

October Activity Pack



Dear Friends,

The nights are getting colder and October is just around the corner, so stay warm inside, comfortable, and enjoy the beauty of autumn.

As the leaves turn from green to orange, gold, and brown during October, it is the perfect time to enjoy the cooler air, beautiful colours, and the cooling crisp of autumn weather. While it rains outside, enjoy these games, puzzles, songs and poems from the comfort of your own home with a hot cup of tea or hot chocolate by the fireplace.

With this activity book, we hope to help you fill your day with meaning and purpose.

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 month's pack...



“There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October.”

Nathaniel Hawthorne

Useful Resources:

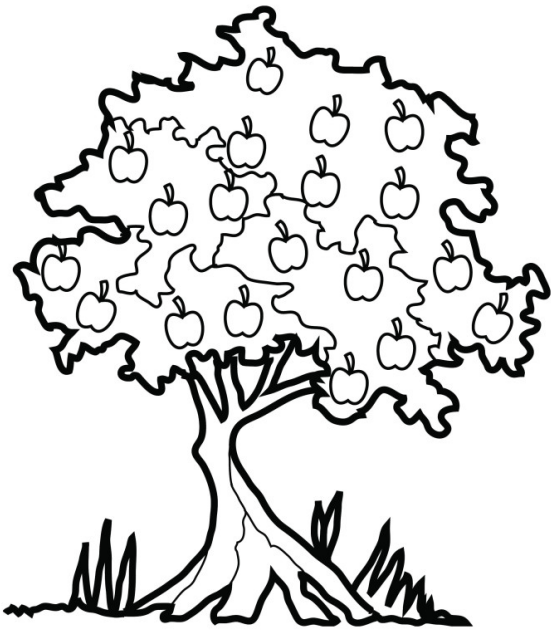
- Our Free Helpline and Dementia Nurse Support Line are available at:
- Phone: **1800 341 341** and Email: **helpline@alzheimer.ie**
- The ASI now also have a new online Virtual Dementia Hub where you can go for a full range of activities – you can even listen to some wonderful poetry and songs recorded especially . Just go to www.virtualdementiahub.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/>
- For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
- The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
- Emergency Response Numbers: **999 or 112**
- HSE 24/7 Your Mental Health Information Helpline: **1800 111 888**

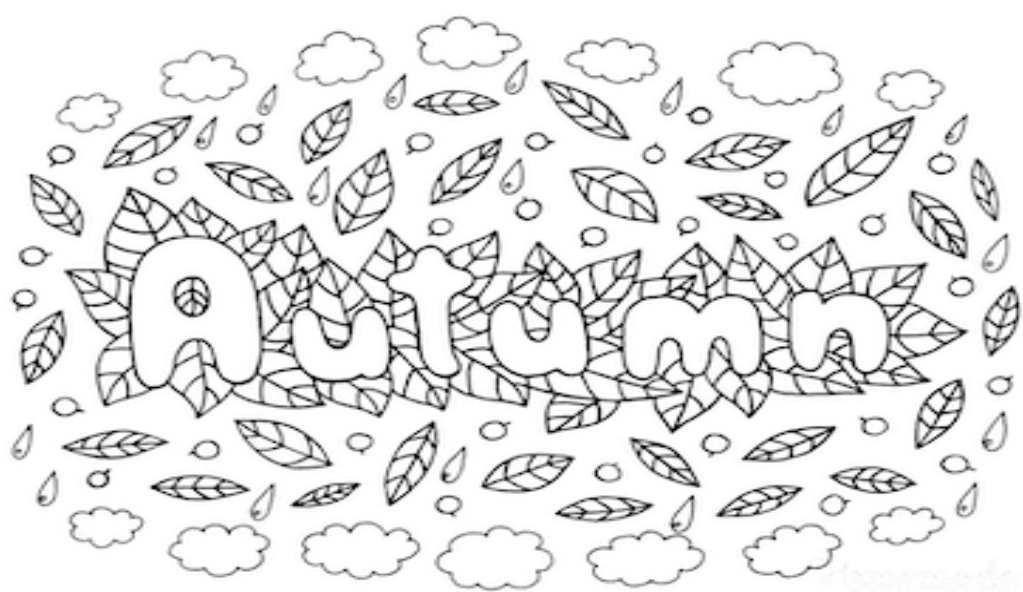
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Autumn Colouring Pages to
Relax the Mind:





How to Make an Autumn Leaf Garland:



What you will need:

1. Twine
2. Pre bought wreath or circular wire
3. Dried mini pumpkins, dried leaves, flowers of your choice, berries
4. Scissors
5. Glue

How to make the leaf garland:

1. Take the twine and make a loop knot at the end.
2. Get your wreath/make a circular wire measuring 12inch.
3. Take a leaf, add a little glue on the tip and attach it on the twine (watch your hands around hot glue).
4. Glue one leaf next to each other, along with the pumpkins or decorations of your choice. The leaves need to overlap. You can glue 5-6 leaves of each color and create an “ombre” garland or mix all the leaves color, as you prefer.
5. Once you have filled the circle, you can begin to add your berries and add lights and twigs if you wish!
6. Once you have finished, take the top end of the garland where you tied the knot, and hang it tightly onto your front door using a sellotape or a small nail.

Autumn Word Search:

Fall Word Search

Find all the words below.

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

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

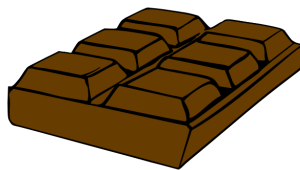
AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY

Name It! Game

- Name as many as possible in each category, or,
- Find a chosen number of answers in each category

1. Types of chocolate bars.....
2. Different species of trees
3. Languages
4. Exotic fruits
5. Types of hats
6. Famous movie stars from your youth
7. Wild flowers
8. Fish and other animals that live in the ocean
9. Types of footwear
10. Things that can fly
11. Implements to write or draw with
12. Dog breeds
13. Colours in the rainbow
14. Root vegetables
15. Types of weather



Guess it Game:

How to play:

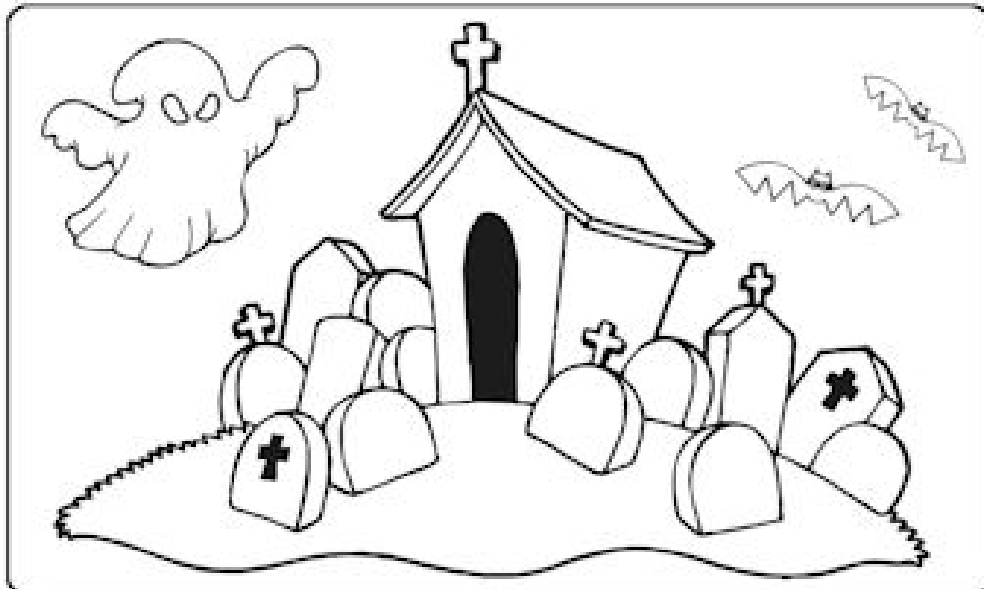
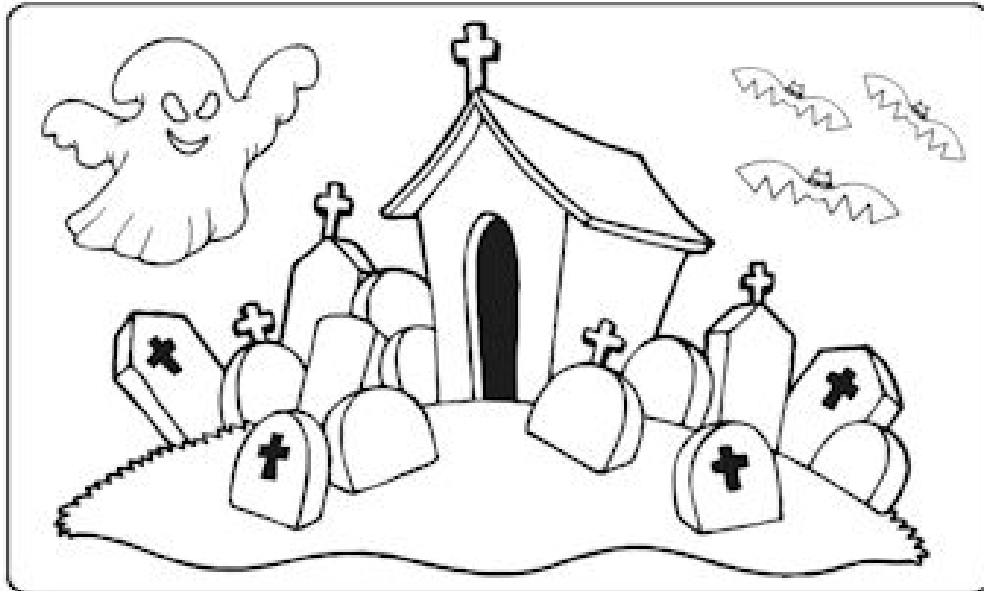
Divide the players into two teams, on their turn the team will choose a member who will be on the hot seat. Set the timer to 5 seconds. Ask the player to name three Halloween-related things by picking up 1 card. If the player answers the items correctly within 5 seconds then the team scores a point. If they are unable to give the answer correctly, the same question will be asked to the second team. They should choose 3 different things and cannot repeat any of the things chosen by the first team. If they name three things correctly then they will score a point.

<p>Name Three Halloween songs.</p> 	<p>Name Three games you can play on Halloween.</p> 	<p>Name Three places to shop for Halloween.</p> 	<p>Name Three scary places.</p> 
<p>Name Three famous vampires.</p> 	<p>Name Three scary creatures form folklore.</p> 	<p>Name Three things you need to make S'mores.</p> 	<p>Name Three things you need to make a Halloween wreath.</p> 
<p>Name Three things you can do at Halloween.</p> 	<p>Name Three items you will need to dress as a witch.</p> 	<p>Name Three items you will need to dress as a vampire.</p> 	<p>Name Three items that start with letter H.</p> 

Halloween Spot the Difference

SPOT THE DIFFERENCE

Can you spot the 7 differences between these two pictures?



Free printable courtesy of PrintFree.net

The Perfect Apple Cake: By Edd Kimber

Ingredients:

1. 115g unsalted butter, diced and chilled, plus extra for the tin
2. 225g self-raising flour
3. 2 tsp ground cinnamon
4. 115g light brown sugar
5. 1 large egg, beaten
6. 6-8 tbsp milk
7. 225g Bramley or Granny Smith apples, peeled, cored and diced
8. 100g sultanas
9. 2 tbsp demerara sugar (optional)

Recipe:

1. Heat the oven to 180C/160C fan/gas 4. Butter and line a deep 20cm cake tin with baking parchment.
2. Mix the flour and cinnamon together in a large bowl. Add the butter and rub into the flour using your fingers, until it resembles fine breadcrumbs. Stir in the light brown sugar. Beat in the egg followed by 6-8 tbsp of milk – add it gradually until you have a smooth, thick batter.
3. Add the apples and sultanas and mix to combine. Scrape the batter into the prepared tin and gently level out. Sprinkle over the demerara sugar, if using, and bake for 30-40 mins or until golden and a skewer inserted into the middle comes out clean.
4. Allow to cool in the tin for 15 mins and then carefully turn out onto a wire rack to cool further. Best served still warm with a little custard.

Oisín and Tír na nÓg

Long ago, people in Ireland believed that there was a beautiful land in the western sea called Tír na nÓg - The land of the young. It was a place where the trees were always green, the flowers were always in bloom and men and women never grew old. This is the story of how Oisín, the son of Fionn MacCumhail leader of the Fianna, came to go to Tír na n-óg.

One morning the Fianna were hunting deer on the shores of Lough Leane in County Kerry. As they rested on a hilltop, a beautiful girl came riding towards them on a snow white horse. She was dressed like a princess and her long golden hair hung to her waist.

As she drew near, Fionn called out “What is your name and what land have you come from?” – “I am Niamh of the Golden Hair and my father is King of Tír na nÓg. I have heard of a great warrior named Oisín. I have to come to find him and ask him to return with me to the Land of the Young.”

Fionn was sad, for he feared that if Oisín went with Niamh, he would never see him again. But it was too late, Oisín was already in love with the princess. He accepted Niamh’s invitation and waving goodbye to Fionn and his friends, he jumped onto the horse behind Niamh. Away they galloped into the morning mist.

Over the land and the sea the fairy horse ran, moving as swiftly as a shadow. At last they reached the golden shores of Tír na nÓg. The king and queen welcomed Oisín and held a great feast in his honour. It was a magical land. Oisín hunted and feasted and at night he told stories of Fionn and the Fianna and of their lives in Ireland. Oisín had never felt as happy as he did with Niamh and before long they were married.

Oisín lived in Tír na nÓg for three hundred years, but being so happy, it only seemed like three. Then a great longing came on him to go back to Ireland. Niamh did not want him to go but at last she agreed and gave him the white horse. Niamh warned him “set foot, even once, on the soil of Ireland and you will never return to Tír na nÓg.”

When Oisín reached Ireland he found that everything had changed. There was no trace of his father or the fianna. As he passed through Gleann na Smol, the valley of the thrushes, he saw a group of men trying to move a large stone. "I will help you" he said. The mighty Oisín stooped down in his saddle, and with one hand, lifted the stone. But as he did so, the saddle strap broke and he tumbled to the ground. Immediately the fairy horse galloped away and a great change came over Oisín. In the blink of an eye the great hero of the Fianna became a withered old man.

Unsure of what to do, legend has it that the men brought Oisín to Saint Patrick. Saint Patrick tried to comfort Oisín in his old age. When Oisín learned that the Fianna and his father were long since dead, his heart was filled with sadness. Oisín spoke of the old days of the fianna and the many great deeds of Fionn, when they hunted and feasted and listened to great stories. He spoke of his time in Tír na nÓg and his beautiful wife Niamh. Although Oisín died soon after, the wonderful stories of Niamh and Oisín have lived on.

Funny Limericks:

Over the Hill

"I am sorry to hear, Smiling Jill (Bill, Phil, you get the idea)

That your birthday's no longer a thrill,

All your friends think you're great,

You should still celebrate –

You're not old, you're just over the hill."

Grumpy

"There once was a lady named Donna

Who said to her friends, "I'm not gonna

Eat your candy and cake,

I refuse to partake.

Blow those candles yourself — I don't wanna!"

Thrifty

"Mom, I'm sure it will give you a lift

that I've shown such admirable thrift

in choosing a way

to remember your day

with this heart-warming message (no gift!)

Autumn

John Clare

I love the fitfull gusts that shakes
The casement all the day
And from the mossy elm tree takes
The faded leaf away
Twirling it by the window-pane
With thousand others down the lane
I love to see the shaking twig
Dance till the shut of eve
The sparrow on the cottage rig
Whose chirp would make believe
That spring was just now flirting by
In summers lap with flowers to lie
I love to see the cottage smoke
Curl upwards through the naked trees
The pigeons nestled round the coat
On dull November days like these
The cock upon the dung-hill crowing
The mill sails on the heath a-going
The feather from the ravens breast
Falls on the stubble lea

The acorns near the old crows nest

Fall pattering down the tree

The grunting pigs that wait for all

Scramble and hurry where they fall

Sing-Along: Hello Mary Lou by Gene Pitney

Hello Mary Lou, goodbye heart
Sweet Mary Lou I'm so in love with you.
I knew Mary Lou, we'd never part
So hello Mary Lou, goodbye heart.
You passed me by one sunny day
Flashed those big brown eyes my way
And oh I wanted you forever more.
Now I'm not one that's get around
I swear my feet's stuck to the ground
And though I never did meet you before,

I said:

Hello Mary Lou, goodbye heart
Sweet Mary Lou I'm so in love with you.
I knew Mary Lou, we'd never part
So hello Mary Lou, goodbye heart.
I saw your lips, I heard your voice
Believe me I just had no choice

Wild horses couldn't make me stay away

I thought about a moonlit night

My arms around you good and tight

That's all I had to see for me to say

Hey, hey, hey.

Hello Mary Lou, goodbye heart

Sweet Mary Lou I'm so in love with you.

I knew Mary Lou, we'd never part

So hello Mary Lou, goodbye heart.

Sing-Along: It's been a long long time

By Bing Crosby

Kiss me once, then kiss me twice

Then kiss me once again.

It's been a long, long time.

Haven't felt like this, my dear

Since I can't remember when.

It's been a long, long time

You'll never know how many dreams

I've dreamed about you.

Or just how empty they all seemed without you.

So kiss me once, then kiss me twice

Then kiss me once again.

It's been a long, long time.

Ah, kiss me once, then kiss me twice

Then kiss me once again.

It's been a long time.

Haven't felt like this my dear

Since I can't remember when

It's been a long, long time.

Mindful Meditation

Find a quiet place where you can be free from distractions

And take a comfortable seat that promotes good posture

Set a timer for 5 minutes or longer,

But choose a meditation length that will allow you to feel successful

Consistent meditation of just 5 minutes per day, is far better than one occasional
30-minute session

With your eyes opened or closed, breathe gently in and out through your nose

And then as you sit here, watching the breath

Draw attention to your heart, and your desire to experience calm, peace and ease

Connect to this yearning inside of you

And then silently, to yourself

Commit to remaining here, for the duration of your timer

And commit to the practice of simply watching and noticing the breath

And then having made that heartfelt commitment,

Return to your job, which is breath awareness

Perhaps settling in on the feeling of the breath

As it moves in and out through your nose

From the tip of the nose

To the space between your eyebrows

Listen, for the ways in which the breath is speaking to you

Stay open, stay curious

And remain free from any judgment or self-criticism

The breath is perfect right now, just as it is

Your role, is simply to watch

(pause 2 breaths)

Eventually, you'll notice the mind has wandered from breath awareness

When this happens, spend no time wondering why

Spend no time asking where the mind has gone to

Spend no time on self-blame

Simply turn the mind around, as quickly as you can

And come back to your job of watching the breath

Go right back to that space in the body

Where you notice the breath most clearly

Returning perhaps to a sense of awe, wonder or amazement

How precious is this one cycle of breath?

(pause 2 breaths)

Each time the mind wanders, turn the mind around without pausing to self-criticise

(pause 2 breaths)

Stay right here,

Present, aware, and honoring your intention

This intention, this job, of watching the breath

(pause 2 breaths)

With practice, you'll notice sooner when the mind has wandered

With practice, you'll return to breath awareness more quickly

With practice, you'll remain present with the breath for longer intervals between distractions

(pause 2 breaths)

So continue to practice, until your timer has gone off

And when your practice is complete,

Take a moment to recognize the goodness in the work you have done

Recognize the benefits of the effort you have made

Dedicate your efforts to your own healing,

And to the healing of all persons, everywhere.



