

THE Alzheimer  
SOCIETY OF IRELAND

FEBRUARY

2026

**Activity Pack One**  
**Active Engagement**



# Activity Pack One

# Active Engagement

FEBRUARY

2026



Dear Friends,

Hello and welcome to February!

As we move into the month of love and friendship, this activity pack is filled with warmth, creativity, and moments to share with others or enjoy quietly yourself. In the kitchen, we're adding a little sweetness with delightful fairy cakes. Light, colourful, and fun to decorate, they're a lovely treat to make together and a perfect way to celebrate Valentine's Day with a homemade touch.

To spark smiles and creativity, we've included Love Limericks and Valentine's cards, offering a chance to play with words, share kind messages, and express affection in a light-hearted and meaningful way. Whether you're writing for someone special or just for fun, these activities are sure to bring joy.

For quieter moments, we've also included love poems and songs, perfect for reflection, reminiscence, and discussion. From romantic verses to familiar melodies, these pieces celebrate love in all its forms — friendship, family, and cherished memories.

Whether you're baking, writing, listening to music, or sharing a laugh, we hope this February pack brings warmth, connection, and plenty of heartfelt moments. Wishing you a happy, cosy, and love-filled February. ❤️

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).





# SPECIAL REQUEST

We are looking for your feedback

We would love to hear what you think of these activity packs. If you've ever wanted something added or would like to see less of something, now is your chance to share your thoughts.

These packs are created fresh each month, and we put a great deal of time and care into selecting each element for you.

And that's really the most important part — that you enjoy them!

To share your feedback, please copy and paste the link below, or email us at

[communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie) if you would prefer an alternative way to respond.

We can't wait to hear your thoughts.

[https://forms.office.com/Pages/ResponsePage.aspx?id=aHUema1UQUmm48xH-wIA0VwiKli9xDt\\_zy3QR6xp5UMFLyQ1FaUEs2UjZKSFBNQ1dSTEs1QIU2Sy4u](https://forms.office.com/Pages/ResponsePage.aspx?id=aHUema1UQUmm48xH-wIA0VwiKli9xDt_zy3QR6xp5UMFLyQ1FaUEs2UjZKSFBNQ1dSTEs1QIU2Sy4u)



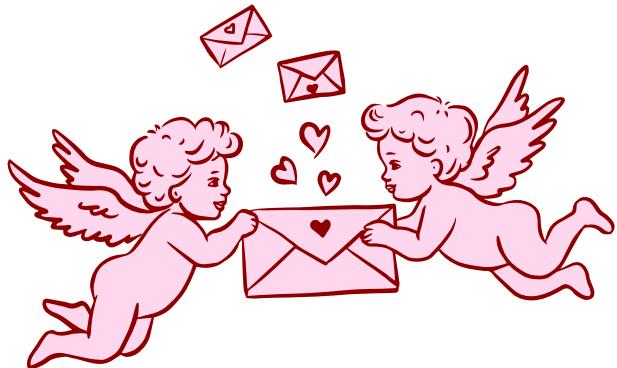
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# Valentine's Cards

## Materials Needed

- white card
- coloured paper
- markers
- ribbon
- glue dots or prit stick



**TUTORIAL AVAILABLE AT:**

[HTTPS://VIRTUALDEMENTIAHUB.IE/CATEGORY/ART/CRAFTS/](https://virtualdementiahub.ie/category/art/crafts/)

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





# Instructions

## Step One:

Cut a big pile of hearts from the coloured paper. Use various shapes and sizes, but small enough to fit quite a few on our card. The folded-paper method for cutting hearts is perfect for this project.



## Step Two:

Add the details



## Step Three:

Fold the white card in half

Add the flower stems.

Glue/stick the hearts on



## Step Four:

Add the flowers, et voila!





# Limericks of Love

Since it is the season of love, we thought it might be nice to create Little Limerick Love Poems. Here is how you write a Limerick.

## Understand the Structure

- A limerick has 5 lines with this rhythm and rhyme pattern:
  - Lines 1, 2, and 5 rhyme with each other.
  - Lines 3 and 4 rhyme with each other.
  - The rhythm usually follows a pattern of da-DUM da-DUM da-DUM (but don't worry too much—just make it playful).

## Choose Your Theme

- Our theme is love. Think about something funny, sweet, or surprising about love, maybe a person, a feeling, or a situation.
- Start with the First Line
- Begin by introducing a person or place.

**Example: “There once was a lad full of cheer...”**





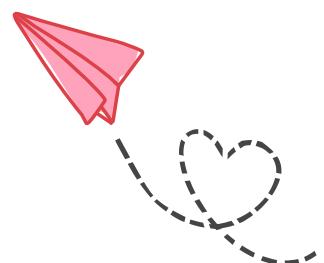
# Limericks of Love

- Add Two More Lines That Rhyme
- Lines 2 and 5 should rhyme with the first line. They often tell the story or give a twist.
- Write Two Short Middle Lines
- Lines 3 and 4 are shorter and rhyme with each other. They usually add a funny or unexpected detail.
- Keep It Light and Fun

Limericks are playful, so don't worry about being perfect just enjoy the process!

## Example

There once was a lad full of cheer,  
Who whispered sweet words in her ear.  
  
They danced in the rain,  
With joy and no pain,  
  
And promised to love every year.



# Wordsearch

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

**Cheesecake**

**Cremebrulee**

**Doughnut**

**Eclair**

**Fudge**

**Churros**

**Brownie**

**Cupcake**

**Pannacotta**

**Tiramisu**



# Wordsearch



**Cheesecake**

**Cremebrulee**

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**Tiramisu**



# Maths Squares Puzzle 1

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once. Each row is a math equation. Each column is a math equation.

3	-	1	+		6
-		+		-	
9	-	2	-		2
-		+		+	
	-		+	6	7
-14		10		5	

# Maths Squares Puzzle 2

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once. Each row is a math equation. Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

2	+		+			12
+		+		+		
	+	5	+	4		16
+		+		+		
8	+		+	3		17
17		20		8		

# Solutions

## Puzzle 1

3	-	1	+	4	6
-				-	
9	-	2	-	5	2
-				+	
8	-	7	+	6	7
-14		10		5	

## Puzzle 2

2	+	9	+	1	12
+				+	
7	+	5	+	4	16
+				+	
8	+	6	+	3	17
17		20		8	



# Queen Cakes

## Ingredients

- 225g self-raising flour
- 115 g of soft margarine or butter
- 115 g caster sugar
- 2 eggs
- a little milk
- Sprinkles for decoration

**Prep Time: 20 minutes**

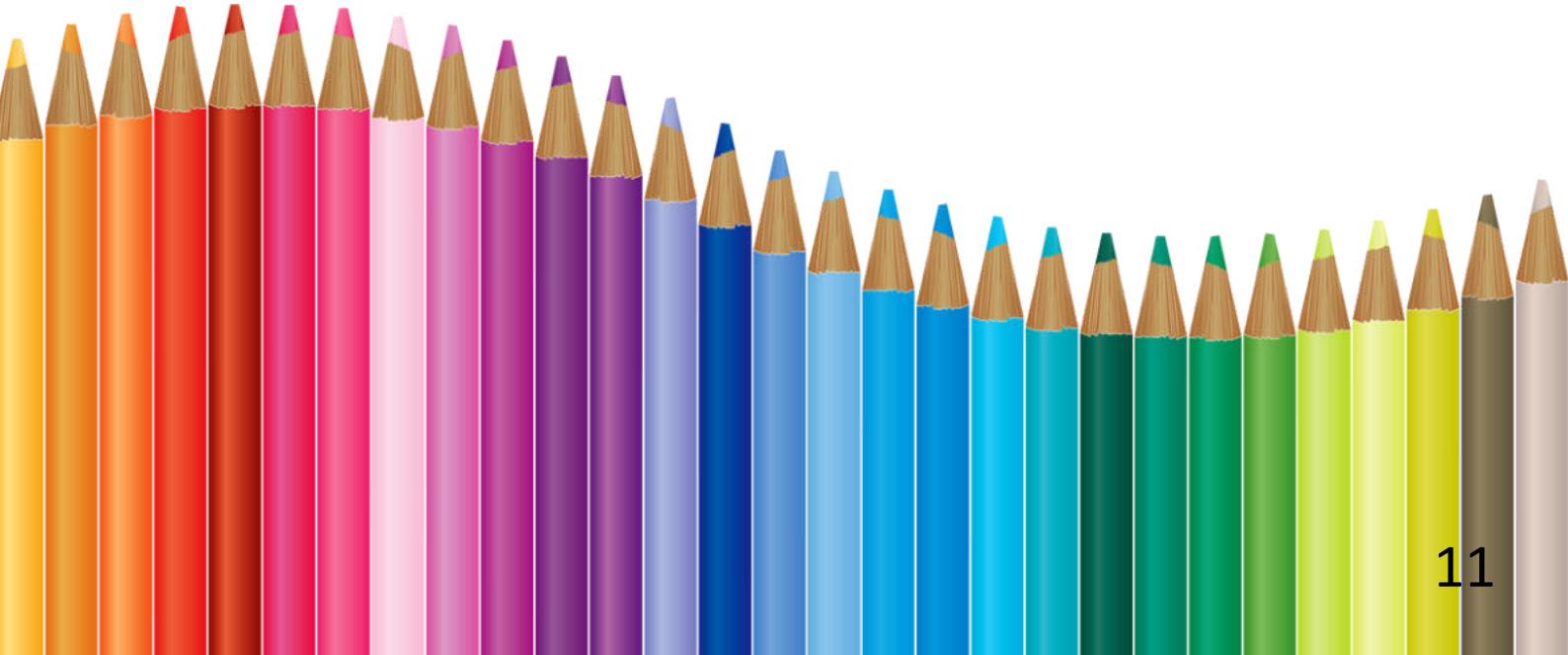
**Cook Time: 20minutes**

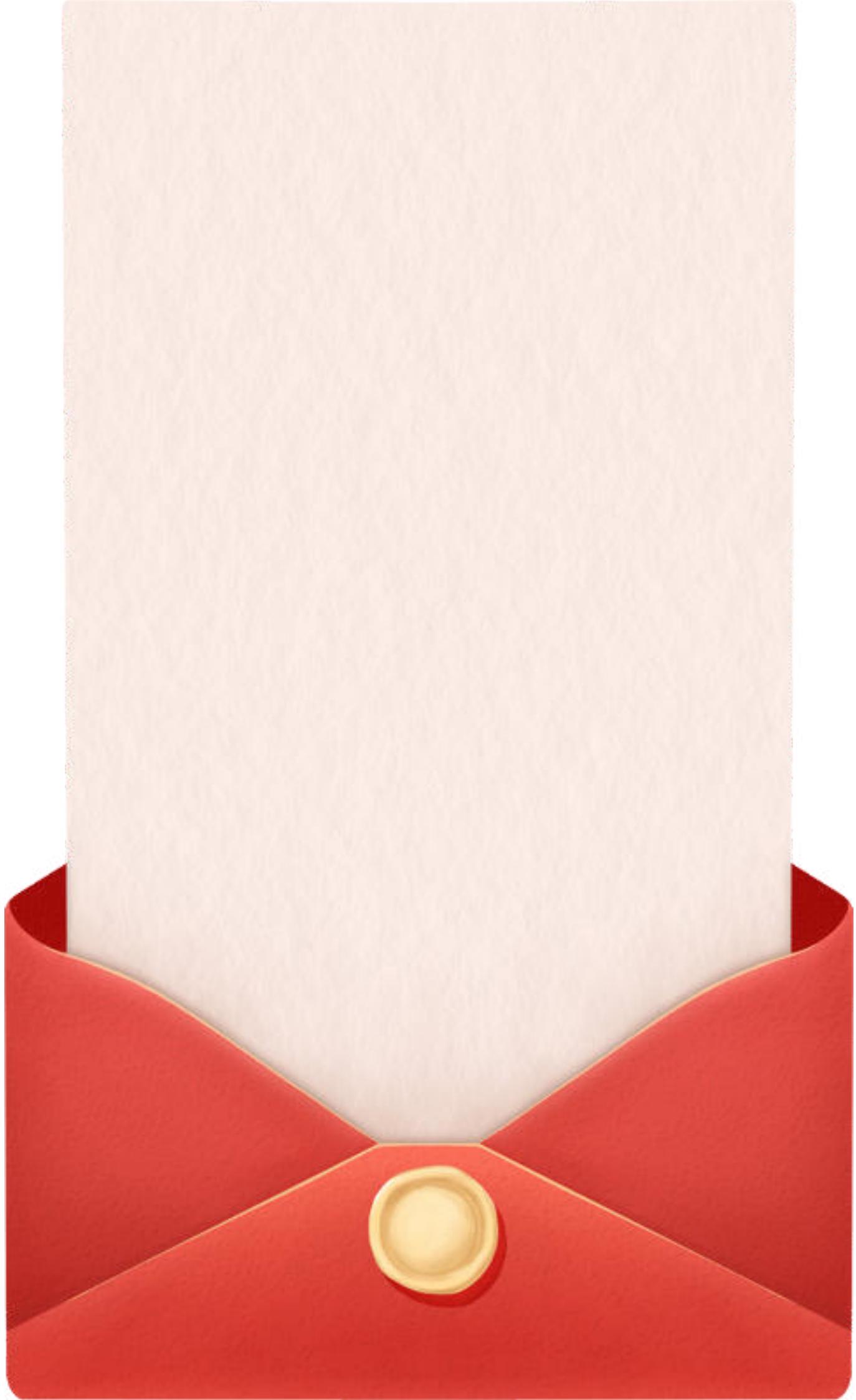


## Method

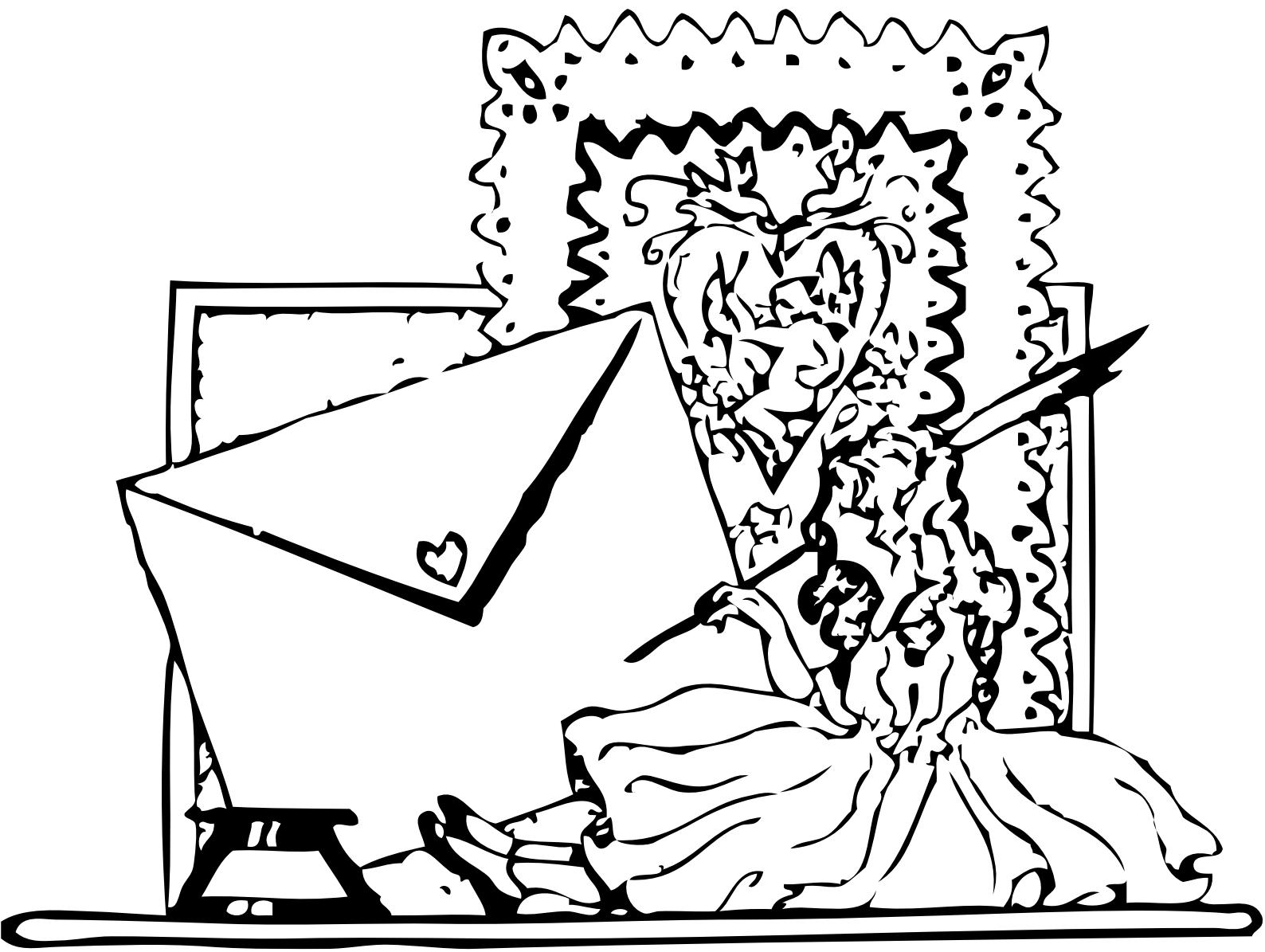
1. Preheat the oven 200 C and Gas Mark 6
2. Sieve the flour into a bowl
3. Cream the margarine/butter and sugar together in a separate bowl
4. Beat the eggs in a small bowl
5. Add the flour and eggs gradually to the creamed margarine/butter and sugar, beating gently to avoid curdling
6. If the mixture is dry, add a little milk
7. Divide the mixture into bun cases
8. Bake in the preheated oven for 20 minutes
9. Add sprinkles while buns are still warm

# Colouring Pages





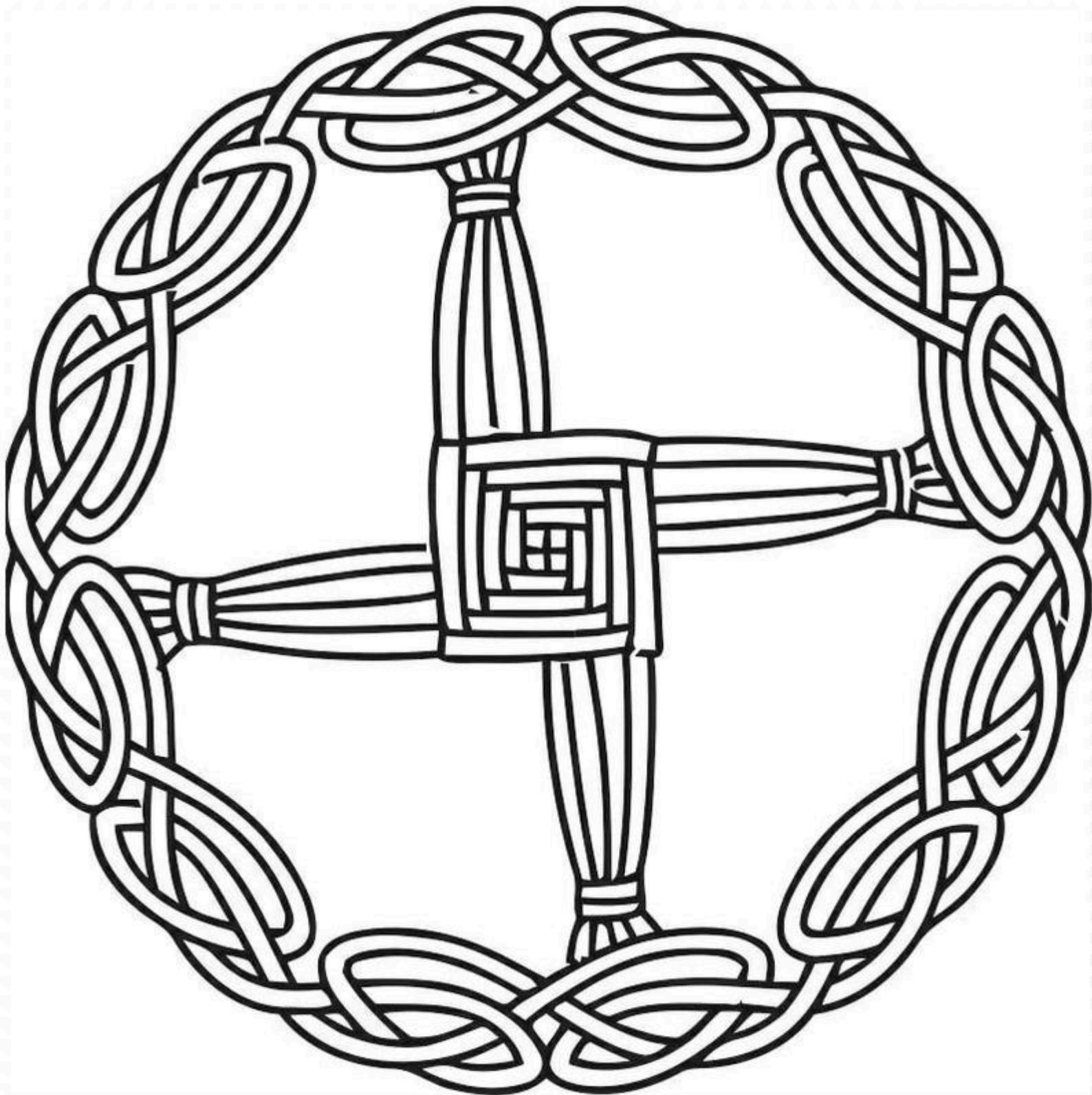
Made With Love



WINTER













# Valentine's Day. From Myrtle and Marve

by Stacey Booth



*Romance and true love the theme of the day  
cards, roses and chocolate. Marve placed on a tray  
With boiled eggs and a cuppa, for breakfast in bed  
for Myrtle... still snoozing, with dreams in her head.*

*He tiptoed upstairs with his morning surprise  
and into the dark room, Marve blinking his eyes  
Placing the tray on the pink dressing table  
he tried to see Myrtle, bit just wasn't able.*

*A radio kicked in with 'The Lady in Red.'  
then, "Marveeee!" A voice came from under the bed  
'Twas Myrtle dressed up like a French can-can girl  
all feathers and bloomers and wig full of curls.*

*She rolled out and twirled with a look that could smoulder  
Marve tried hard to keep up but just couldn't hold her!  
Then running and squeling and kicking her legs caught  
her foot on the tray, in the air went the eggs!*

*The breakfast now no good, the roses deflowered but  
Marve caught the boiled eggs and feeling empowered  
He took Myrtle's hand and pulling her in  
with a kiss and a cuddle, her heart he would win!*



# I Loved You First: But afterwards, your Love

by Christina Rossetti

*Poca favilla gran fiamma seconda. – Dante*



Ogni altra cosa, ogni pensier va fore,

E sol ivi con voi rimansi amore. – Petrarca

I loved you first: but afterwards your love

Outsoaring mine, sang such a loftier song

As drowned the friendly cooings of my dove.

Which owes the other most? my love was long,

And yours one moment seemed to wax more strong;

I loved and guessed at you, you construed me

And loved me for what might or might not be –

Nay, weights and measures do us both a wrong.

For verily love knows not 'mine' or 'thine';

With separate 'I' and 'thou' free love has done,

For one is both and both are one in love:

Rich love knows nought of 'thine that is not mine;'

Both have the strength and both the length thereof,

Both of us, of the love which makes us one.

# Old Biddy Talk

By Paula Meehan

Have you no home to go to...

The young mostly on one another's screens  
– but these two rapt in each other  
at the boundary wall: that genetic imperative,  
the force that through the pandemic  
drives their flowering, is my spring rain,  
is my restorer from the deep delved wells,  
hauled to the healing light of this world  
pure water tasting of gemstone & iron,  
quartzite & gold:  
starlight & planets,  
the sun & the comets, the moon herself,  
she sacred to Brigit, mirrored in my bucket.  
My own breath, old spirit, stirring in the cowled  
reflection of the earth geologic, old seas,  
old forests wherein once we swung from tree  
to waterlogged tree become shale, become coal,  
underground tributaries to rivers of oil –  
breath lit fuel in their veins. They are fire –  
vestal and flame. They are immortal.





# Lines Written in Early Spring

By William Wordsworth

I heard a thousand blended notes,  
While in a grove I sate reclined,  
In that sweet mood when pleasant thoughts  
Bring sad thoughts to the mind.

To her fair works did Nature link  
The human soul that through me ran;  
And much it grieved my heart to think  
What man has made of man.

Through primrose tufts, in that green bower,  
The periwinkle trailed its wreaths;  
And 'tis my faith that every flower  
Enjoys the air it breathes.

The birds around me hopped and played,  
Their thoughts I cannot measure:—  
But the least motion which they made  
It seemed a thrill of pleasure.

The budding twigs spread out their fan,  
To catch the breezy air;  
And I must think, do all I can,  
That there was pleasure there.

If this belief from heaven be sent,  
If such be Nature's holy plan,  
Have I not reason to lament  
What man has made of man?



# You Fill Up My Senses

John Denver

[Chorus]

You fill up my senses, like a night in a forest  
Like the mountains in springtime, like a walk in the rain  
Like a storm in the desert, like a sleepy blue ocean  
You fill up my senses, come fill me again

[Verse]

Come let me love you, let me give my life to you  
Let me drown in your laughter, let me die in your arms  
Let me lay down beside you, let me always be with you  
Come let me love you, come love me again

(Let me give my life to you  
Come let me love you, come love me again)

[Chorus]

You fill up my senses, like a night in a forest  
Like the mountains in springtime, like a walk in the rain  
Like a storm in the desert, like a sleepy blue ocean  
You fill up my senses, come fill me again



# There's Always Room At Our House

Guy Miychell

Welcome

Shining up the welcome on the door

Dear friends, the next time you find yourself in our locality

Try a sample of our hospitality

There's always room at our house to share a smile or two

There's always room enough, dear friends, for you

We'll have some coffee and cake and maybe sing a tune or so

Introduce you to some folks you'd like to know

There's always room at our house, a good time always starts

When every room is full of happy hearts

You really don't have to phone

Because we're mostly at home

Shining up the welcome on the door

Dear friends, the next time you wanna be

With folks who think you're grand

Like to see your face

And shake you by the hand

There's always room at our house to share a smile or two

There's always room enough, dear friends, for you

Shining up the welcome on the door

There's always room at our house to share a smile or two

There's always room enough for you

There's always room at our house, a good time always starts

When every room is full of happy hearts

You really don't have to phone

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There's always room at our house to share a smile or two

There's always room enough, dear friends, for you

There's always room at our house to share a smile or two

There's always room enough, dear friends, for you





# Don't Let The Stars Get In Your Eyes

Perry Como



Don't let the stars get in your eyes  
Don't let the moon break your heart  
Love blooms at night, in daylight it dies  
Don't let the stars get in your eyes  
Don't keep your heart from me, for someday I'll return  
And you know you're the only one I'll ever love

Too many nights (Too many nights)  
Too many stars (Too many stars)  
Too many moons could change your mind  
(Don't let the moon change your mind)  
If I'm gone too long, don't forget where you belong  
When the stars come out, remember you are mine

Don't let the stars get in your eyes  
Don't let the moon break your heart  
Love blooms at night, in daylight it dies  
Don't let the stars get in your eyes  
Don't keep your heart from me, for someday I'll return  
And you know you're the only one I'll ever love

(Don't let the stars get in your eyes)  
(Don't let the moon break your heart )

Too many miles (Too many miles)  
Too many days (Too many days)  
Too many nights to be alone (Too many nights all alone)  
Oh, please keep your heart, while we are apart  
Don't you linger in the moonlight when I'm gone (While I'm gone)  
See upcoming pop shows  
Get tickets for your favorite artists

Don't let the stars get in your eyes  
Don't let the moon break your heart  
(Don't let the moon break your heart)  
Love blooms at night, in daylight it dies  
Don't let the stars get in your eyes  
Don't keep your heart from me, for someday I'll return  
And you know you're the only one I'll ever love  
(I'll ever love) I'll ever love

You're the only one (You're the only one) I'll ever love





## 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=eWgBImVQXoM>

## MEDITATION

- The Virtual Dementia Hub

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

- Love Meditation: <https://www.youtube.com/watch?v=IViX4VrPU2s>

- 5 Minute Meditation: <https://www.youtube.com/watch?v=zH7vKIVaNes>

- Box Breathing Exercise: <https://www.youtube.com/watch?v=oN8xV3Kb5-Q>

- Chair Yoga: <https://www.youtube.com/watch?v=-rBDxFKJtIE>



## 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](https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1)
- Valentine's Activities for Seniors: <https://dementiawho.com/10-easy-valentines-crafts-for-dementia-caregivers-to-try/>
- 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/>
- Alternative St. Brigid's Crosses: <https://thecraftcabin.ie/alternative-st-brigid-s-crosses-no-rushes-no-problem/>

## 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/>