



# August

# Activity Pack

# 1



Dear Friends,

We find ourselves now in the beautiful month of August, where summer has gifted us with cherished memories spent with loved ones, stargazing beneath the night sky, feeling the warmth of the sun on our skin, and indulging in delicious foods!

As we transition into the Autumn months, the air grows cooler, and the evenings shorten, reminding us to appreciate the changing colours of the leaves. This month, our activity pack theme is "Relaxation." Relaxation comes in many forms – from the solace of a good book to the serenity of a leisurely walk, tending to a garden, finding peace in prayer, or even embracing the joy of a round of golf!

Life can often feel like a rollercoaster, and it is crucial to remember the importance of taking time for ourselves, slowing down, and granting ourselves a much-needed break to re-energize.

We invite you to share your suggestions for future themes, showcase your artwork on our social media, and contribute poems and stories to be included in the pack. We welcome all artists and writers to join us in this creative endeavour!

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)



**“Everything good, everything magical happens between the months of  
June and August.”**

**—Jenny Han**

**Useful Resources:**

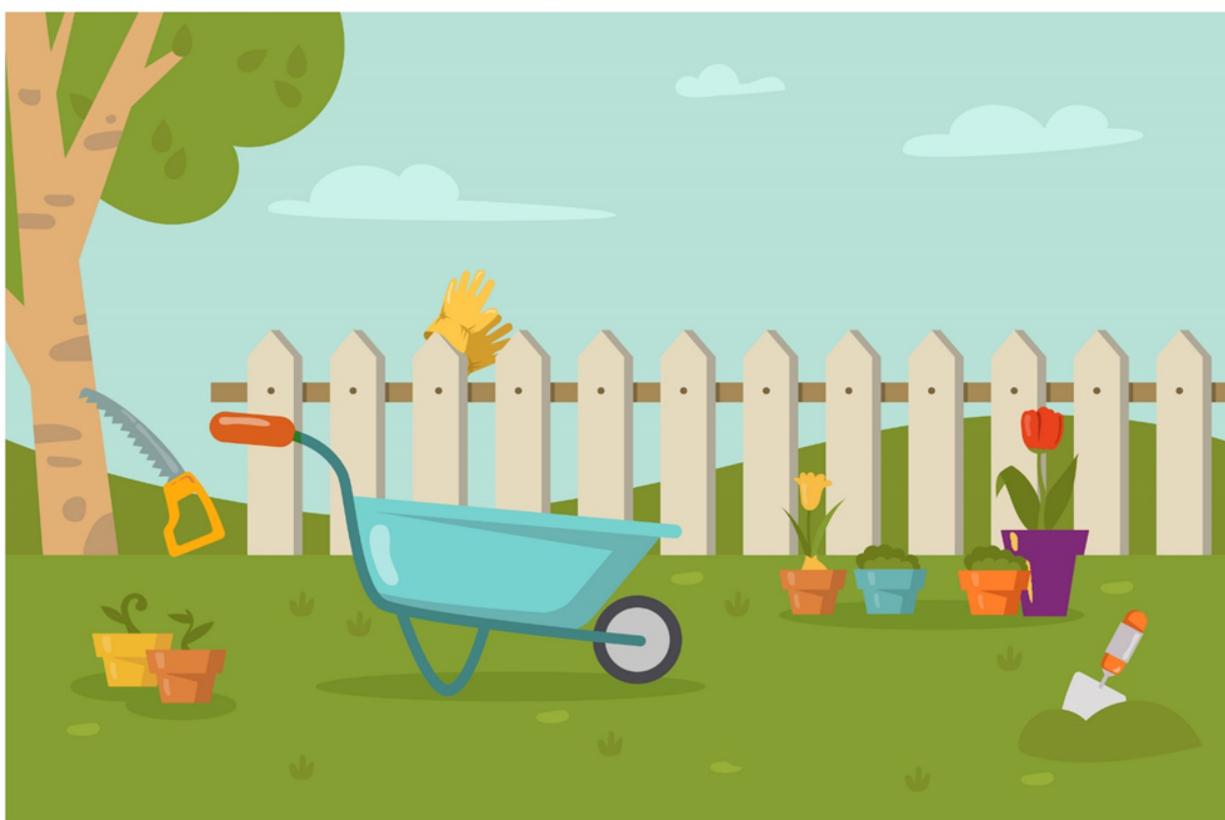
1. Our Free Helpline and Dementia Nurse Support Line are available at: Phone: 1800 341 341 and Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)
2. The ASI now also has a new online Virtual Dementia Hub where you can go for a full range of activities – you can even listen to some wonderful 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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**Spot the Difference**  
**How many differences can you spot?**



Spot the Difference  
Can you spot 10 differences?





## August Word Search:

# AUGUST

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

CARDS

JINGO

BEADING

LUCKY FULTON

BUCKS

EXCITEMENT

AUGUST

FITNESS

COMMUNION

BINGO

GOODIES

NEWSLETTER

DIAMOND

NAILS

FOOD SOCIAL

PATIO

SUMMER

SEWING

POKENO

SKIPBO

MOVIE

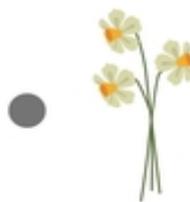
MUSIC

OUTSIDE

IMPRESSIVE

BIRTHDAY PARTY

## Match the Pairs!



## Fishing Counting Game

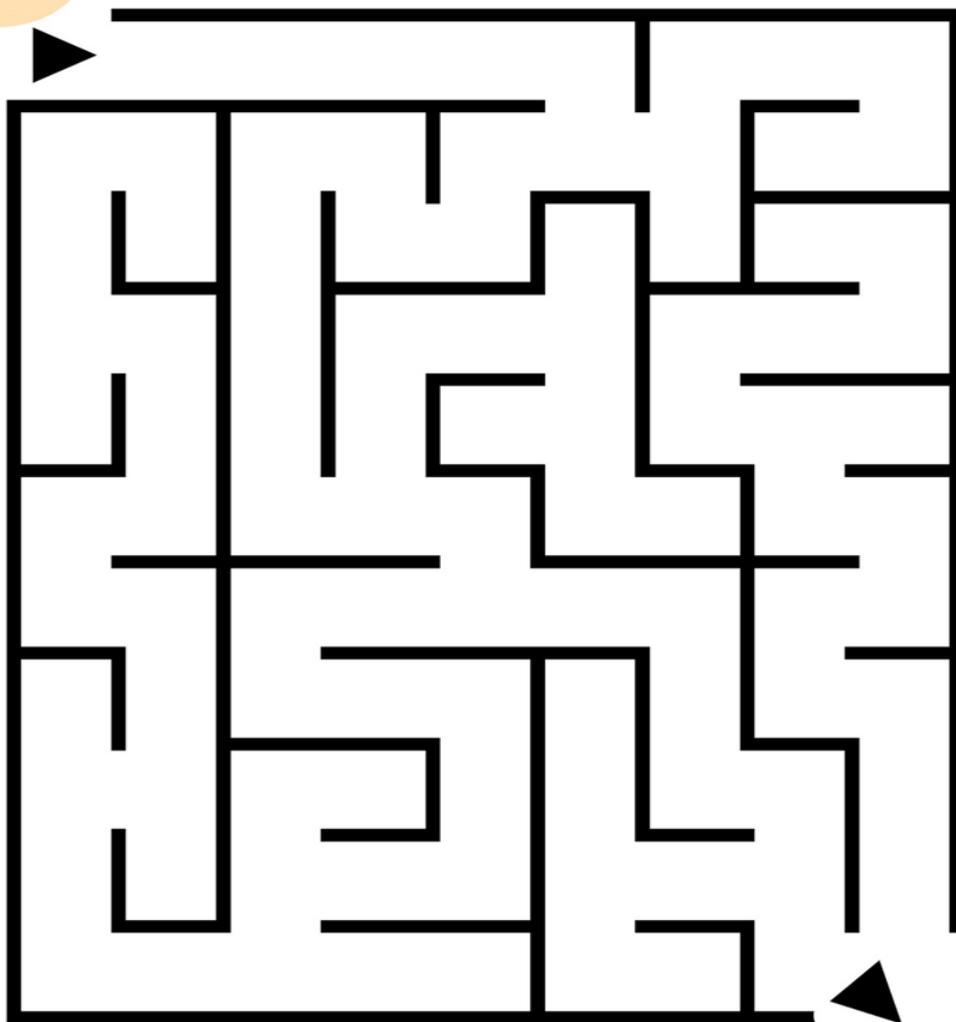
Oh no! Someone has dropped their fishing tackle box!

Count the different fishing lures and write your totals below





**Garden Maze Puzzle**  
Help carry the plant to the garden!



## True or False – Animals

**See if you can figure out if the following statements are true or false**

1. Snakes blink about ten times per minute.
2. Hippophobia is a fear of hippopotamuses.
3. A flea can jump over a hundred times their own height.
4. Gorillas can catch human colds and other illnesses.
5. A baby goat is called a kid.
6. A tiger's skin is black under their striped fur.
7. A new-born baby panda is smaller than a mouse.
8. A hummingbird can fly backwards.
9. Bulls get angry when they see the colour red.
10. The flamingo can only eat when its head is upside down.
11. A group of chickens is called a parliament.
12. The honey bee has been around for 30 million years.
13. A blue whale can weigh as much as 30 elephants together.
14. Horses can't vomit.
15. Bats are unable to walk because their leg bones are too weak.
16. Dogs love chocolate and it is great for them.

17. Alligators cannot move backwards.
18. Ants sleep an average of five hours per night.
19. Horses are faster than ostriches.
20. Almost half the pigs in the world are kept by farmers in China.



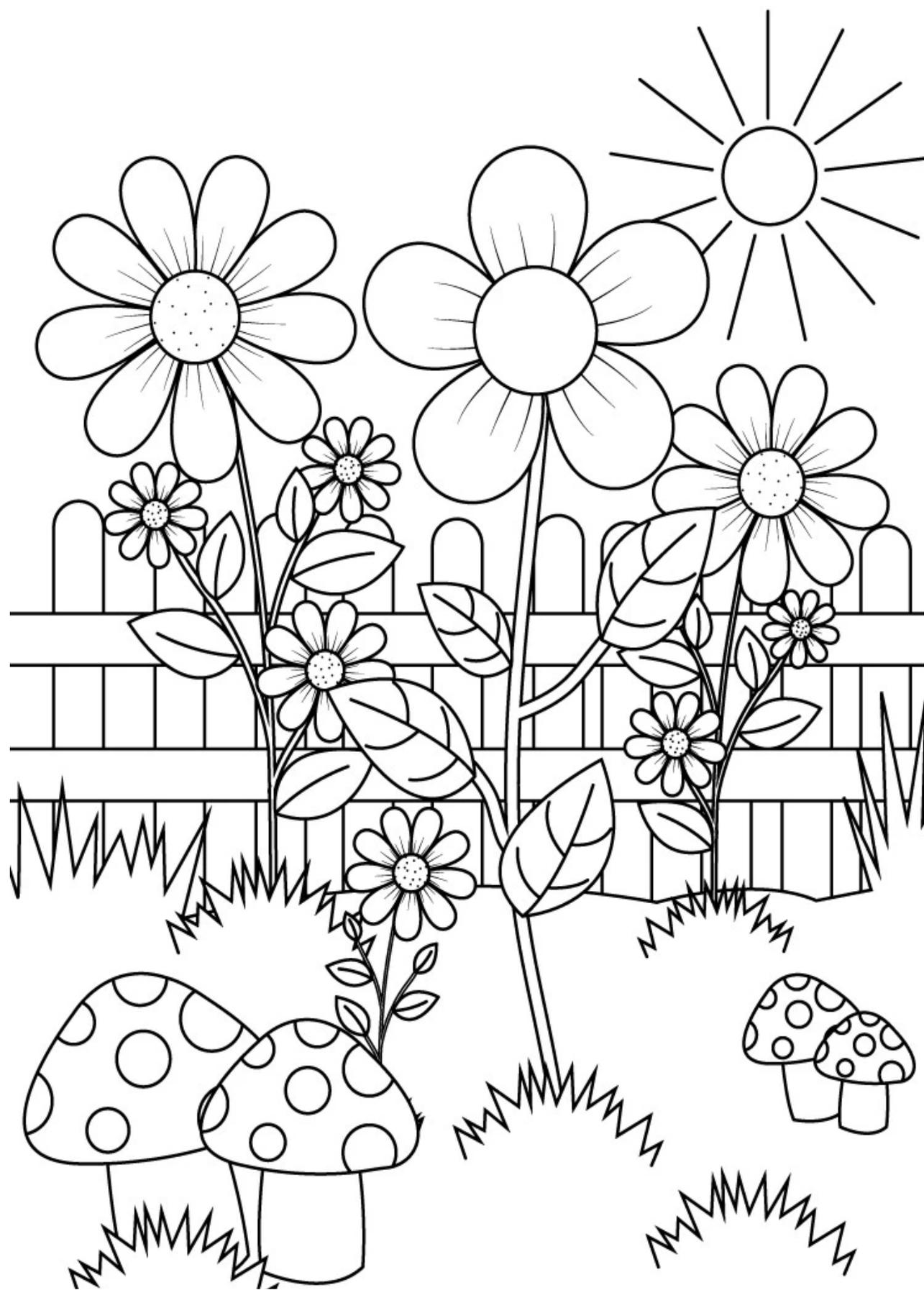
### **Solutions to True or False – Animals:**

1. False (snakes don't blink at all, they have no eyelids)
2. False (it is the fear of horses)
3. True
4. True
5. True
6. False (their skin is also striped)

7. True
8. True
9. False (they are colour blind)
10. True
11. False ( they are called a clutch, a parliament is a group of owls)
12. True
13. True
14. True
15. True
16. False (chocolate is harmful to dogs\_
17. True
18. False (ants never sleep)
19. False (ostriches are faster than horses)
20. True

Pictures to Colour









## Summer in Dublin

By Bagatelle

Take me away from the city and lead me to where I can be on my own,

I wanted to see it, and now that I have, I want just to be left alone,

I'll always remember your kind words, and I'll still remember your name,

But I've seen you changing and turning, and I know that things won't be the same.

I remember that summer in Dublin, and the liffey as it stank like hell,

And the young people walking on Grafton street, and everyone looking so well,

I was singing a song I heard somewhere, called "Rock 'n' roll never forgets",

When my hummin' was smothered by a 46a and the scream of a low flying jet.

So I jumped on a bus to dun laoire, stoppin' off to pick up my guitar,

And a drunk on the bus told me how to get rich.

I was glad we weren't goin' too far.

So I'm leavin' on Wednesday morning tryin' to find a place where I can hear

The tunes of the birds and the sea on the rocks, where open roads always are near,

And if sometimes I tire of the quiet, and I want to walk back up that hill,

I'll just get on the road and stick out my thumb.

I know that you'll be there still.

## The Ferryman

**By Dublin City Ramblers**

All the little boats are gone  
From the breast of Anna Liffey  
And the ferrymen are stranded on the quay  
The Dublin docks are dying  
And a way of life is gone  
And Molly it was part of you and me  
Where the strawberry beds  
Sweep down to the Liffey  
You'll kiss away the worries from my brow  
I love you well today  
And I'll love you more tomorrow  
If you ever loved me Molly love me now  
'Twas the only job I knew  
It was hard but never lonely  
The Liffey Ferry made a man of me  
Now it's gone without a whisper  
Forgotten even now  
Sure it's over Molly over can't you see  
Where the strawberry beds  
Sweep down to the Liffey  
You'll kiss away the worries from my brow  
I love you well today  
And I'll love you more tomorrow  
If you ever loved me Molly love me now  
Well now I spin my yarns  
And spend my days in talking

I hear them whisper Charley's on the dole

But Molly we're still living

And Darling we're still young

And the river never ruled my heart or soul

Where the strawberry beds

Sweep down to the Liffey

You'll kiss away the worries from my brow

I love you well today

And I'll love you more tomorrow

If you ever loved me Molly love me now

Where the strawberry beds

Sweep down to the Liffey

You'll kiss away the worries from my brow

I love you well today

And I'll love you more tomorrow

If you ever loved me Molly love me now

If you ever loved me Molly love me now

## **Aromatherapy Scents**

**Try and get as many scents as you can, cover the label and see how many you can get:**

Essential oils have been used for thousands of years for their exquisite aromas and ability to calm and relax us. Aromas can trigger emotional and even physical responses and allow vivid memory recall of people or places.

You might like to include the scents below in incense, diffusers, hand cream or lotion, shower gel etc. Be sure however that you do not have any allergies as all scents may not be suitable for everyone.

### **Rosemary**

You've probably cooked with rosemary before, but you should also consider including this fragrance as part of your aromatherapy routine. Rosemary has both energising and relaxing effects, so if you need to improve your concentration and reduce stress while working on a major project, you should definitely try it out.

### **Lavender**

Lavender is one of the most popular scents for relaxing and falling asleep, and with good reason. This fragrance oil has many calming properties, and it can help release tension, soothe racing thoughts and help you unwind. Whether you're stressed from work or just want to supercharge a relaxing evening, lavender will help you calm down and unwind in no time.

### **Jasmine**

This sweet, rich floral scent is known for its calming properties. If you're tired and stressed, this fragrance oil will help soothe your tension and promote relaxation. Jasmine is not only available as an oil but can also be found in many candles, perfumes, soaps and even alcohol and desserts.

### **Vanilla**

This sweet, mild scent doesn't get enough credit for its calming properties. While many people dismiss vanilla as a pedestrian fragrance, it's a fantastic base scent that will also help you relax—not to mention it makes your whole house smell like baked goods, minus the hassle and mess of getting in the kitchen. We call that a win-win.

## Peppermint

If you're looking for an invigorating yet calming scent, but don't want a citrus fragrance, then peppermint is a good alternative. The minty nature of this refreshing scent will gently invigorate you while soothing away tension.



## **An August Midnight**

**By Thomas Hardy**

A shaded lamp and a waving blind,  
And the beat of a clock from a distant floor:  
On this scene enter—winged, horned, and spined—  
A longlegs, a moth, and a dumbledore;  
While 'mid my page there idly stands  
A sleepy fly, that rubs its hands...

Thus meet we five, in this still place,  
At this point of time, at this point in space.  
—My guests besmear my new-penned line,  
Or bang at the lamp and fall supine.  
“God’s humblest, they!” I muse. Yet why?  
They know Earth-secrets that know not I.

**Soul Embrace**  
**By Susan Lawrence**

Sunlight rains upon my face  
 Cascading memories cloaked in mystery  
 Kissing my eyelids Ancient teardrops glide down my cheeks  
 Warmth illuminating my hungry soul  
 A sense of calm  
 A pulsating ellipse emerges before me I dive into the magenta abyss  
 Releasing my wounded heart from its cage  
 Fear resides Primal vibrations guide me  
 Becoming one with galaxies and starlight  
 My limbs relax I flow ~  
 I undulate I swim in the warmth of the universe  
 Time and space have become me and I them  
 Perched on a massive salt-stained boulder  
 Gazing towards the briny distance  
 Shades of White A passionate brushstroke across the horizon Sky and sea in a  
 lover's embrace  
 Caw .... caw ..... caw....  
 I feel you beckon me Swallowing the sweet pit of truth  
 Nudged by a warm gust I look down seeing the bundle cradled in my arms  
 Your endless gaze speaks lifetimes of wisdom  
 Birth, struggle, bliss, challenge, and death I watch you intently readying yourself to  
 pounce upon your unsuspecting prey  
 Riding this timeline of life  
 Together as one Tick tock Forward backward  
 Inward to the beating center of creation Young one I see your sage reflection  
 In my gilded hand mirror  
 Me here and you there  
 Your smiling eyes Tearing at my core  
 Come float with me In sheer turquoise splendor  
 Adorned with seaweed crowns and abalone jewels  
 Rays of light penetrate the watery depths

Colonies of majestic stingrays hover nearby Welcoming us to join their scared dance  
forevermore

## Have Yourself a Spa Day!

Light some candles, snuggle up in your spa robe, and kick back with these home spa day activities.

1. **Set the Ambiance:** Create a calm and peaceful atmosphere by dimming the lights, playing soft music, and using scented candles or essential oils with relaxing scents like lavender or chamomile.
2. **DIY Face Masks:** Prepare simple and nourishing DIY face masks using natural ingredients like honey, yoghurt, or mashed fruits. These masks can help hydrate and revitalise the skin.
3. **Hand and Foot Massage:** Treat your loved ones to a gentle hand and foot massage using lotion or oil. Massaging these areas can provide relaxation and comfort.
4. **Warm Towel Treatment:** Prepare warm towels and wrap them around their feet and hands for a few minutes. This soothing treatment can promote relaxation.
5. **Herbal Tea:** Offer a selection of calming herbal teas like chamomile, peppermint, or lemon balm to enjoy during the spa day.
6. **Relaxing Bath:** If possible, set up a warm bath with Epsom salts or bath oils to help soothe tired muscles and promote relaxation.
7. **Nail Care:** Offer a simple manicure or pedicure session, trimming and filing their nails and applying a clear coat of polish if desired.
8. **Aromatherapy:** Utilise essential oils or scented lotions for a light aromatherapy massage on the neck and shoulders to ease tension.
9. **Gentle Stretches:** Incorporate some gentle stretching exercises or guided relaxation techniques to further promote relaxation.
10. **Mindful Meditation:** Guide your loved ones through a short mindfulness or meditation session to help them relax their minds.
11. **Listening to Soothing Sounds:** Play calming sounds of nature or soft music to create a serene ambiance.
12. **Reading Session:** Read aloud a favourite book or poetry that brings comfort and joy.



## Enchanted Fall Forest Meditation

Gently close your eyes and take in a nice deep breath.

Do this several times and allow your body to relax more and more with each deep breath. Notice how peaceful you become with this deep breathing. Notice how all your muscles begin to relax and feel good and loose. Continue to breathe normally now as I guide you on this marvellous adventure!

Imagine yourself now, walking down a well-worn path in a beautiful forest. The trees have changed all their foliage and now you see an amazing display of colours – gold, red, orange and speckles of green. Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. Its coolness tickles your nose and ears. It feels so very wonderful to be out here, in nature, enjoying the beauty of this place. In the distance you hear a waterfall, and you carefully walk towards the rushing water sound. As you come to the path's end, you see the rushing stream.

You see the most beautiful white waterfall right in front of you. It's so calming and looks as if wet sunshine is cascading down onto large rocks. The sound of rushing water relaxes you. The water must be pretty cold because its fall now and days are growing shorter. Sit down a while and enjoy the spectacular scenery. Listen as the water pounds down on the rocks.

Here any stress or worries you have seem to be washed away for good. The sound of the waterfall gushing down seems to make you relax more. It clears your mind and washes away any frustration and difficult thoughts. Allow the sounds to wash any worries away... just let them go.

You may notice that you're feeling calm and relaxed here in this place. This magical forest dressed up for fall is a special place just for you. You can come back here at any time to calm your body and mind and let go of any worries or stress.

You know that everyone has worries and stress sometimes. The difference is that you know how to deal with them. When you want to relax and find peace, you can come here just by thinking of this place and imagining yourself here. This calm, peaceful place by the waterfall invites you to wash away your worries or stress anytime.

