



THE Alzheimer

SOCIETY OF IRELAND

July



Activity Pack Two

Relaxed Engagement



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July





Dear Friends,

Hello and welcome to July!

Summer is in full swing, and this month's activity pack is bursting with colour, creativity, and cool ideas to keep minds active and spirits high, whatever the weather brings.

We're diving into creativity with a vibrant salt art jellyfish craft—an ocean-inspired activity that combines colour, texture, and a splash of imagination. It's the perfect way to bring a bit of the seaside indoors.

To help beat the heat, we're making a refreshing frozen yoghurt dessert—simple, tasty, and a great way to enjoy summer fruits in a cool and creamy treat.

There's plenty more to enjoy too: word games, maths puzzles, colouring pages, music, and poems to keep everyone entertained and engaged. And don't miss our bonus summer quiz pack—ideal for a bit of friendly competition or testing your sunny season smarts!

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

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.

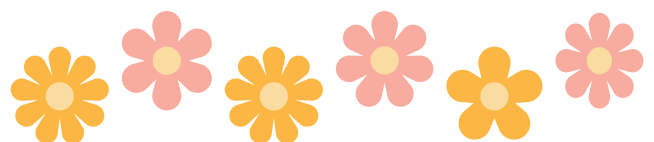
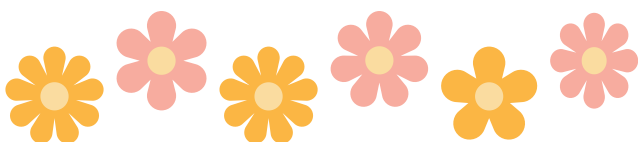


TABLE OF CONTENTS

Salted Jelly Fish Art	1-3
Wordsearch	4-5
Sensory	6
Counting Shells	7
Frozen berry Yogurt	8
Colouring	9-14
Poems	15-17
Songs.....	18 - 20
Useful Resources	21 - 23
Quiz	Separate Document





Salt Jellyfish

This salt craft is a fun way to get creative while also enjoying a sensory experience.

Materials Needed

- Watercolour paper
- School / Runny glue
- Salt
- Watercolour paints
- Paintbrushes
- Jellyfish printable template
- A baking tray



Tutorial available at:

<https://virtualdementiahub.ie/july-2025-salt-jellyfish-craft-tutorial/>

Check out the below for some inspiration!





Steps to Follow

Step 1: Print the Template

- Print the jellyfish template below.



Step 2: Add Glue

- Trace the lines with school glue



Step 3: Add the salt

- Dust the salt over the glue
- Tip off the excess salt and clean it away.
- Then leave to dry

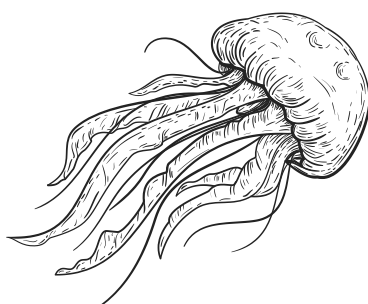


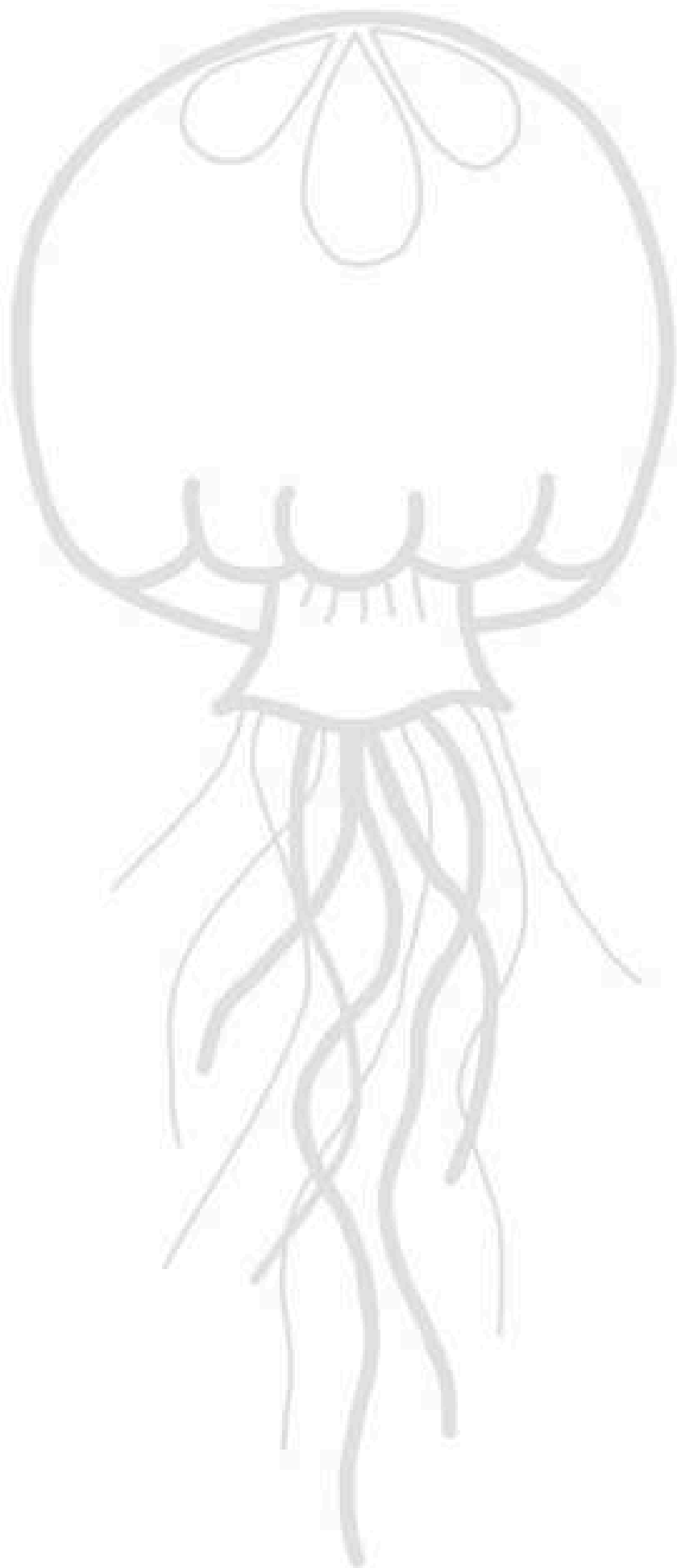
Tip:

- If you have your sheet on a backing tray, it's really easy to manoeuvre the sheet to get the loose salt off.

Step 4: Paint

- Once the glue has dried, paint onto the salt with water colours
- Use watercolour paint and a paintbrush to gently apply the colours to the salt.
- Watch as the colour soaks into the salt.





Summer Wordsearch



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

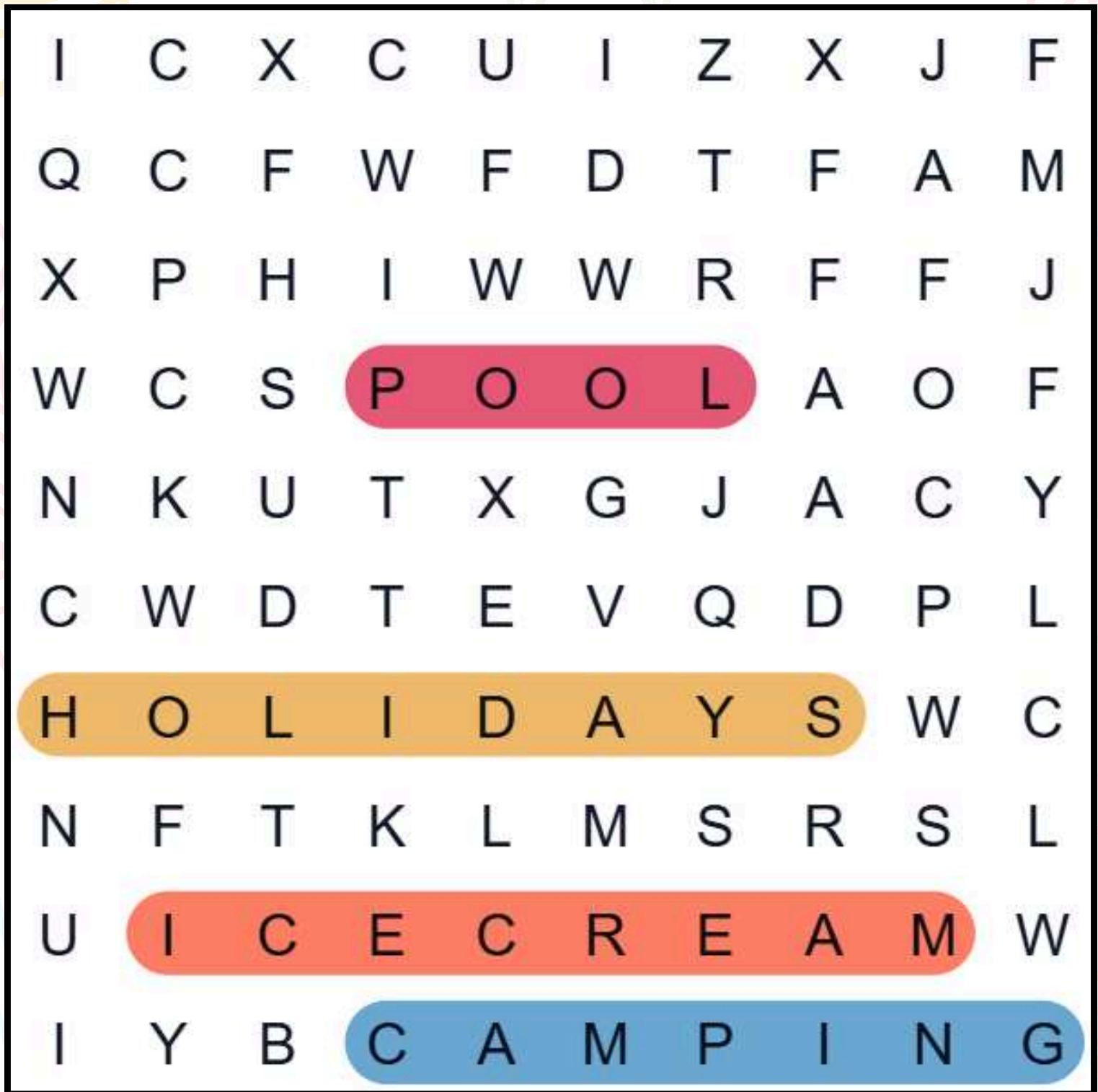
Camping

Ice Cream

Holidays

Pool

Summer Wordsearch



Camping

Ice Cream

Holidays

Pool



Summer Sensory Activity

"Herb & Flower Scent Garden"

What You Need:

- Fresh herbs (like mint, lavender, rosemary, or thyme)
- A few colourful flowers (daisies, marigolds, or roses work well)
- A shallow tray or basket
- A soft cloth

What To Do:

- Lay herbs and flowers in the basket.
- Invite your loved ones to touch, smell, or gently explore the plants.
- Offer a soft cloth to dab essential oils (lavender or lemon balm) if desired.
- Play soft nature sounds or traditional Irish music in the background.

Why It Works:

- Engages smell and touch—comforting senses
- Brings the outdoors inside on cooler or rainy Irish days.
- Encourages calm and connection through shared quiet moments.

Tip: Try this mid-morning when energy is highest and light is best.



Counting Seashells



What You Need:

- A small collection of real or plastic seashells (or pebbles/buttons if shells aren't available)
- A shallow tray or table space
- A cup or small bowl

What To Do:

- Place 5–10 shells on the tray.
- Gently encourage your loved one to count them aloud, one by one.
- Ask them to move each shell into the bowl as they count.
- If appropriate, try simple comparisons: **"Are there more shells or buttons?"** or **"Can we make two groups?"**

- **Why It Works:**

- Supports number recognition and motor skills.
- Provides sensory input through touch and sound.
- Encourages focus, memory, and a sense of achievement.

Tip: Use warm, natural light or sit near a window for a calming atmosphere. Feel free to repeat or simplify based on your loved ones comfort.



Frozen Yogurt Desert

Ingredients

- 500g Greek-Style Yoghurt
- 500g frozen berries
- 5 Tablespoons Honey (75g)
- 50g chopped dark or milk chocolate

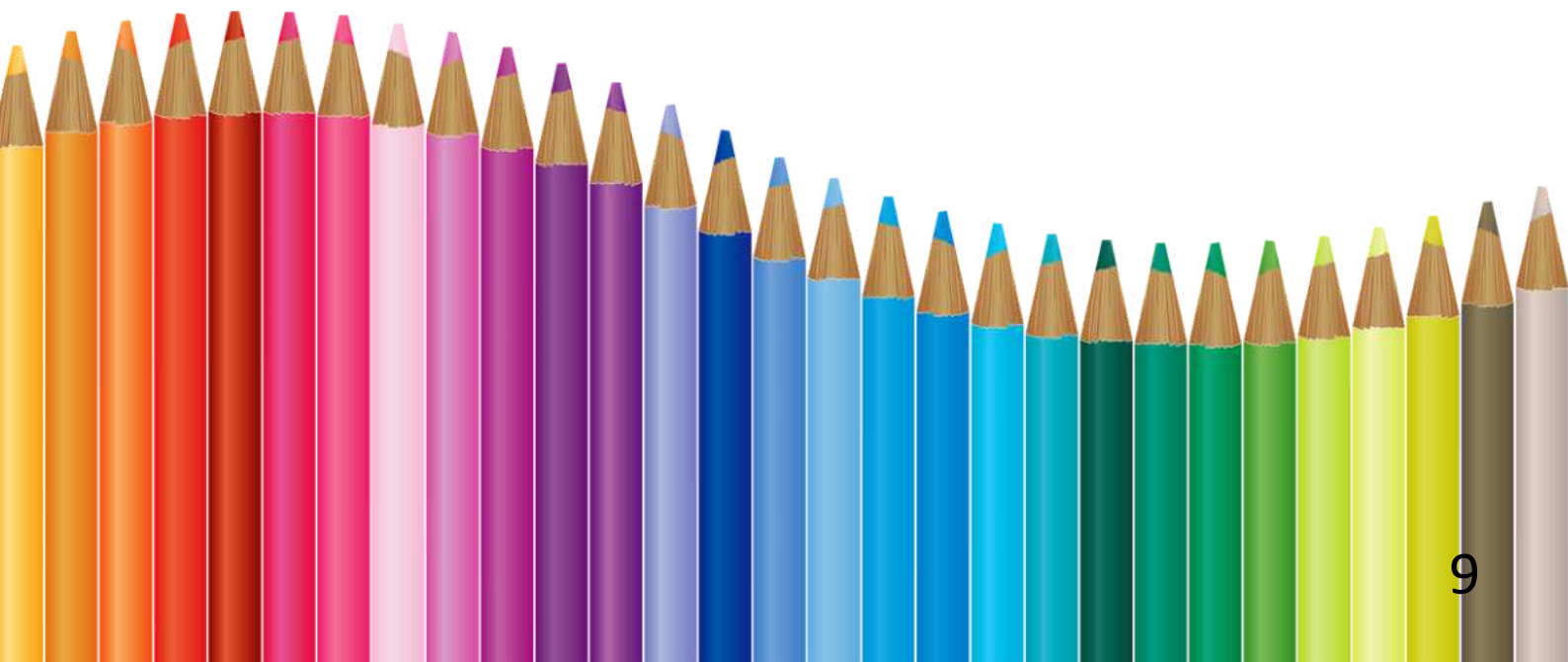


Method

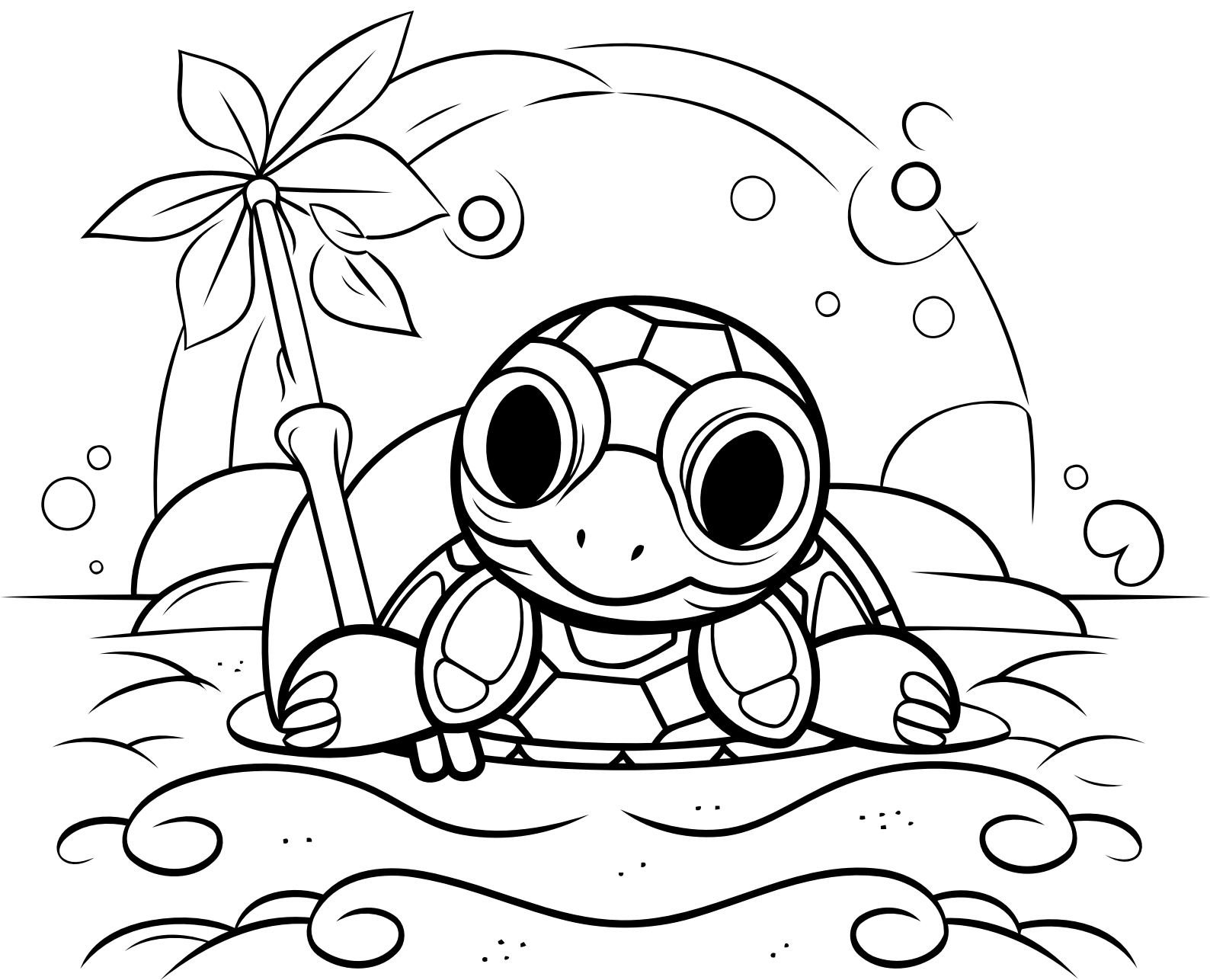
- For food safety, fresh or frozen berries should be stewed first to kill any bacteria and allowed to cool before being included in the recipe
- Preparation 5 minutes.
- Place yogurt, frozen berries and honey in a food processor. Mix until blended and the mix is completely smooth.
- Add chocolate pieces and stir by hand until combined.
- Chill in freezer for at least 30 minutes.
- Serve and enjoy!

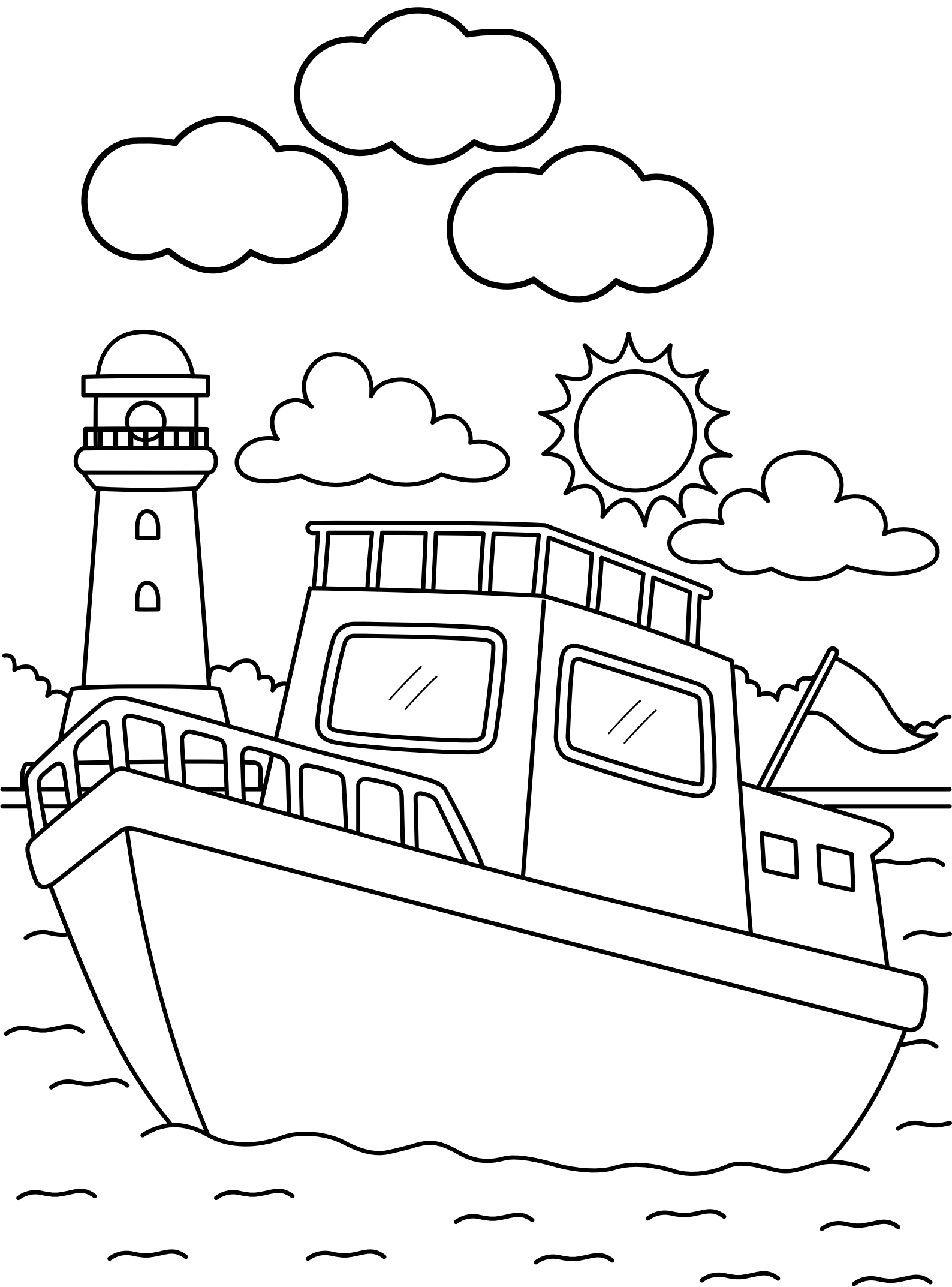


Colouring Pages



HELLO
SUMMER









William John Leech (1881-1968), *The Sunshade*, c.1913. *Drawing by Jessica Supple*



Inniskeen Road: July Evening

by Patrick Kavanagh

The bicycles go by in twos and threes -
There's a dance in Billy Brennan's barn to-night,
And there's the half-talk code of mysteries
And the wink-and-elbow language of delight.

Half-past eight and there is not a spot
Upon a mile of road, no shadow thrown
That might turn out a man or woman, not
A footfall tapping secrecies of stone.

I have what every poet hates in spite
Of all the solemn talk of contemplation.

Oh, Alexander Selkirk knew the plight
Of being king and government and nation.

A road, a mile of kingdom, I am king
Of banks and stones and every blooming thing.



A Description of the Morning

by Johnathan Swift

Now hardly here and there a hackney-
coach

Appearing, show'd the ruddy morn's
approach.

Now Betty from her master's bed had
flown,

And softly stole to discompose her own.

The slip-shod 'prentice from his master's
door

Had par'd the dirt, and sprinkled round the
floor.

Now Moll had whirl'd her mop with
dext'rous airs,

Prepar'd to scrub the entry and the stairs.

The youth with broomy stumps began to
trace

The kennel-edge, where wheels had worn
the place.

The small-coal man was heard with
cadence deep;

Till drown'd in shriller notes of "chimney-
sweep."

Duns at his lordship's gate began to meet;

And brickdust Moll had scream'd through
half a street.

The turnkey now his flock returning sees,
Duly let out a-nights to steal for fees.

The watchful bailiffs take their silent
stands;

And schoolboys lag with satchels in their
hands.





Down By the Salley Garden

By W.B Yeats

Down by the salley gardens
my love and I did meet;
She passed the salley gardens
with little snow-white feet.
She bid me take love easy,
as the leaves grow on the tree;
But I, being young and foolish,
with her would not agree.

In a field by the river
my love and I did stand,
And on my leaning shoulder
she laid her snow-white hand.
She bid me take life easy,
as the grass grows on the weirs;
But I was young and foolish,
and now am full of tears.





Our Last Summer

ABBA

[Verse 1]

The summer air was soft and warm
The feeling right, the Paris night
Did its best to please us
And strolling down the Élysées
We had a drink in each café
And you
You talked of politics, philosophy
And I smiled like Mona Lisa

[Pre-Chorus]

We had our chance
It was a fine and true romance

[Chorus]

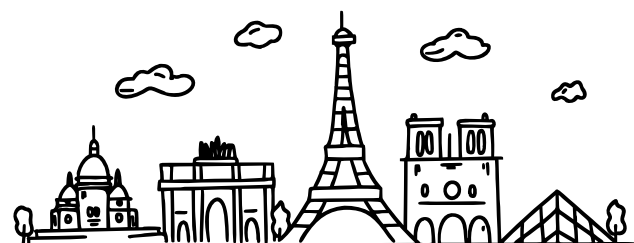
I can still recall our last summer
I still see it all
Walks along the Seine
Laughing in the rain
Our last summer
Memories that remain

[Verse 2]

We made our way along the river
And we sat down in the grass
By the Eiffel tower
I was so happy we had met
It was the age of no regret
Oh, yes
Those crazy years, that was the time
Of the flower-power

[Pre-Chorus]

But underneath we had a fear of flying
Of getting old, a fear of slowly dying
We took the chance
Like we were dancing our last dance



[Chorus]

I can still recall our last summer
I still see it all
In the tourist jam
Round the Notre Dame
Our last summer
Walking hand in hand
Paris restaurants
Our last summer
Morning croissants
Living for the day
Worries far away
Our last summer
We could laugh and play

[Verse 3]

And now you're working in a bank
The family man, a football fan
And your name is Harry

[Pre-Chorus]

How dull it seems
Yet you're the hero of my dreams

[Chorus]

I can still recall our last summer
I still see it all
Walks along the Seine
Laughing in the rain
Our last summer
Memories that remain
I can still recall our last summer
I still see it all
In the tourist jam
Round the Notre Dame
Our last summer
Walking hand in hand
Paris restaurants
Our last summer
Morning croissants
We were living for the day
Worries far away
Our last summer...



Secret Love

Doris Day

[Verse 1]

Once I had a secret love
That lived within the heart of me
All too soon my secret love
Became impatient to be free

[Verse 2]

So I told a friendly star
The way that dreamers often do
Just how wonderful you are
And why I'm so in love with you

[Chorus]

Now, I shout it from the highest hills
Even told the golden daffodils
At last, my heart's an open door
And my secret love's no secret anymore

[Instrumental Break]

[Chorus]

Now, I shout it from the highest hills
Even told the golden daffodils
At last, my heart's an open door
And my secret love's no secret anymore





Rose Marie

Slim Whitman

Da-ah, da-ah, da-da-da
Oh Rose, my Rose Marie

Oh Rose Marie, I love you
I'm always dreaming of you
No matter what I do, I can't forget you
Sometimes I wish that I'd never met you

And yet, if I should lose you
T'would mean my very life to me
Of all the queens that ever lived, I'd choose you
To rule me, my Rose Marie

Of all the queens that ever lived, I'd choose you
To rule me, my Rose Marie

Da-ah, da-ah, da-da-da
Oh Rose, my Rose Marie





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>
- 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/>