



THE Alzheimer

SOCIETY OF IRELAND

August

2026

Activity Pack Two

Relaxed Engagement



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Dear Friends,



As August arrives, we continue to enjoy the warmth and brightness of summer while looking forward to the changing season ahead. We hope this month's Relaxed Engagement Pack brings opportunities for enjoyment, comfort and connection.

This month's pack includes a variety of gentle and engaging activities, such as sensory painting, word searches, a summer crossword, everyday number activities, colouring pages, poetry and familiar songs.

We've also included a relaxed art appreciation activity, *Looking at Art Together*, which encourages participants to explore colours, feelings and memories inspired by artwork. There are no right or wrong answers, just opportunities to observe, reflect and enjoy.

Our Moment of Calm this month is A Moment of Peace, a soothing guided relaxation that invites participants to slow down, breathe deeply and imagine a peaceful garden setting. This gentle exercise can be enjoyed individually or as part of a group activity.

You'll also find a delicious recipe for Mediterranean-Style 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 featured three wonderful poets from Munster: Eiléan Ní Chuilleanáin, Seán Ó Ríordáin and Brendan Kennelly. **Do you have a favourite poet from your own province that you'd like to see featured in a future pack?**

As always, if you have activities, crafts, recipes, poems, songs or reminiscence ideas that have worked well with your group, we would love to hear from you and share them with others.

Wishing you a peaceful and enjoyable 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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Sensory Painting

Have fun with colours, paint and movement.

You can use a large brush, a sponge, a roller, or even your hands to spread paint on paper. There is no right or wrong way to do it. Just enjoy making marks, mixing colours, and seeing what happens.

WHAT YOU NEED:

- Large paper
- Washable paint
- Large brushes, sponges, or rollers
- An apron or old shirt
- Water and towels for cleaning hands



LET'S GET STARTED

- Choose a colour you like.
- Dip your brush, sponge, or hand into the paint.
- Spread the paint on the paper.
- Try another colour if you wish.
- Enjoy the shapes, patterns, and colours you create.

REMEMBER

- Take your time.
- There is no need to make a picture of anything.
- Every mark you make is part of your artwork.
- Have fun and enjoy the feeling of painting.



Activity Leader Tip: Use encouraging phrases such as "I love those colours," "That looks lovely," or "Tell me about your painting." Focus on enjoyment and participation rather than the finished artwork.

Wordsearch



BARNACLE

HERMIT CRAB

SHRIMP

PRAWN

CRAB

LOBSTER

Wordsearch



BARNACLE

HERMIT CRAB

SHRIMP

PRAWN

CRAB

LOBSTER

Wordsearch



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



SEA LION

WHALE

OTTER

SEAL

WALRUS

DOLPHIN

Wordsearch



SEA LION

WHALE

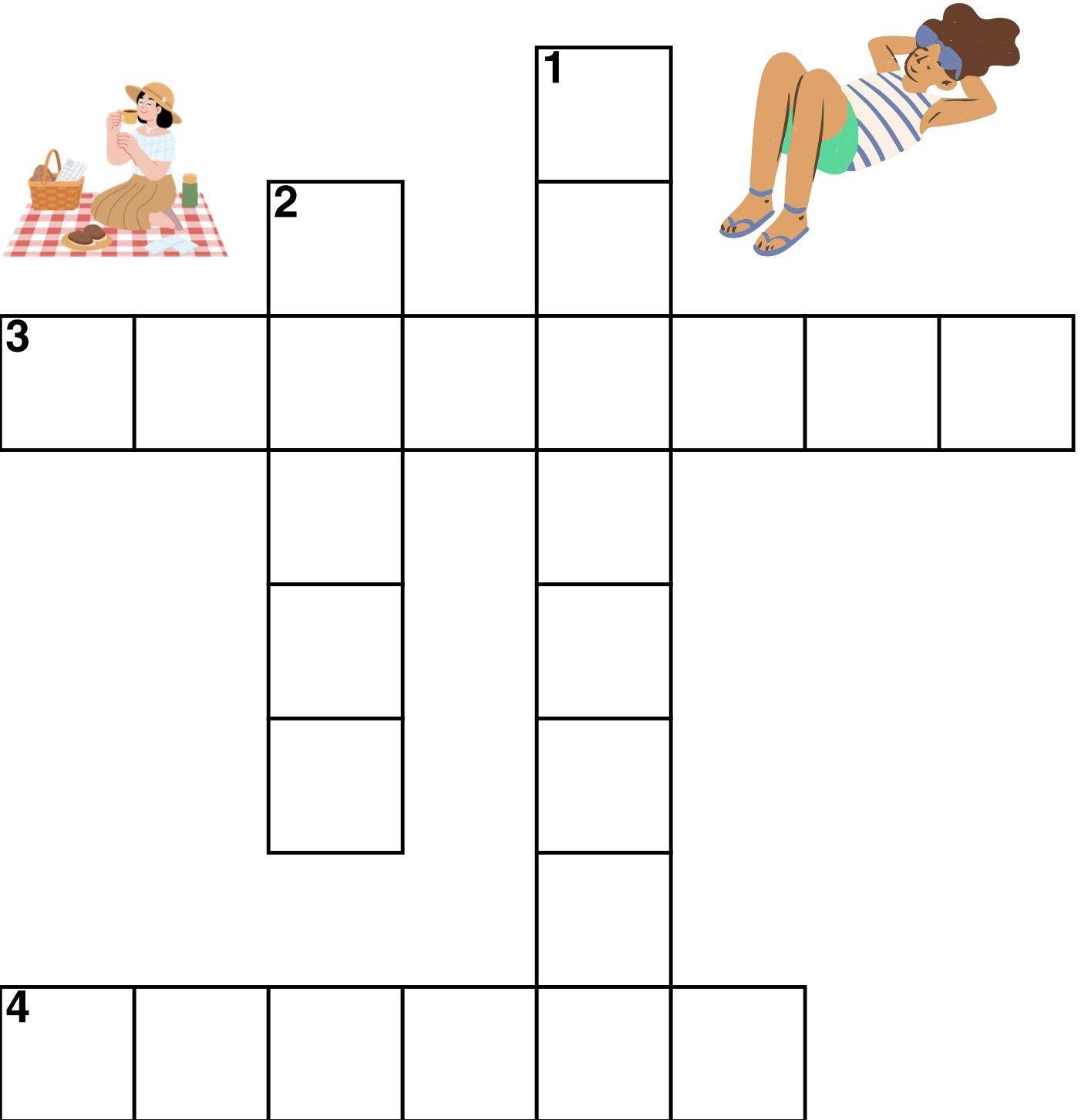
OTTER

SEAL

WALRUS

DOLPHIN

Summer Crossword



Across

[3] A cold, sweet summer treat.

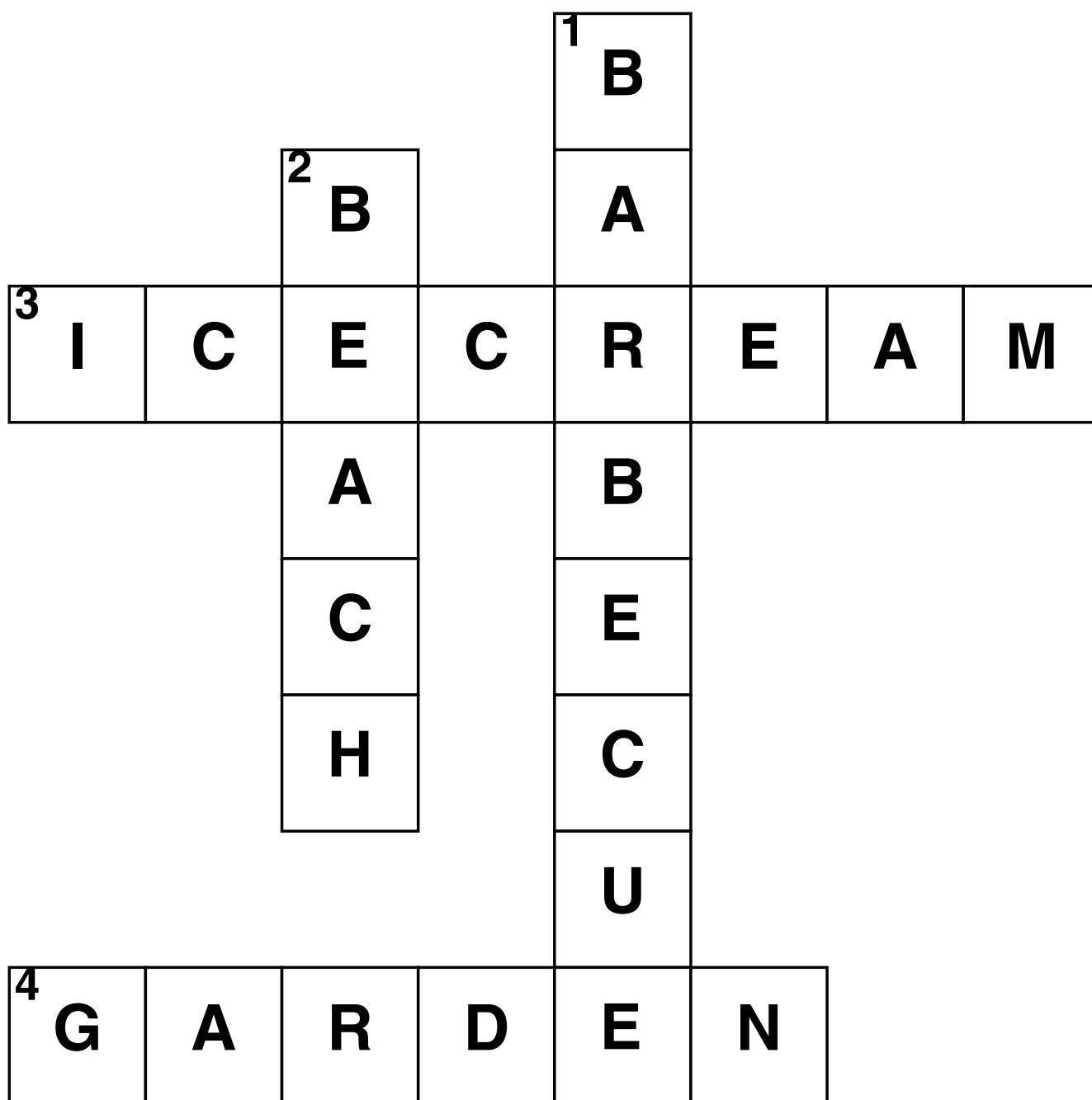
[4] A place where flowers and plants grow.

Down

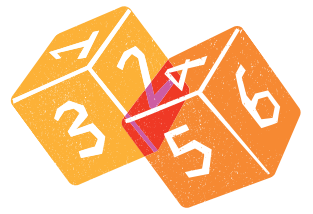
[1] Food cooked outdoors on a grill.

[2] Sandy place beside the sea.

SOLUTION



Everyday Numbers



Take your time with each question. There is no rush, and it's perfectly fine to work things out together.

Number Sequences

What number comes next?

12, 14, 16, ____

30, 25, 20, ____

5, 10, 15, ____

100, 90, 80, ____

Mental Maths

$15 + 10 =$ ____

$25 - 5 =$ ____

Half of 20 = ____

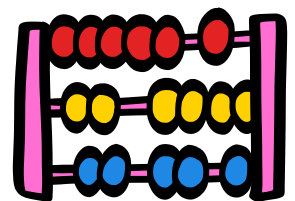
Double 14 = ____

$50 + 25 =$ ____

$40 - 15 =$ ____

Money Matters

If you bought:

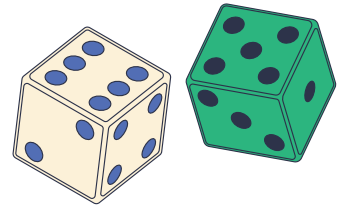


A newspaper for €2 and a coffee for €3, how much would you spend?

An item costs €15 and you pay with €20. How much change would you receive?

Three loaves of bread cost €2 each. What is the total?

Time



How many hours are there in one day?

How many days are there in one week?

If it's 2 o'clock now, what time will it be in three hours?

If a television programme starts at 7:30 pm and lasts one hour, what time does it finish?

Everyday Estimation

Without counting exactly, what would you estimate?

How many steps might there be in a flight of stairs?

How many books are on a typical bookshelf?

How many people might fit on a bus?

There are no perfect answers—just use your best judgement.

Number Knowledge

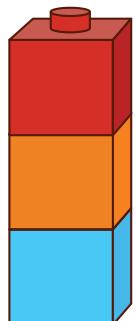
Which number is larger: 67 or 76?

What is 100 minus 1?

Which number is exactly halfway between 20 and 30?

Can you name three even numbers?

Can you name three odd numbers?



Thank you for taking part. Working with numbers helps keep the mind active, and every question is an opportunity to think, remember, and enjoy the conversation together.

LOOKING AT ART TOGETHER

Let's take some time to enjoy this picture together. There are no right or wrong answers. We can simply look, notice, and share how the picture makes us feel. You can use the image below or your own. A piece of art with texture, such as an oil painting, may be good to add a sensory element to this activity.



Take a Moment

Look at the picture for a little while.

- What do you see?
- A person?
- An animal?
- Flowers?
- Trees?
- A house?
- Something else?

Look at the colours in the picture.

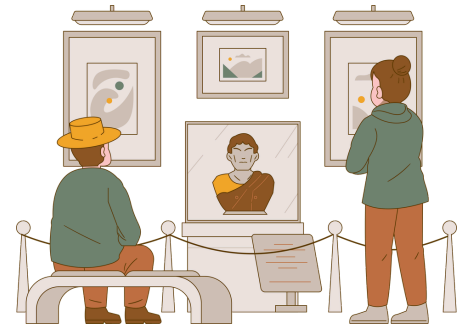
- Can you find your favourite colour?
- Which colour stands out the most?
- Does the picture feel bright or calm?
- Is it dark and mysterious?

FEELINGS

How does this picture make you feel?

- ☐ Happy
- ☐ Calm
- ☐ Interested
- ☐ Excited
- ☐ Peaceful
- ☐ Something else

There are no wrong answers. Use Your Senses



Imagine you are inside the picture.

- What sounds might you hear?
- Would it be quiet or busy?
- Would it feel warm or cool?
- What might you smell?

Choose a Favourite Part

What is your favourite thing in the picture?

You can:

- Point to it
- Describe it
- Talk about why you like it



Enjoy Together

If you are looking at the picture with others:

- What does everyone like best?
- Can you find something beautiful in the picture?
- Which colour or object would you like to take home with you?

FINISHING UP

Thank you for taking the time to look at the artwork.

Sometimes a picture can help us feel calm, spark our imagination, or simply bring us pleasure. The most important thing is to enjoy looking and sharing together.

Facilitator Note: Encourage participants to respond in whatever way feels comfortable, including facial expressions, gestures, pointing, single words, or short phrases. Focus on validating responses and creating a relaxed and enjoyable experience rather than seeking specific answers.





A Moment of Peace

Welcome.

It's lovely to be here together. There is nothing you need to do. Nothing to remember. Just this moment. If it feels comfortable, let your hands rest gently. Notice the chair beneath you, holding you safely. Notice your feet, resting on the floor. Take a slow, easy breath in...

and gently breathe out.

Again...

breathing in...

and breathing out.

There is no hurry. As you breathe, imagine a warm, gentle light around you.

Soft...

calm...

and peaceful.

This warm light brings comfort. It surrounds you with kindness. You are safe.

You are cared for. You are not alone. Take another slow breath in...

and let it go.

Perhaps you can imagine sitting in a peaceful garden. The sun is warm, but not too hot. A gentle breeze brushes your face. You might hear birds singing softly.



You might notice the scent of flowers nearby.





A Moment of Peace

Everything is quiet.

Everything is calm.

Take a moment to enjoy this peaceful place. (Pause)

With each breath, you can feel a little more relaxed.

Your shoulders can soften.

Your hands can rest.

Your face can be gentle.

There is nothing to worry about right now. Only this breath. Only this peaceful moment. (Pause)

You are surrounded by warmth.

You are surrounded by kindness.

You are surrounded by love.

Take one more slow breath in...

and slowly breathe out.

As we come back together, keep this feeling of peace with you.

Carry it gently in your heart.

Thank you for sharing this quiet moment.

May you feel calm.

May you feel comfortable.

May you feel peaceful.

And when you're ready, simply notice the room around you once again.



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

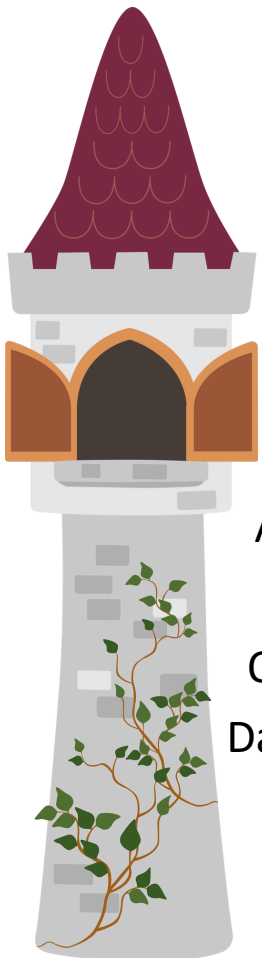
by Eiléan Ní Chuilleanáin

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 tuiséal 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 Lislaughtin Abbey
And whenever I think of you

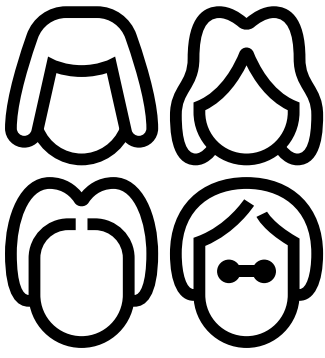
I go back beyond the old man
Mind and body broken
To find the unbroken man.

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
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Cheer up, Sleepy Jean
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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>

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

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/>