THE Alzheimer
SOCIETY OF IRELAND

Activity Pack Two

Relaxed Engagement

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Dear Friends,

Hello and welcome to September!

As the seasons begin to shift and autumn's colours start to appear, this month's activity pack is filled with cosy creativity, comforting flavours, and engaging activities to enjoy as the days grow cooler.

We're getting crafty with a charming paper plate owl project simple, fun, and perfect for bringing a touch of woodland magic into your home.

Whether you hang it up or gift it, this little owl is sure to make you smile. In the kitchen, we're stirring up a warming bowl of carrot and coriander soup a vibrant, aromatic recipe that's just right for crisp September days. Delicious, healthy, and wonderfully easy to make.

There's plenty more to enjoy too: classic tunes from The Eagles and Elvis, a calming Walk Through Autumn relaxation, poetry from W.B. Yeats and others, plus a conversation booster maths game to keep minds sharp and conversations flowing.

Whether you're crafting, cooking, listening to timeless music, or simply relaxing with a poem and a warm bowl of soup, we hope this month brings a little extra comfort and joy to your September.

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 or Email: helpline@alzheimer.ie.

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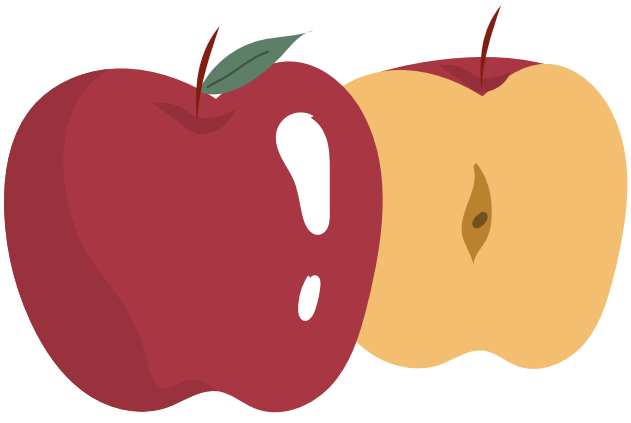


Paper Plate Owls

Materials Needed

- Paper plates – uncoated basic plates (cheap)
- Acrylic Paint
- Coloured Paper/Card
- Scissors
- Ribbon for hanging – optional
- Glue Stick

Tutorial available at:
https://virtualdementiahub.ie/category/art/crafts/

Check out the below for some inspiration!

Original Design: https://frugalfun4boys.com/paper-plate-owl-craft/

Steps to Follow

Step One:

- Fold both sides of the plate in toward the centre.

Step Two:

- Then fold over the top of the plate to make the owl's head.

Step Three:

- Now it's time to paint. Open up the plate and paint the inside – just the area shown.
- Let it dry. Then fold the plate again and paint the head and wings.

Step Four:

- Use either hot glue or Tacky Glue to glue the wings and head down. Then paint feathers on the body. There's no wrong way to do this!

Step Five:

- Cut out the eyes, beak, and feet from construction paper.
- TIP: Plastic caps are perfect when you need to draw a nice, round circle! I like to save plastic caps in a variety of sizes for crafting.

Step Six:

- Glue the eyes, beak, and feet to the owl's body, and your owl craft is complete!
- You may want to add some ribbon to make your owl a door hanger. It's such a fun way to display the owls!

Wordsearch

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

School

Tea

Leaves

Autumn

Wordsearch

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

School

Tea

Leaves

Autumn

Number Match & Chat

(Part maths, part conversation)

Materials:

- Large-print cards with numbers (1–10) or dots like dominoes
- Matching objects (coins, buttons, big beads, picture cards with that many items)

How to Play:

1. Set up: Lay the number cards on a table, numbers facing up.
2. Show one item: Hold up a matching object card or a real item (e.g. 3 coins).
3. Match: Ask the person to find the number card that matches the quantity.
4. Talk about it: Once matched, have a short conversation connected to the number.
    - Example: For "5" → "What's something you've had 5 of?" or "Did you know 12 large eggs cost around €5, what else do you think you can buy for that?"
5. Celebrate success: Give encouraging feedback every time — even if they need help to get there.

Why it works:

- Tactile + visual cues make it easier to connect quantity and number.
- Short steps keep it manageable.
- Familiar everyday references (money, objects) help trigger memories.
- Built-in conversation keeps it social.

September Sensory Relaxation:
"A Walk Through Autumn"

Setting:

Quiet room with soft lighting. Play gentle nature sounds in the background. (rustling leaves, distant birdsong, or light rain.)

Materials (optional):

- A soft wool scarf or blanket
- A small bowl of conkers or acorns
- A sprig of lavender or rosemary
- A warm cup of tea (camomile or decaf Irish breakfast)
- A photo or postcard of the countryside in autumn

September Sensory Relaxation:
"A Walk Through Autumn"

Guided Experience (10–15 minutes)

1. Welcome and Grounding

"Let's take a gentle journey through September in Ireland. Sit comfortably, and take a deep breath in... and out. Feel the chair beneath you, and the warmth around you."

2. Touch and Texture

Offer the wool scarf or blanket.

"Feel the softness of the wool—like the jumpers we wear when the air turns crisp. September brings cooler mornings and cosy evenings."

3. Nature Connection

Pass around the bowl of conkers or acorns.

"These are conkers, fallen from horse chestnut trees. Do you remember collecting them as a child or with your own children?"

4. Scent and Memory

Let them smell the lavender or rosemary.

"This is lavender—soothing and calming. It grows in many Irish gardens. Breathe in slowly and let the scent remind you of peaceful days."

5. Visual and Reminiscence

Show the countryside photo.

"This is the Irish countryside in September. Trees turning golden, skies soft with clouds. What does this remind you of?"

6. Taste and Comfort

Offer a warm cup of tea.

"Let's finish with a comforting cup of tea. A taste of home, of chats by the fire, and slowing down."

7. Closing

"Thank you for sharing this moment. September is a time of change, but also of beauty and calm. You are safe, and you are cherished."

Carrot and Coriander Soup

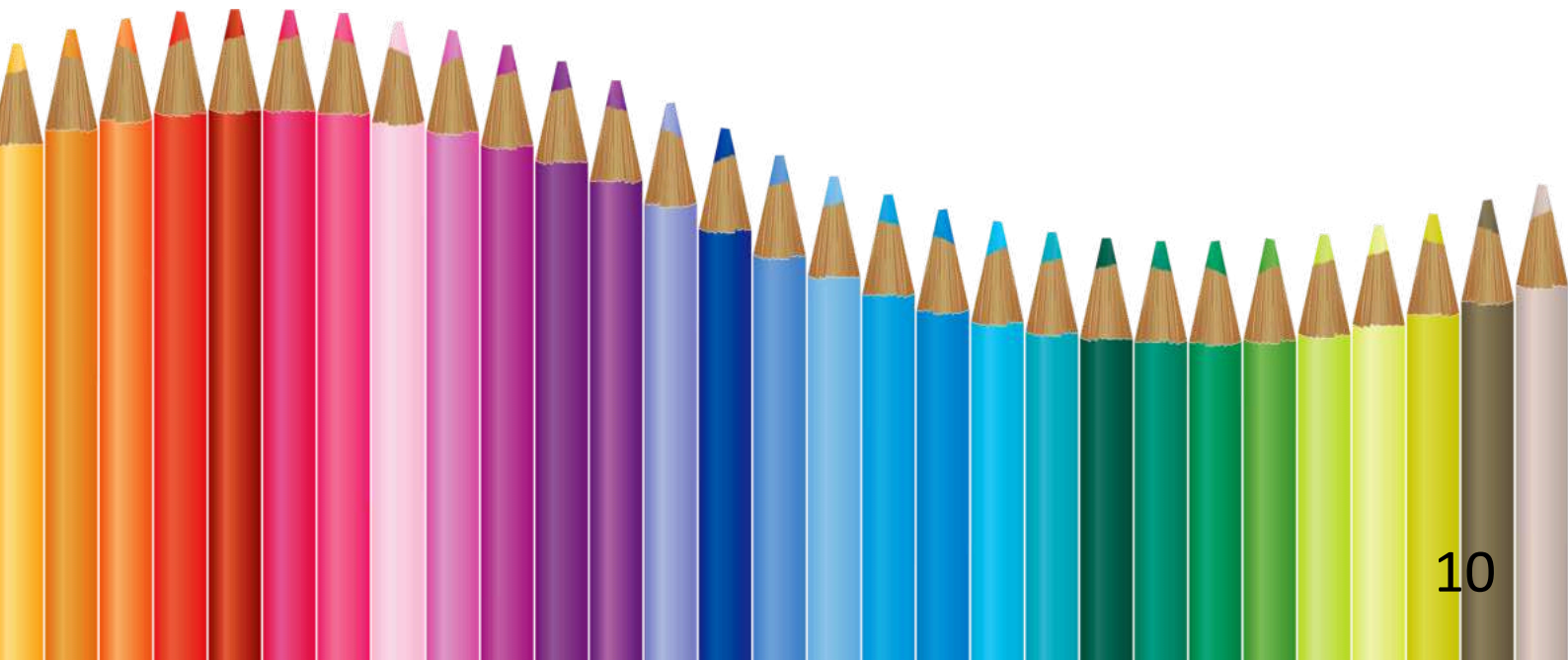
Ingredients

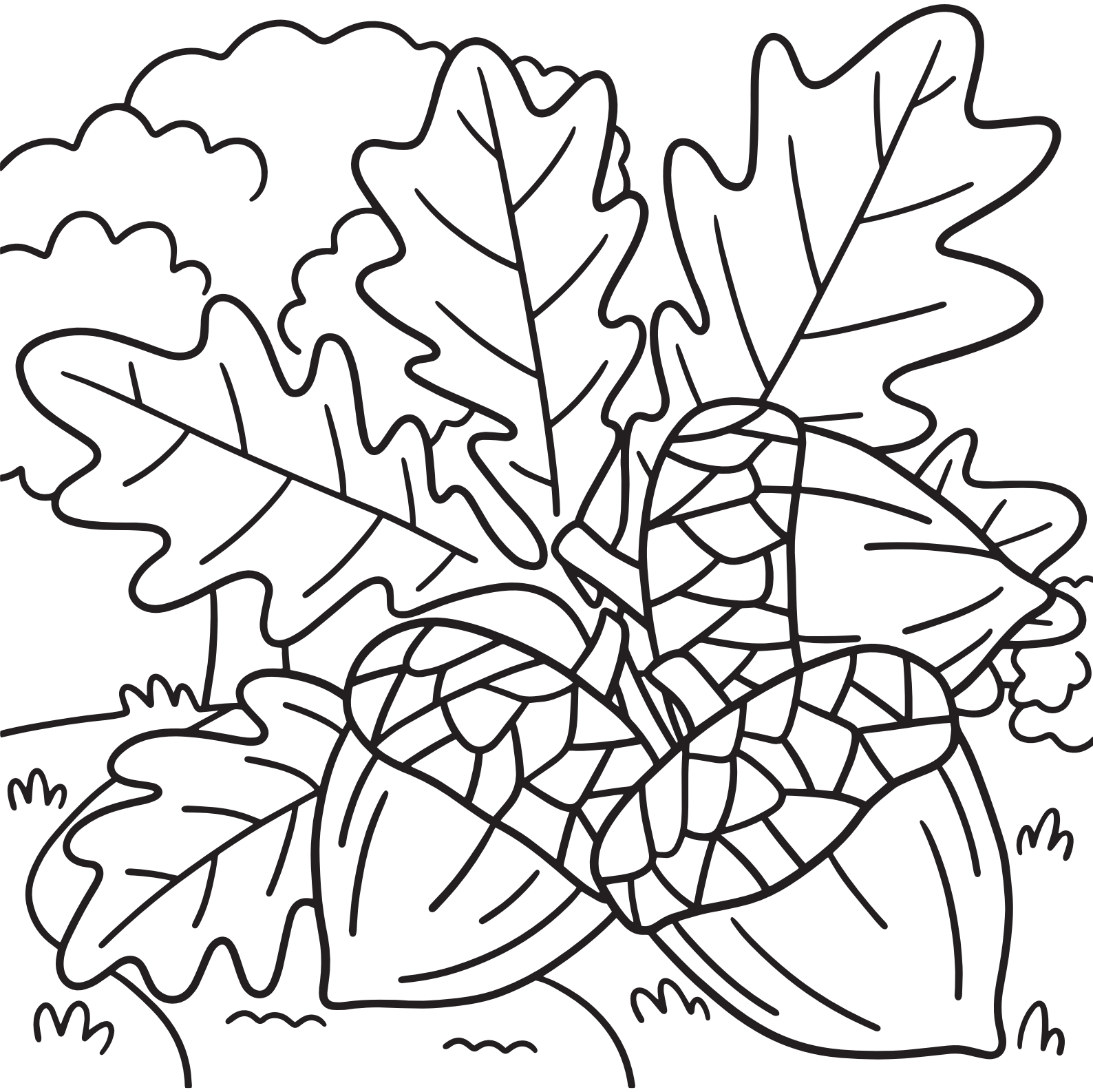
- 50g butter
- 1 medium onion, peeled and chopped
- 1 clove of garlic, peeled and chopped
- 1 tsp. ground coriander
- 4 medium potatoes, peeled and chopped
- 1.4L vegetable stock
- 100g skimmed milk protein
- 4 tsps creme fraiche (20g)
- Serve with fresh chopped coriander.

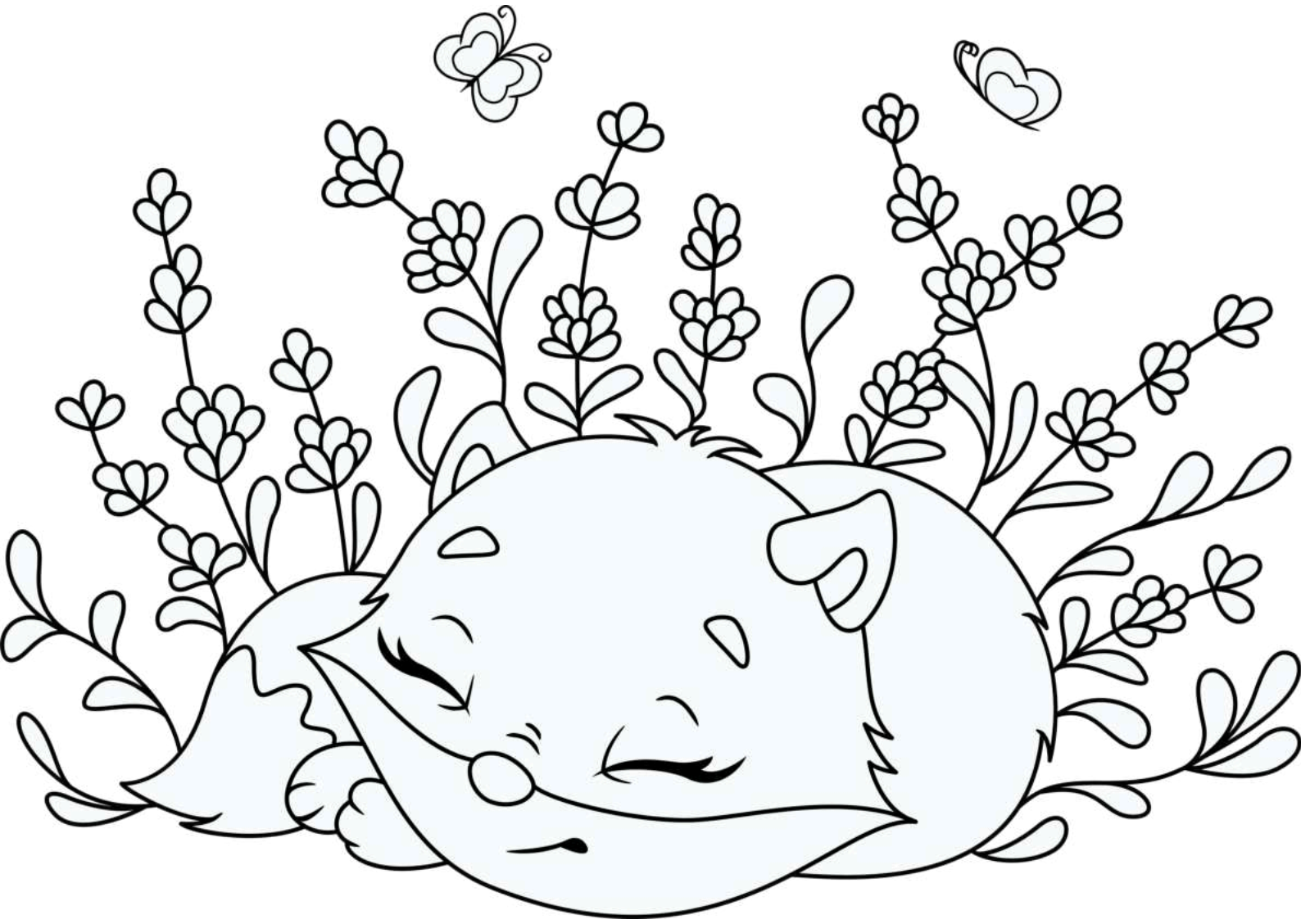
Method

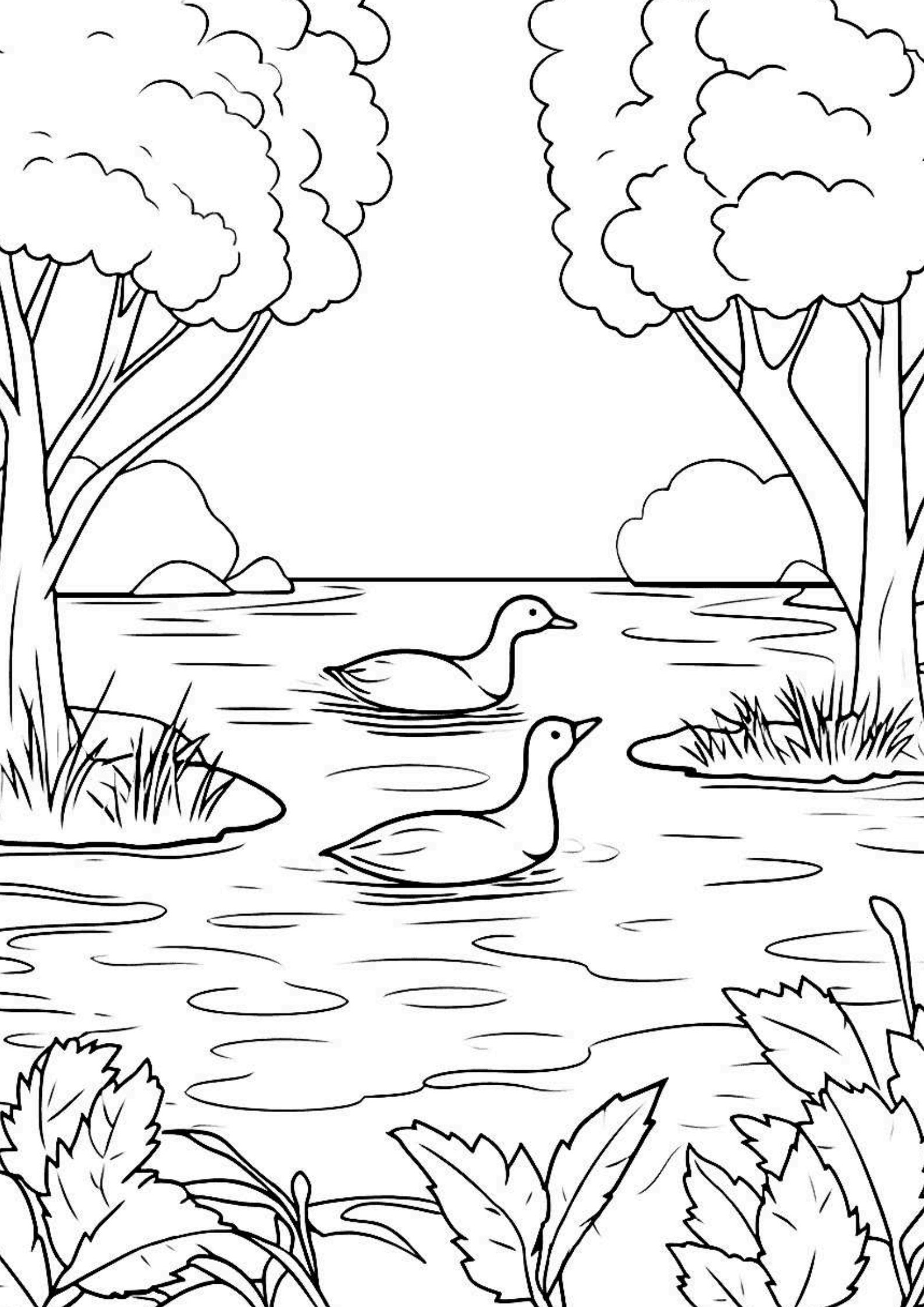
1. Gently sauté the onion and garlic in the butter for 10 minutes without colouring. Add the ground coriander and cook for 1 minute
2. Add the potatoes and carrots and mix until well coated
3. Pour in the stock (1.3L), bring to the boil, and then lower the heat and simmer for 20 minutes or unitke the vegetables are tender
4. Add in the crème fraîche
5. Combine the remaining 100ml of stock with the skimmed milk powder and blend into the soup until it is completely smooth. Adjust the consistency by adding more liquid if required.
6. Season with the salt and pepper to taste

Colouring Pages









The Wild Swans at Coole

by W.B Yeats

The trees are in their autumn beauty,
The woodland paths are dry,
Under the October twilight the water
Mirrors a still sky;
Upon the brimming water among the stones
Are nine-and-fifty swans.

The nineteenth autumn has come upon me
Since I first made my count;
I saw, before I had well finished,
All suddenly mount
And scatter wheeling in great broken rings
Upon their clamorous wings.

I have looked upon those brilliant creatures,
And now my heart is sore.
All's changed since I, hearing at twilight,
The first time on this shore,
The bell-beat of their wings above my head,
Trod with a lighter tread.

Unwearied still, lover by lover,
They paddle in the cold
Companionable streams or climb the air;
Their hearts have not grown old;
Passion or conquest, wander where they will,
Attend upon them still.

But now they drift on the still water,
Mysterious, beautiful;
Among what rushes will they build,
By what lake's edge or pool
Delight men's eyes when I awake some day
To find they have flown away?

Autumnal Sonnet

By William Allingham

Now Autumn's fire burns slowly along the woods, And day by day the dead leaves fall and melt, And night by night the monitory blast Wails in the key-hold, telling how it pass'd O'er empty fields, or upland solitudes, Or grim wide wave; and now the power is felt Of melancholy, tenderer in its moods Than any joy indulgent summer dealt. Dear friends, together in the glimmering eve, Pensive and glad, with tones that recognise The soft invisible dew in each one's eyes, It may be, somewhat thus we shall have leave To walk with memory, when distant lies Poor Earth, where we were wont to live and grieve

Sailing to Byzantium

By W.B Yeats

I

That is no country for old men. The young
In one another's arms, birds in the trees,
—Those dying generations—at their song,
The salmon-falls, the mackerel-crowded seas,
Fish, flesh, or fowl, commend all summer long
Whatever is begotten, born, and dies.
Caught in that sensual music all neglect
Monuments of unageing intellect.

II

An aged man is but a paltry thing,
A tattered coat upon a stick, unless
Soul clap its hands and sing, and louder sing
For every tatter in its mortal dress,
Nor is there singing school but studying
Monuments of its own magnificence;
And therefore I have sailed the seas and come
To the holy city of Byzantium.

III

O sages standing in God's holy fire
As in the gold mosaic of a wall,
Come from the holy fire, perne in a gyre,
And be the singing-masters of my soul.
Consume my heart away; sick with desire
And fastened to a dying animal
It knows not what it is; and gather me
Into the artifice of eternity.

IV

Once out of nature I shall never take
My bodily form from any natural thing,
But such a form as Grecian goldsmiths make
Of hammered gold and gold enamelling
To keep a drowsy Emperor awake;
Or set upon a golden bough to sing
To lords and ladies of Byzantium
Of what is past, or passing, or to come.

Ring of Fire

Johnny Cash

[Verse 1]
Love is a burning thing
And it makes a fiery ring
Bound by wild desire
I fell into a ring of fire

[Chorus]
I fell into a burning ring of fire
I went down, down, down and the flames went higher
And it burns, burns, burns, the ring of fire, the ring of fire

[Chorus]
I fell into a burning ring of fire
I went down, down, down and the flames went higher
And it burns, burns, burns, the ring of fire, the ring of fire

[Verse 2]
The taste of love is sweet
When hearts like ours meet
I fell for you like a child
Oh, but the fire went wild

[Chorus]
I fell into a burning ring of fire
I went down, down, down and the flames went higher
And it burns, burns, burns, the ring of fire, the ring of fire
I fell into a burning ring of fire
I went down, down, down and the flames went higher
And it burns, burns, burns, the ring of fire, the ring of fire

Desperado

Eagels

[Verse 1]
Desperado, why don't you come to your senses?
You've been out ridin' fences for so long now
Oh, you're a hard one, but I know that you got your reasons
These things that are pleasin' you can hurt you somehow

[Chorus]
Don't you draw the queen of diamonds, boy
She'll beat you if she's able
You know the queen of hearts is always your best bet
Now it seems to me some fine things
Have been laid upon your table
But you only want the ones that you can't get

[Verse 2]
Desperado, woah, you ain't gettin' no younger
Your pain and your hunger, they're drivin' you home
And freedom, oh, freedom, well, that's just some people talkin'
Your prison is walkin' through this world all alone

[Chorus]
Don't your feet get cold in the wintertime?
The sky won't snow and the sun won't shine
It's hard to tell the nighttime from the day
You're losin' all your highs and lows
Ain't it funny how the feelin' goes
Away?

[Verse 3]
Desperado, why don't you come to your senses?
Come down from your fences, open the gate
It may be rainin', but there's a rainbow above you
You better let somebody love you (Let somebody love you)
You better let somebody love you before it's too late

Another Night in the Rain

Cat Stevens

Another night in the rain, I'm walkin' alone
To the sound of my steps, talking to no one
Another night in the rain, I'm walkin' alone
Another night in the rain, I'm walkin' alone

I don't have a job, behind with my rent
Another hole in my belt, my bed is empty

No need to fear, nothing to lose
No need to worry
Nothing to buy, nothing to choose
No need to hurry, hurry

Another car passes by, I'm standin' alone
Stuck at the lights, he rolls up the window

I don't have a phone, no savings account
I failed my degree, my best shades are broken

No need to cry, no need to mourn
No need to worry
Nowhere to go, no place to come
No need to feel sorry, sorry, oh

It's another night in the rain, I'm walkin' alone
To the sound of my steps, talking to no one
Another night in the rain, I'm walkin' alone
Another night in the rain, I'm walkin' alone

We're not alone, the sky's our home
Our fears are burning, yeah
We're not alone, God is with us
He knows every solitary soul

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 Meditiation: 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=lFcSrYw-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://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/