the artist used?

## → Let's Look Deeper

After looking closely, we can have more questions than answers - this invites us to wonder what the artwork might mean or represent. Let's see what interesting ideas emerge!

- Can you imagine the location where this image could be set?
- Is there a particular time of day or season that you feel is highlighted in this work?
- Looking at how the artist has composed the image can you see how she has arranged the trees in clusters? Is there a significance with the use of trees? How do you feel in the company of trees?
- The artists work has been described as both melancholic and evocative. Would you agree with these statements? What words would come to your mind when describing this image.

## → Let's Connect

Let's use what we have discussed and uncovered to connect more personally with the work.

- How would you describe this work to another person?
- What do you think would be a suitable title for this artwork?
- If you could ask the artist about the work, what questions would you ask?

## Find Out More

### About the Artwork

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<b>Artist:</b>	Elizabeth Magill
<b>Title:</b>	Forest Edge 2
<b>Date:</b>	2000
<b>Medium:</b>	Mixed Media
<b>Dimensions Framed:</b>	129 x 158 cm
<b>Credit Line:</b>	IMMA Collection: Donation, IBRC, 2011

Elizabeth Magill is known for her atmospheric landscapes which are often influenced by the coastline of Northern Ireland. Describing her work Magill explains, "I'm not so much painting what is there but what I imagine might be there. These works are not landscapes as such, but more like suggested backdrops to how I feel, think and interpret the world." Magill often incorporates photographic materials and processes into her work, starting with a photographic image on the canvas before applying and scraping away layers of paint until she achieves the desired mood.

### About the Artist

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Born in Canada, Elizabeth Magill grew up in Northern Ireland, and now lives and works in London. She attended the Belfast College of Art and the Slade School of Art, University College London. Her first major solo exhibition was at the Arnolfini Gallery, Bristol, in 1990. In the same year she was included in the seminal 'British Art Show'. Group exhibitions at IMMA include the Glen Dimplex Artists Awards Exhibition, 2001 and 'Time out of Mind', 2012. Her work is held in collections including The Arts Council of Great Britain and Dublin City Gallery The Hugh Lane.

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## Have A Garden Party!

Why not enjoy the good weather, make a pot of tea, bake or buy some cakes and biscuits and have a mini garden party?

Get dressed up nice, put on some tea dance tunes, pop a tablecloth on the garden table – whatever would bring some joy to your day!

If you feel like being spoilt - you could even have a loved one act as “waiter” and bring you a menu of items, serve you tea, and most importantly – do the washing up!

Here are some pictures to use to make a menu for your garden party, be sure to pick out some of your favourite treats – how many have you tried?:



Can you name everything on the menu?

