



THE Alzheimer
SOCIETY OF IRELAND



Activity Pack Two

Relaxed Engagement



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Dear Friends,

As July brings longer, warmer days, this month's Relaxed Engagement pack focuses on ease, creativity, and meaningful connection. We hope these activities offer comfort, enjoyment, and opportunities to connect at a gentle pace.

Inside, you'll find wordsearches and Sudoku to support focus and enjoyment, along with sensory flower art and colouring to encourage creativity and relaxation.

Our poetry and music selections invite reminiscence and conversation, while a simple tomato and butternut squash pasta recipe offers a nourishing activity to enjoy together.

For wellbeing, a guided dance routine supports gentle movement and social connection, and a summer breathing pause provides time to relax and unwind.

Whether creating, moving, or simply sharing quiet moments, we hope this pack brings relaxation, creativity, and connection.

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 Texture Flower Garden

Materials

- Large sheet of sturdy cardstock or cardboard
- Pre-cut flower shapes
- Fabric scraps with different textures
- Large foam stickers or double-sided tape
- Pre-cut green stems and leaves
- Large pom-poms or fabric circles
- Glue Stick



SENSORY ENHANCEMENTS (OPTIONAL)



Lavender-scented felt (if enjoyable)



Soft ribbon loops to touch



Crinkly fabric for auditory stimulation



Bright contrasting colors for visibility



Variety of textures: soft, smooth, bumpy, ridged, fuzzy

Preparation

Before the activity:

- Pre-cut all shapes.
- Place materials in shallow trays.
- Create a simple example.

Instructions:

Using glue or double-sided tape stick the flower pieces to the cards.
Create your own designs and gardens.
There is no right way to be creative.



Sensory Texture

Flower Garden



Wordsearch



FOREST

MOUNTAIN

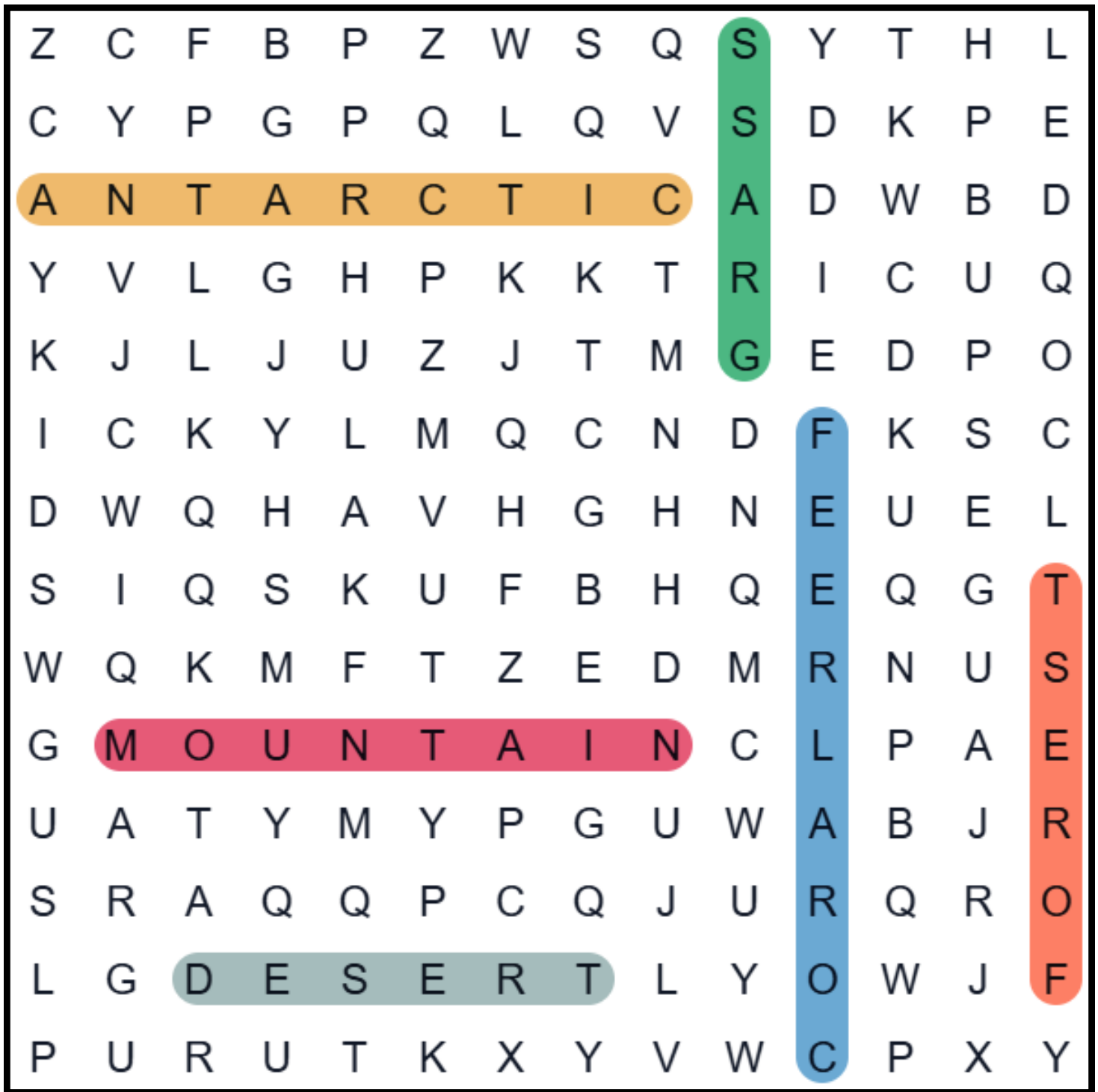
DESERT

GRASS

ANTARCTIC

CORAL REEF

Wordsearch



FOREST

MOUNTAIN

DESERT

GRASS

ANTARCTIC

CORAL REEF

Wordsearch



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



Dog

Lizard

Cat

Horse

Fish

Rabbit



Wordsearch



Dog

Lizard

Cat

Horse

Fish

Rabbit



Sudoku



Fill in the puzzle so that every row across, every column down and every 4 X 4 box contains the numbers 1 to 4.

	2	3	1
3		2	
	3		2



Sudoku



Fill in the puzzle so that every row across,
every column down and every 4 X 4 box
contains the numbers 1 to 4.

	1		4
3			2
		2	
	2		

Solutions

Puzzle #1

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

Puzzle #2

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



Guided Dance Routine

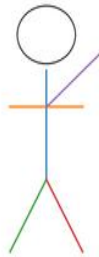


This 10–15 minute routine focuses on enjoyment, familiarity, gentle movement, and social connection. Invite participants to move in ways that feel comfortable. Seated participation is always welcome.

Step 1: Welcome Wave

Seated or standing, gently wave one hand and then the other to greet the group. Repeat for 30 seconds.

Welcome Wave



Step 2: Shoulder Sway

Sway shoulders slowly from side to side to a familiar song. Encourage smiling and eye contact.

Shoulder Sway



Step 3: Reach for the Sky

Lift both hands upward as if reaching for sunshine, then lower them gently. Repeat 6 times.

Reach for the Sky

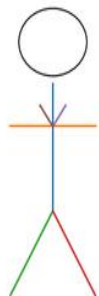




Step 4: Hand Claps

Clap hands softly to the beat. Try slow patterns such as clap-clap-rest.

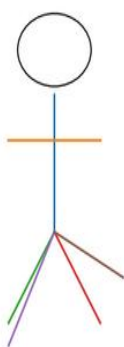
Hand Claps



Step 5: Marching Feet

Tap toes or gently march in place while seated or standing with support.

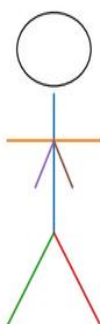
Marching Feet



Step 6: Goodbye Circle

Place hands over the heart, take a calming breath, and wave goodbye to finish.

Goodbye Circle



Music Suggestions: Choose familiar songs from the participants' young adulthood, using a steady and comfortable tempo.

Facilitator Tips: Demonstrate movements slowly, use encouraging language, maintain eye contact, and prioritise participation over accuracy.



3-Minute Summer Breathing Pause

Get comfortable

Sit in a chair and let your hands rest in your lap.

1 minute

Breathe in gently through your nose.
Breathe out slowly through your nose.

In ... 2 ... 3

Out ... 2 ... 3

Repeat a few times.

1 minute

Imagine a cool summer breeze.

Breathe in ... 2 ... 3

Breathe out ... 2 ... 3

If you like, raise your shoulders a little as you breathe in.

Let them relax as you breathe out.

Keep breathing easily and comfortably.

1 minute

Place your hands softly on your lap.

Notice your feet on the floor.

Take three slow breaths together:

Breathe in ... 2 ... 3

Breathe out ... 2 ... 3

Breathe in ... 2 ... 3

Breathe out ... 2 ... 3

Breathe in ... 2 ... 3

Breathe out ... 2 ... 3



Thank you for taking this quiet summer pause.

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.

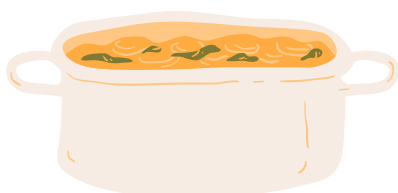
Prep Time: 10 minutes.

Cooking Time: 40 minutes.



Method

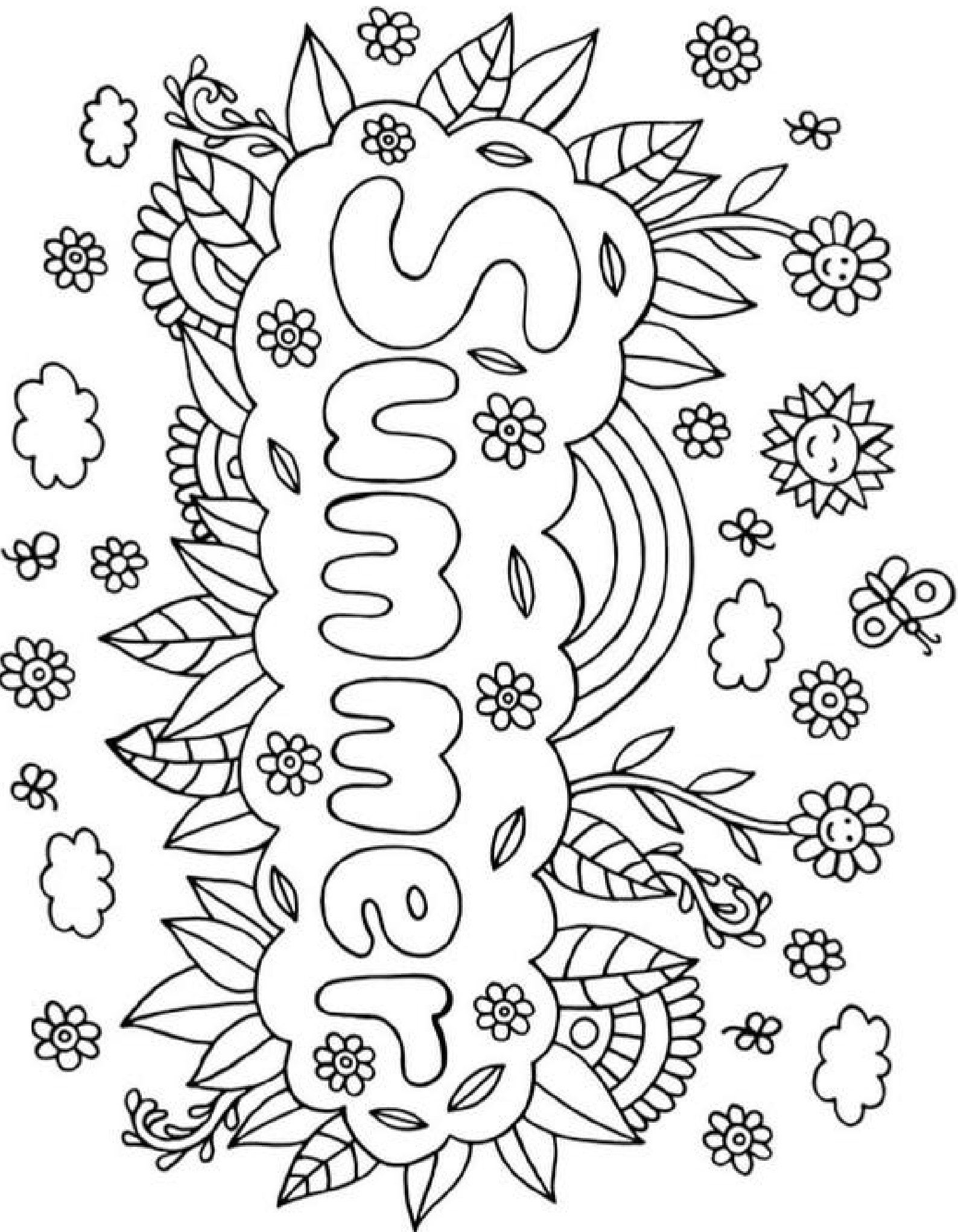
1. Heat the oil in a pan and sauté the onion & carrot for 5 minutes.
2. Add the butternut squash & sauté for 5 minutes.
3. Pour in the passata/tinned tomatoes & the lentils and bring to the boil.
4. Turn down the heat to low, cover and cook for about 30 minutes.
5. Meanwhile, cook the pasta according 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 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/>