



THE Alzheimer  

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SOCIETY OF IRELAND

# September 2024

## Activity Pack One

### Active Engagement





**Dear Friends,**

As the leaves begin to turn and the air grows crisp, we find ourselves embracing the cosy and colourful season of autumn. It's a time to enjoy the beauty of nature, wrap up in warm sweaters, and savour the simple joys of the season.

This month's activity pack is all about celebrating the essence of autumn. From the challenge of navigating a maze to the warmth of baking seasonal treats, we've gathered a variety of activities to engage your mind and bring comfort to your day. You can challenge yourself with a word search, sharpen your skills with a math game, or unwind with a peaceful meditation session.

Autumn is a season of change, and it's also a wonderful opportunity to reflect, relax, and recharge. We encourage you to take a moment to enjoy the little things that make this time of year special.

If you'd like to share your artwork, baking creations, or any autumn moments captured in photos, we'd love to feature them on our social media.

Simply send your images via email to [communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie).

Remember, our Free Helpline is always here for you at  
Phone: 1800 341 341 and Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie).

We hope you find joy and comfort in this month's pack.



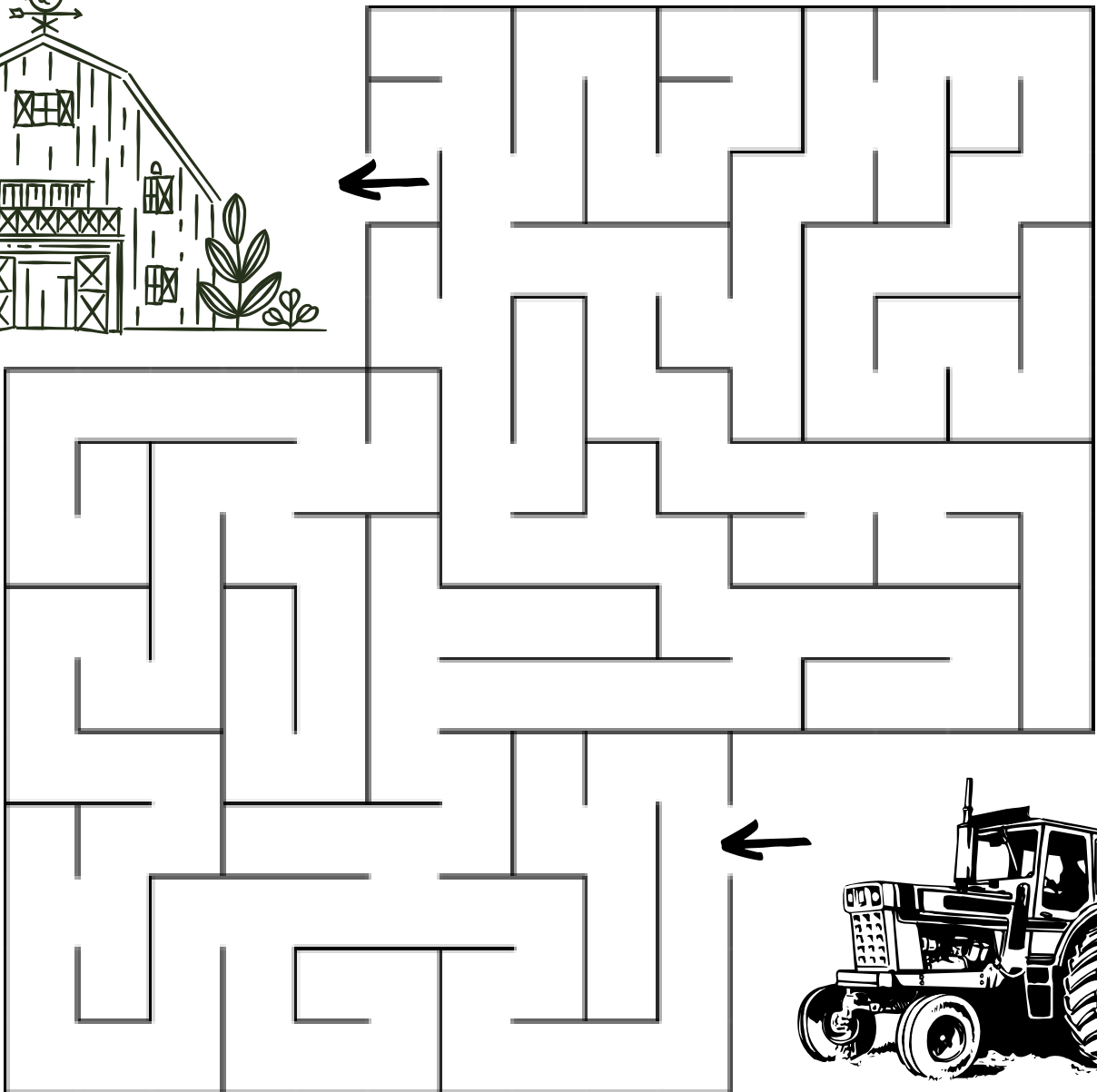
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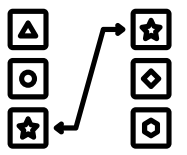
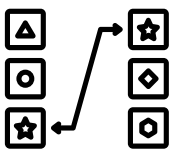
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# Harvest Maze

Guide the tractor back to the farmhouse





# Proverb Matching

Match the start of the proverb to its end.

**START**

**END**

*Birds of a Feather*

*And Your Enemies Closer*

*Two Wrongs*

*Like Home*

*Keep your Friends Close*

*Don't Make a Right*

*There's No Place*

*Flock Together*



# Autumn Quiz!

## Questions



1. What month does Autumn begin?
2. What do they call Autumn in America?
3. What is the name for the particularly bright full moon that appears in early September each year?
4. What festival takes place on the 31st of October?
5. Complete the title of this famous song, sung by Ella Fitzgerald and Louis Armstrong, Frank Sinatra and Billie Holiday: Autumn in...
6. What might you pick from a 'bramble' in early Autumn?
7. What kind of tree do conkers fall from?
8. Which famous poet wrote the poem 'To Autumn'?



# Autumn Quiz!

## Answers

1. What month does Autumn begin? **September**
2. What do they call Autumn in America? **Fall**
3. What is the name for the particularly bright full moon that appears in early September each year? **Harvest Moon**
4. What festival takes place on the 31st of October? **Halloween**
5. Complete the title of this famous song, sung by Ella Fitzgerald and Louis Armstrong, Frank Sinatra and Billie Holiday: Autumn in... **New York**
6. What might you pick from a 'bramble' in early Autumn? **Blackberry**
7. What kind of tree do conkers fall from? **Horse Chestnut**
8. Which famous poet wrote the poem 'To Autumn'? **John Keats**

# Fill in the missing numbers



- The missing values are the whole numbers between 1 and 16.
- Each number is only used once.
- Each row is a math equation.
- Each column is a math equation.
- Remember that multiplication and division are performed before addition and subtraction.

3	+		+		+		47
+		+		+		+	
2	+	11	+	12	+	8	33
+		+		+		+	
	+	5	+	9	+	6	34
+		+		+		+	
7	+	4	+		+		22
26		33		38		39	



# Fill in the missing numbers



- The missing values are the whole numbers between 1 and 16.
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- Each row is a math equation.
- Each column is a math equation.
- Remember that multiplication and division are performed before addition and subtraction.

	-	5	-	1	-	14	-8
-		-		-		-	
11	-		-	4	-		-2
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15	-	7	-	2	-		-10
-		-		-		-	
10	-		-	9	-		-20
-24		-13		-14		-21	

# Autumn Word Search



S	K	E	R	R	K	H	K	P	L	P	U	C	R
A	M	P	E	P	R	A	I	A	U	C	E	S	E
L	R	S	S	I	A	R	N	R	L	I	A	P	E
R	S	P	I	C	E	V	V	P	E	A	A	R	U
C	E	H	E	H	P	E	A	L	E	N	P	R	K
U	L	E	A	V	E	S	P	T	K	I	R	I	J
P	S	K	E	A	U	T	U	M	N	K	I	E	U
A	I	T	C	A	P	P	S	J	N	P	L	P	M
R	A	E	I	A	H	C	U	U	H	M	A	A	P
E	I	P	E	S	P	L	A	M	A	U	C	U	E
P	S	C	C	P	A	S	E	P	E	P	A	F	R
A	U	A	K	P	T	J	L	A	P	P	L	E	S
E	R	R	T	C	S	S	I	E	O	E	I	S	S
F	E	R	P	S	R	E	K	N	O	C	C	P	V

- Pumpkin
- Spice
- Leaves
- Pie
- Harvest



- Autumn
- Jumper
- Scarf
- Conkers
- Apples

# Autumn Word Search

## Answers

S	K	E	R	R	K	H	K	P	L	P	U	C	R
A	M	P	E	P	R	A	I	A	U	C	E	S	E
L	R	S	S	I	A	R	N	R	L	I	A	P	E
R	S	P	I	C	E	V	V	P	E	A	A	R	U
C	E	H	E	H	P	E	A	L	E	N	P	R	K
U	L	E	A	V	E	S	P	T	K	I	R	I	J
P	S	K	E	A	U	T	U	M	N	K	I	E	U
A	I	T	C	A	P	P	S	J	N	P	L	P	M
R	A	E	I	A	H	C	U	U	H	M	A	A	P
E	I	P	E	S	P	L	A	M	A	U	C	U	E
P	S	C	C	P	A	S	E	P	E	P	A	F	R
A	U	A	K	P	T	J	L	A	P	P	L	E	S
E	R	R	T	C	S	S	I	E	O	E	I	S	S
F	E	R	P	S	R	E	K	N	O	C	C	P	V



# Short Story Writing Challenge: Autumn Adventures



## Overview:

As the leaves turn golden and the air grows crisp, autumn brings with it a world of wonder and memories. This season, we invite you to craft a short story inspired by the beauty, emotions, and experiences of autumn. Whether it's a tale of nostalgia, a heartwarming encounter, or an adventure through a forest of falling leaves, your story can capture the essence of this magical season.

## Story Prompts:

**To help spark your creativity, choose one of the following prompts to guide your writing:**

- **A Walk Through Memory Lane:** Write a story about a character who takes a walk through a familiar autumn landscape, triggering memories of past experiences. How do these memories shape their present moment?
- **The Mystery of the Golden Leaf:** Your character finds a peculiar golden leaf that seems to have a special power. What happens when they touch it? Where does it lead them?
- **The Autumn Gathering:** A group of old friends reunites every autumn at a special location. This year, something unexpected happens. What secrets are revealed, and how does it affect their bond?

# Short Story Writing Challenge: Autumn Adventures



## Guidelines:

- **Length:** Aim for a story between 300 to 500 words.
- **Focus:** Try to capture the feeling of autumn through vivid descriptions, emotions, and interactions between characters.
- **Tone:** Your story can be nostalgic, joyful, mysterious, or even whimsical. The goal is to evoke the beauty and spirit of the season.
- **Accessibility:** Remember to use clear and simple language, making the story enjoyable and easy to follow.

## Tips for Success:

- **Use Your Senses:** Describe the colors, smells, and sounds of autumn to make your story come alive.
- **Show, Don't Tell:** Instead of saying "It was cold," describe how your character pulls their scarf tighter or sees their breath in the chilly air.
- **Keep It Personal:** Think about what autumn means to you or someone you know and weave that personal touch into your story.

## Share It:

Once you've written your story, share it with a friend, or family member. Reading your story aloud can bring it to life and make the experience even more rewarding! If you would like your story published in the October pack send it to [communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie)

Enjoy the process of creating your autumn-inspired tale, and let the beauty of the season guide your imagination!

# Autumn Adventures Writing Pages

Name:

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Story Title:

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# Autumn Adventures Writing Pages

Name:

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Story Title:

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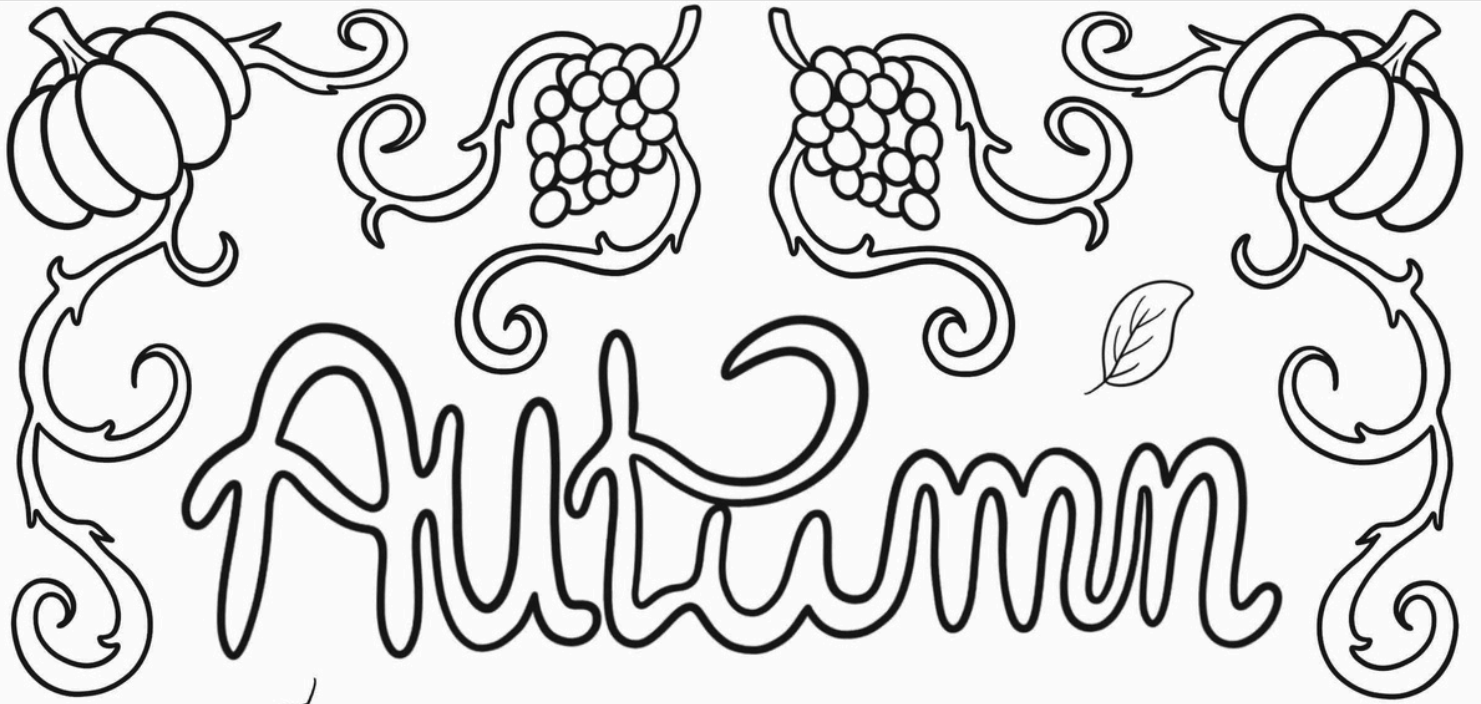
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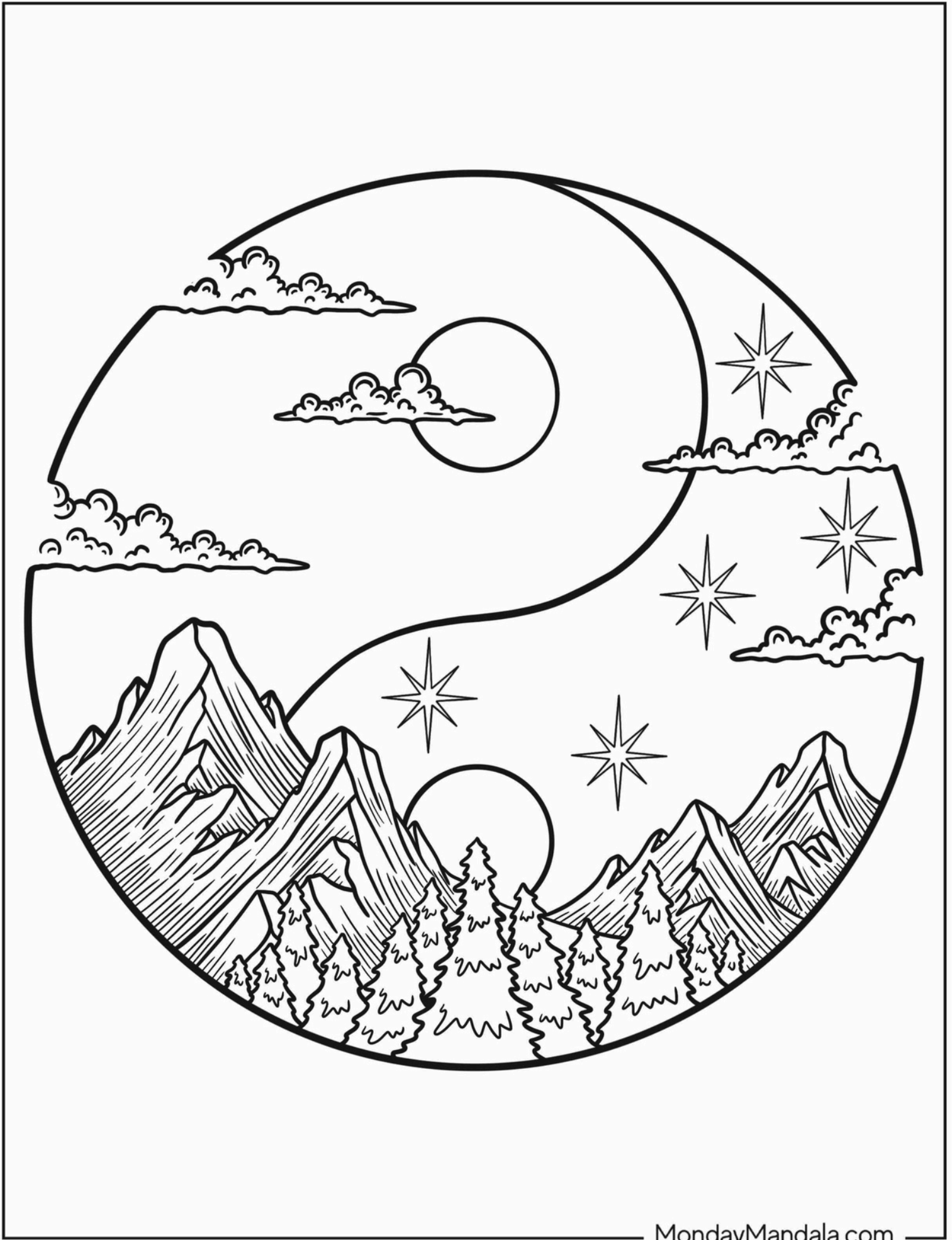
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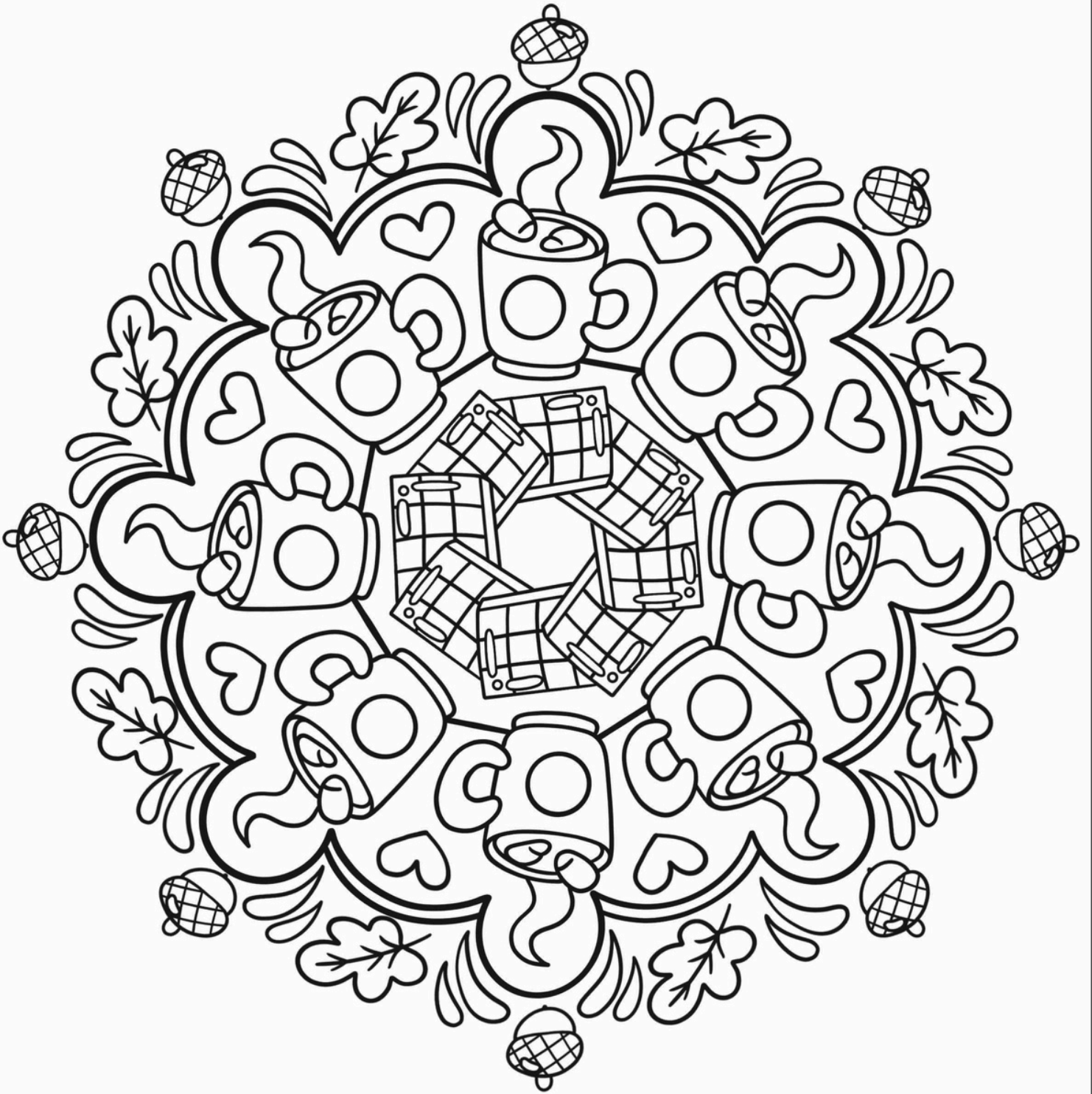
Welcome to



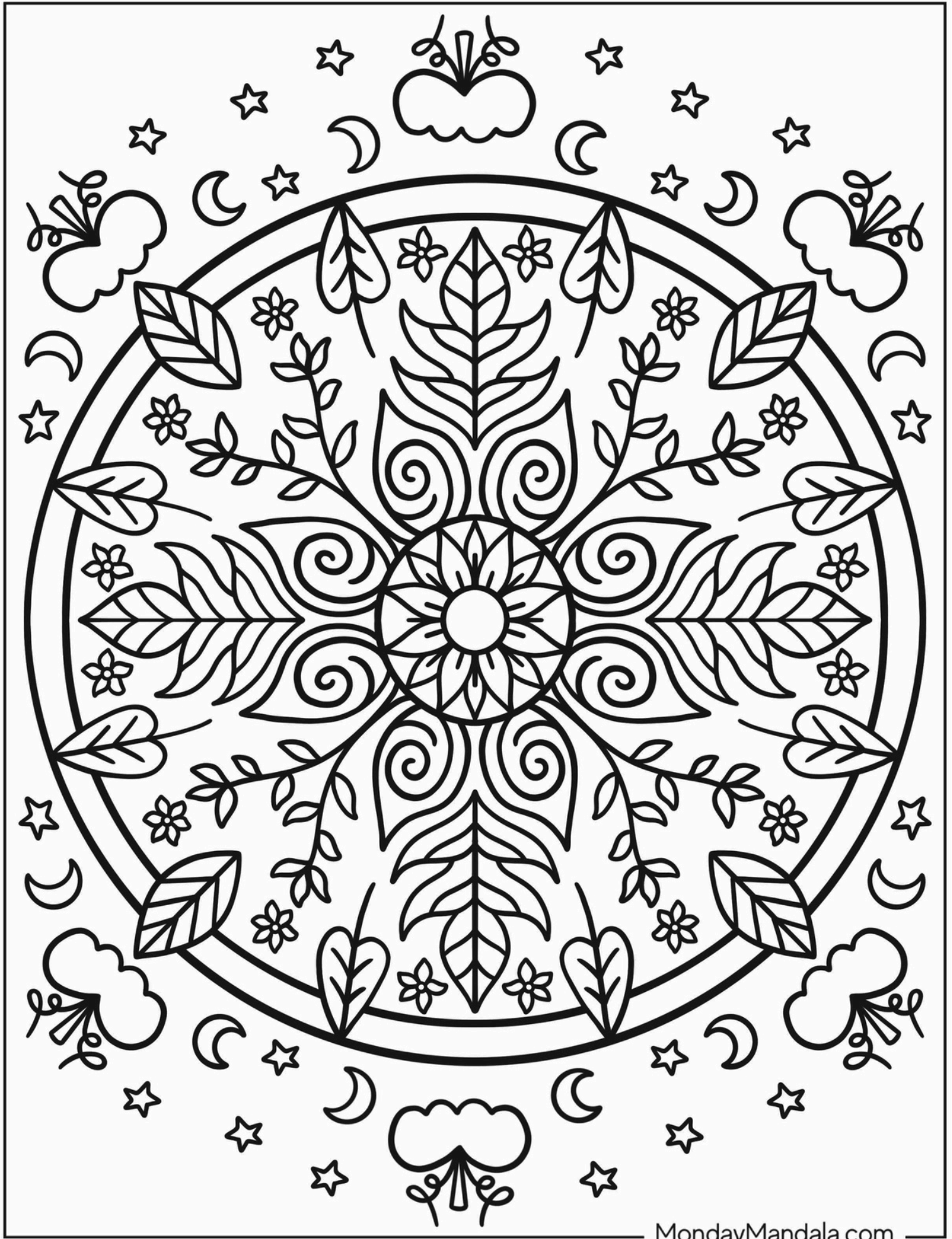
Autumn



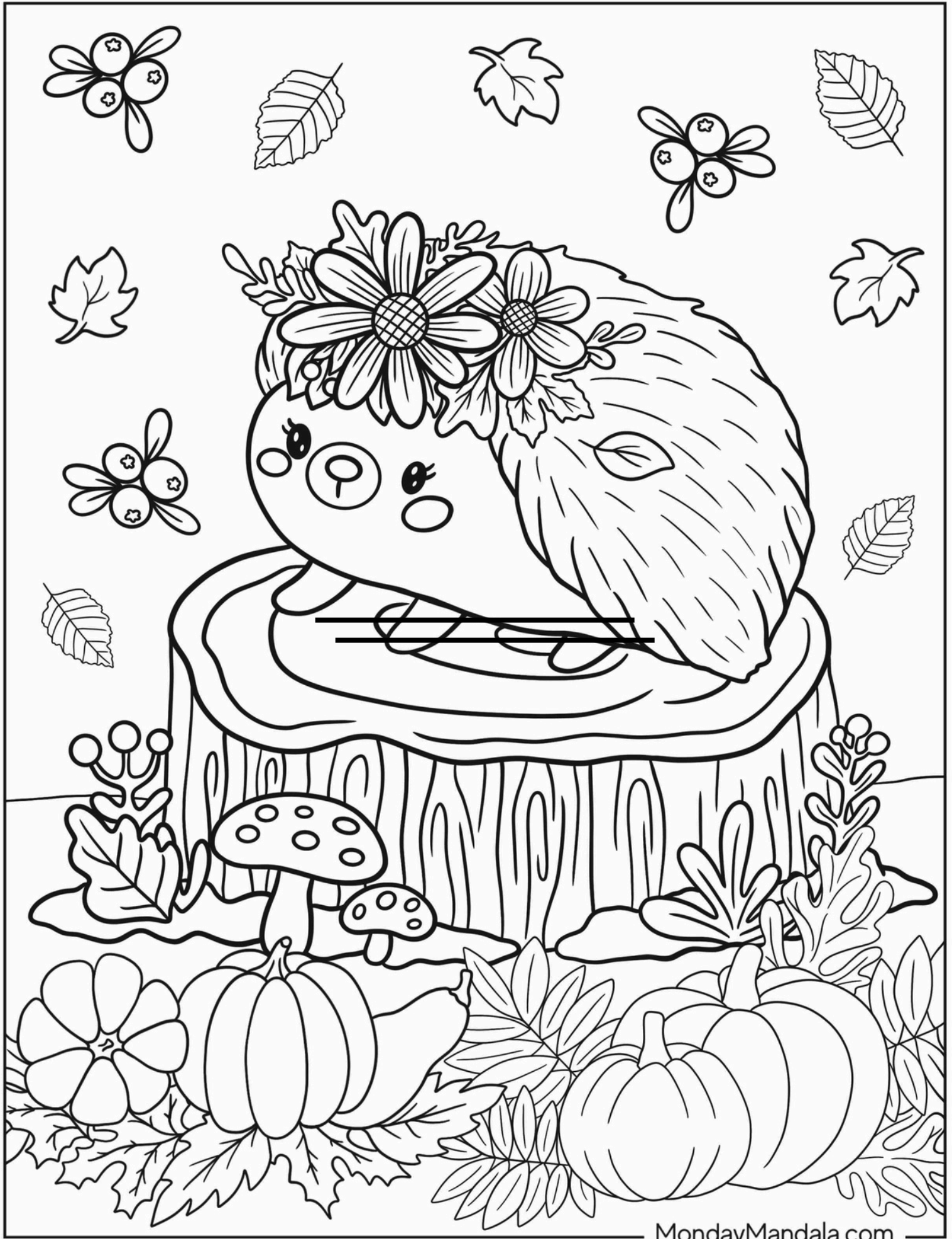












# Mary Berry Apple Cupcakes

## Ingredients



- 115 g Butter
- 115 g self-raising flour
- 115 g Caster Sugar
- 1 tsp ground cinnamon
- 2 eggs
- 2 dessert apples peeled, cored, and chopped into small chunks

## How To Make Mary Berry Apple Cupcakes?

1. Preheat the oven to 190°C/fan 170°C.
2. Combine the butter, flour, Caster Sugar, and cinnamon in a bowl.
3. Incorporate the eggs and combine until smooth.
4. Mix apple chunks into the cake batter. Be careful not to overfill the cupcake liners.
5. Bake for 12 to 15 minutes in the oven. When the cakes spring back when lightly brushed with a finger, they are ready.

# Recipe Tips



1. Use fresh and crisp apples for the best flavor and texture in your Mary Berry Apple Cupcakes.
2. Ensure that the butter is at room temperature before mixing it with the other ingredients to achieve a smooth batter.
3. Be careful not to overmix the batter, as it can result in dense cupcakes. Mix until just combined.
4. Measure the self-raising flour accurately to avoid a dry or dense texture in the cupcakes.

## What To Serve With Apple Cupcakes?

There are many things that go well with Mary Berry Apple Cupcakes you might want to serve them with a dollop of whipped cream, a scoop of vanilla ice cream, or a drizzle of warm caramel sauce.



# Autumn-Themed Mindfulness Meditation

## Introduction (1 minute):

"Welcome, everyone. Let's take a moment to settle into a comfortable position. You can sit with your feet on the floor, your hands resting on your lap, and if it feels right, gently close your eyes. Take a deep breath in...and slowly let it out. Allow yourself to be here, in this moment, leaving behind any worries or concerns. Today, we're going to take a peaceful journey through the beautiful season of autumn."



## Guided Meditation (8 minutes):



"Let's begin by imagining that we are in a lovely autumn forest. Picture yourself walking along a path surrounded by tall trees, their leaves turning shades of red, orange, yellow, and gold. The air is crisp and cool, and you can hear the gentle rustling of leaves as the wind passes through the branches. Take a deep breath in and notice the fresh, earthy scent of the fallen leaves beneath your feet.

As you walk along this path, take a moment to appreciate the beauty of the changing leaves. Each leaf is unique, just like each of us. Some are still holding onto their green color, while others are vivid shades of red and orange, and some have already fallen to the ground, creating a soft, colorful carpet beneath you.

Notice how the sunlight filters through the branches, casting a warm, golden glow on everything it touches. Feel the warmth of the sun on your skin, and the coolness of the breeze on your face. With each breath in, allow yourself to take in the beauty and calm of this autumn day.

# Autumn-Themed Mindfulness Meditation

As you continue to walk, imagine yourself coming to a clearing. There's a gentle stream flowing, with leaves floating on its surface. The water is clear, and you can see the reflections of the trees and sky. Take a moment to sit by this stream and watch the leaves as they drift along. Just like the leaves, allow any thoughts or worries to float away, carried by the gentle current.

Now, focus on the sounds around you. Maybe you hear the crunching of leaves underfoot, the distant call of birds, or the soft whisper of the wind through the trees. Let these sounds bring you a sense of peace and connection to the present moment.

As you sit here, take a few more deep breaths. With each breath, feel yourself becoming more grounded, more centered. Feel the connection between you and the earth, steady and strong, just like the roots of the trees around you.

Now, let's take a moment to reflect on the changes of autumn. Just as the trees let go of their leaves, we too can gently let go of anything that no longer serves us, making space for new growth and new beginnings.

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## **Closing (1 minute):**

"When you're ready, slowly bring your awareness back to the room. Wiggle your fingers and toes, feeling the ground beneath you and the chair supporting you. Take one last deep breath in...and gently let it out. When you feel ready, open your eyes, carrying with you the peace and beauty of this autumn day.

Thank you for joining me on this journey. I hope you feel calm, refreshed, and connected to the changing season around us."



# The Road Not Taken

## Robert Frost

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.



# This Moment

Eavan Boland

A neighbourhood.  
At dusk.

Things are getting ready  
to happen  
out of sight.

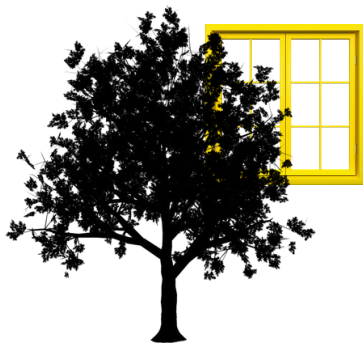
Stars and moths.  
And rinds slanting around fruit.

But not yet.

One tree is black.  
One window is yellow as butter.

A woman leans down to catch a child  
who has run into her arms  
this moment.

Stars rise.  
Moths flutter.  
Apples sweeten in the dark.



# She Dwelt among the Untrodden ways...

William Wordsworth

She dwelt among the untrodden ways  
Beside the springs of Dove,  
A Maid whom there were none to praise  
And very few to love:

A violet by a mossy stone  
Half hidden from the eye!  
—Fair as a star, when only one  
Is shining in the sky.

She lived unknown, and few could know  
When Lucy ceased to be;  
But she is in her grave, and, oh,  
The difference to me!







# Another September

Thomas Kinsella

Dreams fled away, this country bedroom, raw  
With the touch of the dawn, wrapped in a minor peace,  
Hears through an open window the garden draw  
Long pitch black breaths, lay bare its apple trees,  
Ripe pear trees, brambles, windfall-sweetened soil,  
Exhale rough sweetness against the starry slates.

Nearer the river sleeps St. John's, all toil  
Locked fast inside a dream with iron gates.

Domestic Autumn, like an animal  
Long used to handling by those countrymen,  
Rubs her kind hide against the bedroom wall  
Sensing a fragrant child come back again  
– Not this half-tolerated consciousness  
That plants its grammar in her yielding weather  
But that unspeaking daughter, growing less  
Familiar where we fell asleep together.

Wakeful moth wings blunder near a chair,  
Toss their light shell at the glass, and go  
To inhabit the living starlight. Stranded hair  
Stirs on still linen. It is as though  
The black breathing that billows her sleep, her name,  
Drugged under judgement, waned and – bearing daggers  
And balances–down the lampless darkness they came,  
Moving like women : Justice, Truth, such figures.

# Lines Written on a Seat on the Grand Canal Dublin

Patrick Kavanagh

O commemorate me where there is water,  
Canal water, preferably, so stilly  
Greeny at the heart of summer. Brother  
Commemorate me thus beautifully  
Where by a lock niagarously roars  
The falls for those who sit in the tremendous silence  
Of mid-July. No one will speak in prose  
Who finds his way to these Parnassian islands.  
A swan goes by head low with many apologies,  
Fantastic light looks through the eyes of bridges -  
And look! a barge comes bringing from Athy  
And other far-flung towns mythologies.  
O commemorate me with no hero-courageous  
Tomb - just a canal-bank seat for the passer-by.





# Take It Easy

## EAGLES



[Verse 1]

Well, I'm running down the road tryin' to loosen my load  
I've got seven women on my mind  
Four that wanna own me, two that wanna stone me  
One says she's a friend of mine

[Chorus]

Take It easy, take it easy  
Don't let the sound of your own wheels drive you crazy  
Lighten up while you still can  
Don't even try to understand  
Just find a place to make your stand and take it easy

[Verse 2]

Well, I'm a standing on a corner in Winslow, Arizona  
And such a fine sight to see  
It's a girl, my Lord, in a flatbed Ford  
Slowin' down to take a look at me

[Chorus]

Come on, baby, don't say maybe  
I gotta know if your sweet love is gonna save me  
We may lose, and we may win  
Though we will never be here again  
So open up, I'm climbin' in  
So take it easy

[Verse 3]

Well, I'm running down the road trying to loosen my load  
Got a world of trouble on my mind  
Lookin' for a lover who won't blow my cover  
She's so hard to find

[Chorus]

Take it easy, take it easy  
Don't let the sound of your own wheels make you crazy  
Come on baby, don't say maybe  
I gotta know if your sweet love is gonna save me



# Follow Me

## John Denver



It's by far the hardest thing I've ever done, to be so in love with  
you and so alone.

Follow me where I go, what I do and who I know, make it part of  
you to be a part of me.

Follow me up and down, all the way and all around, take my hand  
and say you'll follow me.

It's long been on my mind, you know, it's been a long, long time.

I'll try to find the way that I can make you understand  
the way I feel about you and just how much I need you  
to be there where I can talk to you when there's no one else  
around.

Follow me where I go, what I do and who I know, make it part of  
you to be a part of me.

Follow me up and down, all the way and all around, take my hand  
and say you'll follow me.

You see, I'd like to share my life with you and show you things I've  
seen,

places that I'm going to and places where I've been.

To have you there beside me and never be alone,  
and all the time that you're with me, then we will be at home.

Follow me where I go, what I do and who I know, make it part of  
you to be a part of me.

Follow me up and down, all the way and all around, take my hand  
and I will follow you.



# Where You Lead

Carol King

[Verse 1]

Loving you the way I do  
I only wanna be with you  
And I would go to the ends of the earth  
'Cause darling, to me that's what you're worth

[Chorus]

Where you lead, I will follow  
Anywhere that you tell me to  
If you need, you need me to be with you  
I will follow where you lead

[Verse 2]

If you're out on the road  
Feeling lonely, and so cold  
All you have to do is call my name  
And I'll be there on the next train

[Chorus]

Where you lead, I will follow  
Anywhere that you tell me to  
If you need, you need me to be with you  
I will follow where you lead

[Bridge]

I always wanted a real home  
With flowers on the window sill  
But if you want to live in New York City  
Honey, you know I will (Yes I will, yes I will)  
I never thought I could get satisfaction  
From just one man  
But if anyone can keep me happy  
You're the one who can

[Chorus]

Where you lead, I will follow  
Anywhere that you tell me to  
If you need, you need me to be with you  
I will follow oh, oh  
Where you lead, I will follow  
Any, anywhere that you tell me to  
If you need, you need me to be with you  
I will follow where you lead

Oh baby  
Ooh (Ooh)



# Red Is The Rose

Makem & Clancy

**Chorus:** Come over the hills, my bonny Irish lass  
Come over the hills to your darling  
You choose the road, love, and I'll make the vow  
And I'll be your true love forever

**Verse 1:** Red is the rose that in yonder garden grows  
Fair is the lily of the valley  
Clear is the water that flows from the Boyne  
But my love is fairer than any  
'Twas down by Killarney's green woods that we strayed  
When the moon and the stars they were shining  
The moon shone its rays on her locks of golden hair  
And she swore she'd be my love forever

## Chorus

**Verse 2:** Red is the rose that in yonder garden grows  
Fair is the lily of the valley  
Clear is the water that flows from the Boyne  
But my love is fairer than any  
It's not for the parting that my sister pains  
It's not for the grief of my mother  
Tis all for the loss of my bonny Irish lass  
That my heart is breaking forever

## Chorus

**Verse 3:** Red is the rose that in yonder garden grows  
Fair is the lily of the valley  
Clear is the water that flows from the Boyne  
But my love is fairer than any  
Red is the rose that in yonder garden grows  
Fair is the lily of the valley  
Clear is the water that flows from the Boyne  
But my love is fairer than any



# The Mobile Information Bus

*This month our Mobile Information Bus will be whizzing around to bring much needed supports, information and awareness to communities across the country.*

*Find out if they will be parking up near you below:*

- **1st September:** Royal Meath Agricultural Show, Trim, Co. Meath.
- **4th September:** Dungarvan, Co. Waterford.
- **7th September:** Beltra Agricultural Show, Co. Sligo.
- **17th – 19th September:** National Ploughing Championship Ratheniska, Co. Laois.
- **22nd September:** Galway Memory Walk, Salthill, Co. Galway.



# LEINSTER

# CALENDAR OF EVENTS



THE Alzheimer  
SOCIETY OF IRELAND

## Carlow

### Cabin Cafe

In associa on with the Carlow Older Persons Forum

1st Tues of every month in The Old School House Barracks St Carlow R93 YW10

Contact Margaret on 087 8380018

### Carlow Social Club

Held in Bethany House on the 3rd Friday of every month

Time 11- 1pm

Please contact friendsof [asi@alzheimer.ie](mailto:asi@alzheimer.ie)

## Dublin

### CASTLEKNOCK SOCIAL CLUB

Castleknock Community Centre, Laurel Lodge Road, Carpenterstown, Castleknock, Co. Dublin. D15T3PN

Adenike Lamai

087 3320341

[adenike.lamai@alzheimer.ie](mailto:adenike.lamai@alzheimer.ie)

086 812 4043

Monthly Every 2nd Tuesday 10am – 12 noon



### **North County Dublin Social Club**

Bracken Court Hotel, Bridge St, Balbriggan, Co. Dublin, K32 DK88

Adenike Lamai

087 3320341

adenike.lamai@alzheimer.ie

1st Tuesday of each month 11am - 1pm

### **Clontarf Social Club**

St. Anthonys House St. Anthonys Church Grounds, St. Lawrence Road Clontarf Dublin 3, D03TY23

Adenike Lamai

087 3320341

adenike.lamai@alzheimer.ie

Weekly on Monday 1pm - 3pm

### **Cupan Tae Memory Café**

Naomh Barrog GAA Club, Kilbarrack Parade,

Kilbarrack Upper, Dublin 5, D05DY65

cupantae@alzheimer.ie

Monthly 2nd Wednesday 2pm – 4pm

### **UNDER 65 FAMILY CARER SUPPORT GROUP**

Adrienne McAvinue / Frances Redmond

086 838 1215 / 086 792 6766

amcavinue@alzheimer.ie

Clonmacnoise Day Care, Our Lady's Hospice, Harold's Cross, Dublin 6W, D6WRY72

Last Tuesday of each month between 8pm and 10pm.

### **LUCAN SOCIAL CLUB**

St Marys Parish Centre, Lucan

Adrienne McAvinue 086 838 1215

amcavinue@alzheimer.ie Every

Wednesday 1.30pm to 3.30 pm

### **KILNAMANAGH SOCIAL CLUB**

Kilnamanagh Family Resource Centre, Treepark Rd, Kilnamanagh, Dublin 24

Adrienne McAvinue

086 838 1215

amcavinue@alzheimer.ie

Every Friday 10.30 am to 12.30 pm

## **Longford**

### **LONGFORD SUPPORT GROUP**

2nd Wednesday of the Month 7pm-8pm

No 2 Earl Street, Longford. N39N254

Breda Dunne

086 380 2183

### **LONGFORD ALZHEIMER CAFÉ**

Last Wednesday of the Month 7pm-8.30pm

No 2 Earl Street, Longford. N39N254

Eileen Kilbride

085 872 4455

Every Second Monday 12.00 pm -1.30pm

### **LONGFORD SWEET MEMORIES DEMENTIA CHOIR**

Martina Logan

087 4156379

# Louth

## **DUNDALK SUPPORT GROUP**

The Birches Alzheimer Day Care Centre, Priorland Road, Dundalk, Louth

Contact: Olive Joyce

Phone: 042 935 1388

Last Thursday of every month @ 6.30pm

## **DUNDALK ALZHEIMER CAFÉ**

Dundalk library, Roden Place, Dundalk, County Louth

Contact: Maeve Montgomery

Phone: 087 748 9258

Email: [libraryhelpdesk@louthcoco.ie](mailto:libraryhelpdesk@louthcoco.ie)

3rd Tuesday of every month 11-12.30pm

## **SOUTH LOUTH MEMORY CAFÉ**

Drogheda Library, Stockwell Lane, Drogheda, Co Louth

Contact: Helen Barron

Phone: 087 222 9356

Email: [helen.barron@alzheimer.ie](mailto:helen.barron@alzheimer.ie)

Second Tuesday of every month at 11am

## **TREDAGH LODGE SATURDAY SOCIAL CLUB**

Tredagh Lodge Day Care Centre, Newtown Link Road, Greenhills, Drogheda, Co. Louth. A92PYV9

Contact: Helen Barron

Phone: 041-9841311 / 087-2229356

Email: [helen.barron@alzheimer.ie](mailto:helen.barron@alzheimer.ie)

Held on the 3rd Saturday of every month

## **BIRCHES SOCIAL CLUB**

St Joseph's Redemptorist Monastery, Community Centre," St Alphonsus Road Dundalk. Co Louth

Contact: Olive Joyce

Phone: 042 935 1388

Third Sat of each month 11am to 1pm

# Meath

## **North Meath Social Club**

Next mee ng Tuesday 17th September (3rd Tuesday of every month)

Time 2-4pm

Venue: Ballinlough GFC Ballinlough Co. Meath A82 VW27

Contact: Samantha Scally Number: 086 3808698

## **MEATH ALZHEIMER CAFÉ**

Dunshaughlin Pastoral Centre Main St, Dunshaughlin Co. Meath A85 XA09

Contact: John Kelly

Phone: 087-188 8178

Email: meathalzheimercave@alzheimer.ie

First Wednesday of each month 7pm to 9pm

## **NAVAN SATURDAY SOCIAL CLUB**

Whistlemount Day Care, 6 Liscarton Villa's, Kells Rd, Navan, Meath, C15 PD35

Contact: Liam Burke

Phone: 087 974 0871

Email: liam.burke@alzheimer.ie

2nd Saturday of every month from 11am-1 pm

## **RATOATH SOCIAL CLUB**

Ratoath Community Centre, Main St, Ratoath, Co. Meath

Contact: Liam Burke

Phone: 087 974 0871

Email: [liam.burke@alzheimer.ie](mailto:liam.burke@alzheimer.ie)

Last Friday of every month 11am-1pm

# Offaly

## **Carers training**

Tullamore Court Hotel

Monday 9th September from 7 to 9.30pm.

This course will run every Monday un l October 21st 2024.

To reserve a place call 1800341341

or email [familycarertraining@alzheimer.ie](mailto:familycarertraining@alzheimer.ie)

# Westmeath

## **ATHLONE SUPPORT GROUP**

Last Tuesday of each month 7pm to 8pm

St Mary's Hall, Northgate St, Athlone

Eileen Kenny

085 872 3720

## **MULLINGAR SUPPORT GROUP**

first Thurs of each month 6.30pm-7.30pm

Mullingar Library

Johanna Bennett

086 6075089

### **ATHLONE SOCIAL CLUB**

Every second Wednesday 2pm-4pm

St Mary's Hall, Northgate St, Athlone

Eileen Kenny

085 872 3720

### **MULLINGAR SOCIAL CLUB**

Every Friday 11am-1pm

Mullingar Bridge and Amenity Centre,

N91 WD96

Eileen Kenny

085 872 3720

# MUNSTER

# CALENDAR OF EVENTS



THE **Alzheimer**  
SOCIETY OF IRELAND

## Tipperary

### **Nenagh's First Memory Cafe**

Date: Thursday 5th of Septemeber

Loca on: Silver Arch Resource Centre, Nenagh

Time 11am to 1pm.

This event will run therea er on the first Thursday of each month.

Contact Jennifer Woods for details.

### **Carers Trip**

Date: Wednesday September 18th 2024

Carers to Sccul Sanctuary, leaving Roscrea @ 8am

With comfort breaks along the route.

The cost of the 10euro

Book with Fiona @ 086-2442020.

### **Support Group**

Date: Thursday September 19th

Venue: Le Cairde in Clonmel

Time: 2.00pm - 3.00pm

# Clare

## Ennis Alzheimer Cafe

Date: Thursday Septemeber 19th

Time: 11.30 to 13.30.

Guest speaker is Leanora Clohessy, Occupa onal Therapist in the Memory Resource Technology Room here in Ennis, Co Clare.

# CONNACHT CALENDAR OF EVENTS



THE **Alzheimer**  
SOCIETY OF IRELAND

# Mayo

## DEMENTIA INCLUSIVE SOCIAL CLUB

Dates: September 6th, 20th and 27th

Location: Castlebar Social Services Building  
Castle Street Castlebar F23 CY67

Contact: If you would like to attend please  
contact Catherine on 087 6942491

*Please note our Social club has been running fortnightly but the good news is it is starting weekly from September 20th.*





# UPCOMING OCTOBER EVENTS

**WED OCT 09**

There is a **Caring with Confidence Course** commencing for carers on **Wednesday October 09th 2024** in the Court House Roscrea and runs every Wednesday for **8 weeks until 27th November 2024** from 11am to 1pm. **Contact Mary on 0505-22550/0894682164** to reserve a place.

**FRI OCT 12**

A **Family Carers Support Group** is due to commence on Friday October 11th 2024 from 10.30 to 12.30 in the Court House, Roscrea.  
**It will run on the 2nd Friday of each month going further.**

# USEFUL RESOURCE



## Helpful Links

- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>.

## Cafés

- We are hosting several Alzheimer Cafés in September. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: [www.alzheimer.ie/service/alzheimer-cafe/](http://www.alzheimer.ie/service/alzheimer-cafe/).

## Social Clubs

- These are a social gathering where people can drop in to chat, access information and support, meet other people. Click the link below to find your nearest Social Club <https://alzheimer.ie/service/socialclub/>.

## MUSIC

- The VIRTUAL ASI National Choir will return on September 19th.
- Classic Music for Autumn: <https://www.youtube.com/watch?v=IlxYSLiFHIk>
- Let's Sing Together: <https://youtu.be/KEFAxePeZ18>
- Playlist for Life: <https://www.playlistforlife.org.uk/>
- The Story of Playlist for Life: <https://www.youtube.com/watch?v=eWgBlmVQXoM>

## MEDITATION

- A time for Balance - Autumn Equinox: [https://www.youtube.com/watch?v=WiNSWx\\_PN-8](https://www.youtube.com/watch?v=WiNSWx_PN-8)
- 5 Minute Meditation: <https://www.youtube.com/watch?v=Tjx3Whpmg8s>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 12 Minute Chair Yoga: <https://www.youtube.com/watch?v=AKC4VsgHRzY>

## OTHER

- Afternoon Playlist: <https://www.youtube.com/watch?v=ckKeQNCyPBU&list=PLZHedrTgk6oW6lvvEVCmuPw-PCOUUjBbi>
- Relaxing Music to Relieve Stress, Anxiety and Depression: <https://www.youtube.com/watch?v=WcXK5lw8yAk>
- Tactile Activities for People with Dementia: <https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Crafts for people living with Dementia: <https://loaids.com/easy-crafts-seniors-with-dementia/>

