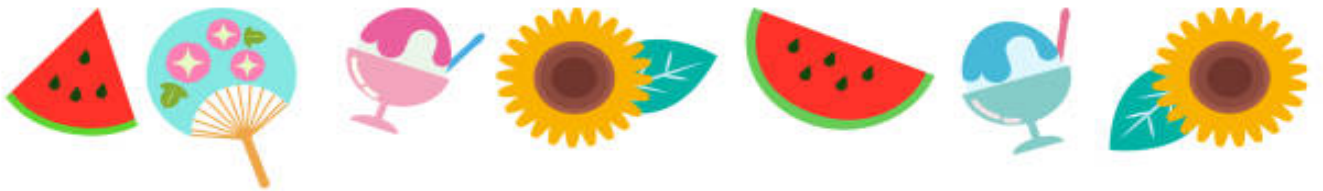


# July

# Activity Pack

# 1



Dear Friends,

As we step into the vibrant month of July, where the sun casts its warm glow upon us (at least some of the time!) and the melodious tunes of birds fill the air, we wanted to take a moment to reach out and let you know that you are in our thoughts. Even though we may not have the opportunity to gather in person sometimes, we are here to offer our unwavering support in any way we can.

In the spirit of embracing the joyful essence of summer, we have prepared an exciting array of resources for you to explore. This month's activity pack revolves around the theme of summer games, laughter, and outdoor adventures, all aimed at creating engaging experiences with your loved ones. We believe that these activities will not only bring you closer together but also provide moments of pure delight and shared memories.

We sincerely hope that this month's pack, filled with summer-themed adventures, brings you immense joy, laughter, and a renewed sense of togetherness.

Wishing you a season of endless fun this July and cherished moments.

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](mailto:iseultkinsella@alzheimer.ie)



"If I had my way, I'd remove January from the calendar altogether  
and have an extra July instead."

- Roald Dahl

**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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## General Knowledge Quiz!

### How many do you know?

1. Back of the neck? **(A) Nape**
2. Name of Opium flower? **(A) Poppy**
3. The right side of a ship? **(A) Starboard**
4. An exploding device? **(A) Bomb**
5. Essential overseas travel document? **(A) Passport**
6. To take and use something belonging to someone else then return it? **(A) Borrow**
7. A large bag made from hessian or brown paper? **(A) Sack**
8. Placed in an infant's mouth to soothe and suckle? **(A) Pacifier**
9. A word to describe a very skilled musician able to play and perform something very well? **(A) Talented**
10. A name for school work to be completed by students after school? **(A) Homework**
11. A name for a quick haircut? **(A) Trim**
12. A piece of furniture - coffee? **(A) Table**
13. Number in a trio? **(A) 3**
14. Singer's first name, Ronstadt? **(A) Linda**
15. Leaning Tower of? **(A) Pisa**
16. Name of a shop where cakes, bread, pies and pastries are made? **(A) Bakery**
17. A word to describe feeling deeply sorry and remorseful? **(A) Regretful**
18. A name for the tiredness caused by a long flight? **(A) Jet lag**
19. A three-letter word for a baby's bed? **(A) Cot**
20. A word starting with F describing amusing? **(A) Funny**
21. A stinging plant? **(A) Nettle**
22. A three-letter word describing gambling? **(A) Bet**
23. A beverage made from leaves? **(A) Tea**
24. What salad ingredient is also known as the Love Apple? **(A) Tomato**
25. Sixty minutes is also known as? **(A) One hour**

## Music Quiz!

1. Which famous song sung by Doris Day was introduced in the 1956 Hitchcock thriller, *The Man Who Knew Too Much*?
2. What singer had a country music chart hit with *Sixteen Tons* in 1955?
3. Which group had a hit with *Twilight Time* in 1958?
4. Which smoky-voiced singer sang *Too Young* in 1951?
5. What Cleveland disc jockey first used the term "Rock N Roll" in 1951?
6. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
7. Who recorded *Rock Around the Clock* in 1955?
8. Who originally sang *That'll Be the Day?* in 1957?
9. The Coasters recorded a song in 1959 with the line "You're gonna need an ocean of Calamine lotion." What is the name of the song?
10. B.J. Thomas sang *I Can't Help It If I'm Still In Love With You* in 1967. Who first recorded it in 1951?

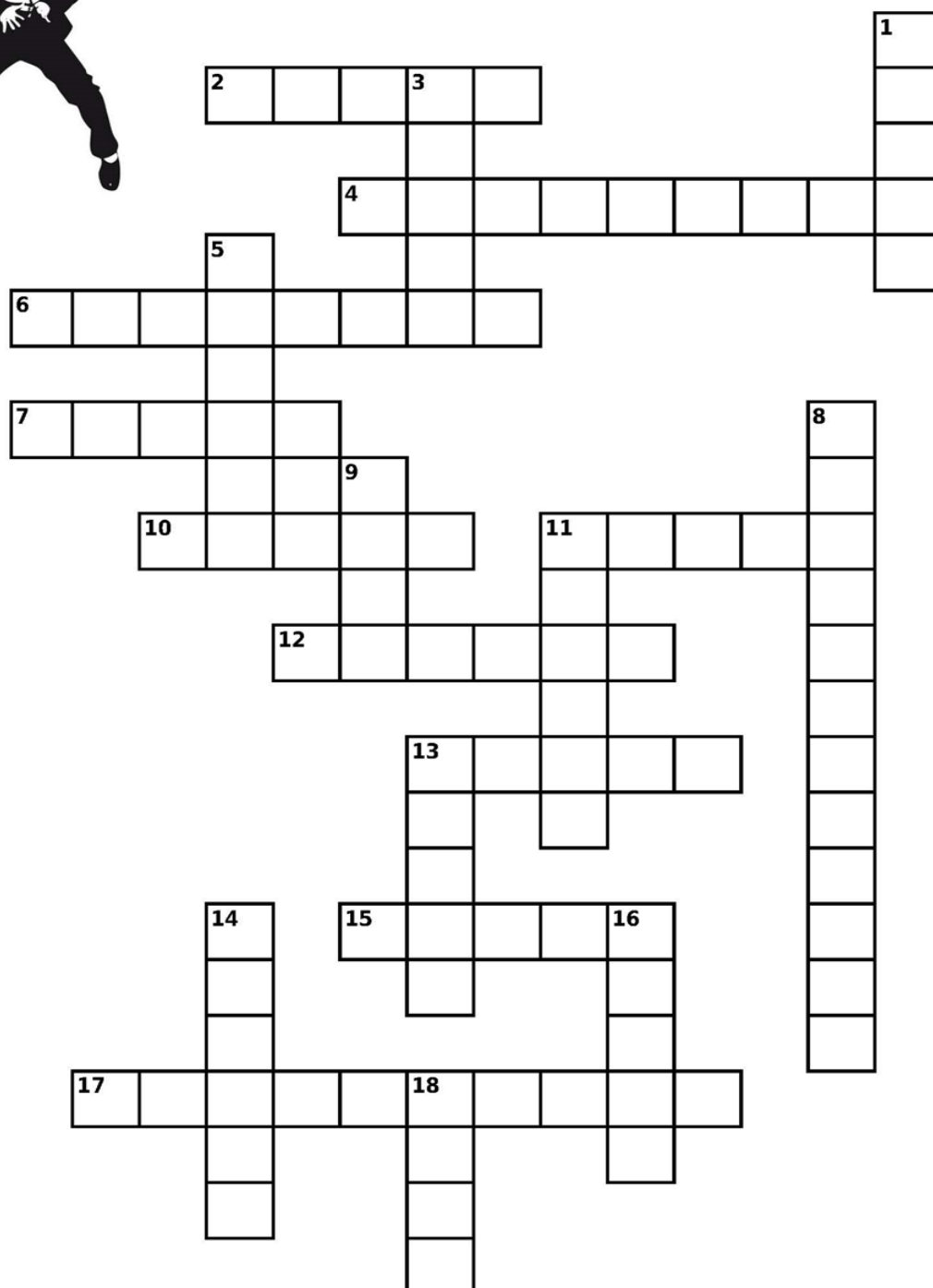
### Answers:

1. *Que Sera Sera*
2. Tennessee Ernie Ford
3. The Platters
4. Nat King Cole
5. Alan Freed
6. *West Side Story*
7. Bill Haley and the Comets
8. Buddy Holly and the Crickets
9. *Poison Ivy*
10. Hank Williams Sr

## Elvis Presley Crossword:



# ELVIS PRESLEY SONGS Crossword





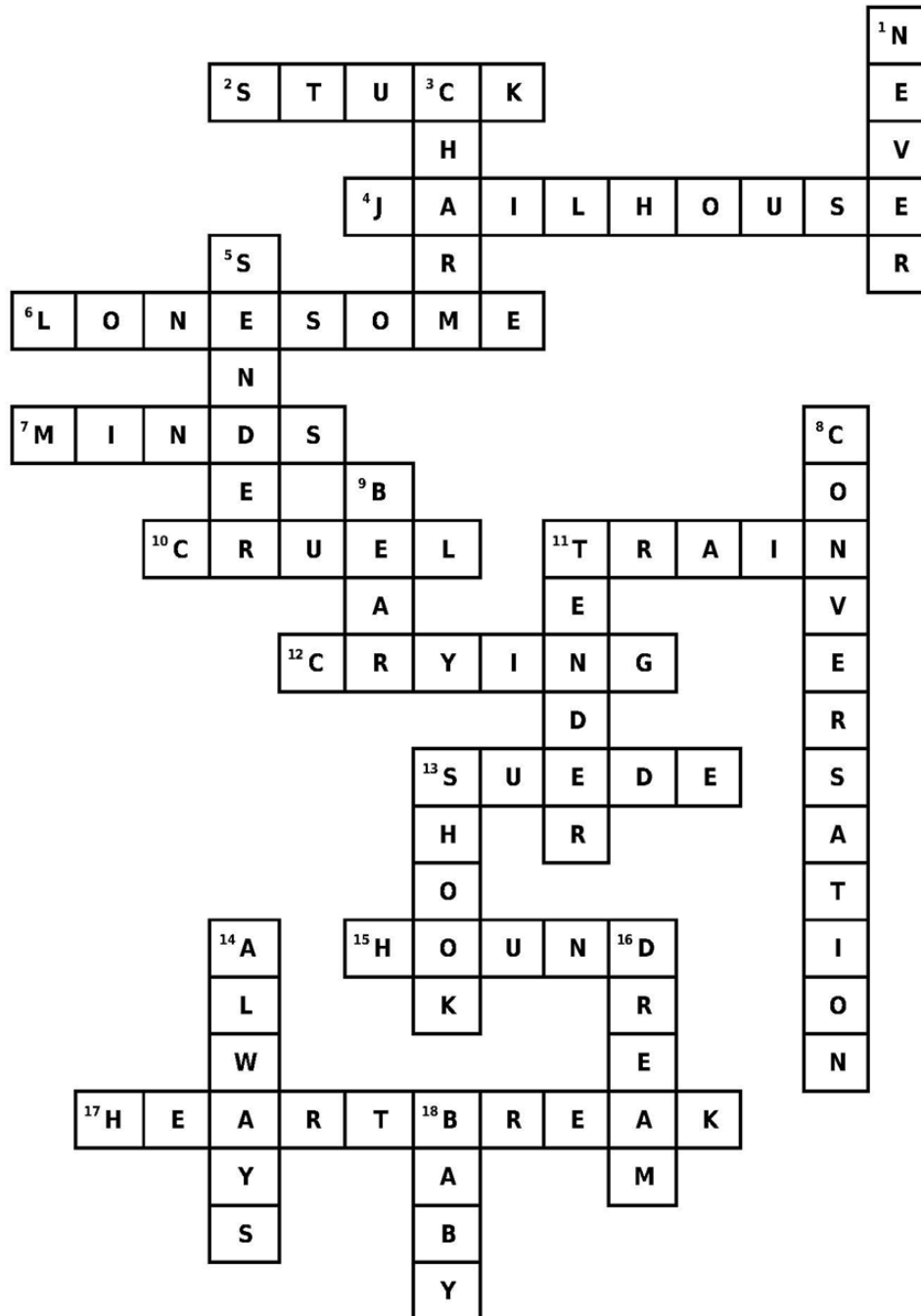
## Elvis Presley Songs Crossword

### Across

2. \_\_\_\_\_ On You
4. \_\_\_\_\_ Rock
6. Are You \_\_\_\_\_ Tonight?
7. Suspicious \_\_\_\_\_
10. Don't Be \_\_\_\_\_
11. Mystery \_\_\_\_\_
12. \_\_\_\_\_ In The Chapel
13. Blue \_\_\_\_\_ Shoes
15. \_\_\_\_\_ Dog
17. \_\_\_\_\_ Hotel

### Down

1. It's Now or \_\_\_\_\_
3. Good Luck \_\_\_\_\_
5. Return To \_\_\_\_\_
8. A Little Less \_\_\_\_\_
9. Teddy \_\_\_\_\_
11. Love Me \_\_\_\_\_
13. All \_\_\_\_\_ Up
14. \_\_\_\_\_ On My Mind
16. If I Can \_\_\_\_\_
18. Bossa Nova \_\_\_\_\_

**Elvis Presley Songs Crossword**

Spot the Difference!

# SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



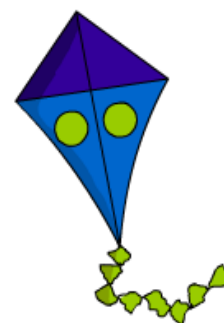
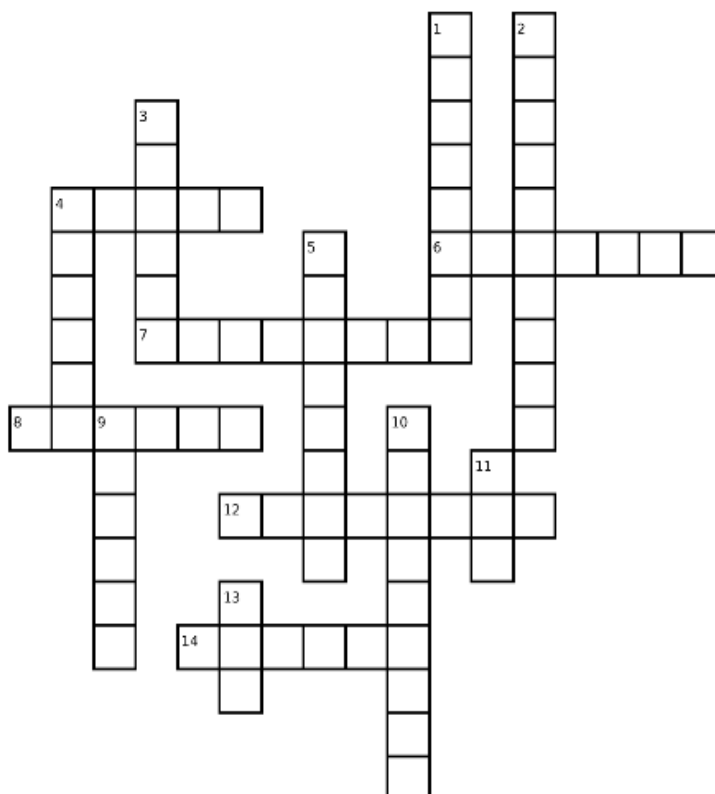
Summer Scramble!

## Summer Word Scramble Puzzle

1. NCBCAIGKKPA
2. ALAELSBB
3. ABIOGNT
4. NIBIIK
5. MNIAGPC
6. LOREFSW
7. EIC RAMEC
8. CANEO
9. IICCPN
10. LRXAE
11. USN
12. ETAH
13. OTH
14. AADSLSN
15. MISW
16. ELVART
17. CIONTAAV
18. TERMWAONEL

## Summer Crossword Puzzle!

# Summer Crossword Puzzle



### Across:

4. A pebbly or sandy shore especially by the sea
6. The activity of spending a holiday living in a tent.
7. Beverage made of lemon
8. An occasion when a packed meal is eaten outdoors, especially during an outing to the countryside
12. take a holiday
14. The warmest season of the year

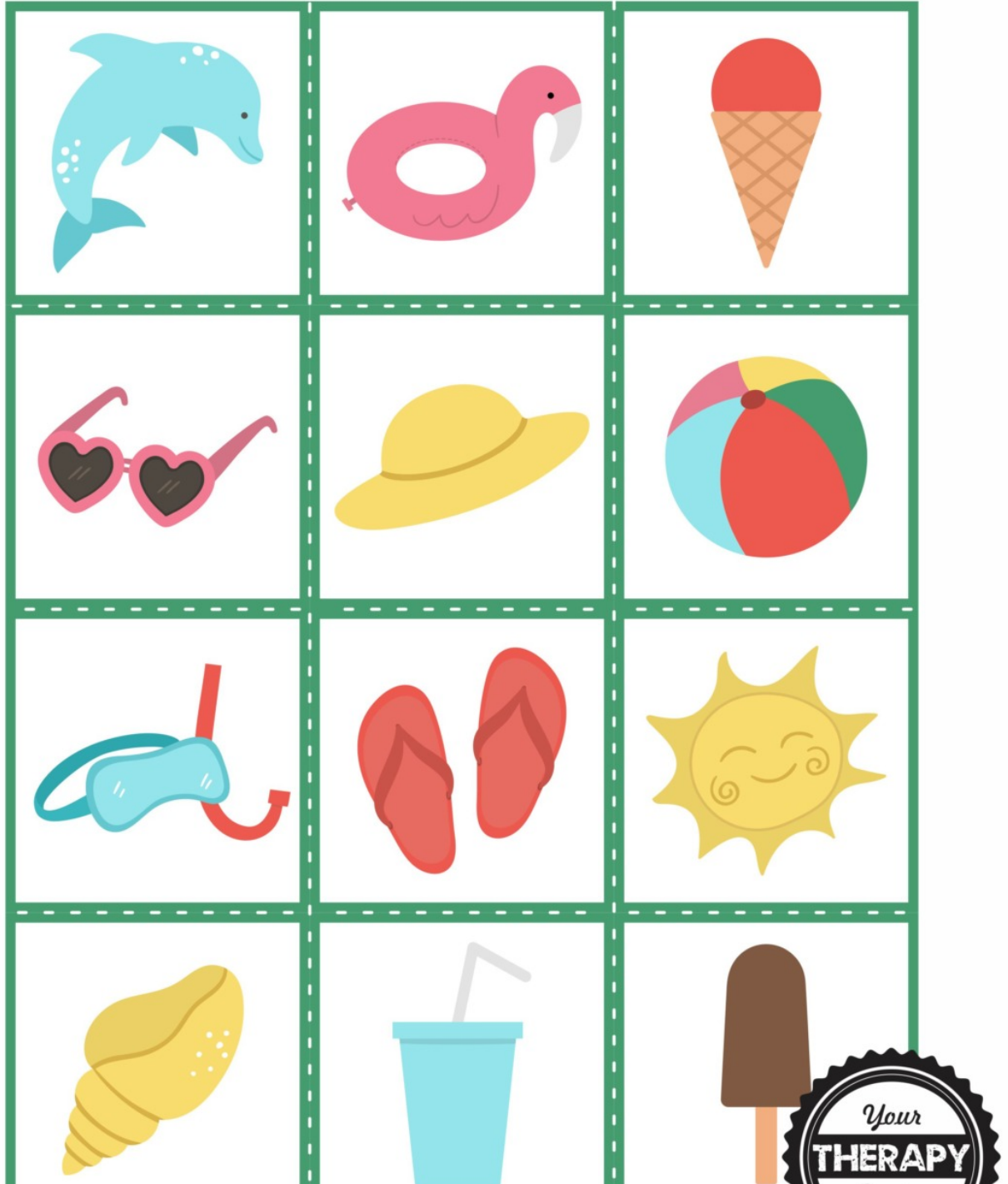
### Down:

1. Food cooked out of the door on a grill
2. A big red and green fruit
3. Go from one place to another, typically over a distance of some length
4. A two-piece swimming costume for women
5. We put \_\_\_\_\_ on our skin to prevent sunburn.
9. Let's build a \_\_\_\_\_ with sand.
10. From caterpillar to \_\_\_\_\_
11. In summer the weather is \_\_\_\_\_
13. Let's have some fun in the \_\_\_\_\_

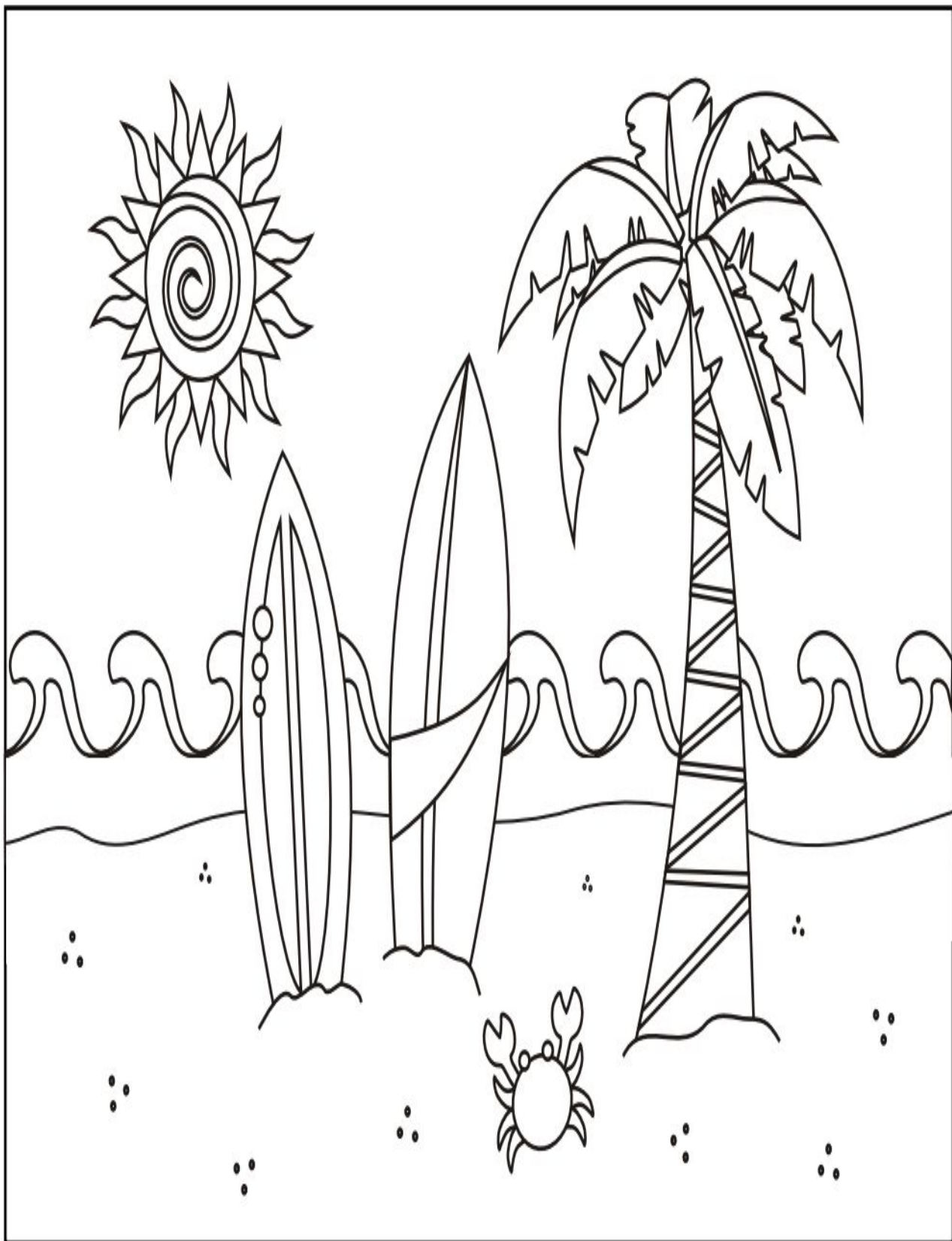


Summer Memory Game!**SUMMER MATCHING GAME**

Print two of this page. Cut out the 24 squares and play Memory with the cards.

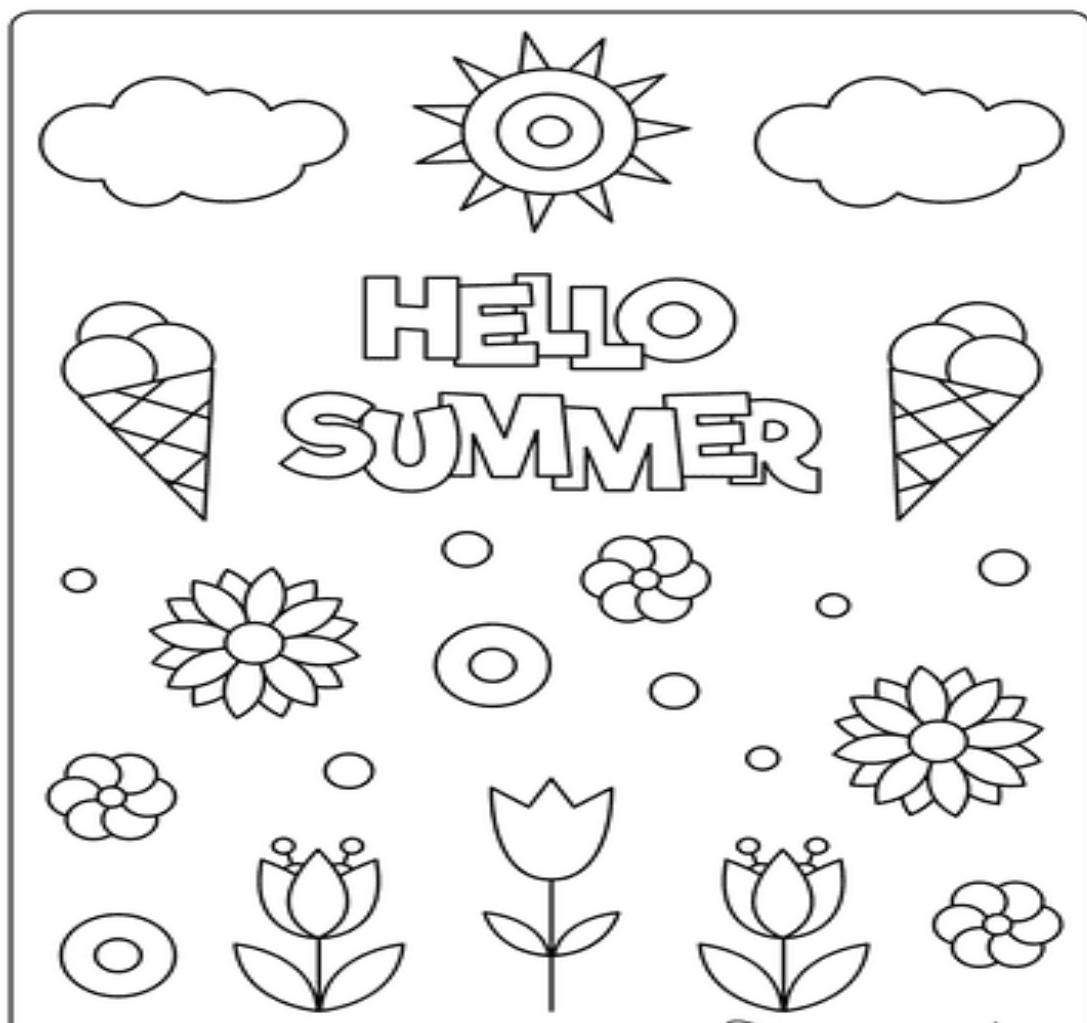


Colour These In!:


















Summer iSpy!

I SPY SUMMER



- |   |   |    |   |    |   |   |   |    |   |   |   |    |   |    |   |    |   |
|---|---|----|---|----|---|---|---|----|---|---|---|----|---|----|---|----|---|
| 4 |  | 10 |  | 10 |  | 9 |  | 13 |  | 9 |  | 15 |  | 10 |  | 14 |  |
| 6 |  | 5  |  | 11 |  | 6 |  | 9  |  | 9 |  | 9  |  | 6  |  | 7  |  |

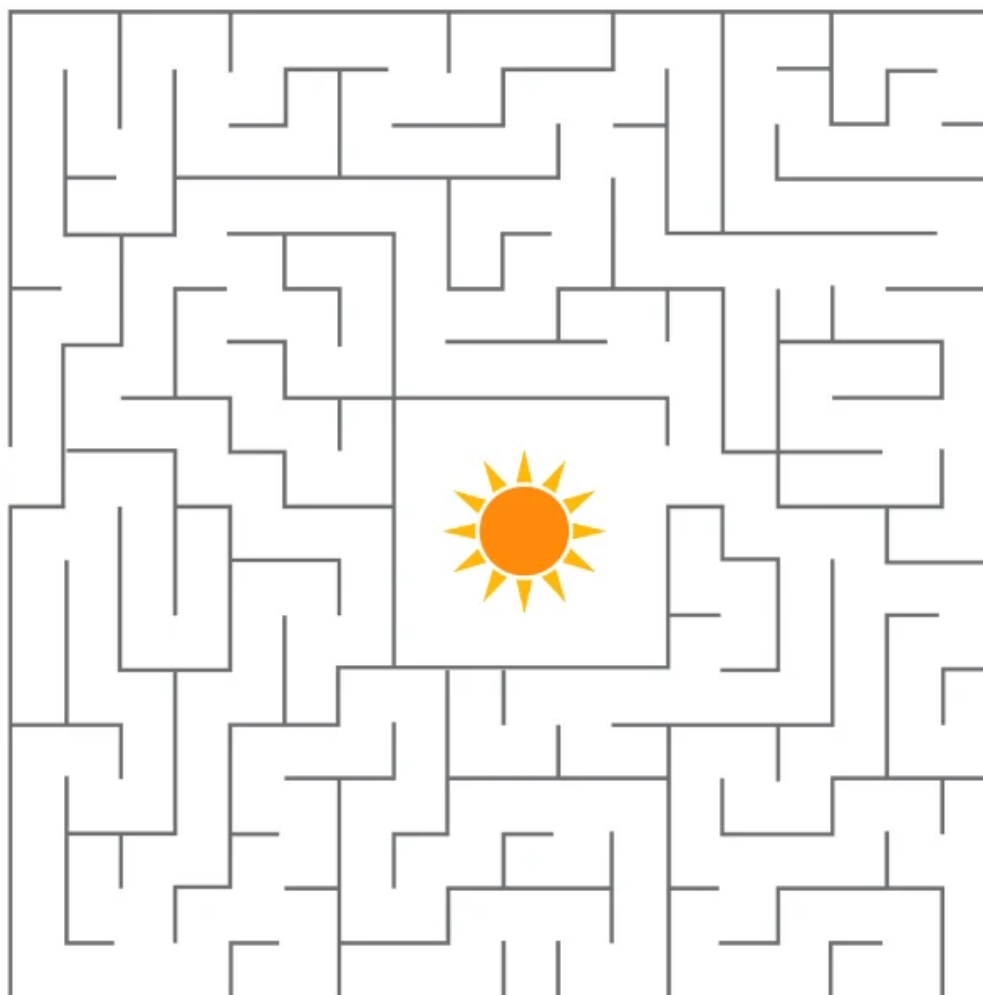
## Summer Maze!

# SUMMER MAZE

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

*Happy Summer!*

START HERE



**Spot the Difference!**



## **The Pub**

**By Loretta Kenny**

I was born in 1957 in a small rural village in Co. Wexford. My parents ran a fairly large business which consisted of a Grocery Shop, a Mill and a Public House. I lived over this business until I was nearly twelve years of age and I would like to share with you some of the memories of this time.

The Pub was always a hive of activity. We all had to help out as soon as we were able. Bottling Day was always a big event. The stout came from Guinness in barrels and was brought into the Bottling House.

It was then transferred into a large open container which had a number of taps attached to it. The bottles, which would have been washed in hot water and cooled down, would be filled to the brim with beer and then it was my turn to cap them. I can still remember pulling in the cap and pulling down the lever to attach the cap. Then each bottle was labelled with the Guinness label which would also include the name of the publican. The bottles were then lined up on the shelves in an adjoining room ready to be transferred into the bar.

At that time it was only men who frequented the bar. There was a small Lounge adjoining the bar which had a piano but I never heard it being played. An odd lady might use this room but only to wait for the CIE bus which stopped outside.

The Fair Day was held once a month on a Wednesday. Farmers would bring their livestock to the village to be sold and others to purchase. We had a second pub next door which would be opened that day to deal with the crowds. There was a big open fire where the men would sit and tell yarns.

Country pubs had a very healthy day and night trade. Every day, Johnny, a local farmer, would call in for his few pints and when he was served would ask for a small glass and would pour a small amount of beer into it. He would then call my little brother (who was about two at the time and always around) and put him sitting up on the stool next to him and say-  
"Sure a little drop will do him no harm".

There were plenty of characters who frequented the pub. The Builder (he was the first person we knew who was declared a millionaire), the Buller (he could get very hot-headed and a fight could follow), Long John (he would travel on his ass and cart), Mucksie (our next door neighbour and my Dad's right hand man) and many others.

Even on Christmas Day there would be a knock on the hall door after Mass and a few of our good customers would be brought in for their Christmas drinks. When you lived over your business you were always on call.

## Remembering the Clothesline

You have to be a "certain age" to appreciate this one....  
I can hear my mother now...

### THE BASIC RULES FOR CLOTHESLINES:

1. You had to hang the socks by the toes... NOT the top.
2. You hung pants by the BOTTOM/cuffs... NOT the waistbands.
3. You had to WASH the clothesline(s) before hanging any clothes - walk the entire length of each line with a damp cloth around the lines, because the lines might have been dirty, and leave marks on the clean clothes you pegged there.
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
5. You NEVER hung a shirt by the shoulders - always by the tail! What would the neighbours think?
6. Wash day on a Monday! NEVER hang clothes on the weekend, or on Sunday, for Heaven's sake!
7. Hang the sheets and towels on the OUTSIDE lines so you could hide your "unmentionables" in the middle.
8. It didn't matter if it was sub-zero weather... clothes would "freeze-dry."
9. ALWAYS gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky"!
10. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
11. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
12. IRONED???! Well, that's a whole OTHER subject!

And now a POEM ...

A clothesline was a news forecast to neighbours passing by,  
There were no secrets you could keep when clothes were hung to dry.  
It also was a friendly link for neighbours always knew  
If company had stopped on by, to spend a night or two.

For then you'd see the "fancy sheets", And towels upon the line;  
You'd see the "company table cloths", With intricate designs.  
The line announced a baby's birth, From folks who lived inside,  
As brand new infant clothes were hung, So carefully with pride!

The ages of the children could, So readily be known  
By watching how the sizes changed, You'd know how much they'd grown!



It also told when illness struck, As extra sheets were hung;  
Then nightclothes, and a bathrobe too, Haphazardly were strung.

It also said, "On vacation now", When lines hung limp and bare.  
It told, "We're back!" when full lines sagged, With not an inch to spare!  
New folks in town were scorned upon, If wash was dingy and grey,  
As neighbours carefully raised their brows, And looked the other way.

But clotheslines now are of the past, For dryers make work much less.  
Now what goes on inside a home, Is anybody's guess!  
I really miss that way of life; it was a friendly sign!  
When neighbours knew each other best, by what hung out on that line.

**A Camping Morn by George Miller**

The fire pit has been made

The kindling has been laid

The match was put to the dry, dry wood

And the flames began to play

The fire now is burning bright

The coffee pot is on

It is the way to start the day

On this cloudy, misty morn

The quiet of the darkened night

Flowed back thru greyish mounds

The moon was playing hide and seek

With drifting wispy clouds

A shadow blanketed the camp again

Closing out the morning light

The breeze then chased a leaf down hill

Like a windblown handmade kite

The icy hued moon was sliding

It soon would leave our sight

The hope for sun should soon come about

From this sharp and frosty night

And from the sky quite unexpectedly

Came rain drops as big as grapes

It pattered through the shroud of trees

A whooshing sound it makes

The raindrops hit the burning logs

With a hissing reptile sound

That caused an apparition of pure-white smoke

To eerily hug the ground

As fast as the rain began to fall

It just as quickly did dismiss

And launching shafts of sunlight

Replaced the lingering patchy mist

The sleepy woodlands did then awake

To the grandeur of a brand new dawn

And flitting through that peerless sky

The birds began their morning song!

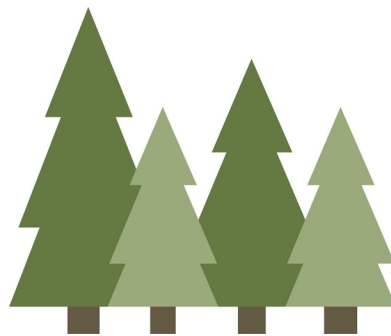


**Grass by Emily Dickson**

“The grass so little has to do, --  
A sphere of simple green,  
With only butterflies to brood,  
And bees to entertain,

And even when it dies, to pass  
In odours so divine,  
As lowly spices gone to sleep,  
Or amulets of pine.

And then to dwell in sovereign barns,  
And dream the days away, --  
The grass so little has to do,  
I wish I were the hay!”



### Let's Make Summer Accordion Paper Flowers!:



1. Cut out 4 pieces of yellow or white paper (depending on what colour daffodil you would like) using the first template.
2. Fold the paper in half both vertically and horizontally and open again. Fold the bottom up about  $\frac{1}{4}$ " and crease it down.
3. Flip the paper over and fold all the way to the top until you create an accordion.
4. Fold the accordion-folded paper in half and attach the two middle pieces together with double-sided tape.
5. Repeat steps 2-4 with the remaining 3 pieces of paper.
6. Connect all 4 together with a strip of double stick tape to create a flower shape.
7. Cut out a rectangle of orange paper about 2" x 1.5" and cut little points on one of the long edges.
8. Roll the rectangle loosely to make a tube shape and connect with a small piece of double-sided tape, folding the bottom edge down to create a flat bottom.
9. Glue the little cup you made into the centre of the flower to finish your daffodil.

### Guided Meditation for Sleep

**(do this while lying in bed, ready for sleep)**

With your eyes closed, begin to focus on your breathing. Take in a nice, deep breath through your nose and feel it fill up your lungs. Feel your belly fill up with the air, then let it go. As you breathe, you feel the bed rising up to meet and support you, and you allow yourself to grow heavier and heavier with each breath.

Feel your body sinking into the softness of your bed. As your body becomes still, your mind begins to drift. You see a green meadow, soft and peaceful. You feel the breeze blowing against your cheek. You feel the grass underneath your feet. You listen and you hear the stillness of nature. You breathe and look around the meadow. You see the houses down in the valley and the mountains in the distance. You fill your lungs with air. In and out. In and out. With your mind clear of any other thought, you tell yourself this affirmation:

I am peaceful.

I am peaceful.

I am peaceful.



