

# November Activity Pack



Dear Friends,

We know this had been a long year for many of us, but we want you to know that you are never truly alone.

As households begin to decorate for the holidays, we see beautiful twinkling fairy lights on trees, candles being lit in windows and the warmth of fires roaring in the hearth.

We ask you to be kind to yourself, to keep warm, and to enjoy the simple pleasures that can be found in the crisp winter's air and the comforting heat of a cup of tea. Take your time to peruse this collection of activities at your own pace and to share in them with your loved ones.

Remember, the ASI are just a phone call away if you ever need us. Our helpline number is 1800 341 341, with trained staff on the other end to listen to and support you.

We hope you all enjoy this November's Activity Pack!



“A friend hears the song in my heart  
and sings it to me  
when my memory fails.”

***Pioneer Girls' Handbook***

## Useful Resources:

- Our Free Helpline and Dementia Nurse Support Line are available at:  
Phone: **1800 341 341** and Email: **helpline@alzheimer.ie**
- We are hosting a number of 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/>
- From now until January IMMA are running “Armchair Azure” online gallery tours for those living with dementia. For more information visit: <https://imma.ie/whats-on/armchair-azure-programme/>
- During November vocalist Liz Ryan will run a weekly online Tea Dance from the National Concert Hall. Tickets are free and available from the “What’s On” section of:  
<https://www.nch.ie/Online/default.asp>
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

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## Mad as a Hatter

The expression as “**Mad as a Hatter**” has nothing to do with Alice in Wonderland’s mad hatters tea party, but originates in the Middle Ages. Hatters who used to use mercurous nitrate to fashion the hats they made, got mercury poisoning leading to tremors, excessive skyness, nervousness and emotional changes which led people to think they were mad!

What other expressions do we use that have come from the olden days?

Well, we’ve all heard about having a “**skeleton in the cupboard**”! In the 17<sup>th</sup>. Century, doctors had to learn about medicine using corpses. People didn’t like the idea of a doctor having a body in the house, so it used to get hidden in a cupboard. Hence the saying – having a skeleton in the cupboard!

In Ireland we are always talking about the weather. When we say “**it is raining cats and dogs**” this too comes from the Middle Ages when many houses had thatched roofs. All manner of animals, including cats and dogs used to burrow into the straw and sleep there. But heavy rain used to make the straw slippery and the animals lost their grip and fell to the ground. It’s raining cats and dogs!

When we talk of someone getting of “**Scot free**” this comes from Norway in the 13<sup>th</sup> century. A tax was imposed on all citizens and it was called the Scot tax. The only ones who didn’t need to pay were the peasants—they were Scot free. England later adopted the same law and the Scot tax lasted for hundreds of years, only being abolished in 1836. But the expression remained.

**A Bakers Dozen?** During the reign of King Edward 111 (1327-1377), all traders within London had to belong to a Livery Company which gave them a licence to sell products. The bakers, who used to sell 12

loaves at a time, had to have a certain weight of bread for a certain amount of money. If the weight was short, they would lose their licence, so they put in an extra loaf, just in case. Thus the expression, “A Bakers Dozen” which is 13.

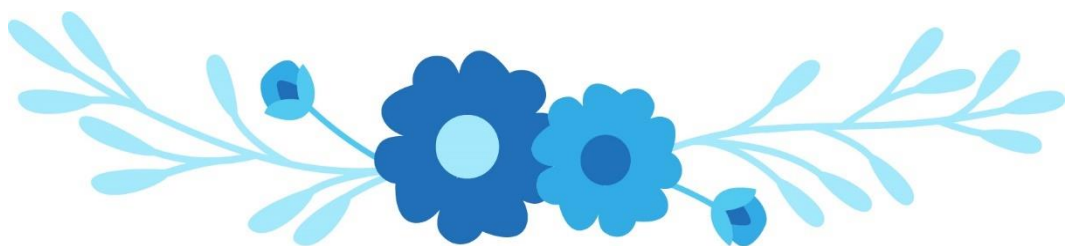
What about a **loophole**? Today this implies a way to get out of a contract. The origins of this also lie in the Middle Ages and, believe it or not, was a defensive architectural feature of castles. At the top of the fortifications, designers put in small, usually oval windows that were tapered to be wide on the inside and narrow on the outside. This made the windows difficult to hit from the outside by attacking enemies, but a good spot from which to fire arrows. This opening was called a loophole and later the term came to represent any opening that gave an advantage to the one side in an argument, or contract!

There are dozens of expressions which have interesting beginnings. We only need to look for the origins!

Written by:

Lorraine Howard

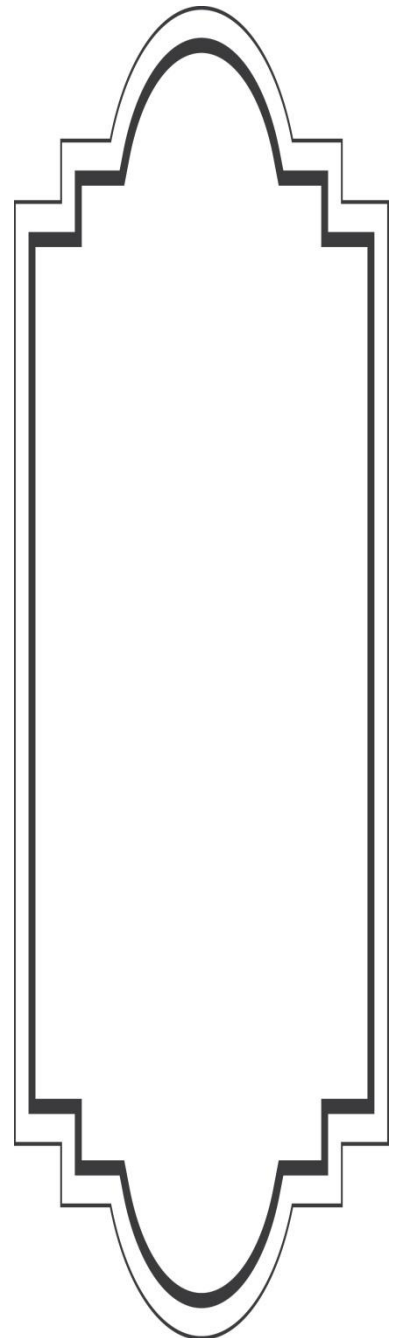
Kildare May 4<sup>th</sup> 2020

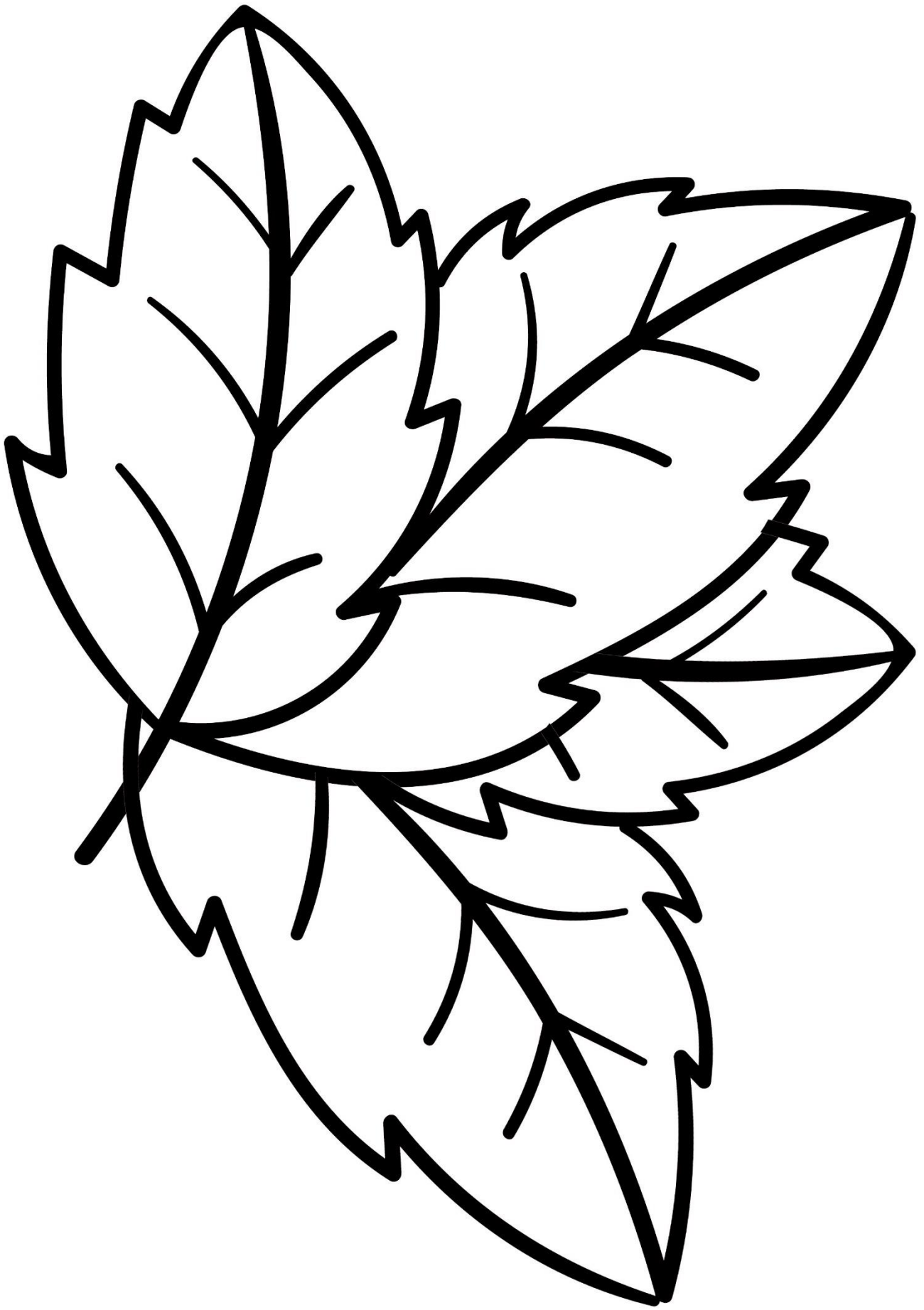


## Print and Decorate Your Own Bookmarks:

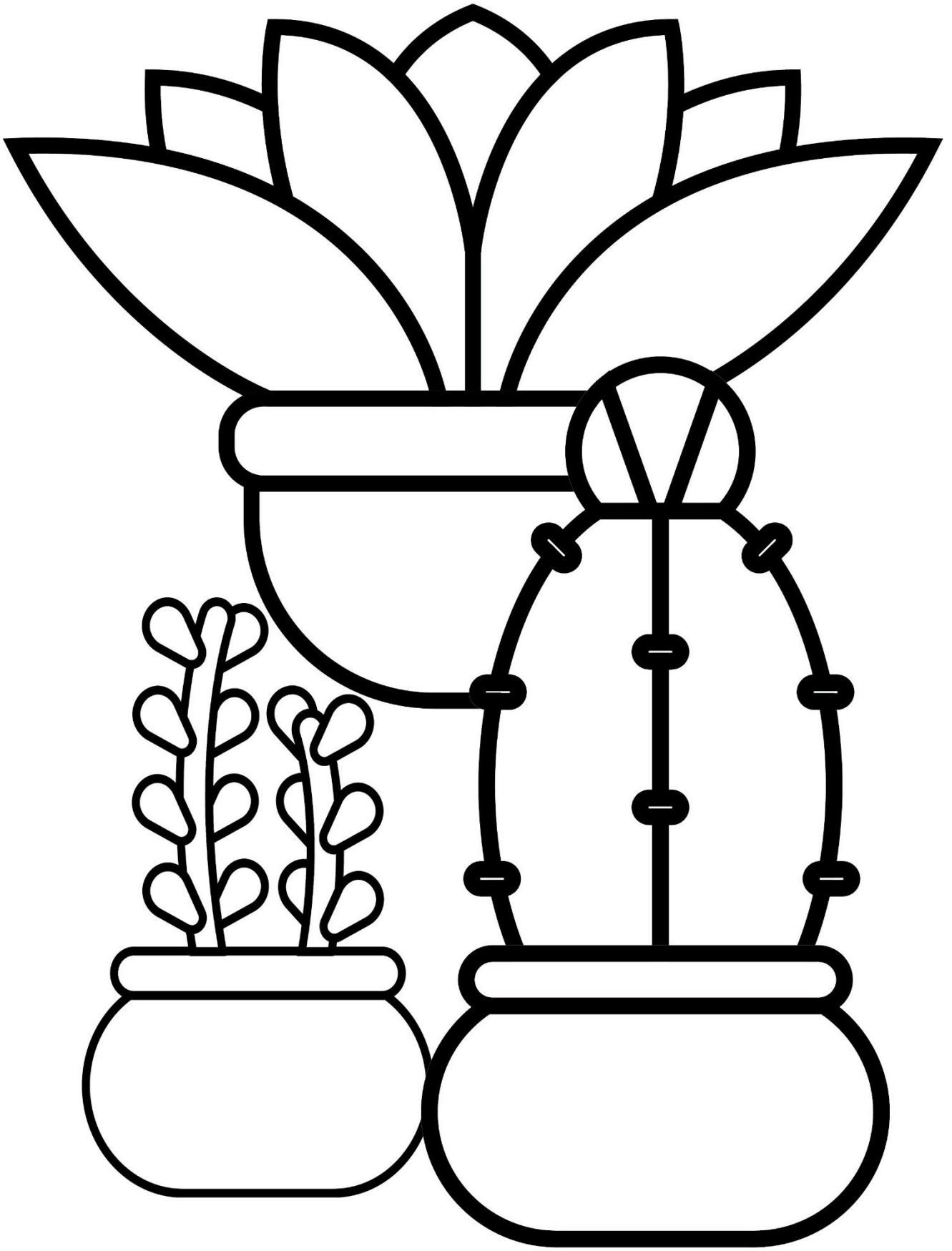
Open a book by the fireplace as night's grow cold and dive into another world as the story unfolds.

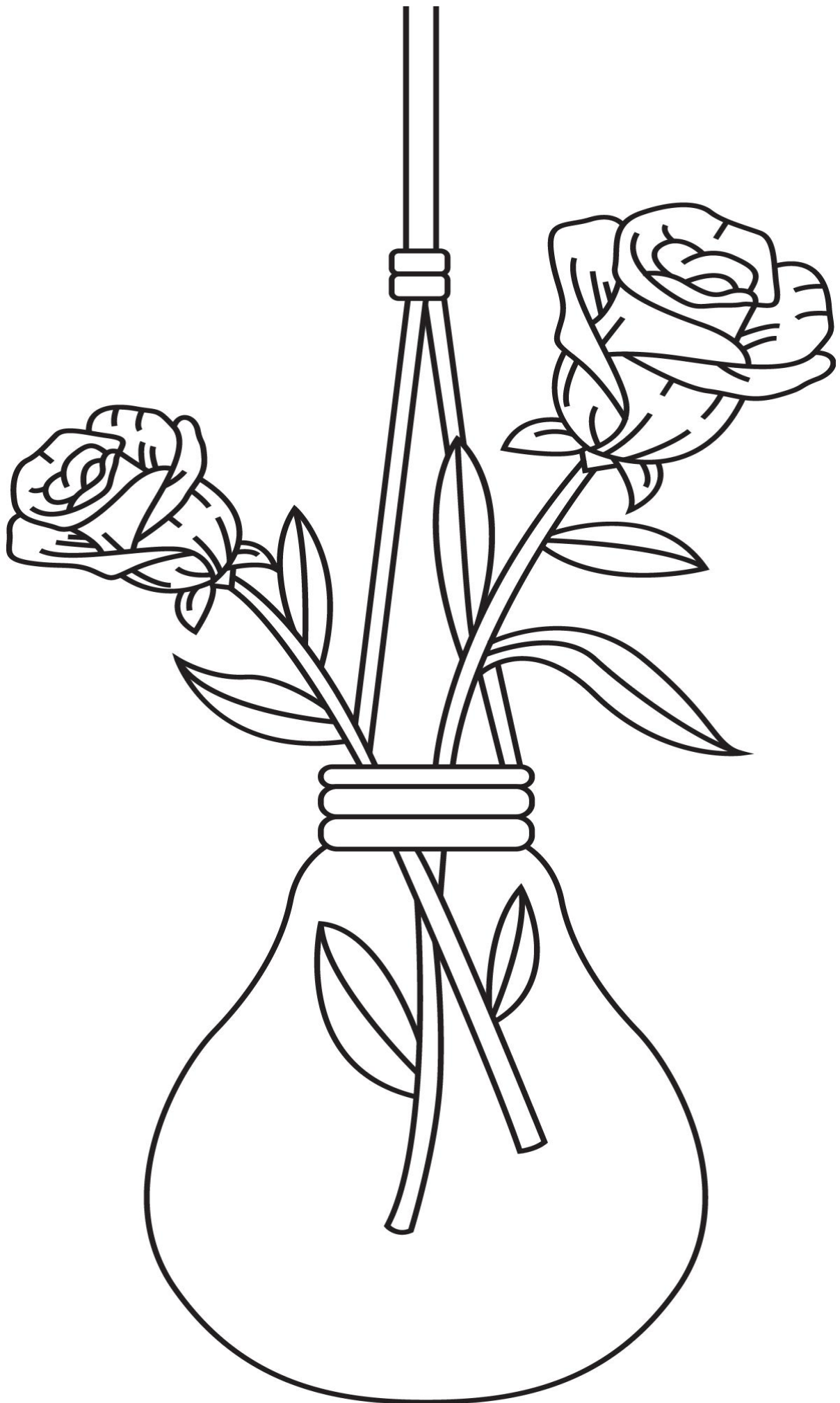
Below are two bookmarks for you to cut out and keep and blank one for you to design your own!



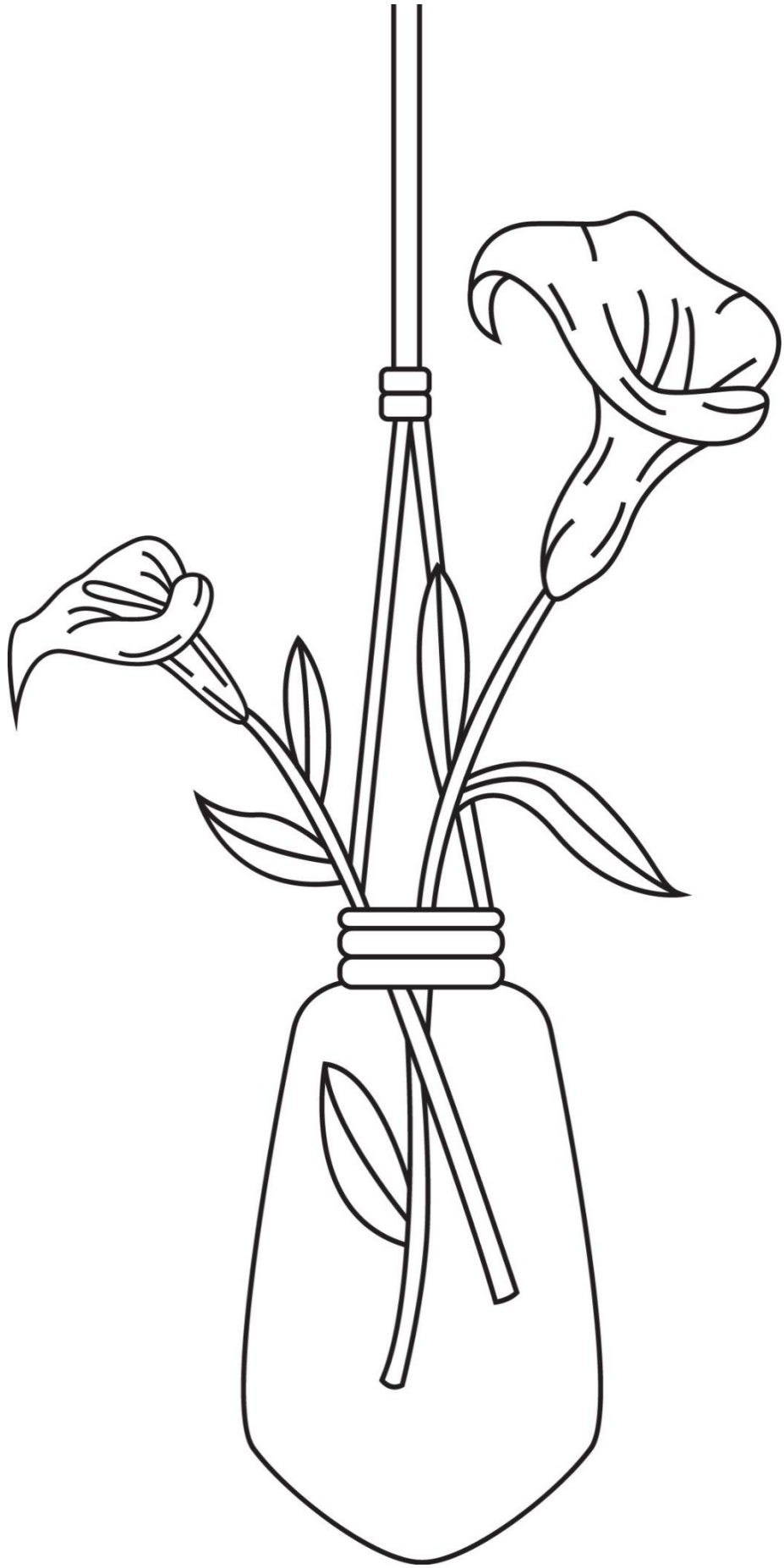












## The Song of Wandering Aengus by W. B. Yeats

I went out to the hazel wood,  
Because a fire was in my head,  
And cut and peeled a hazel wand,  
And hooked a berry to a thread.  
And when white moths were on the wing,  
And moth-like stars were flickering out,  
I dropped the berry in a stream  
And caught a little silver trout.

When I had laid it on the floor  
I went to blow the fire aflame,  
But something rustled on the floor,  
And someone called me by my name:  
It had become a glimmering girl  
With apple blossom in her hair  
Who called me by my name and ran  
And faded through the brightening air.

Though I am old with wandering  
Through hollow lands and hilly lands,  
I will find out where she has gone,  
And kiss her lips and take her hands;  
And walk among long dappled grass,  
And pluck till time and times are done  
The silver apples of the moon,  
The golden apples of the sun.

## Winter Time by Robert Louis Stevenson

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit,  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap,  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.



## A Trio of Limericks to Make You Smile

Limericks I cannot compose,  
With noxious smells in my nose.  
But this one was easy,  
I only felt queasy,  
Because I was sniffing my toes.



There was an odd fellow named Gus,  
When travelling he made such a fuss.  
He was banned from the train,  
Not allowed on a plane,  
And now travels only by bus.



There once was a farmer from Leeds,  
Who swallowed a packet of seeds.  
It soon came to pass,  
He was covered with grass,  
But has all the tomatoes he needs.

## Great-Grandmother's Wish

"Did you ever see a fairy, grannie?" said Tots.

"No," she said, "but my great-grandmother did."

"Oh, do tell me!" cried Tots.

"Well, once upon a time, as she was carrying her butter to market, she picked up a crooked sixpence. And with it, and what she sold her butter for, she bought a little black pig. Now, coming home, she had to cross the brook; so she picked piggy up in her arms and carried her over the brook. And, lo, instead of a pig, there was a little fairy in her arms!"

"Oh!" cried Tots, "what was it like?"

"Well, it had a red cap on its head, and a green frock, and it had gauzy wings, and it wanted to fly away, but great-grandmother held it tight.

"Please let me go," said the fairy.

"What will you give me?" said great-grandmother.

"I will give you one wish," answered the fairy.

So great-grandmother thought and thought what was the best thing to wish for, and at last she said,—

"Give to me and to my daughters to the eleventh generation the lucky finger and the loving heart."

"You have wished a big wish," said the fairy, "but you shall have it." So she kissed great-grandmother's eyes and mouth, and then she flew away.

"And did the wish come true?" asked Tots.



“Always—always,” answered grannie. “We have been since then the best spinners and knitters in all the countryside, and the best wives and daughters.”

“But,” said Tots, “what will the eleventh generation do when the wish stops and the good-luck?”

“I don’t know,” said grannie, shaking her head. “I suppose they’ll have to catch a fairy of their own.”



## The Granny Song

“Oh can we go to Granny's house,  
to Granny's house, to Granny's house?  
Oh can we go to Granny's house?”  
Said the children to their Mam.

“Well if Granny says that's it's okay  
I'll pack the bag without delay  
And we'll have such great fun today  
We always do with Gran.”

“And can we go walking,  
a walking, a walking?  
And can we go a walking?”  
Dúirt na leanaí lena Gran.

“We can go down to the Silver Strand  
Make mighty caisleáins in the sand  
I'll build a tower, you make a dam  
An féidir linn? Oh please Oh Gran”.

“And can we take a picnic,  
a picnic, a picnic?  
Oh can we take a picnic?”  
Dúirt an garmhac leis a Gran.

“Beidh tae, briosaí is ceaparaí  
And a special treat for you and me  
And we'll paddle our feet in the salty sea  
And play Catch Me if You Can”.

“And can we play in rocky pools,  
in rocky pools in rocky pools?  
And can we play in rocky pools?  
Dúirt na leanaí lena Gran.

“We'll find báirneachs and anemones  
Some portáns and some carraigín  
A mermaid's purse and a smugairle rón  
With it's tentacles coming undone”.

“And can we stay in your house,  
in your house, in your house?  
Oh can we sleep in your house?”  
Dúirt na leanaí lena Gran.

“At meanoíche we could have a feast  
Have buns and cakes and other treats  
And we promise we will brush our teeth  
Agus beidh ár fiacla glan”.

“Beidh pancóga againn do bricfeasta,  
don bricfeasta, don bricfeasta  
Beidh pancóga againn do bricfeasta  
Le sú talún agus mil (jam).

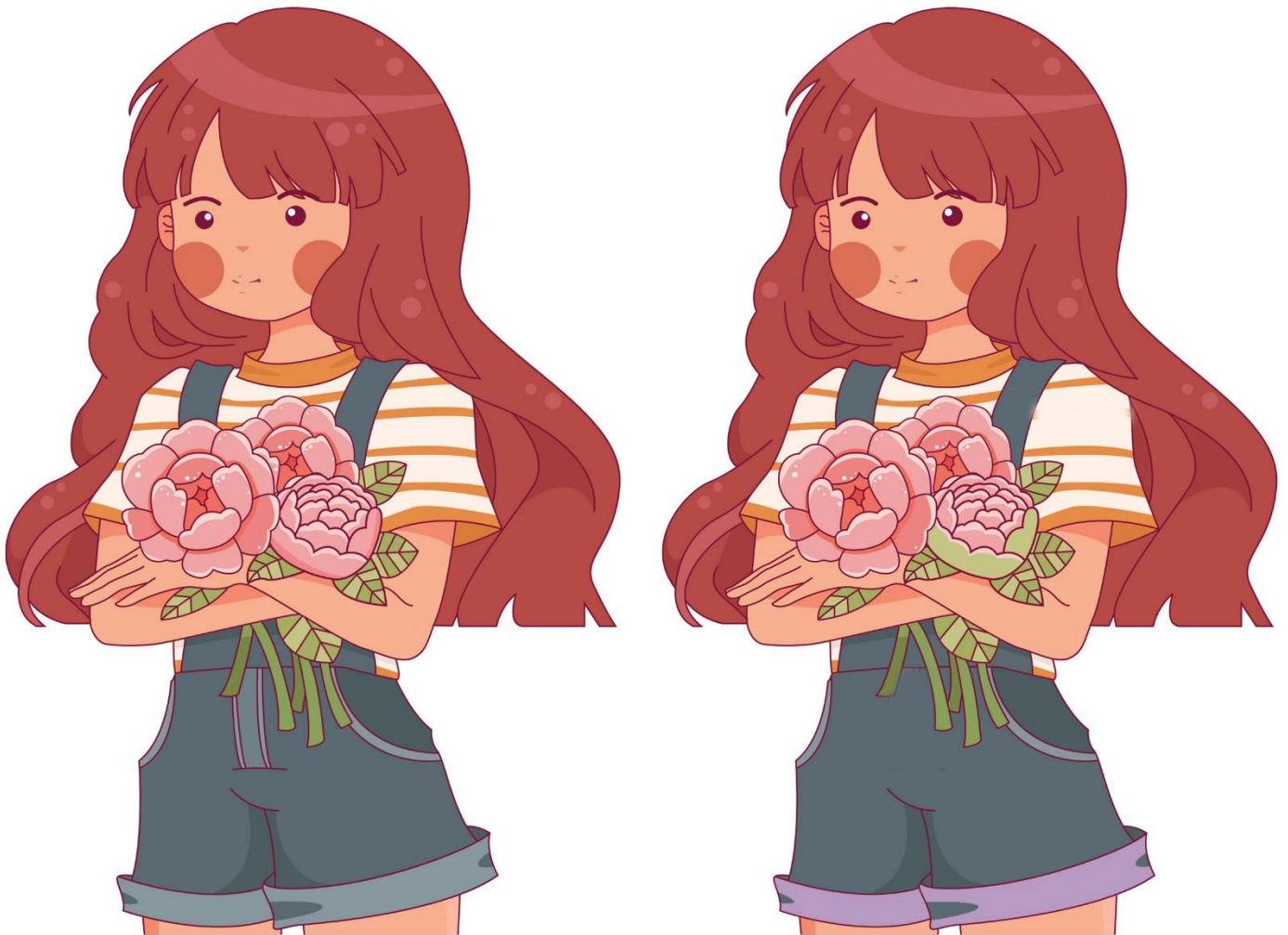
And after that we'll sing this song  
And we hope it hasn't been too long  
And we'll have more fun with you Gran  
An féidir linn? Of course we can.

***This song was composed by Mary Mac Nelis with her grandson  
Caolan for the ‘Songs for our Children’ project in February 2020.***



## Spot the Difference

Spot the 5 differences between the pictures below



(Clues: hair, flowers, stripes, shorts...)

## Strawberries and Cream Lollies

-

These strawberries and cream choco pops are just 3 ingredients: strawberries, plain Greek yogurt and chocolate. They were a big winner at our house and because you can make them with fresh or frozen strawberries, they can be made any time of year!

### Ingredients:

2 cup, whole – Strawberries

1/2 container (8 oz) – Greek Yogurt

1/2 cup chips (6 oz package) – semisweet chocolate chips

### Method:

1. Blend strawberries until smooth. If using frozen strawberries, thaw for a few minutes until softened.
2. Pour strawberry mixture into popsicle mold, layering with Greek yogurt. Freeze until solid.
3. Melt chocolate pieces.
4. Dip popsicle lollies into chocolate. Enjoy!



## Sing-Along: A Daisy A Day

He remembers the first time he met her  
He remembers the first thing she said  
He remembers the first time he held her  
And the night that she came to his bed  
He remembers her sweet way of singin'  
Honey has somethin' gone wrong  
He remembers the fun and the teasin'  
And the reason he wrote her this song.

I'll give you a daisy a day  
I'll give you a daisy a day  
I'll love you until the rivers run still  
And the four winds we know blow away.

They would walk down the street in the evenin'  
And for years I would see them go by  
And their love that was more than the clothes that they wore  
Could be seen in the gleam of their eye  
As a kid they would take me for candy  
And I loved to go taggin' along  
We'd hold hands while we walked to the corner  
And the old man would sing her his song

I'll give you a daisy a day  
I'll give you a daisy a day  
I'll love you until the rivers run still  
And the four winds we know blow away  
Now he walks down the street in the evenin'

And he stops by the old candy store  
And I somehow believe he's believin'  
He's holdin' her hand like before  
For he feels all her love walkin' with him  
And he smiles at the things she might say  
Then the old man walks up to the hilltop  
And gives her a daisy a day

I'll give you a daisy a day  
I'll give you a daisy a day  
I'll love you until the rivers run still  
And the four winds we know blow away



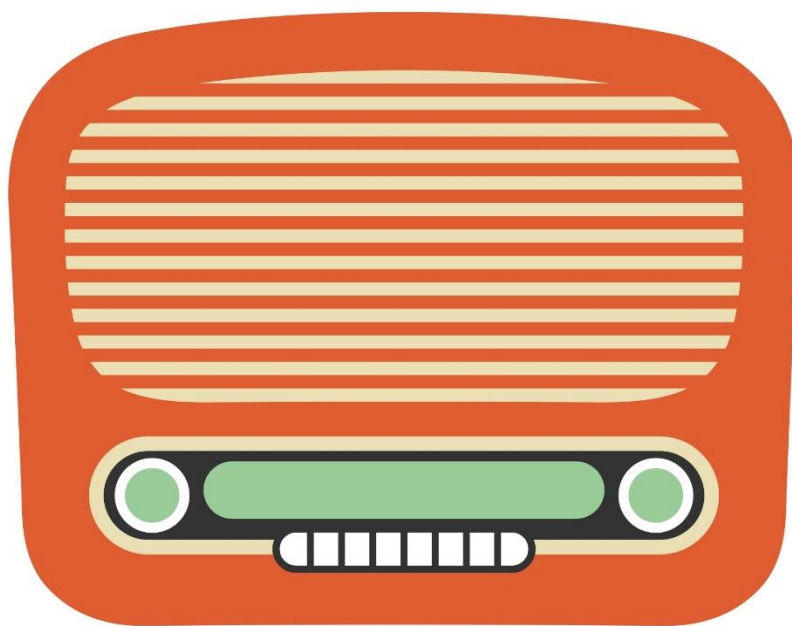


## Sing-Along: Avondale by James Galway and Paddy Moloney

Oh, have you been to Avondale  
And lingered in her lovely vale?  
Where tall trees whisper low the tale  
Of Avondale's proud eagle.

Where pride and ancient glory fade,  
Such was the land where he was laid,  
Like Christ was thirty pieces paid,  
For Avondale's proud eagle.

Long years that green and lovely glade,  
Have lost for now our grandest Gael,  
And Cursed the land that has betrayed,  
Our Avondale's proud eagle



## Mindful Meditation

With your eyes opened or closed, become aware of your breath

Often, the act of simply noticing changes the breath

But see if you can allow yourself to be present with the breath as it currently is. Without judgement, what do you notice about the quality of your breathing?

Notice if you are breathing through the mouth, or through the nose.

Notice the breath is short, or long, shallow, or deep.

Is there a difference between the length of the breath in, and the length of the breath out?

Allow breath to be just as it is.

As you take a moment to listen to yourself what it is that you find.

And then purposefully, breathe in and out through your nose.

And take 3 full, relaxing, exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,

Full and relaxed breath out

Last one

Deep, slow breath in,

Breathe all the way out

Continue to breathe through your nostrils,

Steadily, and patiently

And now turn your attention to the body itself

Notice what's present in the body

Tightness? Any pain? Discomfort?

Are there areas of softness? Spaciousness? Joy?

Stay curious and open to sensation, free from self-criticism

Allow whatever sensation you notice in the body to be here with you and if a particular sensation, or area of the body is speaking to you let's go to it. Go to it with your attention and awareness.

Ask what it's trying to say.

Move towards this area with curiosity, with openness

Open to whatever it has to tell you.

Be fully accepting of this sensation in this moment

And then silently describe to yourself what you're feeling

Perhaps this sensation has a temperature, a warmth or a coldness

Perhaps there's a color, a shape or a size

And if you feel nothing, notice that too...

Take note

(pause 3 breaths)

So again, intentionally, purposefully, we'll take 3 full, relaxing, exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,  
Full and relaxed breath out

Last one

Deep, slow breath in,  
Breathe all the way out

This exercise here is not about self-criticism or self-blame  
The exercise here is to simply notice

To acknowledge anxiety, or anything else that's present  
To allow it to be present, and to give it space.  
To give it the space to move and change.

So ask what the breath, the body and mind are trying to tell you  
And then listen  
Listen with an open curiosity,  
Listen without expectation  
Listen with love in your heart

For the breath, body and mind are not the enemy  
But the tools through which we're given the clues that will guide us  
home