



THE Alzheimer

SOCIETY OF IRELAND



2026

Activity Pack One

Active Engagement



Activity Pack One

Active Engagement





Dear Friends,

As July brings long, sunny days and the warmth of mid-summer, this month's activity pack offers a wonderful mix of creativity, relaxation, and connection. We hope these activities bring enjoyment, inspiration, and meaningful moments to share together.

Inside, you'll find a variety of puzzles including a fruit and vegetables crossword, themed word searches, Sudoku, and maths challenges perfect for gentle engagement either independently or in a group.

Creativity shines through with a pressed flower art activity, encouraging time outdoors and an appreciation of nature, alongside colouring pages to enjoy at a relaxed pace.

Our "Around the World" seated movement session combines music, imagination, and gentle exercise, while the "Cooling Breath" activity offers a calming way to unwind and refresh on warmer days.

In the kitchen, we're making a comforting tomato and butternut squash pasta, simple, nourishing, and perfect for sharing.

With poetry and familiar songs to enjoy, there are many opportunities for reflection, conversation, and connection throughout the pack.

Wishing you a warm, relaxing, and joyful July.

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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Pressed Flower Art



Inspiration



Step One:

Choose small flowers and leaves that are dry and fresh.

Good flowers to use:

- Daisies
- Pansies
- Violets
- Fern leaves
- Baby's breath



Step Two:

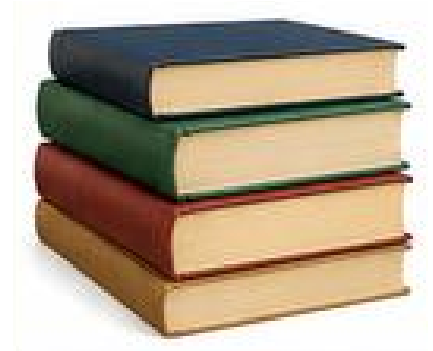
- Get your book out...
- Put a piece of parchment paper inside the book.
- Place the flowers flat on the paper.
- Leave a small gap between each flower.
- Cover with another piece of paper.
- Close the book.



Pressed Flower Art

Step Three:

- Place more heavy books on top.
- Leave the flowers to dry for 2–4 weeks.
- Tip: Write the date on a sticky note and place it on the book.



Step Four:

- Carefully remove the back of the picture frame.
- Clean the glass if needed.



Step Five:

- Place the dried flowers on the frame backing.
- Move them around until you are happy with the design.
- There is no right or wrong way.



Step Six:

- Put a tiny amount of glue on the back of each flower.
- Carefully place it where you would like it to stay.
- Press gently.



Pressed Flower Art

Step Seven:

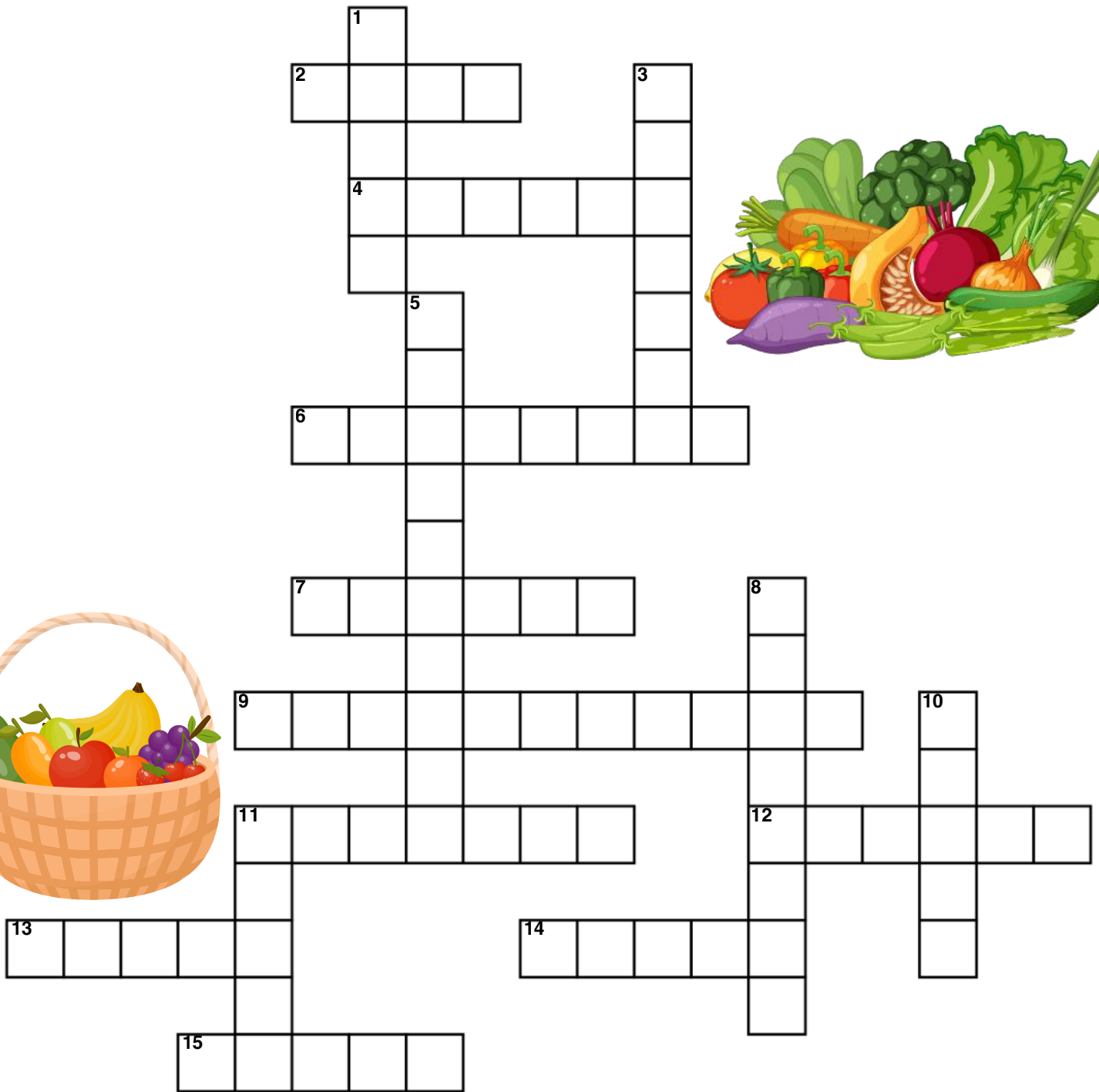
- Replace the back of the frame.
- Make sure everything is secure.
- Your flower picture is finished!



Et Voila



Fruit and Vegetables



Across

- [2] in a pod
- [4] a crunchy orange vegetable
- [6] yummy mashed
- [7] red fruit or vegetable?
- [9] white flower
- [11] made Popeye strong
- [12] tangy red vegetable
- [13] the start of the alphabet
- [14] tropical fruit oval shaped
- [15] sour citrus

Down

- [1] book, 'James and the Giant _____'
- [3] start of a salad
- [5] sounds like it might drip
- [8] purple and we like it tinned
- [10] it has layers and can make you cry
- [11] a person from Sweden



Wordsearch



Dog

Snake

Cat

Lizard

Turtle

Horse

Fish

Rabbit

Guinea Pig

Hamster





Wordsearch

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

Dog

Snake

Cat

Lizard

Turtle

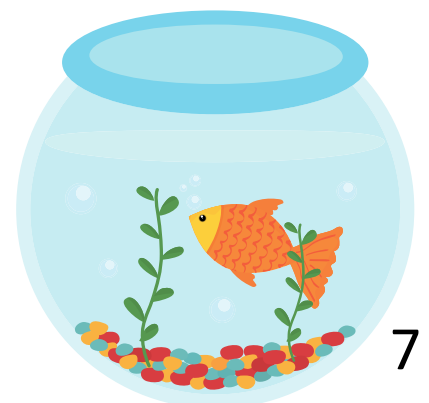
Horse

Fish

Rabbit

Guinea Pig

Hamster



Wordsearch



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

JUNGLE

MOUNTAIN

FOREST

GRASS

DESERT

RAINFOREST

ARCTIC

CORAL REEF

HUMID

ANTARCTIC



Wordsearch



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

JUNGLE

MOUNTAIN

FOREST

GRASS

DESERT

RAINFOREST

ARCTIC

CORAL REEF

HUMID

ANTARCTIC



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.

4		8				3	9	1
	3	5	9	4			7	2
		6	1	3	2		8	
2			4					6
8	5	4	2	6				
	6	9					2	
		7	3			1		
9	1	3	5			2		7
				1	7			3



Sudoku



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

7	2			8	6		1	
	3				7	5		6
1					4	2	9	
4							6	9
			1		9	8	3	2
8	9			6	2	1		5
3	5		4	2	8		7	
	4	1	6	7	3			
6			5					

Maths Squares

The missing values are the whole numbers between 1 and 16.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

	+	3	+		+	15	37
+		+		+		+	
	+	5	+	1	+		35
+		+		+		+	
	+		+	6	+		25
+		+		+		+	
	+	14	+	4	+	11	39
39		24		23		50	

Solutions

Puzzle #1

4	2	8	7	5	6	3	9	1
1	3	5	9	4	8	6	7	2
7	9	6	1	3	2	5	8	4
2	7	1	4	9	5	8	3	6
8	5	4	2	6	3	7	1	9
3	6	9	8	7	1	4	2	5
6	4	7	3	2	9	1	5	8
9	1	3	5	8	4	2	6	7
5	8	2	6	1	7	9	4	3

Puzzle #2

7	2	5	9	8	6	4	1	3
9	3	4	2	1	7	5	8	6
1	6	8	3	5	4	2	9	7
4	1	2	8	3	5	7	6	9
5	7	6	1	4	9	8	3	2
8	9	3	7	6	2	1	4	5
3	5	9	4	2	8	6	7	1
2	4	1	6	7	3	9	5	8
6	8	7	5	9	1	3	2	4

Puzzle #3

7	+	3	+	12	+	15	37
+		+		+		+	
13	+	5	+	1	+	16	35
+		+		+		+	
9	+	2	+	6	+	8	25
+		+		+		+	
10	+	14	+	4	+	11	39
39		24		23		50	



"Around the World"

Seated Movement Journey

Duration: 20–30 minutes

Equipment: Chairs, a lightweight scarf or beanbag for each participant (optional), music from different cultures (optional)

Aim: A themed movement session that combines coordination, imagination, rhythm and social interaction. Participants are invited to "travel" together to different places around the world through gentle movement.

Welcome (2 minutes)

Invite everyone to sit comfortably.

Facilitator script:

"Today we're going on a journey around the world. We'll visit different places and use our imaginations as we move. Join in with whatever feels comfortable for you."

Take three slow breaths together.



Stop 1: The Airport

Packing the Suitcase

Reach down to pick up an imaginary item from the floor.

Lift it into the suitcase beside you.

Repeat on both sides.

Repeat: 6–8 times.

Fastening the Case

Stretch both arms forward.

Pull the imaginary zip from one side to the other.

Reverse the direction.

Repeat: 4 times.



Stop 2: Italy – The Gondola Ride

Row the Boat

Hold both hands together.

Reach forward and pull back as if rowing.

Repeat: 12 strokes.

Look at the Scenery

Turn the head gently to the right.

Return to centre.

Turn to the left.

Repeat: 5 times each side.

Stop 3: Spain – Flamenco Rhythms

Hand Patterns

Tap thighs twice.

Clap twice.

Snap fingers or tap fingers together twice.

Repeat: Create a rhythm sequence for 1–2 minutes.

Arm Circles

Lift one arm overhead in a graceful circle.

Repeat with the opposite arm.

Repeat: 5 circles each side.



Stop 4: Africa – Safari Adventure

Spot the Animals

Hold one hand above the eyes like binoculars.

Slowly look left and right.

Elephant Trunks

Extend one arm and swing gently from side to side like an elephant's trunk.

Repeat: 10 swings.

Monkey Reach

Reach up high to "pick fruit" from a tree.

Bring it down to place in a basket.

Repeat: 8 reaches.



Stop 5: India – Festival Celebration

Scarf Dance (optional)

Using a scarf:

Lift it high.

Wave it slowly from side to side.

Make circles in front of the body.

Pass it from one hand to the other.

Continue for 2–3 minutes.

Finger Flowers

Touch thumb to each fingertip.

Reverse the sequence.

Repeat several times..



Stop 6: Ireland – The Ceili Session

Heel-Toe Sequence

Tap heels forward.

Bring feet back.

Tap toes.

Pattern:

Right heel → Right toe → Left heel → Left toe.

Continue for 1 minute.

Partner Rhythm

With a neighbour:

Clap your own hands.

Gently tap your partner's hands.

Return to clapping your own hands.

Repeat slowly and enjoy the interaction.



Stop 7: Homeward Bound

Driving Home

Hold an imaginary steering wheel.

Turn gently left.

Return to centre.

Turn right.

Repeat: 5 times.

Windshield Wipers

Move both arms side to side across the body.

Repeat for 30 seconds.

Cool Down (3–5 minutes)

Shoulder Stretch

Lift shoulders up and relax them down.

Repeat: 5 times.



Breathing Exercise

"Breathe in through the nose... and breathe out slowly."

Repeat: 3–5 breaths

Gratitude Circle

Invite participants to share:

"What was your favourite part of our journey today?"

Facilitation Tips

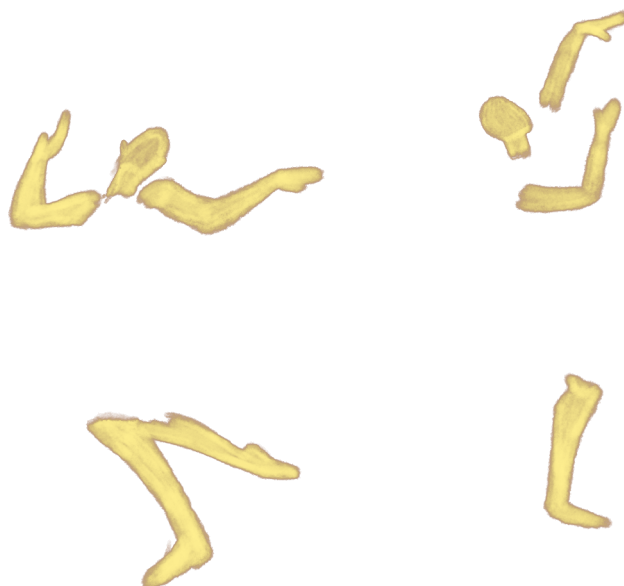
- Encourage participation without pressure.
- Demonstrate movements clearly and slowly.
- Use humour, storytelling and music to enhance enjoyment.
- Offer seated adaptations for every activity.
- Celebrate effort and engagement rather than accuracy.
- Allow time for conversation and reminiscence inspired by the destinations.

Outcomes Supported

Participants may benefit from opportunities to:

- Practise coordination and sequencing.
- Maintain joint mobility and flexibility.
- Encourage circulation through gentle activity.
- Experience social connection and shared enjoyment.
- Engage imagination, attention and creativity through storytelling.

This activity works particularly well in day services, community groups and residential settings where carers are looking for a structured session that combines movement with meaningful engagement.



5-Minute Cooling Breath

Here's a 5-minute summer breathing exercise designed to help you feel cooler and more relaxed, inspired by the yoga practice known as Sheetali Pranayama.

Minute 1: Settle in

- Sit comfortably with your back supported or upright.
- Relax your shoulders and rest your hands on your lap.
- Breathe naturally through your nose for a few breaths.

Minutes 2–4: Cooling breaths

- If you can roll your tongue into a tube, do so. If not, gently part your lips and place the tip of your tongue just behind your front teeth.
- Inhale slowly through the mouth for a count of 4, noticing the cool sensation of the air.
- Close your mouth.
- Exhale through the nose for a count of 6.
- Repeat this cycle at a comfortable pace.

Aim for 10–15 rounds over these 3 minutes.

Minute 5: Rest

- Return to normal breathing through your nose.
- Notice any changes in how your body feels.
- Open your eyes (if closed) and ease back into your day.

A few tips

- Practice in a shaded, comfortable place.
- Stop if you feel lightheaded or uncomfortable.
- If you have respiratory concerns, adapt the pace to what feels easy for you.
- This exercise is often used during hot weather because many people find it calming and gently refreshing.



Tomato & Butternut Squash Pasta

Ingredients

- 3 Tbps, olive oil (45ml)
- 1 medium onion, peeled and very finely chopped (150g)
- 2 Small carrots, peeled & very finely chopped/grated (120g)
- 1 butternut squash, peeled & chopped into small cubes (600g)
- 800g passata or 2 x 400g cans of chopped tomatoes.
- 200g dried split red lentils rinsed
- 200g Orzo pasta
- 150g mature Cheddar cheese, grated.

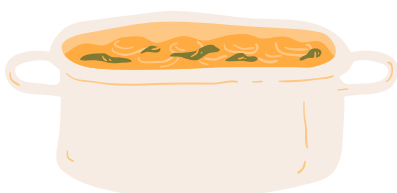
Prep Time: 10 minutes.

Cooking Time: 40 minutes.



Method

1. Heat the oil in a pan and sauté the onion & carrot for 5 minutes.
2. Add the butternut squash & sauté for 5 minutes.
3. Pour in the passata/tinned tomatoes & the lentils and bring to the boil.
4. Turn down the heat to low, cover and cook for about 30 minutes.
5. Meanwhile, cook the pasta according to the packet instructions.
6. Add the cheese to the tomato sauce and blend the sauce to a smooth consistency.
7. Return to the pan and add in the pasta & cook for a further 5 minutes before serving.

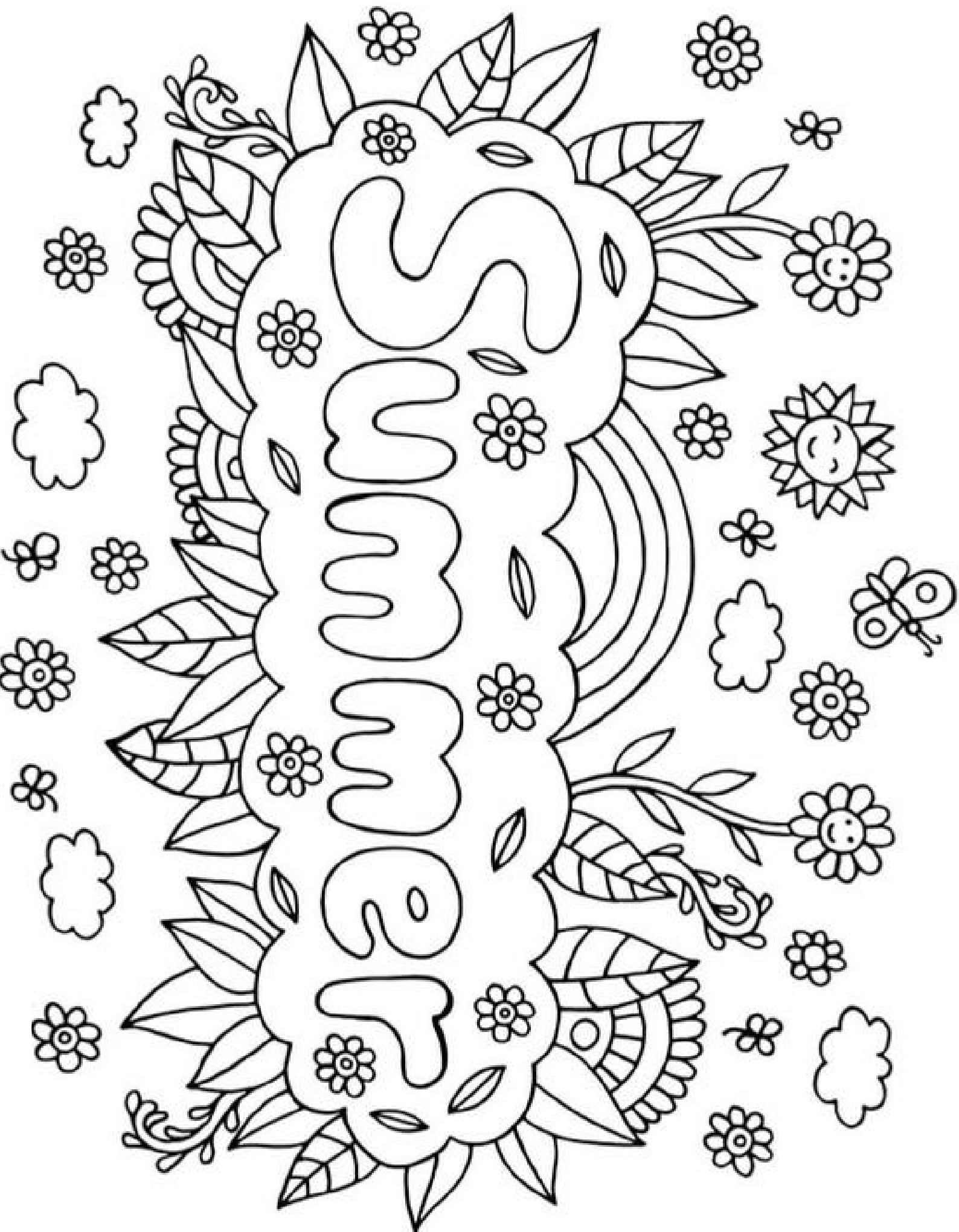


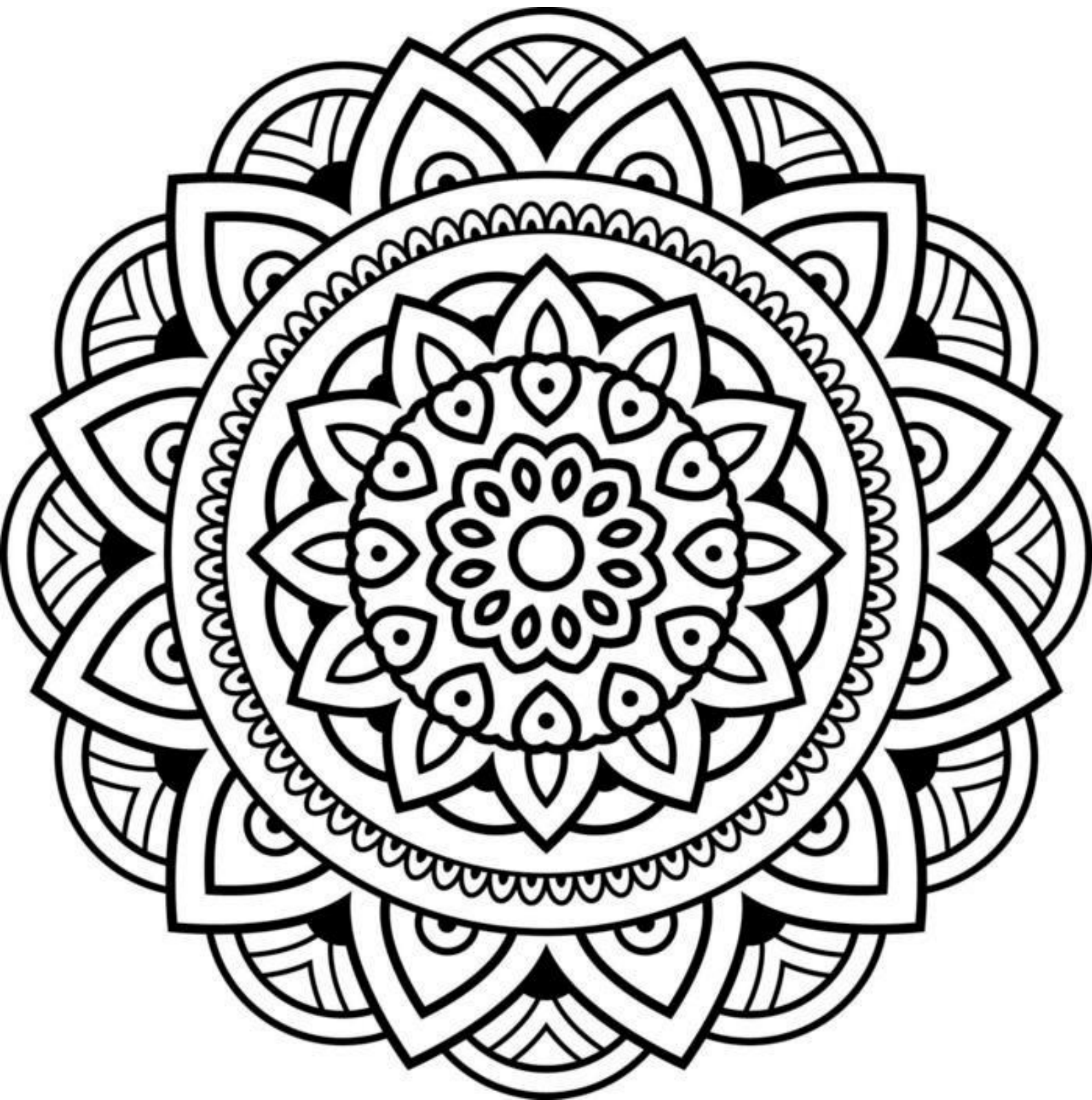


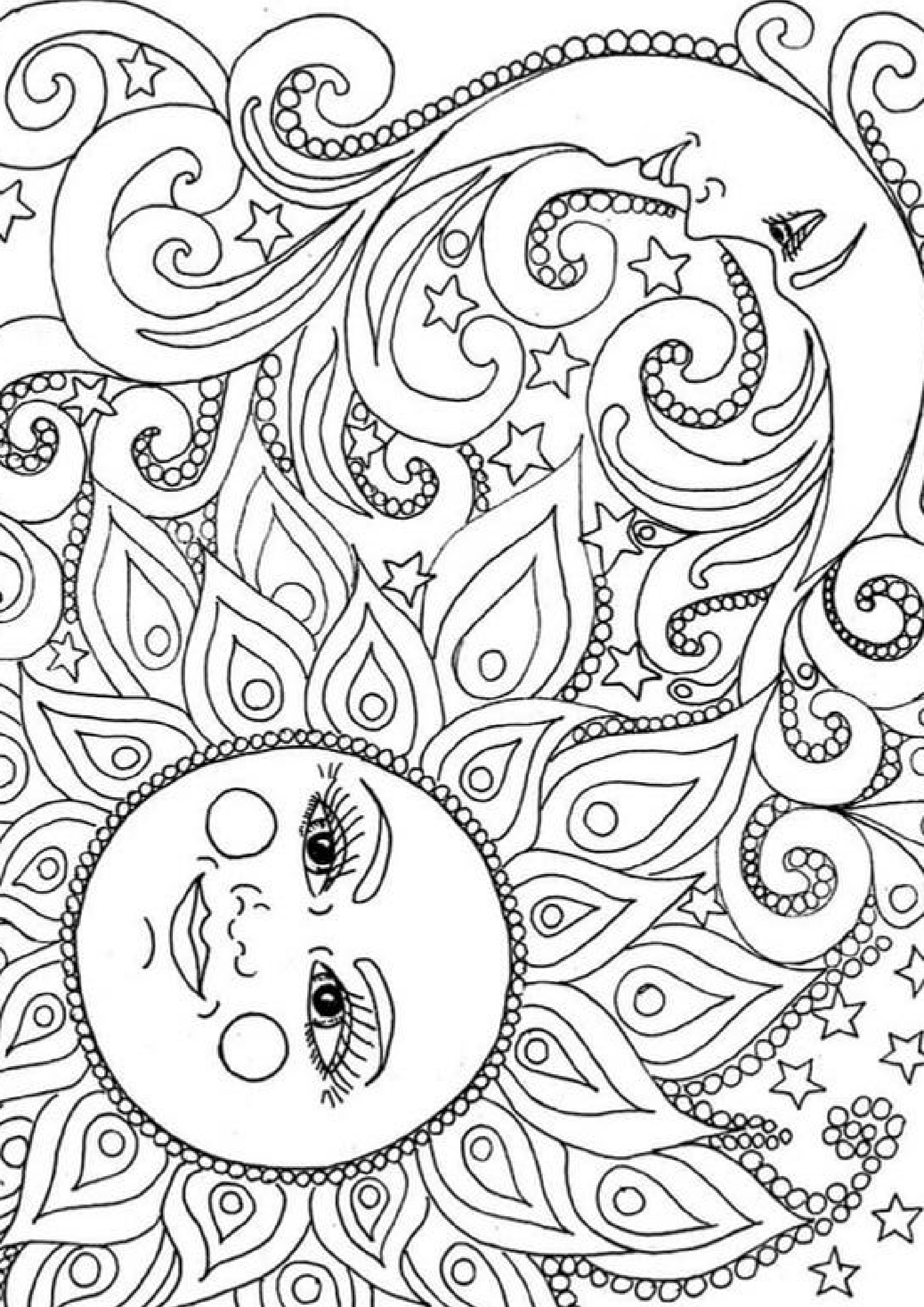












The Song of Wandering Aengus

by William Butler Yeats

I went out to the hazel wood,
Because a fire was in my head,
And cut and peeled a hazel wand,
And hooked a berry to a thread;
And when white moths were on the wing,
And moth-like stars were flickering out,
I dropped the berry in a stream
And caught a little silver trout.

When I had laid it on the floor
I went to blow the fire a-flame,
But something rustled on the floor,
And someone called me by my name:
It had become a glimmering girl
With apple blossom in her hair
Who called me by my name and ran
And faded through the brightening air.

Though I am old with wandering
Through hollow lands and hilly lands,
I will find out where she has gone,
And kiss her lips and take her hands;
And walk among long dappled grass,
And pluck till time and times are done,
The silver apples of the moon,
The golden apples of the sun.



The Blackbird Of Derrycairn

by Austin Clarke

Stop, stop and listen for the bough top
Is whistling and the sun is brighter
Than God's own shadow in the cup now!
Forget the hour-bell. Mournful matins
Will sound, Patric, as well at nightfall.
Faintly through mist of broken water
Fionn heard my melody in Norway.
He found the forest track, he brought back
This beak to gild the branch and tell, there,
Why men must welcome in the daylight.



He loved the breeze that warns the black grouse,
The shouts of gillies in the morning
When packs are counted and the swans cloud
Loch Erne, but more than all those voices
My throat rejoicing from the hawthorn.
In little cells behind a cashel,
Patric, no handbell gives a glad sound.
But knowledge is found among the branches.
Listen! That song that shakes my feathers
Will thong the leather of your satchels.

All Legendary Obstacles

by John Montague

All legendary obstacles lay between
Us, the long imaginary plain,
The monstrous ruck of mountains
And, swinging across the night,
Flooding the Sacramento, San Joaquin,
The hissing drift of winter rain.



You had been traveling for days
With an old lady, who marked
A neat circle on the glass
With her glove, to watch us
Move into the wet darkness
Kissing, still unable to speak.

All day I waited, shifting
Nervously from station to bar
As I saw another train sail
By, the San Francisco Chief or
Golden Gate, water dripping
From great flanged wheels.

At midnight you came, pale
Above the negro porter's lamp.
I was too blind with rain
And doubt to speak, but
Reached from the platform
Until our chilled hands met.

Love is Like a Violin

Ken Dodd



[Verse 1]

Love is like a violin

With its strings around your heart
Soft and sweet as dreams begin
Sadly crying when you part

[Verse 2]

Make my heart your violin
Play it now and tell me this
In the music of a kiss
Let me hear you say "I love you"

[Bridge]

A violin is tender
When love is young and shy
It knows the thrill of meeting
The heartbreak of goodbye
It's an [?] desire
And melancholy too
All that [?]
That only love can give to you

[Verse 1]

Love is like a violin

With its strings around your heart
Soft and sweet as dreams begin
Sadly crying when you part

[Verse 2]

Make my heart your violin
Play it now and tell me this
In the music of a kiss
Let me hear you say "I love you"



Theme From A Summer Place

Percy Faith

There's a summer place
Where it may rain or storm
Yet I'm safe and warm
For within that summer place
Your arms reach out to me
And my heart is free from all care
For it knows

There are no gloomy skies
When seen through the eyes
Of those who are blessed with love
And the sweet secret of
A summer place
Is that it's anywhere
When two people share
All their hopes
All their dreams
All their love

There's a summer place
Where it may rain or storm
Yet I'm safe and warm
In your arms, in your arms
In your arms, in your arms
In your arms, in your arms

Loerelei

Lonnie Donegan



I kissed a girl in Burma, in a town they called Rangoon
Her lips were hot as curry in the heat of the afternoon
Her kisses were so spicy I thought my lips would fry
But I never knew what kissing was till I kissed Lorelei
Loerelei, Lorelei, Lorelei

I kissed a girl in Africa, I only had a hope (?)
And every time I kissed her my ears would turn to soap
She kissed me oceans deeply and she kissed me mountains high
But I never knew what kissing was till I kissed Lorelei
Loerelei, Lorelei, Lorelei

I kissed a girl in London town, right underneath Big Ben
And as our lips were touching the clock was striking ten
She kissed me there in April and it lasted till July
But I never knew what kissing was till I kissed Lorelei
Loerelei, Lorelei, Lorelei

I kissed a girl in the Holy Land in the Sea of Galilee
She fed me dates and olives underneath a lemon tree
She kissed me till my sunburnt lips were parched and dry
But I never knew what kissing was till I kissed Lorelei
Loerelei, Lorelei, Lorelei

You think that I'm just lying and you think she don't exist
But if she kissed you boy you'd know that you'd been kissed
For kissing is her speciality, her one and only dish
For Lorelei's a mermaid, half a woman, half a fish
Lorelei, Lorelei, Lorelei





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

COLOURING FROM

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