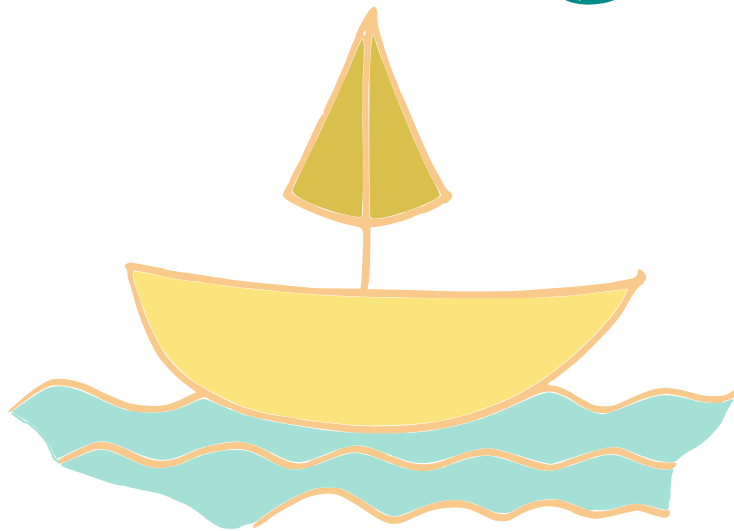




THE Alzheimer

SOCIETY OF IRELAND

August



Activity Pack Two

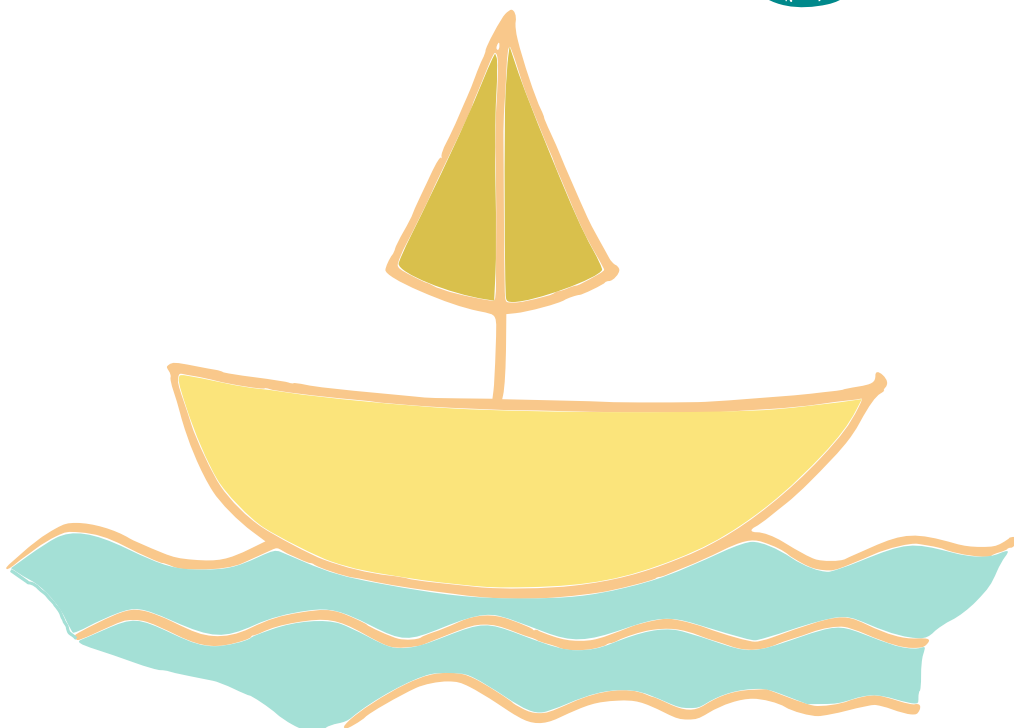
Relaxed Engagement



Activity Pack Two

Relaxed Engagement

August





Dear Friends,

Hello and welcome to August!

As summer continues to shine, this month's activity pack is full of fun, creativity, and delicious ideas to keep everyone smiling through the sunny days.

We're getting crafty with a delightful toilet roll flower project—an eco-friendly and imaginative way to turn everyday items into beautiful blooms. It's a great activity for all ages and a lovely way to brighten up any space. In the kitchen, we're whipping up a luscious strawberry chocolate mousse—a rich, fruity treat that's as fun to make as it is to eat. Perfect for summer gatherings or a sweet moment of indulgence.

There's plenty more to enjoy too: word games, maths puzzles, colouring pages, music, and poems to keep minds active and spirits high.

Whether you're crafting, cooking, or simply relaxing with a puzzle and a chilled treat, we hope this month brings a little extra joy to your August.

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.

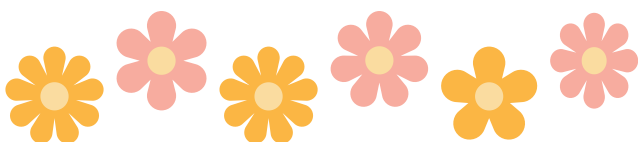


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Toilet Roll Flowers

Materials Needed

- Toilet paper rolls or paper towel rolls
- Acrylic paint
- Paint brush
- School glue or glue gun
- Scissors
- Pencil
- Ruler
- String to hang the flowers or a piece of card to stick them to (optional)
- Button, or scraps of craft foam, felt or fabric

Tutorial available at:

<https://virtualdementiahub.ie/category/art/crafts/>

Check out the below for some inspiration!





Steps to Follow

Step One:

- Flatten the toilet roll gently with your hands.



Step Two:

- Cut it into rings (about 1–2 cm wide). You'll get 5–6 rings per roll.
- Tip: Pre-cut these if needed for safety or ease.



Step Three:

- Shape the rings into petals by pinching both ends.



Step Four:

- Paint your petals. You may need to paint a base coat and then the primary colour.
- Make sure to leave the paint dry in between.



Step Five:

- Add the glue and stick the petals together.



Step Six:

- Reshape Petals



Step Seven:

- Continue to glue and reshape petals
- Glue together at the centre to create a flower



Step Eight:

- Add a button or something else to the centre of the flower.



Shape Options





Wordsearch

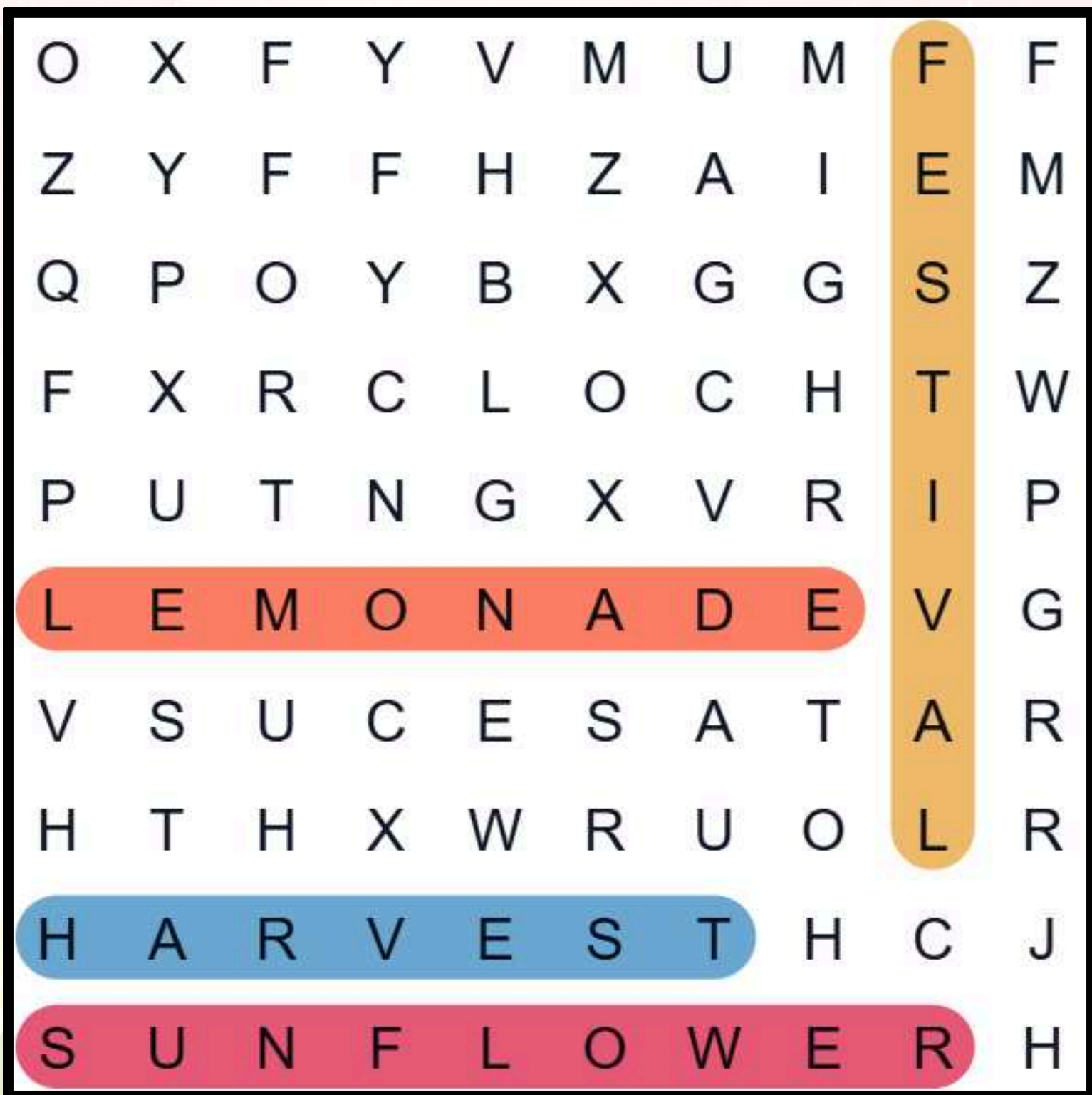
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**Lemonade
Festival**

**Sunflower
Harvest**



Wordsearch



Festival

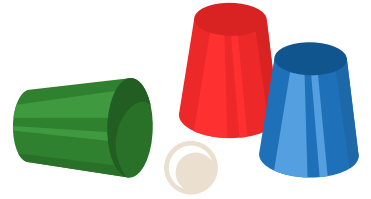
Lemonade

Sunflower

Harvest



Counting Cups



Purpose:

To encourage number recognition, counting, and fine motor skills in a relaxed, hands-on way.

Materials:

- Plastic or paper cups (numbered 1–10)
- Small objects to count (e.g., pom-poms, buttons, dried pasta)
- A tray or table surface

How to Play:

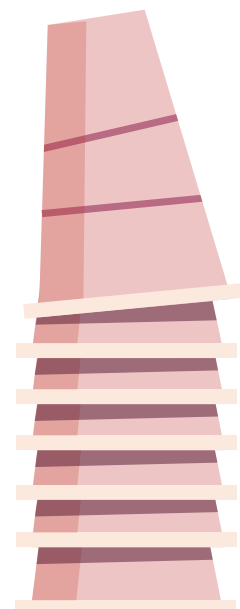
1. Set up the cups in a row or circle, each labelled with a number (1–10).
2. Give the participant a small pile of objects.
3. Ask them to place the correct number of items into each cup based on the number written on it.
4. Offer help or do it together if needed; this can be a shared, calming activity.

Variations:

- Use colour-coded cups for extra visual cues.
- Try “matching pairs”: match number cards to cups.
- Use seasonal items (e.g., sunflower seeds for August).

Why it works:

- Encourages gentle problem-solving
- Uses tactile and visual cues
- Can be done individually or in small groups
- Easily adaptable to different ability levels





Summer Breeze Sensory Activity

Purpose:

To provide calming sensory stimulation through touch, movement, and gentle interaction.

Materials:

- Lightweight scarves or ribbons (soft, colourful)
- A fan or open window (optional, for a breeze effect)
- Soft instrumental or nature music (e.g., birdsong, ocean waves)
- Optional: essential oil/ reed difuser



Activity Steps:

1. Play calming music and dim harsh lighting. If possible, open a window or use a fan to create a gentle breeze.
2. Give each participant a scarf or ribbon to hold.
3. Encourage slow, flowing movements, waving the scarf like a butterfly, floating it in the air, or swaying it to the music.
4. Talk softly about summer, “Can you feel the breeze?”, “This reminds me of a summer meadow.”
5. End with a gentle hand massage using a suitable lotion to enhance relaxation.

Why it works:

- Encourages gentle movement and motor coordination
- Stimulates touch, sight, sound, and optionally smell
- Creates a calming, non-verbal connection
- Can be done seated and adapted for all mobility levels



White Chocolate-Strawberry Mousse

Ingredients

Mousse:

- 350ml double cream
- 230g premium quality white chocolate, finely chopped
- 1tsp. orange zest (5g)

Strawberry Sauce:

- 300g fresh strawberries, stemmed and hulled
- 2 Tbsp. honey (30g), optional
- Juice of one orange (50ml)

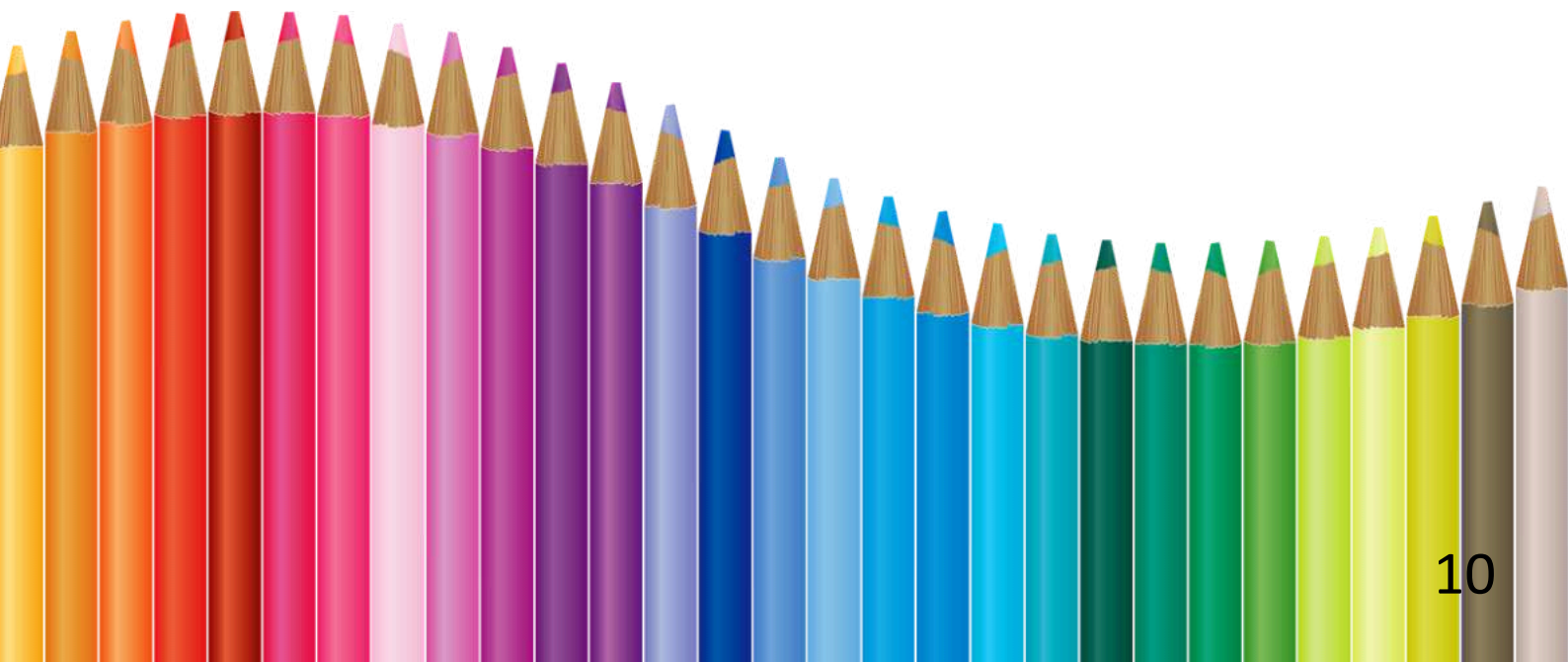


Method

- Heat half the cream in a pot until it comes to a boil.
- Place the chopped white chocolate in a bowl and immediately pour on the boiled cream.
- Allow to sit for one minute without stirring.
- After one minute, gently stir until all the chocolate has melted.
- Allow to cool but not set, and add the orange zest.
- Lightly whisk the remaining cream and fold into the cooled chocolate mixture.
- Pour mixture into six individual glasses or one large serving bowl.
- Heat the strawberries in a pot and allow them to stew.
- In a food processor or blender, puree the strawberries with the honey and orange juice on high speed until smooth. Chill the sauce and serve with the mousse.



Colouring Pages













It Ain't What You Do It's What It Does to You

by Simon Armitage

I have not bummed across America
with only a dollar to spare, one pair
of busted Levi's and a bowie knife.
I have lived with thieves in Manchester.

I have not padded through the Taj Mahal,
barefoot, listening to the space between
each footfall picking up and putting down
its print against the marble floor. But I

skimmed flat stones across Black Moss on a day
so still I could hear each set of ripples
as they crossed. I felt each stone's inertia
spend itself against the water; then sink.

I have not toyed with a parachute cord
while perched on the lip of a light-aircraft;
but I held the wobbly head of a boy
at the day centre, and stroked his fat hands.

And I guess that the tightness in the throat
and the tiny cascading sensation
somewhere inside us are both part of that
sense of something else. That feeling, I mean.

Strawberries

by Edward Morgan



There were never strawberries
like the ones we had
that sultry afternoon
sitting on the step
of the open french window
facing each other
your knees held in mine
the blue plates in our laps
the strawberries glistening
in the hot sunlight
we dipped them in sugar
looking at each other
not hurrying the feast
for one to come
the empty plates
laid on the stone together
with the two forks crossed
and I bent towards you
sweet in that air
in my arms
abandoned like a child
from your eager mouth
the taste of strawberries
in my memory
lean back again
let me love you
let the sun beat
on our forgetfulness
one hour of all
the heat intense
and summer lightning
on the Kilpatrick hills
let the storm wash the plates





Jungian Cows

By Penelope Shuttle



In Switzerland, the people call their cows
Venus, Eve, Salome, or Fraulein Alberta,
beautiful names
to yodel across the pastures at Bollingen.

If the woman is busy with child or book,
the farmer wears his wife's skirt
to milk the most sensitive cows.

When the electric milking-machines arrives,
the stalled cows rebel and sulk
for the woman's impatient skilful fingers
on their blowzy tough rosy udders,
will not give their milk;

so the man who works the machine
dons cotton skirt, all floral delicate flounces
to hide his denim overalls and big old muddy boots,
he fastens the cool soft folds carefully,
wraps his head in his sweetheart's Sunday-best fringed
scarf, and walks smelling feminine and shy among the
cows,

till the milk spurts, hot, slippery and steamy
into the churns,
Venus, Salome, Eve, and Fraulein Alberta,
lowing, half-asleep,
accepting the disguised man as an echo of the woman,
their breath smelling of green, of milk's sweet
traditional climax.



Light My Fire

The Doors



[Verse 1]

You know that it would be untrue
You know that I would be a liar
If I was to say to you
Girl, we couldn't get much higher

[Chorus]

Come on baby, light my fire
Come on baby, light my fire
Try to set the night on fire

[Verse 2]

The time to hesitate is through
No time to wallow in the mire
Try now, we can only lose
And our love become a funeral pyre

[Chorus]

Come on baby, light my fire
Come on baby, light my fire
Try to set the night on fire, yeah

[Instrumental Break]

[Organ Solo]

[Guitar Solo]

[Verse 3]

The time to hesitate is through
No time to wallow in the mire
Try now, we can only lose
And our love become a funeral pyre

[Chorus]

Come on baby, light my fire
Come on baby, light my fire
Try to set the night on fire, yeah

[Verse 4]

You know that it would be untrue
You know that I would be a liar
If I was to say to you
Girl, we couldn't get much higher

[Chorus]

Come on baby, light my fire
Come on baby, light my fire
Try to set the night on fire
Try to set the night on fire



Sugar Sugar

The Archies

Sugar
Ah, honey, honey
You are my candy girl
And you've got me wanting you
Honey
Ah, sugar, sugar
You are my candy girl
And you've got me wanting you

[Verse 1]
I just can't believe the loveliness of loving you
(I just can't believe it's true)
I just can't believe the wonder of this feeling, too
(I just can't believe it's true)

[Chorus]
Ah sugar
Ah, honey, honey
You are my candy girl
And you've got me wanting you
Oh, honey
Ah, sugar, sugar
You are my candy girl
And you've got me wanting you

[Verse 2]
When I kissed you, girl, I knew how sweet a kiss could be
(I know how sweet a kiss can be)
Like the summer sunshine, pour your sweetness over me
(Pour your sweetness over me)

[Pre-Chorus: Ron Dante, Toni Wine]
(Sugar) Pour a little sugar on it, honey
(Honey honey) Pour a little sugar on it, baby
I'm gonna make your life so sweet, yeah, yeah, yeah
Pour a little sugar on it, oh, yeah
(Sugar) Pour a little sugar on it, honey
(Honey honey) Pour a little sugar on it, baby
I'm gonna make your life so sweet, yeah, yeah, yeah
Pour a little sugar on it, honey

[Chorus]
Ah, sugar
Ah, honey, honey
You are my candy girl
And you've got me wanting you
Oh, honey
Honey, sugar, sugar
You are my candy girl





Rose Marie

Slim Whitman



(Help!) I need somebody
(Help!) Not just anybody
(Help!) You know I need someone
(Help!)

[Verse 1]

(When, when I was young) When I was younger, so much younger than today
(I never need) I never needed anybody's help in any way
(Now these days are gone) But now these days are gone, I'm not so self-assured
(And now I find) Now I find I've changed my mind and opened up the doors

[Chorus]

Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me?

[Verse 2]

(Now my life has changed) And now my life has changed in, oh, so many ways
(My independ') My independence seems to vanish in the haze
(But now and then) But every now and then I feel so insecure
(I know that I) I know that I just need you like I've never done before

[Chorus]

Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me?

[Verse 3]

When I was younger, so much younger than today
I never needed anybody's help in any way
(Now these days are gone) But now these days are gone, I'm not so self-assured
(And now I find) Now I find I've changed my mind and opened up the doors

[Chorus]

Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me?





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 Dementia Hub

<https://virtualdementiahub.ie/category/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

- The Virtual Dementia Hub

<https://virtualdementiahub.ie/category/lifestyle/relaxation/>

- 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

- The Virtual Dementia Hub: Museum

<https://virtualdementiahub.ie/category/art/imma/>

- Beautiful Relaxing Music: <https://www.youtube.com/watch?v=IFcSrYw-ARY>

[v=IFcSrYw-ARY](https://www.youtube.com/watch?v=IFcSrYw-ARY)

- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1

[v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1](https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1)

- Easter Activities for Seniors: [https://seniorcenters.com/10-](https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/)

[activities-for-seniors-this-easter-2025/](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-](https://coloring-for-adults.com/all-coloring-pages)

[pages](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/>