



THE ALZHEIMER  
SOCIETY *of* IRELAND

# February

# Activity Pack

# 2



Dear Friends,

The month of February is finally here, and even though it's still chilly outside, spring will soon be near.

The month of February is dedicated to celebrating St. Valentine's Day, a good opportunity to show kindness and love not only to your loved ones but also to yourself. Make time for yourself to enjoy flowers, chocolates, or your favourite song - whatever makes you happy.

If you ever need assistance from ASI, don't hesitate to call. You can reach our helpline at 1800 341 341, where trained staff are available to help.

Sending lots of love from us, to you.



*"Being a family means you are a part of something very wonderful.*

*It means you will love and be loved for the rest of your life."*

*– Lisa Weed*

### Useful Resources:

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

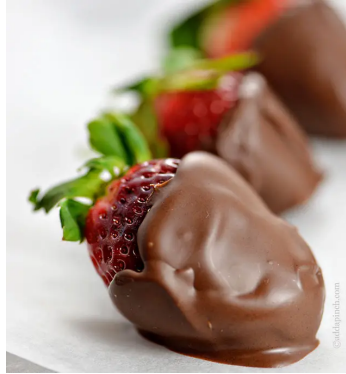


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## Lets Make Some Chocolate Strawberries!



### Ingredients:

1. 250g of fresh strawberries
2. 500g of milk or dark chocolate
3. 100g white chocolate
4. 2 teaspoons coconut oil
5. A handful of sprinkles

### **Method:**

1. Line a rimmed baking tray with parchment paper and set aside.
2. Dry strawberries well with paper towels to make sure chocolate adheres perfectly.
3. Heat the milk/dark chocolate chips and coconut oil in a microwave safe bowl for 2 minutes at 50%. Stir until smooth.
4. Dip each strawberry into the melted chocolate, making sure the strawberry is covered almost to the stem.
5. Once the chocolate is set, drizzle over the white chocolate and sprinkles.
6. Place chocolate covered strawberry onto a parchment lined baking sheet and place into the freezer for at least 15 minutes to set.

## February Puzzle:

# FEBRUARY

1	2	3		4	5	6	7	8		9	10	11		
12			13		14					15				
16					17					18				
19				20					21	22				
			23					24						
	25	26	27			28	29	30		31		32	33	
34					35		36		37			38		39
40					41	42					43			
44					45				46	47				
	48		49	50		51		52		53				
			54		55			56	57					
58	59	60					61				62	63	64	65
66					67	68					69			
70					71						72			
73					74							75		

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

# FEBRUARY

## ACROSS

- |    |   |    |   |
|----|---|----|---|
| 1  | Compass point                             | 45 | Pain unit                                   |
| 4  | Vast number of celestial bodies           | 46 | Its own                                     |
| 9  | Hubbub                                    | 48 | Snaky fish                                  |
| 12 | Distort                                   | 51 | Aye   |
| 14 | Cavity                                    | 53 | Acquired Immune Deficiency Syndrome (abbr.) |
| 15 | Skidded                                   | 54 | Tree  |
| 16 | Type of cheese                            | 56 | Tender loving care                          |
| 17 | Speak in public                           | 58 | Gully                                       |
| 18 | Greeting _____                            | 61 | American game played on rectangular field   |
| 19 | Pertaining to or characteristic of winter | 66 | Sounds of disapproval                       |
| 21 | Ends                                      | 67 | Slender pointed shaft shot from a bow       |
| 23 | Nervous system                            | 69 | Buckeye State                               |
| 24 | Propel with oars                          | 70 | Tender and passionate affection             |
| 25 | Talk about, with "over"                   | 71 | Feudal superior                             |
| 28 | Stage of life                             | 72 | Points                                      |
| 31 | First letter of the Arabic alphabet       | 73 | Stretch to make do                          |
| 34 | Caper                                     | 74 | Snake                                       |
| 36 | Ship initials                             | 75 | Still                                       |
| 38 | Couple                                    |    |   |
| 40 | Accent mark                               |    |   |
| 41 | Dense                                     |    |   |
| 43 | Supplication                              |    |   |
| 44 | Large van                                 |    |   |



## FEBRUARY

### DOWN

- |                                |   |
|--------------------------------|---|
| <b>1</b> Southwest by west     | <b>42</b> Used to attract attention     |
| <b>2</b> Indonesian island     | <b>43</b> Pressure unit                 |
| <b>3</b> Small bird            | <b>47</b> Sensitivity                   |
| <b>4</b> Reject                | <b>49</b> Free                          |
| <b>5</b> Mother ___            | <b>50</b> Tell                          |
| <b>6</b> College (abbr.)       | <b>52</b> Moe, for example              |
| <b>7</b> Trail                 | <b>55</b> Marsupial bear                |
| <b>8</b> Spread out            | <b>57</b> Under                         |
| <b>9</b> Winged                | <b>58</b> Apt                           |
| <b>10</b> Unpaved              | <b>59</b> Chessman                      |
| <b>11</b> Chances of winning   | <b>60</b> Wander                        |
| <b>13</b> Set                  | <b>61</b> Wilma Flintstones'<br>husband |
| <b>15</b> Frown                | <b>62</b> Frame                         |
| <b>20</b> Reverberate          | <b>63</b> Sailors "hey"                 |
| <b>22</b> Snake                | <b>64</b> Low-cal                       |
| <b>25</b> Netherlands' capital | <b>65</b> Astray                        |
| <b>26</b> Entertain            | <b>68</b> Free of                       |
| <b>27</b> Compass point        |   |
| <b>29</b> Cunning              |   |
| <b>30</b> Escudo               |   |
| <b>32</b> Left out of gear     |   |
| <b>33</b> Combustibles         |   |
| <b>34</b> Gossip               |   |
| <b>35</b> Limited (abbr.)      |   |
| <b>37</b> Slide on snow        |   |
| <b>39</b> Clod                 |   |

Let's Colour!









HAPPY  
*Valentine's*  
DAY



## Bucket Of Kindness Meditation

Close your eyes and take a very deep breath.

Keep breathing deeply and feel the cool air  
come in through your nose and flow all the way  
down to your belly. Feel your belly extend as you breathe in.

Now, listen carefully to all the quiet sounds  
outside and around you. You may hear outside  
noises, maybe cars, birds or something else...  
just listen.

Now, turn your focus within. Listen quietly to what you hear happening  
within your body.

Can you hear your heart beating? Can you hear  
your breath as you breathe slowly in and out?  
Maybe your tummy is making noises, or you're  
listening to the sound of your breath, or your  
heartbeat. Whatever is going on inside, just take  
time to listen.

Imagine now inside of you, there is a big beautiful bucket.  
Everyone has one though we can't see it with our eyes.

When we feel good, our buckets are full.

When we're feeling bad, our buckets are low... or even empty.

We all want our buckets to be full of love, kindness,  
peacefulness, and happiness.

Everyone does. So, we can make a choice each and every day to show loving kindness to others and help fill up their buckets.

If your bucket ever feels low or empty – you can  
take in a deep breath and remember how loved  
you are. You can choose to be grateful for the  
good things and people you have in your life  
and focus on that.

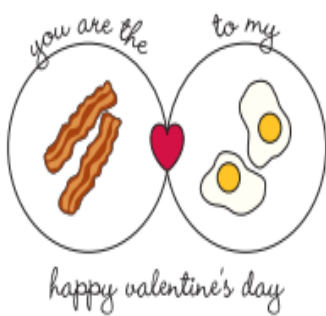
Now when you're ready.... take in a deep breath.

Open your eyes and give you wonderful body a big, wonderful stretch!

You've done a great job!



# Send Some Valentines Cards to Those You Love!





# VALENTINE SUDOKU

Instead of numbers, use these letters to fill in the grid just like a regular sudoku:

I H E A R T Y O U

There is only one rule to sudoku: Every row, column and box of 3x3 cells must contain each letter shown above exactly once. Good luck!

EASY



	E	T				R	A	
A	O	I	R		Y	U	H	T
R	H	U	T	A	O	E	I	Y
H	R	O	E	Y	T	A	U	I
	Y	E	I	U	A	H	O	
		A	O	H	R	Y		
		Y	A	O	I	T		
			Y	T	H			
I				R				A



HARD



		U				H		
	H	Y	I		R	T	A	
O	T		A	H	E		U	Y
H	Y			T			I	R
T	I	O				E	H	A
	U	A	E		H	O	Y	
		H	T	A	U	I		
			R	Y	I			
				E				

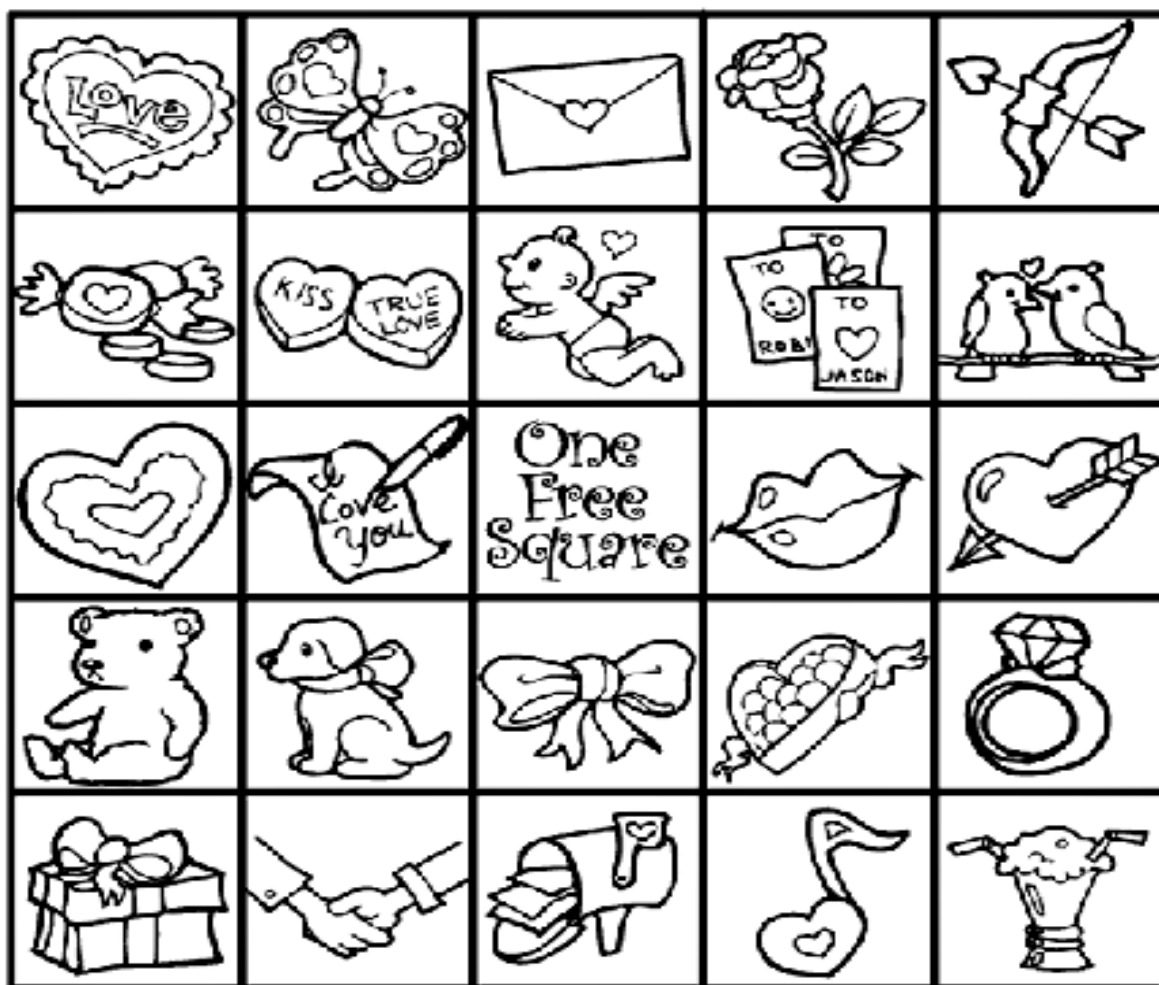


Hallmark

## Lets Play Bingo!

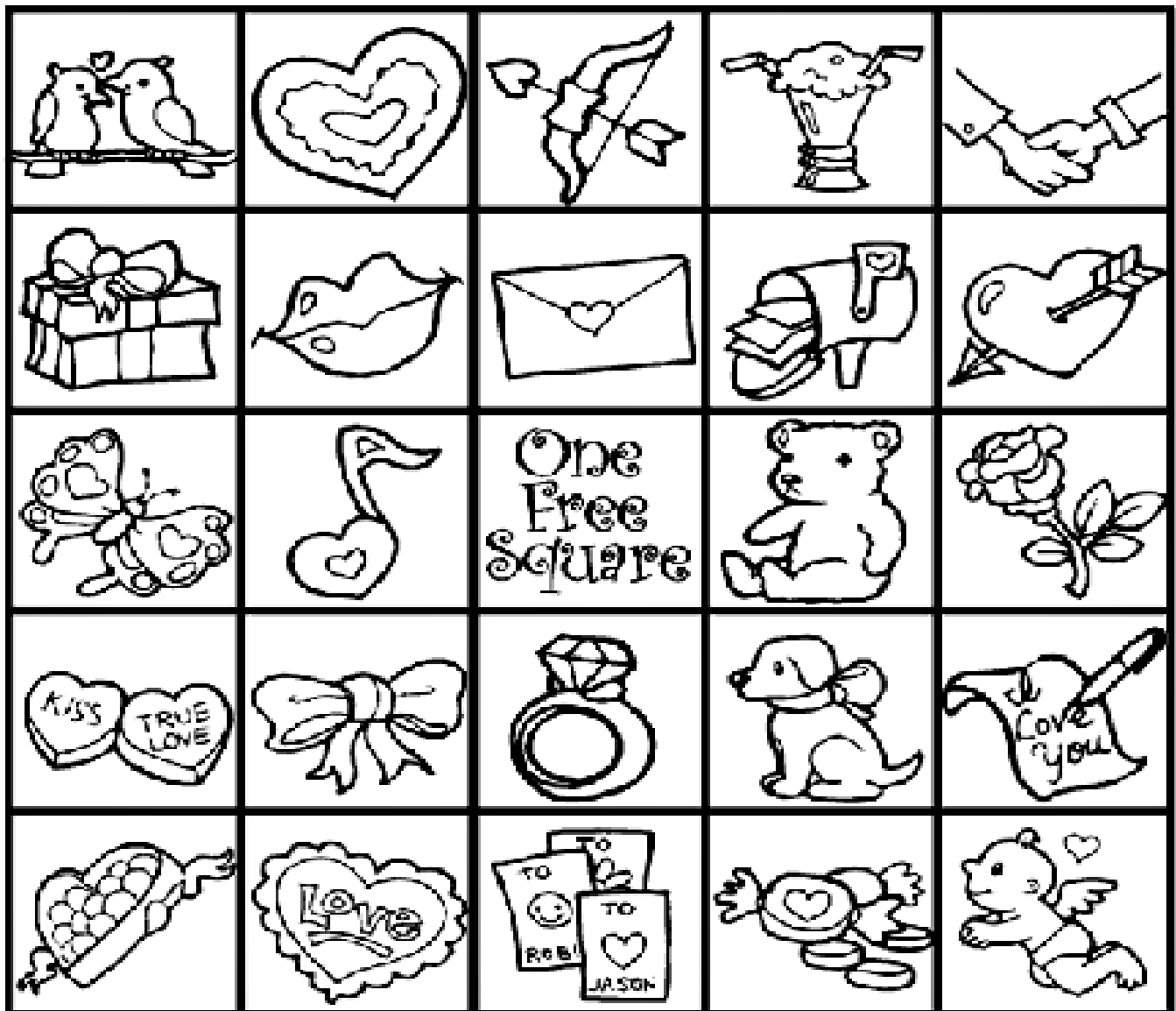
# VALENTINES' BINGO 1

To play this game print all 10 Valentines Bingo sheets. Each player gets a different Bingo board. Use one of the Valentines Bingo sheets to cut every square out separately. Place these cut squares in a hat or box. When the "caller" pulls a picture out of the box or hat and it is on a player's board, the player colors that image. When one player gets five colored squares in a row or diagonally that person wins!



# VALENTINES' BINGO 10

To play this game print all 10 Valentines Bingo sheets. Each player gets a different Bingo board. Use one of the Valentines Bingo sheets to cut every square out separately. Place these cut squares in a hat or box. When the "caller" pulls a picture out of the box or hat and it is on a player's board, the player colors that image. When one player gets five colored squares in a row or diagonally that person wins!



# How Many Words Can You Find?

Using the letters in the game box, how many words can you create with 3 or more letters?

E	E	Qu	O
L	H	B	B
E	A	H	U
E	T	I	D

1	13
2	14
3	15
4	16
5	17
6	18
7	19
8	20
9	21
10	22
11	23
12	24

# Easy Sugar Cookies

Quick and easy sugar cookies made with only 4 pantry ingredients and no egg!

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Cool down:** 15 mins

**Total Time:** 40 mins

## Ingredients

1. 225 grams unsalted butter at room temperature
2. 180 grams granulated sugar , plus a little extra for dusting/rolling
3. 250 grams tablespoon all-purpose flour
4. 1 teaspoon of vanilla extract
5. To Decorate: icing, sprinkles, sweets, chocolate etc - if desired

## Instructions

1. Preheat the oven to 160 degrees Celsius.
2. Line 2 large baking sheets with parchment paper.
3. In a medium bowl, using a handheld electric mixer, beat together butter, sugar and vanilla until combined. (It will be a little gritty - that's ok.)
4. Add in flour bit by bit and blend well.
5. Roll the dough into roughly 1-inch high balls.
6. Sprinkle some extra sugar onto your countertop and gently roll the balls in it until lightly coated; then transfer to the baking sheets 2 inches apart.
7. With the bottom of a glass or your palm, press down on the balls to flatten. If you wish you can either shape with your hands or a cookie-cutter into a heart shape but this is optional . The dough should end up being between roughly 1/4 inch thick - they will look pretty small in circumference, but they will spread a bit to a normal size cookie.)
8. Bake for 14-16 minutes or until just slightly golden around the edges and on the bottom.
9. Remove from the oven and let rest on the baking sheets for at least 10-15 minutes (don't skip this step!) before cooling completed on a wire rack
10. Decorate with icing, chocolate, sprinkles, sweets or whatever you wish!
11. Enjoy!



## Im A Believer

### By The Monkees

I thought love was only true in fairy tales  
Meant for someone else but not for me  
Love was out to get me  
That's the way it seemed  
Disappointment haunted all of my dreams  
Then I saw her face, now I'm a believer  
Not a trace of doubt in my mind  
I'm in love  
I'm a believer, I couldn't leave her if I tried  
I thought love was more or less a giving thing  
Seems the more I gave the less I got  
What's the use in tryin'  
All you get is pain?  
When I needed sunshine, I got rain  
Then I saw her face, now I'm a believer  
Not a trace of doubt in my mind  
I'm in love  
I'm a believer, I couldn't leave her if I tried  
Oh  
Oh, love was out to get me  
Now, that's the way it seemed  
Disappointment haunted all of my dreams  
Then I saw her face, now I'm a believer

Not a trace of doubt in my mind

I'm in love

I'm a believer, I couldn't leave her if I tried

Yes, I saw her face, now I'm a believer

Not a trace of doubt in my mind

Said, I'm a believer, yeah, yeah, yeah, yeah, yeah (I'm a believer)

Said, I'm a believer, yeah (I'm a believer)

I said, I'm a believer, yeah (I'm a believer)



**Compatible Valentine**

**By Joanna Fuchs**

On Valentine's Day, I think about  
The people who are dear,  
How much they add to life's delight  
Whenever they are near.  
You've always been a total joy,  
Such pleasant company,  
I very much appreciate  
Our compatibility!



## A Tale of St. Brigid

St Brigid's crosses are made nearly in all parts of the country to this day. They are made the evening before St Brigid's day - 1<sup>st</sup> February this year. They are made of rushes and it is said that hanging one on your door will protect the house from fire.

It was St Brigid who made the first rush cross and there is a story connected with it. Here is one version:

One day while St Brigid was in a Convent in County Mayo. She was with a number of other Sisters. They were out walking. St Brigid said she wanted to visit a house some distance off.

She and another started on their way. Before they got back the foggy dark night fell. They saw a light some distance off and they went to it to enquire about the way. It happened to be the house of a pagan. They were greeted cheerfully and asked inside. St Brigid said she would like a drink, that she was thirsty. St Brigid wore a cross on her outfit. The man and woman of the house had a whisper and the woman asked St Brigid if she would like another drink, and she said she did not mind. This time the women went to the room to get the drink. Just as St

Brigid was about to take some of the drink an angel appeared to her and told her that the drink was poisoned. There were rushes on the floor and St Brigid stooped down and picked up one and formed a cross of it. She put one end of the cross into the drink and whatever poison was in the drink came out on the rush. She then drank it and asked the woman why she want to poison her. The woman almost fainted at this and admitted she wanted to get the cross and fell at the feet of St Brigid and asked pardon. St Brigid forgave her and gave this blessing: "whoever shall make a rush cross and have it blessed in honour of my escaping from being poisoned, they shall have good luck."

## Make Your Own Valentine!

Carefully cut out the Valentine images below and stick/glue them to a blank piece of paper, fold in half, and write your message inside for someone you love!

