



THE *Alzheimer*

SOCIETY OF IRELAND

MARCH





Activity Pack One

Active Engagement





Hello and welcome! As we step into March, we're embracing the spirit of the season with a wonderful mix of activities to bring joy and creativity to your days.

With St. Patrick's Day just around the corner, there's plenty of festive fun to enjoy! From exploring Irish traditions to trying your hand at crafts and recipes, this month is all about luck, laughter, and a touch of green.

As spring begins to bloom, we invite you to celebrate the changing season with moments of creativity and relaxation. Whether it's through art, music, or a delicious treat, there's something for everyone to enjoy this spring.

Whether you try one activity or dive into them all, we hope this pack brings a little extra magic to your March!

Send us images of your creations to:
communityengagement@alzheimer.ie for a chance to be featured on our social media.

And as always, our Free Helpline is here for you. You can reach us at
Phone: [1800 341 341](tel:1800341341) or Email: helpline@alzheimer.ie.



TABLE OF CONTENTS

Fork Flower Craft	1-3
Wordsearch	4 - 5
Limerick Writing	6 - 7
Maze	8 - 9
Maths Puzzle Squares	10 - 12
Soda Bread	13
Colouring	14 - 23
Poems	23 - 25
Songs.....	26 - 28
Useful Resources	29 - 31



Fork Flower Painting



Spring is a wonderful time to take in nature. After the cold dark winter March is the time that the flowers slowly start to raise their heads. Why not create your own garden with this simple flower art craft.

What you will need:

- Paper
- Green and other assorted color paint
- Cotton Buds
- Fork



Tutorial available at
<https://virtualdementiahub.ie/coming-soon-march-2025-fork-flower-craft-tutorial/>

Check out the below for some inspiration!





Steps to Follow



Step 1 Begin by placing the tines of the fork in the green paint and press the fork on the paper to create the look of grass at the bottom.

Step 2 Next, use a cotton-buds to paint a stem and leaves from the painted grass to about halfway up the page.



Step 3 Using a different cotton-buds or the other end of the cotton-buds, paint the center of a flower on the top of the stem.

Step 4 Finally, use the tines of a clean fork and any color you choose to create a flower around the painted center at the top of the stem.





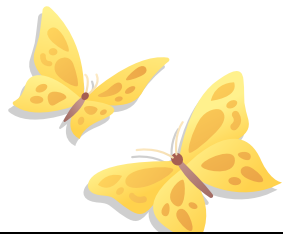
TIPS



- Be sure to have some wet washcloths or paper towels handy in preparation for the little (or larger) messes that may occur.
- Wear an old shirt or smock as a paint shirt to protect clothing from paint.
- If the weather is nice outside, pack up your supplies and go out into the sunshine.
- Ideally provide one fork for each color of paint.

VARIATIONS OF FLOWER FORK PAINTING TO TRY

- Add glitter on the paint before it dries for beautiful, sparkly flowers.
- Glue buttons of various sizes and colors to the center of the flower to add a little dimension.
- Paint a vase or cut one out of construction paper, glue it to your paper and add a beautiful fork bouquet to the vase.
- Fold the paper in half to make a card. This Flower Fork Painting would make a beautiful Mother's Day or Get Well card!



Wordsearch

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

Breeze

Spring

Shamrock

Butterfly

Blossom

Parade

Sprout

Grass

March

Picnic

Stpatricksday

Caterpillar

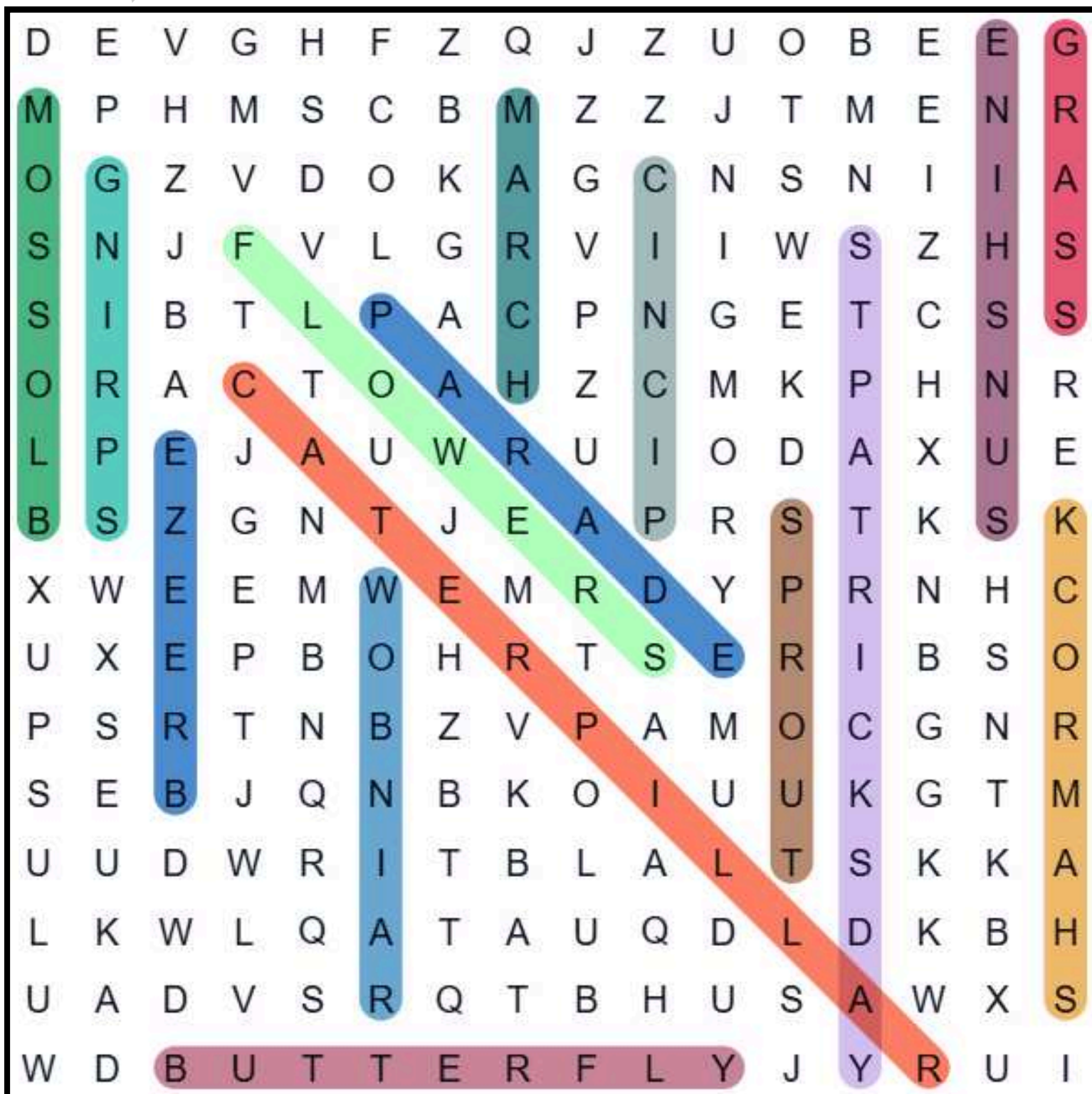
Rainbow

Flowers

Sunshine



Wordsearch



Breeze

Spring

Shamrock

Butterfly

Blossom

Stpatricksday

Sprout

Grass

March

Picnic

Flowers

Caterpillar

Rainbow

Parade

Sunshine

Limerick Writing

March 21st is World Poetry Day so why not give it a go yourself?
Limericks are short, five-line poems with a playful rhythm and rhyme.

How to Write a Limerick:

- **Understand the Structure:**

- Limericks have five lines.
- Lines 1, 2, and 5 rhyme with each other.
- Lines 3 and 4 rhyme with each other.
- The rhythm follows a pattern:
 - Lines 1, 2, and 5: da-DUM-da-da-DUM-da-da-DUM
 - Lines 3 and 4: da-DUM-da-da-DUM

- **Choose a Fun Topic:**

- A person, place, or animal can be a great starting point.
- Silly or unexpected ideas make the best limericks!

- **Start with the First Line:**

- Introduce a character or setting.
- Example: There once was a cat from Peru...

-

- **Continue with the Rhyming Pattern:**

- Think of words that rhyme and build your story.
- Example: There once was a cat from Peru, Who danced in a shoe bright and blue. He spun round and round, Then fell to the ground, And said, "I must learn something new!"

- **Have Fun and Share!**

- Read the limericks aloud and enjoy the laughter.
- Encourage others to create their own.

Extra Tips:

- Try starting with "There once was..." or "There was a..."
- Use simple, easy-to-rhyme words.
- No pressure—just enjoy the process!

Happy limerick writing!



Limerick Writing

A St. Patrick's Day Limerick

There once was a mid-March day
When people would gather and say:
"St. Patrick's Day's here!
Let's wear green and drink beer!"
And they'd party the evening away!



© Mixminder.com, 2014

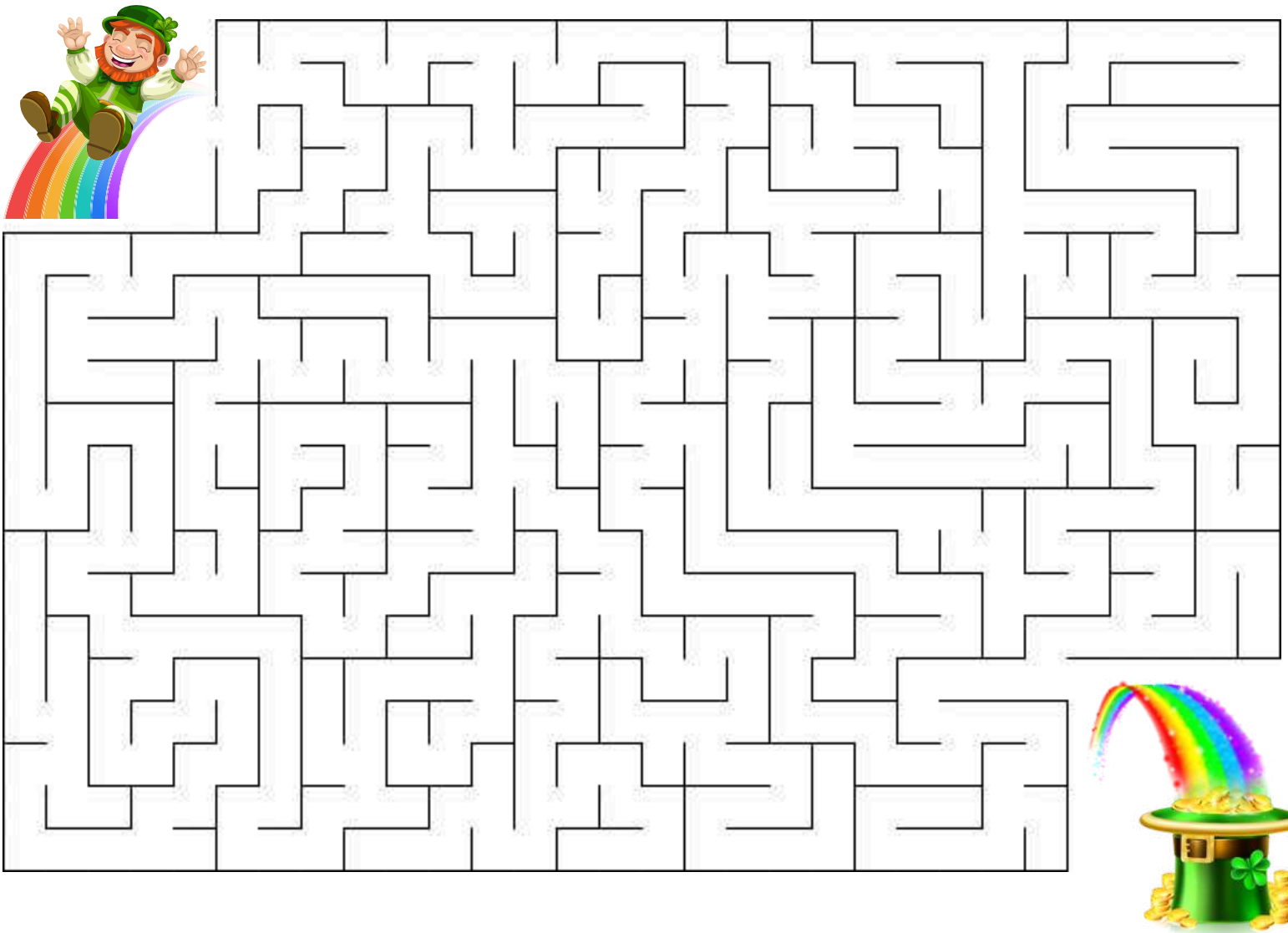
There once was a leprechaun who
Decided to hide in a shoe.
A foot came one day,
And to his dismay,
He'll grant no more wishes to you.



Text: Helen Novell

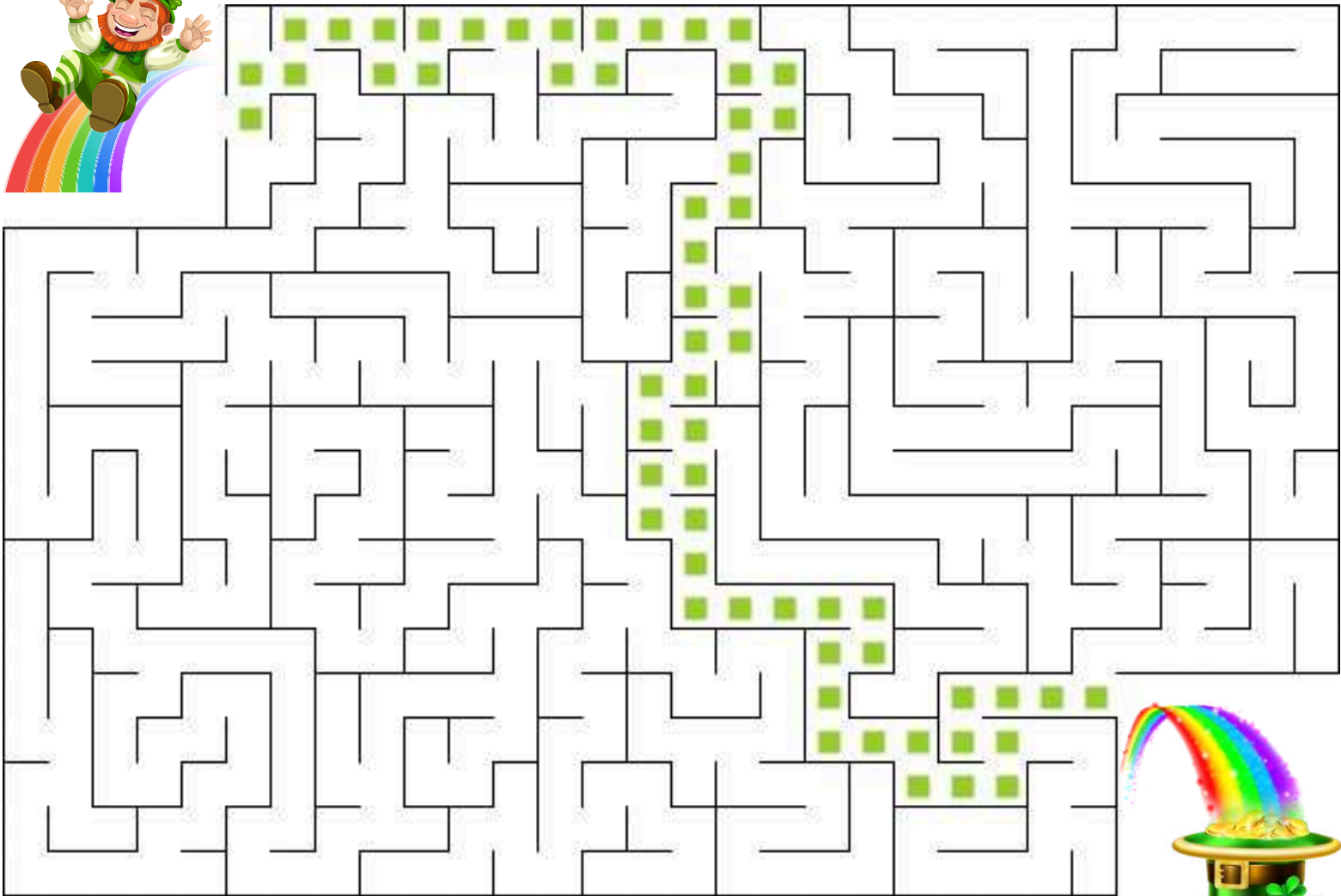
Maze

Can you help the leprechaun find their way to the pot of gold?



Maze Solution

Can you help the leprechaun find their way to the pot of gold?





Maths Squares Puzzle

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.

Puzzle One:

	-	10	×	16	+		-147
+		+		-		+	
	×		+		-		68
+		×		+		×	
11	-		-		+		15
×		+		-		-	
13	-		-		-		-7
155		67		-3		58	

Maths Squares Puzzle



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.

Puzzle Two:

3	+	2	×	19	+	14	-	20	35
-		×		-		+		+	
23	-	12	+	5	-	17	+	16	15
×		-		+		-		-	
4	×	22	+	6	-	21	-	11	62
+		+		×		+		-	
13	+	10	-	25	×	8	-	15	-192
+		-		-		+		+	
7	+	1	-	9	+	24	+	18	41
-69		11		155		42		28	

Math Squares Puzzle Answers



Answer Puzzle One:

8	-	10	×	16	+	5	-147
+		+		-		+	
4	×	15	+	14	-	6	68
+		×		+		×	
11	-	3	-	2	+	9	15
×		+		-		-	
13	-	12	-	7	-	1	-7
155		67		-3		58	

Answer Puzzle Two:

3	+		×	19	+		-		35
-		×		-		+		+	
23	-		+		-	17	+		15
×		-		+		-		-	
4	×	22	+		-		-		62
+		+		×		+		-	
	+	10	-		×		-	15	-192
+		-		-		+		+	
7	+	1	-		+		+		41
-69		11		155		42		28	





Traditional Soda Bread

INGREDIENTS

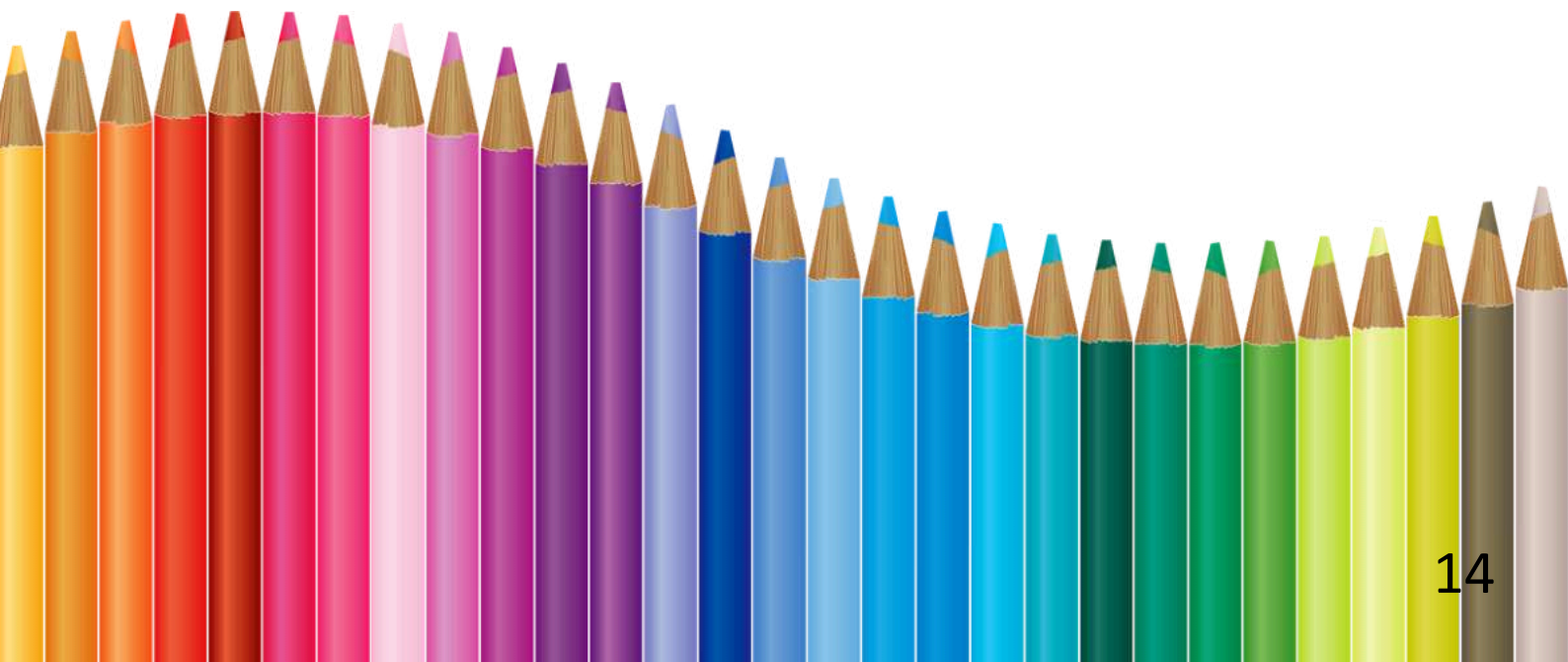
- 450g/1lb Self Raising Flour
- 1 level teaspoon Baking Powder
- Pinch of Salt
- 2 dessertspoons Sugar
- 50g/2oz Butter or Margarine
- 1 Egg, beaten
- 250-300ml/½pt Milk (approx)
- 125g/4oz Sultanas or Raisins (optional)



DIRECTIONS

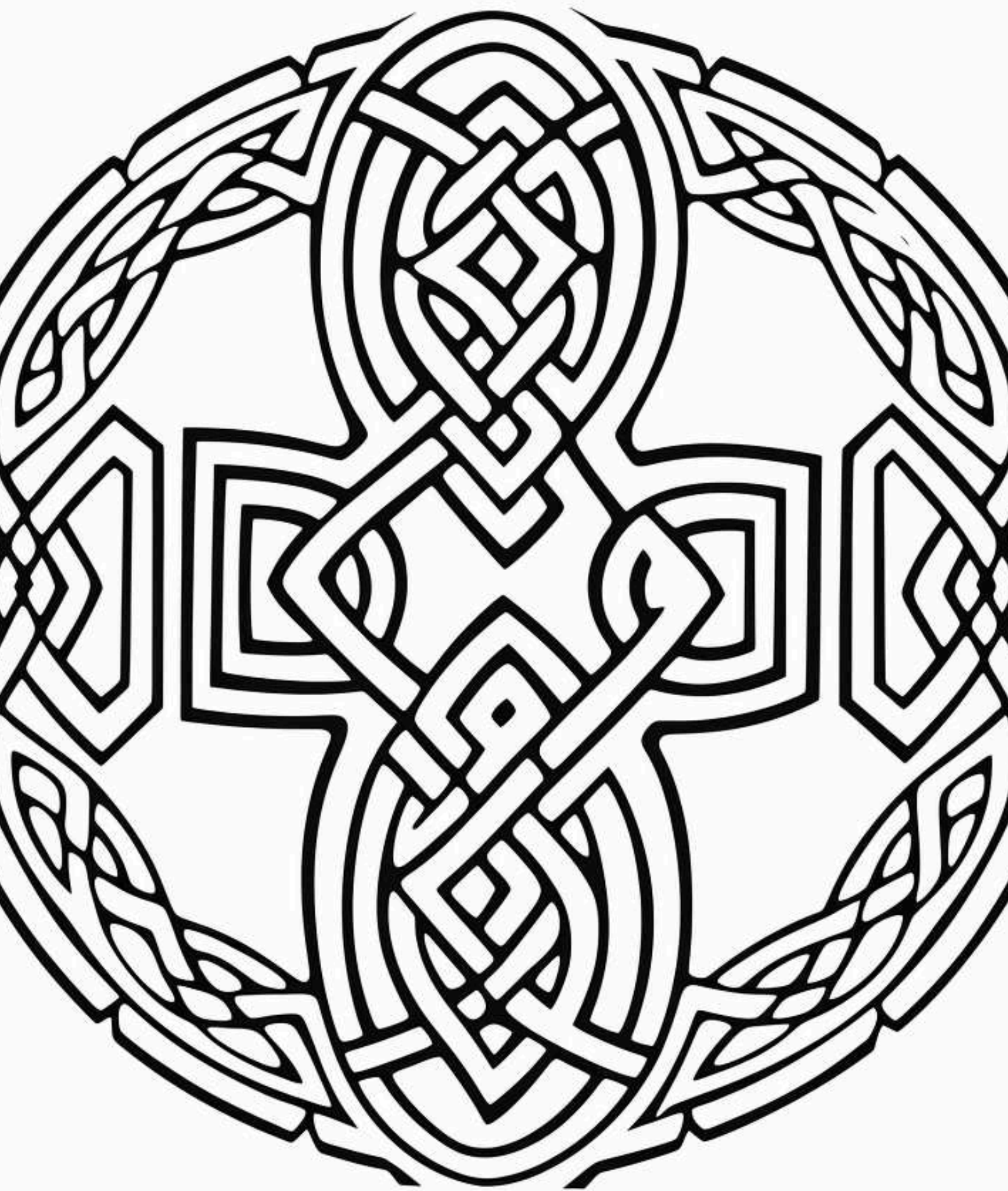
1. Preheat oven to 200°C/400°F/Gas 6. Lightly dust a flat baking tray with flour.
2. Sieve the flour, baking powder and salt into a mixing bowl. Add the sugar and mix well.
3. Rub the butter/margarine into the dry ingredients until the mixture resembles breadcrumbs. Add the sultanas or raisins, if used, and mix through.
4. Finally, add the egg and sufficient milk to make a soft dough that is not too wet or sticky. Turn onto a lightly floured board and gently knead just enough to bring the dough together.
5. Transfer to the prepared baking tray and shape into a round about 4cm/1½" deep. Cut a cross on top.
6. Bake for about 40 minutes until golden brown, and tapping underneath produces a hollow sound. Serve freshly baked and spread with butter.

Colouring Pages





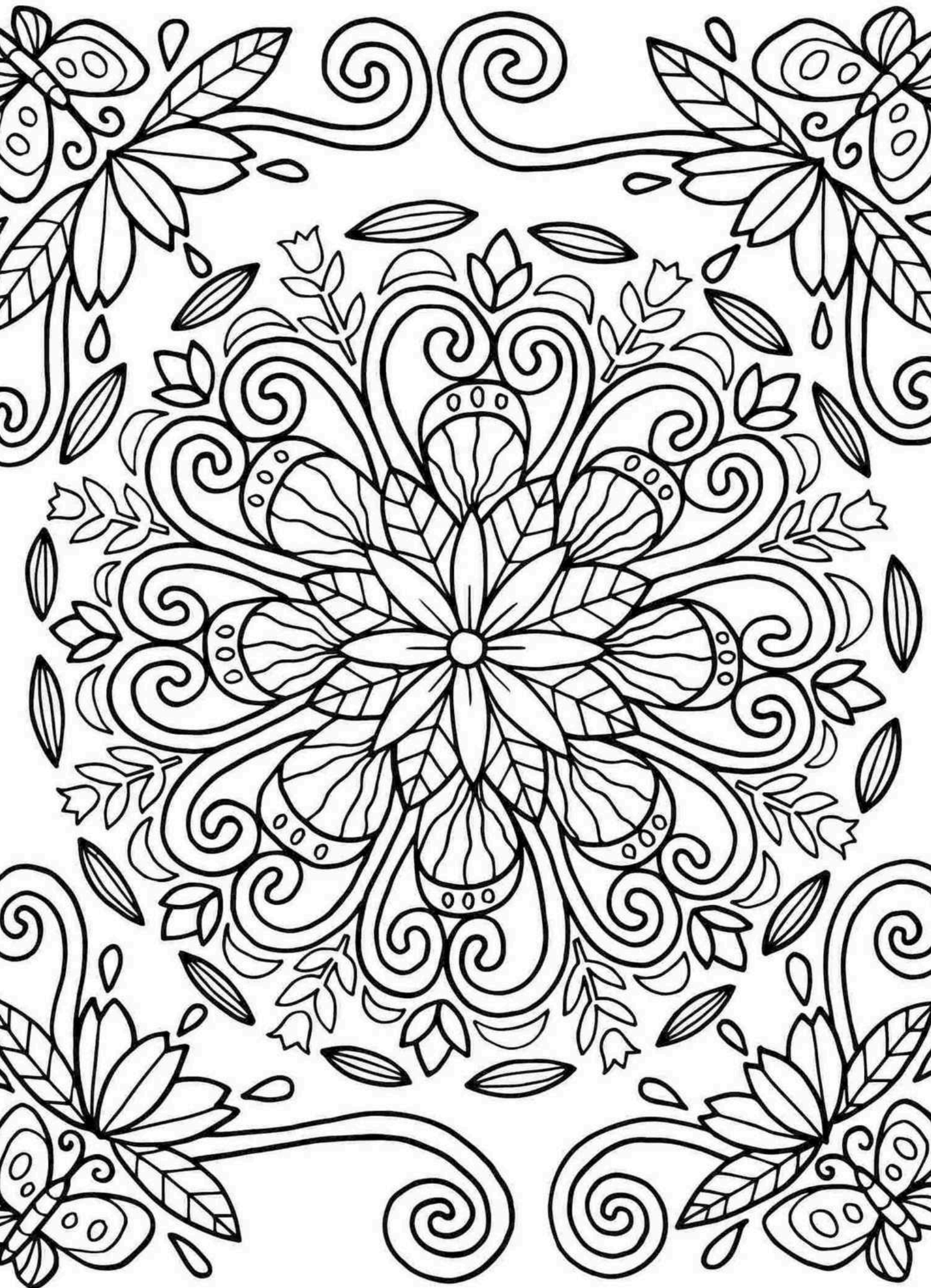
















I Wandered Lonely as a Cloud

William Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

St. Patrick's Day

by Jean Blewett

There's an Isle, a green Isle, set in the sea,
Here's to the Saint that blessed it!
And here's to the billows wild and free
That for centuries have caressed it!

Here's to the day when the men that roam
Send longing eyes o'er the water!
Here's to the land that still spells home
To each loyal son and daughter!

Here's to old Ireland—fair, I ween,
With the blue skies stretched above her!
Here's to her shamrock warm and green,
And here's to the hearts that love her!





The Lake Isle of Innisfree

William Butler Yeats

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.



Grace

The Dubliners & Jim McCann

As we gather in the chapel here in old Kilmainham Gaol
I think about these past few weeks, oh, will they say we've failed?
From our schooldays, they have told us we must yearn for liberty
Yet, all I want in this dark place is to have you here with me

[Chorus]

Oh Grace, just hold me in your arms and let this moment linger
They'll take me out at dawn and I will die
With all my love, I'll place this wedding ring upon your finger
There won't be time to share our love, for we must say goodbye

Now, I know it's hard for you, my love, to ever understand
The love I bear for these brave men, my love for this dear land
But when Pádraic called me to his side down in the G.P.O.,
I had to leave my own sick bed; to him I had to go

[Chorus]

Oh Grace, just hold me in your arms and let this moment linger
They'll take me out at dawn and I will die
With all my love, I'll place this wedding ring upon your finger
There won't be time to share our love, for we must say goodbye

Now, as the dawn is breaking, my heart is breaking too
On this May morn, as I walk out, my thoughts will be of you
And I'll write some words upon the wall so everyone will know
I loved so much that I could see his blood upon the rose

[Chorus]

Oh Grace, just hold me in your arms and let this moment linger
They'll take me out at dawn, now I must die
With all my love, I'll place this wedding ring upon your finger
There won't be time to share our love, for we must say goodbye
Ah, there won't be time to share our love so we must say goodbye



The Galway Girl

Steve Earle

Well, I took a stroll on the old long walk
Of a day-i-ay-i-ay
I met a little girl and we stopped to talk
Of a fine soft day-i-ay

And I ask you, friend, what's a fella to do?
Because her hair was black and her eyes were blue
And I knew right then, I'd be taking a whirl
Around the Salthill prom with a Galway girl

We were halfway there when the rain came down
Of a day-i-ay-i-ay
She asked me up to her flat downtown
Of a fine soft day-i-ay

And I ask you, friend, what's a fella to do?
Because her hair was black and her eyes were blue
I took her hand and I give her a twirl
And I lost my heart to a Galway girl

When I woke up, I was all alone
With a broken heart and a ticket home
And I ask you now, tell me what would you do?
If her hair was black and her eyes were blue
'Cause I've traveled around, I've been all over this world
Boys, I ain't never seen nothing like a Galway girl



Forty Shades of Green

Johnny Cash

[Verse 1]

I close my eyes and picture
The emerald of the sea
From the fishing boats at Dingle
To the shores of Donaghadee
I miss the river Shannon
And the folks at Skibbereen
The moorlands and the meadow
With their forty shades of green

[Pre-Chorus 2]

But most of all I miss a girl
In Tipperary town
And most of all I miss her lips
As soft as eiderdown

[Chorus 2]

Again I want to see and do
The things we've done and seen
Where the breeze is sweet as Shalimar
And there's forty shades of green

[Chorus 1]

Green, green, forty shades of green

[Verse 2]

I wish that I could spend an hour
At Dublin's churning surf
I'd love to watch the farmers
Drain the bogs and spade the turf
To see again the thatching
Of the straw the women glean
I'd walk from Cork to Larne to see
The forty shades of green

[Pre-Chorus 2]

But most of all I miss a girl
In Tipperary town
And most of all I miss her lips
As soft as eiderdown

[Chorus 2]

Again I want to see and do
The things we've done and seen
Where the breeze is sweet as Shalimar
And there's forty shades of green



Useful Resources

HELPFUL LINKS

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

CAFÉS

- We are hosting several Alzheimer Cafés this month. 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, and meet other people. Click the link below to find your nearest Social Club
<https://alzheimer.ie/service/socialclub/>.
- Engaging Dementia Rainbow Virtual Café is held online via Zoom on the last Friday of each month (excluding bank holidays). This is a welcoming space for older persons within the LGBT+ community, as well as family supporters, healthcare workers and proactive allies.
virtualcafe@engagingdementia.ie





MUSIC

- The Virtual National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: cbartels@alzheimer.ie
- St Patricks Day Instrumentals: <https://www.youtube.com/watch?v=ZtegGdi-NQo>
- 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

- Spring Meditation: <https://www.youtube.com/watch?v=gN7SLNUw4Ro>
- 5 Minute Spring Meditation: <https://www.youtube.com/watch?v=N88tfyE3bjE>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 28 day challenge Chair Yoga: <https://www.youtube.com/watch?v=VoKOWQwOmfQ&list=PLD2LeigHmZ4FYco7wrQuqOgLQ3Fk9gQin>





OTHER

- Beautiful Relaxing Music: <https://www.youtube.com/watch?v=IFcSrYw-ARY>
- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1
- Spring Relaxing Music to Relieve Stress, Anxiety and Depression: <https://www.youtube.com/watch?v=u4pQ7O8uQRw>
- Tactile Activities for People with Dementia: <https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Spring Crafts: <https://loaids.com/spring-crafts-for-seniors/>
- Online Colouring: <https://coloring-for-adults.com/all-coloring-pages>
- Irish Museum of Modern Art <https://imma.ie/learn-engage/imma-horizons/>

