



THE *Alzheimer*

SOCIETY OF IRELAND

NOVEMBER

Activity Pack Two

Relaxed Engagement



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Dear Friends,



Hello and welcome to November!

As the air grows crisp and winter edges closer, this month's activity pack is brimming with creativity, comfort, and plenty of ways to celebrate the changing season.

We're getting crafty with a tree decorating craft, a colourful, tactile way to create your own piece of nature-inspired art. It's simple, relaxing, and perfect for brightening up a cosy November afternoon.

In the kitchen, we're cooking up a delicious chicken and broccoli bake, a hearty, warming dish that's ideal for sharing with family or friends as the evenings draw in.

There's plenty more to enjoy too: word searches to keep your mind sharp, a true or false game to test your knowledge, and a shopping list maths activity.

You'll also find pages to colour, along with poems and songs that capture the gentle beauty and reflective spirit of the season.

Whether you're crafting, cooking, puzzling, or simply relaxing with a cup of tea, we hope this month's pack brings warmth, creativity, and a touch of seasonal cheer to your November.

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.

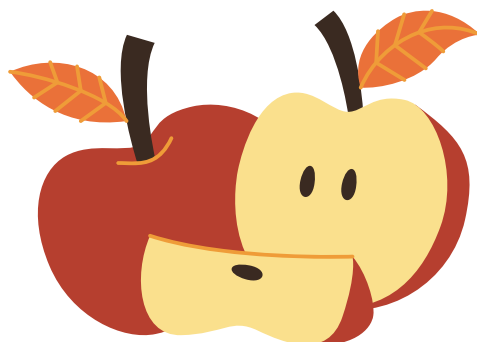


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Tree Decorating

Materials Needed

- Printed Tree template / Or draw your own
- Buttons and glue or sticky back beads/foam flowers

Tutorial available at:

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



Check out the below for some inspiration!





Steps to Follow

Step One:

- Print out or draw your tree



Step Two:

- Get your materials: buttons and glue or sticky back beads/foam

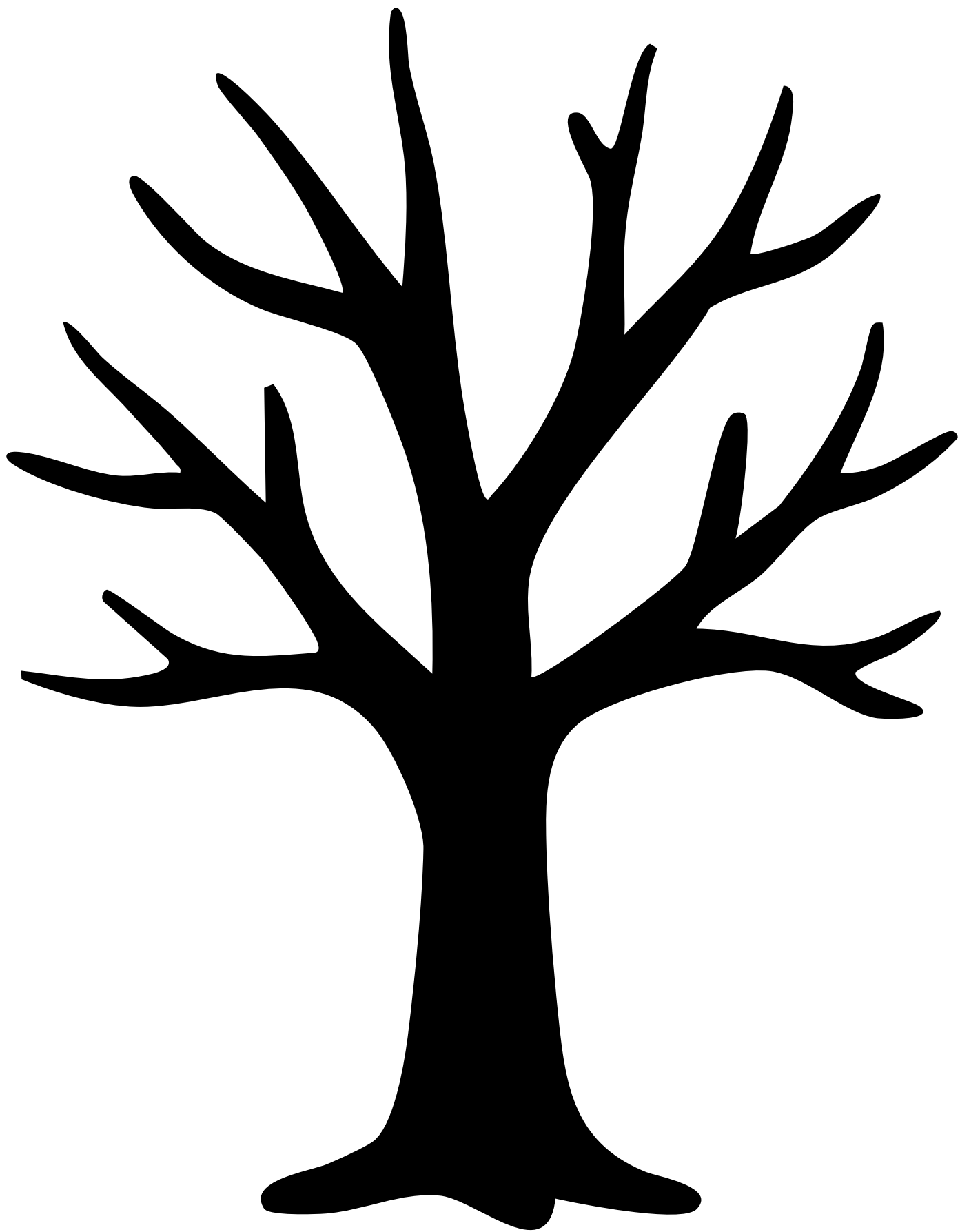


Step Three:

- Stick your decorations onto the tree
- Et Voila, you have a lovely colourful decoration.



Tree's symbolise growth, love and family, why not discuss your family tree while you decorate.



Wordsearch

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

Apples Leaves Harvest Jumper



Wordsearch

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

Apples

Leaves

Harvest

Jumper





Going Shopping

How to Play

1. Pick Your Items

- Using the shopping list sheet, ask players to choose 5 items they would like to buy.
- You can change the number of items or be specific: “Can you buy milk, bread, and eggs?”
- There is no wrong way to play, keep it relaxed and enjoyable.

2. Add Up the Cost

- Add the prices together.
- Break it down into easy steps:
 - Add two items first, then add the next.
- Encourage players to say the numbers out loud.

3. Try a Challenge

- “What could you buy for €20?”
- Explore different combinations of items.

4. Start a Conversation

- These prices don’t reflect real supermarket costs, but you can still use this as a chance to reminisce:
 - “How much did bread cost when you were younger?”
 - “What’s your favourite treat?”
 - “What do you never leave the supermarket without?”
 - “What products are missing that you would always buy?”





Shopping List



€1.00



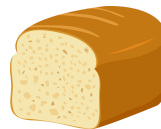
€8.00



€4.00



€1.00



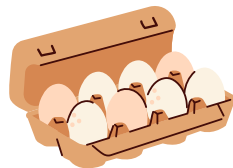
€2.00



€1.00



€5.00



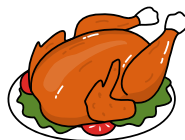
€5.00



€1.00



€2.00



€6.00



€4.00



November Mindfulness



Welcome and Grounding

“Hello. Let’s take a few moments just for you. You’re safe, warm, and among friends. Let’s close our eyes and take a slow breath in together... and out. There’s no rush.”

Sensory Imagery: November

“Outside, the leaves have started to change. Rich golds, deep reds, and soft browns. The leaves gently fall, like little dancers twirling in the wind.”

“Imagine the sound of leaves crunching underfoot? Or the smell of woodsmoke drifting through the air? November brings a quiet kind of beauty.”

Touch and Comfort

(Gently place a soft blanket or shawl around their shoulders)

“This blanket is warm, like a hug. Hold it close. Feel how soft it is against your skin. Like the gentle touch of a loved one. Breath in... and out (3 times)”

Memory and Connection

“Think of a cozy November day. Maybe a warm drink, a fire crackling, or someone baking in the kitchen. Let’s hold onto that feeling. Breath in... and out (3 times)”

Nature and Calm

“Imagine a walk through a quiet park. The air is cool, but not cold. There are squirrels gathering acorns, birds flying in gentle patterns. Everything is calm. Everything is slow. Breath in... and out (3 times)”

Closing and Reassurance

“You are here, and you are loved. Let’s take one more deep breath together... in... and out. You’ve done beautifully. Let’s sit here now until you are ready to open your eyes and go back to the day.”

Note: Try using a gentle autumn playlist from youtube or spotify



Chicken & Broccoli Bake

Ingredients

- 1 small or 450g of broccoli
- 100g Mushrooms
- 1 Tablespoon. Olive Oil
- 4 small chicken breast fillets chopped. (400g)
- 1 small onion chopped (60g)
- 2 Tablespoons cream cheese (30g)
- 170ml Full Fat Milk
- 100ml cream
- 100g grated parmesan
- 150g dried breadcrumbs

Prep Time: 10 minutes

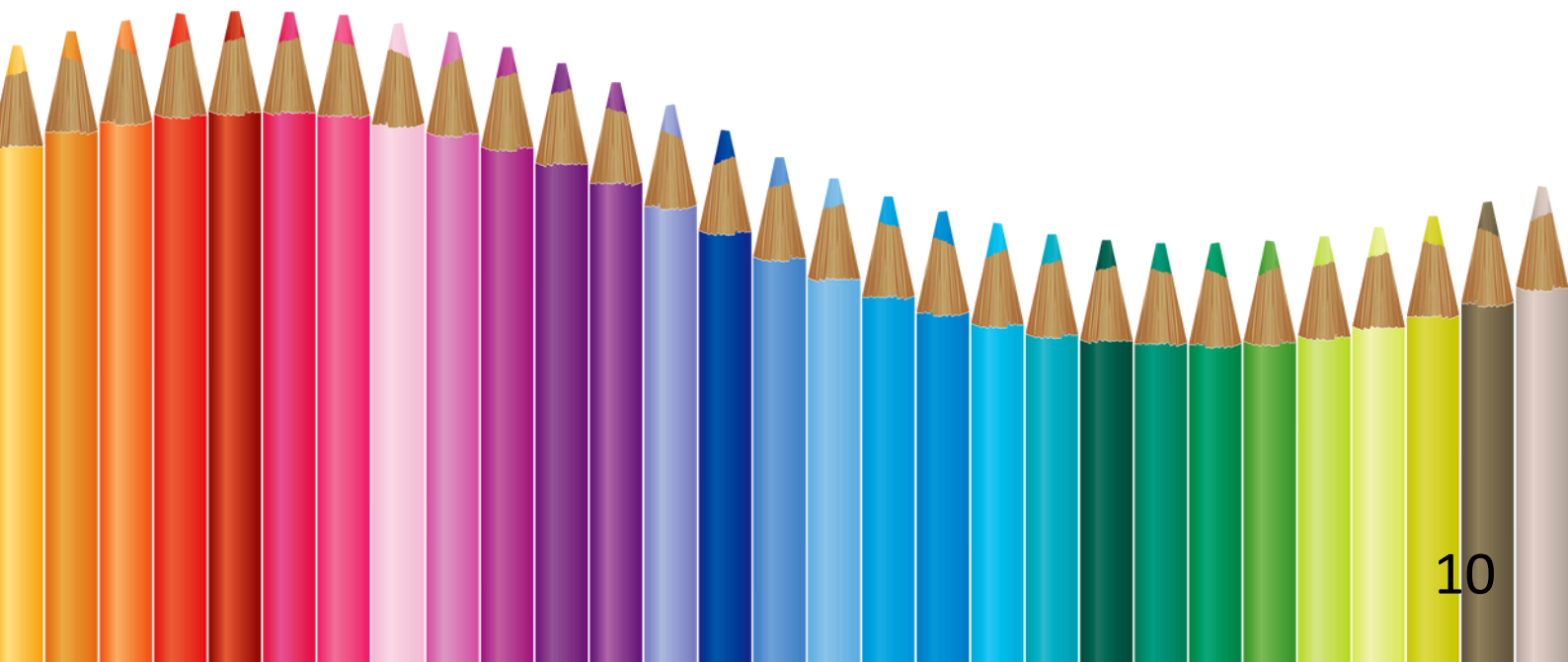
Cook Time: 20 minutes

Method

1. Heat the oil in a pan and add the chicken and onions. Cook until the chicken juices run clear and the chicken is white throughout.
2. Cook the broccoli in boiling water for 3 minutes.
3. In a bowl, whisk together the cream cheese, milk and cream until smooth. Add the sauce and mushrooms to the chicken and onions, and bring to the boil. Reduce the heat to low and simmer for 5 minutes, or until slightly thickened. Toss in the broccoli. Pour this mix into a casserole dish. Turn on the grill to medium-high heat.
4. Sprinkle the bread crumbs and parmesan cheese over the cassarole, and put under the geill until the cheese is melted and the bread crumbs are golden brown.
5. Serve with creamed potatoe, rice, pasta or crusty bread.



Colouring Pages













Fall, Leaves, Fall

by Emily Brontë

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.

AUTUMN

By John Clare



I love the fitfull gusts that shakes
The casement all the day
And from the mossy elm tree takes
The faded leaf away
Twirling it by the window-pane
With thousand others down the lane
I love to see the shaking twig
Dance till the shut of eve
The sparrow on the cottage rig
Whose chirp would make believe
That spring was just now flirting by
In summers lap with flowers to lie
I love to see the cottage smoke
Curl upwards through the naked trees
The pigeons nestled round the coat
On dull November days like these
The cock upon the dung-hill crowing
The mill sails on the heath a-going
The feather from the ravens breast
Falls on the stubble lea
The acorns near the old crows nest
Fall pattering down the tree
The grunting pigs that wait for all
Scramble and hurry where they fall



Sonnet 73

‘That time of year thou mayst in me behold’

By William Shakespeare

That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the cold,
Bare ruin'd choirs where late the sweet birds sang.

In me thou seest the twilight of such day
As after sunset fadeth in the west,
Which by and by black night doth take away,
Death's second self, that seals up all in rest.

In me thou seest the glowing of such fire
That on the ashes of his youth doth lie,
As the death-bed whereon it must expire,
Consum'd by that which it was nourished by.
This thou perceiv'st which makes thy love more strong,
To love that well which thou must leave ere long.





Harvest Moon

Neil Young

Come a little bit closer
Hear what I have to say
Just like children sleepin'
We could dream this night away

But there's a full moon risin'
Let's go dancin' in the light
We know where the music's playin'
Let's go out and feel the night

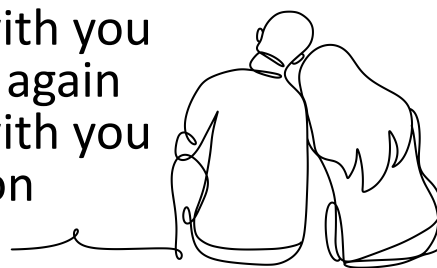
Because I'm still in love with you
I want to see you dance again
Because I'm still in love with you
On this harvest moon

When we were strangers
I watched you from afar
When we were lovers
I loved you with all my heart

But now it's gettin' late
And the moon is climbin' high
I want to celebrate
See it shinin' in your eye

Because I'm still in love with you
I want to see you dance again
Because I'm still in love with you
On this harvest moon

Because I'm still in love with you
I want to see you dance again
Because I'm still in love with you
On this harvest moon



Leaves That are Green

Siomon & Garfunkel

I was twenty-one years when I wrote this song
I'm twenty-two now but I won't be for long
Time hurries on
And the leaves that are green turn to brown
And they wither with the wind
And they crumble in your hand

Once my heart was filled with the love of a girl
I held her close but she faded in the night
Like a poem I meant to write
And the leaves that are green turn to brown
And they wither with the wind
And they crumble in your hand

I threw a pebble in a brook
And watched the ripples run away
And they never made a sound
And the leaves that are green turn to brown
And they wither with the wind
And they crumble in your hand

Hello, hello, hello, hello
Good-bye, good-bye, good-bye, good-bye
That's all there is
And the leaves that are green turn to brown



The Wonder of You

Elvis Presley

When no one else can understand me
When everything I do is wrong
You give me hope and consolation
You give me strength to carry on

And you're always there to lend a hand
In everything I do
That's the wonder
The wonder of you

And when you smile, the world is brighter
You touch my hand and I'm a king
Your kiss to me is worth a fortune
Your love for me is everything

I'll guess I'll never know the reason why
You love me as you do
That's the wonder
The wonder of you

I'll guess I'll never know the reason why
You love me as you do
That's the wonder
The wonder of you





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://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/>