



THE ALZHEIMER  
SOCIETY *of* IRELAND

# October Activity Pack





Dear Friends,

October is sometimes known as “spooky Season” so as the leaves turn to red and gold and the nights get colder, this month’s theme is Samhain (Halloween). So wrap up warm and dive in!

We have some fun activities for you to do, a spooky recipe and tales of old Irish traditions surrounding the Samhain festival. We wonder how many you may have done these as a child? Also included is a piece as Gaeilge (in Irish) and would love to hear from our friends in the Gaeltacht communities as to what you might enjoy in future packs.

If you would like to suggest a theme for a pack, or if you’d like to share your artwork with us and have it featured on our social media please let us know. We also welcome poems and stories to be included in the pack if we have any artists or writers out there! Please contact Danielle at [danielle.keogh@alzheimer.ie](mailto:danielle.keogh@alzheimer.ie) if you’d like to contribute.



***"I loved her not for the way she danced with my angels, but for the way the sound of her name could silence my demons."***

***Christopher Poindexter***

## Useful Resources:



THE ALZHEIMER  
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- Our Free Helpline is available at: **1800 341 341**
- 50808 text service: 50808 provides a safe space where you're listened to by a trained Crisis Volunteer. You'll text back and forth, only sharing what you feel comfortable with. **Text the word "hello" to 50808 to begin.**
- 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/>
- Contact ALONE if you have concerns about your own wellbeing, or the wellbeing of an older person you know. Their National Support Line is available seven days a week from 8am – 8pm on **0818 222 024**
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

# TEA DANCE TUNES

**Dementia-Friendly Concerts Online**

**WEDNESDAYS AT 11AM  
STARTING 8 SEPTEMBER**

We invite people living with dementia, their carers and families to enjoy an online concert of favourite songs and music!

Join Liz Ryan and other NCH musicians for an interactive concert of popular ballads and seasonal songs, from the comfort of home.

Tea Dance Tunes Online concerts are held live via Zoom, with opportunities for the musicians and our guests to interact, creating a welcoming online community.

*"I haven't seen my mum so happy and engaged in some time! Absolutely invaluable experience and feeling of connection for her through this Covid time. She loved the feeling of interacting with a group again with no pressure."*

Tea Dance Tunes guest



**Tickets are free, however space is limited.  
For more information and to book, please visit [nch.ie](http://nch.ie)**

Tea Dance Tunes Online is supported by the RTÉ Does Comic Relief Fund.

## Table of Contents

<b><u>Activity</u></b>	<b><u>Pages</u></b>
Pumpkin Farming Spot the Difference	<b>6</b>
Spooky Spot the Difference	<b>7</b>
Halloween Wordsearch	<b>8</b>
Spooky Jigsaw	<b>9</b>
Magical Maze	<b>10</b>
Old Irish Halloween Customs	<b>11</b>
Irish Halloween Games	<b>12</b>
Oíche Shamhna	<b>13</b>
Mummified Banana Recipe	<b>14 – 15</b>
Spooky Pictures to Colour	<b>16 - 21</b>
Pumpkin Shadow Game	<b>22</b>
Pumpkin Faces	<b>23</b>
Happy Halloween Poem	<b>24</b>
My Friend Jack Poem	<b>25</b>
Happy Halloween Greetings	<b>26</b>
Monster Mash Lyrics	<b>27 - 28</b>
Quick Meditation for Busy Minds	<b>29 – 30</b>

## Pumpkin Farming Spot the Difference

See if you can see the 5 differences between these two pictures



## Spooky Spot the Difference

See if you can see the 5 differences between these two pictures



# Halloween Wordsearch

P J H G E G K D E F O E H Z L  
N F U Y G B P Q Z J Q I S X Z  
U C Q D O B O G H O S T X K X  
G G W B B U P W I S H F U Y M  
P L C W L P Y N Z N V P P M P  
H Z M I I O A Y E N K Q S I U  
L G O T N J Q S K V C O C D M  
P V N B A T L M A A V C S N P  
A R S P O O K Y S M F T I I K  
R B T R I C K Y D P O O P G I  
T R E A T W Y Q L I J B Z H N  
Y V R E E L L H C R F E M T R  
Y I K K W W B B G E A R F R J  
W B V W I T C H T V V Y X R G  
N M S W E E T S T S C U W U U

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BAT

GOBLIN

MONSTER

PARTY

SPOOKY

TREAT

VAMPIRE

GHOST

MIDNIGHT

OCTOBER

PUMPKIN

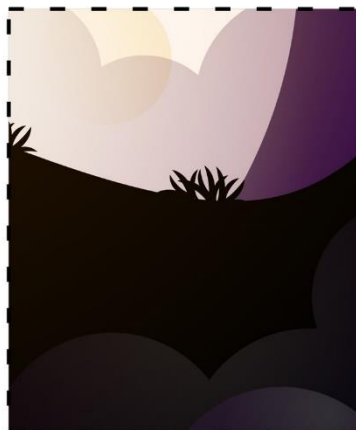
SWEETS

TRICK

WITCH

# Spooky Jigsaw

Cut out the pieces below and rearrange them to form the picture on the right



# Magical Maze

Help the witch to find her lost cat!



## Old Irish Halloween Customs by Emma Wood – Co. Leitrim

Halloween is not spent now like the way it was spent in olden times. In years gone by people used to be preparing for Halloween weeks before, cabbage stumps used to be thrown at the neighbours' doors. Children used to hang up an apple to see who would get a bite off it. At Halloween the housewife makes different things for eating such as, cakes, pies and also some of them make boxty. They put a ring in the cake, a little thimble, and a horseshoe. Some be married before twelve months. If you get the horseshoe it is for good luck. If you get the thimble you will either be a tailor or a dressmaker.



## Irish Halloween Games from 1938

(Thomas Traynor, Co Cavan)

Children have a lot of games on Halloween. Some children hang an apple from the top of the house with a string and they try to catch with the mouth without putting the hand to it. The children also put a penny in water and try to take it out with the mouth. Some people put a ring in a cake and say whoever would get the ring would be married first. Three saucers are put on a table - a ring in one, clay in another and water in another. Then a person is blindfolded, and he puts his hand in one of the saucers. if it is the one with the ring on it he will be married, if it is the one with the clay on it he will be buried and if it is the one with the water in it he will cross the sea.

Our gate was left at a neighbour's house and the neighbours gate was left at our house. Some people's doors were tied outside, and cabbage was thrown in on some doors or windows Halloween night.



## Oíche Shamhna (Seán Ó Dubhgaill , Co. Galway)

Bíonn feasta mór againn ar an gcéad lá dén Samhain. Bíonn spóirt mór againn an oidhche sin mar bíonn muid ag imirt cleasa. Bhíonn ubhla agus chnoithe againn. Cuireann muid ubhla síos i dtubhán uisge agus bíonn muid ag tomadh ins an uisge ag iarraidh an ubhail a togáil as le n-ar mbéal. Annsin ceannglann muidh ubhall ar srang agus cuireann muid ar crochadh ón seoláil é agus bíonn muid ag iarraidh greim a fhágail air le nar mbéal. Cuireann duine pighinn no sgilling síos i mbáisín uisge agus bíonn go leor spóirt againn ag iarraidh an airgeadh a thabairt as an mbáisín. An tráthnóna sin déanann bean an tighe cáca agus cuir sí fainne ann. Nuair a thagann an oidhche bíonn an tae aca agus tugann an bean píosa dén cháca de gach duinne san teach agus bíonn eagla ortha ag féachaint cén duine a gheobhadh an fainne. Bíonn faithchios ar na daoine dul amach ar an oidhche sin mar deireann na daoine go mbíonn na sidheoga amuigh.



## **Mummified Banana Recipe**

Here's a fun and easy recipe to try that will make a nice treat for anyone with a sweet tooth!

### **INGREDIENTS (MAKES 8):**

4 bananas

550 grams of white chocolate

Bag of M&Ms or milk/dark chocolate chips

### **Other:**

Parchment paper

Lollipop sticks

Piping bag (drizzle with spoon if you don't have this)

### **DIRECTIONS**

1. Line a large baking sheet with parchment paper. Skewer half of each banana with a lollipop stick and freeze until firm, at least 2 hours.
2. In a large microwave-safe measuring cup, melt 450 grams broken-up white chocolate in the microwave on low heat, stopping and stirring every 10 seconds or so until just melted. Be careful not to overheat.
3. One at a time, dip the bananas into the chocolate to coat, shaking off any excess. Return to the baking sheet and immediately place two M&Ms or chocolate chips near the top for eyes. Pop in the freezer for 30mins or until chocolate is set.

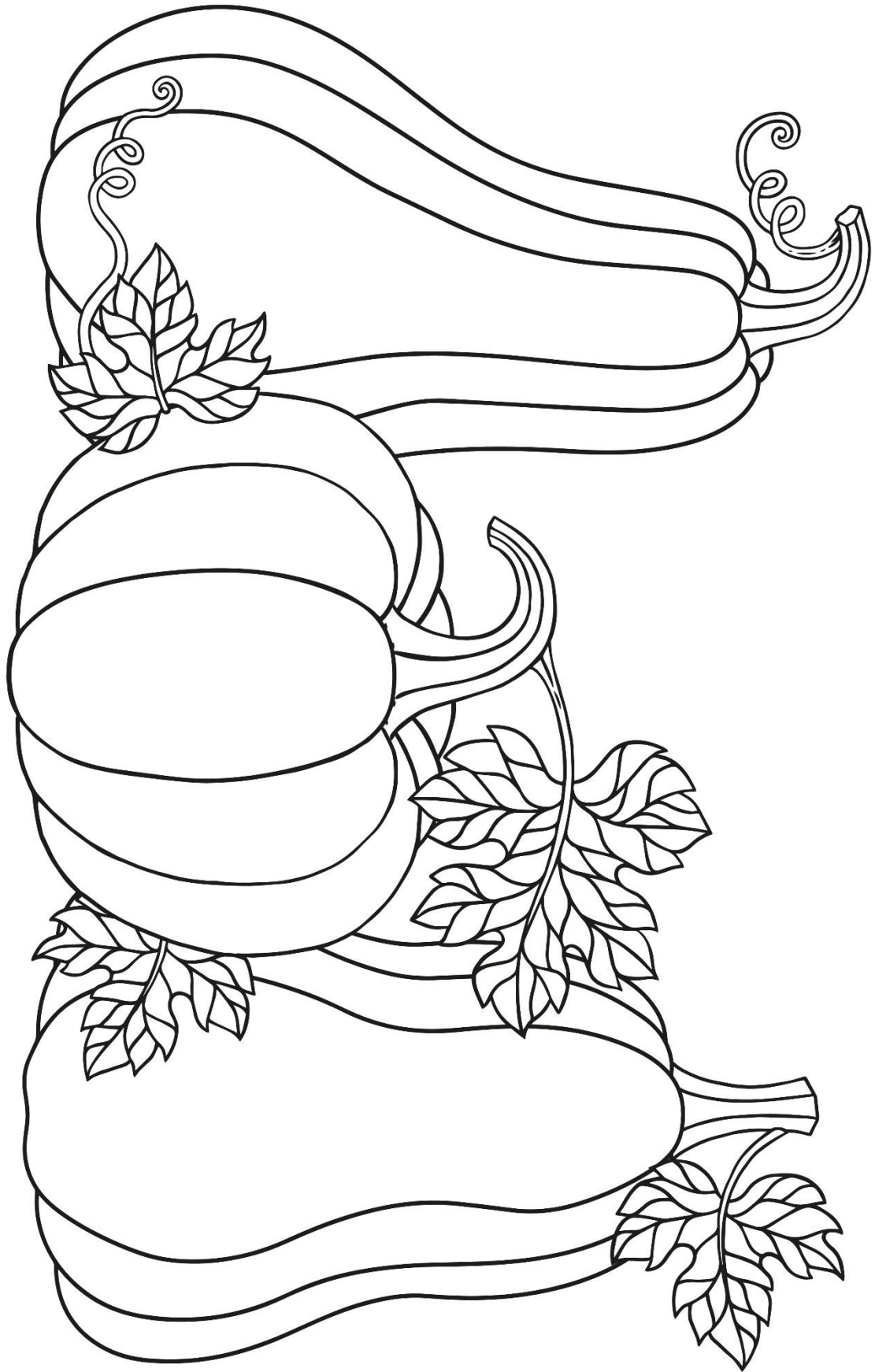
4. Melt the remaining 200 grams white chocolate in the microwave using the method above and fill a small piping bag fitted with a small, round nozzle tip. Pipe zigzags over the banana to form bandages. (Drizzling with a spoon also works!) Chill or freeze until ready to serve.
5. For an extra-spooky look add a little red or green food colouring to the melted drizzle chocolate!



Spooky Pictures to Colour

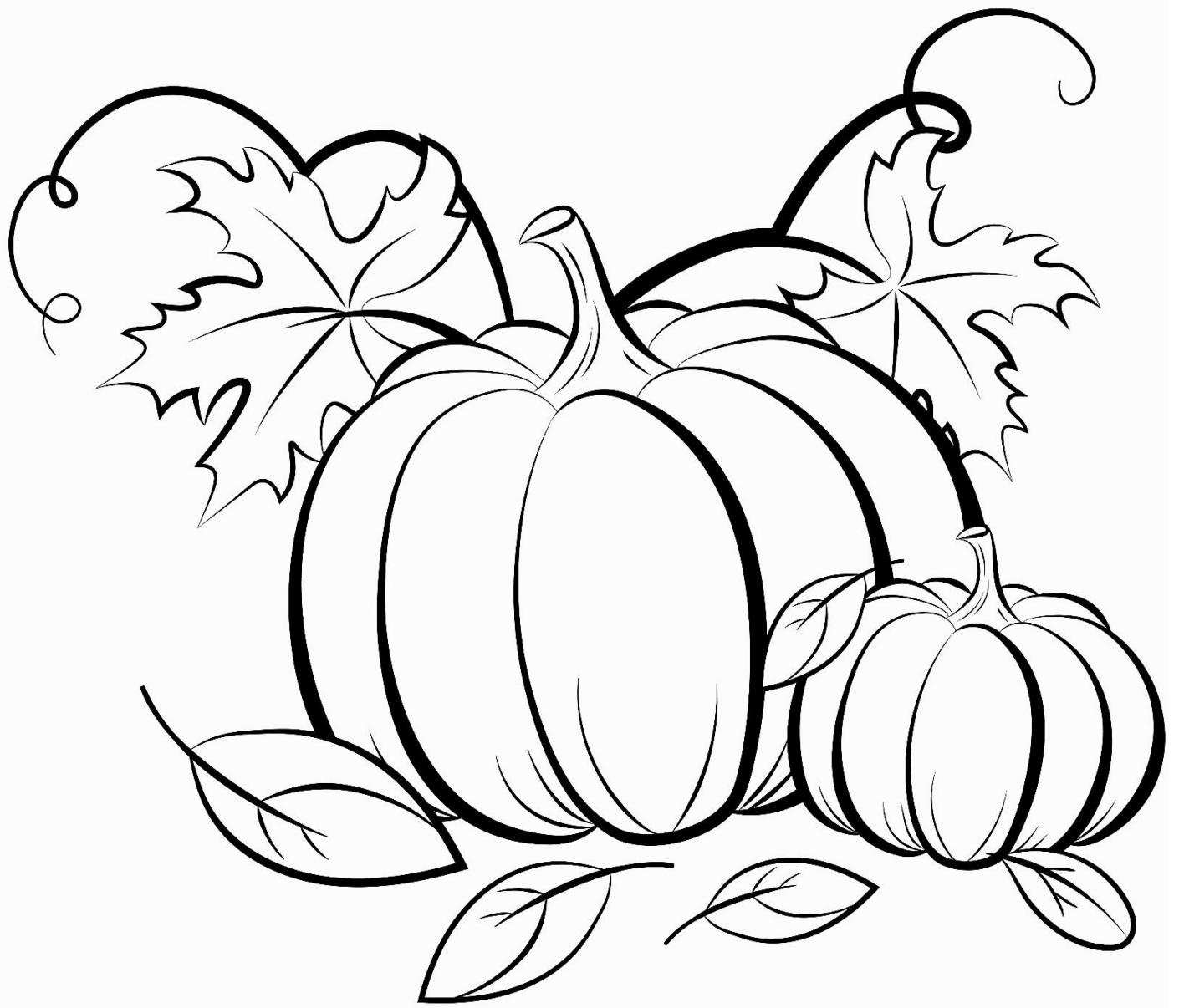












# Match the Pumpkins to Their Shadows!



## Draw in Pumpkin Faces

Use the prompts below each pumpkin to draw on a face



Happy



Silly



Scary



Surprised



Sleepy



Laughing

PUMPKIN

## Happy Halloween Poem

It's late and we are sleepy,  
The air is cold and still.  
Our jack-o-lantern grins at us  
Upon the window sill.

We're stuffed with cake and candy  
And we've had a lot of fun,  
But now it's time to go to bed  
And dream of all we've done.

We'll dream of ghosts and goblins  
And of witches that we've seen,  
And we'll dream of trick-or-treating  
On this happy Halloween.



## My Friend Jack by Rick W. Cotton

Jack comes every year to visit me,  
And his grin just makes me smile.  
Nearly toothless, he doesn't care.  
He happily laughs all the while.  
Eyes glowing in mirth and merriment,  
He makes this time of year happy,  
Though he's not much in conversation,  
And he has no repartee snappy.

Jack just stays for a few weeks  
Every year when the leaves turn yellow.  
He's as welcome as he could possibly be.  
He's quite the fun old fellow.  
Now the sun goes down and the moon comes up,  
And the costumed monsters come calling.  
Light a candle to get Jack going!  
Fast! The eventide's falling!

All Halloween night he sits with me,  
Grinning to greet the neighbors  
'Til his candle's gone and he goes to sleep.  
These are hours that I truly savor.  
So long old Jack, tomorrow's November!  
We'll see you again next year!  
When you come to visit from the pumpkin patch,  
We will all be waiting right here!

## Happy Halloween Greetings

If you have some special Trick-or-Treaters calling to visit why not give them one of the greeting cards below?

Or cut out the cards and use them as decoration on your windows!



## Monster Mash

### Bobby "Boris" Pickett & The Crypt Kickers

I was working in the lab, late one night  
When my eyes beheld an eerie sight  
For my monster from his slab, began to rise  
And suddenly to my surprise

He did the monster mash  
(The monster mash) It was a graveyard smash  
(He did the mash) It caught on in a flash  
(He did the mash) He did the monster mash

From my laboratory in the castle east  
To the master bedroom where the vampires feast  
The ghouls all came from their humble abodes  
To get a jolt from my electrodes

They did the monster mash  
(The monster mash) It was a graveyard smash  
(They did the mash) It caught on in a flash  
(They did the mash) They did the monster mash

The zombies were having fun (Wa hoo, tennis shoe)  
The party had just begun (Wa hoo, tennis shoe)  
The guests included Wolfman, Dracula and his son  
The scene was rockin', all were digging the sounds  
Igor on chains, backed by his baying hounds  
The coffin-bangers were about to arrive  
With their vocal group, 'The Crypt-Kicker Five'  
They played the monster mash

(The monster mash) It was a graveyard smash  
(They played the mash) It caught on in a flash  
(They played the mash) They played the monster mash

Out from his coffin, Drac's voice did ring  
Seems he was troubled by just one thing  
He opened the lid and shook his fist and said  
"Whatever happened to my Transylvania Twist?

It's now the monster mash  
(The monster mash) And it's a graveyard smash  
(It's now the mash) It's caught on in a flash  
(It's now the mash) It's now the monster mash

Now everything's cool, Drac's a part of the band  
And my Monster Mash is the hit of the land  
For you, the living, this mash was meant too  
When you get to my door, tell them Boris sent you  
Then you can monster mash

(The monster mash) And do my graveyard smash  
(Then you can mash) You'll catch on in a flash  
(Then you can mash) Then you can monster mash  
(Wa hoo, monster mash)



## **Quick Meditation for Busy Minds**

This quick relaxation script will describe how to relax even though you are busy. After a short intro, the relaxation takes only 30 seconds. When you are short on time, it can be particularly challenging to make relaxation a regular part of your day. You might recognize the benefits of relaxing, but still can't find the time to sit down and actually practice relaxation techniques.

Right now, take 30 seconds to relax your body and reduce stress.

Stand up or otherwise change positions.

Roll your shoulders forward... and now roll your shoulders back.

Clench your hands into fists... hold... and release.

Stretch your arms out and stretch your hands wide open, reaching up above your head. Spread your fingers wide. Reach your arms high.

Now relax your hands and lower your arms.

Lower your shoulders, away from your ears. Ease your shoulders back slightly. Let your shoulders relax.

Relax your jaw by dropping the lower jaw slightly. Make sure your teeth aren't touching.

Now count silently as you breathe:

Inhale... two, three, four...

pause...two, three....

exhale...two, three, four five....

[Repeat until 28 seconds have passed.]

Change positions one more time, and then get back to your day!

