



THE ALZHEIMER
SOCIETY *of* IRELAND

November

Activity Pack

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Dear Friends,

As the winter rolls in and the weather gets a little colder, many of us will take comfort in staying in doors beside the fire, having a cup of hot cocoa, putting our feet up, reading a book and listening to our favourite songs.

In its very essence, music relaxes, creates stories, and is a part of life - the sounds of laughter, crying, and screaming are all distinct changes in volume, pitch, and rhythm. This activity pack is all about remembering those songs we danced to as a young adult, those artists we saw in shows and the people we sat around the fire with singing our favourite songs.

Here are some songs and poems for you to sing along to and read, some bookmarks and pictures for you to cut out and give as gifts, games for you to play, and, of course, stories and puzzles.

Please let us know if you would like to suggest a theme for a pack, or if you would like to share your writings with us. If there are any poets or writers out there, we would love to include them in the pack! If you are interested in contributing, please contact communityengagement@alzheimer.ie



“Music expresses feeling and thought, without language; it was below and before speech, and it is above and beyond all words.”

- Robert G. Ingersoll

Useful Resources:

1. Our Free Helpline and Dementia Nurse Support Line are available at:
2. Phone: 1800 341 341 and Email: helpline@alzheimer.ie
3. The ASI now also has 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
4. 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/>
5. The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
6. For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
7. The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
8. Emergency Response Numbers: 999 or 112
9. HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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November Spot the Difference-
Can you Spot 10 differences?

Thanksgiving Spot the Difference!

Can you find 10 differences between the two pictures?



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Colour me in if you want!

Spot the Difference-

Can you spot 7 differences?



Music WordSearch



Play a Tune



ACCORDION
BANJO
CELLO
CLARINET
DRUM
FLUTE
GUITAR

HARMONICA
HARP
MARIMBA
ORGAN
PIANO
RECORDER
SAXOPHONE

TRIANGLE
TRUMPET
TUBA
XYLOPHONE



1960's Music Quiz-
Can You Guess The Answers?

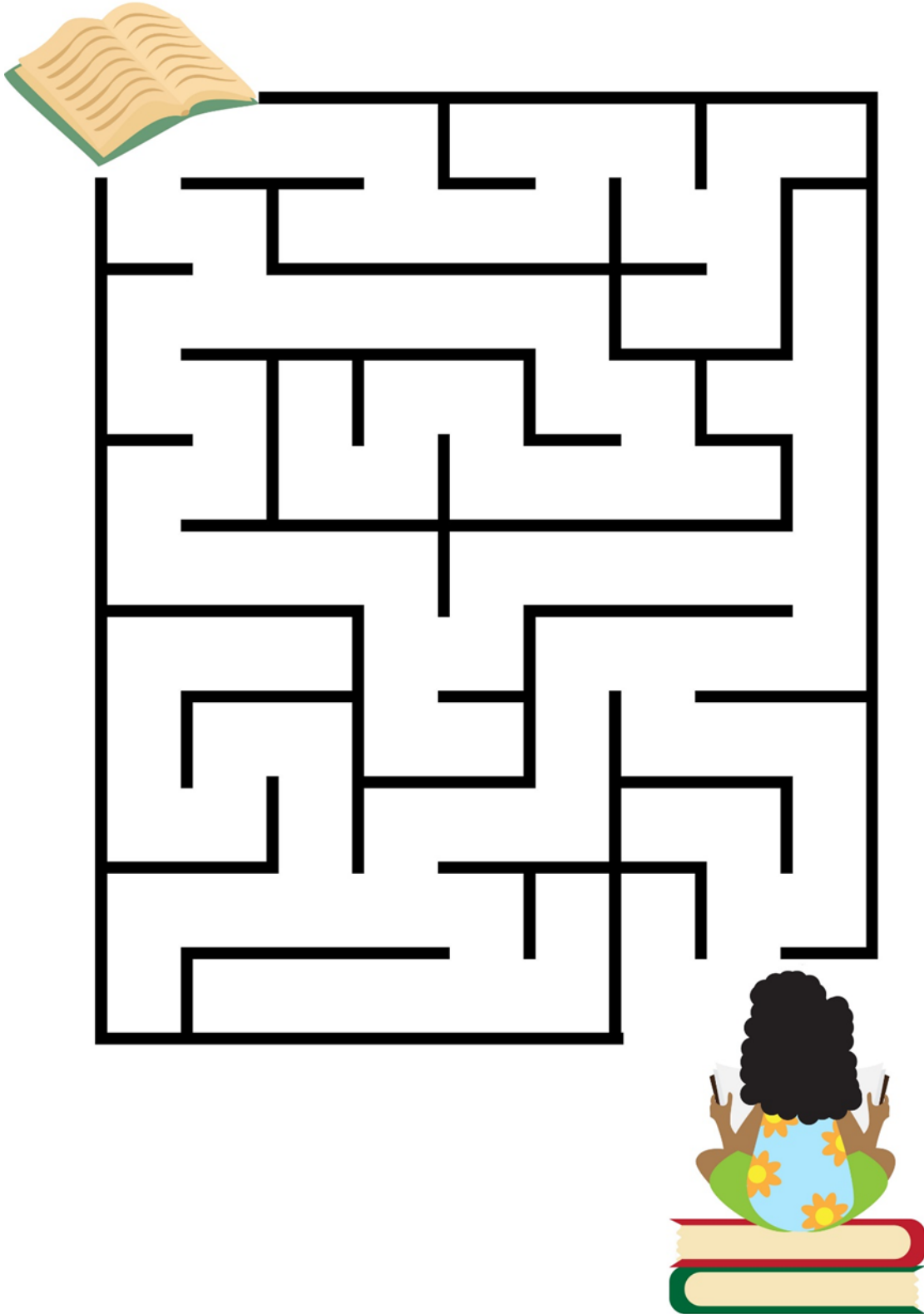
1. Which band had the lead vocalists, Paul Jones from 1962 to 1966, and Mike d'Abo from 1966 to 1969? _____
2. The Beatles made memorable appearances for three consecutive Sundays in February 1964 on which American television variety show? _____
3. Which British rock band, formed in London in 1966, consisted of Jack Bruce, Eric Clapton, and Ginger Baker? _____
4. Who were the first act to reach number one in the UK Singles Chart with their first three single releases? _____
5. Which band, formed in Southend, Essex in the early 1960s, adopted a new name in 1967 which was said either to represent Latin for "far from these things", or to have been the name of someone's cat? _____
6. "You Can't Hurry Love" is a 1966 song originally recorded by which group on the Motown label? _____
7. The Animals were formed in which English city in the early 1960s? _____
8. Can you name both The Beatles' first number one single and the year in which they achieved it? _____
9. The Dakotas are most closely associated with which singer?
10. Who sang lead vocals on "Yellow Submarine" and "With a Little Help from My Friends"? _____
11. Which Australian singer recorded the song "I remember you" in a yodeling country-music style in 1962? _____
12. Tom Jones got his first number one in the UK with his second single for Decca Records in February 1965, what was the name of this song?

Answers to 1960s Music Quiz:

- 1. Manfred Mann**
- 2. The Ed Sullivan Show**
- 3. Cream**
- 4. Gerry and the Pacemakers**
- 5. Procol Harum**
- 6. The Supremes**
- 7. Newcastle upon Tyne**
- 8. From Me To You, 1963**
- 9. Billy J. Kramer**
- 10. Ringo Starr**
- 11. Frank Ifield**
- 12. It's Not Unusual**

Lost Literature Maze:

Our avid reader has dropped her book! Help bring it back to her.





Sing Along!

Do-Re-Mi

The Sound Of Music

Let's start at the very beginning
A very good place to start
When you read you begin with A-B-C
When you sing you begin with do-re-mi
Do-re-mi, do-re-mi
The first three notes just happen to be
Do-re-mi, do-re-mi
Do-re-mi-fa-so-la-ti
Let's see if I can make it easier
Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do (oh-oh-oh)

Do-re-mi-fa-so-la-ti-do

So-do!

Now, put it all together.

So Do La Fa Mi Do Re, So Do La Ti Do Re Do

Doe, a deer, a female deer
Ray, a drop of golden sun
Me, a name I call myself
Far, a long, long way to run
Sew, a needle pulling thread
La, a note to follow Sew
Tea, a drink with jam and bread
That will bring us back to Do

The Blessed Poet

A Folktale by Philomena and Margaret Smith

About a hundred years ago there was a man named James Martin who lived at Millrosh, Oldcastle in Co Meath. At that time there was no Parochial House in Oldcastle and the Clergy lived at Millbrook about a mile from the town. This man Martin used to work as a labourer for the neighbouring people very often for the Priest whose name was Father Leonard. The story is told that one evening when Martin was after hay-making he lay down beside a bale of hay to rest himself and have some ease. After some time he fell asleep and when he awoke he saw beside him a pair of boots, a fiddle, and a book. Martin stretched his hand for the book and as he did something hit him in the eye which made him permanently blind in one eye. Everything disappeared and he was immediately full of learning and for the first time in his life he could read and write.

Up till this time, he was illiterate. It was thought that a fairy or some spirit had touched him with a wand. He had at once started to compose and write of a very beautiful type. Some of his writings are still to be found. "The wounded soldier" is a excellent piece of his composition describing the battle of Waterloo. He was married but had no family and he used to call his wife Sweet Jane of Loughcrew. Another song that won fame for him was "Sweet Lough Bawn." There are some pieces of his writings to be found and this one ran thus:

"Sweet Drumone that stands alone.

An ancient village-town

There's neither fair nor market there

Since Cromwell he called round

The bonny lark from dawn till dark

Still whistles at the dawn.

With her long beak if she could speak

Good morning Sweet Lough Bawn."

Sing Along!

Moon River (From 'Breakfast at Tiffany's')

Audrey Hepburn

Moon river, wider than a mile
I'm crossing you in style someday
You dream maker
You heartbreaker
Where ever you're going I'm going your way

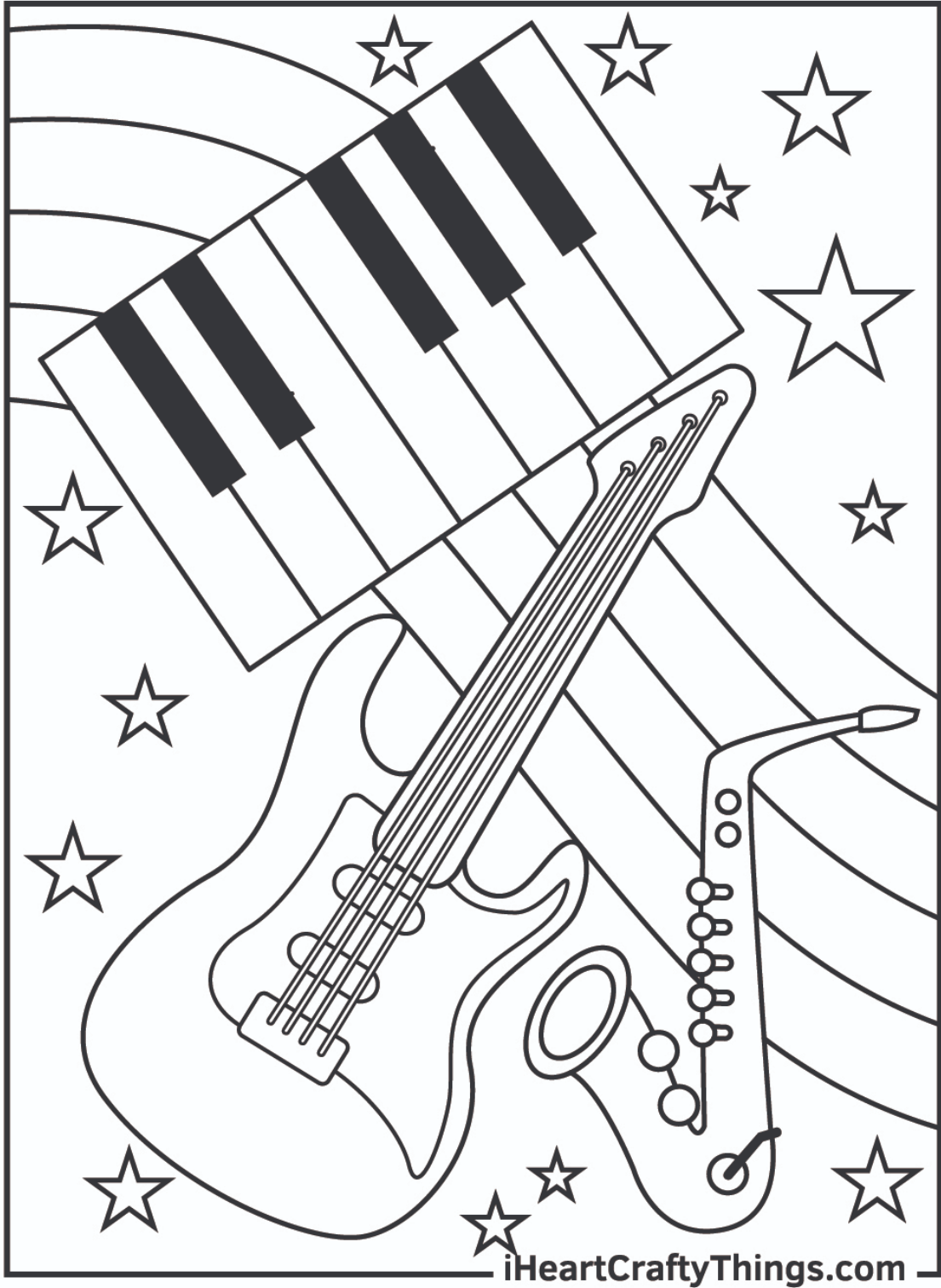
Two drifters off to see the world
There's such a lot of world to see
We're after the same rainbow's end
Waiting round the bend
My huckleberry friend
Moon river and me

Colour With Me



©Crayola

Colour Me:





Childhood Stories

For Reminiscing

1. My favourite teacher was ...
2. I used to love to listen to ...
3. My favourite picture from childhood ...
4. I grew up ...
5. I remember the first time I ...
6. Having _____ was such a big treat when I was young.
7. If we went out to eat, our family loved going to ...
8. For fun, I used to ...
9. _____ was the best at ...
10. Outdoors, I used to play ...
11. Indoors, I used to play ...
12. I used to know someone who had a collection of ...
13. I used to go and visit ...
14. The best vacation I ever went on as a kid was ...
15. My best friend's name was ...

**A Poem:
Unknown**

When The One

When the one whose hand you're holding

Is the one who holds your heart

When the one whose eyes you gaze into

Gives your hopes and dreams their start,

When the one you think of first and last

Is the one who holds you tight,

And the things you plan together

Make the whole world seem just right,

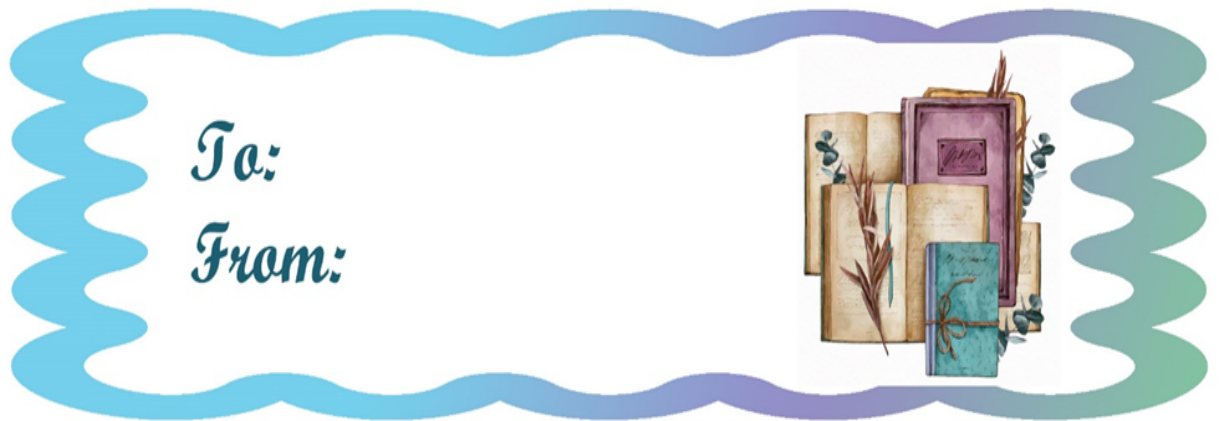
When the one whom you believe in

puts their faith and trust in you,

You've found the one and only love

You'll share your whole life through

Bookmarks:
Cut me out



Pictionary Words: Easy

cat	sun	cup
ghost	flower	pie
cow	banana	snowflake
bug	book	jar
snake	light	tree
lips	apple	slide
socks	smile	swing
coat	shoe	water
heart	hat	ocean
kite	dog	mouth
milk	duck	eyes
skateboard	bird	boy
apple	person	girl
mouse	ball	house
star	nose	bed
whale	jacket	shirt
hippo	beach	egg
face	cookie	cheese
ice cream cone	drum	circle
spoon	worm	spider web