



June

Activity Pack

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Dear Friends,

It's nearly June and you know what that means: sunshine, warmer weather, ice cream, outdoor activities, and more! For this month, we're sharing activities based on quirky holidays and celebrations that take place in the month of June, to help you get an early start on your June calendar.

We hope that this June brings you good times with loved ones, sitting outside with an iced tea or walking through the park and spotting all the wildlife.

We welcome poems and stories to be included in the pack if we have any artists or writers out there! Or if you'd like to display any fundraising pictures, or photos of any local fundraising event to be shared on our social media please send your images via email to iseultkinsella@alzheimer.ie



“You don't stop laughing when you grow old, you grow old when you stop laughing.”

~George Bernard Shaw

Useful Resources:

1. Our Free Helpline and Dementia Nurse Support Line are available at: Phone: 1800 341 341 and Email: 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
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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Spot the Difference

See if you can see the 5 differences between these two pictures



Spot the Difference

See if you can see the 5 differences between these two pictures



Summer Themed Bingo!

Page 1:



Summed Themed Bingo!

Page 2:



iSpy Summer Theme!

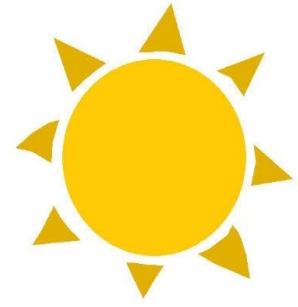
How Many Can You Spot?

I SPY SUMMER



Summer Word Search!

Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

Holidays Word Search!**Associated with the Holidays**

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

LENT
 FOOD
 SWIMMING
 CHRISTMAS
 BASEBALL
 BURGERS
 RIDES
 FAMILIES
 LABORDAY
 PARK
 HALLOWEEN
 HOT DOGS
 THANKSGIVING
 CHILDREN
 HIKING
 MEMORIAL
 TENTS
 EASTER
 PICNIC
 GAMES

Sudoku:

	7			2			4	6
	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3			8			7	

Answer

8	7	5	9	2	1	3	4	6
3	6	1	7	5	4	8	9	2
2	4	9	8	6	3	7	1	5
5	8	4	6	9	7	1	2	3
7	1	3	2	4	8	6	5	9
9	2	6	1	3	5	4	8	7
6	9	7	4	1	2	5	3	8
1	5	8	3	7	9	2	6	4
4	3	2	5	8	6	9	7	1

Old Wives Tales-

How Many Do You Think Are True or False?

1. Eating your bread crusts makes your hair go curly?
(A) False

2. When pregnant if you suffer with heartburn it is said your baby will have lots of hair when born?
(A) True, evidence collected from women who had severe heartburn while pregnant gave birth to babies with lots of hair

3. Fish included in your diet known as brain food?
(A) True, fish has been clinically proven in a diet to improve memory

4. If you eat too many carrots your skin can turn orange?
(A) True, beta carotene in carrots can discolour your skin

5. Rubbing a slice of onion on an insect bite can reduce swelling and discomfort?
(A) True

6. An apple a day keeps the Doctor away?
(A) True, apples have large amounts of antioxidants that can help reduce the risk of some cancers

7. Chicken soup can help cure a cold?
(A) True, eating a bowl of chicken soup can reduce inflammation in the lungs and in turn improve cold symptoms

8. If you hold your wedding ring over your pregnant belly and it swings around in circles you are having a girl?
(A) False, this fact is not proven. If the wedding ring swings back and forth like a pendulum the sex of the baby was going to be a boy (not proven to be true either)

9. Cracking your knuckles will give you arthritis?
(A) False

- 10 The full moon can cause strange behaviour?

(A) True, most hospitals record a higher amount of accidents and emergencies on a full moon

11 You can't go swimming after eating for 1 hour or you will sink to the bottom?

(A) False, no drownings have been recorded from swimming shortly after eating

12 If you can't sleep counting sheep will help you fall asleep?

(A) True, using visual techniques to try to fall asleep has been proven to work

13 Drinking a glass of warm milk before bed can help you fall asleep?

(A) True, it can release feelings of serenity that aids sleepiness



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!

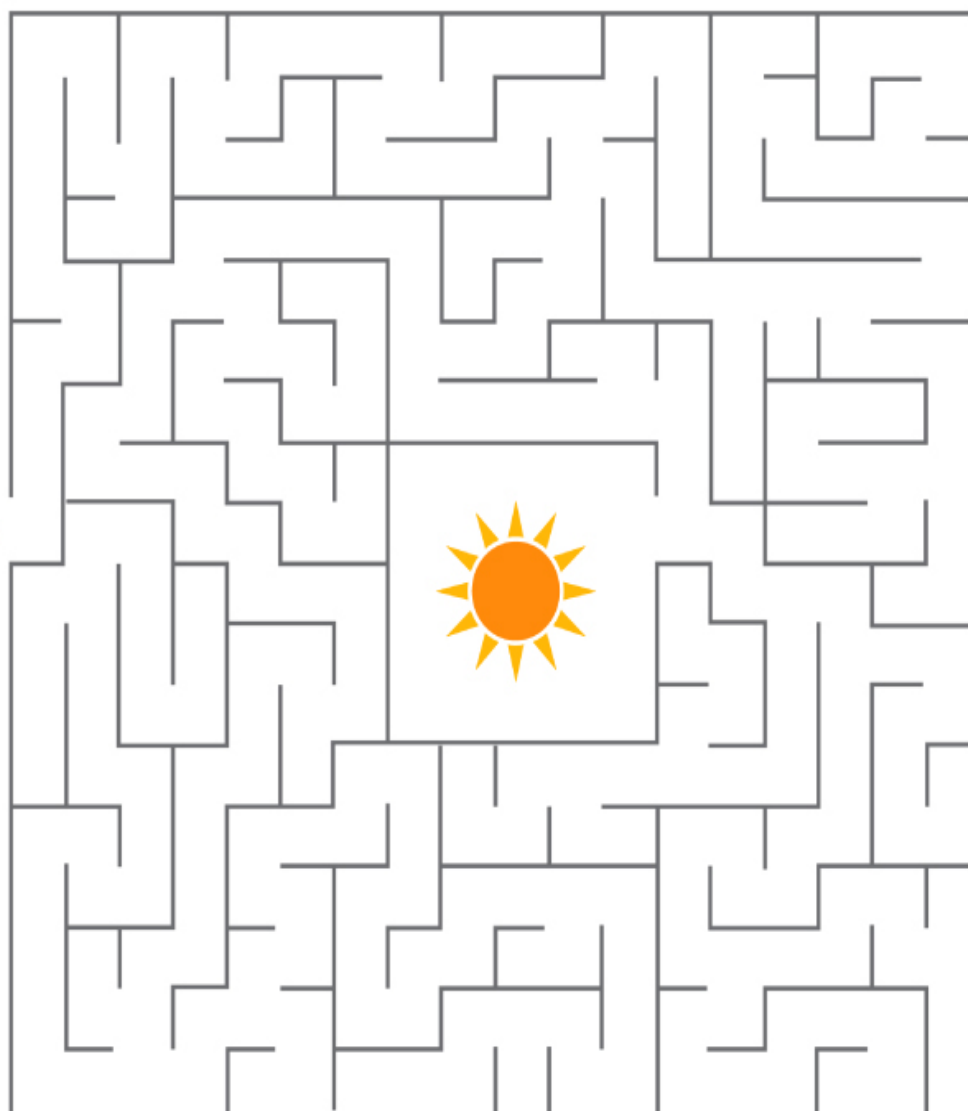


SUMMER MAZE

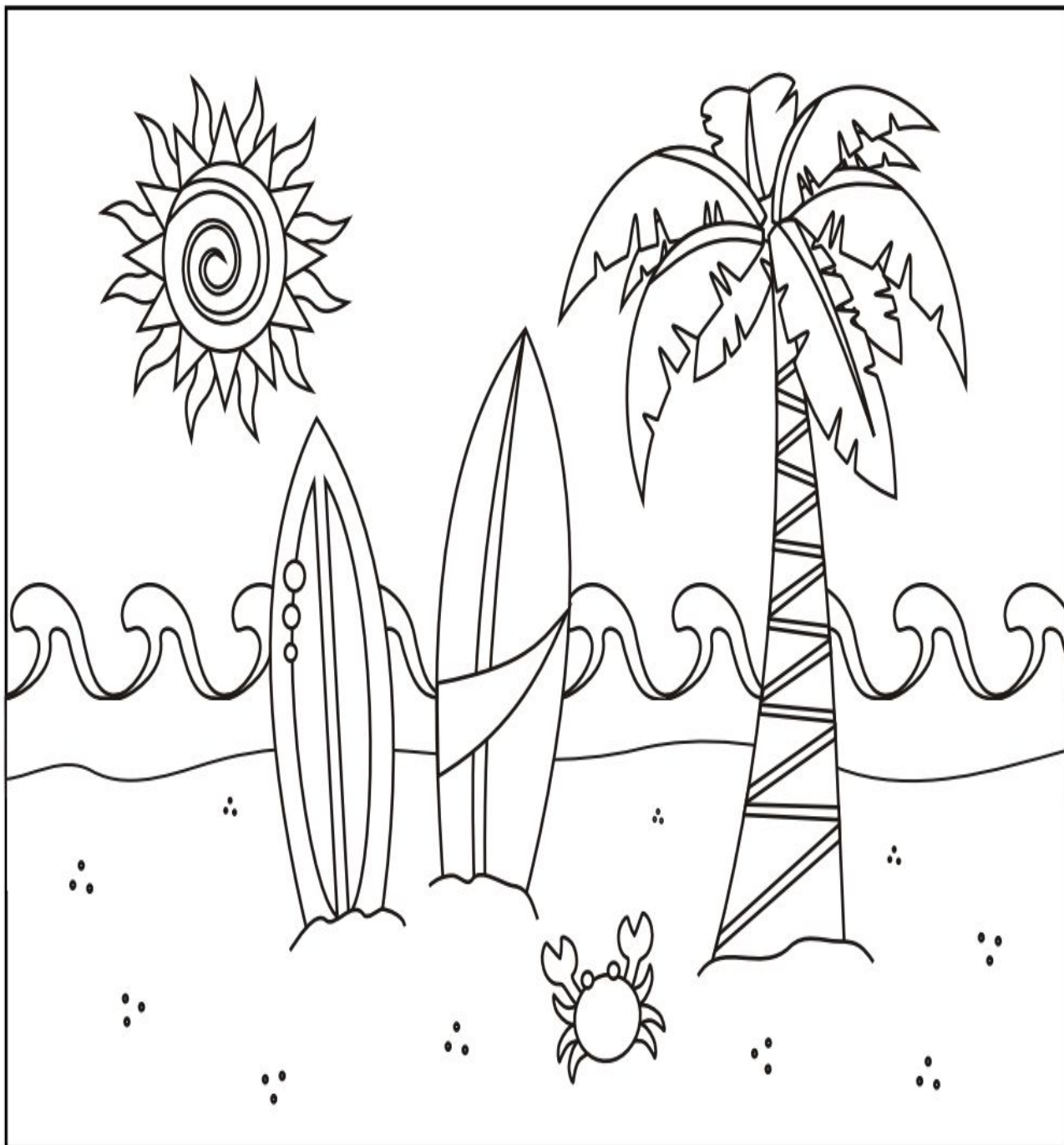
Find your way through the maze to reach the sun in the center.

Happy Summer!

START HERE

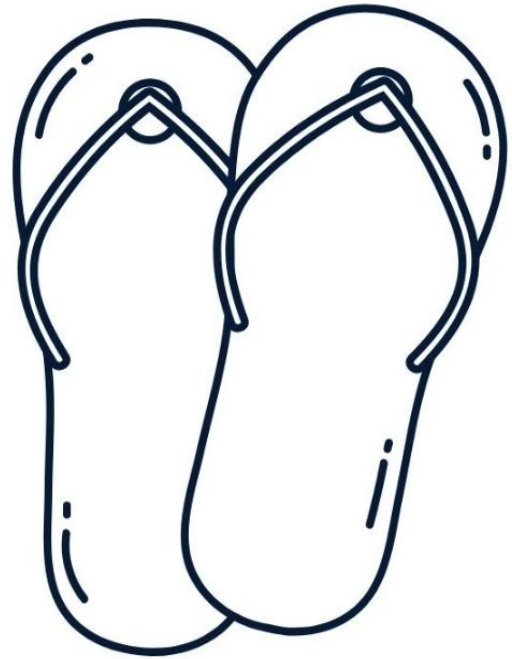
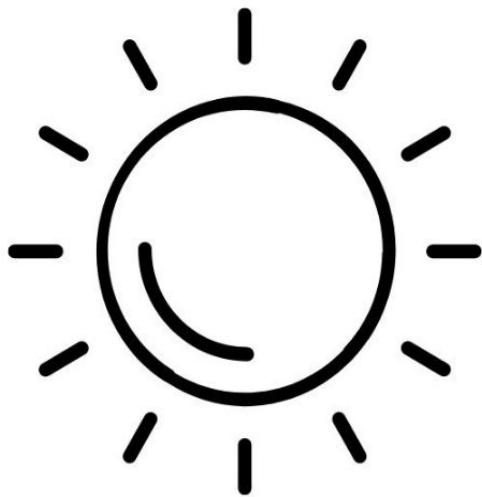


Printable Pictures to Colour!:

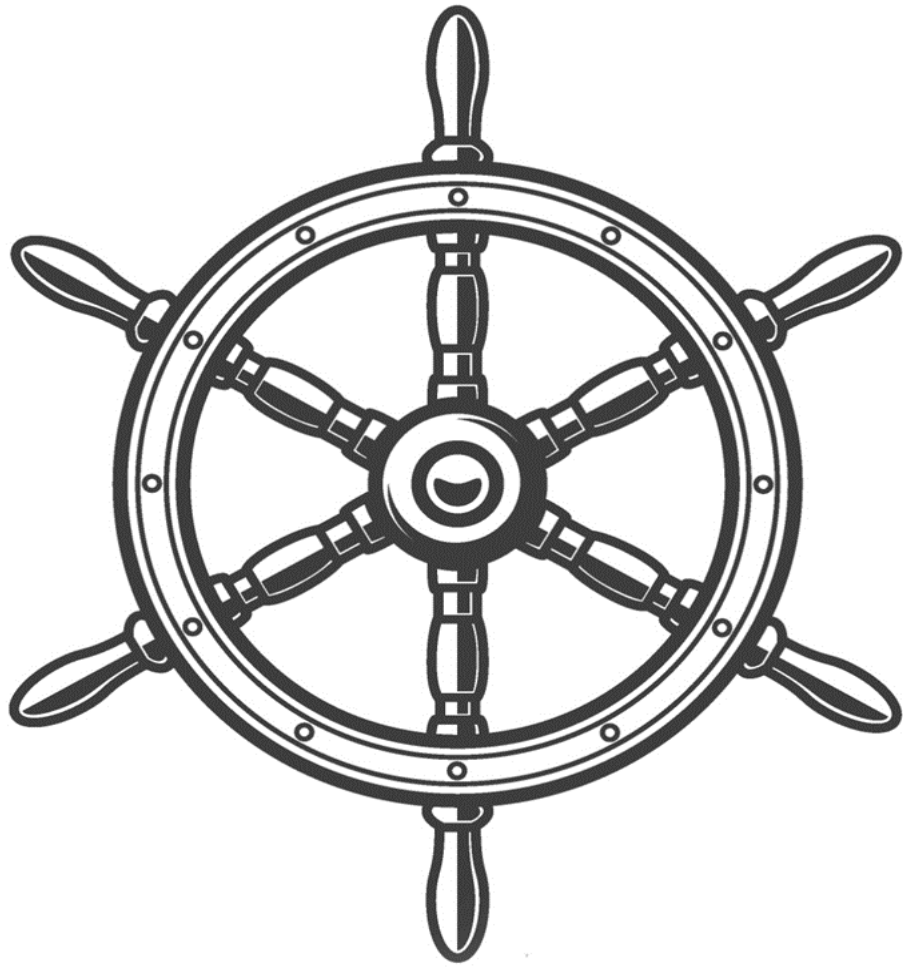


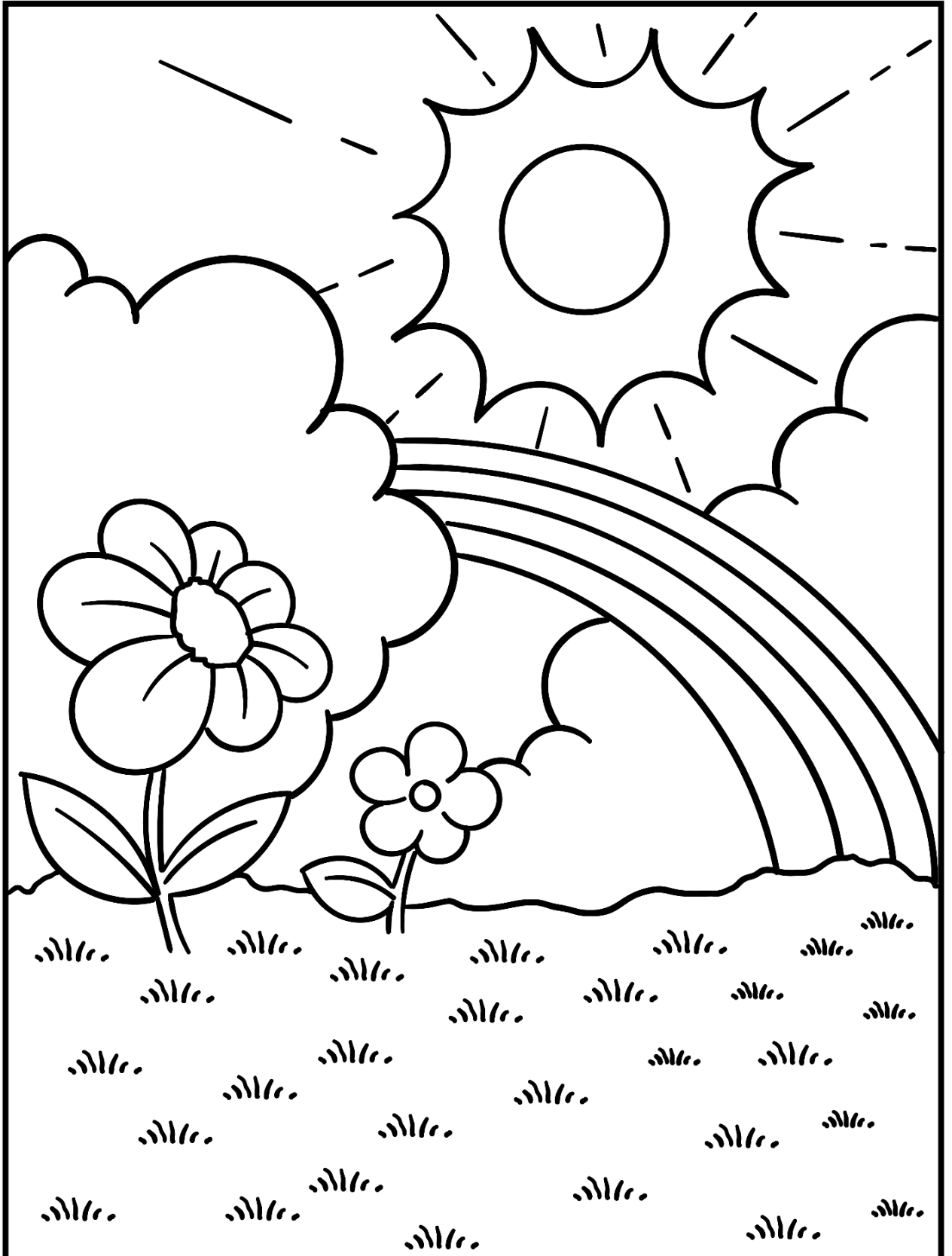


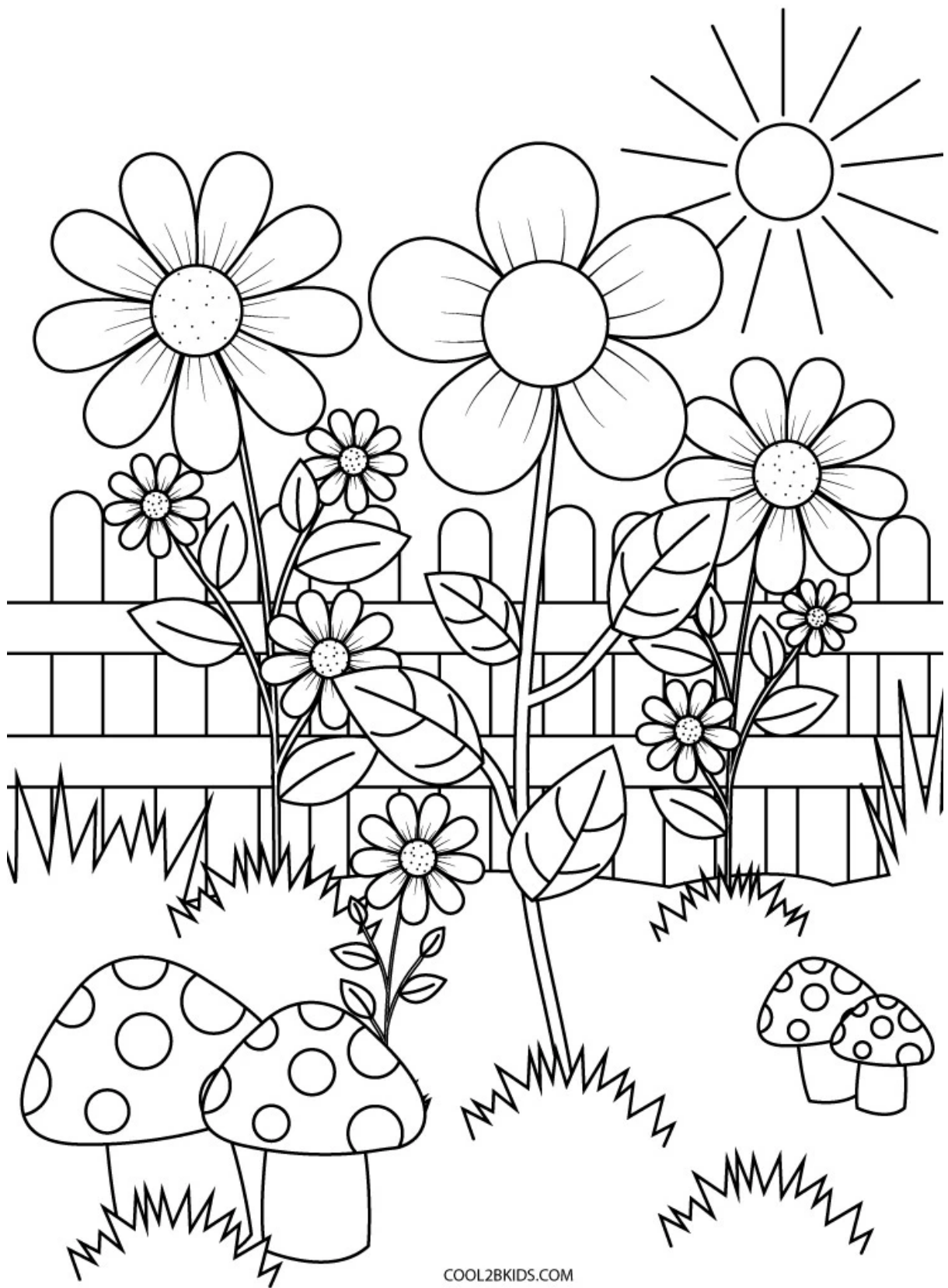
SUMMER











Sporting Quiz

1. What nickname is given to Kilkenny sporting teams?
2. The Scottish sport of shinty has a different name in Ireland. What is it?
3. What is Arkle, from which the legendary Irish racehorse took its name?
4. Which Englishman became an honorary Irishman for his management of Ireland's Italia 90 soccer team?
5. Before international rugby was played at Croke Park, what was the name of the ground which was the home of Irish Rugby?
6. What name is given to the ball in hurling?
7. What is Limerick's main rugby venue?
8. Where is the Hogan Stand?
9. In which county would you find Gowran Park racecourse?
10. Where would you find GAA ground Cusack Park?
11. What type of timber is used to make hurleys for camogie and hurling?
12. The Curragh is in which Irish county?

Answers: 1. The Cats. 2. Hurling 3. A Scottish Mountain 4. Jack Charlton 5. Lansdowne Road 6. A Sliotar 7. Thomond Park 8. Croke Park 9. Co. Kilkenny 10. Mullingar 11. The Ash 12. Kildare

Why Was June Made?

By Annette Wynne

**Why was June made?—Can you guess?
June was made for happiness!
Even the trees
Know this, and the breeze
That loves to play
Outside all day,
And never is too bold or rough,
Like March's wind, but just a tiny blow's enough;
And all the fields know
This is so—
June was not made for wind and stress,
June was made for happiness;
Little happy daisy faces
Show it in the meadow places,
And they call out when I pass,
"Stay and play here in the grass."
June was made for happy things,
Boats and flowers, stars and wings,
Not for wind and stress,
June was made for happiness!**



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!

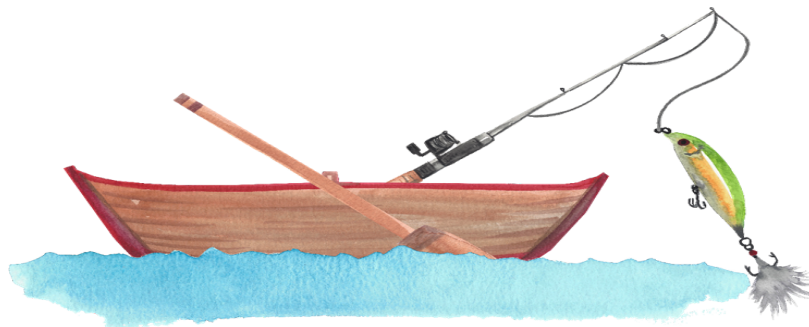
Chonaic mo dhóthain de Thíortha i gcéin,
Ór agus airgead, saibhreas an tsaoil,
Éiríonn an croí 'nam le breacadh gach lae
'S mé druidim le dúthaigh mo mhuintir!

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!



SURFING by A.M Cousins

Mother likes to slumber in the car, head back in the passenger seat,
eyes shut – still in the first year of her widowhood, she listens to hear
Tommy's voice again.

I walk quickly towards the Burrow, twenty minutes of respite to stretch my
legs and take the air before we drive back to the parlour – an evening of
quizzes and soap operas.

A seal surfs near the Forlorn Point – pale, dappled belly up, it rolls and falls
on the tide towards the shore, then dives beneath and surfaces out at sea.

I scramble through gravel and woad, stand on the shore and call the seal,
yodel a tune to lure it in.

I want one sign.

The seal rides the waves again.

The ice-cream shop is closed today – I bring her back the story of a seal.
She sings with the radio on the short drive home – Angles Guard Thee,
sweet love till morn

Name the Sport:

Can you name the sports shown below?

How many of them have you played?











Summer Scattergories:

How many can you guess?

CLUE	ROUND 1	ROUND 2	ROUND 3
Something that is hot!			
Something that you drink to cool off!			
Something that rhymes with "sun"!			
Somewhere to vacation!			
Something cold to eat!			
Something that is blue!			
Something that is shiny!			
Something you throw!			
Something that you barbeque!			
Total Points For Each Round			

Script for Feeling Sensations

Find awareness of your breath.

Total awareness in your breathing.

Notice the inhale.

Notice the exhale.

Begin to feel the belly expand with each inhale. Feel the belly contract with each exhale.

Feel the breath coming in through the nostrils and filling the lungs.

Feel the breath exiting through the nostrils as the lungs deflate.

Relax the breath.

Relax the breath.

Find a feeling of heaviness in the body. Feel the heaviness.

Feel each part of your body, from the toes to the top of the head become heavy. You are so heavy that you sink into the floor.

Find that awareness.

Feel the heaviness. (Long pause.)

Now become aware of the lightness in the body. Awaken that lightness in each part of the body, from the top of the head to the tips of the toes.

Every part of the body is light and weightless.

The body becomes so light that it might float off the floor. Be aware of this lightness.

Feel this lightness.

Now find the feeling of being cold. Find that sensation of being chilled to the bone.

Imagine facing the icy wind of winter head-on. Imagine walking barefoot on a slab of ice.

Your feet are cold.

Your bones are cold. Your body is cold.

Be aware of that feeling of coldness.

Feel the cold.

Now turn to the feeling of heat.

Find that experience of heat all over the body.

Imagine a hot, humid day, no wind, the sun beating on your skin. Imagine sitting in a sauna, warm steam rising and filling the air with heat.

Be hot. Feel the heat.

Be aware of the heat.

Now move into the experience of pain.

Concentrate on the feeling of pain, emotional pain.

Physical pain. Become aware of that pain.

Sit with this feeling of pain.

Now bring in the feeling of pleasure.

Completely submerge yourself in pleasure.

Relive any past experience of calm, either physical or mental. Be in that moment. Feel the calmness. Be aware of that calm. Now come back to your breath. Notice the calmness of your breath, the evenness of your breath.

The inhale.

The exhale.

Open your eyes.



