



# November

# Activity Pack

# 1



Dear Friends,

As we step into the enchanting month of November, where the air carries a brisk chill and the leaves underfoot create a symphony of rustling, we wanted to take a moment to reach out and convey that you are always in our thoughts. Even though we may not always have the chance to gather in person, we stand ready to offer unwavering support in any way we can.

In the spirit of embracing the changing season and the cosy aura that November brings, we have prepared a thrilling array of resources for you to explore. This month's activity pack revolves around heartwarming themes that celebrate the onset of winter, the joy of Christmas, and the warmth of being with loved ones. We believe that these activities will create moments of pure delight and shared memories.

Coming into this month, we can embrace activities indoors that focus on Christmas, being with our loved ones, and reminiscing on past winters. Make sure to stay indoors on cold evenings, have a cup of hot chocolate, light a fire, and read your favourite book.

May November be a month of heartwarming delights, cherished moments, and a time to create new memories.

If you'd like to share any pictures from your fundraising efforts or local events on our social media, please send your images via email to [iseultkinsella@alzheimer.ie](mailto:iseultkinsella@alzheimer.ie)



**“The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July.”**

— Henry David Thoreau

**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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**Autumn Themed Word Search!**

# FALL

## Word Search



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

ACORN  
 APPLE  
 AUTUMN  
 CHESTNUTS  
 CHILLY  
 CIDER  
 COBWEB  
 FALL  
 FOOTBALL  
 GOURD  
 HALLOWEEN

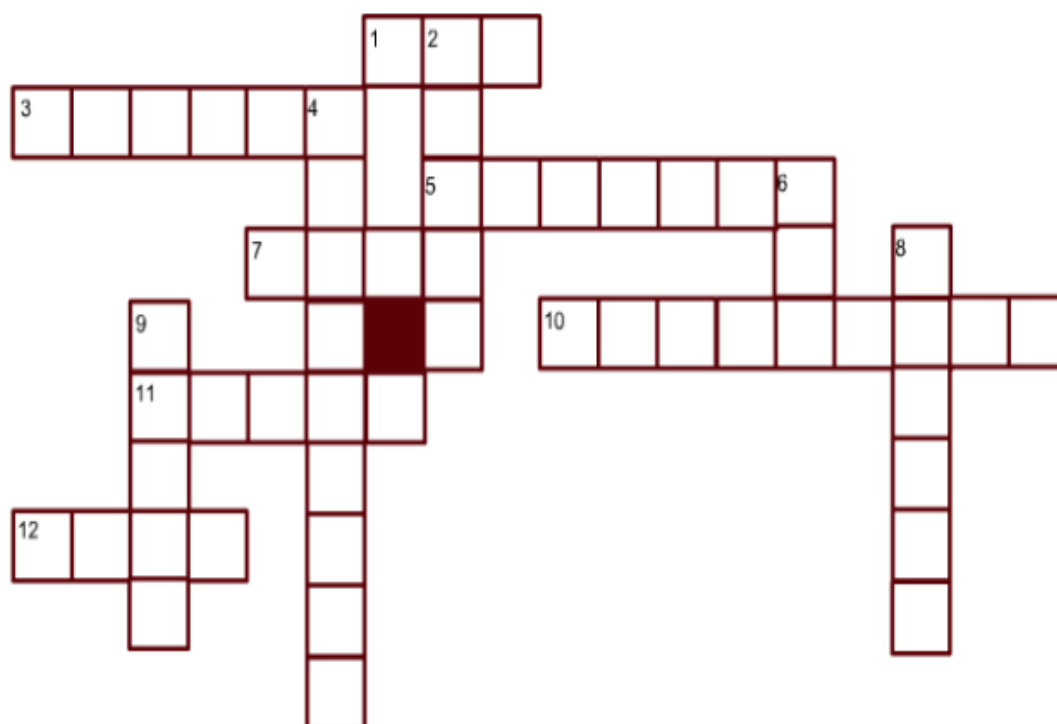
HARVEST  
 HAY BALE  
 HAYRIDE  
 LEAVES  
 MAIZE  
 NOVEMBER  
 NUTS  
 OCTOBER  
 PUMPKIN  
 QUILT  
 RAKE

SCARECROW  
 SEPTEMBER  
 SLEET  
 THANKSGIVING

**DIRECTIONS:**  
 Find and circle the  
 vocabulary words in  
 the grid. Look for  
 them in all directions  
 including backwards  
 and diagonally.

## Autumn Themed Puzzle!

# Fall Crossword Puzzle



### Down:

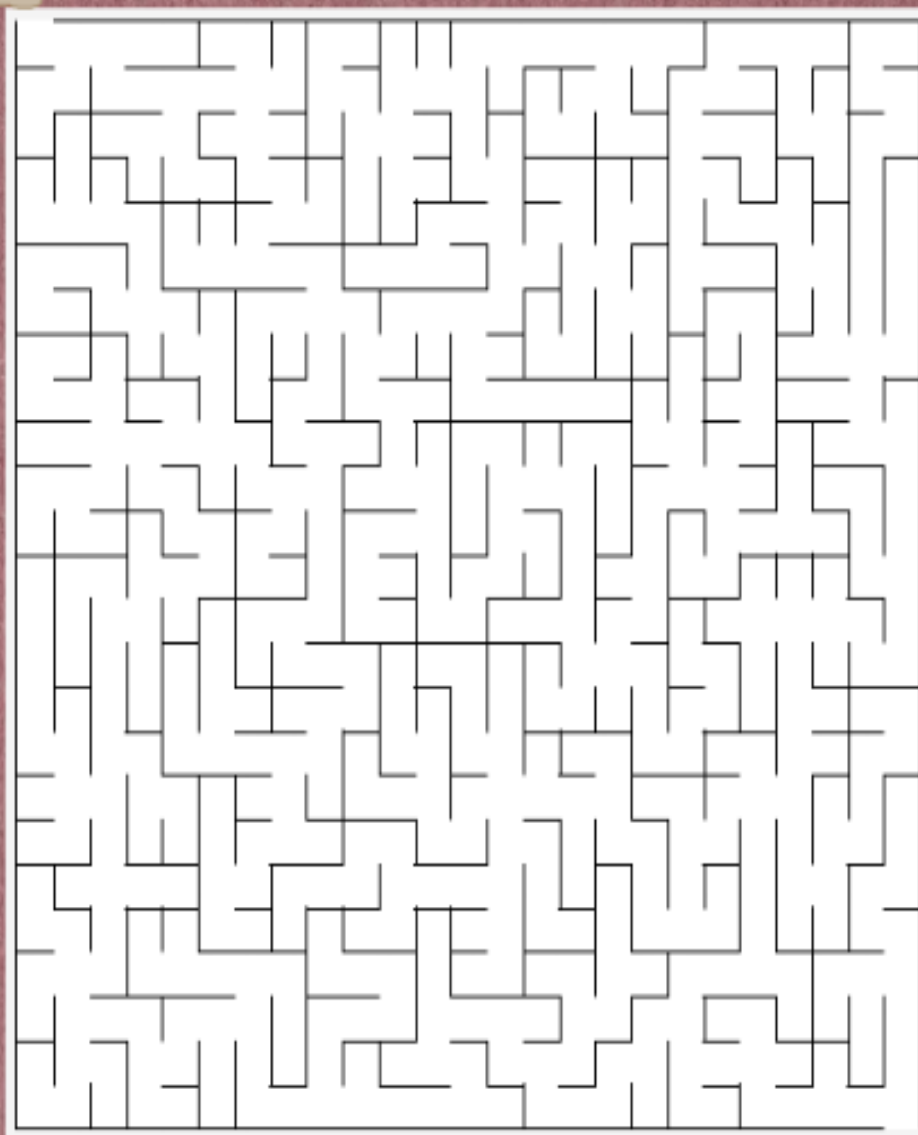
2. The forbidden fruit from the tree of knowledge
4. An object made to resemble a human figure, that is set up to scare birds away from a field where crops are growing.
6. A fruit consisting of a hard or tough nutshell protecting a kernel which is usually edible.
8. Another word for fall
9. The nut of the oaks

### Across:

1. Grass that has been mown and dried for use as fodder.
3. They turn yellow, orange, and red in the fall season.
5. You carve this to make a Jack-o-lantern
7. The season after Summer.
10. These were roasting on an open fire as per a famous Christmas song
11. A beverage made from the fermented juice of apples.
12. The main ingredient to make cornbread

## Autumn Maze!

Help the squirrel  
reach the Acorns





## Autumn/Winter Scavenger Hunt!

# fall Scavenger Hunt

Acorn 

Apple


Yellow Leaf

Red Leaf 

Green Leaf

Bonfire

Moss

Hot drink 

Scarecrow

Pinecone

Animal Footprints

Squirrel

Rake

Boots

Pumpkin 

Grass

Feather 

Worm

Rock

Spider Web

Cat 


Evergreen Tree/Plant

Cloud

Twig

Flower

Berry

Pile of Leaves 

Hay Bale

## November Word Scramble!



# Thanksgiving Word Scramble

ntnkavshgiig \_\_\_\_\_

utraiedtg \_\_\_\_\_

sevhtra \_\_\_\_\_

lssesgbni \_\_\_\_\_

orcoucniap \_\_\_\_\_

bacerynr \_\_\_\_\_

rlipsimg \_\_\_\_\_

oembenrv \_\_\_\_\_

pkpmnui \_\_\_\_\_

snftgfui \_\_\_\_\_

hftnkual \_\_\_\_\_

tratdiino \_\_\_\_\_

rkteuy \_\_\_\_\_

fstea \_\_\_\_\_

ahgetr \_\_\_\_\_

The Song of Wandering Aengus by W. B.  
Yeats

I went out to the hazel wood,  
Because a fire was in my head,  
And cut and peeled a hazel wand,  
And hooked a berry to a thread.  
And when white moths were on the wing,  
And moth-like stars were flickering out,  
I dropped the berry in a stream  
And caught a little silver trout.

When I had laid it on the floor  
I went to blow the fire aflame,  
But something rustled on the floor,  
And someone called me by my name:  
It had become a glimmering girl  
With apple blossom in her hair  
Who called me by my name and ran

And faded through the brightening air.

Though I am old with wandering  
Through hollow lands and hilly lands,  
I will find out where she has gone,  
And kiss her lips and take her hands;  
And walk among long dappled grass,  
And pluck till time and times are done  
The silver apples of the moon,  
The golden apples of the sun.

## Winter Time by Robert Louis Stevenson

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit,  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap,  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.



## Spot the Difference!

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



## Relaxing Read Spot the Differences!

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















# Coat of Many Colours

By Dolly Parton

Back through the years I go wandering once again

back to the seasons of my youth

I recall, a box of rags that someone gave us

and how my mama put the rags to use.

There were rags of many colours, and every piece was small

and I didn't have a coat and it was way down in the fall

Mama sewed the rags together, sewin every Piece with love

She made my coat of many colours that I was so proud of.

As she sewed she told a story from the bible she had read

About a coat of many colours, Joseph wore and then she said

"Perhaps this coat will bring you good luck and happiness."

And I just couldn't wait to wear it and mama blessed it with a kiss.

## Chorus:

My coat of many colours that my mama made for me

Made only from rags, but I wore so proudly

Although we had no money I was rich as I could be

In my coat of many colours, my mama made for me.

So with patches on my britches, and holes in both my shoes

in my coat of many colours, I hurried off to school

Just to find the others laughing, and making fun of me

In my coat of many colours, my mama made for me.

**Chorus:**

And oh, I couldn't understand it, for I felt I was rich

And I told them of the love my mama sewed in every stitch

And I told them all the story, mama told me while sewed

And how my coat of many colours was worth more than all their clothes.

But they didn't understand it and I tried to make them see

that one is only poor, only if they choose to be

Now I know we had no money, but I was rich as I could be

In my coat of many colours, my mama made for me...

## **The Shepherd's Calendar: November**

**By John Clare**

The landscape sleeps in mist from morn till noon;

And, if the sun looks through, 'tis with a face

Beamless and pale and round, as if the moon,

When done the journey of her nightly race,

Had found him sleeping, and supplied his place.

For days the shepherds in the fields may be,

Nor mark a patch of sky – blindfold they trace,

The plains, that seem without a bush or tree,

Whistling aloud by guess, to flocks they cannot see ...



## A Trio of Limericks to Make You Smile

Limericks I cannot compose,  
With noxious smells in my nose.  
But this one was easy,  
I only felt queasy,  
Because I was sniffing my toes.



There was an odd fellow named Gus,  
When travelling he made such a fuss.  
He was banned from the train,  
Not allowed on a plane,  
And now travels only by bus.



There once was a farmer from Leeds,  
Who swallowed a packet of seeds.  
It soon came to pass,  
He was covered with grass,  
But has all the tomatoes he needs.

## Great-Grandmother's Wish

“Did you ever see a fairy, grannie?” said Tots.

“No,” she said, “but my great-grandmother did.”

“Oh, do tell me!” cried Tots.

“Well, once upon a time, as she was carrying her butter to market, she picked up a crooked sixpence. And with it, and what she sold her butter for, she bought a little black pig. Now, coming home, she had to cross the brook; so she picked piggy up in her arms and carried her over the brook. And, lo, instead of a pig, there was a little fairy in her arms!”

“Oh!” cried Tots, “what was it like?”

“Well, it had a red cap on its head, and a green frock, and it had gauzy wings, and it wanted to fly away, but great-grandmother held it tight.

“‘Please let me go,’ said the fairy.

“‘What will you give me?’ said great-grandmother.

“‘I will give you one wish,’” answered the fairy.

So great-grandmother thought and thought what was the best thing to wish for, and at last she said,—

“‘Give to me and to my daughters to the eleventh generation the lucky finger and the loving heart.’

“‘You have wished a big wish,’ said the fairy, ‘but you shall have it.’” So she kissed great-grandmother’s eyes and mouth, and then she flew away.

“And did the wish come true?” asked Tots.

“Always—always,” answered grannie. “We have been since then the best spinners and knitters in all the countryside, and the best wives and daughters.”

“But,” said Tots, “what will the eleventh generation do when the wish stops and the good-luck?”

“I don’t know,” said grannie, shaking her head. “I suppose they’ll have to catch a fairy of their own.”

## Nostalgic Number Ones

Below is a list of number 1 songs through the years for  
November.

How many do you remember and can you sing along to  
them?

13/11/1953	ANSWER ME	FRANKIE LAINE
19/11/1954	HOLD MY HAND	DON CORNELL
26/11/1954	THIS OLE HOUSE	ROSEMARY CLOONEY
25/11/1955	ROCK AROUND THE CLOCK	BILL HALEY & HIS COMETS
28/11/1963	SHE LOVES YOU	BEATLES
12/11/1964	OH PRETTY WOMAN	ROY ORBISON
19/11/1964	BABY LOVE	SUPREMES
28/11/1970	I HEAR YOU KNOCKING	DAVE EDMUNDS

13/11/1976	IF YOU LEAVE ME NOW	CHICAGO
05/11/1977	THE NAME OF THE GAME	ABBA
15/11/1980	THE TIDE IS HIGH	BLONDIE
05/11/1983	UPTOWN GIRL	BILLY JOEL
03/11/1990	UNCHAINED MELODY	RIGHTEOUS BROTHERS



## Mindful Meditation

With your eyes opened or closed, become aware of your breath

Often, the act of simply noticing changes the breath

But see if you can allow yourself to be present with the breath as it currently is. Without judgement, what do you notice about the quality of your breathing?

Notice if you are breathing through the mouth, or through the nose.

Notice the breath is short, or long, shallow, or deep.

Is there a difference between the length of the breath in, and the length of the breath out?

Allow breath to be just as it is.

As you take a moment to list to yourself what it is that you find.

And then purposefully, breathe in and out through your nose.

And take 3 full, relaxing, exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,  
Full and relaxed breath out

Last one

Deep, slow breath in,  
Breathe all the way out

Continue to breathe through your nostrils,  
Steadily, and patiently

And now turn your attention to the body itself

Notice what's present in the body

Tightness? Any pain? Discomfort?

Are there areas of softness? Spaciousness? Joy?

Stay curious and open to sensation, free from self-criticism

Allow whatever sensation you notice in the body to be here with you and if a particular sensation, or area of the body is speaking to you let's go to it. Go to it with your attention and awareness.

Ask what it's trying to say.



Move towards this area with curiosity, with openness

Open to whatever it has to tell you.

Be fully accepting of this sensation in this moment

And then silently describe to yourself what you're feeling

Perhaps this sensation has a temperature, a warmth or a  
coldness

Perhaps there's a color, a shape or a size

And if you feel nothing, notice that too...

Take note

(pause 3 breaths)

So again, intentionally, purposefully, we'll take 3 full, relaxing,  
exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,

Full and relaxed breath out

Last one

Deep, slow breath in,  
Breathe all the way out

This exercise here is not about self-criticism or self-blame

The exercise here is to simply notice

To acknowledge anxiety, or anything else that's present

To allow it to be present, and to give it space.

To give it the space to move and change.

So ask what the breath, the body and mind are trying to tell you

And then listen

Listen with an open curiosity,

Listen without expectation

Listen with love in your heart

For the breath, body and mind are not the enemy

But the tools through which we're given the clues that will guide  
us home

