



THE *Alzheimer*  
SOCIETY OF IRELAND

October

# Activity Pack Two

## Relaxed Engagement





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October



Dear Friends,

Hello and welcome to October!

As the days grow shorter and autumn leaves paint the world in shades of gold and amber, this month's activity pack is brimming with seasonal creativity, comforting flavours, and thoughtful ways to enjoy October.

We're getting crafty with a delightful 3D paper pumpkin project, simple, fun, and the perfect way to bring a touch of autumn charm into your home.

In the kitchen, we'll be baking a loaf of rich, golden treacle bread, a sweet and hearty treat that captures the cosy essence of autumn afternoons.

There's even more to enjoy: spooky poetry to set the mood for the season, calming colouring pages inspired by October's atmosphere, and a gentle autumn meditation to help you unwind and reconnect with the peaceful rhythms of nature.

Whether you're crafting, baking, relaxing, or getting inspired by words and colours, we hope this month's activities bring warmth, creativity, and joy to your October.

Send us images of your creations to:

[communityengagement@alzheimer.ie](mailto: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](mailto:helpline@alzheimer.ie).



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# 3D Paper Pumpkins

## Materials Needed

- Coloured card or patterned scrapbook paper
- Something round to trace – a cup works well
- Pencil
- Scissors
- Glue stick



Tutorial available at:

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

**Check out the below for some inspiration!**

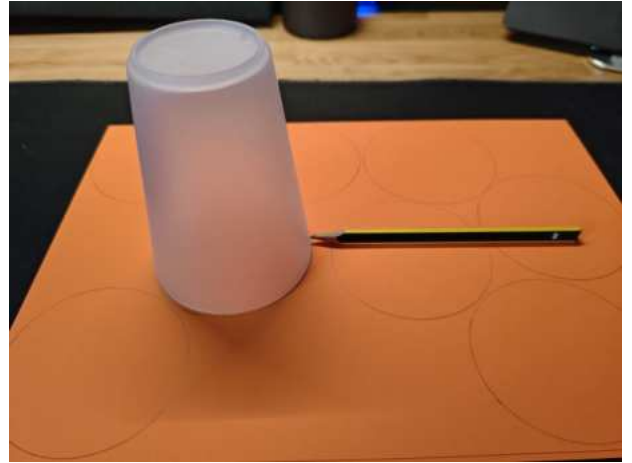




# Steps to Follow

## Step One:

- Start by tracing 8 circles on orange paper. We used cups as our circle pattern, which works so well. You can use either end of your cup in order to make pumpkins of different sizes, or grab cups with different widths.



## Step Two:

- Fold all of your circles in half. If you're using scrapbook paper, fold the circles so that the white (plain) side is out.



## Step Three:

- Glue the circles together. Apply glue to the top side of one folded circle. Place a second folded circle on top. Then apply glue to the top side of THAT circle, and so on.







#### Step Four:

- Once you have all 8 circles glued together in a stack, use scissors to trim the circles into more of a pumpkin shape. This will also help the completed pumpkin to sit up straight and not roll.



#### Step Five:

- Unfold your pumpkin into its circle shape – so cool! If you want to add a stem or a curly vine, cut them out of green construction paper. Tuck the stem in between the layers before gluing the final segments together.



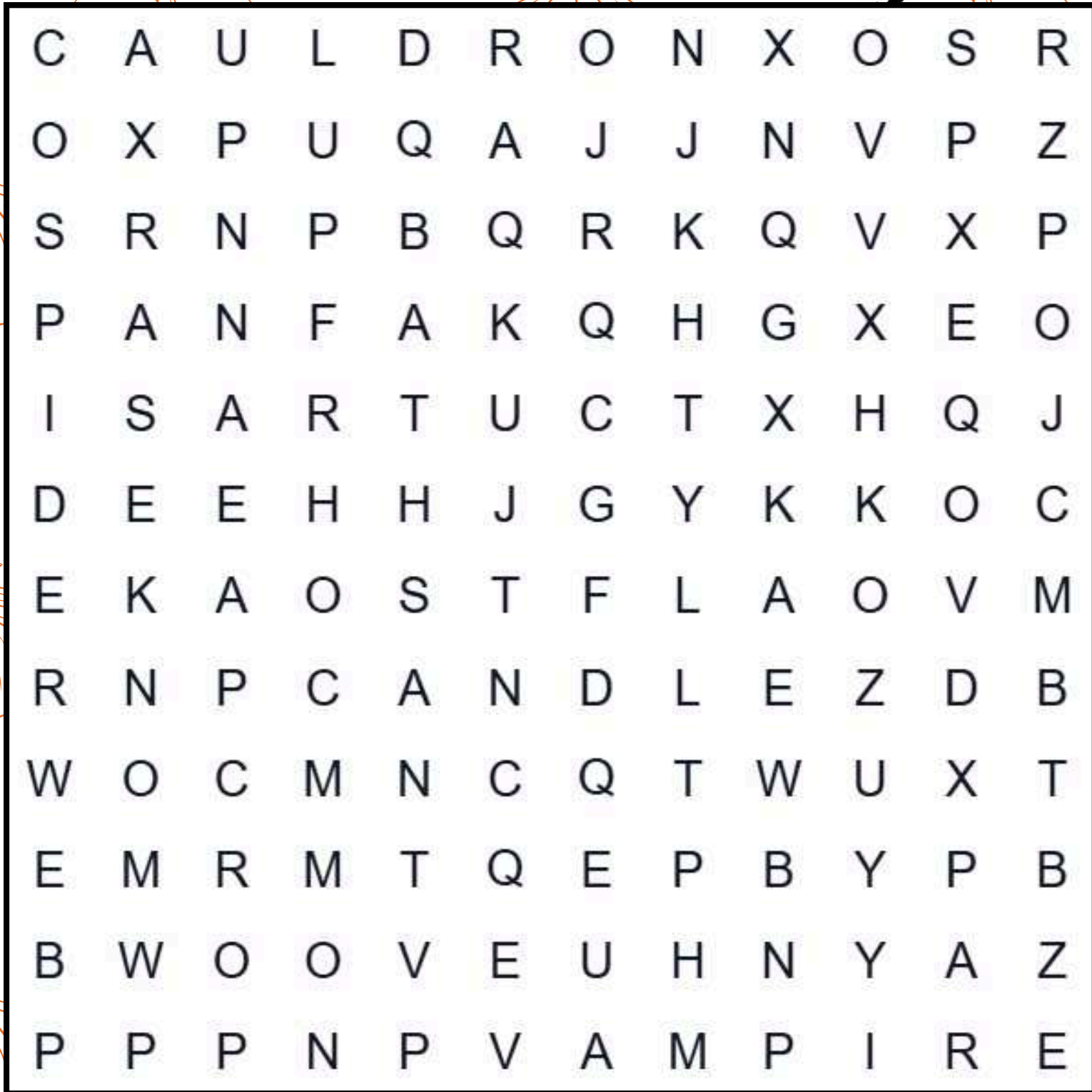


# Last Month's Paper Owls from Athlone, DC





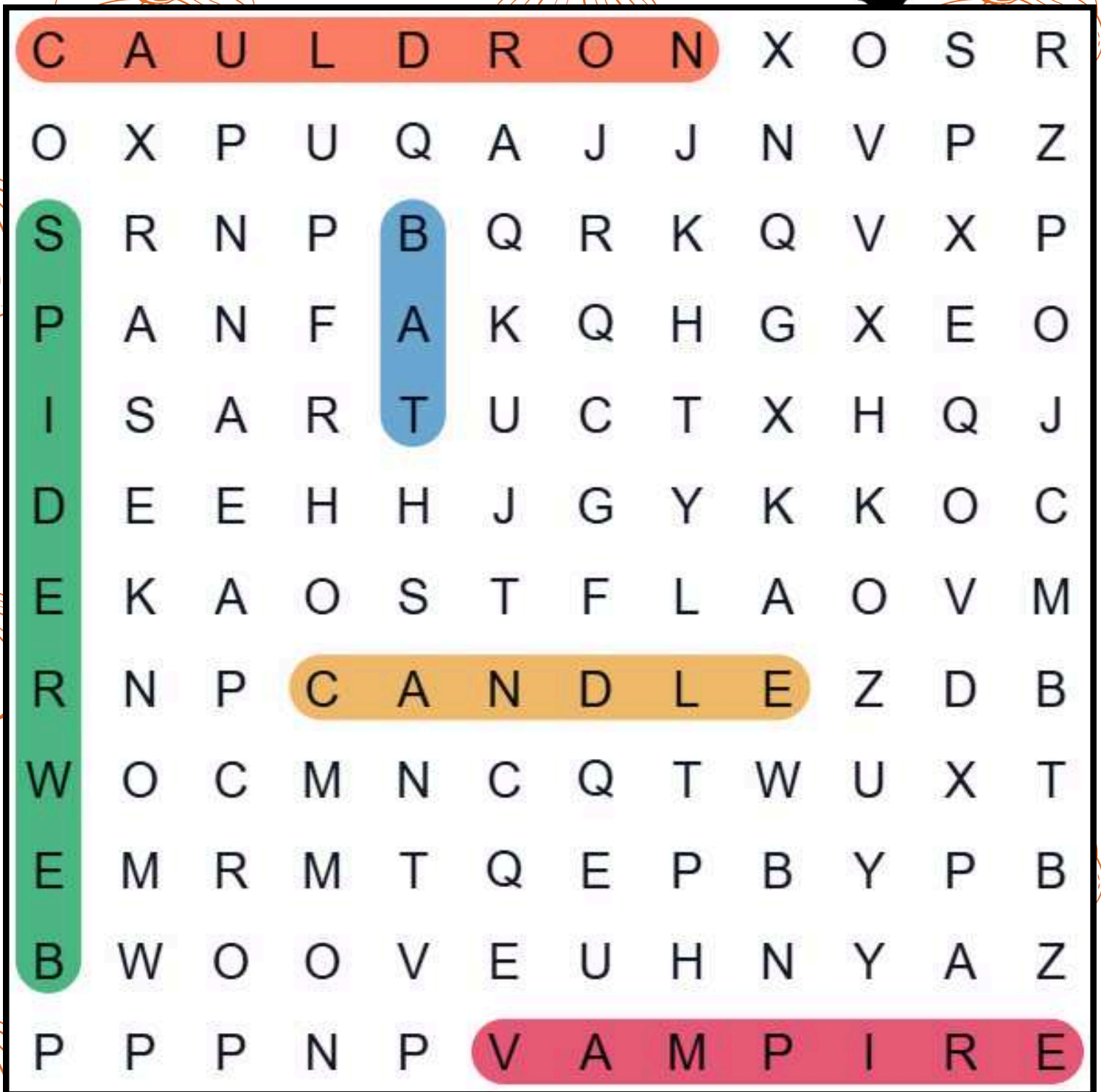
# Wordsearch



**Candle**  
**Spiderweb**

**Vampire**  
**Bat**  
**Cauldron**

# Wordsearch



Candle

Spiderweb

Vampire

Bat

Cauldron



# October

## Evening Relaxation

Let's take a slow, easy breath in... and gently breathe out.

Imagine it is October, and the leaves are glowing gold and red.

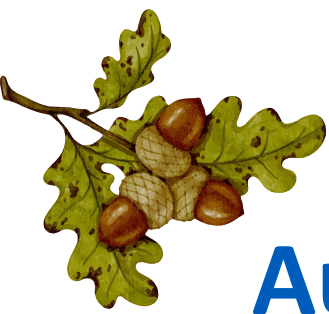
You walk along a quiet path, the air fresh and cool, leaves softly falling around you.

As the evening comes, lanterns begin to glow, warm and welcoming, filling the night with gentle light.

You feel safe, cosy, and calm, wrapped in the peace of this autumn night.

Take one more deep breath... and let yourself rest in this quiet moment.





# Autumn Counting Game

## What you need:

- A small basket or bowl
- Objects to count (could be real apples, conkers, mini pumpkins, or just paper cut-outs)

## How to play:

- Place a few objects in the basket (e.g., 3 pumpkins).
- Ask gently: “How many pumpkins do we have here?”
- Remove one: “And if I take one away, how many are left?”





# Autumn Counting Game

- Add one more: “Now if we put one back, how many do we see?”
- Keep it light, encourage guesses, and praise all answers — it’s about fun and engagement, not correctness.

## Variation:

- Instead of numbers, use descriptions: “Do we have more or less than before?”
- Invite participants to help move the objects, so it’s tactile and visual.
- If in a group, pass the basket around — each person adds or removes one and the group counts together.







# The Cattle Raid of Cooley



Long ago Conor Mac Neasa ruled Ulster and Queen Maeve and her husband Ailill ruled over Connacht. One night Maeve and Ailill sat boasting of their riches. They compared their clothes, their gold, their horses, everything they had. They both were equal until Ailill boasted he had a great white bull. Maeve fell silent. She filled with rage and jealousy for she had no bull to compare to Ailill's.

The next day Maeve asked her messenger Mac Roth if there was any bull in Ireland that could equal the strength of Ailill's bull. "There's not one as good but one twice as good" Mac Roth answers, "it's called the Brown Bull of Cooley and it belongs to Daire of Cooley". Maeve was delighted, she told Mac Roth she must have it.

Maeve sent Mac Roth and a number of messengers to Ulster requesting a loan of the bull for one year. She offered Daire fifty cows and a large piece of land if he accepted. Daire agreed to the offer and then held a feast for Mac Roth and his men. During the feast Daire overheard one of the men say "Daire was a wise man for giving the bull to Maeve, for if he hadn't she would have taken it by force". Daire was furious. He shouted "if she wants my bull she better come here and take it by force for she is getting it no other way".

When Mac Roth returned to Connacht and told Queen Maeve what had happened she was raging. She told Mac Roth to gather her fighting men, they were going to march to Ulster and take the bull. And so began the Cattle Raid of Cooley.

# Treacle Bread

## Ingredients

- 450g self-raising flour, sieved
- 3 tbsps black treacle (45g)
- 200mls full fat milk
- 2 eggs
- 2 tbs sugar (30g)
- 1 tsp mixed spice
- 1 tsp ginger
- 125g raisins



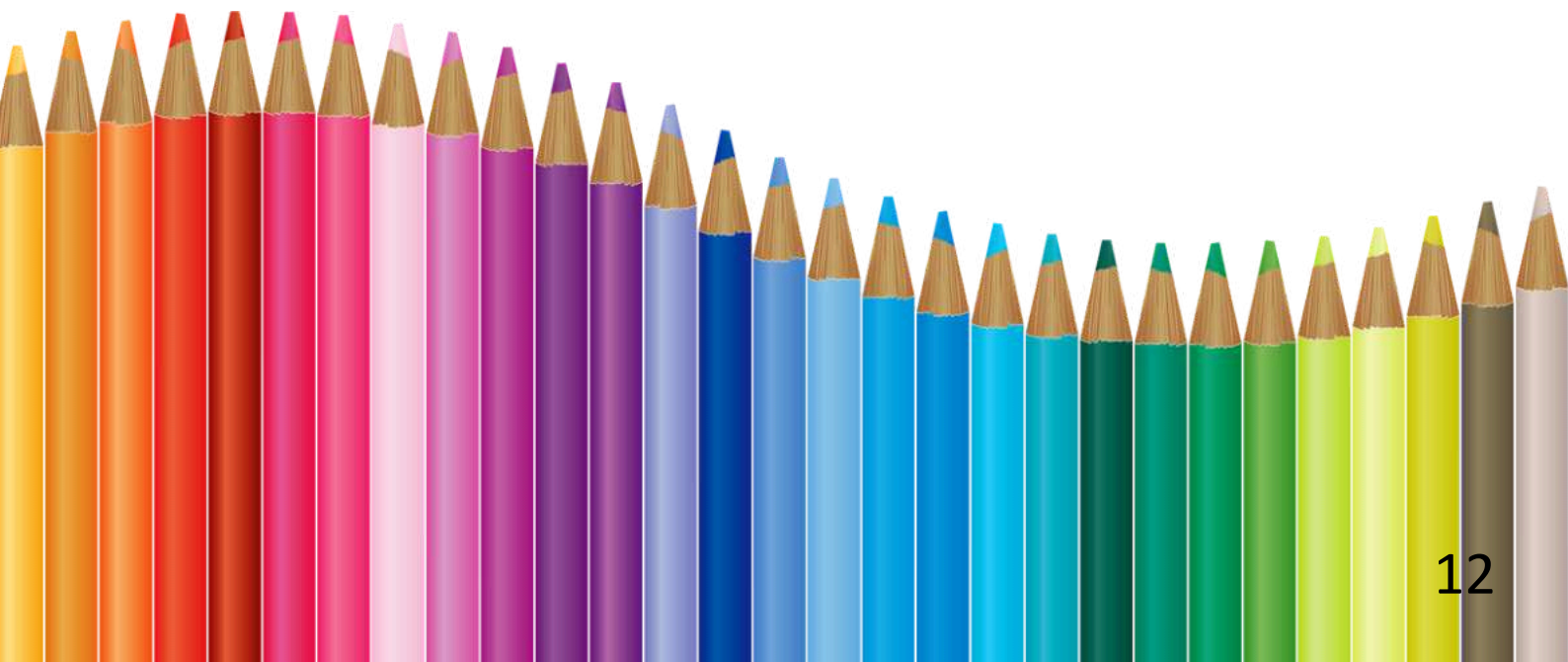
**Prep Time: 5 minutes**

**Cook Time: 40 minutes**

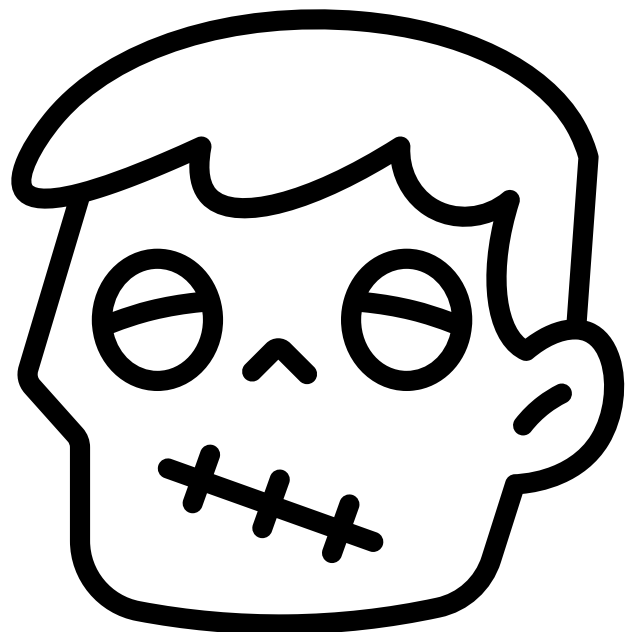
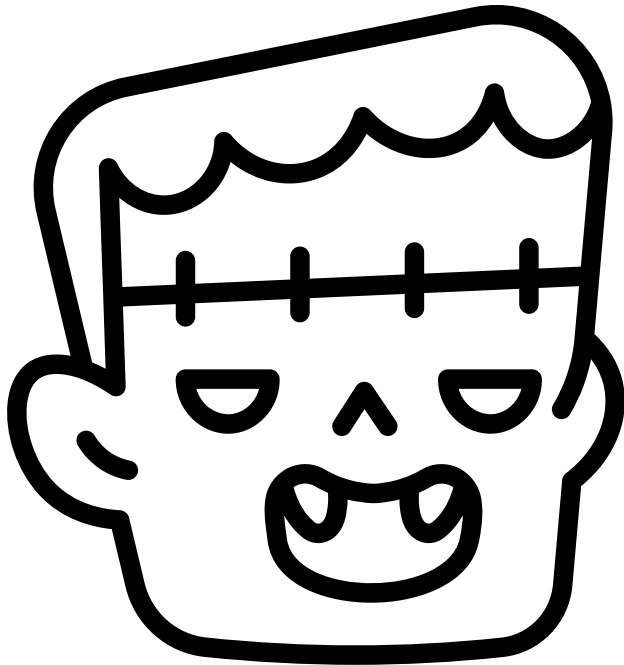
## Method

1. In a large bowl mix together the flour, sugar, mixed spice, ginger and raisins
2. Mix the treacle milk and eggs together and add into the dry ingredients
3. Place mixture into 2lb loaf tin that has been greased and bake for 40 minutes at 180°C. Test the centre of the loaf with a knife. If it is still too moist, continue cooking for another 10 minutes
4. Serve with butter

# Colouring Pages

















# Samhain

by Annie Finch



In the season leaves should love,  
since it gives them leave to move  
through the wind, towards the ground  
they were watching while they hung,  
legend says there is a seam  
stitching darkness like a name.

Now when dying grasses veil  
earth from the sky in one last pale  
wave, as autumn dies to bring  
winter back, and then the spring,  
we who die ourselves can peel  
back another kind of veil  
that hangs among us like thick smoke.

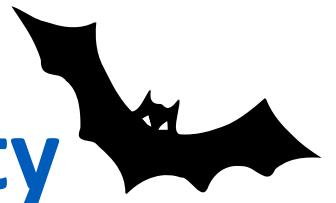
Tonight at last I feel it shake.  
I feel the nights stretching away  
thousands long behind the days  
till they reach the darkness where  
all of me is ancestor.

I move my hand and feel a touch  
move with me, and when I brush  
my own mind across another,  
I am with my mother's mother.  
Sure as footsteps in my waiting  
self, I find her, and she brings  
arms that carry answers for me,  
intimate, a waiting bounty.  
"Carry me." She leaves this trail  
through a shudder of the veil,  
and leaves, like amber where she stays,  
a gift for her perpetual gaze.



# The Halloween Party

By Kenn Nesbitt



We're having a Halloween party at school.  
I'm dressed up like Dracula. Man, I look cool!  
I dyed my hair black, and I cut off my bangs.  
I'm wearing a cape and some fake plastic  
fangs.

I put on some makeup to paint my face white,  
like creatures that only come out in the night.  
My fingernails, too, are all pointed and red.  
I look like I'm recently back from the dead.

My mom drops me off, and I run into school  
and suddenly feel like the world's biggest fool.  
The other kids stare like I'm some kind of freak

—

the Halloween party is not till next week.



# The Witches Song

## “Double Double Toil and Trouble”

By William Shakespear

Double, double toil and trouble;  
Fire burn and caldron bubble.  
Fillet of a fenny snake,  
In the caldron boil and bake;  
Eye of newt and toe of frog,  
Wool of bat and tongue of dog,  
Adder's fork and blind-worm's sting,  
Lizard's leg and howlet's wing,  
For a charm of powerful trouble,  
Like a hell-broth boil and bubble.

Double, double toil and trouble;  
Fire burn and caldron bubble.  
Cool it with a baboon's blood,  
Then the charm is firm and good.



# Where You Lead I Will Follow

Carol King & Louise Goffin

Loving you the way I do  
I only wanna be with you  
And I will go  
To the ends of the earth,  
Cause darling, to me thats what you're worth

Chorus  
Where you lead  
I will follow  
Anywhere that you tell me to  
If you need, if you need me to be with you  
I will follow  
Where you lead

If you're out on the road  
Feelin' lonely and so cold  
All you have to do is call my name  
And I'll be there  
On the next train

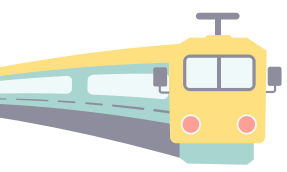
Chorus

I always wanted a real home  
With flowers on the windowsill  
But if you wanna live in New York City  
Honey, you know I will

I never thought I could get satisfaction  
From just one man  
But if anyone can keep me happy  
You're the one who can

Chorus (2x)

Oh baby, ohh, I'm gonna follow where you lead  
I'm gonna follow where you lead  
I'm gonna follow where you lead







# Tell Me On A Sunday

**Sarah Brightman & Andrew Loyed Webber**



Don't write a letter when you want to leave  
Don't call me at 3 am from a friend's apartment.

I'd like to choose how I hear the news.  
Take me to a park that's covered with trees.  
Tell me on a Sunday please.

Let me down easy, no big song and dance.  
No long faces, no long looks, no deep conversation.  
I know the way we should spend that day.  
Take me to a zoo that's got chimpanzees.  
Tell me on a Sunday please.

Don't want to know who's to blame, it won't help knowing.  
Don't want to fight day and night bad enough you're going.

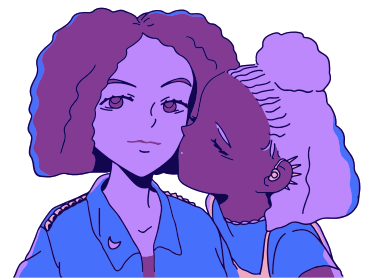
Don't leave in silence with no words at all.  
Don't get drunk and slam the door, that's no way to end this,  
I know how I want you to say goodbye.  
Find a circus ring with a flying trapeze.  
Tell me on a Sunday please.

I don't want to fight day and night, bad enough you're going.  
Don't leave in silence with no words at all.  
Don't get drunk and slam the door, that's no way to end this.  
I know how I want you to say goodbye.  
Don't run off in the pouring rain.  
Don't call me as they call your plane.  
Take the hurt out of all the pain.  
Take me to a park that's covered with trees.  
Tell me on a Sunday please.



# Landslide

## Fleetwood Mac



I took my love, took it down  
I climbed a mountain and I turned around  
And I saw my reflection in the snow-covered hills  
'Til the landslide brought me down

Oh, mirror in the sky  
What is love?  
Can the child within my heart rise above?  
Can I sail through the changin' ocean tides?  
Can I handle the seasons of my life?  
Hmm-hmm, hmm-hmm

Well, I've been afraid of changin'  
'Cause I've built my life around you  
But time makes you bolder  
Even children get older  
And I'm getting older too

Oh-oh, take my love, take it down  
Oh-oh, climb a mountain and turn around  
And if you see my reflection in the snow-covered hills  
Well, the landslide bring it down

And if you see my reflection in the snow-covered hills  
Well, the landslide will bring it down  
Oh-ohh, the landslide bring it down





## 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/](http://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](mailto: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](mailto: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?](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?](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://www.vecteezy.com/vector-art/28633002-autumn-coloring-pages-cute-fall-coloring-pages-autumn-coloring-pages-for-adults-kindergarten-fall-coloring-pages-fall-coloring-pages-for-adults-pumpkin-coloring-pages>
- <https://momlovesbest.com/fall-coloring-pages>
- <https://artprojectsforkids.org/category/view-by-media/coloring-page/fine-art-coloring-pages/>