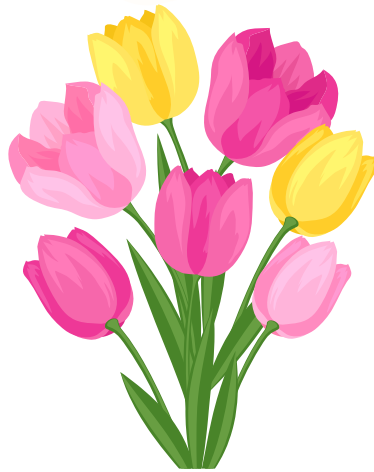




THE Alzheimer

SOCIETY OF IRELAND

MAY



Activity Pack Two

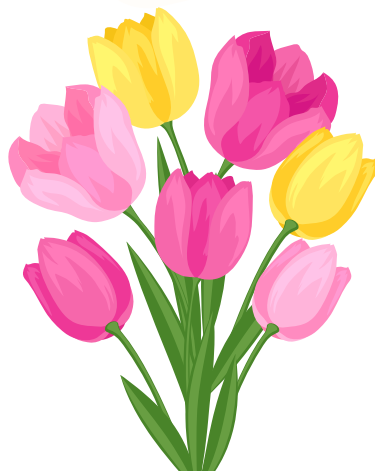
Relaxed Engagement



Activity Pack Two

Relaxed Engagement

MAY





Dear Friends,

Hello and welcome! As we step into May, we're celebrating the warmth and wonder of spring with a fresh mix of activities designed to inspire creativity and spark joy.

We're kicking off the month with Tea Day on May 1st—a perfect excuse to gather with friends, sip something soothing, and enjoy a little moment of calm. Why not host your own mini tea party and make it extra special?

Our featured craft this month is a charming toilet roll bird, a fun and easy project that brings a touch of nature indoors. Let your imagination take flight with feathers, colours, and a bit of glue!

And for something delicious, we've got a seasonal treat: a rhubarb and strawberry compote served over creamy chia seed pudding. It's simple to make, naturally sweet, and bursting with spring flavours.

As May fills the air with birdsong and blossoms, we invite you to slow down, get creative, and savour the little joys of the season. Whether you try one activity or dive into them all, we hope this pack brings a little extra brightness to your May!

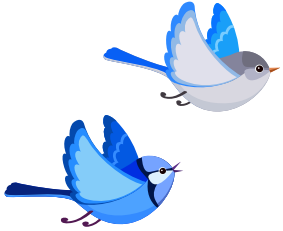
Send us images of your creations to: communityengagement@alzheimer.ie for a chance to be featured on our social media or in the next issue.

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

Cardbird Bird	1-3
Wordsearch	4-5
Maths	6-7
Backrub	8
Stewed Strawberry Rhubarb Compote with Chia Coconut Pudding	9
Colouring	10-16
Poems	17-19
Songs.....	20-22
The Origin of Tea	23
Useful Resources	24-26



Cardboard Bird

Spring is in the air, and what better way to celebrate than by making these adorable paper roll birds?

What you will need:

- Toilet Roll
- Hot Glue Gun
- Paints
- Scissors
- Paint Brushes
- String
- Water and cloth for cleaning brushes



Tutorial available at:

<https://virtualdementiahub.ie/may-2025-cardboard-bird-craft-tutorial/>

Check out the below for some inspiration!





Steps to Follow

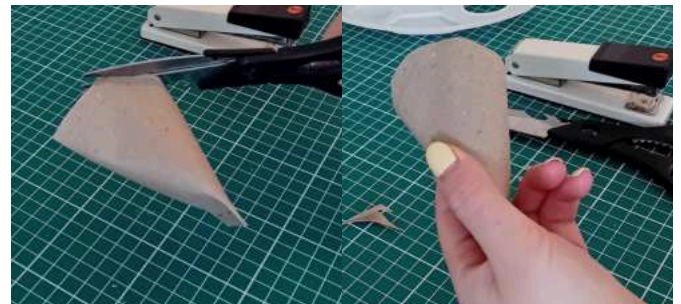


Squeeze one end of the toilet roll closed and staple/glue it shut —this creates the bird's tail.



Squeeze the other end of the toilet paper roll closed and round off the corners with scissors.

(Remember to do it at a different angle than the head. Look at the picture to see what we mean.)



Save one of the cut-off corners. First, attach the beak and then close the rest of the opening shut. **Now you've made the bird's head.**





Steps to Follow



Paint the bird. We recommend using acrylic paints. Let the paint dry and then draw details with markers or more paints.



I have just done a simple black eye here but you can also... start by drawing a big white circle, let it dry completely, and then draw a smaller black circle inside the white one. You can create fun expressions depending on which direction the bird is looking!



Wordsearch



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

Owl

Magpie

Goldfinch

Crow

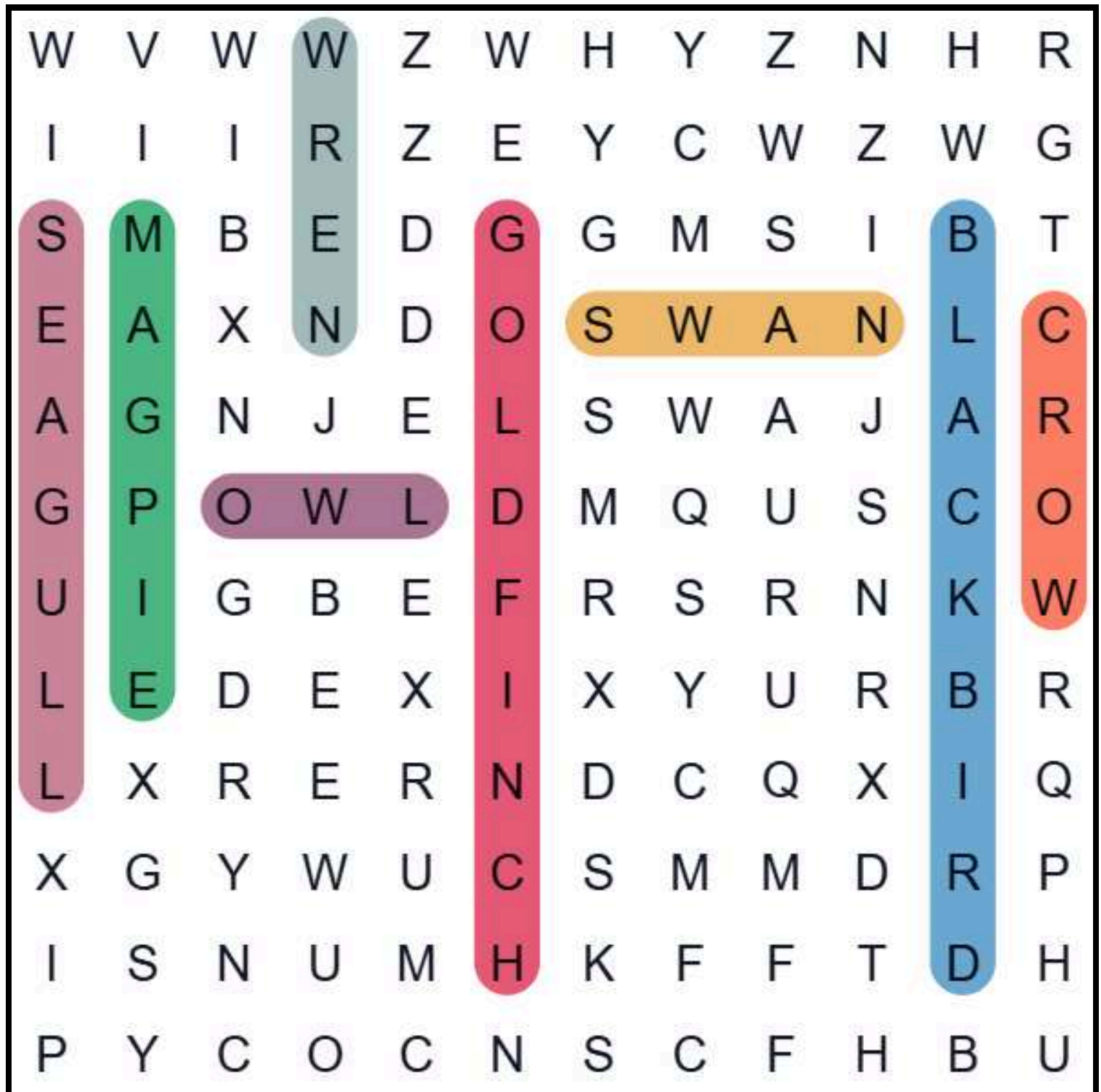
Seagull

Wren

Blackbird

Swan

Wordsearch



Owl

Magpie

Goldfinch

Crow

Seagull

Wren

Blackbird

Swan

Sums

$$2 + 8 =$$

$$10 + 14 =$$

$$24 - 9 =$$

$$15 - 12 =$$

$$3 + 7 + 18 =$$

$$28 + 20 =$$

$$(48 - 12) + 4 =$$

$$(40 - 30) + 12 =$$

Solutions

$$2 + 8 = 10$$

$$10 + 14 = 24$$

$$24 - 9 = 15$$

$$15 - 12 = 3$$

$$3 + 7 + 18 = 28$$

$$28 + 20 = 48$$

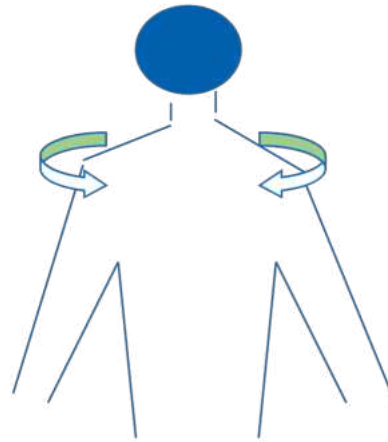
$$(48 - 12) + 4 = 40$$

$$(40 - 30) + 12 = 22$$

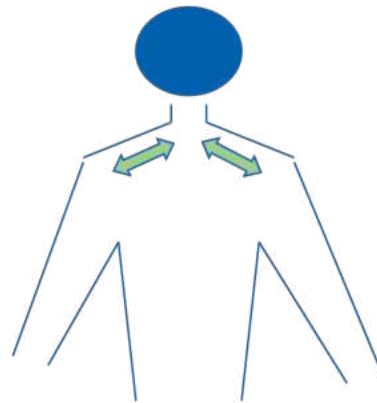


Back Rub Exercise

Shoulders (i) The palms of the hands should be used in circular movements and should remain in contact with the shoulders throughout.

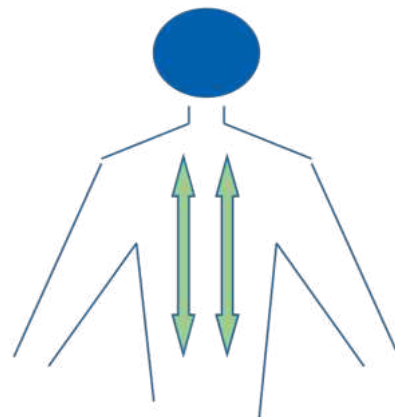


Shoulders (ii) Use the back of the fingers - again keeping them in contact throughout.



Back

Use the back of the hands on either side of the spine with slightly more pressure in the upward direction. Keep hands in contact with the back throughout.



Stewed Strawberry Rhubarb Compote with Chia Coconut Pudding

Ingredients

- 2 cups rhubarb stalks $\frac{1}{3}$ inch slices
- 2 cups quartered strawberries
- $\frac{1}{4}$ cup water
- 2 tablespoons maple syrup
- $1\frac{1}{2}$ cup almond milk (or any other milk)
- $\frac{1}{4}$ cup chia seeds
- $\frac{1}{4}$ cup shredded unsweetened coconut flakes
- 1 teaspoon vanilla

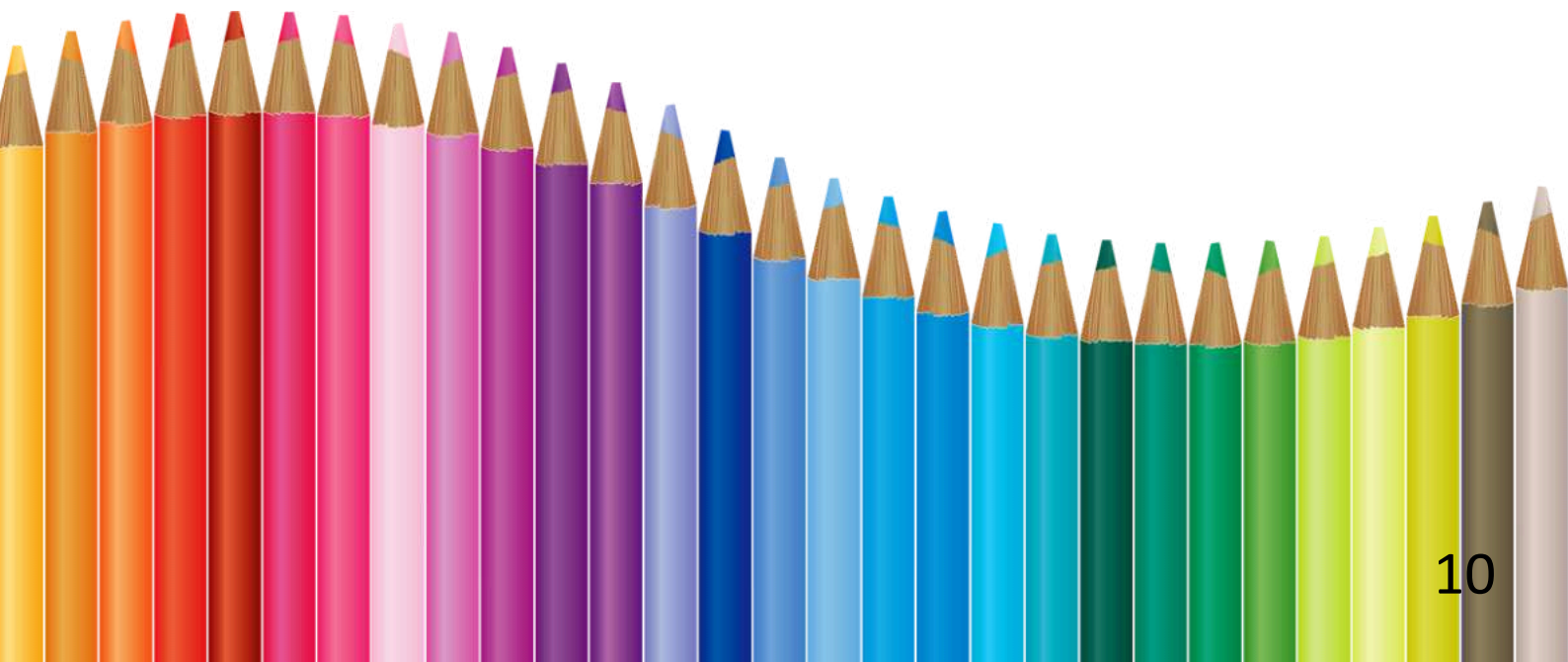


Method

- In a medium saucepan, combine rhubarb, water, and maple syrup. Bring to a simmer, stirring occasionally. As soon as the rhubarb starts to soften, add the strawberries and continue to simmer. Cook about 5-7 minutes until strawberries and rhubarb have softened and a thick sauce forms. Set aside to cool.
- To make the chia pudding, combine milk, chia, coconut, and vanilla in a bowl. Stir well and let set in the fridge for at least 1 hour to overnight.
- To serve, divide half of the chia pudding into 2 separate bowls and top with strawberry rhubarb compote.



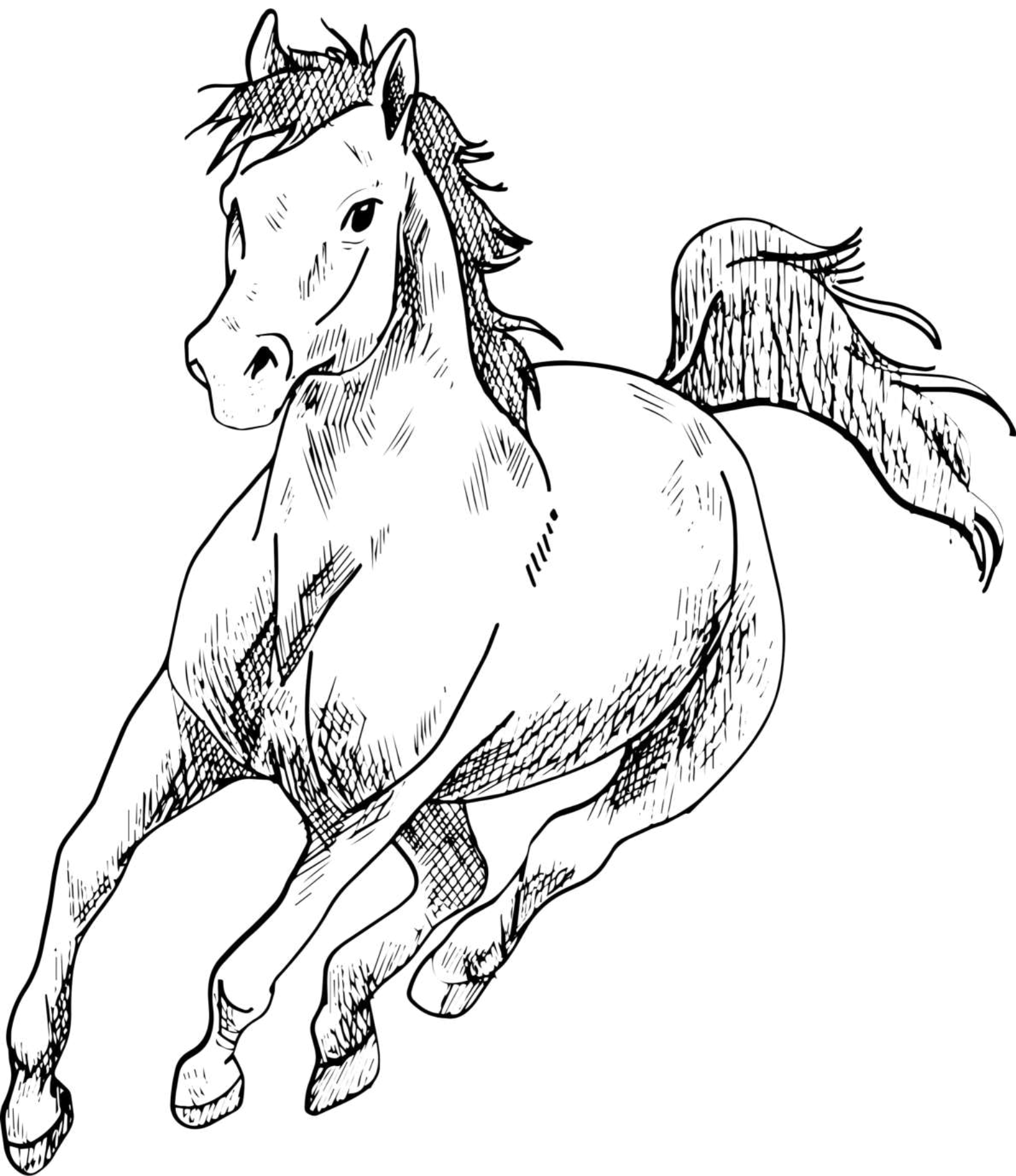
Colouring Pages

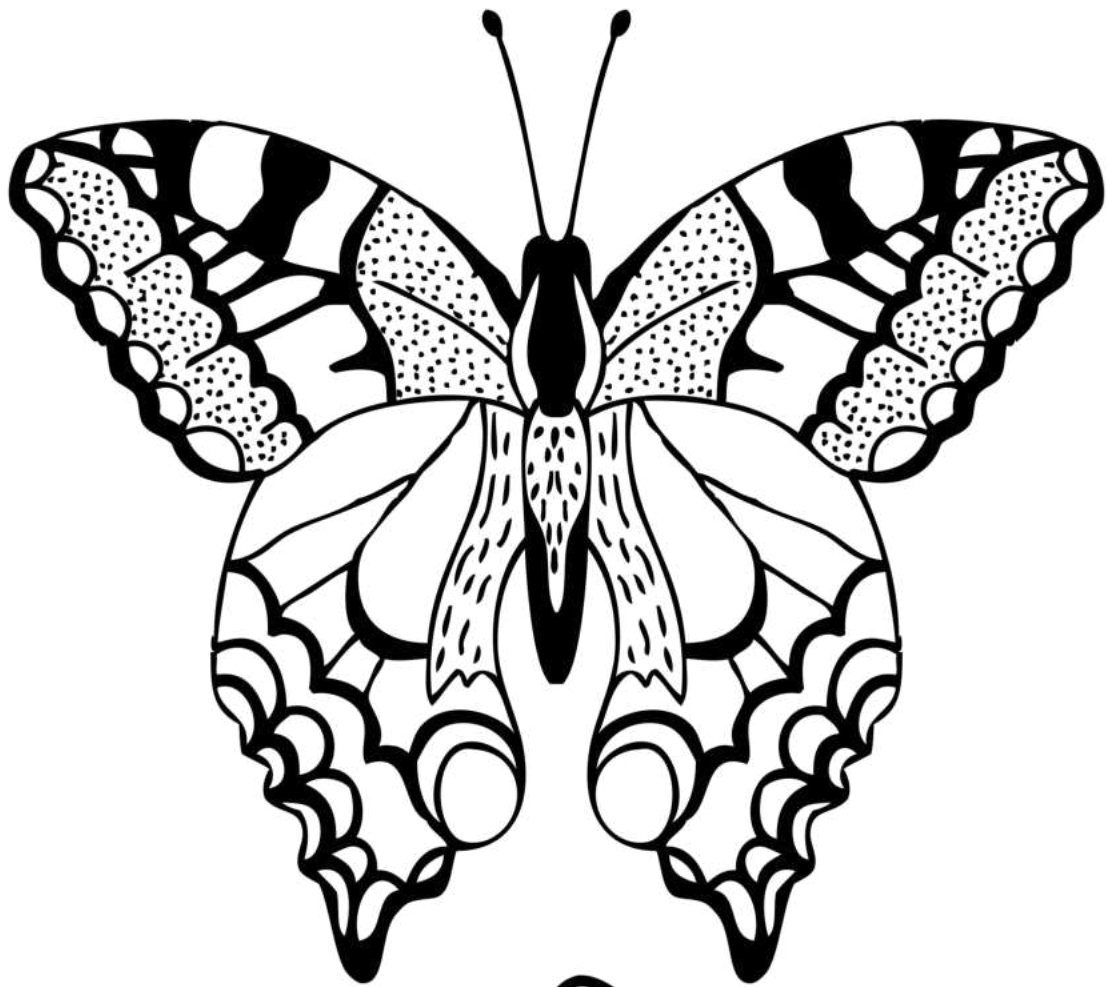


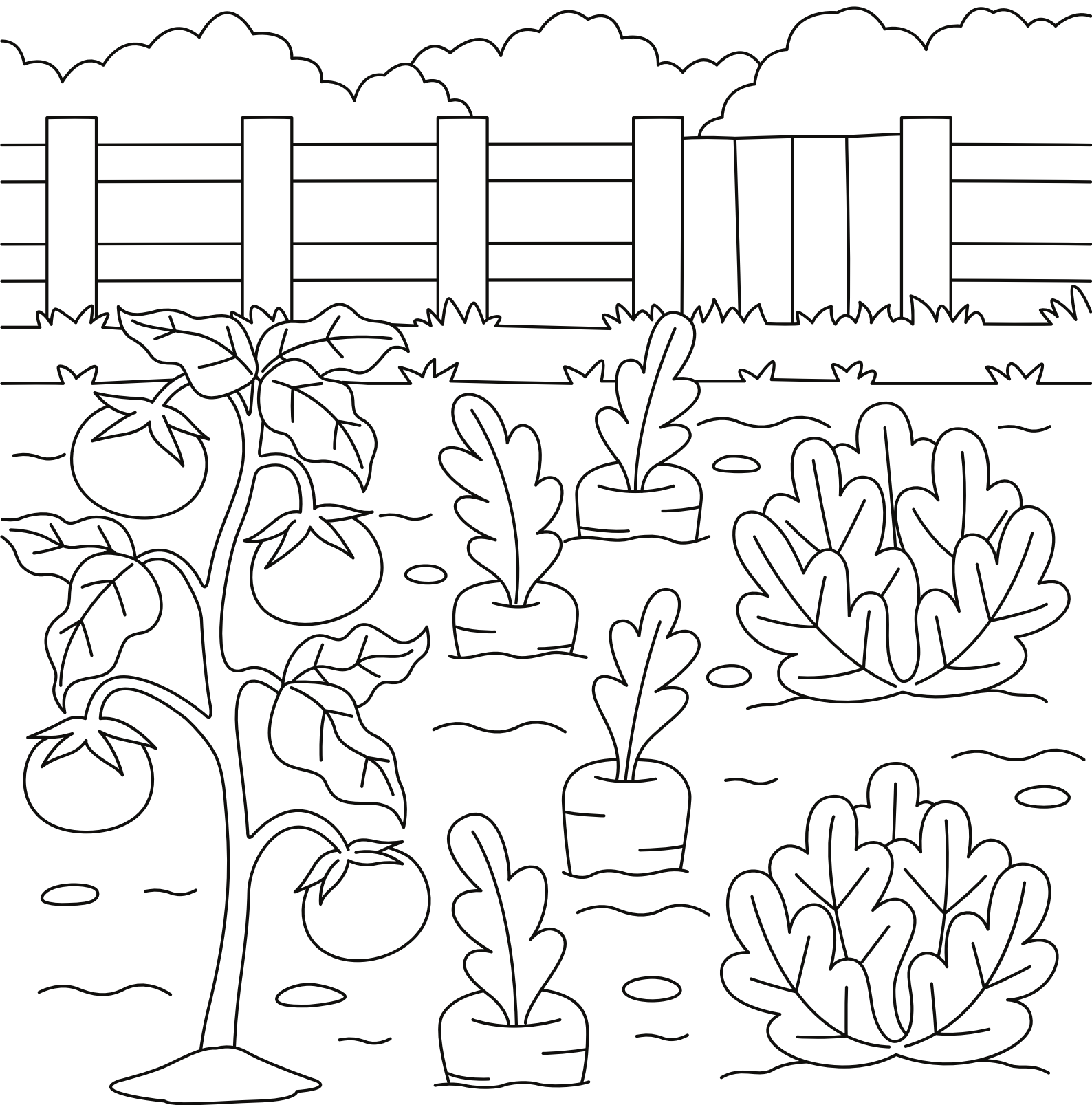
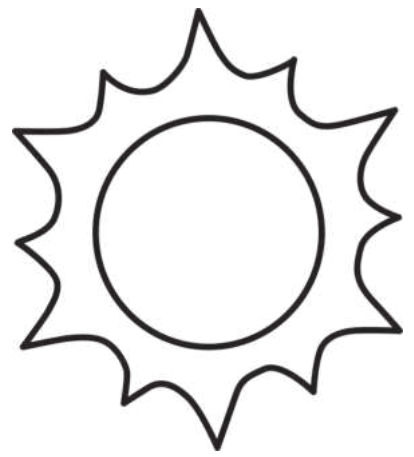


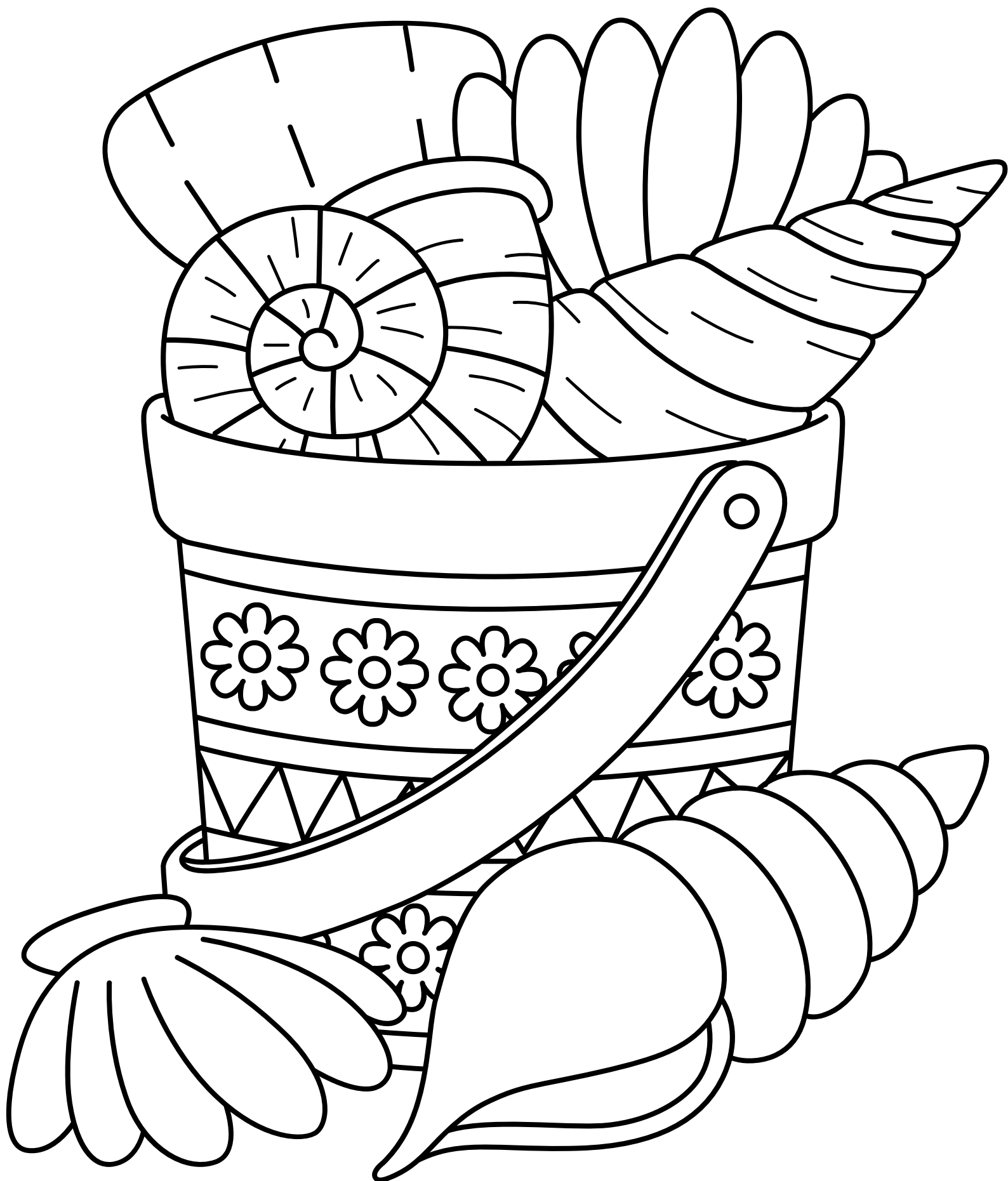
M Cassatt, young mother sewing













Sonnet 18:

Shall I compare thee to a summer's day?

by William Shakespear

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date;
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance or nature's changing course untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st;
Nor shall death brag thou wander'st in his shade,
When in eternal lines to time thou grow'st:
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.



Composed Upon Westminster Bridge

by William Wordsworth

Earth has not any thing to show more fair:
Dull would he be of soul who could pass by
 A sight so touching in its majesty:
This City now doth, like a garment, wear
 The beauty of the morning; silent, bare,
Ships, towers, domes, theatres, and temples lie
 Open unto the fields, and to the sky;
All bright and glittering in the smokeless air.
 Never did sun more beautifully steep
In his first splendour, valley, rock, or hill;
 Ne'er saw I, never felt, a calm so deep!
The river glideth at his own sweet will:
Dear God! the very houses seem asleep;
 And all that mighty heart is lying still!



As Kingfishers Catch Fire

By Gerard Manley Hopkins

As kingfishers catch fire, dragonflies draw flame;
As tumbled over rim in roundy wells
Stones ring; like each tucked string tells, each hung bell's
Bow swung finds tongue to fling out broad its name;
Each mortal thing does one thing and the same:
Deals out that being indoors each one dwells;
Selves — goes itself; myself it speaks and spells,
Crying *Whát I dó is me: for that I came.*

I say móre: the just man justices;
Keeps grace: *thát* keeps all his goings *graces*;
Acts in God's eye what in God's eye he is —
Chríst — for Christ plays in ten thousand places,
Lovely in limbs, and lovely in eyes not his
To the Father through the features of men's faces.



Edelweiss

Rodgers & Hammerstein

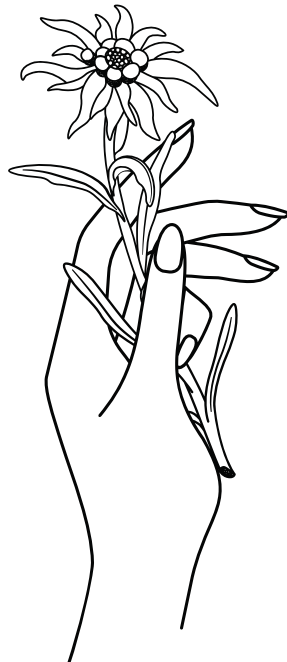


Edelweiss, Edelweiss
Every morning you greet me
Small and white clean and bright
You look happy to meet me

Blossom of snow, may you bloom and grow
Bloom and grow forever
Edelweiss, Edelweiss
Bless my homeland forever

Edelweiss, Edelweiss
Every morning you greet me
Small and white clean and bright
You look happy to meet me

Blossom of snow, may you bloom and grow
Bloom and grow forever
Edelweiss, Edelweiss
Bless my homeland forever





Take It Easy

The 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]

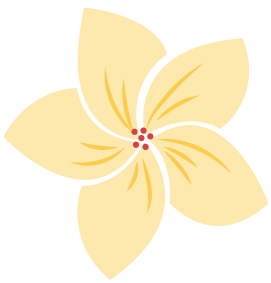
Come on, baby, don't say maybe
I gotta know if your sweet love is gonna save me
We may lose, and we may win
Though we will never be here again
So open up, I'm climbin' in
So take it easy
See upcoming rock shows
Get tickets for your favorite artists

[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



Good Vibrations

The Beach Boys

[Verse 1]

I-I love the colourful clothes she wears
And the way the sunlight plays upon her hair
I hear the sound of a gentle word
On the wind that lifts her perfume through the air

[Chorus]

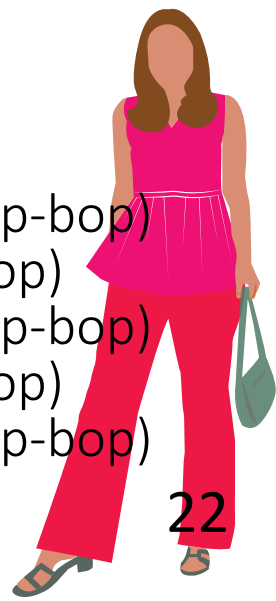
I'm pickin' up good vibrations
She's giving me excitations (Oom-bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations, bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations, bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations)

[Verse 2]

Close my eyes, she's somehow closer now
Softly smile, I know she must be kind
When I look in her eyes
She goes with me to a blossom world

[Chorus]

I'm pickin' up good vibrations
She's giving me excitations (Oom-bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations, bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations, bop-bop)
I'm pickin' up good vibrations (Good vibrations, bop-bop)
She's giving me excitations (Excitations)



The Origin of Tea and Its Place in Irish Culture



Tea has a long and fascinating history that began in ancient China over 5,000 years ago. According to legend, Emperor Shen Nong discovered tea when leaves from a nearby tree blew into his pot of boiling water. The resulting brew was refreshing and energising, and tea quickly became a treasured part of Chinese culture. From there, it spread along trade routes through Asia, the Middle East, and eventually to Europe.

Tea arrived in Ireland around the 1800s, originally enjoyed only by the wealthy due to its high cost. However, as trade expanded and prices dropped, it became more widely available throughout the 19th century. Irish households began embracing the ritual of tea-drinking, and it swiftly took root as a daily tradition.



Today, Ireland is one of the biggest tea-consuming nations per capita in the world. A hot cup of tea is a symbol of hospitality, comfort, and community. Whether it's offered to guests as soon as they arrive, served during a chat with a friend, or sipped quietly in a moment of calm, tea holds a special place in the heart of Irish life.

Irish tea culture is typically centred around strong black teas, such as Irish Breakfast or blends featuring Assam leaves. These teas are robust and full-bodied, often served with milk and sometimes sugar. While afternoon tea with sandwiches and scones is occasionally enjoyed for special occasions, the everyday Irish tea ritual is more about warmth and connection than ceremony.



In Irish homes, the phrase “Will you have a cup of tea?” is more than a question—it’s an expression of care and welcome. Whether it's a celebration, a comfort during tough times, or just part of the daily rhythm, tea continues to be woven into the fabric of Irish life.





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
- 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
- Easter Activities for Seniors: <https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/>
- 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/>

COLOURING FROM

- <https://coloringnation.com/coloring-pages-art>
- <https://saferseniorcare.com/easy-coloring-pages-for-seniors/>