



May

Activity Pack

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Dear Friends,

The evenings are longer and the sun is shining that bit brighter. We hope you are spending the evenings outside picking flowers, playing with your furry friends, relaxing with a cup of lemonade or tea while you hear the sound of birds singing in the distance.

To celebrate the ASI's Alzheimer's Tea Day on May 4th, we have made the theme of this pack "Afternoon Tea"! So we encourage you to pour a cuppa, have something sweet and enjoy all the stories and activities we have inside.

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 your Tea Day artwork from this pack, or photos of any local fundraising events, displayed on our social media please send your images via email to iseultkinsella@alzheimer.ie



“All things seem possible in May.”

— Edwin Way Teale

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

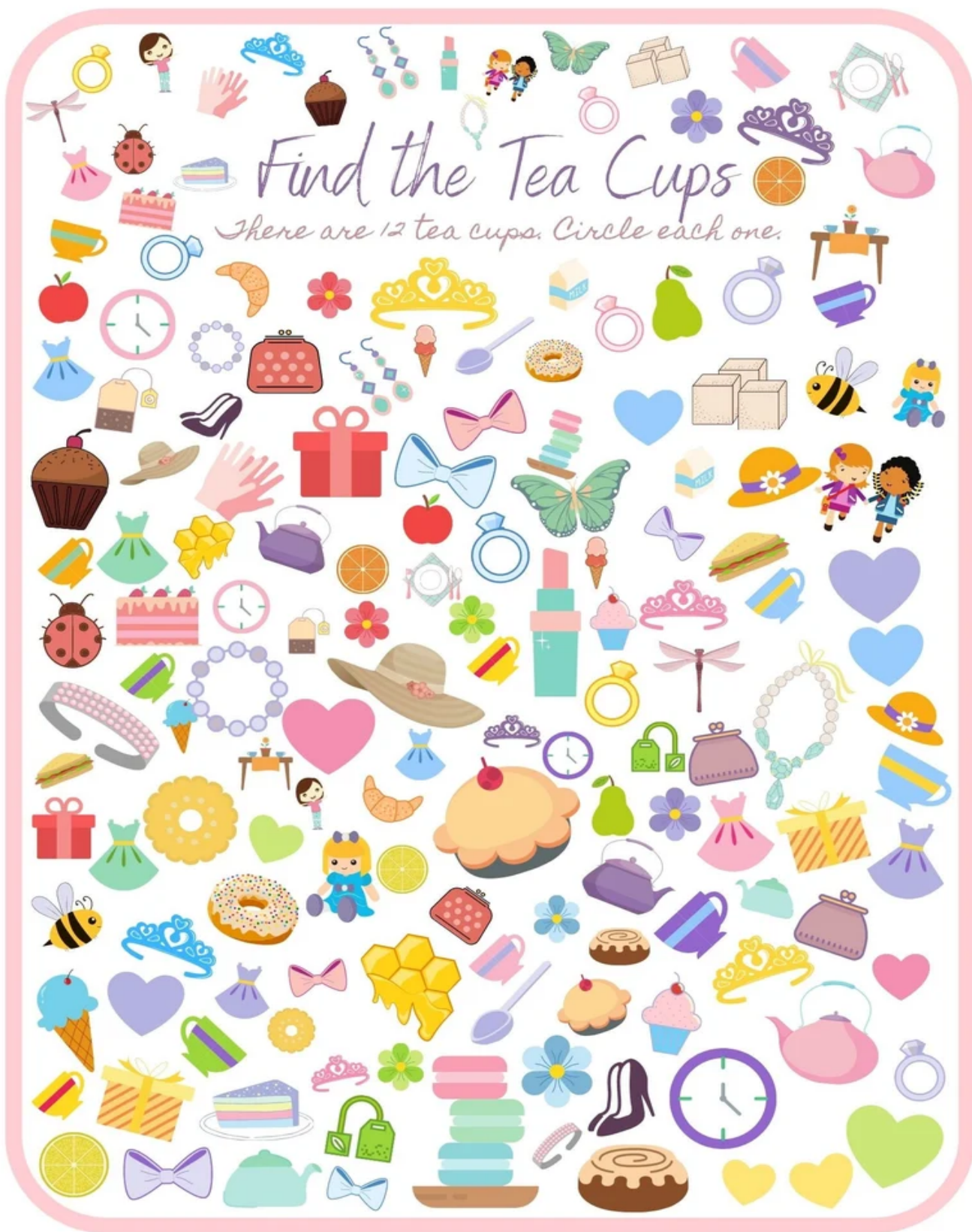
See if you can see the 5 differences between these two pictures



Tea Bingo!



Find the 12 Teacups!-

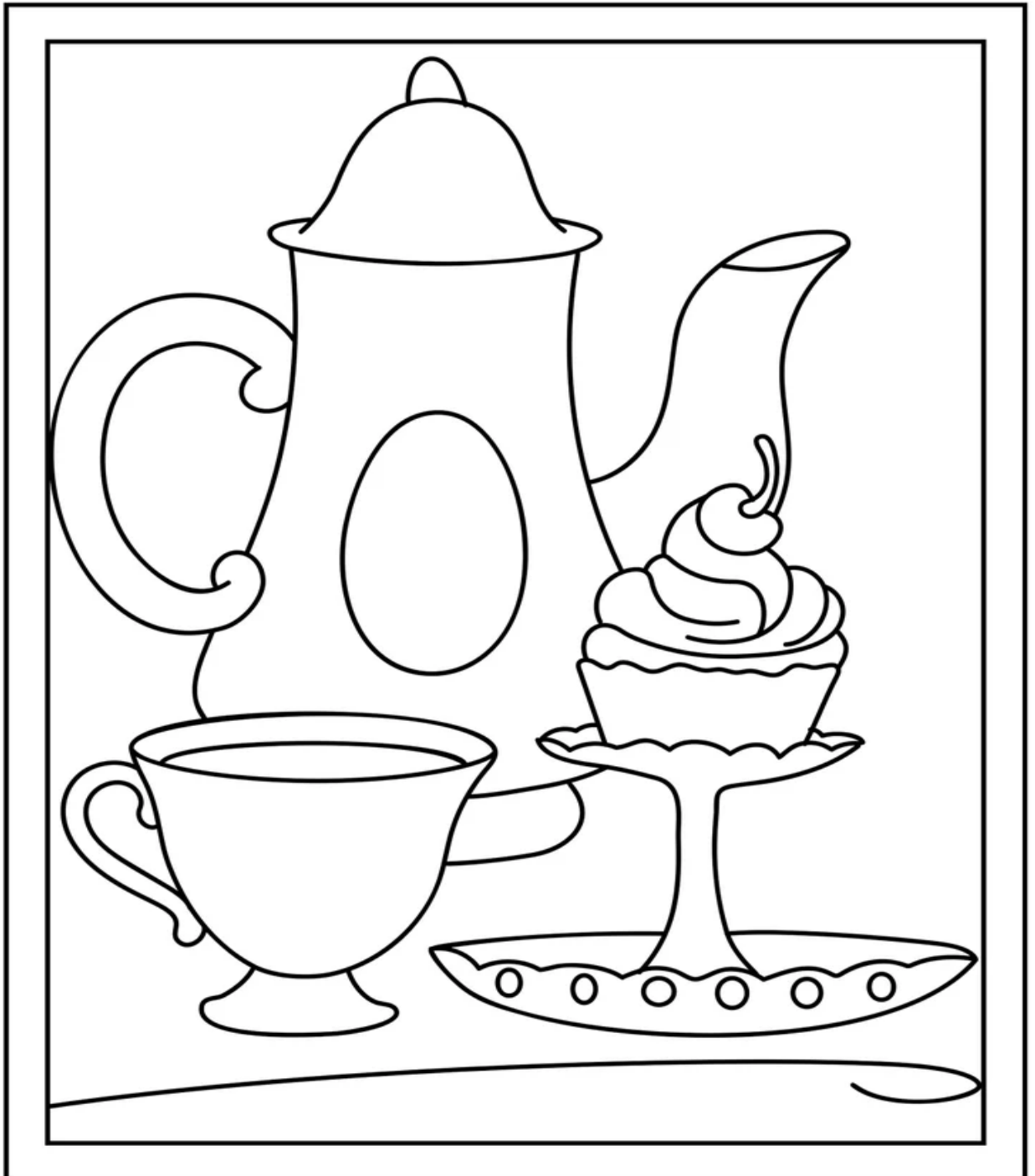


Tea Etiquette

True or False?



Print and Colour these Tea Themed Images!











Afternoon Tea Wordsearch

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

AFTERNOON
CAKE
CUPS
FLOWERS
MILK
TEABAG

BISCUIT
CRUMPET
FLAVOUR
FRIENDS
SUGAR
TEAPOT

i-Spy and Counting-

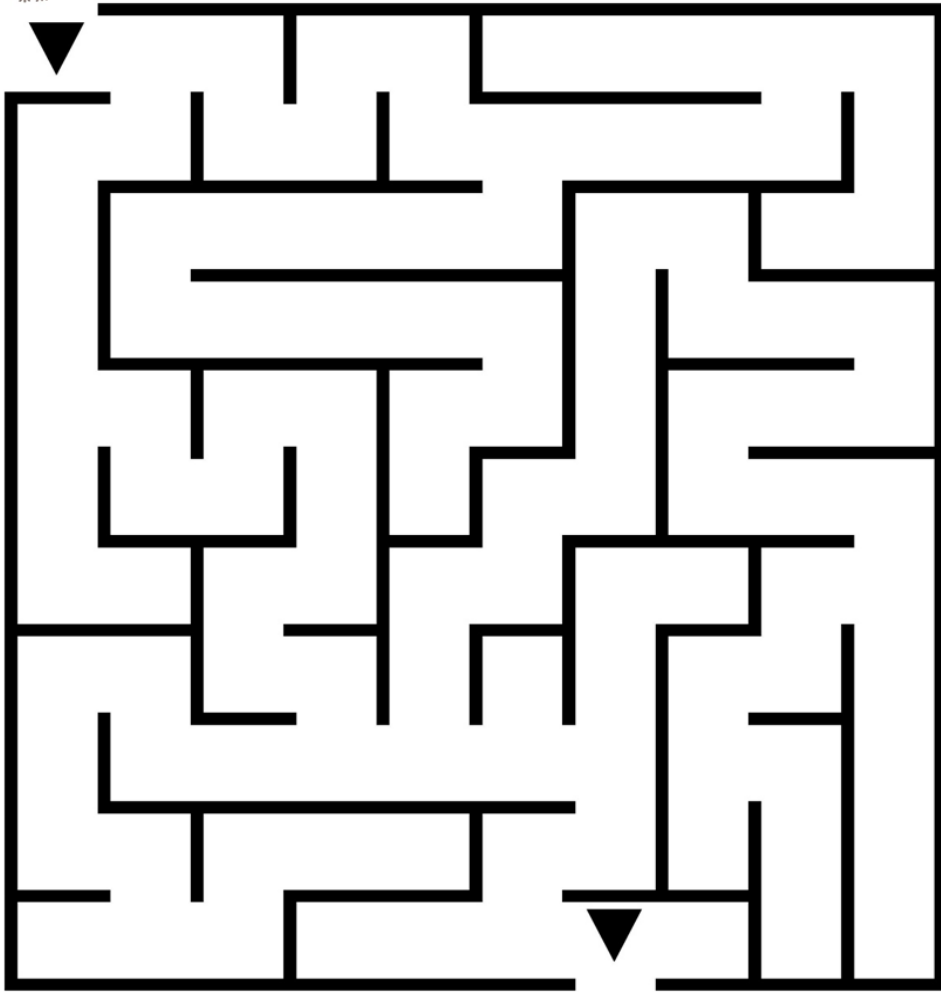
How Many of Each?







Help the Bird Through the Maze-



Tea

By John Tiong Chung

Tea It was you who tutored Me on the art of tea making;
So tender your fingers moved, Picking the dried curled Light,
dark greenish pieces, Sprinkling them over The whizzing little pot,
An elegant Jing De Zhen That stood with its Little spout spewing
Vapours that soon invaded Our nostrils with the Mind refreshing,
Sweet fragrance of pricey tea.

Your every graceful step Doing a dance in my mind and heart,
A little tryst that tells me A lot about you like the water that Never lies
about the wonder of tea.

Small and Early by Tudor Jenks

When Dorothy and I took tea, we sat upon the floor;
No matter how much tea I drank, she always gave me more;
Our table was the scarlet box in which her tea-set came;
Our guests, an armless one-eyed doll, a wooden horse gone lame.
She poured out nothing, very fast,—the tea-pot tipped on high,
And in the bowl found sugar lumps unseen by my dull eye.
She added rich (pretended) cream—it seemed a wilful waste,
For though she overflowed the cup, it did not change the taste.

She asked, “Take milk?” or “Sugar?” and though I answered, “No,”

She put them in, and told me that I “must take it so!”

She ’d say “Another cup, Papa?” and I, “No, thank you, Ma’am,”

But then I had to take it—her courtesy was sham.

Still, being neither green, nor black, nor English-breakfast tea,
It did not give her guests the “nerves”—whatever those may be.

Though often I upset my cup, she only minded when
I would mistake the empty cups for those she ’d filled again.

She tasted my cup gingerly, for fear I ’d burn my tongue;
Indeed, she really hurt my pride—she made me feel so young.
I must have drunk some two score cups, and Dorothy sixteen,

Allowing only needful time to pour them, in between.
We stirred with massive pewter spoons, and sipped in courtly ease,
With all the ceremony of the stately Japanese.
At length she put the cups away. "Goodnight, Papa," she said;
And I went to a real tea, and Dorothy to bed.

When Irish Eyes Are Smiling

By Bing Crosby

There's a tear in your eye
And I'm wondering why
For it never should be there at all
With such pow'r in your smile
Sure a stone you'd beguile
So there's never a teardrop should fall

When your sweet lilting laughter's
Like some fairy song
And your eyes twinkle bright as can be
You should laugh all the while
And all other times smile
And now, smile a smile for me

When Irish eyes are smiling
Sure, 'tis like the morn in Spring
In the lilt of Irish laughter
You can hear the angels sing
When Irish hearts are happy
All the world seems bright and gay
And when Irish eyes are smiling
Sure, they steal your heart away

For your smile is a part
Of the love in your heart
And it makes even sunshine more bright
Like the linnet's sweet song
Crooning all the day long
Comes your laughter and light

For the springtime of life
Is the sweetest of all
There is ne'er a real care or regret
And while springtime is ours
Throughout all of youth's hours
Let us smile each chance we get

When Irish eyes are smiling
Sure, 'tis like the morn in Spring
In the lilt of Irish laughter
You can hear the angels sing
When Irish hearts are happy
All the world seems bright and gay
And when Irish eyes are smiling
Sure, they steal your heart away



A Fairy Tale from Donegal

Once upon a time there was a poor man and woman who lived in a wee house. One day there came an old man and he asked the woman of the house to make him some tea and the poor woman said I have got very little tea in the house and I cannot make you any. The man said if you would make it for me you will be lucky. The woman wished to be kind so made the tea and when the man finished it he said there is a crock of gold in the garden at the side of a large old tree. The man of the house went out to dig and came upon the crock of gold. A few days after that an old woman came in, and asked for tea. Not having much but knowing they were now fortunate and should share, she was provided with tea and after she was finished she looked down at the crock of gold and there was writing on the crock. The man and woman said no one could understand the writing and the old woman wisely said the writing on the crock said: "Same in the other side" before winking and going on her way. The man went out to the garden and dug for a while he got the crock of gold on the other side of the tree. (This story was told by a man named Mr. William Simms who lived in Drimore many years ago)

Delicious Banana Bread

Ingredients:

1. 1lb / 448g of ripe bananas
2. 8oz / 224g of self-raising flour
3. 2 eggs
4. 6oz / 168g of brown sugar
5. 4oz / 112g of soft margarine
6. 1 oz / 28g of chopped walnuts
7. 4oz / 112g of sultanas

Method:

1. Preheat the oven to 160°C/ 325 F / Gas mark 3
2. Peel and mash the bananas
3. Sift flour and salt
4. Add all other ingredients and mix well
5. Turn in to a well-greased baking tin
6. Bake for 45 – 60 minutes until golden brown.



Planting Tips and Tricks:

Growing your vegetation is a great hobby and can be cost-effective in the long run. If you have never tried homegrown vegetables, then your taste buds have a lot coming! While picking out which type of vegetables you would like to plant and grow in your garden, remember that you only want to plant vegetables that you will eat. Growing a garden is fun, remember that!

In May, all risk of frost has passed in most regions of Ireland. Many vegetable, herb and flower seeds can be directly sown outdoors, while earlier sowings can now be planted out after a period of acclimatisation (hardening off) to outside conditions.

What Should I Plant in My Garden?

- 1. Beetroots-** If you're new to growing vegetables, beetroot is a good, easy-to-grow option. The seeds don't need much encouragement to germinate and they require little maintenance once established.
- 2. Cucumber-** Cucumbers do best in a greenhouse but some newer varieties have been bred to tolerate outside conditions. Sow into multi-celled seed trays or individual pots and pot on when seedlings are large enough to handle.
- 3. Sprouting Broccoli-** An extremely robust crop, sprouting broccoli produces nutrient-packed, succulent spears, which are perfect for steaming, boiling and grilling. It's easy to grow, and if you grow different varieties, you can harvest broccoli spears throughout winter and into spring. Sow into seed trays or small pots and pot on until they're ready to plant out.
- 4. Carrots-** Carrots are a fantastic, easy-to-grow crop to raise from seed. As well as the classic orange cultivars, you could also try growing colourful cultivars such as 'Yellowstone'. Sow into shallow drills of well-prepared, stone-free soil, or in pots.
- 5. Courgettes-** Courgettes can be direct-sown in well-prepared soil outside or in pots or multi-celled trays for transplanting later on. They also work well in containers. Plants sown last month can also be planted out now, once acclimatised. Protect young plants from slugs and snails and water regularly.

Courgettes are hungry crops – feed them weekly once they've started flowering.

6. **Basil**- Basil will grow outside but does best in heat and sunshine, making it perfect for sowing in May and keeping indoors, either on a windowsill or in a greenhouse. Sow directly in pots or in seed trays to transplant later.
7. **French and runner beans**- French beans and runner beans (as well as soybeans) can be sown directly outside now – dwarf French cultivars are suitable for growing in pots. Support climbing beans with a teepee of canes. Any beans sown in pots or multi-celled trays last month can be planted out now after a period of hardening off – to protect young plants from slugs and snails.



Have A Garden Party!

Why not enjoy the good weather, make a pot of tea, bake or buy some cakes and biscuits and have a mini garden party?

Get dressed up nice, put on some tea dance tunes, pop a tablecloth on the garden table – whatever would bring some joy to your day!

If you feel like being spoiled - you could even have a loved one act as “waiter” and bring you a menu of items, serve you tea, and most importantly – do the washing up!

Here are some pictures to use to make a menu for your garden party, be sure to pick out some of your favourite treats – how many have you tried?:

