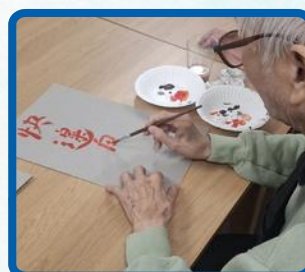
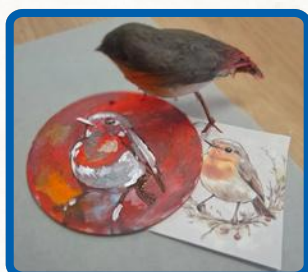




THE Alzheimer  
SOCIETY OF IRELAND



## 2025 Activities Newsletter



As we leave the winter chill behind and step into brighter days, we're excited to share our Autumn & Winter Activities Newsletter.

Over the past season, the Alzheimer Society of Ireland community has come together to create warmth, joy, and connection even on the coldest days.

In this issue, we celebrate the moments that made these months special: from inspiring outings to creative workshops and heart-warming gatherings.

These activities remind us of the incredible power of community. We're delighted to share highlights, photos, and stories that brought smiles and laughter to so many faces.

Thank you for being part of this vibrant community. Your support and participation make everything possible. Here's to cherishing these memories and looking forward to all that's ahead in 2026!

Alzheimer Society of Ireland

# Clonmany DC Halloween

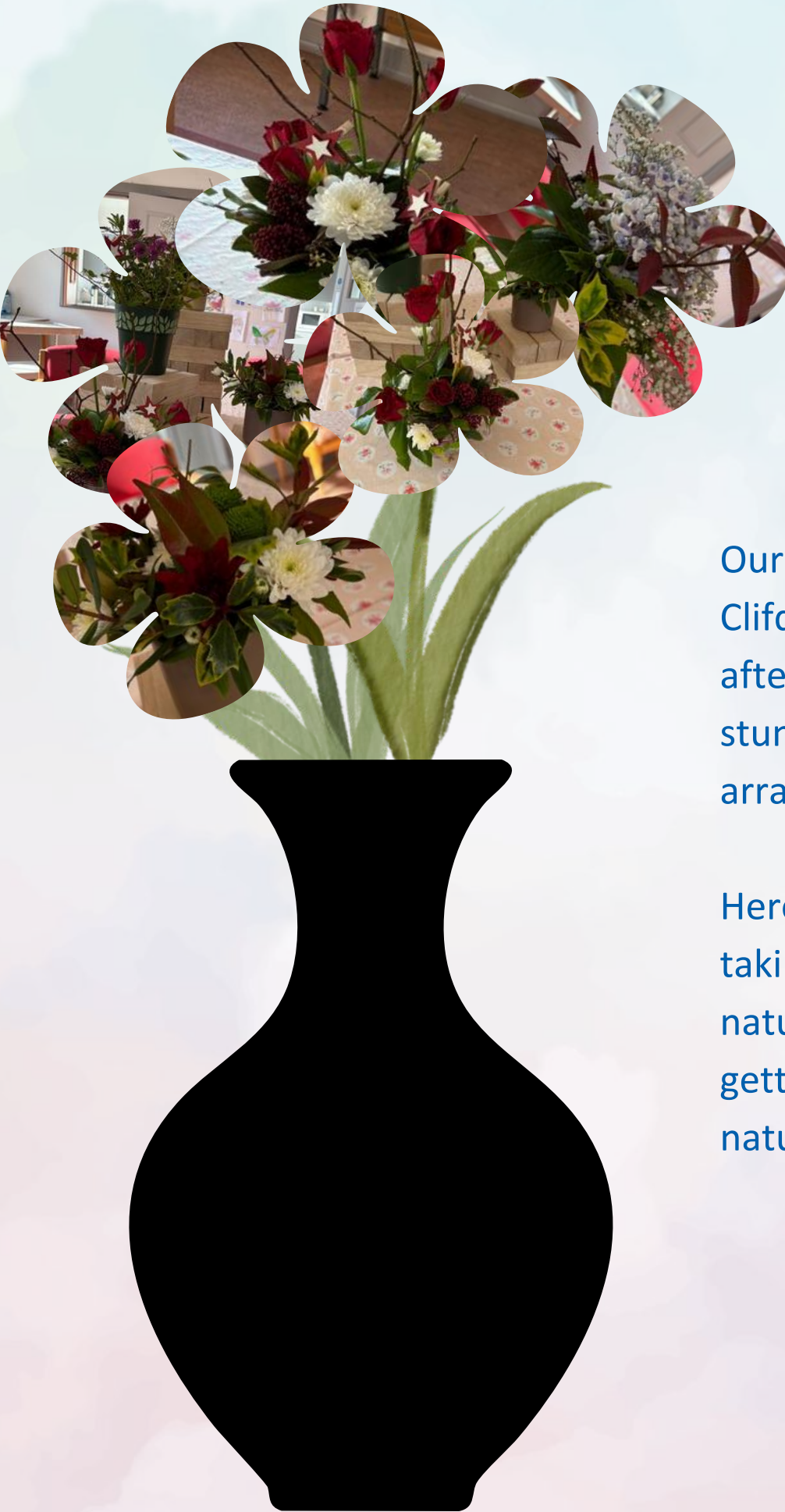


In Clonmany, they spent the autumn getting creative in the arts and followed this up by creating some beautiful autumnal flower arrangements.

# Clonmany DC Flower Arranging



# Flower Arranging in Clifden



Our social club attendees in Clifden spent a wonderful afternoon making these stunning flower arrangements.

Here at the ASI, we love taking time to be with nature. Whether that's getting outside or bringing nature to our tables.

# Getting Creative with Old Milk Cartons

One of our wonderful volunteers in Athlone had a great creative idea to reuse old milk cartons and create these fun ghost lanterns.

Is it just us or do they look a little bit like Casper the Friendly Ghost?



# Let's Hit the Road

Activity Club Trip to The Ashdown Hotel Gorey with guests from our Activity Clubs both North Dublin and South Dublin combined.

We had 56 people join us for a 3 day get away and the pics attached are from our Day outing to the wonderful Johnstown Castle Wexford.



# Cavan Activity Club

There's never a dull moment in Cavan. Our activity club attendees can always find something fun to do. From creating weird and wonderful hats to getting their hands dirty in the garden, there is no shortage of friendship and laughter.



# Cavan Activity Club



And let's not overlook the power of exercise and games, staying active and discovering new things with friends is one of the best ways to keep our spirits young.



# Pumpkin Carving and Birdhouse Making

There is nothing like a day spent crafting in the autumn. Our friends and staff loved creating these spooky and smiley pumpkins for Halloween decorations. They also learned how to create bird feeders by weaving reeds together. Working with our hands brings calm and focus into our days.



# Time Travel



Our activity clubs took a step back into the past last autumn, looking at old household equipment and touring historical landmarks. It's always interesting to see the common household appliances we used in the past. Some are familiar looking and have only had small updates, some seem very strange to us today.

# Time Travel



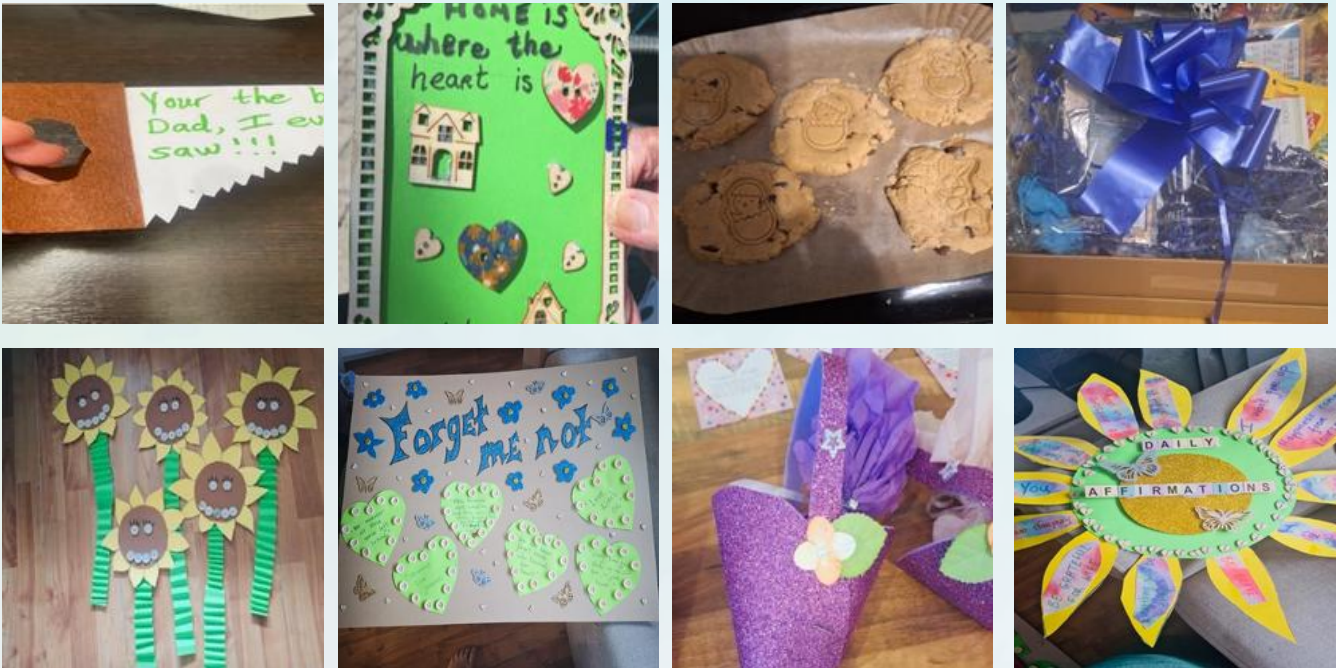
# From the Tree to the Tummy



Our Cavan Activity Club attendees had a fantastic time picking apples, which they later transformed into a delicious apple crumble. As you can see, it certainly went down a treat!

There's something so special about getting out into nature, gathering fresh fruit, and turning it into something tasty to share with family and friends.

# Creativity and Celebrations



Creativity was in full flow in Bessboro over the last few months, bringing light and cheer to everyone. Meanwhile in Bray they were working on getting fit and celebrating big milestones. HAPPY BIRTHDAY!



# Limerick Art



Helen Sageo, a local artist, was at it again with our friends in Limerick. Creating beautiful seasonal art.

Working with a variety of materials, from felting to painting.



Our service users always have a fabulous time getting creative and letting their imaginations flow.

We hope to see more of their creativity soon.



# Limerick Art



# Party Animlas

Our friends and staff in Sliabh Sneacht Centre Drumfries had a fantastic time when the team from Party Animals visited. It's always exciting to get up close to animals, that we don't normally get to see every day. The visit certainly brought a lot of smiles and laughter to the centre.



# Drumfries Buncrana Day Centre

What a wonderful and creative idea in Drumfries. Our attendees got busy during the holiday season, creating these gorgeous wreath paintings.

This is something we would like to try ourselves next Christmas.



# Arts and Crafts in Glenties

Some beautiful Christmas Decorations in Glenties using natural materials. Katie and the team really know how to bring out everyone's creative side.



# Merry Christmas One and All

Our South Dublin friends had a wonderful time celebrating this year with plenty of laughter, loved ones, and gifts galore.

Of course, no party is complete without a little mischief. Santa found himself on the receiving end of a stern word from his elves after a few too many mince pies mysteriously disappeared!



# Aughamore Day Centre

A brilliant time was had in Aughamore Sligo, over the festive celebrations.

On December 3rd, they hosted a wonderful Christmas concert filled with festive cheer.

As you can see, there was an incredible turnout, with plenty of singing, dancing, and of course, lots of holiday-themed outfits!



# Aughamore Day Centre

## Not Just Santa... Cool Santa



# Seasonal Celebrations

In Athlone, they spent the colder days celebrating and coming together with friends and music.

Our friend Jo also made this beautiful scarf!

What a fantastic group of supportive and creative friends.



# The Journey of Life

At the start of January, our Gorey Day Centre celebrated the launch of their art exhibition 'The Journey of Life'

The idea for this project was initially conceived when the Alzheimer Society Gorey Day Care received an Amenity & Arts Grant 2025 from Wexford CoCo through the local Gorey, Kilmuckridge Municipal District office

The aim was to complete a project as a group, which was interactive, inclusive and relatable to our service users

While using various materials and textures to create a visual and tactile experience

The Theme of the Project describes "The Journey of Life" in four phases, using various artistic mediums.

Recycling – the beginning of life as it branches out in front of us

Needle Felting – growth, like a sapling growing tall

Paint Pouring – finding our mission in life with family and friends around us

Mosaic – "I am still me"



# St. Brigid Brings the Spring

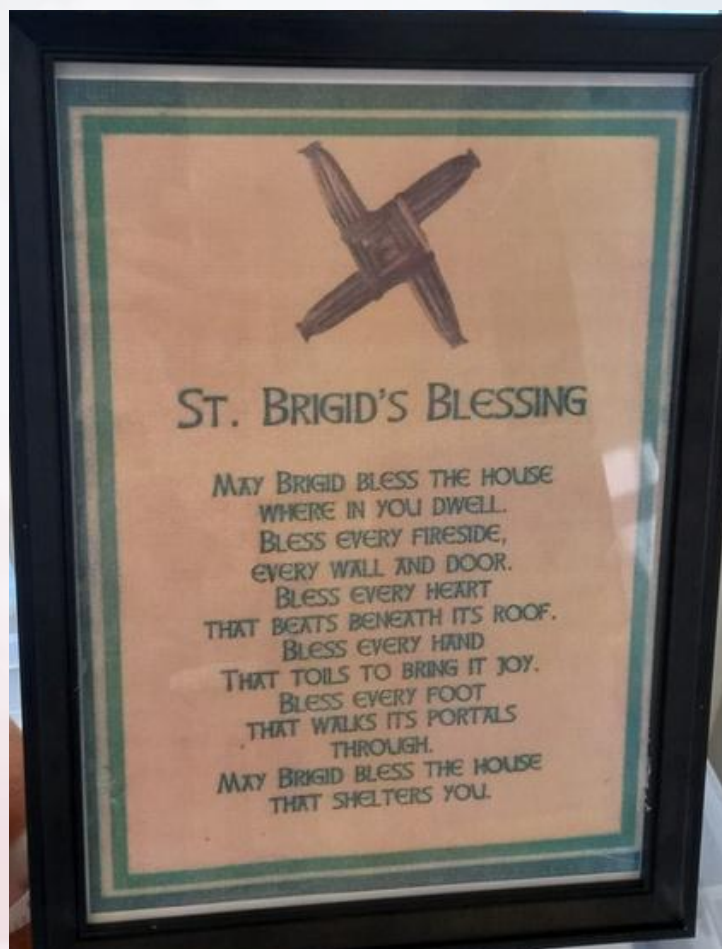
Our friends in Drumfries & Clonmany Day Centre, the Carndonagh Social Club, Buncrana and Clifden got creative making St. Brigid's crosses.



St. Brigid's cross is said to have begun with a simple moment of kindness. According to tradition, St. Brigid wove the very first cross from rushes she picked from the floor while comforting a dying man. As she worked, she explained the meaning of the cross, bringing him peace in his final hours. Over time, people began to make these crosses each year on St. Brigid's Day, hanging them in their homes for protection and blessing. It's a small, humble symbol with a gentle story at its heart.

# LÁ FHÉILE BRÍD

Back down in Cork they were also celebrating the coming of St. Brigid. Creating these beautiful art pieces using a Brigid blessing as inspiration for the background.





# THE Alzheimer

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## SOCIETY OF IRELAND

What wonderful activities and adventures have been had in these colder months. Congratulations to all. We can't wait to see what that 'grand stretch' brings!

To be featured in our next issue "Spring" please send photos & stories to [alison.mccarthy@alzheimer.ie](mailto:alison.mccarthy@alzheimer.ie)  
Please include all activities, from outings, to DC visitors, and of course seasonal fun. **Deadline Friday, May 1st.**