THE Alzheimer SOCIETY OF IRELAND

Activity Pack Two

Relaxed Engagement

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Dear Friends,

As we welcome March, we begin to notice the gentle signs of spring all around us, longer days, brighter mornings, and the quiet promise of new beginnings. This month's activity pack is inspired by renewal, fresh air, and the uplifting energy that this season brings.

At the heart of our storytelling this month is the beautiful Irish legend of Tír na nÓg, the land of eternal youth and everlasting spring. This enchanting tale invites us to reflect on themes of youthfulness, hope, and the magic of nature as it awakens again. It's a wonderful story for gentle discussion, imagination, and reminiscing about springs gone by.

In the kitchen, we're embracing comforting tradition with a hearty lamb stew. Nourishing, warming, and full of flavour, it's a classic seasonal dish that brings people together around the table and celebrates the wholesome ingredients of early spring.

For moments of calm and reflection, you'll find a Spring Sensory Meditation designed to awaken the senses noticing birdsong, softer light, the scent of fresh air, and the feeling of warmth returning. This gentle practice encourages relaxation, grounding, and appreciation of the present moment.

There are also creative and reflective activities woven throughout the pack, offering opportunities for conversation, memory-sharing, and simple enjoyment as we transition into this hopeful season.

Whether you're enjoying a comforting bowl of stew, listening to the story of Tír na nÓg, or taking a few mindful moments to notice the signs of spring, we hope this March pack brings renewal, lightness, and quiet joy.
Wishing you a bright, hopeful, and refreshing March.

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.

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 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-wIA0VwiKlisi9xDt_zy3QR6xp5UMFIyQ1FaUEs2UjZKSFBNQ1dSTEs1QlU2Sy4u

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Cherry Blossom Craft

Materials Needed

- Paper plate
- Sponge
- Paints
- Paint Brush
- Q-Tips
- Markers

TUTORIAL AVAILABLE AT:

HTTPS://VIRTUALDEMENTIAHUB.IE/CATEGORY/ART/CRAFTS/

Check out the below for some inspiration!

Instructions

Step One:

Using the sponge paint the paper plate.

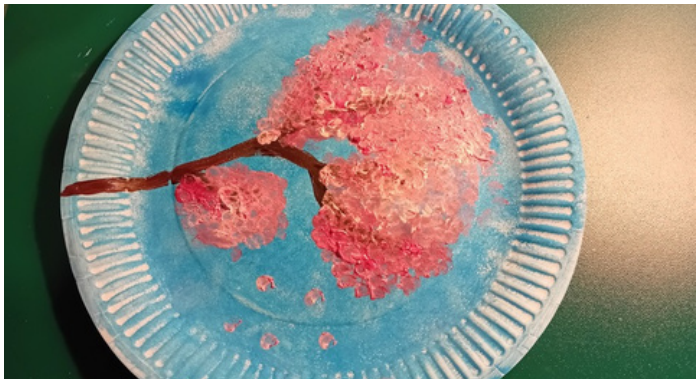
Step Two:

Paint or draw the tree trunk.

Step Three:

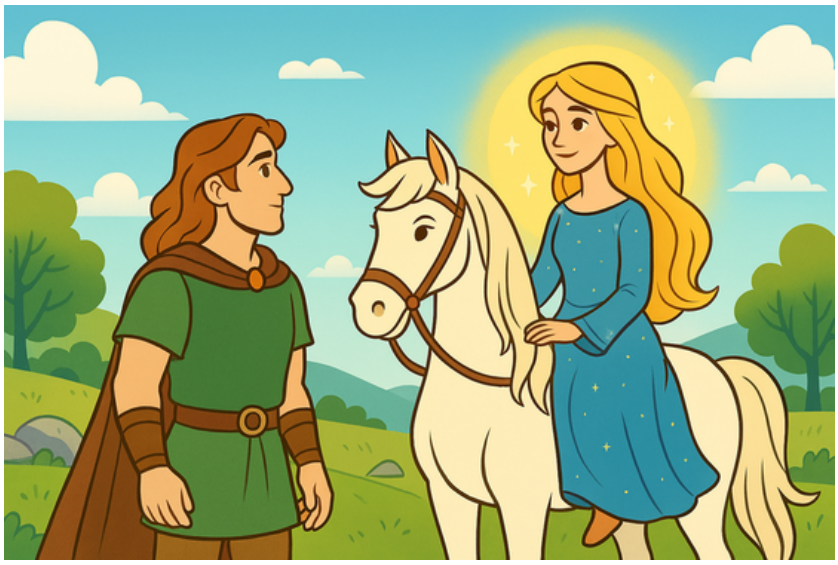
Using the Q-Tip paint on the blossoms.

Et voilà



Óisín of Tír na nÓg

Long ago in Ireland, there lived a brave warrior named Oisín. He was the son of the famous Finn MacCool, leader of a group of protectors called the Fianna. Oisín loved exploring the green hills of Ireland with his friends.



One day, a beautiful white horse appeared. On its back sat a young woman with shining golden hair and a soft blue dress. Her name was Niamh, and she came from a magical place called Tír na nÓg, the Land of Eternal Youth, where no one grows old and no one feels sad.

Niamh told Oisín she had heard of his bravery. She asked him to come with her to Tír na nÓg. Oisín loved Niamh instantly, but he was sad to leave his father. Still, he promised Finn that he would return.

Oisín rode with Niamh across the sea to the magical land. Life there was happy and peaceful, and Oisín and Niamh enjoyed many wonderful days. But after a long time, Oisín began to miss Ireland and his family.

He asked Niamh if he could visit home. She agreed, but warned him, “You may ride my white horse, but do not touch the ground. If you do, you can never return.”

Oisín rode back to Ireland, but everything had changed. Many years had passed, far more than he realised. His friends and family were gone, and the Fianna no longer roamed the hills.

Oisín met some men struggling to move a heavy stone. He leaned down from the horse to help, but he slipped and fell to the ground. The moment his feet touched the earth, he became an old man, aged by the hundreds of years that had passed.

Before he died, Oisín told the people of Ireland stories of Finn MacCool, the Fianna, and the beautiful land of Tír na nÓg. Even today, these stories are still told and remembered, thanks to the kind man who listened to Óisín's tale.

Wordsearch

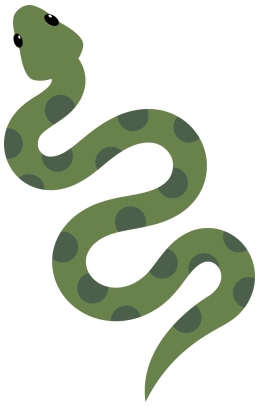
E	V	D	O	I	G	Q	P	T	B	M	K	V	W
V	A	P	V	Z	T	W	P	Y	C	A	R	B	V
L	H	A	W	S	K	X	B	G	I	W	Z	P	J
E	T	U	Q	S	T	D	J	P	G	W	Y	R	T
P	V	L	T	I	W	O	B	Y	O	P	J	E	E
R	E	S	H	C	Y	K	Q	B	Z	P	V	O	R
E	D	G	O	Q	B	W	N	N	X	I	E	R	N
C	A	J	F	E	X	I	J	J	Q	L	X	W	Y
H	R	K	S	Q	A	Q	T	C	W	L	P	B	A
A	A	B	H	R	M	T	K	S	R	W	Q	X	M
U	P	T	A	U	N	S	O	P	G	Y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

Leprechaun

Rainbow

Parade

Patrick



Wordsearch

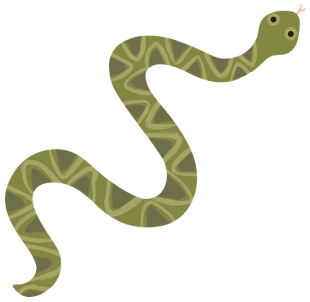
E	V	D	O	I	G	Q	P	T	B	M	K	V	W
V	A	P	V	Z	T	W	P	Y	C	A	R	B	V
L	H	A	W	S	K	X	B	G	I	W	Z	P	J
E	T	U	Q	S	T	D	J	P	G	W	Y	R	T
P	V	L	T	I	W	O	B	Y	O	P	J	E	E
R	E	S	H	C	Y	K	Q	B	Z	P	V	O	R
E	D	G	O	Q	B	W	N	N	X	I	E	R	N
C	A	J	F	E	X	I	J	J	Q	L	X	W	Y
H	R	K	S	Q	A	Q	T	C	W	L	P	B	A
A	A	B	H	R	M	T	K	S	R	W	Q	X	M
U	P	T	A	U	N	S	O	P	G	Y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

Leprechaun

Rainbow

Parade

Patrick



Spring Sensory Meditation with Objects

Arrange items in the order they'll be used:

- Scent jar (fresh grass, herbs, rain, or fresh linen)
- Flowers (real or silk)
- Tactile object (moss, smooth stone, soft fabric, small twig)

"Let's begin by getting comfortable in our seats.
Rest your feet on the floor, let your hands relax,
and take a slow, easy breath in… and out."

"In front of us today, we have some things that remind us of spring.

We'll explore them together—taking our time, no rush at all."

🌱 1. Fresh Spring Scent (scent jar – grass, rain, herbs, or fresh linen)

"I'm going to pass around our first spring scent.
As it comes to you, take a gentle breath in.
Notice what it reminds you of…
Maybe fresh-cut grass… a light spring rain…
or the smell of opening a window on a bright morning."
"Take a moment to enjoy that scent.
Breathe in… and slowly breathe out."

🌸 2. Spring Flowers (real or silk flowers)

"Now I'm passing around some spring flowers.
You might like to hold one, or simply look at the colours."
"Notice the shape of the petals…
the softness when you touch them…
Maybe the colours bring back memories of gardens, parks,
or flowers someone once gave you."
"Take another calm breath in… and let it go."

🌿 3. Tactile Spring Object

(moss, smooth stones, soft fabric, or a small twig)

"Here is something from nature to feel with your hands.
You might notice its texture—
soft, smooth, cool, or a little bumpy."
"Just explore it gently, in your own time.
There's no right or wrong—only noticing."

🌞 Closing

"Now imagine all these spring feelings coming together—
fresh air, flowers, gentle colours, warm light."
"Take one last slow breath in…
and a soft breath out…
feeling calm, steady, and safe."
"When you're ready, let your attention return to the room,
feeling refreshed—like a quiet spring morning."

Traditional Lamb Stew

Ingredients

- 600g lamb pieces
- 2 Celery stalks, chopped 100g
- 1 onion, diced 100g
- 1 small leek, washed and chopped 150g
- 60g barley
- 1 litre stock
- 3 medium potatoes, peeled and cut into chunks 400g
- Handful of parsley, chopped

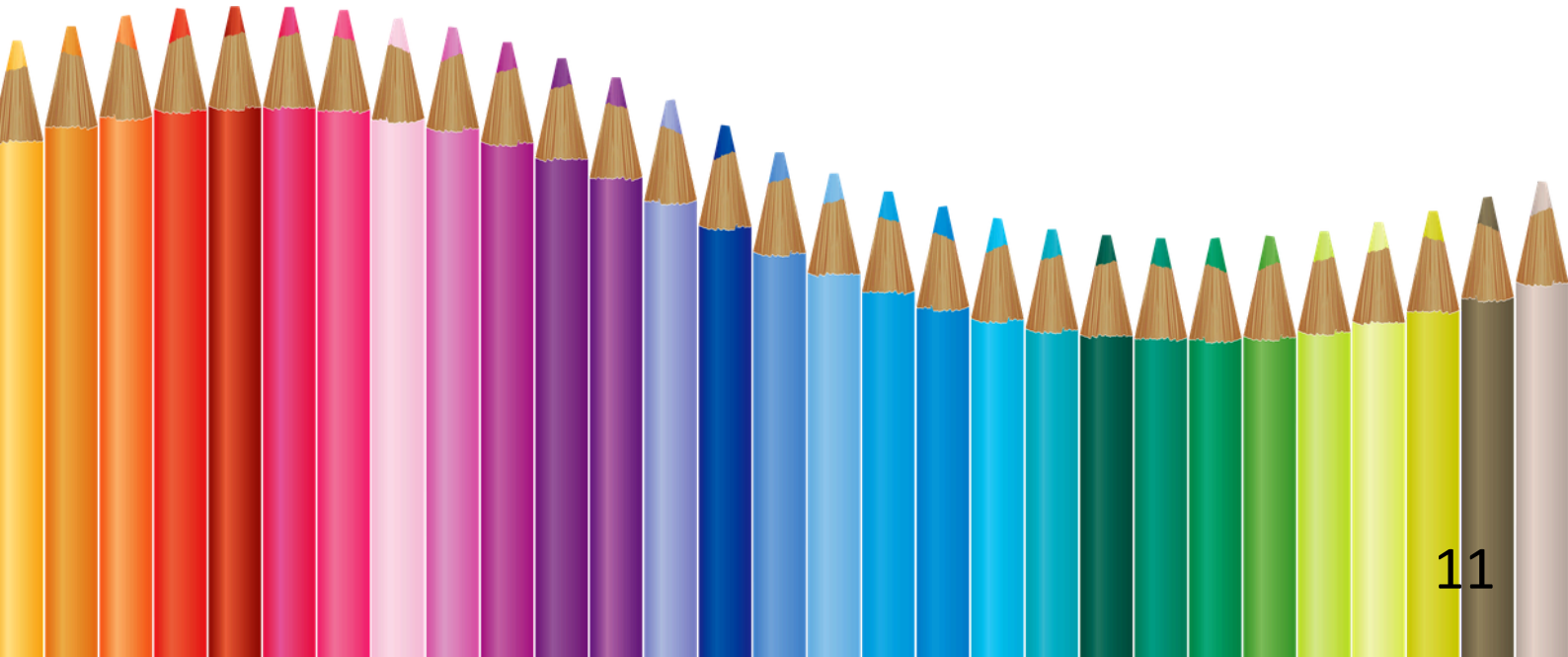
Prep Time: 10 minutes

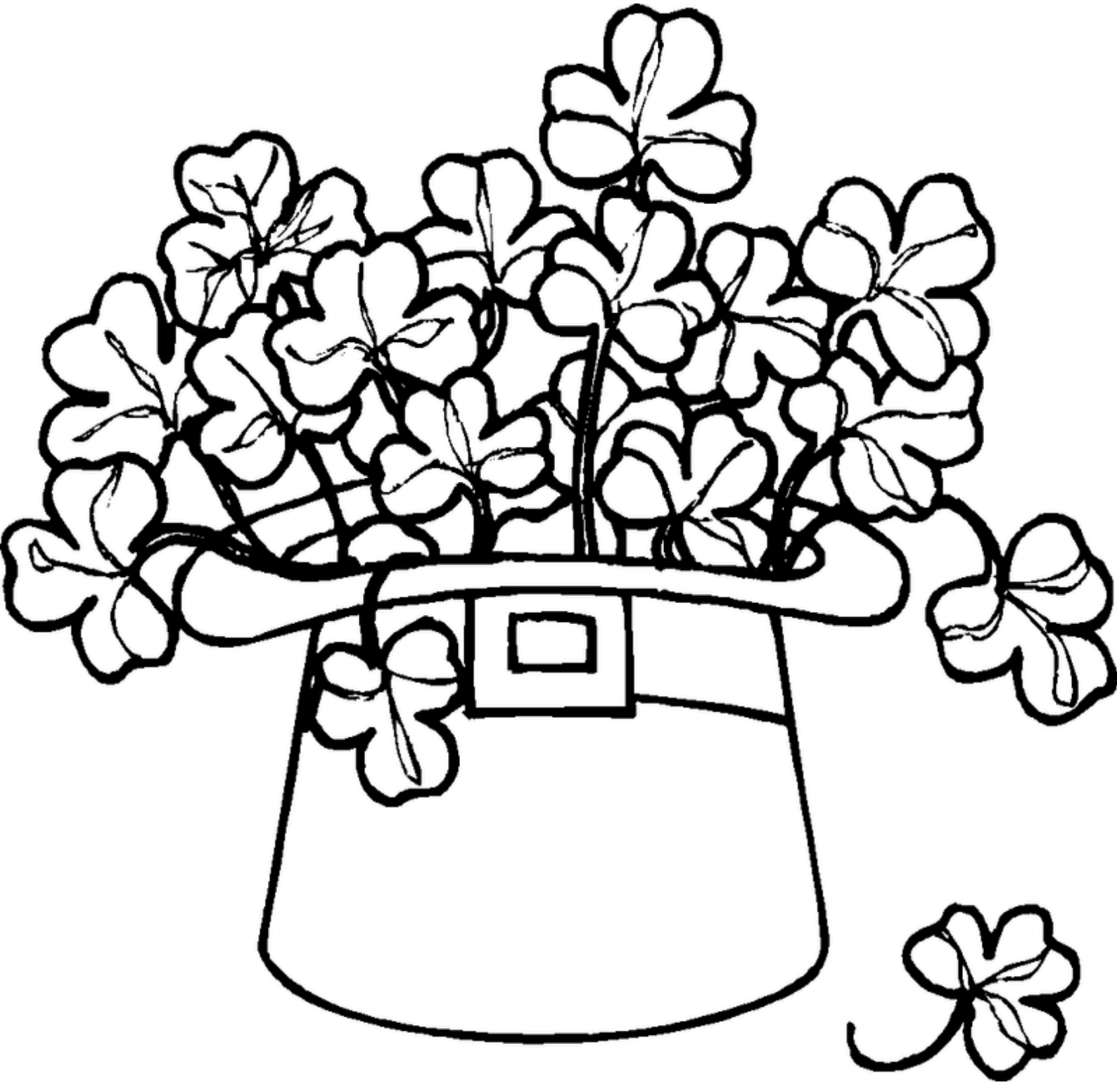
Cook Time: 1 hour 30 minutes

Method

1. Place the lamb in a pot of cold water and bring to the boil. Then remove the meat and rinse in a sieve under cold running water.
2. Place the meat in a clean pot, add the diced onion, celery, leek and barley.
3. Cover the meat with stock and simmer for 1 hour.
4. Add the potato and simmer until tender, about 30 minutes.
5. Season and garnish with chopped parsley.

Colouring Pages





I taste a liquor never brewed

by Emily Dickinson

I taste a liquor never brewed, From tankards scooped in pearl; Not all the vats upon the Rhine Yield such an alcohol!

Inebriate of air am I, And debauchee of dew, Reeling, through endless summer days, From inns of molten blue.

When the landlord turn the drunken bee Out of the foxglove's door, When butterflies renounce their drams, I shall but drink the more!

Till seraphs swing their snowy hats, And saints to windows run, To see the little tippler Leaning against the sun!

The Net

by Julie O'Callaghan

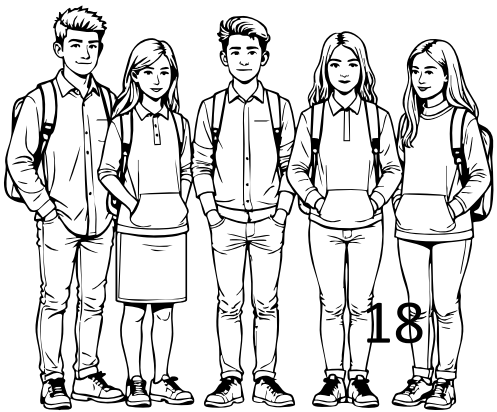
I am the Lost Classmate
being hunted down the superhighways
and byways of infinite cyber-space.
How long can I evade the class committee
searching for my lost self?

I watch the list
of Found Classmates
grow by the month
Corralled into a hotel ballroom
festooned with 70s paraphernalia,

bombarded with atmospheric
hit tunes, the Captured Classmates
from Sullivan High School
will celebrate thirty years
of freedom from each other.

I peek at the message board:
my locker partner,
out in California, looks forward
to being reunited with
her old school chums.

Wearing a disguise, I calculate
the number of months left
for me to do what I do best,
what I've always done:
slip through the net.



The Lost Land

By Eavan Boland

I have two daughters.

They are all I ever wanted from the earth.

Or almost all.

I also wanted one piece of ground:

One city trapped by hills. One urban river.
An island in its element.

So I could say mine. My own.
And mean it.

Now they are grown up and far away

and memory itself
has become an emigrant,
wandering in a place
where love dissembles itself as landscape:

Where the hills
are the colours of a child's eyes,
where my children are distances, horizons:

At night,
on the edge of sleep,

I can see the shore of Dublin Bay.
Its rocky sweep and its granite pier.

Is this, I say
how they must have seen it,
backing out on the mailboat at twilight,

shadows falling
on everything they had to leave?
And would love forever?
And then

I imagine myself
at the landward rail of that boat
searching for the last sight of a hand.

I see myself
on the underworld side of that water,
the darkness coming in fast, saying
all the names I know for a lost land:

Ireland. Absence. Daughter.

Galway Girl

Mundy

I took a stroll down the old long walk on a day-i-ay-i-ay
I met a little girl and we stopped to talk on a grand soft day-i-ay-i-ay
Well I ask you, friend, what's a fella to do
Because her hair was black and her eyes were blue
And I knew right then - I'd be takin' a whirl
'Round the Salthill Prom with a Galway girl
We were halfway there when the rain came down on the day-i-ay-i-ay
She asked me up to her flat downtown
On a grand soft day-i-ay-i-ay
And I ask you friend, what's a fella to do
Ah - because her hair was black and her eyes were blue
So I took her hand - and I gave it a twirl
Then I lost my heart to a Galway girl
Oi!
Well when I woke up I was all alone...
With a broken heart and a ticket home...
And I ask you friend, what would you do?
Well if her hair was black and her eyes were blue
And I've been all around, I've been all over this world
Boys - I've never seen nothin' like a Galway girl

Dirty Old Town

The Pogues

I met my love by the gas works wall
Dreamed a dream by the old canal
I kissed my girl by the factory wall
Dirty old town, dirty old town

Clouds are drifting across the moon
Cats are prowling on their beat
Spring's a girl from the streets at night
Dirty old town, dirty old town

I heard a siren from the docks
Saw a train set the night on fire
I smelled the spring on the smoky wind
Dirty old town, dirty old town

I'm gonna make me a big sharp axe
Shining steel tempered in the fire
I'll chop you down like an old dead tree
Dirty old town, dirty old town

I met my love by the gas works wall
Dreamed a dream by the old canal
I kissed my girl by the factory wall
Dirty old town, dirty old town
Dirty old town, dirty old town

The Black Velvet Band

The Irish Rovers

Her eyes they shone like the diamonds
You'd think she was queen of the land
And her hair hung over her shoulders
Tied up with a black velvet band

In a neat little town they call Belfast
Apprentice to trade I was bound
And many an hour sweet happiness
I spent in that neat little town
'Til bad misfortune came o'er me
And caused me to stray from the land
Far away from me friends and relations
They follow the black velvet band

Her eyes they shone like the diamonds
You'd think she was queen of the land
And her hair hung over her shoulders
Tied up with a black velvet band

Well I went out strolling one evening
Not meaning to go very far
When I met with a ficklesome damsel
She was sellin' her trade in the bar
When a watch she took from a customer
And slipped it right into my hand
Then the law came and put me in prison
Bad luck to her black velvet band

Her eyes they shone like the diamonds
You'd think she was queen of the land
And her hair hung over her shoulders
Tied up with a black velvet band

Next morning before judge and jury
For trial I had to appear
Then the judge, he says me, "young fellow
The case against you is quite clear"
And seven long years is your sentence
You're goin' to Van Diemen's land
Far away from your friends and relations
Did follow the black velvet band

Her eyes they shone like the diamonds
You'd think she was queen of the land
And her hair hung over her shoulders
Tied up with a black velvet band

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/
- 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=-rBDxFKJtlE

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
- 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/

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/