



THE Alzheimer

SOCIETY OF IRELAND

August

2026

Activity Pack One
Active Engagement



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Dear Friends,

July is drawing to a close, and the beautiful sunshine we've enjoyed has helped summer linger a little longer. As autumn approaches, we're making the most of these final days and savouring all that summer has left to offer.

This month's pack includes many of our usual favourites, including a lavender fields painting craft, word and number games, colouring activities, poems and songs.

We've also included a guided art observation exercise featuring some well-known artworks, although you can always choose your own images or pieces of art to explore.

Our Moment of Calm this month is the Kirtan Kriya Yoga Meditation. This relaxing 12-minute practice combines mantra recitation and gentle finger movements to help bring calm, clarity and renewed energy to your day.

You'll also find a delicious recipe for Baked White Fish. **We'd love to feature some of your favourite recipes in future packs, so please feel free to send them in!**

For our poetry selection this month, we've highlighted poets from Munster: Brendan Kennelly, Seán Ó Ríordáin and Eiléan Ní Chuilleanáin. **Do you have a favourite poet from your own province that you'd like to see featured?**

As always, if you have crafts, songs, poems, recipes or other activities you'd like to share, please don't hesitate to send them to us.

Wishing you a wonderful month ahead.

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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Easy Lavender Painting

What you need:

- Canvas or paper
- Acrylic paints:

white, black, green, light purple, dark purple

- Paintbrush
- Cotton buds (Q-tips)
- Water and paper towel



Step 1: Paint the background

- Cover the canvas with a mix of white and a little black to make a soft grey background.
- Blend with vertical brush strokes.
- Let it dry.
- Once dry, you can add a few more splashes of white and dab them with a tissue to give the backdrop texture.



Step 2: Paint the stems

- Use green paint and a thin brush.
- Paint several long, slightly curved stems going upward from the bottom of the canvas.
- Vary the height and angle of the stems.



Step 3: Add lavender flowers

- Dip a cotton bud into light purple paint.
- Dab small dots around the tops of the stems to create lavender flower shapes.
- Leave a little space between the dots so they don't become solid blobs.



Step 4: Add depth

- Using a clean cotton bud, add dark purple dots over some of the light purple.
- Focus on the centre and lower parts of each flower spike.



Step 5: Highlight

- Mix light purple with a little white.
- Add a few dots on the outer edges and tops of the flowers for highlights.



Step 6: Finish

Let everything dry.

Sign your painting and enjoy your lavender field!



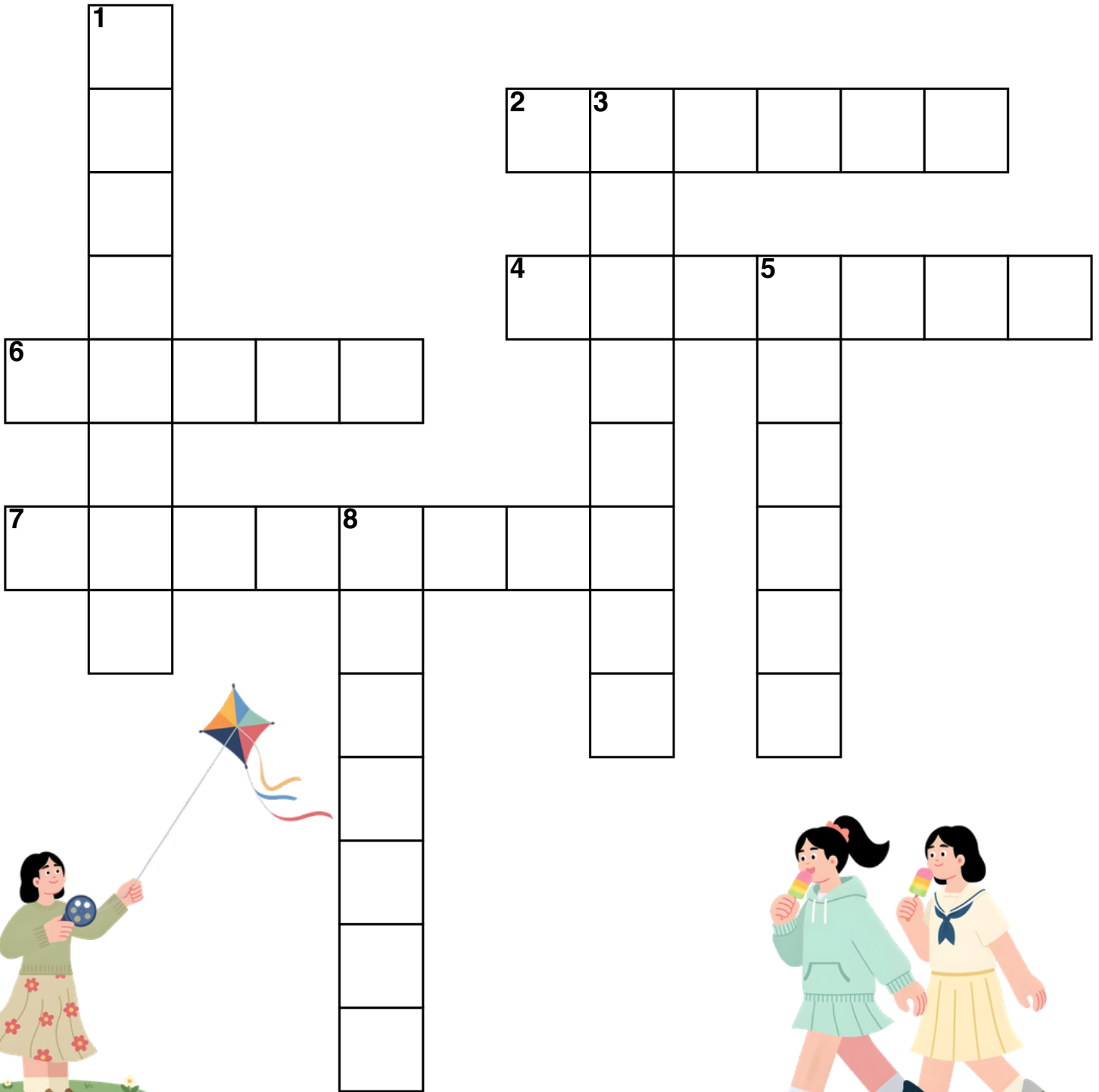
Quick tip: Paint the flowers with a loose dabbing motion. Lavender looks best when it's not perfectly neat.

Make it Harder:

Try using the same techniques on different objects. Just make sure you have the right paint types.



Summer Crossword



Across

[2] A meal enjoyed outdoors, often while sitting on a blanket.

[4] A white bird often seen by the coast that steals chips.

[6] Sandy place beside the sea.

[7] Bright light from the sun.

Down

[1] Food cooked outdoors on a grill.

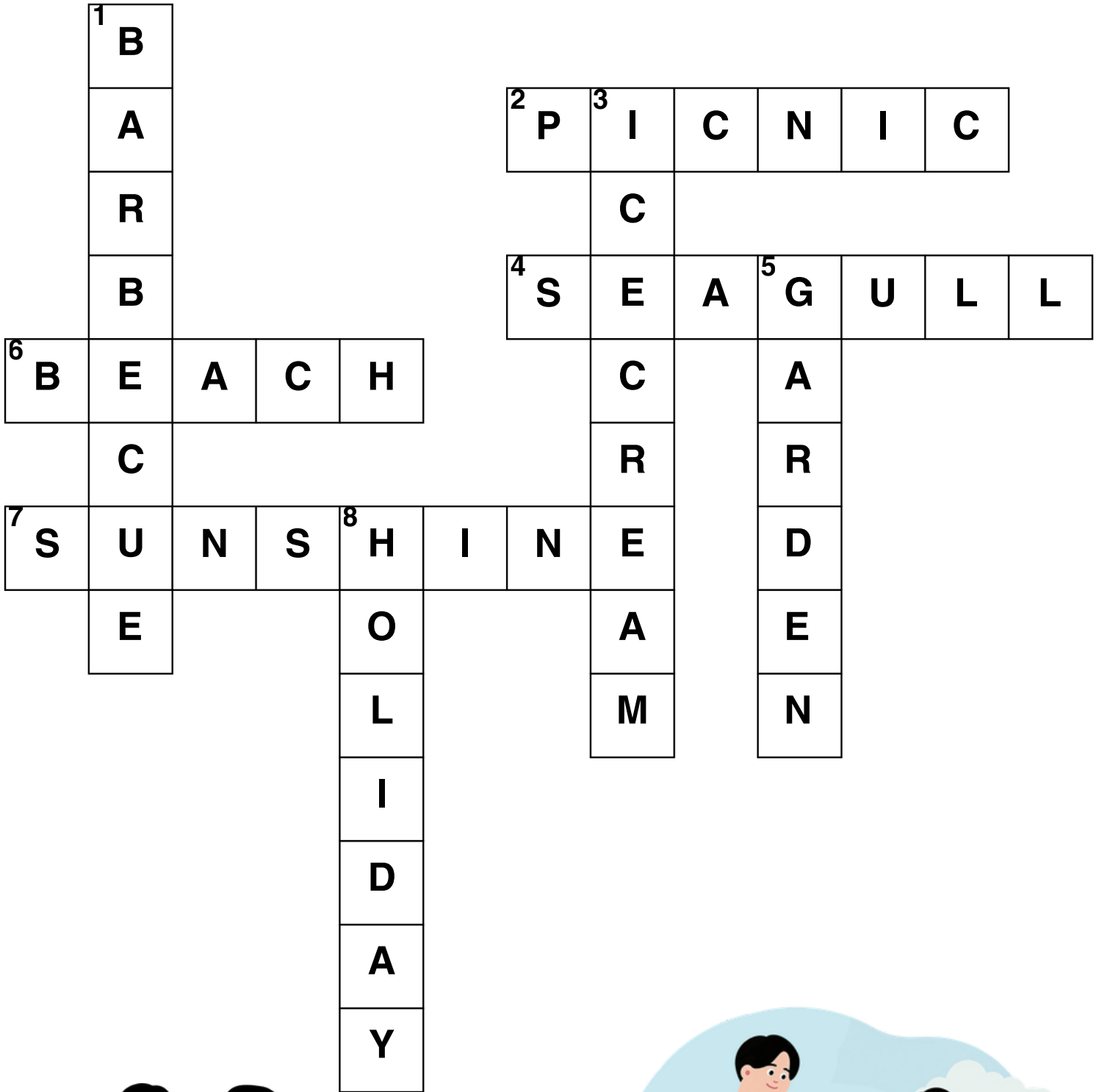
[3] A cold, sweet summer treat.

[5] A place where flowers and plants grow.

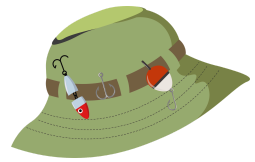
[8] Time away from work or school for rest and fun.



Solution



Wordsearch



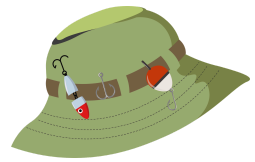
M	U	S	S	E	L	B	Y	G	X	V	G
N	O	H	A	D	D	O	C	K	C	O	B
O	R	O	Z	U	B	C	E	D	R	V	A
P	A	P	J	C	R	B	A	O	A	R	H
Y	J	R	K	F	D	C	J	C	B	D	R
L	N	A	B	S	C	A	L	L	O	P	S
O	C	W	N	V	R	Y	R	U	L	D	O
B	S	N	K	E	W	Q	K	I	J	V	Y
S	T	S	N	I	V	Z	M	E	E	X	S
T	U	Q	T	N	G	C	D	Y	S	T	T
E	N	S	A	L	M	O	N	M	H	R	E
R	A	U	A	A	D	E	L	D	H	D	R



Cod
Crab
Tuna
Prawns
Mussel

Oyster
Salmon
Scallops
Haddock
Lobster

Wordsearch



Cod

Crab

Tuna

Prawns

Mussel

Oyster

Salmon

Scallops

Haddock

Lobster





Sudoku

Fill in the puzzle so that every row across, every column down and every 9 X 9 box contains the numbers 1 to 9.

Puzzle #1

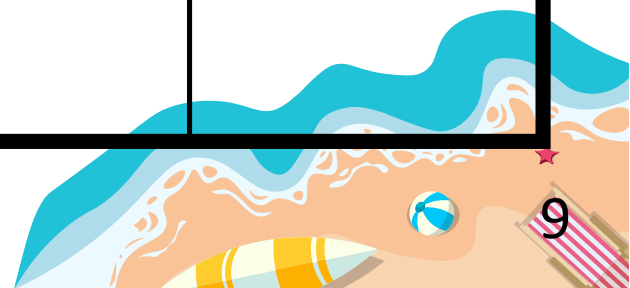
3			2
	1	3	4
	3		1
	2		

Sudoku

Fill in the puzzle so that every row across, every column down and every 9 X 9 box contains the numbers 1 to 9.

Puzzle #2

	1	3	4
4	3		
		4	1
1			





Solutions

Puzzle #1

3	4	1	2
2	1	3	4
4	3	2	1
1	2	4	3

Puzzle #2

2	1	3	4
4	3	1	2
3	2	4	1
1	4	2	3



Observing Art

Take a few moments to look carefully at the artwork.

You can use the pictures below or your own.

There are no right or wrong answers.

Everyone notices different things, so trust what you see and think.



Monet



Van Gogh



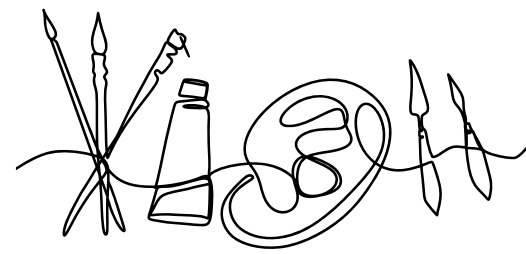
John James Audubon

Look Closely

Spend a minute looking at the picture before answering the questions.

What Do You Notice?

- What is the first thing that catches your eye?
- What colours can you see?
- Are there any people, animals, buildings, or objects in the picture?
- What small details do you notice when you look more closely?



Imagine the Scene

- What do you think is happening in the picture?
- What time of day might it be?
- What season do you think it is?
- What sounds might you hear if you were standing there?
- What smells might be in the air?

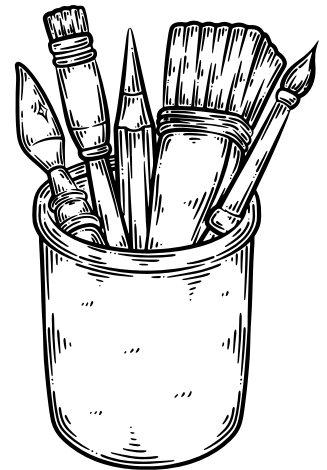
Think About Feelings

- How does this artwork make you feel?
- Does it remind you of a place, person, or memory?
- Which part of the picture creates this feeling?

Get Creative

Imagine you could step into the artwork.

- Where would you go first?
- Who would you talk to? What would you ask them?
- What do you think might happen next?
- What other questions can we ask?



Give It a Title

- If this artwork did not already have a name, what title would you give it?

Group Discussion

- Share your thoughts with the group.
- Did someone notice something you missed?
- Were there different opinions about what was happening in the picture?
- What was the most interesting thing you discovered?

Remember: Art is personal. There is no single correct answer. The most important thing is to look, think, imagine, and enjoy the conversation.





Kirtan Kriya Yoga Meditation

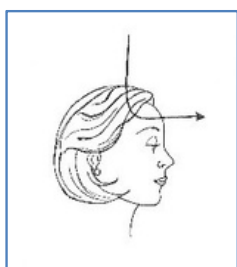


Kirtan Kriya exercise utilises the primal sounds and is meant to be practised for greater attention, concentration, focus, improved short-term memory, and a better mood. The primal sounds consist of:

- Saa Taa Naa Maa
- The sounds are chanted repeatedly and in order (i.e., Saa Taa Naa Maa). They come from the mantra 'Sat Nam', which means 'my true essence'.

Kirtan Kriya Instructions

- Repeat the Saa Taa Naa Maa sounds (or mantra) while sitting with your spine straight.
- If possible, your focus of concentration is the L form (see illustration bottom left), while your eyes are closed.
- With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point).
- For two minutes, sing in your normal voice.
- For the next two minutes, sing in a whisper.
- For the next four minutes, say the sound silently to yourself.
- Then reverse the order, whispering for two minutes, and then out loud for two minutes, for a total of twelve minutes.
- To end the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.
- The finger positions are very important in this kriya (see illustration below).
- On Saa, touch the index fingers of each hand to your thumbs.
- On Taa, touch your middle fingers to your thumbs.
- On Naa, touch your ring fingers to your thumbs.
- On Maa, touch your little fingers to your thumbs.



Lform of concentration



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Link to Kirtan Kriya Chant on YouTube

For music - <https://www.youtube.com/watch?v=Zg9NOOM2neA>



Baked White Fish Recipe, Mediterranean-Style

Ingredients

- 700g white fish fillet (cod, haddock, halibut or similar)
- Salt and freshly ground black pepper
- 3–4 tbsp extra virgin olive oil
- Juice of ½ lemon, plus extra lemon wedges to serve
- 225g cherry tomatoes, halved
- 85g pitted olives, halved (green, Kalamata or a mix of both)
- 3 tbsp finely chopped red onion
- 4–5 garlic cloves, minced
- 1 tbsp fresh thyme leaves
- 2 tsp dried oregano



Prep Time: 10 minutes.

Cooking Time: 20 minutes.

Method

1. Preheat the oven to 220°C / 200°C fan / Gas Mark 7.
2. Pat the fish dry and season both sides with salt and pepper. Place in a lightly oiled baking dish and drizzle with the lemon juice.
3. In a bowl, combine the tomatoes, olives, red onion, garlic, thyme and oregano. Season lightly with salt and pepper and drizzle with about 3 tablespoons of olive oil. Mix well.
4. Spoon the tomato and olive mixture over the fish.
5. Bake for 15–20 minutes, depending on the thickness of the fish, until it flakes easily when tested with a fork.
6. Serve immediately with lemon wedges and your choice of rice, couscous, potatoes or a green salad.

Tip

The fish is cooked when it turns opaque and flakes easily with a fork at the thickest part. Be careful not to overcook it.



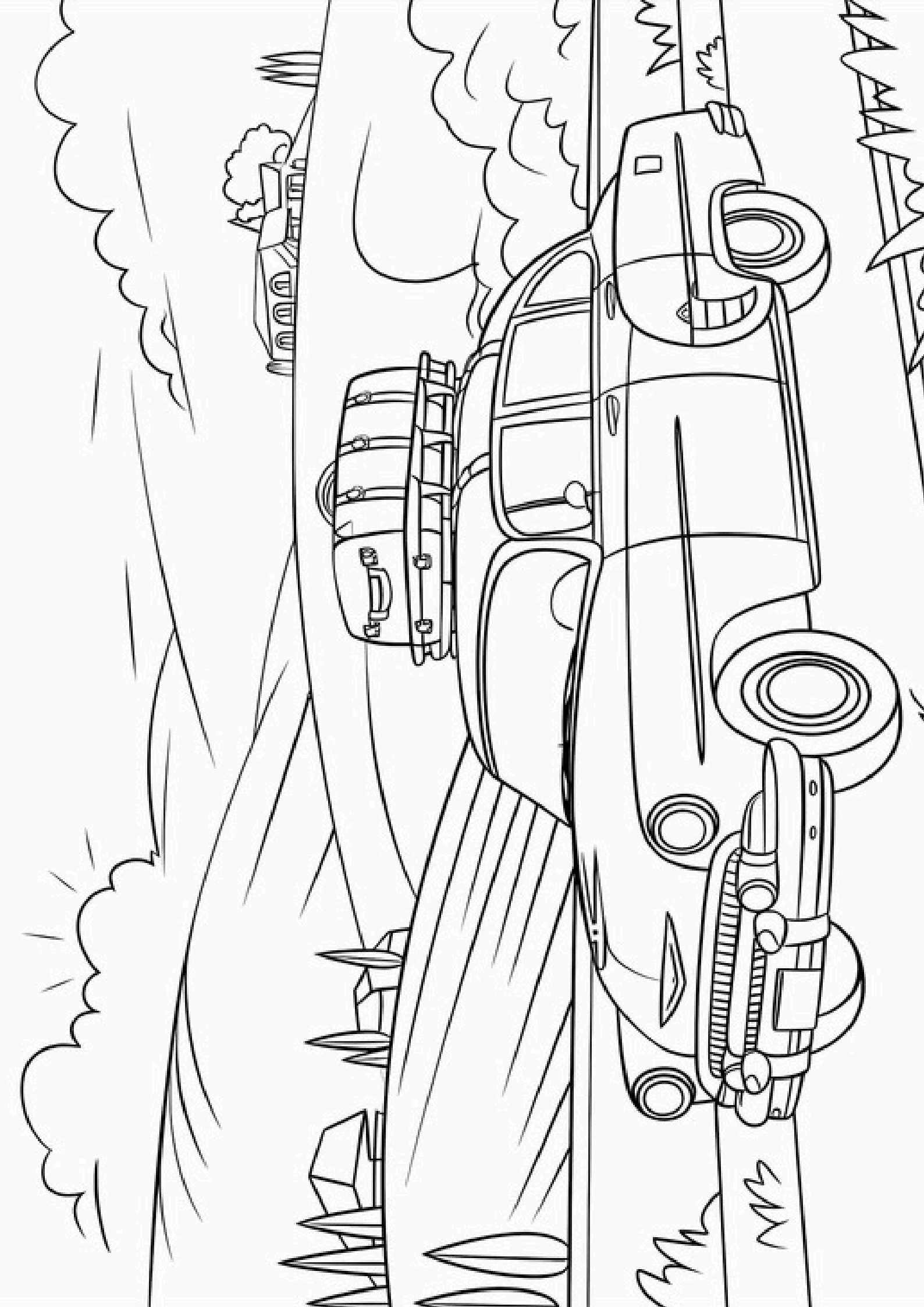














The Lady's Tower

by Eiléan Ní Chuilleanáin

Hollow my high tower leans
Back to the cliff; my thatch
Converses with the spread sky,
Heronries. The grey wall
Slices downward and meets
A sliding flooded stream
Pebble-banked, small diving
Birds. Downstairs my cellars plumb.
Behind me shifting oblique veins
Of the hill; my kitchen is damp,
Spiders shaded under brown vats.

I hear the stream change pace, glance from the stove
To see the punt is now floating freely
Bobs square-ended, the rope dead-level.

Opening the kitchen door
The quarry brambles miss my hair
Sprung so high their fruit wastes.
And up the tall stairs my bed is made
Even with a sycamore root
At my small window.

All night I lie sheeted, my broom chases down treads
Delighted spirals of dust: the yellow duster glides
Over shelves, around knobs: bristle stroking flagstone
Dancing with the spiders around the kitchen in the dark
While cats climb the tower and the river fills
A spoonful of light on the cellar walls below.



Fill Arís

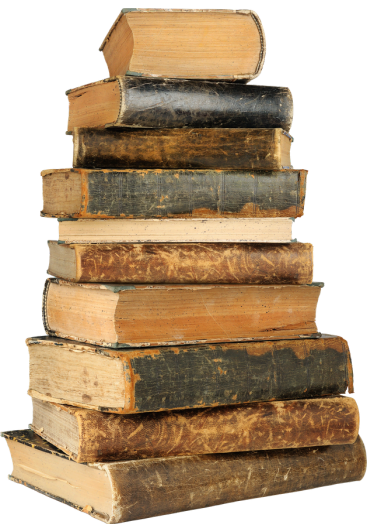
by Seán Ó Ríordáin



Fág Gleann na nGealt thoir,
Is a bhfuil d'aois seo ár dTiarna i d'fhuil,
Dún d'intinn ar ar tharla
Ó buaileadh Cath Chionn tSáile,
Is ón uair go bhfuil an t-ualach trom
la an bóthar fada, bain ded mheabhair
Srathar shibhialtach an Bhéarla,
Shelly, Keats is Shakespeare:
Fill arís ar do chuid,
Nigh d'intinn is nigh
Do theanga a chuaigh ceangailte i
gcomhréiribh'
Bhí bunoscaionn le d'éirim:
Dein d'fhaoistin is dein
Síocháin led ghiniúin féinig
Is led thigh-se féin is ná tréig iad,
Ní dual do neach a thigh ná a threabh a
thréigean.

Téir faobhar na faille siar tráthnóna gréine go
Corca Dhuibhne,
Is chífir thiar ag bun na spéire ag ráthaíocht
ann

An Uimhir Dhé, is an Modh Foshuiteach,
Is an tuiseal gairmeach ar bhéalaibh daoine:
Sin é do dhoras,
Dún Chaoin fé sholas an tráthnóna,
Buail is osclófar
D'intinn féin is do chló ceart.

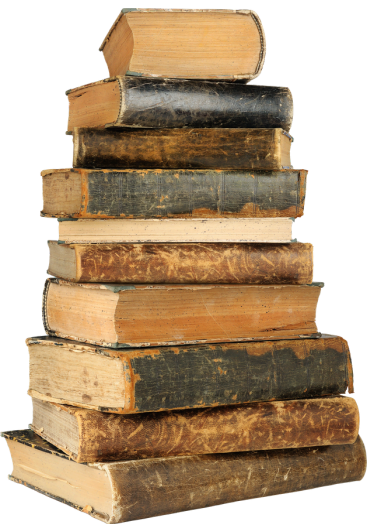


Fill Arís

by Seán Ó Ríordáin
Translated by Barry McCrea



Leave the Valley of the Mad back east,
and all there is of this age of our Lord in your
blood,
close your mind to what has happened
since the Battle of Kinsale,
and, since the load is heavy
and the road long, remove from your mind
the civilised halter of English,
Shelley, Keats and Shakespeare:
return again to your own,
cleanse your mind and cleanse
your tongue which got tied up in a syntax
at odds with your intellect:
make your confession and make
peace with your own race
and with your own house, and do not
abandon them.
It is not natural for anyone to abandon his
house or his tribe.
On a sunlit evening take the cliff road out to
Corca
Dhuibhne,
and out on the horizon you will see shoaling
there
the Dual Number, and the Subjunctive Mood,
and the vocative case on people's mouths:
that is your door,
Dun Chaoin in the evening light,
knock and there will be opened
your own mind and your right shape.



I SEE YOU DANCING, FATHER

by Brendan Kennelly

No sooner downstairs after the night's rest
In the middle of the kitchen floor.

And as you danced
You whistled.

You made your own music
Always in tune with yourself.

Well, nearly always, anyway.

You're buried now
In Lisloughtin Abbey
And whenever I think of you

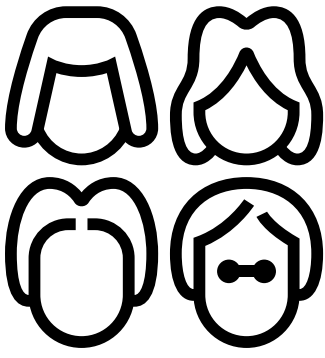
I go back beyond the old man
Mind and body broken
To find the unbroken man.

It is the moment before the dance begins,

Your lips are enjoying themselves
Whistling an air.

Whatever happens or cannot happen
In the time I have to spare
I see you dancing, father.





Hey Jude

The Beatles



Hey, Jude, don't make it bad
Take a sad song and make it better
Remember to let her into your heart
Then you can start to make it better

Hey, Jude, don't be afraid
You were made to go out and get her
The minute you let her under your skin
Then you begin to make it better

And anytime you feel the pain, hey, Jude, refrain
Don't carry the world upon your shoulders
For well you know that it's a fool who plays it cool
By making his world a little colder
Na-na-na-na-na, na-na-na-na

Hey, Jude, don't let me down
You have found her, now go and get her
(Let it out and let it in)
Remember (Hey, Jude) to let her into your heart
Then you can start to make it better

So let it out and let it in, hey, Jude, begin
You're waiting for someone to perform with
And don't you know that it's just you, hey, Jude, you'll do
The movement you need is on your shoulder
Na-na-na-na-na, na-na-na-na, yeah

Hey, Jude, don't make it bad
Take a sad song and make it better
Remember to let her under your skin (Woah)
Then you'll begin to make it (Fucking hell)
Better, better, better, better, better, better, oh

Downtown

Petula Clark



When you're alone and life is making you lonely
You can always go downtown
When you've got worries, all the noise and the hurry
Seems to help, I know, downtown

Just listen to the music of the traffic in the city
Linger on the sidewalk where the neon signs are pretty
How can you lose?
The lights are much brighter there
You can forget all your troubles, forget all your cares

So go downtown
Things will be great when you're downtown
No finer place for sure, downtown
Everything's waiting for you

Don't hang around and let your problems surround you
There are movie shows downtown
Maybe you know some little places to go to
Where they never close downtown

Just listen to the rhythm of a gentle bossa nova
You'll be dancing with 'em too before the night is over
Happy again
The lights are much brighter there
You can forget all your troubles, forget all your cares

So go downtown
Where all the lights are bright, downtown
Waiting for you tonight, downtown
You're gonna be alright now, downtown

And you may find somebody kind to help and understand you
Someone who is just like you and needs a gentle hand to
Guide them along
So maybe I'll see you there
We can forget all our troubles, forget all our cares

So go downtown
Things will be great when you're downtown
Don't wait a minute more, downtown
Everything is waiting for you, downtown





Daydream Believer

The Monkees

Oh, I could hide 'neath the wings
Of the bluebird as she sings
The six o'clock alarm would never ring
But it rings and I rise
Wipe the sleep out of my eyes
My shavin' razor's cold and it stings

Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen

You once thought of me
As a white knight on his steed
Now you know how happy I can be
Oh, and our good times start and end
Without dollar one to spend
But how much, baby, do we really need

Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen
Cheer up, Sleepy Jean
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To a daydream believer
And a homecoming queen

Cheer up, Sleepy Jean
Oh, what can it mean
To a daydream believer
And a homecoming queen





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 social gatherings 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>

EXCERSICE

- 10 Today - <https://www.bbc.co.uk/programmes/p087wddm>
- Five in Five - <https://weareundefeatable.co.uk/media/exuhwosv/five-in-five-booklet.pdf>
- Love to Move - <https://britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf>



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
- 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/>

REMINISCENCE

- www.thereplay.ie

THIS MONTHS CRAFT:

<https://feelingnifty.com/how-to-paint-lavender-acrylics/>

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/>
- <https://coloringhub.com/>