



THE Alzheimer

SOCIETY OF IRELAND

September 2024

Activity Pack Two

Relaxed 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.

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

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



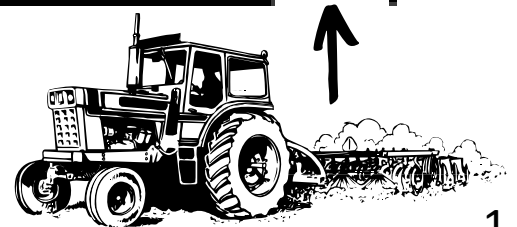
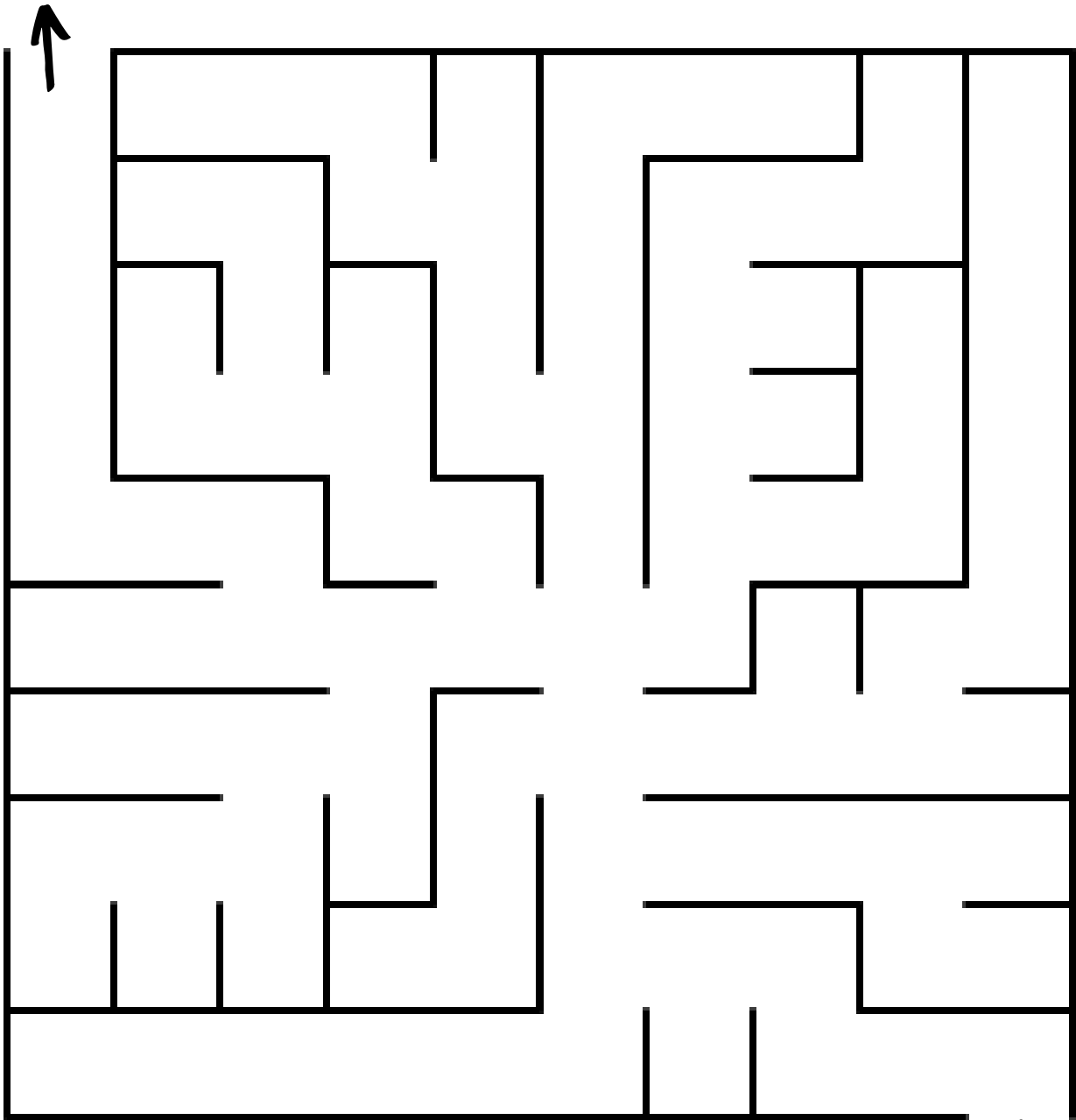
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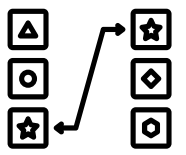
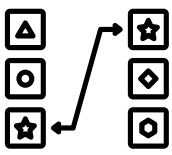
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Harvest Maze

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

Keep your Friends Close

Like Home

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 festival takes place on the 31st of October?
4. What might you pick from a 'bramble' in early Autumn?
5. What kind of tree do conkers fall from?
6. 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 festival takes place on the 31st of October? **Halloween**
4. What might you pick from a 'bramble' in early Autumn?

Blackberry

5. What kind of tree do conkers fall from? **Horse Chestnut**
6. 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.

2	+		+	4	14
+		+		+	
	+	9	+	3	18
+		+		+	
1	+		+		13
9		22		14	

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.

1	+		+	2	9
+		+		+	
8	+		+	9	21
+		+		+	
	+	7	+		15
14		17		14	

Autumn Word Search



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

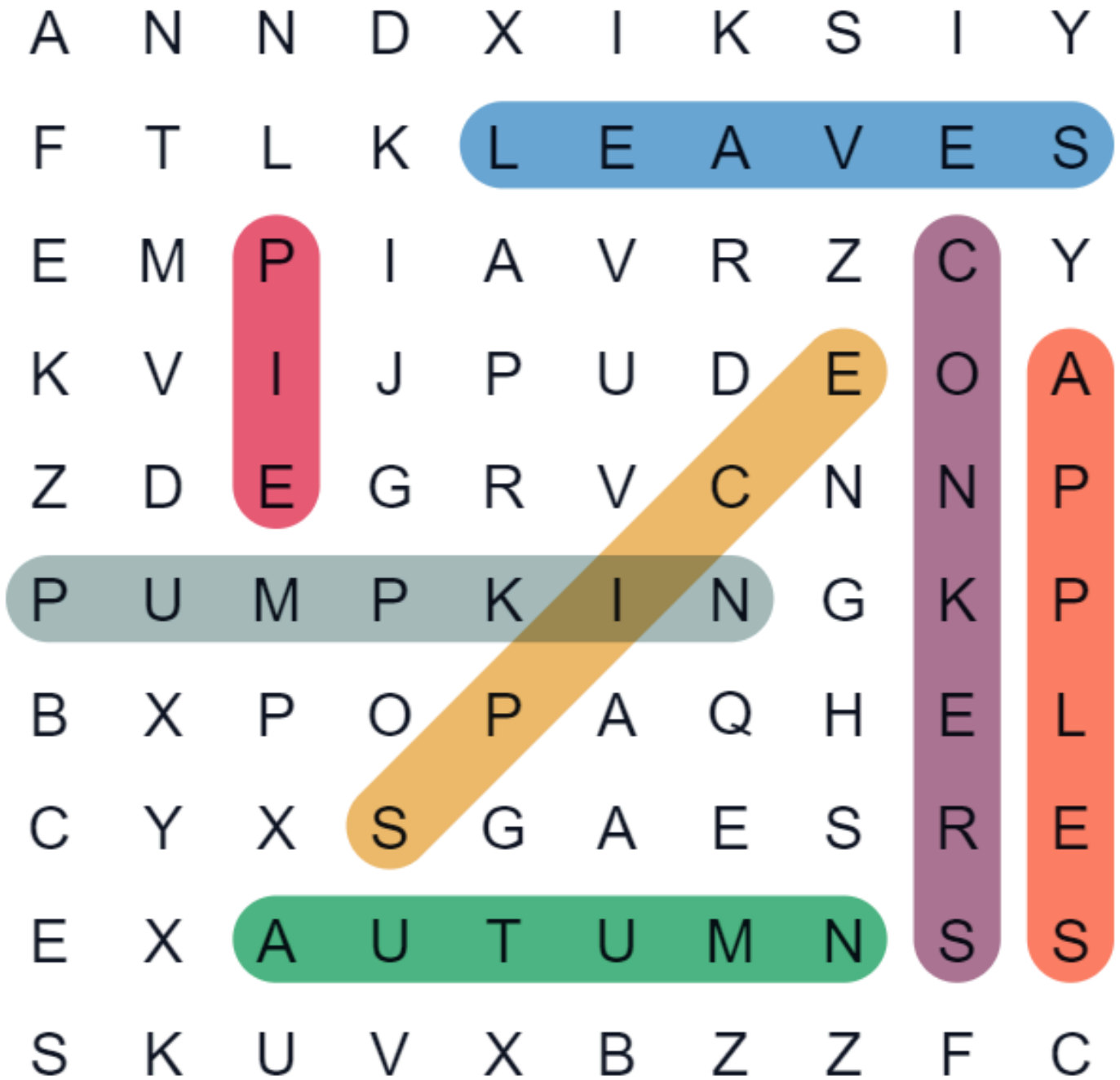
- Apples
- Spice
- Pie
- Leaves

- Autumn
- Pumpkin
- Conkers



Autumn Word Search

Answers



- Apples
- Spice
- Pie
- Leaves



- Autumn
- Pumpkin
- Conkers

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 Prompt:

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

- **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 150 to 400 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

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

Autumn Adventures Writing Pages

Name:

Story Title:

Autumn Adventures Writing Pages

Name:

Story Title:

Autumn Adventures Writing Pages

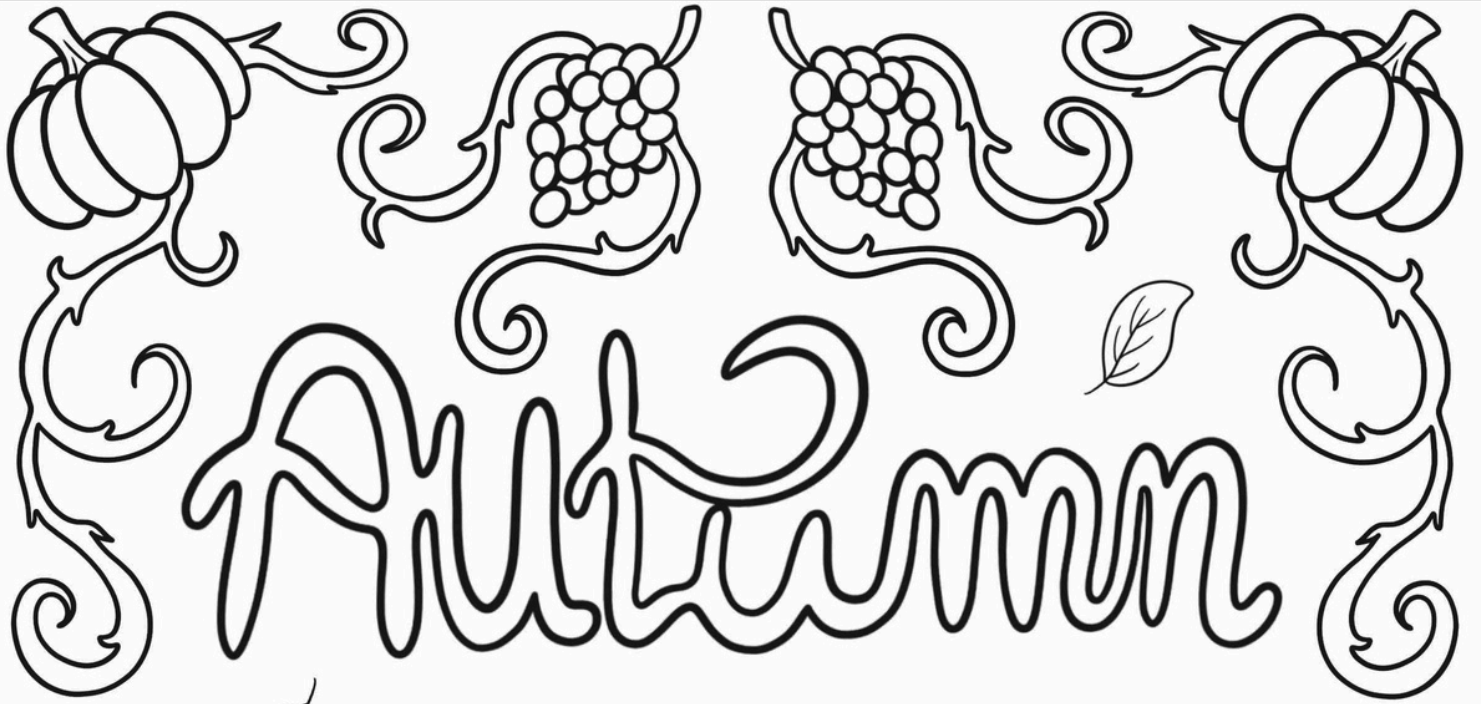
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Story Title:

Autumn Adventures Writing Pages

Name:

Story Title:



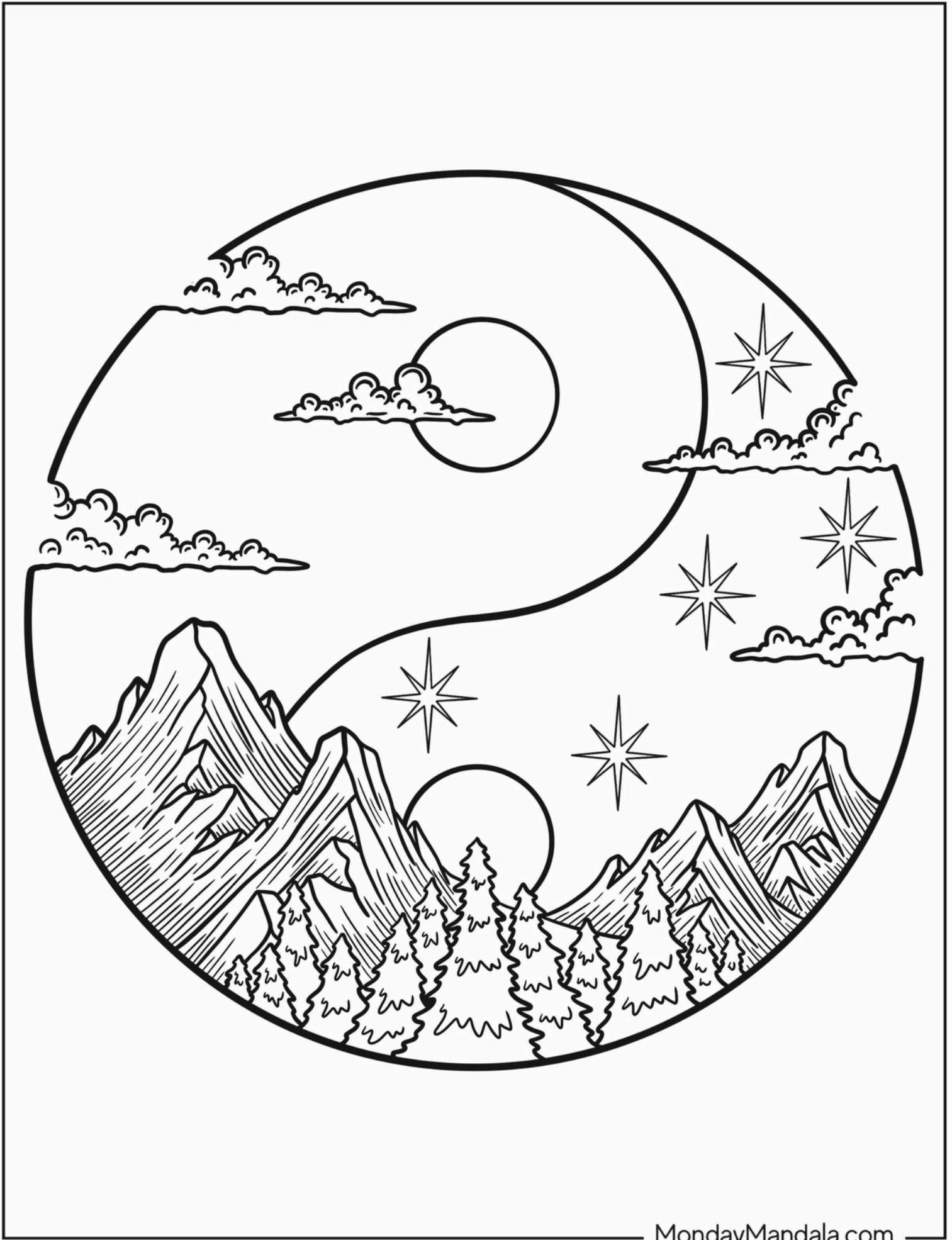
Autumn



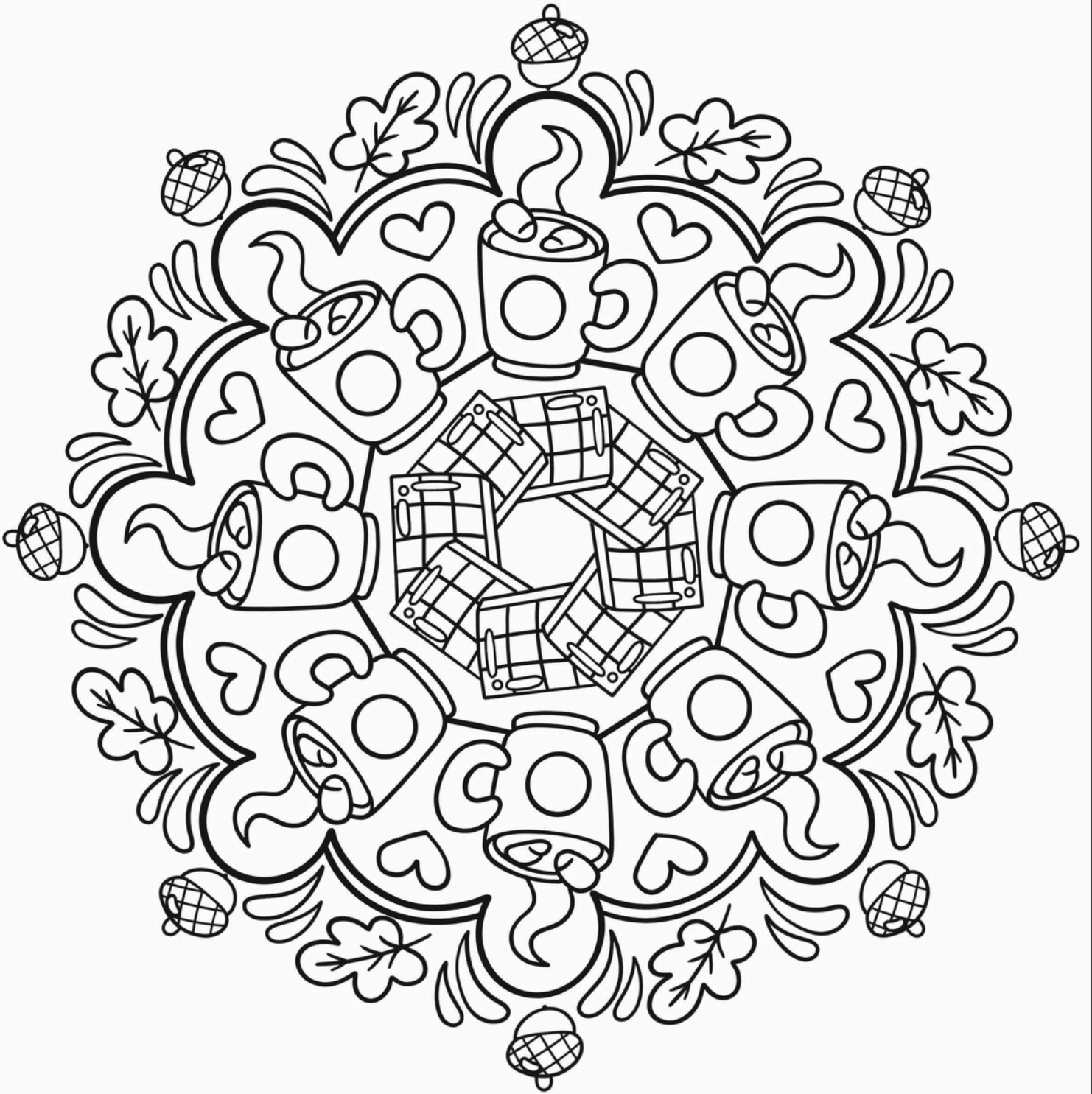
Welcome to



Autumn

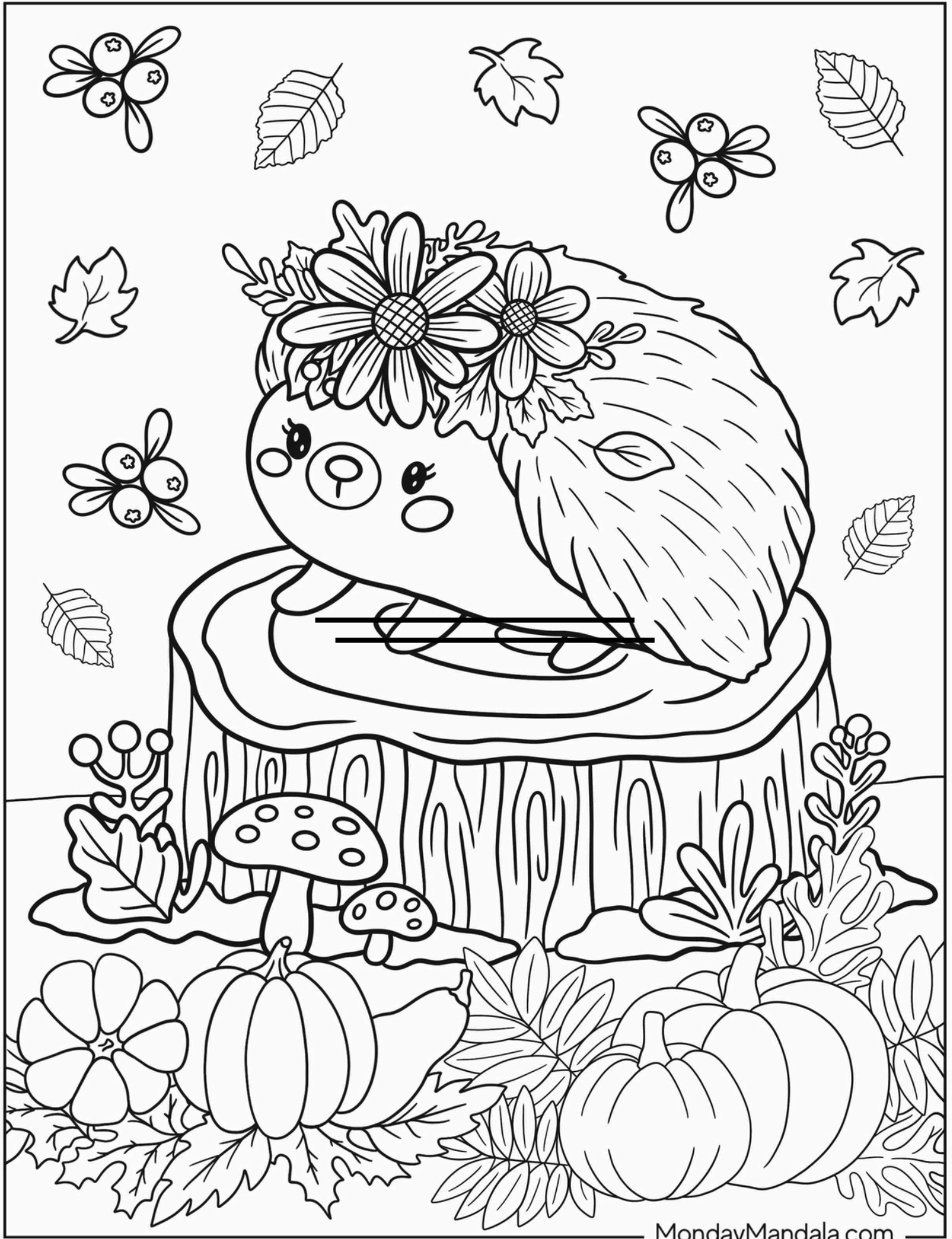












Mary Berry Apple Cupcakes

Ingredients

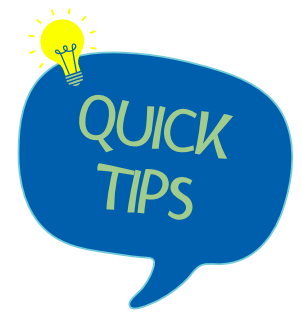


- 115 g Butter
- 115 g self-raising flour
- 115 g Caster Sugar
- 1 tsp ground cinnamon
- 2 eggs
- 2 dessert apples peeled, cored, and chopped into small chunks

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

5-Minute

Introduction (30 seconds):

"Hello everyone. Let's take a moment to get comfortable in our seats. Place your hands on your lap, and if you'd like, gently close your eyes. Let's start by taking a deep breath in... and slowly breathing out. We're going to take a short, peaceful journey through the beauty of autumn."





Guided Meditation (4 minutes):

"Imagine we're in a beautiful autumn forest. The trees around us have leaves that are bright colours—red, orange, and yellow. Picture these colours in your mind. The leaves fall softly to the ground, making a gentle, crunchy sound as they land. Can you hear that sound?"

Feel the cool breeze on your face, gentle and refreshing. Take a deep breath in and imagine you're breathing in the fresh, crisp air of the forest. As you breathe out, let go of any tension or worry.

Now, imagine the warmth of the sun shining through the trees, creating a golden light all around. Feel that warm light on your skin, bringing you comfort and peace.

As you sit quietly, picture a stream nearby. The water is clear, and you can see the leaves floating gently on the surface. Watch as the leaves drift away, and with them, any thoughts or worries. Just like the leaves, let them float away.

Now, let's take another deep breath in... and slowly breathe out. As you do, feel a sense of calm and peace settling over you, just like the calm of the autumn day.

Autumn-Themed Mindfulness Meditation

Closing (30 seconds):

"When you're ready, begin to bring your attention back to the room. Wiggle your fingers and toes, feeling the chair beneath you and the ground under your feet. Take one last deep breath in... and gently let it out. When you're ready, open your eyes, carrying the calm and beauty of autumn with you.

Thank you for joining me. I hope you feel peaceful and relaxed."



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.

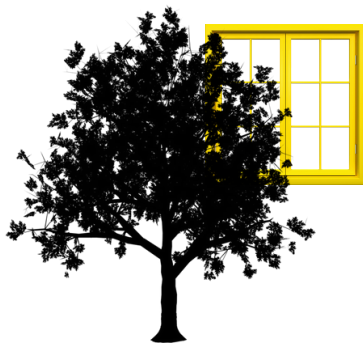
Stars and moths.
And rinds slanting around fruit.

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.





September Song

Frank Sinatra



When I was a young man courting the girls
I played me a waiting game
If a maid refused me with tossing curls
I'd let the old Earth take a couple of whirls
While I plied her with tears in lieu of pearls
And as time came around she came my way
As time came around, she came

When you meet with the young girls early in the Spring
You court them in song and rhyme
They answer with words and a clover ring
But if you could examine the goods they bring
They have little to offer but the songs they sing
And the plentiful waste of time of day
A plentiful waste of time

Oh, it's a long, long while from May to December
But the days grow short when you reach September
When the autumn weather turns the leaves to flame
One hasn't got time for the waiting game

Oh, the days dwindle down to a precious few
September, November
And these few precious days I'll spend with you
These precious days I'll spend with you



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.



Turn! Turn! Turn!

(To Everything There Is a Season)

The Byrds

Chorus: To everything (Turn, turn, turn)
There is a season (Turn, turn, turn)
And a time to every purpose under heaven

Verse 1: A time to be born, a time to die
A time to plant, a time to reap
A time to kill, a time to heal
A time to laugh, a time to weep

Chorus: To everything (Turn, turn, turn)
There is a season (Turn, turn, turn)
And a time to every purpose under heaven

Verse 2: A time to build up, a time to break down
A time to dance, a time to mourn
A time to cast away stones
A time to gather stones together

Chorus: To everything (Turn, turn, turn)
There is a season (Turn, turn, turn)
And a time to every purpose under heaven



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

Dublin

CASTLEKNOCK SOCIAL CLUB

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

Adenike Lamai

087 3320341

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

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

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

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: meathalzheimercafe@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

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 until October 21st 2024.

To reserve a place call 1800341341

or email 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/.

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
- 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/>

