



THE ALZHEIMER
SOCIETY *of* IRELAND

November

Activity Pack

2



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



"Wrinkles will only go where the smiles have been." -

Jimmy Buffet

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 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
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

Table of Contents

<i><u>Activity</u></i>	<i><u>Pages</u></i>
A Wintery Quiz	6-7
Catch Phrase	8-9
Winter Anagram	10-11
Autumn Poetry	10-11
Colour Me In	11-12
Courage Poem	13-14
Winter Time Poem	15-16

Spot the Difference	16-17
Bake Cookies	17-18
Bookmarks	18-19
Winter Word Search	19-20
Granny Song	20-24

A Wintery Quiz - Questions

1. The Winter Palace can be visited in which city?
2. Which James Bond actor made his film debut in the 1968 historical period drama *The Lion in Winter*?
3. Which fruit has a variety called 'Winter Banana'?
4. Which country has won the most medals throughout Winter Olympic history?
5. 'Christmas won't be Christmas without any presents!' is the opening line of what classic novel?
6. Which simple sled differs from most sleds or sleighs in that it has no runners or skis (or only low ones) on the underside?
7. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter? (Clue: there was a Lion, a Witch and a Wardrobe)
8. Which winter sport is sometimes known as "the roaring game"?
9. Which zodiac sign runs from November 22 to December 21?
10. "Now is the winter of our discontent" is the opening line from which William Shakespeare play?

Answers: A Wintery Quiz

1. Saint Petersburg
2. Timothy Dalton
3. Apple
4. Norway
5. Little Women
6. A toboggan
7. Narnia (in *The Lion, the Witch and the Wardrobe*)
8. Curling
9. Sagittarius
10. Richard III



Catchphrase

Catchphrase Words: Medium

taxi cab	standing ovation	alarm clock
tool	banana peel	flagpole
money	wallet	ballpoint pen
sunburn	wedding ring	spy
baby-sitter	aunt	acne
bib	puzzle piece	pawn
astronaut	tennis shoes	blue jeans
twig	outer space	banister
batteries	doghouse	campsite
plumber	bedbug	throne
tiptoe	log	mute
pogo stick	stoplight	ceiling fan
bedspread	bite	stove
windmill	nightmare	stripe
spring	wristwatch	eat
matchstick	gumball	bobsled
bonnet	flock	sprinkler
living room	laugh	snuggle
sneeze	bud	elf
headache	slam dunk	Internet

Winter Anagram!

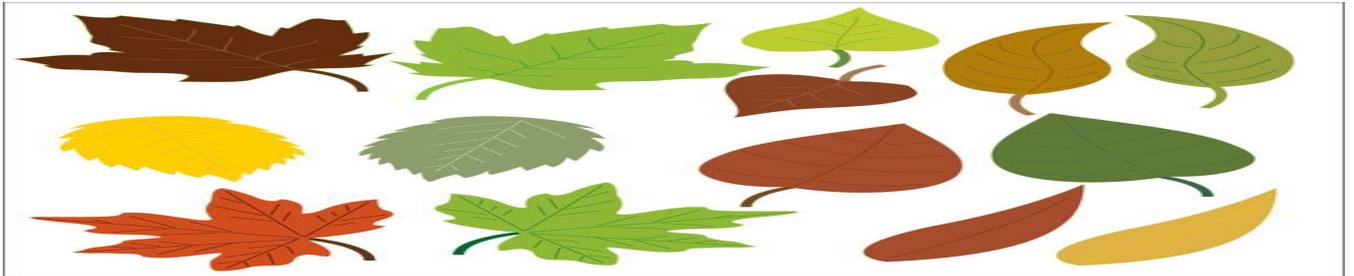
Word List

Use these words for activity 5 above. Starting with all the letters, make the word in the first column, then ask the person to see what words they can make that use all the leftover letters. The possible answers are listed in the last column.

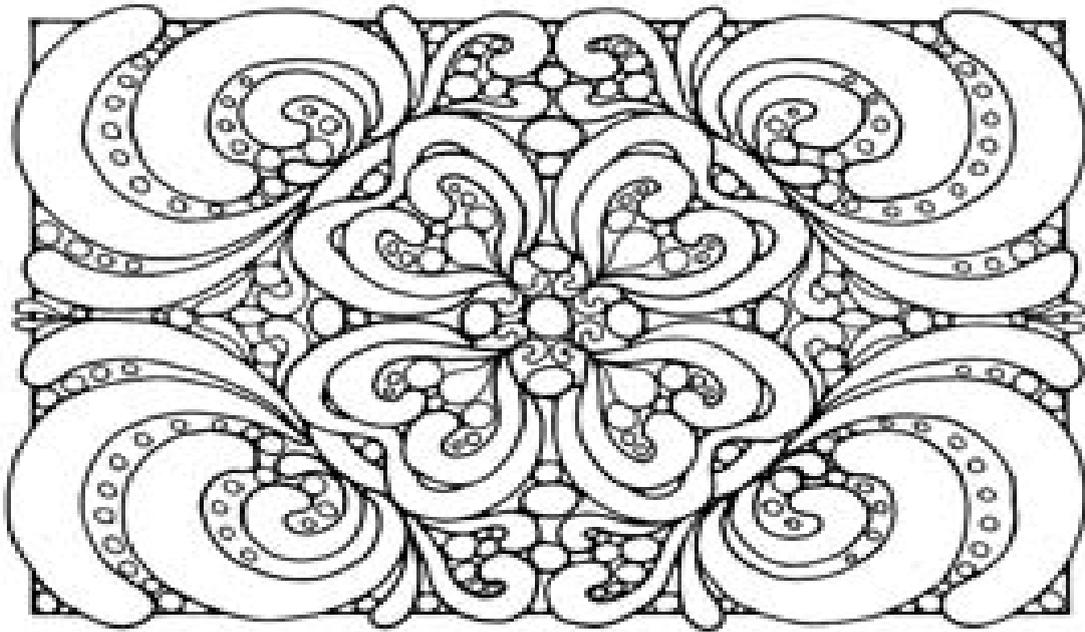
Start with this word	Leaves letters	Which make these words
REMINISCING	O, T, W	TWO or TOW
INCOMING	E, I, R, T, S, W	WRITES (OR WE + STIR OR WET + SIR)
INTERCOM	G, I, I, N, S, W	WIGS + IN (OR WING + IS)
CROWNING	E, I, I, M, S, T	TIME + IS (OR SEMI + IT)
NOTICING	E, I, M, R, S, W	RIMS + WE (OR RIM + SEW)
ENTICING	I, M, N, O, S, W	SWIM + NO (OR WORM + IS)
MINCING	E, I, O, R, S, T, W	ROW + TIES (OR ROWS + TIE)
METRICS	G, I, I, N, N, O, W	OWING + IN (OR OWNING + I)
CRIMSON	E, G, I, I, N, T, W	WING + TIE (OR WIG + NET + I)

Autumn Poetry

The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper
The rose is out of town.
The maple wears a gayer scarf,
The field a scarlet gown.
Lest I should be old-fashioned, I'll put a trinket on
. The sky is low, the clouds are mean,
A travelling flake of snow
Across a barn or through a rut Debates if it will go.
A narrow wind complains all day How someone treated him;
Nature, like us, is sometimes caught
Without her diadem.



Colour Me In





Courage
Robert William

Today I opened wide my eyes,
And stared with wonder and surprise,
To see beneath November skies
An apple blossom peer;
Upon a branch as bleak as night
It gleamed exultant on my sight,
A fairy beacon burning bright
Of hope and cheer.

"Alas!" said I, "poor foolish thing,
Have you mistaken this for Spring?
Behold, the thrush has taken wing,
And Winter's near.

"

Serene it seemed to lift its head:
"The Winter's wrath I do not dread,
Because I am," it proudly said,
"A Pioneer.

"Some apple blossom must be first,
With beauty's urgency to burst
Into a world for joy athirst,
And so I dare;
And I shall see what none shall see -
December skies gloom over me,
And mock them with my April glee,
And fearless fare.

"And I shall hear what none shall hear -
The hardy robin piping clear,

The Storm King gallop dark and drear
 Across the sky;
And I shall know what none shall know -
 The silent kisses of the snow,
 The Christmas candles' silver glow,
 Before I die.

"Then from your frost-gemmed window pane
 One morning you will look in vain,
 My smile of delicate disdain
 No more to see;
But though I pass before my time,
And perish in the gale and grime,
 Maybe you'll have a little rhyme
 To spare for me.

Winter Time by Robert Louis Stevenson

Late lies the wintry sun a-bed,
A frosty, fiery sleepy-head;
Blinks but an hour or two; and then,
A blood-red orange, sets again.

Before the stars have left the skies,
At morning in the dark I rise;
And shivering in my nakedness,
By the cold candle, bathe and dress.

Close by the jolly fire I sit,
To warm my frozen bones a bit;
Or with a reindeer-sled, explore
The colder countries round the door.

When to go out, my nurse doth wrap
Me in my comforter and cap,
The cold wind burns my face, and blows
Its frosty pepper up my nose.

Black are my steps on silver sod;

Thick blows my frosty breath abroad;
And tree and house, and hill and lake,
Are frosted like a wedding-cake.



Spot the Difference

Find 10 differences.



Easy shortbread biscuits recipe

With only three ingredients, and ready in roughly 35 minutes, shortbread is an easy (and delicious!) choice for baking with older people – you can get them to mix the ingredients together with their hands, and to use cookie cutters to shape the biscuits.

This recipe makes roughly 10-20 biscuits, depending on how thick you roll the dough.

Ingredients

1. 150g plain flour (plus a little extra for dusting your rolling surface)
2. 100g butter, cubed
3. 50g caster sugar (plus extra for sprinkling on your biscuits at the end!)

Method

1. Pre-heat the oven to 170C (150C fan/gas mark 3). Line a baking tray with greaseproof paper for later.
2. Mix together the butter, flour and sugar with your hands in a large mixing bowl until it resembles breadcrumbs, then squeeze it together to make a dough.
3. Lightly flour your worktop and use a rolling pin to roll the dough out to a thickness of roughly 1cm.
4. Either cut your dough into fingers or use cookie cutters for other shapes, and lay them on your lined baking tray. Re-roll any leftover dough and keep cutting until it is all used.
5. Use a fork to make the characteristic shortbread dimples, then pop the tray of biscuits in the fridge for about 20 minutes.
6. After chilling, bake in the oven for 15-20 minutes until golden. Remove and carefully transfer to a wire rack. Sprinkle with caster sugar, then let cool.
7. Enjoy with a lovely cup of tea!

Print and Decorate Your Own Bookmarks:

Open a book by the fireplace as night's grow cold and dive into another world as the story unfolds.

Below are two bookmarks for you to cut out and keep and blank one for you to design your own



Winter Word Search

Name: _____

Date: _____



WINTER WORDS Word Search Puzzle



r h p x b k g m s n o w f l a k e s f f s d
v h f b w y r e i j u m t o n c w t z d h d
s k a t i n g k l t d c f e t h z e t s d c
z i i v k l a g f a t r v b f i f l b f r b
e h j c s j s l i p p e r y b l l k z k w o
t r a s o w a n s a a a n x s l u c e d i o
c v t w h v t v g d y i t s i y r g l n n t
r y h x x k f e b r u a r y m q r w r r t s
n t o b o g g a n o f s o u c c i t b s e s
z a l f n h r m m f h e r w s d e c a h r h
m p i f g l o v e s m j w p s n s o q o v o
i j d w w i w v f r e e z i n g k l l t s v
e l a d d r g k j a n u a r y a v d y c b e
x m y h b s r d w f t o h u f r o s t h e l
r u s x c d e c e m b e r s b t h s n o w a
c e s l e d d i n g c a h w a p p w f c n v
s c a r f r s n o w m a n a i a v x c o o u
r z r a m j x v k b j y k y t r j m e l o i
o a r i l y f i r e p l a c e k f x i a a c
y u r p n l q d s l u s h p m a a l f t z e
e i c i c l e t v f b t m w e h z v n e z f
i d h i b l i z z a r d w t z b a w x m k e



Find these words.

fireplace
snowflake
blizzard
icicle
boots
parka
sledding
gloves

hat
ice
cold
slippery
chilly
snowman
December
toboggan

hot chocolate
slush
January
freezing
skating
scarf
holidays
frost



mittens
shovel
snow
flurries
February
winter



(The words may be hidden vertically, horizontally or diagonally.)

The Granny Song

“Oh can we go to Granny's house,
to Granny's house, to Granny's house?

Oh can we go to Granny's house?”

Said the children to their Mam.

“Well if Granny says that's it's okay

I'll pack the bag without delay

And we'll have such great fun today

We always do with Gran.”

“And can we go walking,

a walking, a walking?

And can we go a walking?”

Dúirt na leanaí lena Gran.

“We can go down to the Silver Strand

Make mighty caisleáins in the sand

I'll build a tower, you make a dam

An féidir linn? Oh please Oh Gran”.

“And can we take a picnic,

a picnic, a picnic?

Oh can we take a picnic?"

Dúirt an garmhac leis a Gran.

"Beidh tae, brioscaí is ceaparaí

And a special treat for you and me

And we'll paddle our feet in the salty sea

And play Catch Me if You Can".

"And can we play in rocky pools,

in rocky pools in rocky pools?

And can we play in rocky pools?

Dúirt na leanaí lena Gran.

"We'll find báirneachs and anemones

Some portáns and some carraigín

A mermaid's purse and a smugairle rón

With it's tentacles coming undone".

"And can we stay in your house,

in your house, in your house?

Oh can we sleep in your house?"

Dúirt na leanaí lena Gran.

"At meanoíche we could have a feast

Have buns and cakes and other treats

And we promise we will brush our teeth

Agus beidh ár fiacla glan".

"Beidh pancóga againn do bricfeasta,

don bricfeasta, don bricfeasta

Beidh pancóga againn do bricfeasta

Le sú talún agus mil (jam).

And after that we'll sing this song

And we hope it hasn't been too long

And we'll have more fun with you Gran

An féidir linn? Of course we can.

This song was composed by Mary Mac Nelis with her grandson Caolan for the 'Songs for our Children' project in February 2020.

