

THE Alzheimer  

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SOCIETY OF IRELAND



2026

**Activity Pack Two**  
**Relaxed Engagement**



# Activity Pack Two

# Relaxed Engagement





Dear Friends,

As spring unfolds around us, this month's activity pack is filled with light, creativity, and gentle movement. With nature in bloom and days growing longer, we hope these activities bring a sense of freshness, connection, and enjoyment. To keep minds active, we've included a wordsearch, offering a relaxing and engaging way to pass the time while keeping thinking skills sharp. It's perfect for quiet moments or sharing together.

For those who enjoy creativity and expression, our selection of spring poems, colouring, and songs celebrates the season beautifully. These activities encourage reflection, conversation, and a chance to enjoy the colours, sounds, and feelings of spring.

Our story this month, The Salmon of Knowledge, is a treasured piece of Irish folklore. Full of wisdom and meaning, it invites storytelling, discussion, and perhaps memories of tales told over the years.

For a hands-on activity, the Bunny Ear Pom Pom Wreath is a cheerful and simple craft, perfect for bringing a touch of spring indoors and creating something to be proud of.

We've also included a gentle Spring Stretch, offering a chance to relax the body, improve mobility, and enjoy a moment of calm movement.

In the kitchen, we're preparing a creamy salmon sandwich — a light and tasty option that's ideal for this time of year, easy to make and enjoyable to share. Whether you're crafting, stretching, reading, singing, or simply taking a quiet moment, we hope this April pack brings comfort, creativity, and connection. Wishing you a bright, peaceful, and refreshing April.

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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# Pom-Pom Bunny Wreath

## Materials Needed

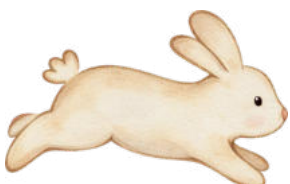
- Cardboard
- White yarn
- White craft paper
- Pink craft paper
- Ribbon
- Pen
- Scissors
- Glue



**TUTORIAL AVAILABLE AT:**

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

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



# Instructions

## Step One:

Wrap wool around your hand or a piece of cardboard.



## Step Two:

Wrap the wool around 20 to 25 times. Then slide it off your hand/card and tie another piece of wool around the middle.



## Step Three:

Using the scissors, cut the loops on both sides and then trim the pom poms so that they look nice and even.



## Step Four:

Cut the centre out of your cardboard circle.



# Instructions

## Step Five:

Using hot glue, attach the pom poms to the wreath.



## Step Six:

Using the white paper cut out the bunny ears. First large ears. Then with the pink, cut two smaller ears.

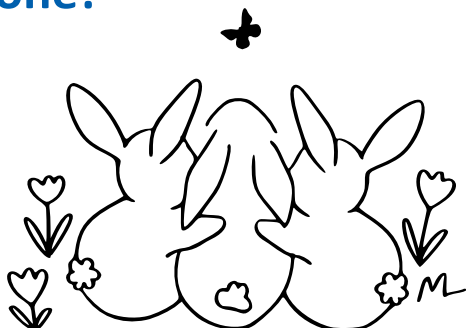


## Step Seven:

Stick the ears and your ribbon to the back of your wreath.



**Done!**



# The Salmon of Knowledge



Long ago in Ireland, there was a kind old poet named Finnegas. He lived by a quiet river. Finnegas loved learning. He wanted to know everything about the world. In that river, there was a very special fish. It was called the Salmon of Knowledge.

People said this salmon was magical. Whoever ate the salmon would become very wise. Finnegas waited many, many years to catch that salmon.

Every day, he sat by the river. Waiting. Watching. Hoping. One day, a young boy came to live with him. The boy's name was Fionn. Fionn was kind and curious. He helped Finnegas with cooking and chores. They spent many peaceful days by the river together.

Then one morning, something amazing happened. Finnegas caught the Salmon of Knowledge! He was very excited. "This is the fish," he said. "The special one." He asked Fionn to cook the salmon. "But do not eat any of it," he said gently. Fionn nodded. "I won't," he promised.

As Fionn cooked the fish, he turned it carefully. The fish was hot. Suddenly—ouch! Fionn burned his thumb. Without thinking, he put his thumb in his mouth to cool it. In that moment, something changed. A quiet feeling came over him. A feeling of knowing. A feeling of understanding.





When the fish was ready, Fionn brought it to Finnegas. Finnegas looked at him closely. “You have eaten some of the fish,” he said. Fionn shook his head. “No, I didn’t,” he said. “But I burned my thumb... and I put it in my mouth.” Finnegas smiled softly. “The wisdom has come to you,” he said. “The Salmon of Knowledge has chosen you.”

From that day on, Fionn was known for his wisdom. People came to him for answers and stories. And sometimes, when he needed help, he would gently place his thumb in his mouth... and remember.

The river flowed on. The world stayed full of wonder. And the story of Fionn and the salmon was told for many years after.



# The End



# Wordsearch



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

**Chick**

**Lamb**

**Piglet**

**Foal**

**Duckling**

**Calf**



# Wordsearch



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

Chick

Lamb

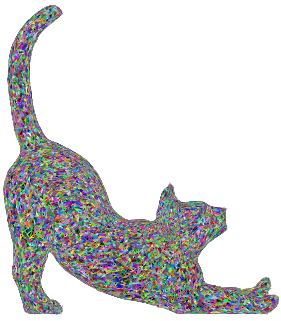
Piglet

Foal

Duckling

Calf





# Guided Stretching

These stretches are designed to be calming, safe, and easy to follow, supporting relaxation, flexibility, and confidence. Encourage participants to move at their own pace, and remind them that any movement is good movement.

## Before You Begin

- Sit in a comfortable, sturdy chair or stand with support if preferred.
- Keep movements slow and smooth.
- Stop if anything feels uncomfortable or painful.
- Breathe in gently through the nose, out through the mouth.

## Let's Begin

### 1. Spring Breathing – “Smell the Flowers” (1 minute)

Purpose: Calm the body and prepare for movement. Sitting tall, place hands on your lap. Breathe in gently, imagining the smell of a spring flower.

Slowly breathe out, as if blowing a dandelion seed.

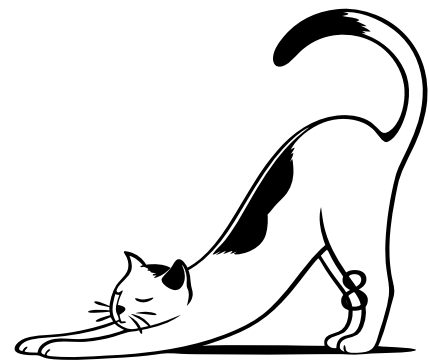
Repeat 3–4 times.

### 2. Shoulder Roll – “Shake Off the Rain Drops” (1 minute)

Purpose: Relieve tension in the neck and shoulders. Lift both shoulders up toward the ears. Roll them back and down slowly.

Repeat 5 times.

Then roll forward 5 times.





### 3. Gentle Neck Stretch – “Look for the Sunshine” (1–2 minutes)

Purpose: Stretch neck muscles and improve range of motion.

Slowly turn the head to look over the right shoulder. Pause for a soft breath, then return to centre. Turn to look over the left shoulder.

Repeat 3–4 times each side.

(Keep movements slow; no forcing or tilting the head back.)

### 4. Arm Opening – “Welcoming Spring” (1–2 minutes)

Purpose: Open the chest and improve posture.

Start with hands resting on thighs. Slowly open arms out to the sides like giving a big warm welcome. Bring arms gently back in.

Repeat 5–8 times.

Optional: Add a smile—research shows it boosts mood!

### 5. Seated March – “April Stroll” (2 minutes)

Purpose: Warm the legs, support circulation, and encourage coordination.

Lift one knee slightly, then lower it. Lift the other knee. Keep alternating as if taking a gentle seated walk.

Continue for 30 seconds, rest, then repeat.

### 6. Ankle Circles – “Puddles and Petals” (1 minute)

Purpose: Support ankle mobility and reduce stiffness.

Lift one foot slightly off the ground. Slowly circle the ankle 5 times one way, 5 the other.

Repeat with the other foot.



## 7. Side Stretch – “Reaching for the Rainbow” (1–2 minutes)

Purpose: Stretch the sides of the body and support easier reaching.

Place one hand on the chair seat. Raise the other hand gently upward.

Lean slightly toward the supported side. Hold for 2 gentle breaths. Switch sides.

Repeat twice on each side.

## 8. Cool Down – “April Calm” (1 minute)

Place both hands on your lap. Take three slow breaths in and out.

Finish with a gentle shake of the hands and shoulders.



# Creamy Salmon Sandwich

## Ingredients

- 1 small tin pink or red salmon drained (100g)
- 2 Tbps. full-fat cream cheese (30g)
- Juice and zest of ½ a lemon (30g)
- 1 tsp. chives or herb of your choice (5g)
- 2 slices of bread buttered (ideally soda bread)

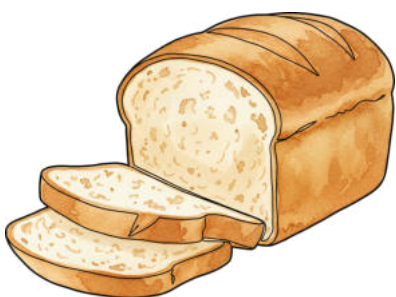


**Prep Time: 2 minutes**

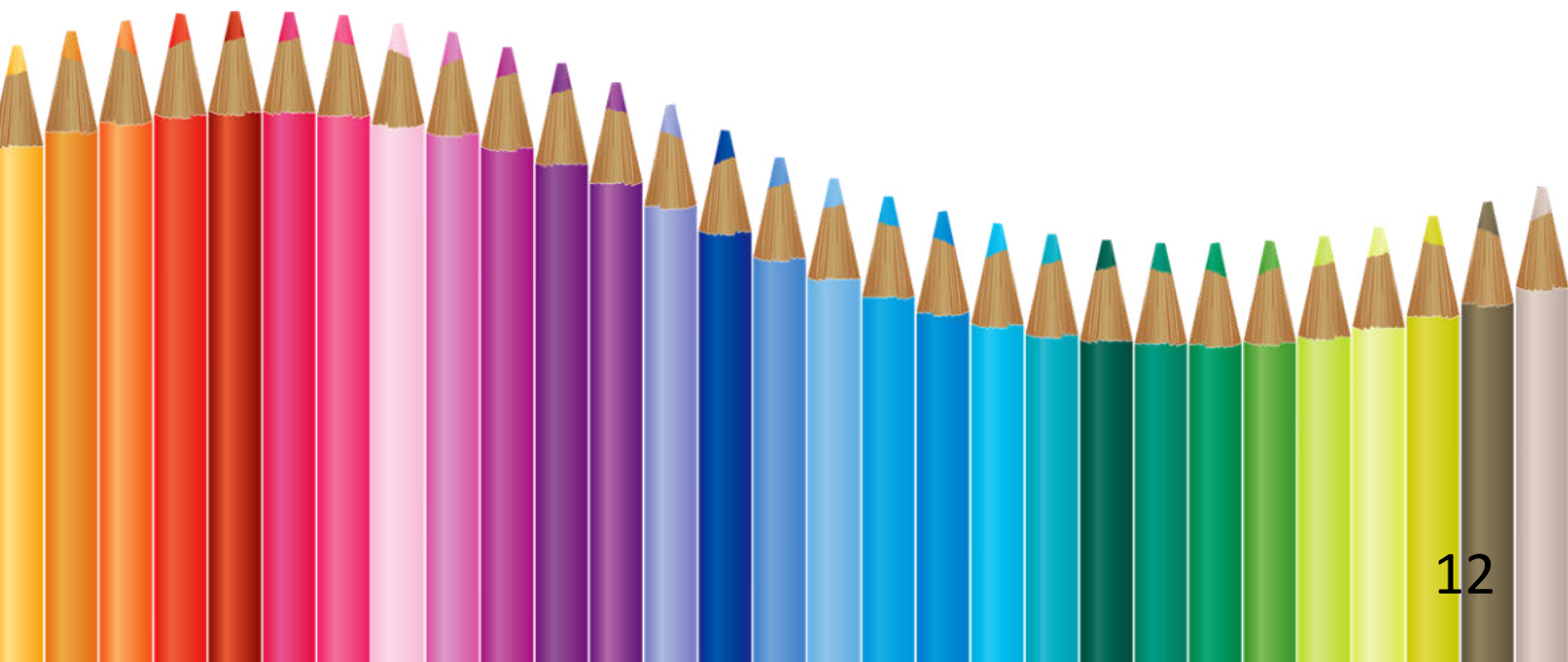
**Cook Time: n/a**

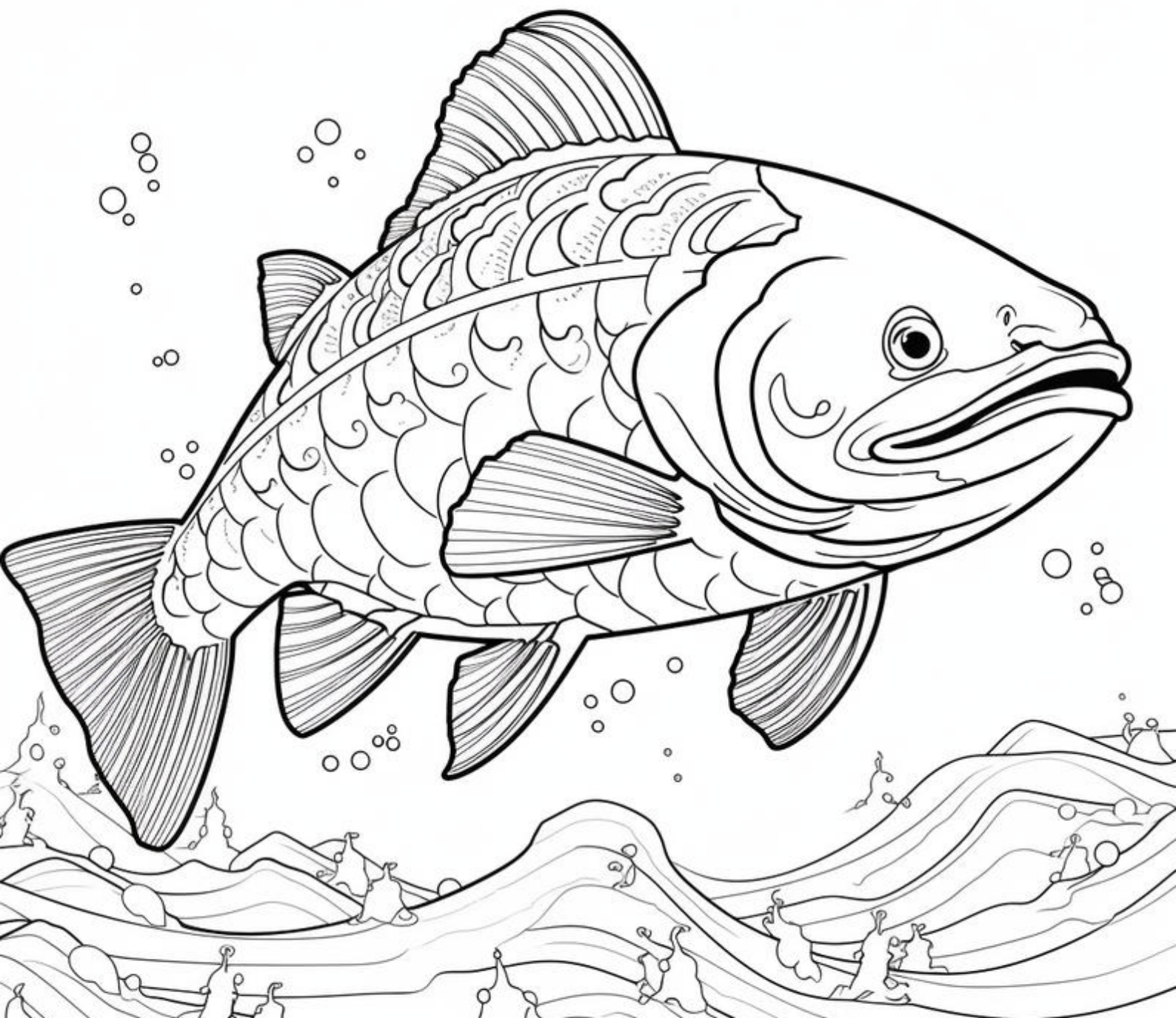
## Method

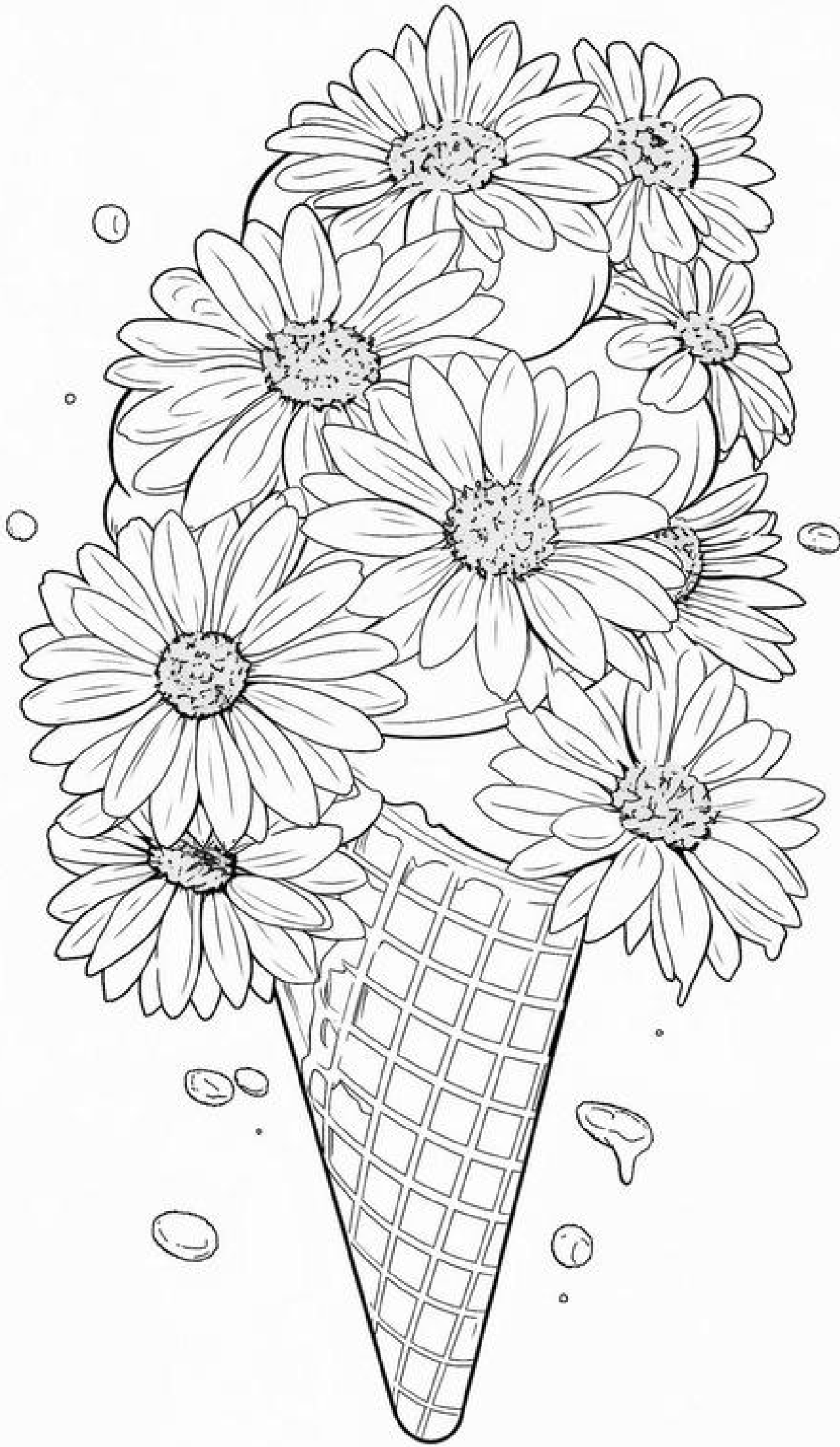
1. Mash the salmon, cream cheese, lemon and herbs together using a fork
2. Butter some soda bread and spread the salmon mixture on top, serve as an open sandwich



# Colouring Pages



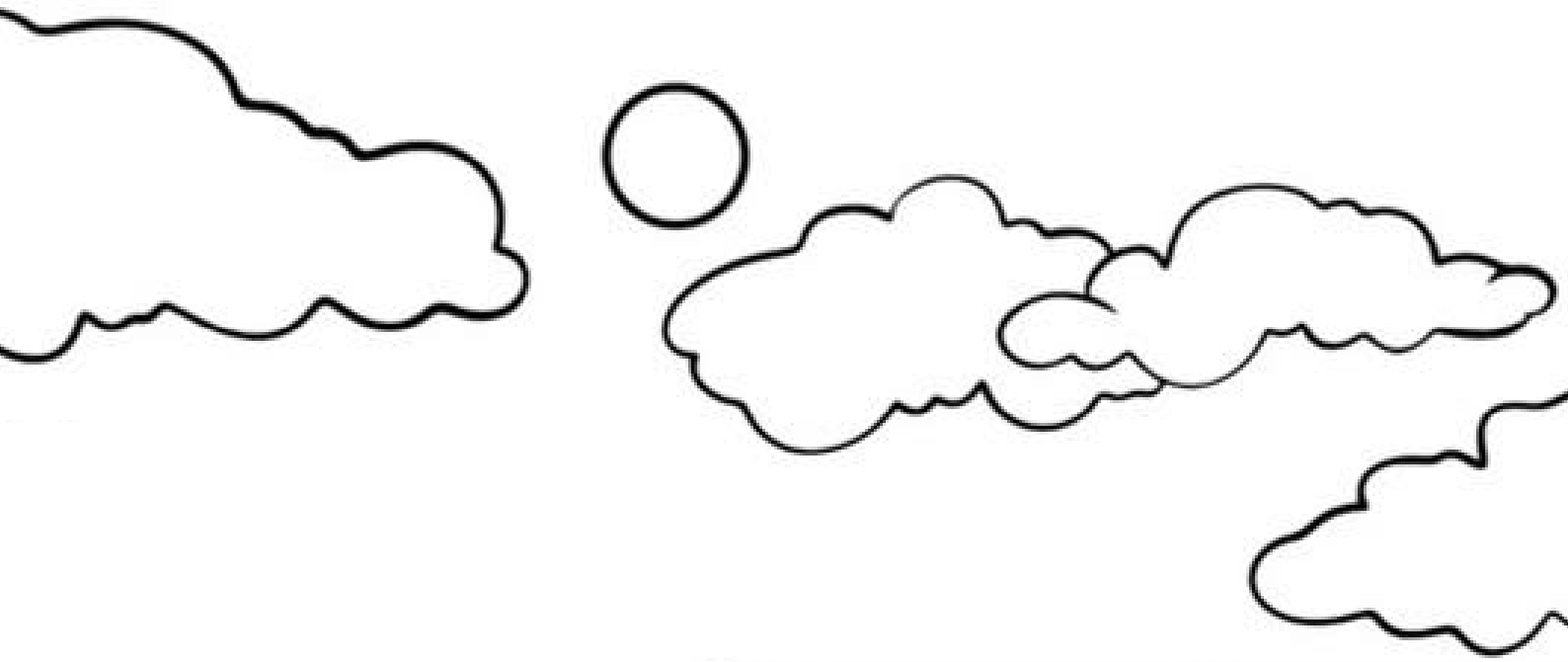














**Song: Spring**  
by William Shakespeare

(from *Love's Labours Lost*)



When daisies pied and violets blue  
And lady-smocks all silver-white  
And cuckoo-buds of yellow hue  
Do paint the meadows with delight,  
The cuckoo then, on every tree,  
Mocks married men; for thus sings he,  
Cuckoo;

Cuckoo, cuckoo: Oh word of fear,  
Unpleasing to a married ear!

When shepherds pipe on oaten straws,  
And merry larks are plowmen's clocks,  
When turtles tread, and rooks, and daws,  
And maidens bleach their summer smocks,  
The cuckoo then, on every tree,  
Mocks married men; for thus sings he,  
Cuckoo;

Cuckoo, cuckoo: Oh word of fear,  
Unpleasing to a married ear!



# Calmly, We Walk Through April

by Delmore Schwartz



Calmly we walk through this April's day,  
Metropolitan poetry here and there,  
In the park sit pauper and rentier,  
The screaming children, the motor-car  
Fugitive about us, running away,  
Between the worker and the millionaire  
Number provides all distances,  
It is Nineteen Thirty-Seven now,  
Many great dears are taken away,  
What will become of you and me  
(This is the school in which we learn ...)  
Besides the photo and the memory?  
(... that time is the fire in which we burn.)

(This is the school in which we learn ...)  
What is the self amid this blaze?  
What am I now that I was then  
Which I shall suffer and act again,  
The theodicy I wrote in my high school days  
Restored all life from infancy,  
The children shouting are bright as they run  
(This is the school in which they learn ...)  
Ravished entirely in their passing play!  
(... that time is the fire in which they burn.)

Avid its rush, that reeling blaze!  
Where is my father and Eleanor?  
Not where are they now, dead seven years,  
But what they were then?  
No more? No more?  
From Nineteen-Fourteen to the present day,  
Bert Spira and Rhoda consume, consume  
Not where they are now (where are they now?)  
But what they were then, both beautiful;

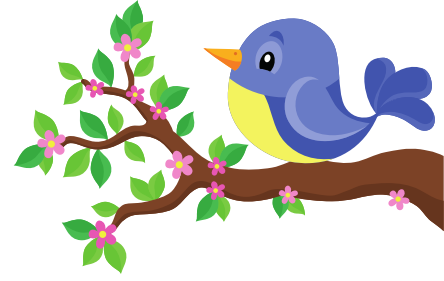
Each minute bursts in the burning room,  
The great globe reels in the solar fire,  
Spinning the trivial and unique away.  
(How all things flash! How all things flare!)  
What am I now that I was then?  
May memory restore again and again  
The smallest color of the smallest day:  
Time is the school in which we learn,  
Time is the fire in which we burn.





# Spring Again

By Carol Dorf



The last of the meyer lemons ripen on the bush  
in heavy clusters; or maybe they should be labelled the first

of spring, beside the wasps buzzing their way into  
the purple blossoms we call ground cover.

Strange recompense this return after two years  
of despair, or do I count it as nearly six.

And for those who made it (don't count the 950,000)  
we've reached another spring to embrace.

Yesterday, a cluster of finches migrated through the yard,  
clustering on the lemon branches, with their slick

perennial leaves catching the February sun.  
Hornets or maybe they are wasps, have returned

to their nests in the eaves, and I was told I really should  
do something about it. We are well screened against

the honeybees returning to the chimney,  
though they won't swarm for months, until even

the light of the equinox is useless against the depth of despair.

One of the plums toppled after the neighbor hired  
a man to attack the roots she perceived as invading.

It is questionable if the apple tree will return

to leaves this year. Career of time, they moved on.

The neighbors that is, and we know little of the new ones,

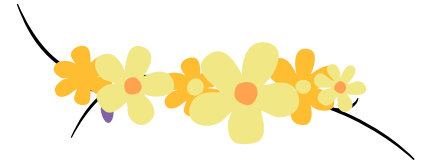
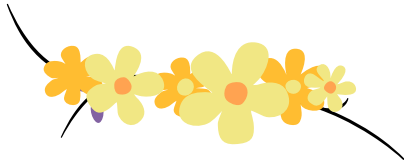
other than of the existence of two small boys. Children mark  
a kind of time, like the bright orange perennials filling the yard,

I can't help imagining hope when see children digging  
for pillbugs in the dirt left after the sewer was replaced.



# Like a Bridge Over Troubled Water

Simon & Garfunkel



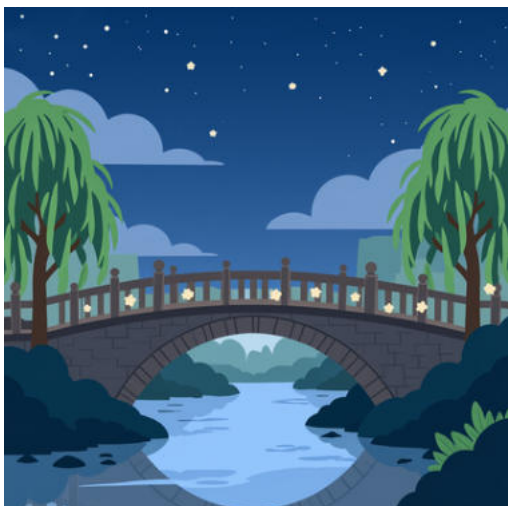
When you're weary  
Feeling small  
When tears are in your eyes  
I will dry them all  
I'm on your side  
Oh, when times get rough  
And friends just can't be found

Like a bridge over troubled water  
I will lay me down  
Like a bridge over troubled water  
I will lay me down

When you're down and out  
When you're on the street  
When evening falls so hard  
I will comfort you  
I'll take your part  
Oh, when darkness comes  
And pain is all around

Like a bridge over troubled water  
I will lay me down  
Like a bridge over troubled water  
I will lay me down

Sail on, silver girl  
Sail on by  
Your time has come to shine  
All your dreams are on their way  
See how they shine  
Oh, if you need a friend  
I'm sailing right behind



# All Kinds of Everything

## Dana

Snowdrops and daffodils  
Butterflies and bees  
Sailboats and fishermen  
Things of the sea  
Wishing wells  
Wedding bells  
Early morning dew  
All kinds of everything remind me of you

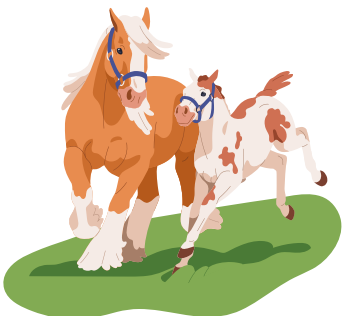
Seagulls and aeroplanes  
Things of the sky  
Winds that go howlin'  
Breezes that sigh  
City sights  
Neon lights  
Grey skies or blue  
All kinds of everything remind me of you

Summertime  
Wintertime  
Spring and autumn, too  
Monday  
Tuesday, every day  
I think of you

Dances  
Romances  
Things of the night  
Sunshine and holidays  
Postcards to write  
Budding trees  
Autumn leaves  
A snowflake or two  
All kinds of everything reminds me of you

Summertime  
Wintertime  
Spring and autumn, too  
Seasons will never change  
The way that I love you

Ah, dances  
Romances  
Things of the night  
Sunshine and holidays  
Postcards to write  
Budding trees  
Autumn leaves  
A snowflake or two  
All kinds of everything reminds me of you



# Whiskey In The Jar

The Dubliners



As I was a goin' over the far famed Kerry mountains  
I met with captain Farrell and his money he was counting  
I first produced my pistol and I then produced my rapier  
Saying "Stand and deliver" for he were a bold deceiver

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar

I counted out his money and it made a pretty penny  
I put it in me pocket and I took it home to Jenny  
She sighed and she swore that she never would deceive me  
But the devil take the women for they never can be easy

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar

I went up to my chamber, all for to take a slumber  
I dreamt of gold and jewels and for sure 't was no wonder  
But Jenny drew me charges and she filled them up with water  
Then sent for captain Farrell to be ready for the slaughter

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar

'Twas was early in the morning, just before I rose to travel  
Up comes a band of footmen and likewise captain Farrell  
I first produced me pistol for she stole away me rapier  
I couldn't shoot the water, so a prisoner I was taken

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar

Now there's some take delight in the carriages a-rollin'  
And others take delight in the hurling and the bowling  
But I take delight in the juice of the barley  
And courting pretty fair maids in the morning bright and early

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar

If anyone can aid me 't is my brother in the army  
If I can find his station in Cork or in Killarney  
And if he'll go with me, we'll go rovin' through Killkenny  
And I'm sure he'll treat me better than my own a-sporting Jenny

Mush-a ring dum-a do dum-a da  
Whack for my daddy-o  
Whack for my daddy-o  
There's whiskey in the jar





## 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/>

- 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/>

## 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/>