



THE Alzheimer

SOCIETY OF IRELAND



2026

Activity Pack Two

Relaxed Engagement



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2026

Dear Friends,



As June arrives with brighter days, blooming gardens, and the gentle energy of early summer, this month's activity pack is focused on creativity, relaxation, and moments of joyful connection. We hope these activities bring comfort, conversation, and opportunities to enjoy the season together.

To keep minds active and engaged, we've included a medieval-themed crossword and a tasty snack wordsearch, offering a fun and gentle way to support concentration, memory, and enjoyment. These activities can be completed independently or shared with family and friends.

Creativity takes centre stage this month with plant bubble art, colouring pages, poetry, and beloved song lyrics. These activities encourage imagination, self-expression, reminiscence, and conversation, while celebrating the beauty of nature, music, and storytelling.

Our poetry section includes reflective and atmospheric works by William Butler Yeats, Patrick Kavanagh, and Percy Bysshe Shelley, alongside familiar songs such as The Isle of Innisfree, If You're Irish, Come Into the Parlour, and Unchained Melody, which may inspire singing, memories, and discussion together.

In the kitchen, we're making a refreshing mint milkshake — a simple and enjoyable treat, perfect for warmer days and easy to prepare together. Movement and wellbeing remain an important part of this month's pack. Our coloured scarf activities encourage gentle movement, sensory exploration, coordination, and creativity, while the "Moment of Calm" relaxation exercise offers a peaceful opportunity to pause, breathe, and unwind.

Whether you're creating art, sharing music, enjoying poetry, moving together, or simply taking a quiet moment to relax, we hope this June pack brings comfort, creativity, and connection.

Wishing you a peaceful, bright, and joyful June.

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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Plant Art

Materials Needed

- Tape
- Scissors
- Cardboard
- Marker
- Cutting Knife
- Outside space/Flowers



Check out the below for some inspiration!



Instructions

Step One:

Draw a large square on the cardboard and then draw a smaller one inside the large one.



Step Two:

Cut around the large square and cut out the centre of the smaller square



Step Three:

Tape across the gap in the square



Step Four:

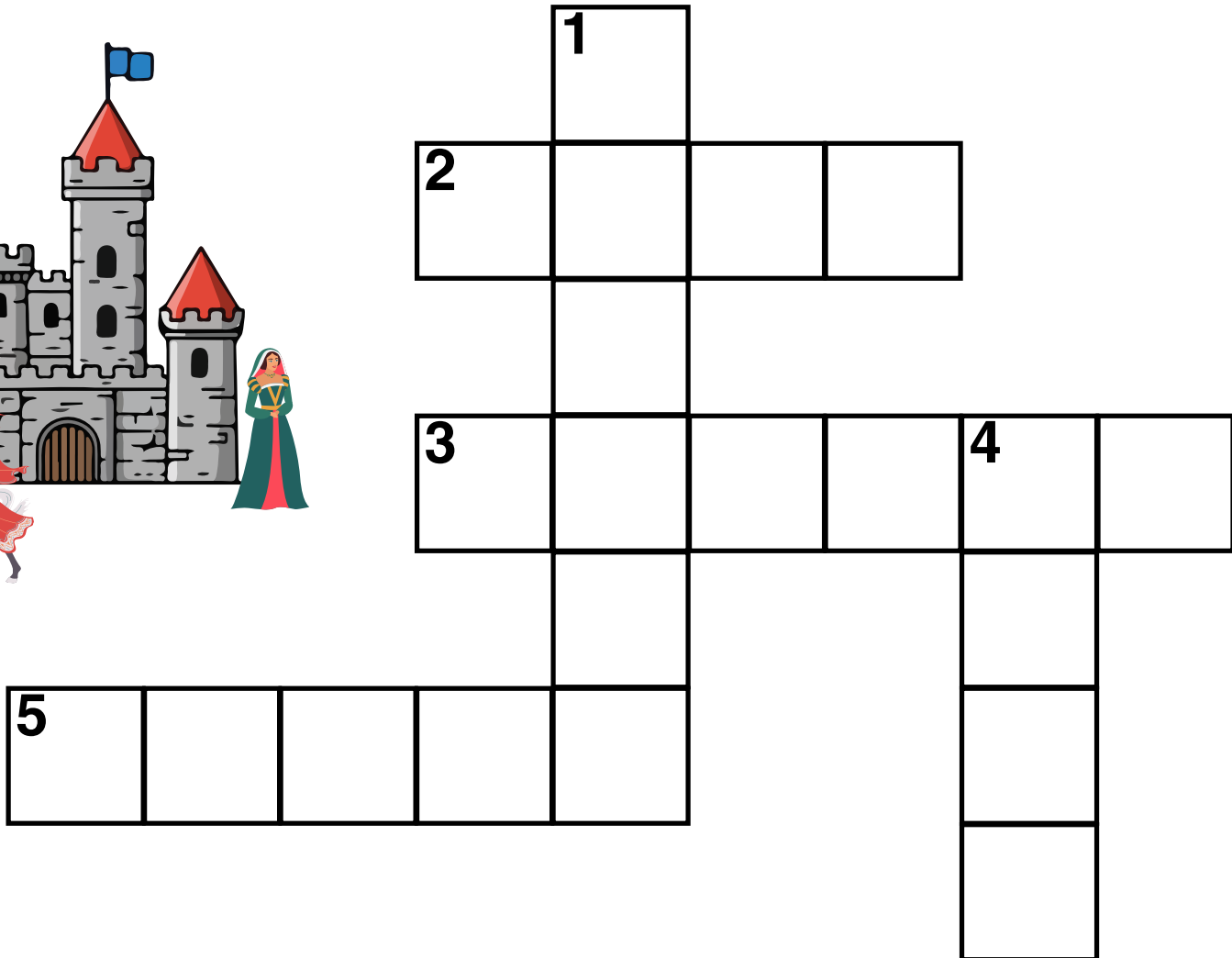
Cut out a tree trunk from the left over cardboard and stick to the tape.
Go outside and find some nice flowers to stick to the tape.



Et Voilà



Medieval Crossword



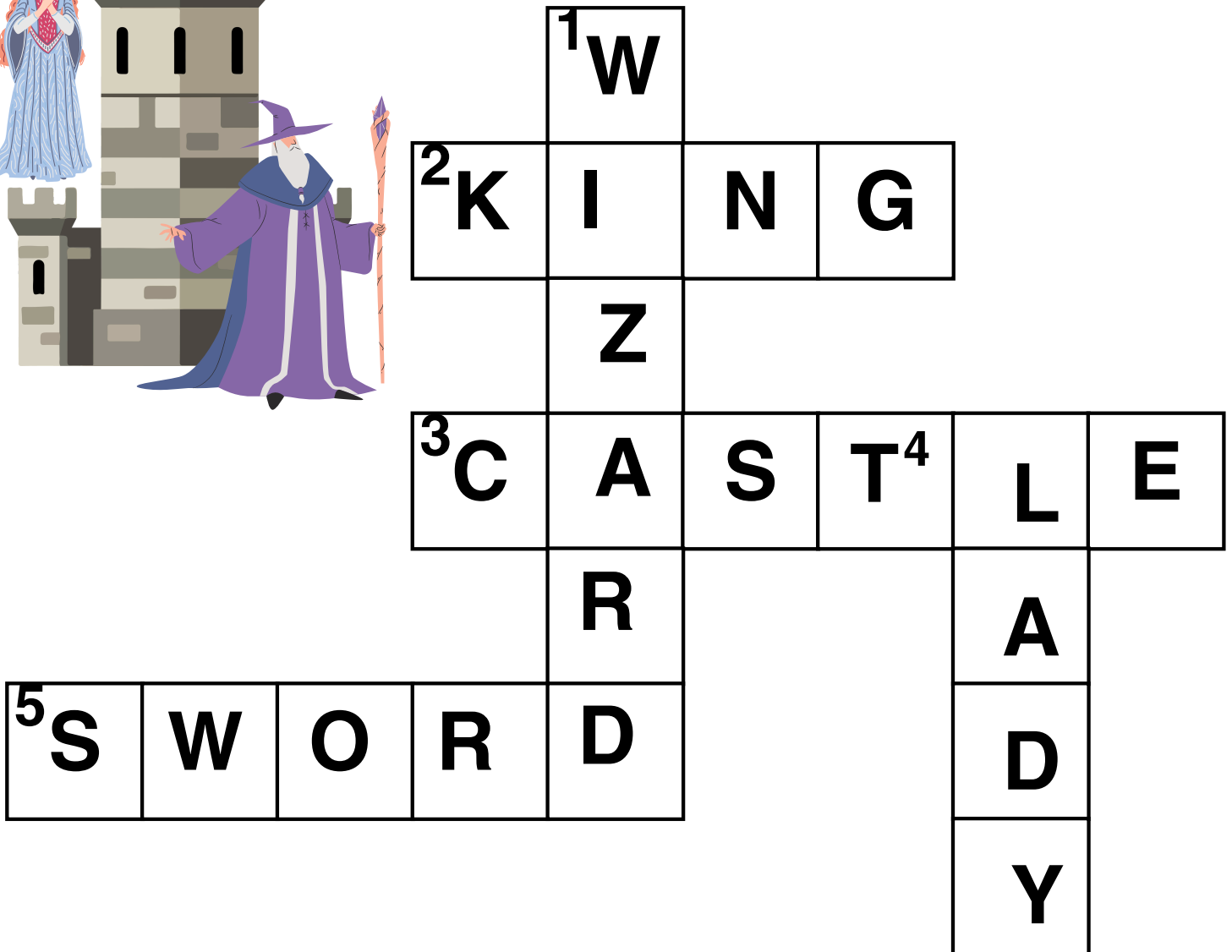
Down

- [1] Man with magical powers
- [4] Woman of high society

Across

- [2] A man who lives in a castle and rules the land
- [3] The house of kings, ladies and knights
- [5] The weapon the knight uses to defend himself

Solution



Down

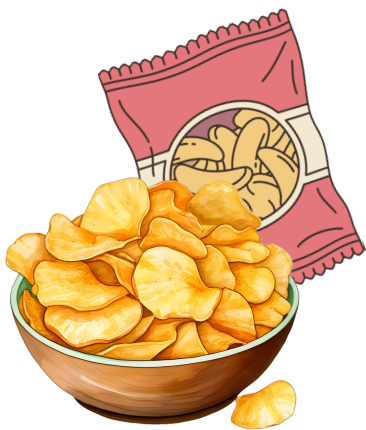
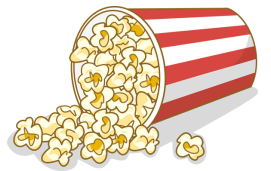
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Wordsearch



Pickles

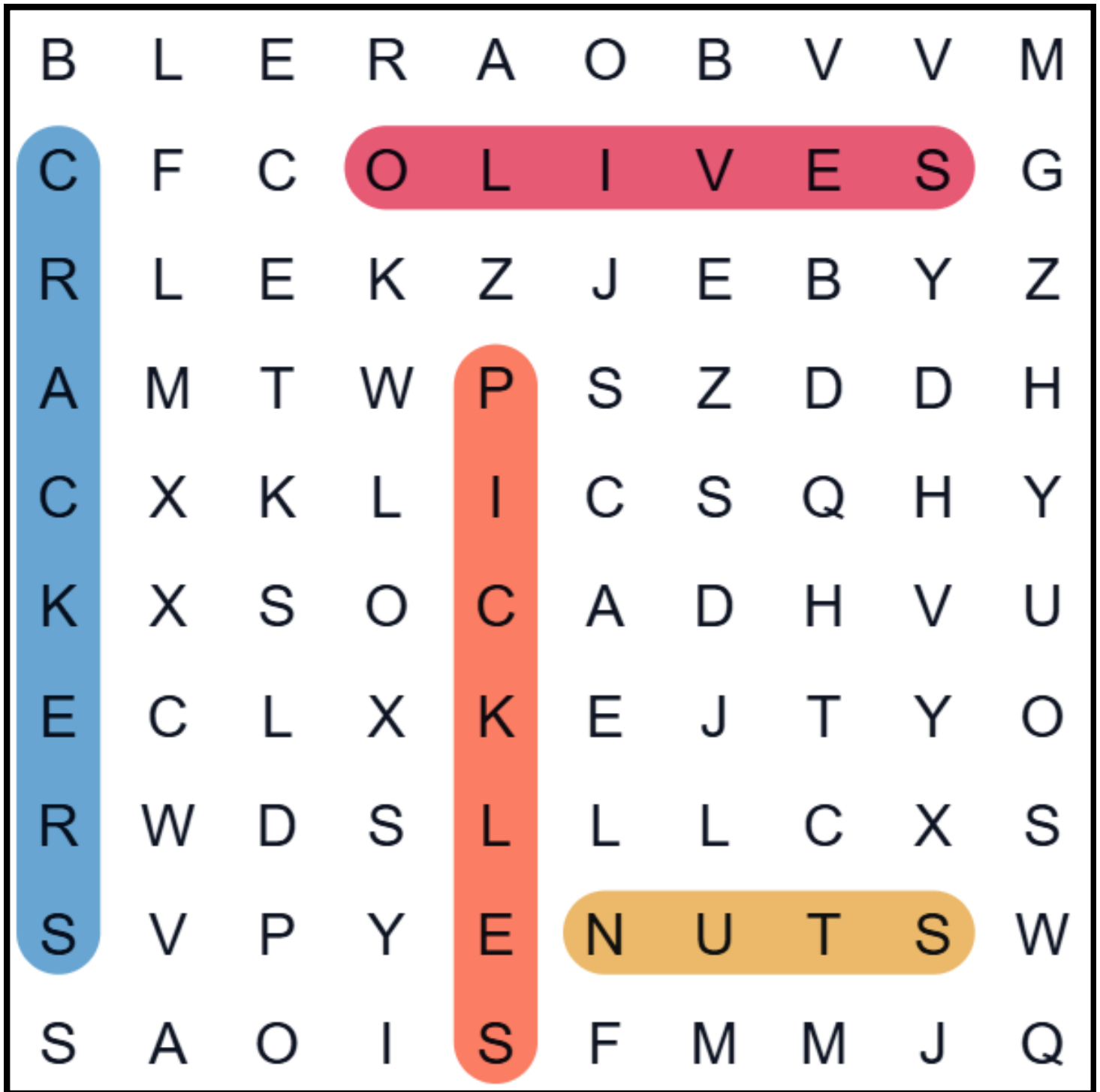
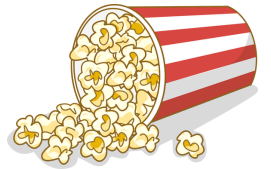
Olives

Nuts

Crackers



Wordsearch

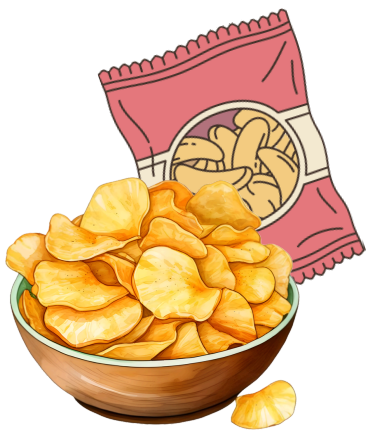


Pickles

Olives

Nuts

Crackers





Scarves



Throwing and catching scarves will strengthen the hand muscles, improve dexterity and hand-eye coordination.

Originally featured in Home Made Circus by Upswing. <https://l1nq.com/9inzhgs>

Exploring Coloured Scarves

Take your time:

- Look at the colours
- Feel the texture
- Scrunch it up
- Stretch it out
- Pull it through your hands
- Blow into it to create ripples

Exploring Coloured Scarves

Try wearing the scarf in different ways. On you:

- Head/hair
- Wrist
- Around your neck

Use your creativity and imagination

Working with the Group

Throwing and catching together (with one hand or two)

Working with a Partner

Drop the scarf and let it fall into your partner's lap

Encourage them to catch the scarf

Swap roles



A Moment of Calm



“Let’s take a soft moment together.

There is nothing you need to do.

Nothing you need to fix.”

Pause.

“Feel where your body is resting.

The chair./ The bed./ The floor beneath you.

You are supported.”

Pause.

“Take a slow breath in.

And gently breathe out.

There is no right or wrong way to breathe.

Just notice the air coming in...

and going out.”

Pause.

“If it feels nice, soften your shoulders.

Let your hands rest easily.

Your face can relax.

Your jaw.

Your brow.”

Pause.



“Imagine a place that feels safe and calm.

Maybe warm sunlight.

Or a quiet room.

Or a gentle breeze.

You don’t need to see it clearly.

Just feel the comfort of it.”

Pause.

“You are here.

You are safe.

You are cared for.

Pause.

Take one more slow breath in.

And breathe out gently.”

Pause.

“When you’re ready, stay resting,

or slowly bring your attention back,

knowing this calm can stay with you.”



Mint Milkshake

Ingredients

- 2 Large Scoops of Vanilla ice-cream (150g)
- 75ml full fat milk
- 1 drop peppermint
- 3 Tbsp. chocolate syrup/ spread (45g)
- 20g milk powder

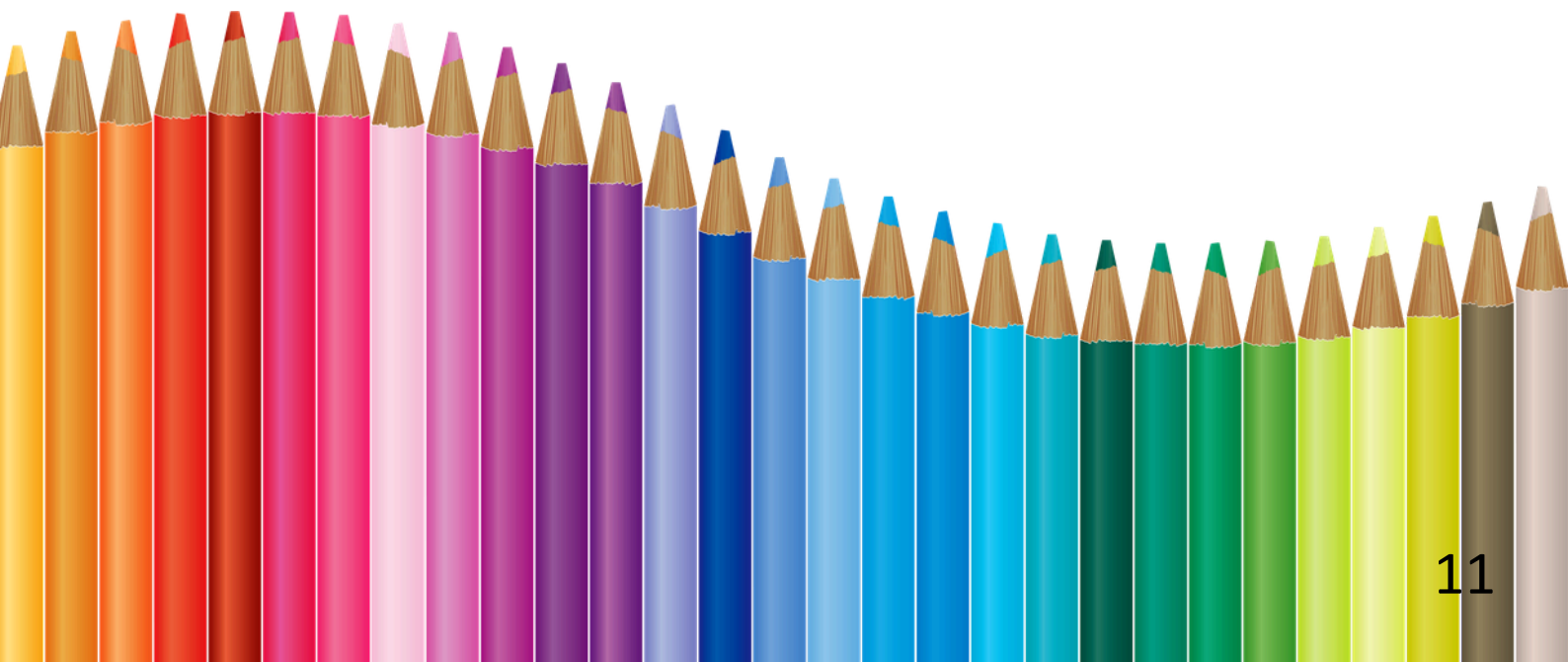
Prep Time: 5 minutes

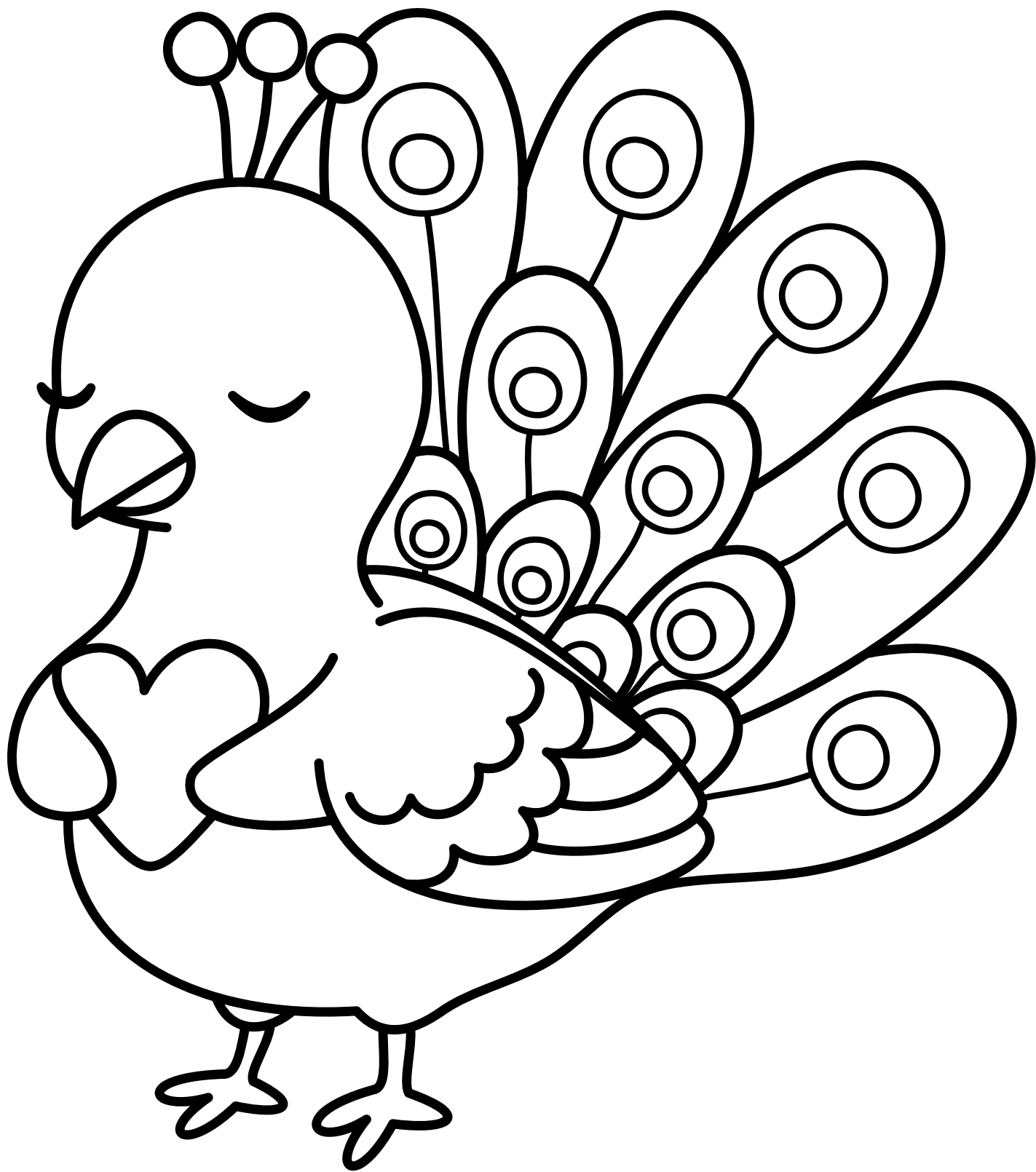
Method

1. Blend all until smooth



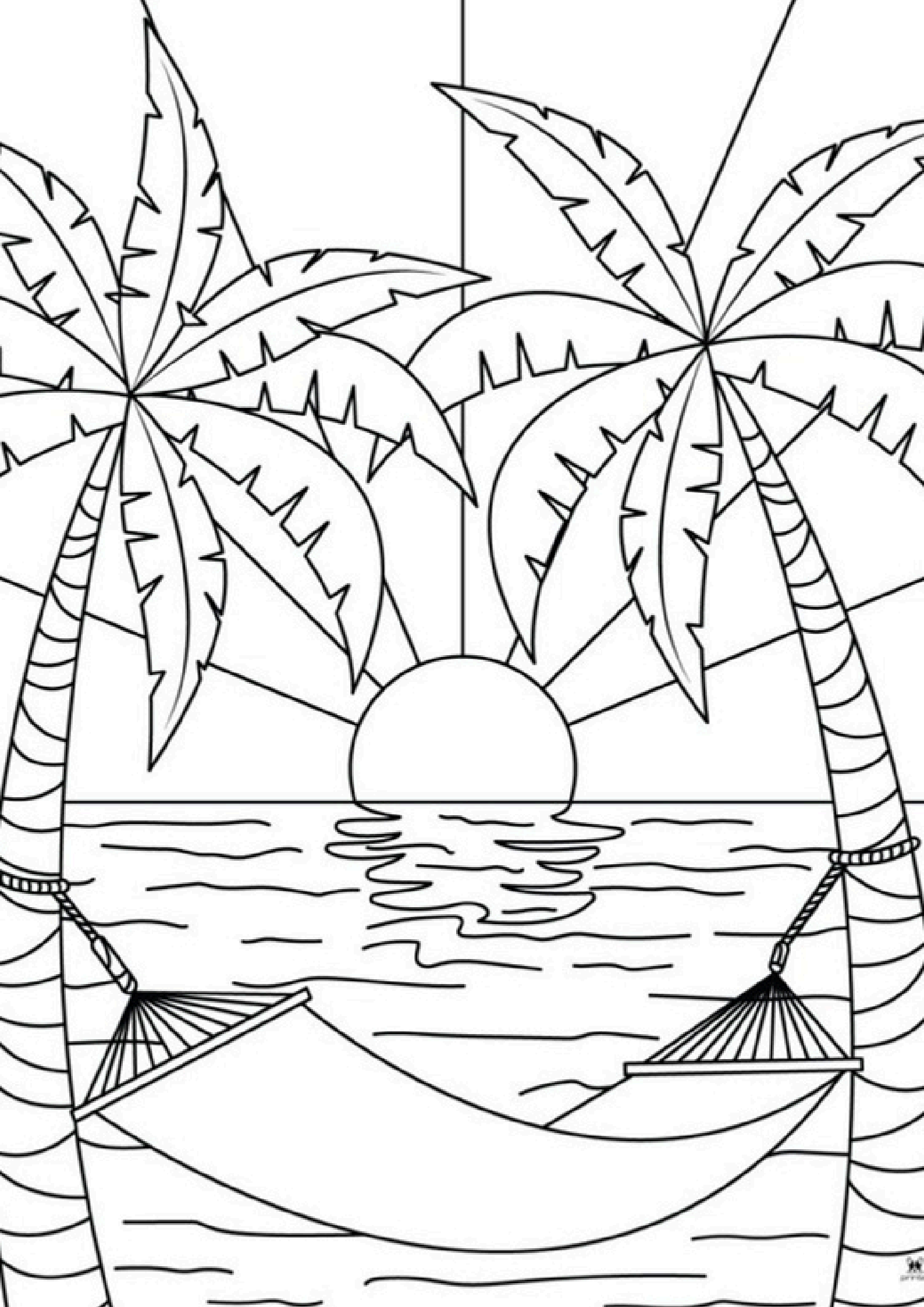
Colouring Pages









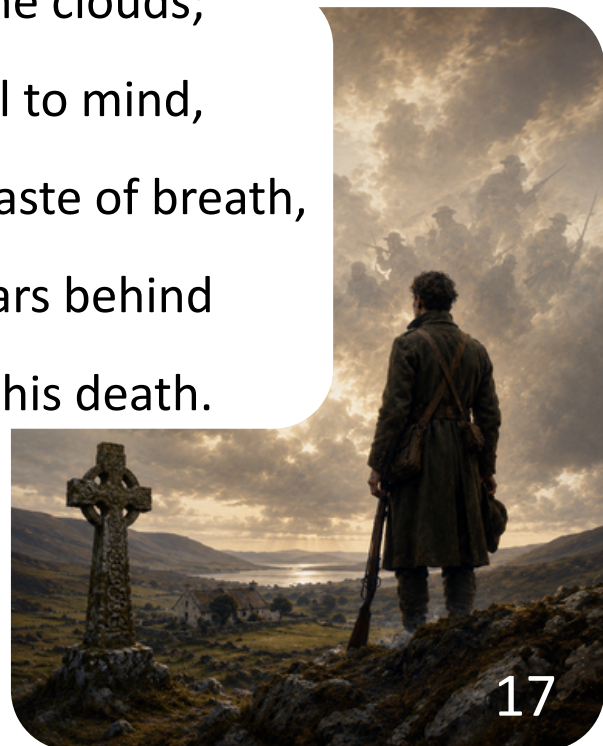




An Irish Airman foresees his Death

by William Butler Yeats

I know that I shall meet my fate
Somewhere among the clouds above;
Those that I fight I do not hate,
Those that I guard I do not love;
My country is Kiltartan Cross,
My countrymen Kiltartan's poor,
No likely end could bring them loss
Or leave them happier than before.
Nor law, nor duty bade me fight,
Nor public men, nor cheering crowds,
A lonely impulse of delight
Drove to this tumult in the clouds;
I balanced all, brought all to mind,
The years to come seemed waste of breath,
A waste of breath the years behind
In balance with this life, this death.





Inniskeen Road: July Evening by Patrick Kavanagh

The bicycles go by in twos and threes -
There's a dance in Billy Brennan's barn tonight,
And there's the half-talk code of mysteries
And the wink-and-elbow language of delight.

Half-past eight and there is not a spot
Upon a mile of road, no shadow thrown
That might turn out a man or woman, not
A footfall tapping secrecies of stone.

I have what every poet hates in spite
Of all the solemn talk of contemplation.
Oh, Alexander Selkirk knew the plight
Of being king and government and nation.

A road, a mile of kingdom. I am king
Of banks and stones and every blooming thing.

Ozymandias

by Percy Bysshe Shelley

I met a traveller from an antique land,
Who said: "Two vast and trunkless legs of stone
Stand in the desert. . . . Near them, on the sand,
Half sunk a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed:
And on the pedestal, these words appear:
My name is Ozymandias, king of kings:
Look on my works, ye mighty, and despair!"
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away.



The Isle of Innisfree

Bing Crosby



I've met some folks who say that I'm a dreamer
And I've no doubt there's truth in what they say
But sure a body's bound to be a dreamer
When all the things he loves are far away

And precious things are dreams unto an exile
They take him o'er the land across the sea
Especially when it happens he's an exile
From that dear lovely Isle of Innisfree

And when the moonlight peeps across the rooftops
Of this great city, wondrous though it be
I scarcely feel its wonder or its laughter
I'm once again back home in Innisfree

I wander o'er green hills through dreamy valleys
And find a peace no other land could know
I hear the birds make music fit for angels
And watch the rivers laughing as they flow

But dreams don't last though dreams are not forgotten
And soon I'm back to stern reality
But though they pave the foot ways here with gold dust
I still would choose the Isle of Innisfree



If You're Irish, Come Into the Parlour

Delilah Murphy

If you're Irish come into the parlor,
There's a welcome there for you;
If your name is Timothy or Pat,
So long as you come from Ireland,
There's a welcome on the mat,
If You come from the Mountains of Mourne,
Or Killarney's lakes so blue,
We'll sing you a song and we'll make a fuss,
Whoever you are you are one of us,
If you're Irish, this is the place for you!



In sweet Lim'rick Town, they say,
Lived a chap named Patrick John Molloy.
Once he sailed to U.S.A.
His luck in foreign parts he thought he'd try.
Now he's made his name, and is a wealthy man,
He put a bit away for a rainy day;
So if you gaze upon
The house of Patrick John,
You'll find a notice that goes on to say:



Patrick loved the girl he wed,
But he could not stand his Ma-in-law,
Once with joy he turned quite red,
When she got into trouble thro' her jaw.
Six police they had to take her to the Court,
She was informed a month she would have to do,
So Patrick quickly wrote
Up to the Judge a note
Explaining, "Sir, I'm much obliged to you!"



Unchained Melody

Jimmy Young

Oh my love, my darling
I've hungered for your touch

A long lonely time
Time goes by so slowly
And time can do so much

Are you still mine?
I need your love
I need your love
God speed your love to me
Lonely rivers flow to the sea
To the sea
To the open arms of the sea

Yeah

Lonely rivers sigh "Wait for me"

Wait for me
I'll be coming home
Wait for me

Oh my love, my darling
I've hungered
Hungered for your touch
A long lonely time
And time goes by so slowly
And time can do so much
Are you still mine
I need your love, I
I need your love
God speed your love to me





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/>