

# June

# Activity Pack





Dear Friends,

We are now in the month of June and we hope you are enjoying the good weather

To all those at home caring for your loved ones we want you to know that you are doing an incredible job. We are here to support you in any way we can.

In the month of June we will celebrate 'Father's Day'. We would like to wish all the Fathers, Grandfathers and Great Grandfathers a very special day!!!

Enjoy this month's pack..



***"The best portion of a good man's life is his little nameless, unencumbered acts of kindness and of love."***

***— Wordsworth***

## Useful Resources:



- Our Free Helpline and Dementia Nurse Support Line are available at: Phone: **1800 341 341** and Email: **helpline@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/>
- Each Thursday we run the ASI National Virtual Choir. If you would like to join in, sing along or sit back and make some musical memories please email: **asinationalvirtualchoir@alzheimer.ie**
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

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## Spot the Difference

See if you can see the differences between these two pictures



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See if you can see the differences between these two pictures



## Irish Proverbs and Their Meanings

- **It is better to be a coward for a minute than dead for the rest of your life** – safety is better than bravery.
- **Better to spend money like there's no tomorrow than spend tonight like there's no money** – live in the moment.
- **Never dread the winter til the snow is on the blanket** – there is no need to worry about the cold while you have a roof over your head.
- **One beetle recognises another** – Like attracts like (Aithníonn ciaróg, ciaróg eile)
- **It's long road that has no turn in it** – (Is fada an bóthar nach bhfuil aon chasadh ann) – Be nice to people because you never know when you might meet/need them in the future.
- **Put silk on a goat and it's still a goat** – (Cuir síoda ar ghabhar agus is gabhar i gcónaí é) – It means it doesn't matter how well you dress up, if you're not attractive it won't make any difference!



## Guessing Game – Who Am I?

This is a wonderful reminiscing activity.

Guess the names of these famous people from the clues provided.

### ***Instructions:***

- Show a picture to your loved one and read out the clues.
- Ask them to guess the name of the person and reminisce about what else they were famous for.
- Repeat with the next picture.

Extend the activity by asking who else was famous in their time and reminiscing together.



## Famous male movie star of the 40s and 50s

He was nominated for an Oscar for his role in the movie *Casablanca* in which he co-starred with Ingrid Bergman.

He was also in a movie with Katharine Hepburn called *The African Queen*.

He was married to Lauren Bacall and had they two children.

**Who is he?**



**Answer: Humphrey Bogart**

*I gave up drinking once –  
it was the worst afternoon of my entire life.*

– Humphrey Bogart



She epitomized feminine beauty and glamour and was admired for her ground-breaking charity work.

In 1981, she married the Prince of Wales.

Their marriage was regarded as the "wedding of the century". It was watched by an estimated global TV audience of 750 million people. They divorced in 1992.

She had two sons.

She died tragically in a car crash in 1997.

**Who is she?**



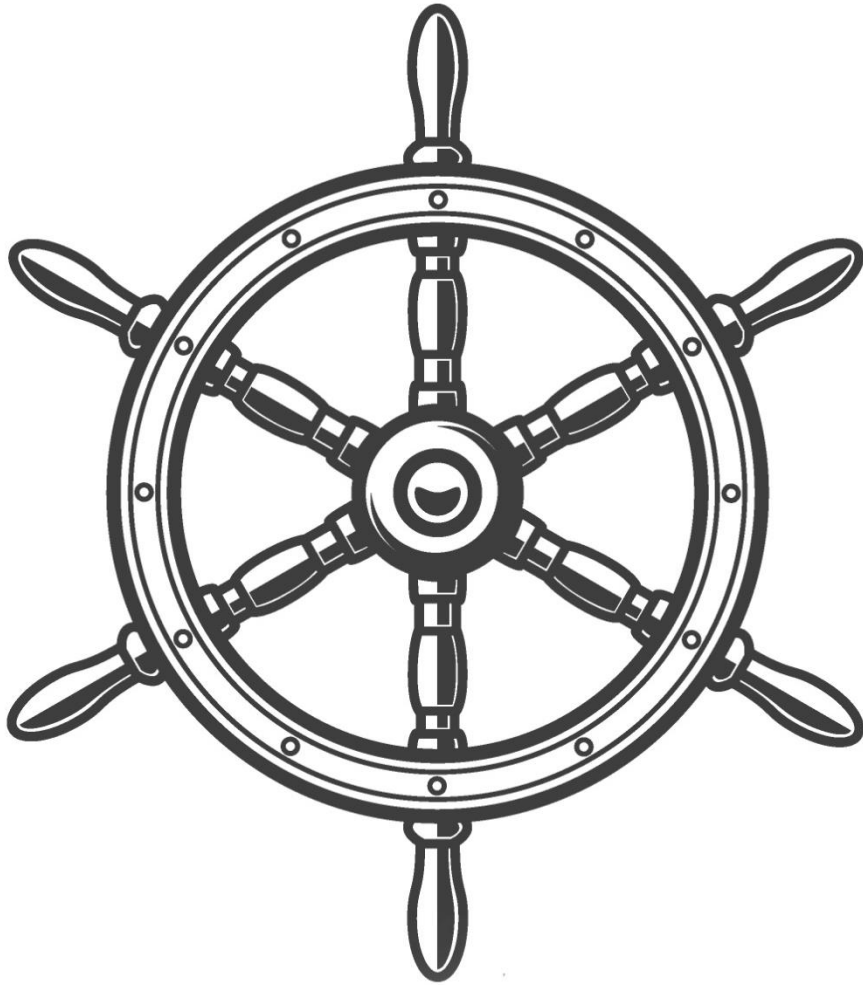
**Answer: Princess Diana**

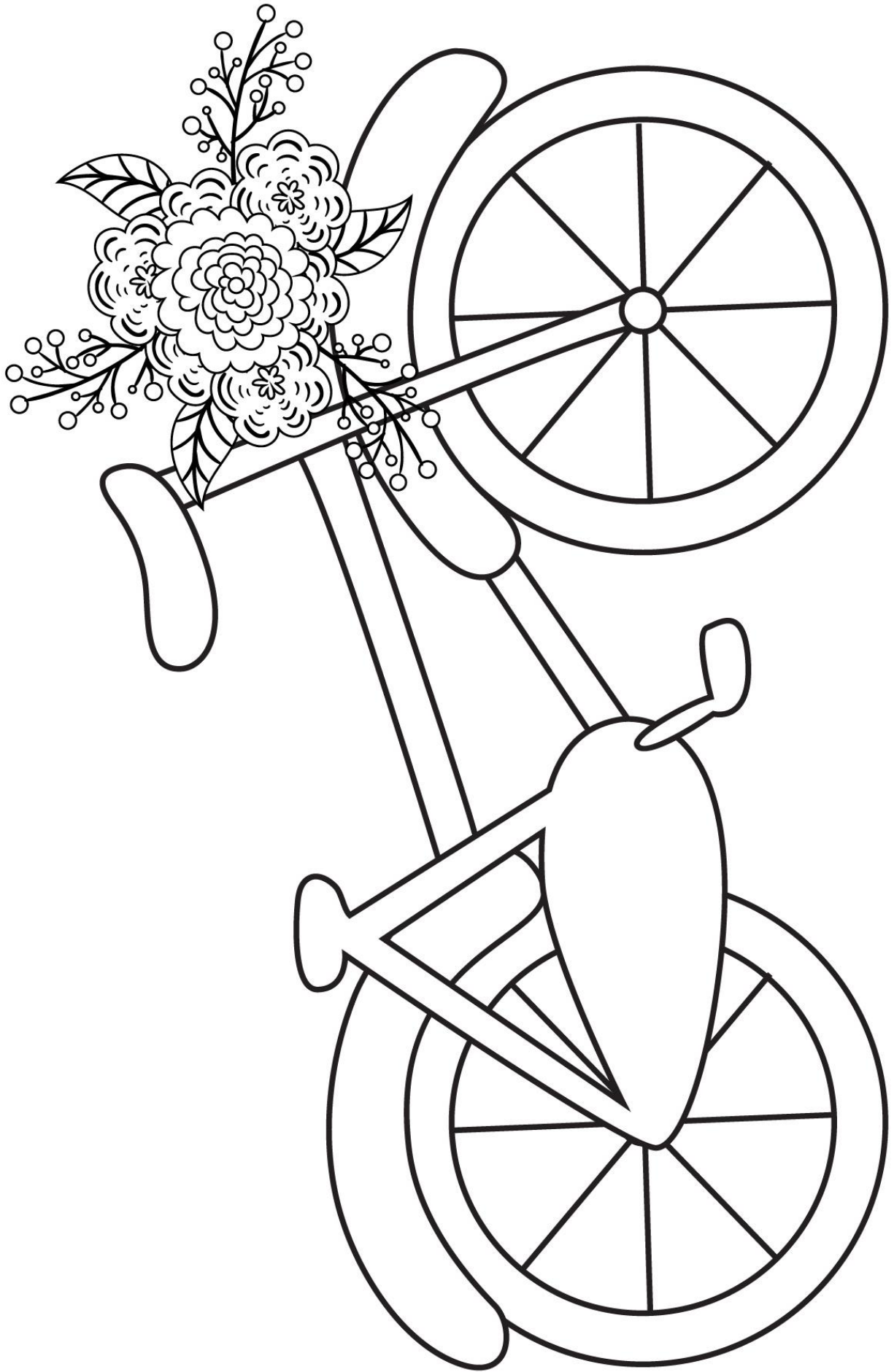
*Carry out a random act of kindness,  
with no expectation of reward,  
safe in the knowledge that one day  
someone might do the same for you.*

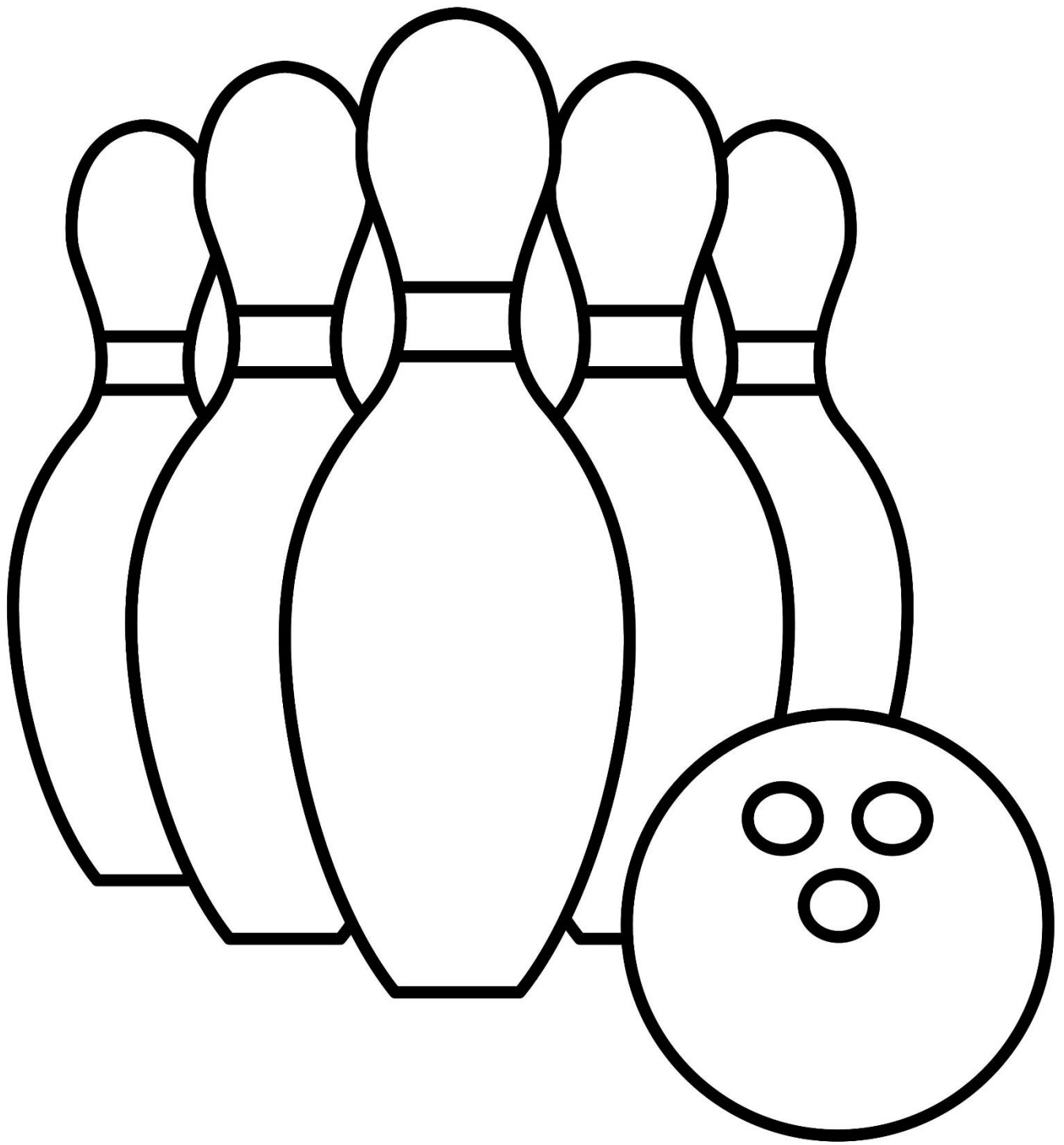
- Princess Diana

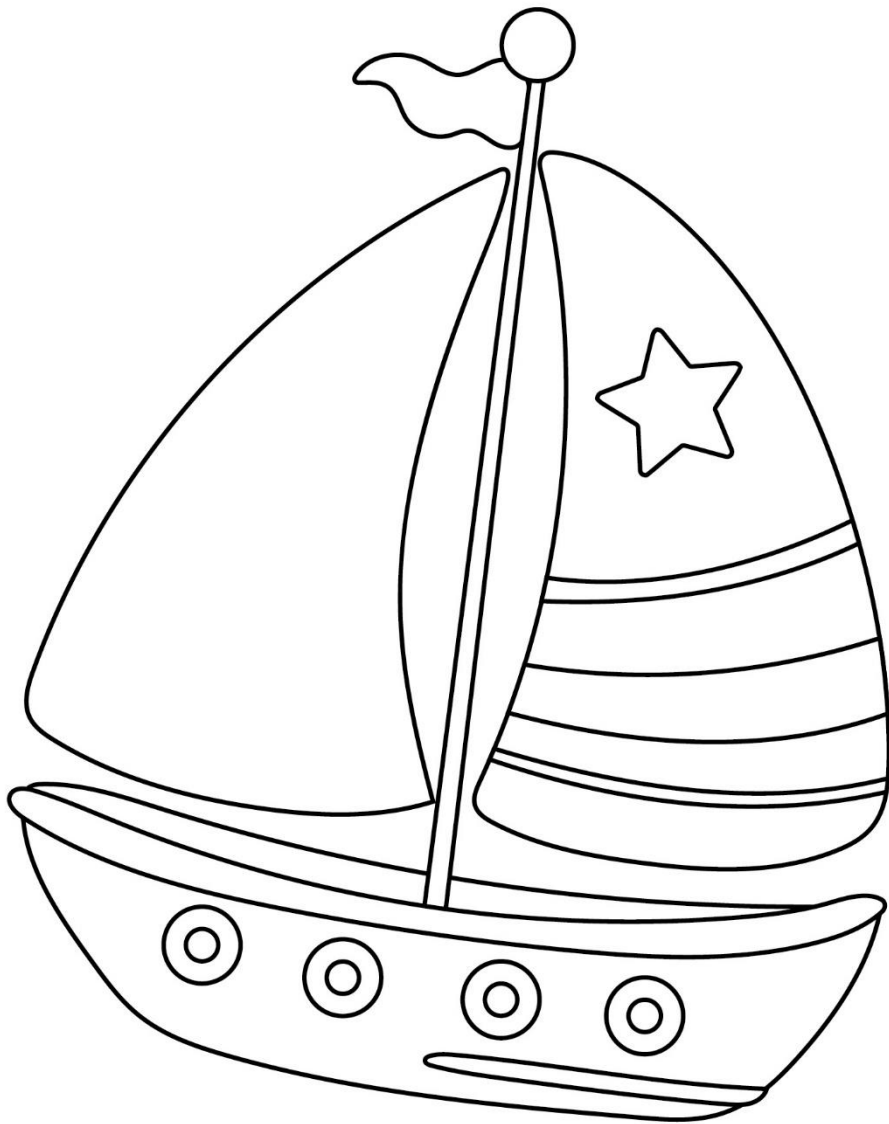
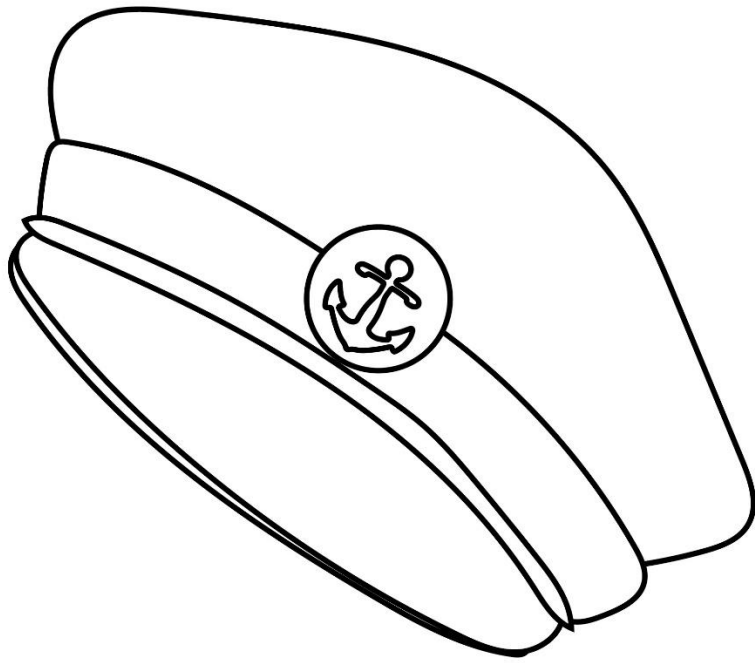


Pictures to Colour

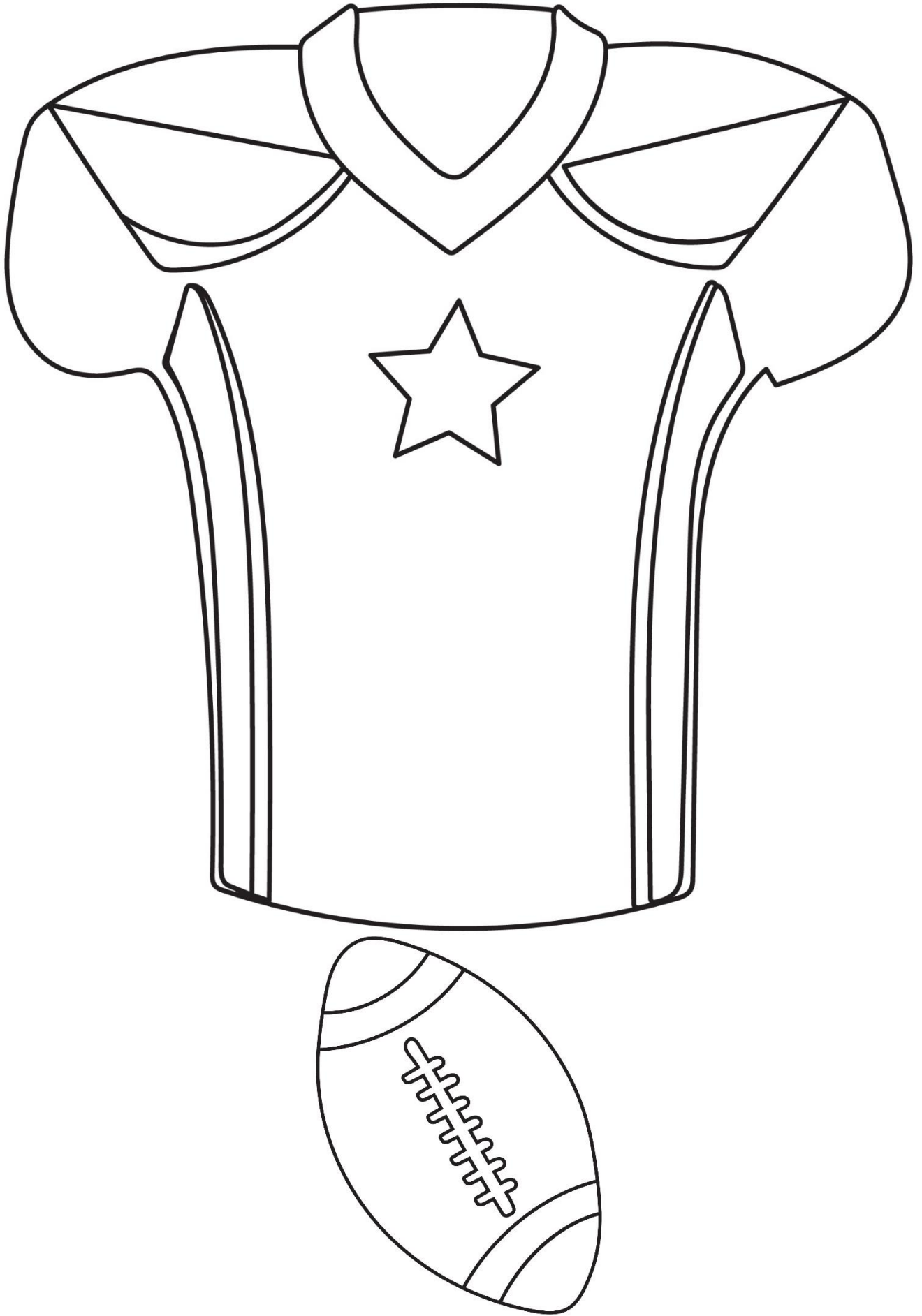


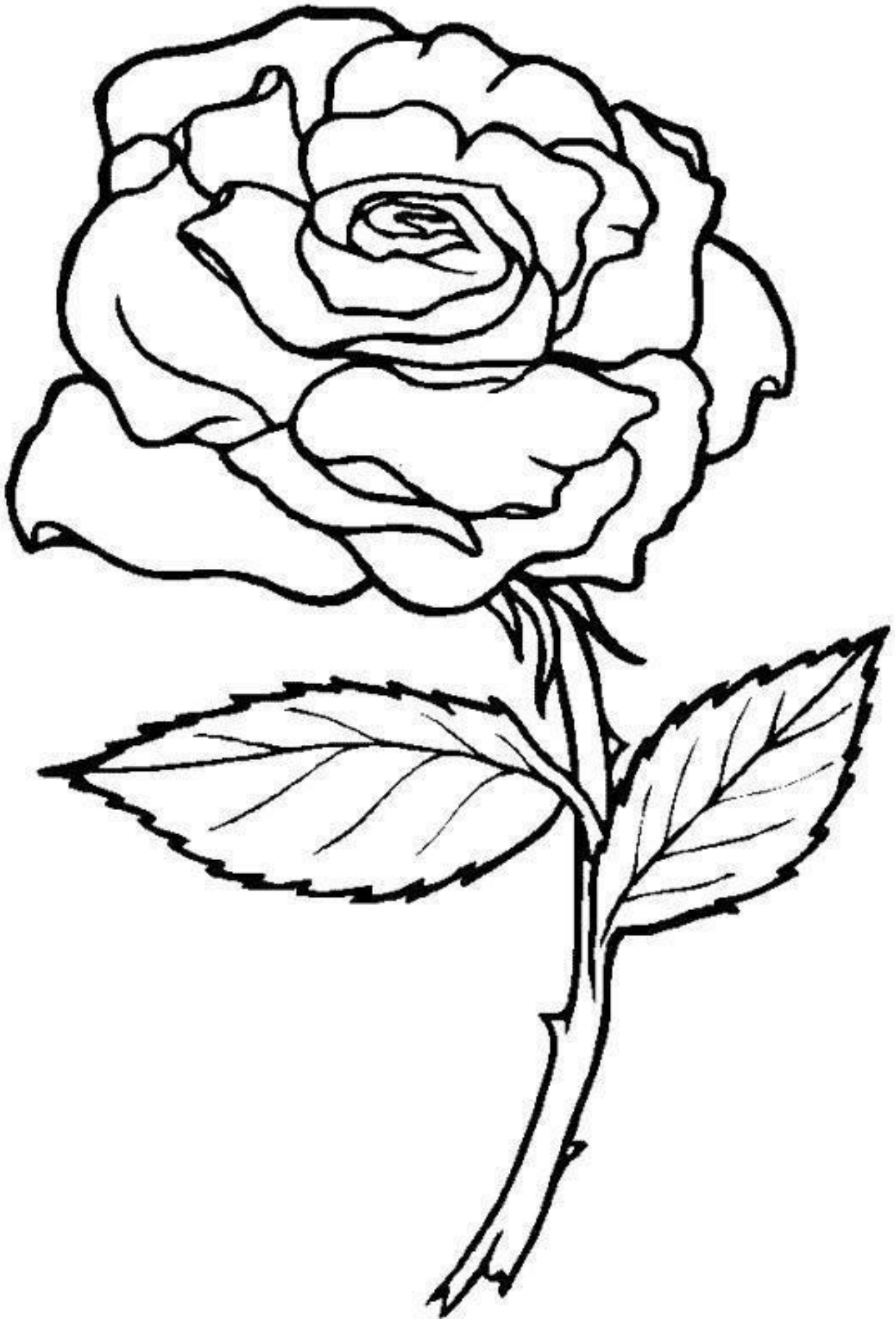


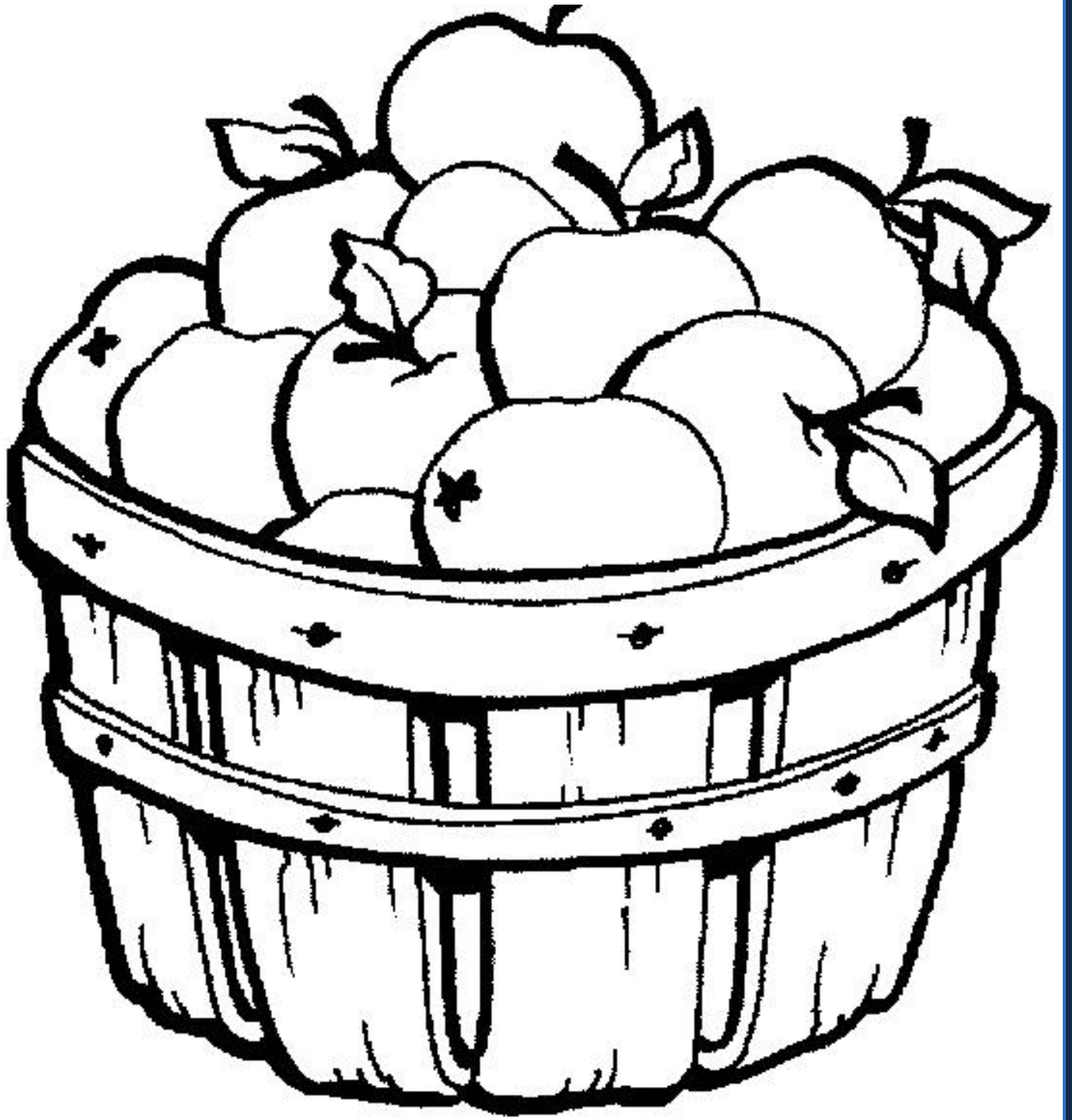


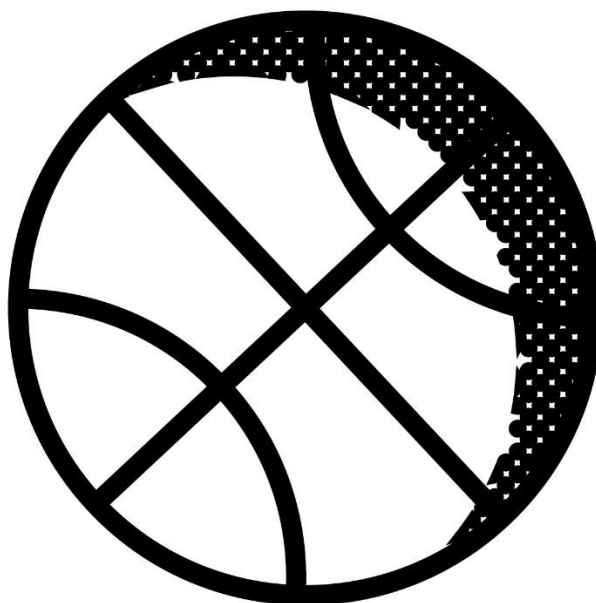
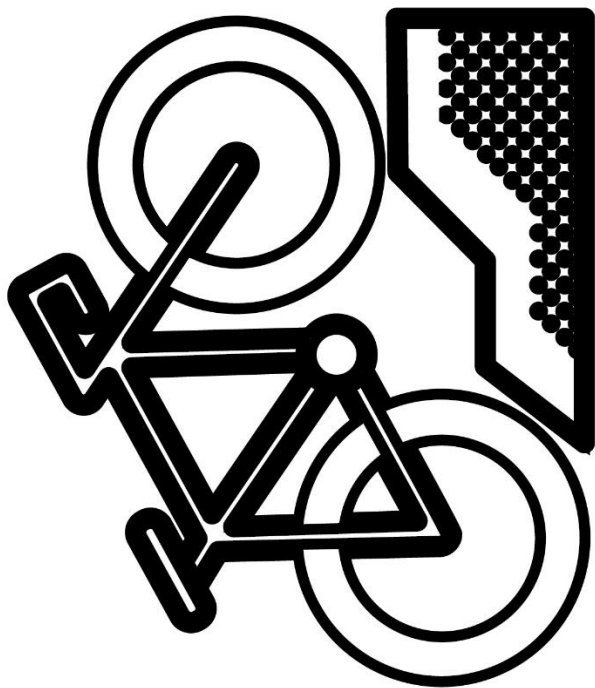
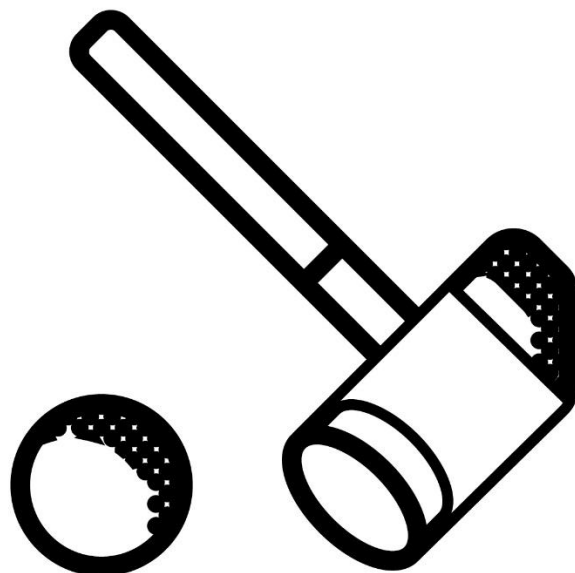
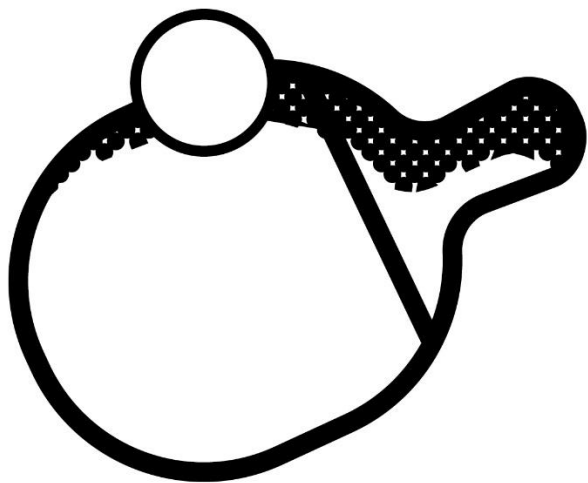












**Talking Art with IMMA**



# Talking Art With IMMA

## → Let's Look Closely

This installation 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 colours and shapes do you see?
- What objects can you spot?
- What materials can you identify?
- How would you describe the textures within the installation – if you could touch the various elements, how would they feel?

## → 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 identify the animal used in the assembly? What can you tell by the animal's pose/positioning?
- Look at the qualities of the fabric above the animal, what type of fabric do you think it is? Does it remind you of anything?
- What's one word that comes to mind as you look at this installation.
- How does this artwork make you feel? Why is that?

## → Let's Connect

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

The idea of joining different items (sometimes called ready-mades) to create something new dates to the early 1900s and was a term made famous by the French artist Marcel Duchamp.

- What objects would you be drawn to, if creating your own ready-made? Would you use large or small items? What colours and textures would you like to include?

## Find Out More

### About the Artwork

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<b>Artist:</b>	Dorothy Cross
<b>Title:</b>	Parachute
<b>Date:</b>	2005
<b>Medium:</b>	Parachute and Gannet
<b>Dimensions Framed:</b>	Dimensions Variable
<b>Credit Line:</b>	IMMA Collection: Purchase, 2005

### About the Artist

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Irish artist Dorothy Cross was born in Cork in 1956 and currently lives on the wild west coast of Ireland, in Connemara. She is interested in the connection between living things and the world they inhabit. Traces of these environments can be observed in her work, including sculpture, photography, and film. The artist sees the body and nature as sites of constant change, creation and destruction, new and old.

Dorothy Cross often integrates objects that she finds on the sea-shore in her work, ranging from pieces of boats to deceased animals. She came across this washed up gannet on Ireland's Atlantic coast. In the last few years, her attention has shifted to aquatic life and the ocean using and depicting jellyfish, whales and sharks, as well as exploring sea caves and grottos.

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## Trasna na dTonnta - Across the Waves

### *Curfá:*

Trasna na dtonnta, dul siar, dul siar,  
Slán leis an uaigneas 'is slán leis an gcian;  
Geal é mo chroí, agus geal í an ghrian,  
Geal a bheith ag filleadh go hÉirinn!

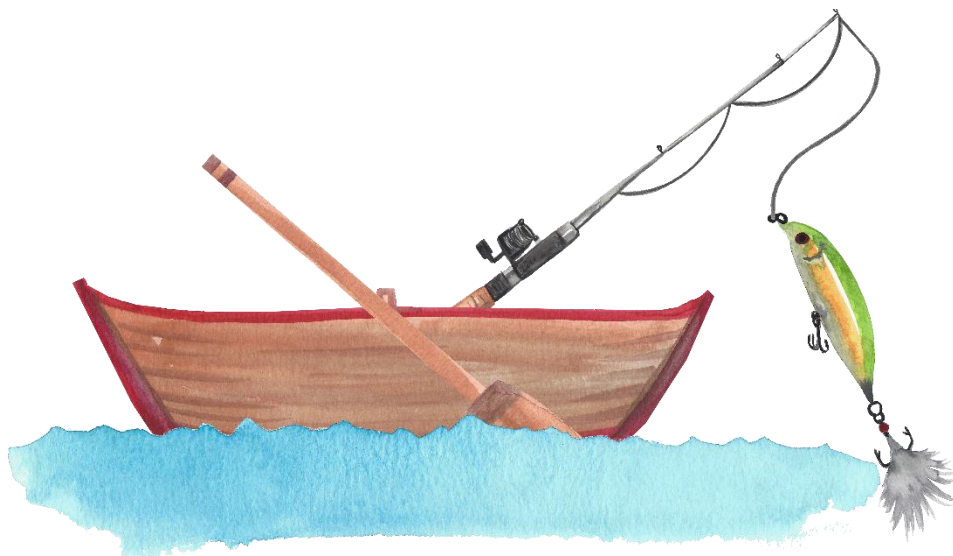
Chonaic mo dhóthain de Thíortha i gcéin,  
Ór agus airgead, saibhreas an tsaoil,  
Éiríonn an croí 'nam le breacadh gach lae  
'S mé druidim le dúthaigh mo mhuintir!

### *Curfá*

Muintir an Iarthair 'siad cairde mo chroí,  
Fáilte 'is féile bheidh romham ar gach taobh.  
Ar fhágaint an tsaoil seo, sé ghuidhim ar an Rí  
Gur leosan a shinfear i gcill mé.

### *Véarsa breise*

Ar mo thriall siar ó éirigh mo chroí  
An aimsir go hálainn is tonnta deas réidh  
Stiúradh go díreach go dúthaigh mo chliabh  
'S bheidh mé in Éirinn amárach!





## Jon My Football Hero By Judy More

One day my little boy of three  
With great big smiling eyes  
Said, "I'm going to play some football mom  
With all the bigger guys!"

Dressed in homemade football gear  
You raced out towards the street  
I chuckled to myself, but yet...  
My heart plunged to my feet.

You came back in fifteen minutes  
No scratches on your skin  
With much dismay you then announced,  
"They wouldn't let me in"!

You claimed they said you couldn't play  
Because you were too small  
I promised you you'd play one day  
When you grew strong and tall.

My promise to you held so true  
For now that time is here,  
My smiling football player  
Is in his senior year.

I'm proud of you and all you've done  
And for all that you will be  
If I just had one wish, I'd wish  
That you could still be three.

## **Our Local Sporting Heroes – A Tale from Co. Cork**

Mr Thomas Garde of Castlemartyr was one of the best runners in Ireland in his time. He was champion of Munster at the 440 yds, and was barely beaten for the 440 yds Championship of Ireland. He won a great race 80 yds one day in Lisgoold. He was scratch man against great men, and he won on the tape amidst great excitement. There was another runner Mr J.J. Buckley of Cork at this time. He also won a good many 110 yds races. There was a dispute arose as to who was the better man. The Midleton Committee arranged a special race for 300 yds at Midleton sports and both men competed. This was a great draw for Midleton, and the crowd was the greatest ever seen at a sports meeting in East Cork. Mr J. Garde won the race and was shouldered off the field. He holds over one hundred prizes won at different sports meetings all over Ireland.

## **Great Swimmers – A Tale from Co Kilkenny**

About the year 1927 there lived a man in Lisdowney in the Co. Kilkenny whose name was Edward Doyle. Every year he went to a sports in Thomastown and each year he won first prize for swimming. A white duck was put swimming on the river Nore and he had to swim after it on the water. He dived under the water and when he came near the duck he put his hand up and caught the duck by the leg. When the sports was over he brought the duck home under his arm.



### **Name the Sport**

Can you name the sports shown below?

How many of them have you played?



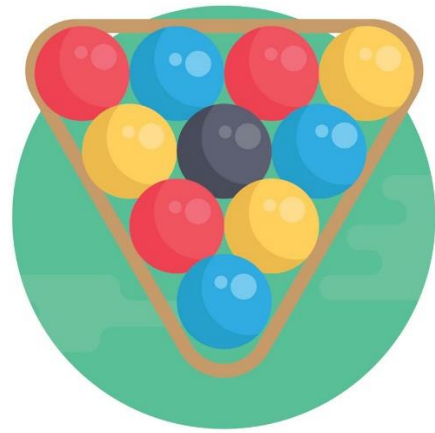
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## It's All in the Swing by Laura McKenzie

Who says I'm getting old?  
My hairs are not gray,  
Its beautiful sterling silver,  
The finest silver around!

Who says I'm getting old?  
My face isn't bright red,  
I'm not having hot flashes,  
I just have constant sunburn  
- I love the outdoors!

Who says I'm getting old?  
Not me I'm as young as I feel!  
- Tennis anyone?



## Thankful Heart Meditation

Take a nice deep breath, and close your eyes.

Breathe in deeply, and exhale slowly.

Exhale out any stress, tension, or tightness you feel anywhere in your body. Focus your attention on your head, face, and neck and allow all your muscles to become very relaxed.

Feel the tension melting away.

Feel the relaxation coming over your entire body. Relax as it flows down your shoulders, relaxing them and melting away any tension you hold there. Feel the relaxation flow down your entire body. Enjoy how relaxed and comfortable you become. It feels wonderful to be warm and deeply relaxed all over.

Now, picture in your mind a beautiful day outside with sunshine everywhere. You've just spent an entire fun-filled day at a water park.

It's the end of the day and time for one last ride down the lazy river before you leave. You dip a toe into the river and step down into it, feeling the cool water touch your warm skin.

The sunshine makes you feel so good inside.

You jump up on your water float and begin your lovely, calming last ride of the day.

As the float takes you lazily down the river, you

decide to put your fingers into the water.

You allow them to glide back and forth in the water to make circles and swirls around your fingers as you continue floating down this cool, calm river.

Some days are fast and busy.

Some days are slower and more relaxed.

You remind yourself that you are thankful for it all.

You know that each day is special and different , and by being grateful for each day, life just keeps getting better and better.

Gratitude is when our hearts feel thankful for experiences because we know that experiences help us grow.

Gratitude fills up our hearts with happiness.

Now it's time to gather your thoughts and keep all your gratitude in your heart as you find yourself back in your room once again.

