

August 2022

Activity Pack 2



Dear Friends,

We are now in the month of August! We've been blessed with some beautiful weather so far and hope you have been able to enjoy it before the leaves begin to turn to autumn.

We hope that this activity pack helps to brighten your day and we'd like you to know that 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.

This month we have gathered a variety of activities that we hope you will enjoy. We are always looking for ways to improve so if there is anything you would like to see more, or less, of then please feel free to let your local ASI staff know. We love getting feedback and look to tailor our supports to your needs.

We hope you all enjoy this month's pack...



“No act of kindness,
No matter how small,
Is ever wasted.”

Aesop

Useful Resources:

- Our Free Helpline is available at: **1800 341 341**
- 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/>
- We also have the Mindful Melodies Social Club every wednesday from 1.30 -2.30pm contact annemarie.veale@alzheimer.ie
- 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 ASI National Virtual Choir are taking a break for August but will be back with you in September.
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**



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True or False – Animals

See if you can figure out if the following statements are true or false

1. Snakes blink about ten times per minute.
2. Hippophobia is a fear of hippopotamuses.
3. A flea can jump over a hundred times their own height.
4. Gorillas can catch human colds and other illnesses.
5. A baby goat is called a kid.
6. A tiger's skin is black under their striped fur.
7. A new-born baby panda is smaller than a mouse.
8. A hummingbird can fly backwards.
9. Bulls get angry when they see the colour red.
10. The flamingo can only eat when its head is upside down.
11. A group of chickens is called a parliament.
12. The honey bee has been around for 30 million years.
13. A blue whale can weigh as much as 30 elephants together.
14. Horses can't vomit.

15. Bats are unable to walk because their leg bones are too weak.

16. Dogs love chocolate and it is great for them.

17. Alligators cannot move backwards.

18. Ants sleep an average of five hours per night.

19. Horses are faster than ostriches.

20. Almost half the pigs in the world are kept by farmers in China.



Solutions to True or False – Animals:

1. False (snakes don't blink at all, they have no eyelids)
2. False (it is the fear of horses)
3. True
4. True
5. True
6. False (their skin is also striped)
7. True
8. True
9. False (they are colour blind)
10. True
11. False (they are called a clutch, a parliament is a group of owls)
12. True
13. True
14. True
15. True
16. False (chocolate is harmful to dogs_
17. True
18. False (ants never sleep)
19. False (ostriches are faster than horses)
20. True

Create the soundtrack of your life



Playlist for Life is a charity that specialises in harnessing the power of music to connect people, and to help those living with dementia and those who care for them. **We want everyone to have their own playlist of music that means something to them.**

The 'soundtrack of your life' is a personal collection of songs that gives you that flashback feeling whenever you hear them. Start building the soundtrack of your life by collecting your musical memories using the prompts below. You can start with any prompt you like.

This playlist belongs to: _____

<p>Your 'Memory Bump' (strong memories formed aged 10-30) Can you think of songs that remind you of your youth?</p> <p>Song</p> <p>Memories</p> 	<p>Party tunes Which songs always get you dancing and/or singing along?</p> <p>Song</p> <p>Memories</p> 
<p>Special moments and milestones Which songs take you back to a special memory in your life?</p> <p>Song</p> <p>Memories</p> 	<p>Hobbies, interests and beliefs Are there pieces of music that make you think of a group that you belong to?</p> <p>Song</p> <p>Memories</p> 
<p>Songs from childhood Are there nursery rhymes or songs from a children's TV show that you loved?</p> <p>Song</p> <p>Memories</p> 	<p>Holidays Which songs remind you of a favourite holiday?</p> <p>Song</p> <p>Memories</p> 
<p>Important places What songs remind you of your hometown?</p> <p>Song</p> <p>Memories</p> 	<p>TV themes Are there TV shows with theme tunes you'll always remember?</p> <p>Song</p> <p>Memories</p> 
<p>Important people Think of a person who's important to you. What songs remind you of them?</p> <p>Song</p> <p>Memories</p> 	<p>Concerts you've been to Which tunes remind you of the best live music event you've attended?</p> <p>Song</p> <p>Memories</p> 

To find out more about connecting through music, visit www.playlistforlife.org.uk

Now that you've built your own playlist, why not try asking a friend or family member about songs that are important to them?

Building a soundtrack and discovering the memories associated with each song is a wonderful way to connect with family and friends. Fill in this playlist template for a friend or family member.

Top Tips

Try sharing your songs and memories before asking about theirs

These are just starting points for conversation – you don't need to answer all of them

This playlist belongs to: _____

Your 'Memory Bump' (strong memories formed aged 10-30)

Can you think of songs that remind you of your youth?



Song

Memories

Party tunes

Which songs always get you dancing and/or singing along?



Song

Memories

Special moments and milestones

Which songs take you back to a special memory in your life?



Song

Memories

Hobbies, interests and beliefs

Are there pieces of music that make you think of a group that you belong to?



Song

Memories

Songs from childhood

Are there nursery rhymes or songs from a children's TV show that you loved?



Song

Memories

Holidays

Which songs remind you of a favourite holiday?



Song

Memories

Important places

What songs remind you of your hometown?



Song

Memories

TV themes

Are there TV shows with theme tunes you'll always remember?



Song

Memories

Important people

Think of a person who's important to you. What songs remind you of them?



Song

Memories

Concerts you've been to

Which tunes remind you of the best live music event you've attended?



Song

Memories

To find out more about connecting through music, visit www.playlistforlife.org.uk



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Playlist for Life is a registered charity: SC044072

Crossword by Christa De Brun

**I spread out the paper and uncap my pen,
lean across the table using the frayed cushion for support,
taking care not to stain my sleeve.**

**You join your hands as if ready for prayer,
we winnow our way through the clues,
I write in the words while you change your mind.**

**We almost always finish the crossword,
but when we falter, you go round and round,
churning letters in your mouth like butter, until, in a fit of pique,
I jam letters into words and declare it done.**

A little bit about the author of the poem *The Crossword*

Christa de Brún is a poet from Athlone, living in Waterford. Her work has been published in *The Waxed Lemon, Drawn to the Light Press, The Ekphrastic Review, New Word Order, Addictions Anthology* and *Cathal Buí Selected Poems 2021*. She was shortlisted for the Anthology Prize 2020 and the Roscommon Poetry Prize at the Strokestown International Poetry Festival 2021

Picking Figs by Anne Tannam

She rings me in the early evening my first-born lately flown the nest
to tell me they've been picking figs from trees growing on his
father's land.

She tells me of their plans to make fig jam. I let the phrase settle in
my ear, say it to myself to taste it on my tongue;

close my eyes, see a table set for breakfast

the Spanish winter sun still warm across the walls and tiles

the two of them sitting in easy silence:

one drinking the last of freshly squeezed orange juice,

the other spreading fig jam on crusty bread,

days of such mornings behind them,

days of such mornings ahead.

Lavender Rice & Chamomile Dough for Sensory Engagement

Here are some calming sensory activities. They include familiar scents, kneading and shaping (non-edible).

Chamomile Play Dough recipe

Ingredients:

- 2 cups plain flour
- ½ cup salt
- 2 teaspoons oil
- 2 Tablespoons of cream of tartar
- Up to 1.5 cup of water
- 2 bags of chamomile tea
- 3 drops of essential rose oil

How to make:

1. Boil 1.5 cups of water and brew the two chamomile tea bags for 5 minutes.
2. Remove the tea bags and wait for the water to cool.
3. Mix the dry ingredients plus the two oils and pour in the chamomile water, mixing as you go. The mixture will be sticky just like bread dough.
4. Turn onto a surface and knead for 10 minutes until it becomes smooth, pliable and non-sticky - if needed add a half teaspoon of flour.



Sensory Lavender Rice Tray

This is Ideal for those with sensory needs to experience the calming scent of lavender and improve motor skills by scooping, turning, filling, squeezing, and separating.

Ingredients:

- A wooden/plastic/metal tray
- Paper towels
- 2 kg Rice
- A bowl to dye the rice
- 8 teaspoon of white vinegar
- ¼ teaspoon blue food colouring
- Fresh or dried lavender flowers
- Wooden spoons, small bowls, cups
- 3 or 4 drops of essential lavender oil

How to make:

1. Line the tray with paper towels.
2. Place the rice in the bowl and add ¼ teaspoon of blue food colouring plus 3 or 4 drops of lavender essential oil / Mix well to distribute the colour (put a little more food colouring as desired).
3. Pour the rice onto the lined tray and spread out for fast drying
4. Place the tray in the sun for a couple of hours or leave it overnight for drying.
5. Give the person the lavender flower branches to pick and mix with the rice.

The Lake Isle of Innisfree

By William B Yeats

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.



Dust If You Must

Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead.

Dust if you must, but the world's out there
With the sun in your eyes, and the wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.

Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go you must)
You, yourself, will make more dust.

Furry Friend

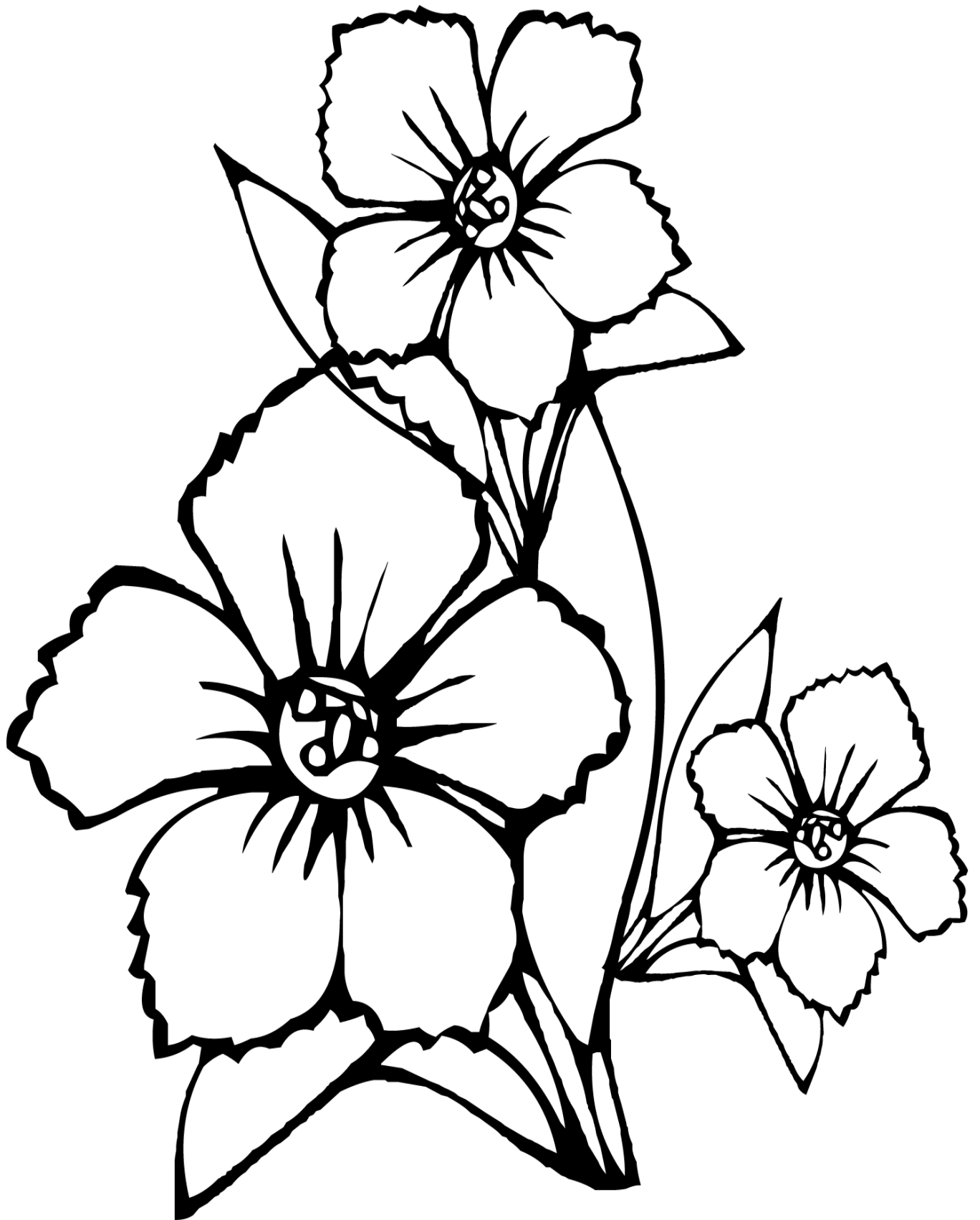
What would I do without you,
My precious, furry friend?
Part mischief, but all blessing,
And faithful to the end!

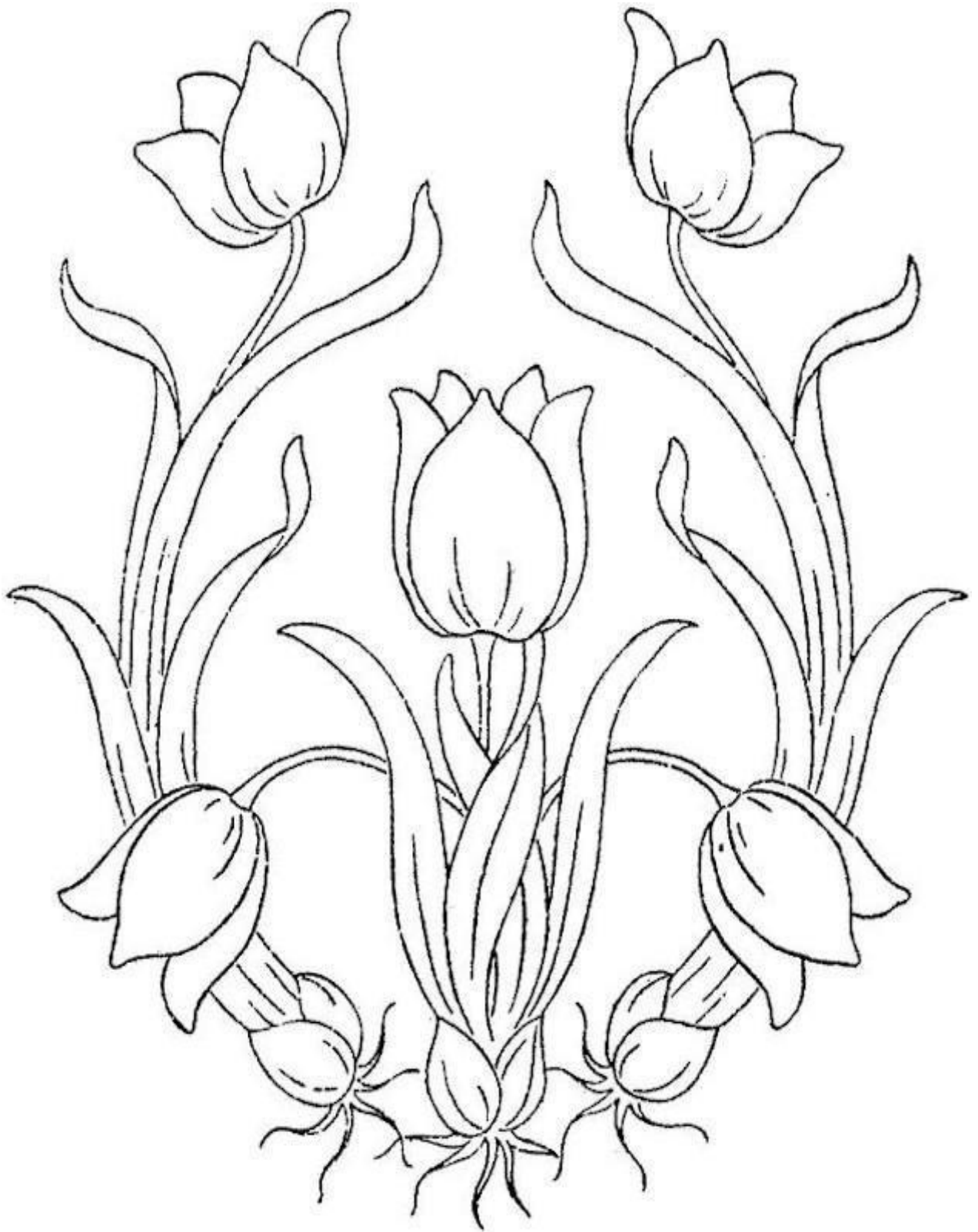
You look at me with eyes of love;
You never hold a grudge . . .
You think I'm far too wonderful
To criticize or judge.

It seems your greatest joy in life
Is being close to me . . .
I think God knew how comforting
Your warm, soft fur would be.

I know you think you're human,
But I'm glad it isn't true . . .
The world would be a nicer place
If folks were more like you!













FUNNY SAYINGS !!!

1. I am on a seafood diet. I see food, and I eat it.
2. I don't need a hair stylist, my pillow gives me a new hairstyle every morning.
3. Don't worry if plan A fails, there are 25 more letters in the alphabet.
4. If I'm not back in five minutes, just wait longer...
5. A bank is a place that will lend you money, if you can prove that you don't need it.
6. A balanced diet means a cupcake in each hand.
7. Doing nothing is hard; you never know when you're done.
8. If you're not supposed to eat at night, why is there a light bulb in the refrigerator?
9. Don't drink while driving – you might spill the beer.
10. I think the worst time to have a heart attack is during a game of charades.
11. I refuse to answer that question on the grounds that I don't know the answer.
12. Alcohol doesn't solve any problem, but neither does milk.
13. My wallet is like an onion. When I open it, it makes me cry...

ON THIS DAY

- **1693** Date traditionally ascribed to Dom Pérignon's invention of Champagne.
- **1914** World War I begins with Britain declaring war on Germany after Germany refuses to withdraw from Belgium.
- **1929** The first passenger train departs Adelaide on the Ghan railway line to Alice Springs (Australia).
- **1956** Elvis Presley releases *Hound Dog*.
- **1956** #1 Hit: The Platters - *My Prayer*
- **1958** The Billboard Hot 100 is published for the first time. The first number-one song of the Hot 100 was *Poor Little Fool* by Ricky Nelson.
- **1973** #1 Hit: Maureen McGovern - *The Morning After*
- **1983** Danielle Steel's romance novel *Thurston House* is published.
- **1984** Prince's *Purple Rain* album goes #1 & stays #1 for 24 weeks.
- **2000** The Queen Mother celebrates her centenary.

LETTER SCRAMBLE

OSSKC _____ Item of Clothing

NIMRAL _____ Type of Fish

OPLICOC _____ Instrument



Why did the guy keep his money in the freezer?
He loved cold, hard cash!

HAPPY BIRTHDAY



Louis Armstrong

Singer and Trumpet Player

BORN August 4th, 1901

DIED 2008 (aged 71)

NATIONALITY American

Louis Armstrong was a trumpeter, bandleader, singer, soloist, film star and comedian. Considered one of the most influential artists in jazz history, he is known for songs like *Star Dust*, *La Vie En Rose* and *What a Wonderful World*.

Coming to prominence in the 1920s as an "inventive" trumpet and cornet player, Armstrong was a foundational influence in jazz, shifting the focus of the music from collective improvisation to solo performance. With his instantly recognizable gravelly voice, Armstrong was also an influential singer, demonstrating great dexterity as an improviser. He was also skilled at scat singing.

Armstrong is renowned for his charismatic stage presence and voice almost as much as for his trumpet playing.

He was married 4 times and had 2 children.



*If you have to ask what jazz is,
you'll never know.*

Louis Armstrong

ON THIS DAY

- **1929** Babe Ruth becomes the first baseball player to hit 500 home runs.
- **1948** The first Olympic Games after the 1938 Berlin Olympics open in London.
- **1956** Elvis Presley releases *Don't Be Cruel*
- **1962** #1 Hit: Neil Sedaka - *Breaking Up Is Hard to Do*
- **1973** *American Graffiti*, directed by George Lucas, premieres.
- **1978** *C'est Chic* by Chic is released featuring single "Le Freak" (Billboard Album of the Year 1979).
- **1984** During a radio voice test, US President Reagan jokes he "signed legislation that would outlaw Russia forever. We begin bombing in 5 minutes."
- **1984** #1 Hit: Ray Parker, Jr. – *Ghostbusters*
- **1999** Up to 350 million people watch the last total solar eclipse of the twentieth century.

WORDS IN WORDS

Read the clue and find the answer within the word given!

Physically Injure

PHARMACY = _____

A member of a religious order

PRONUNCIATION = _____



Can you spell a word which has more than 100 letters in it? **P-O-S-T-B-O-X**

HAPPY BIRTHDAY



Enid Blyton

Children's Writer

BORN August 11th, 1897

DIED 1968 (aged 71)

NATIONALITY English

Enid Blyton (also known as Mary Pollock) was the most successful children's writer of her generation. A prolific writer, she completed over 400 books during her lifetime. Her books have sold over 600 million copies.

Following the commercial success of her early novels such as *Adventures of the Wishing-Chair* (1937) and *The Enchanted Wood* (1939), Blyton went on to build a literary empire, sometimes producing fifty books a year. She is best remembered today for her *Noddy*, *Famous Five*, and *Secret Seven* series.

Her books were controversial amongst literary critics and librarians who did not consider her writings to be good literature. Regardless, they were very popular and helped inspire an interest in reading to a generation of children.

She was married twice and had 2 children.



Leave something for someone but don't leave someone for something.

Enid Blyton

ON THIS DAY

- **1786** The decision is made in England to colonise New South Wales, Australia with convicts from Britain's overcrowded gaols.
- **1926** The Toyota Motor Company is founded.
- **1937** The Toyota Motor Company is founded.
- **1956** #1 Hit: Elvis Presley - *Don't Be Cruel / Hound Dog*
- **1958** *Lolita* is first published in the US.
- **1958** #1 Hit: Domenico Modugno - *Volare (Nel Blu Dipinto Di Blu)*
- **1960** The Beatles give their 1st public performance at the Kaiserkeller in Hamburg.
- **1969** Mick Jagger is accidentally shot while filming *Ned Kelly*.
- **1974** #1 Hit: Paper Lace - *The Night Chicago Died*
- **1981** #1 Hit: Rick Springfield - *Jessie's Girl*

LETTER SCRAMBLE

OTSBO _____ Type of Shoes

SDERS _____ Item of Clothing

EFOCEF _____ Beverage



Why did the spider cross the road? **He wanted to go to his web-site**

HAPPY BIRTHDAY



Robert Redford

Actor, Director, Producer

BORN August 18th, 1936

NATIONALITY American

Robert Redford became a major Hollywood star following his role in *Butch Cassidy and the Sundance Kid* (1969) in which he co-starred with Paul Newman. In 1973 he had the greatest hit of his career, with the blockbuster *The Sting*, for which he was nominated for an Academy Award.

Redford is also an accomplished director, producer and entrepreneur. He is the founder of the Sundance Film Festival. The first film he directed, *Ordinary People* (1980), was one of the most critically and publicly acclaimed films of the decade, winning four Oscars including Best Picture and the Academy Award for Best Director for Redford.

In April 2014, Time magazine included Redford in their annual Time 100 as one of the "Most Influential People in the World", declaring him the "Godfather of Indie Film". Redford has been married twice and has 4 children.



If you stay in Beverly Hills too long you become a Mercedes.

Robert Redford

ON THIS DAY

- **1899** The first ship-to-shore wireless message is received.
- **1904** Snow Chains are patented. Snow chains are attached to the tires of vehicles to improve their traction on snowy and icy roads.
- **1944** Romania switches sides in World War II. A coup in the Southeast European country moved its allegiance from the Axis powers to the Allies during the Second World War.
- **1946** *The Big* starring Humphrey Bogart and Lauren Bacall first premieres.
- **1965** *The Sound of Music* is released, starring Julie Andrews.
- **1969** #1 Hit: The Rolling Stones - *Honky Tonk Women*
- **1973** A bank robbery gone wrong in Stockholm, Sweden, turns into a hostage crisis; over the next five days the hostages begin to sympathize with their captors, leading to the term "Stockholm Syndrome".

WORDS IN WORDS

Read the clue and find the answer within the word given!

A desire for something to happen

JEWISH = _____

A road vehicle

SCARY = _____



What kind of star is a dangerous star?
A Shooting Star

HAPPY BIRTHDAY



Gene Kelly

Actor & Dancer

BORN August 23rd, 1912

DIED 1996 (aged 83)

NATIONALITY American

Gene Kelly was known for his energetic and athletic dancing style, his good looks, and the likable characters that he played on-screen.

Best known for his performances in films such as *An American in Paris* (1951), *Anchors Aweigh* (1945) and *Singin' in the Rain* (1952), he starred in musical films until they fell out of fashion in the late 1950s.

His many dance innovations transformed the Hollywood musical, and he is credited with almost single-handedly making the ballet form commercially acceptable to film audiences.

Kelly received an Academy Honorary Award in 1952 for his career achievements, the same year *An American in Paris* won six Academy Awards, including Best Picture.

He was married 3 times and had 3 children.



I got started dancing because I knew it was one way to meet girls.

Gene Kelly

The Attitude of Gratitude

This exercise comes from the Buddhist practice of *mudita*, which means “appreciative joy.”

It can be understood as simply “showing up” for happiness with a caring presence. As you train the mind to rejoice in happiness, you gain many benefits. You feel more fulfilled by joy, recognize happiness more easily in your life, and train the mind to treat happiness as an important experience.

Find a comfortable posture and invite in relaxation from the beginning of your practice.

As you breathe, appreciate the life offered from each inhalation.

With the exhalation, let go of any tension in the mind or body.

Bring to mind a time in which you recently experienced happiness. It may be something small, like seeing a friend, watching the sunset, or the simple joy of lying down at night.

When you have something, allow yourself to feel the experience of contentment.

With the intention of cultivating gratitude, offer yourself a few phrases of appreciative joy.

Keep the memory in your mind, and offer these phrases:

May my happiness continue.

May my happiness grow

May I be present for the joy.

May I appreciate the joy in my life.

If your experience feels more like contentment or ease, you can substitute the words that resonate with you.

You know your own experience, so be true to yourself.