



THE *Alzheimer*
SOCIETY OF IRELAND

September

2026

Activity Pack Two
Relaxed Engagement



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Dear Friends,

As September arrives, we begin to notice the gentle changes that come with the season. While there may still be some warmth in the days ahead, autumn is slowly making its presence known through changing colours, cooler mornings and familiar seasonal routines. We hope this month's Relaxed Engagement Pack offers opportunities for enjoyment, creativity and meaningful connection.

This month's pack includes a variety of gentle and engaging activities, including an Autumn Nature Collage, word searches, a September crossword, everyday number activities, colouring pages, poetry, songs and a relaxing mindfulness activity.

We've also included Listening to Music Together, a relaxed activity that encourages participants to enjoy music in their own way, whether by listening, reflecting, reminiscing, singing along or simply appreciating the sounds. There are no right or wrong answers, just opportunities to share experiences and enjoy music together.

Our Moment of Calm this month is September Mindfulness: A Gentle Autumn Pause, a soothing guided relaxation that invites participants to slow down, focus on their breathing and imagine a peaceful autumn setting. This gentle exercise can be enjoyed individually or as part of a group activity. You'll also find a tasty recipe for Hot Pasta Salad, perfect for sharing or enjoying as a simple meal. 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 Irish poets: Thomas Kinsella, Austin Clarke and Eavan Boland. Do you have a favourite poet whose work brings back memories or sparks conversation? We'd love to hear your recommendations for future packs.

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.

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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.

TABLE OF CONTENTS

Autumn Nature Collage	1 - 2
Word Games	2 - 8
Everyday Numbers	9 - 11
Listening to Music	12-14
Moment of Calm	15-16
Hot Pasta Salad	17
Colouring	18 - 22
Poems from Leisnter	23 - 25
Songs.....	26 - 28
Useful Resources	29 -31

AUTUMN NATURE COLLAGE

Have fun exploring the colours, textures, and shapes of autumn.

You can use leaves, paper, pictures, or natural items to create your own autumn collage. There is no right or wrong way to do it. Simply enjoy touching, arranging, and talking about the different materials.

WHAT YOU NEED

- Large sheet of paper or card
- Collected autumn leaves
- Twigs, seeds, or pinecones (optional)
- Coloured paper in autumn shades
- Glue stick or tape
- Safety scissors (optional)



LET'S GET STARTED

- Look at the different autumn items together.
- Feel the textures of the leaves and natural materials.
- Choose your favourite pieces.
- Arrange them on the paper however you like.
- Glue them down when you are happy with the layout.
- Add more colours, shapes, or decorations if you wish.

THINGS TO TALK ABOUT

- While creating the collage, you might chat about:
- What colours do you notice?
- Have you seen leaves changing colour this year?
- Do you enjoy walking in autumn?
- What sounds might you hear in a park or woodland?
- What is your favourite season?



AUTUMN NATURE COLLAGE



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REMEMBER

- Take your time.
- There is no need to make a perfect picture.
- Every collage will look different.
- Enjoy the colours, textures, and conversation.
- The process is more important than the finished result.



ACTIVITY LEADER TIP

Encourage participants to share memories and observations about nature.

Use prompts such as:

"That leaf has lovely colours."

"What does that texture feel like?"

"Does this remind you of anywhere?"

"Which piece is your favourite?"

Focus on sensory experiences, conversation, and enjoyment rather than artistic skill.

ALTERNATIVE AUTUMN THEMES:

- Nature Treasure Tray
- Leaf Rubbing Art
- Autumn Scent Exploration
- Sorting Leaves by Colour and Shape
- Creating an Autumn Memory Tree



Wordsearch



BLACK

IRISH

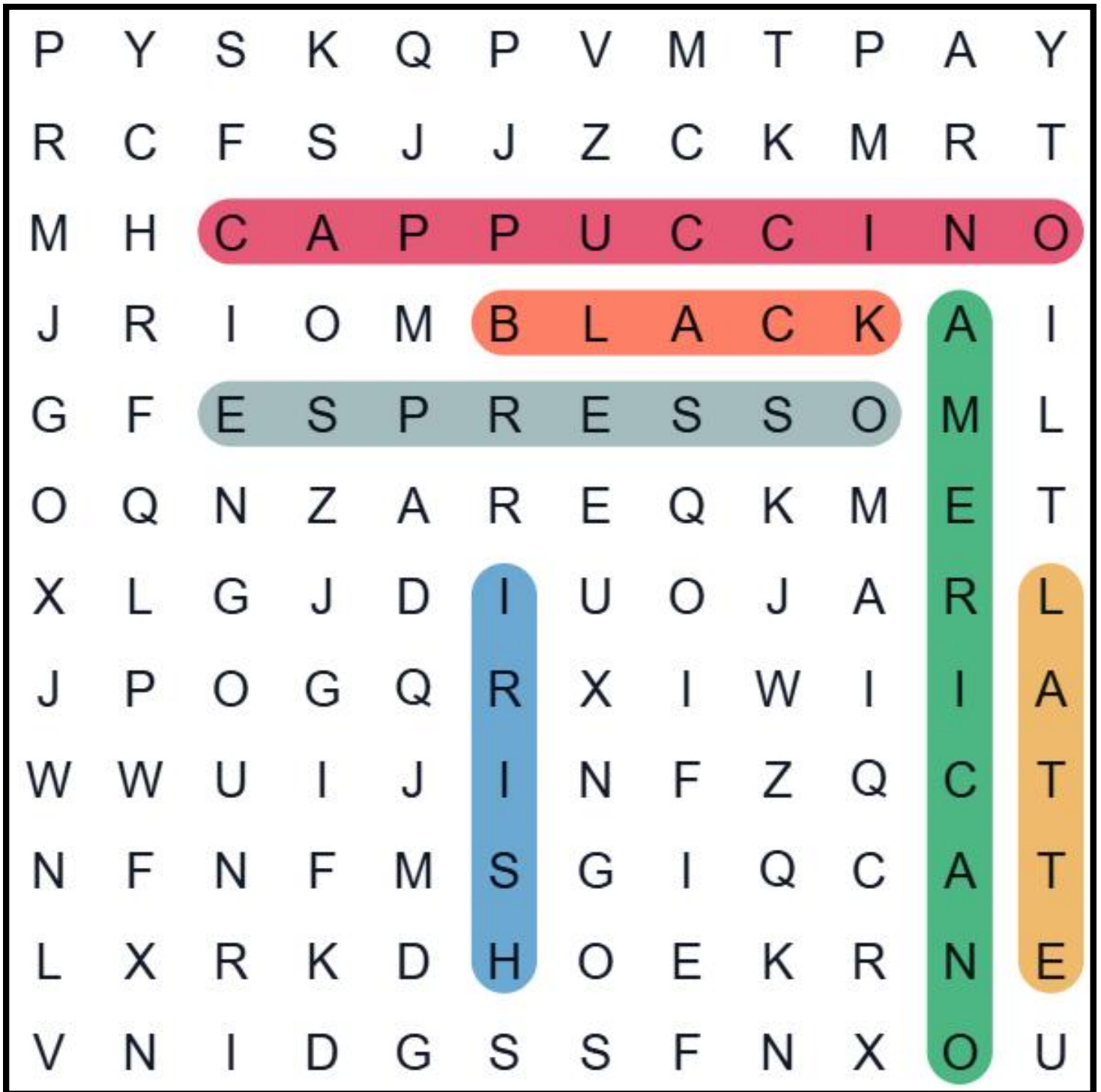
LATTE

AMERICANO

CAPPUCCINO

ESPRESSO

Wordsearch



BLACK

LATTE

CAPPUCCINO

IRISH

AMERICANO

ESPRESSO

Wordsearch



PIANO

TRUMPET

FLUTE

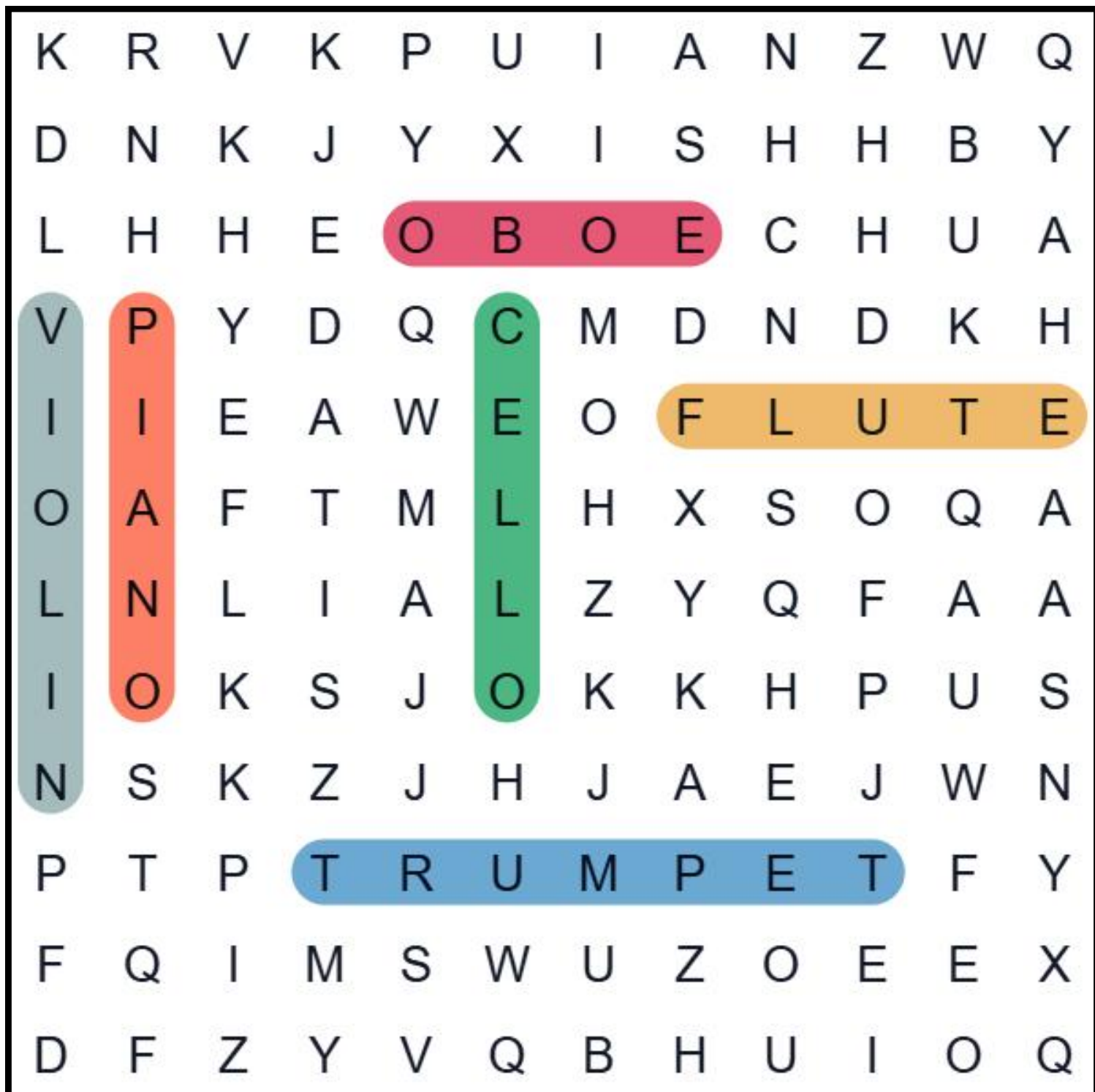
CELLO

OBOE

VIOLIN



Wordsearch



PIANO

TRUMPET

FLUTE

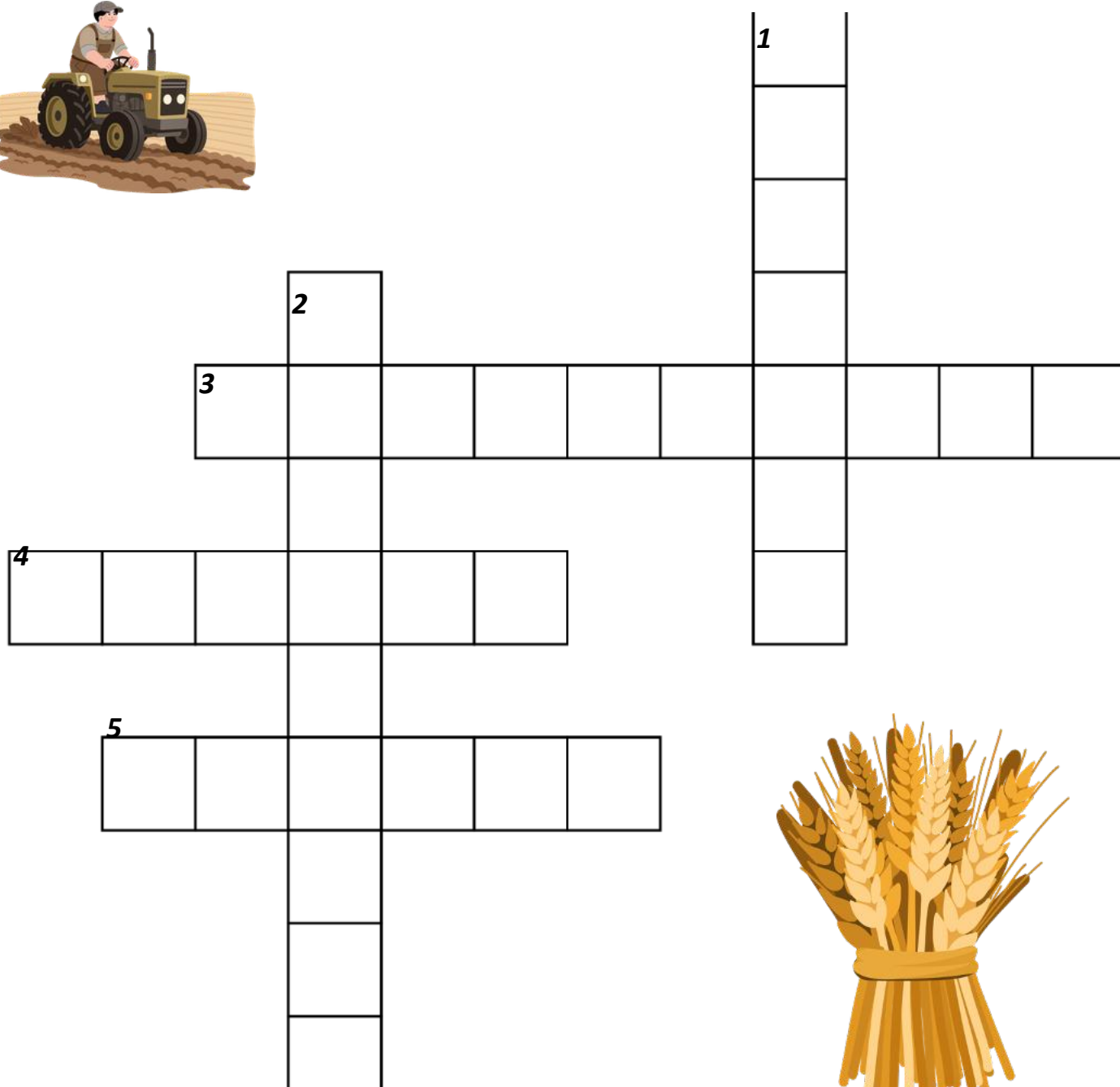
CELLO

OBOE

VIOLIN



September Crossword



Across

[3] Wild fruit commonly picked from hedgerows in Ireland at this time of year.

[4] The season that starts in Ireland during September.

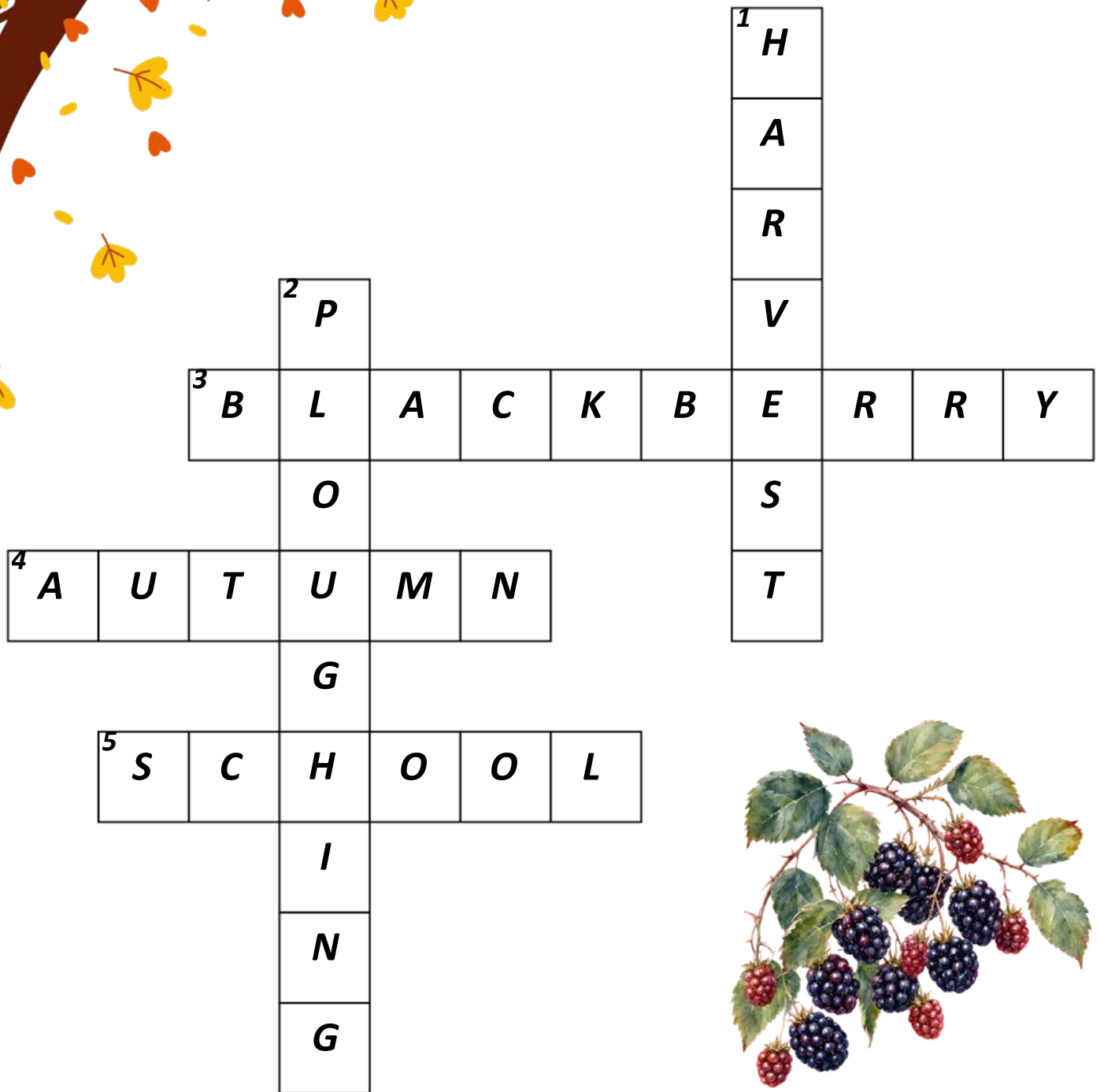
[5] Most children return here after the summer holidays.

Down

[1] Gathering crops from the fields as autumn begins.

[2] Famous Irish Championships attracting farmers and visitors each September.

SOLUTION



Across

[3] Wild fruit commonly picked from hedgerows in Ireland at this time of year.

[4] The season that starts in Ireland during September.

[5] Most children return here after the summer holidays.

Down

[1] Gathering crops from the fields as autumn begins.

[2] Famous Irish Championships attracting farmers and visitors each September.



Everyday Numbers

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

Pattern Spotting: What comes next?

2, 4, 6, _____

50, 45, 40, _____

7, 14, 21, _____

3, 6, 9, _____

Quick Calculations

$12 + 8 =$ _____

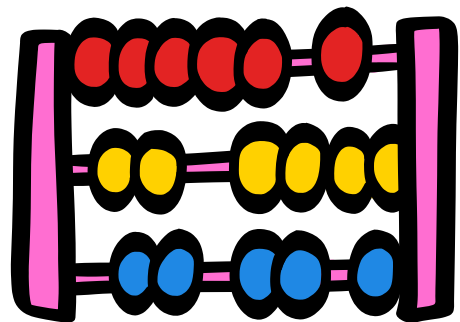
$35 - 10 =$ _____

Half of 30 = _____

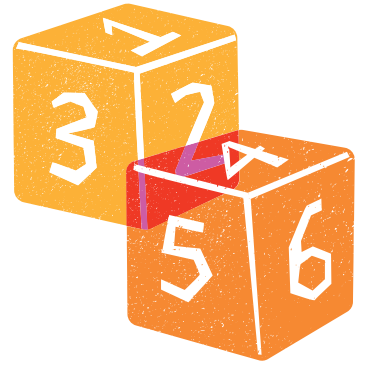
Double 9 = _____

$60 + 20 =$ _____

$45 - 20 =$ _____



Everyday Numbers



Shopping Challenge: **Imagine you are buying:**

A sandwich for €4 and a drink for €2. How much altogether?

An item costs €12 and you pay with €20. How much change do you get?

Four apples cost €1 each. What is the total cost?

Estimation and Observation: **Make Your Best Guess**

There are no right or wrong answers. Just estimate.

How many chairs might be in a community hall?

How many cars might fit in a small car park?

How many biscuits could fit in a biscuit tin?

How many leaves might be on a small tree?



Everyday Numbers



Number Knowledge: Thinking About Numbers

Which number is larger: 58 or 85?

What is 50 plus 25?

What number is halfway between 40 and 50?

Can you name three numbers greater than 20?

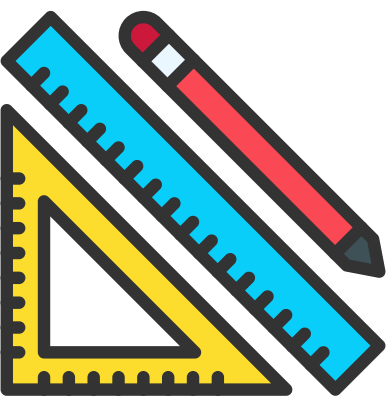
Can you name three numbers less than 10?

Odd One Out: Which is the odd one out?

2, 4, 6, 7

Apple, Banana, Orange, Chair

Monday, Tuesday, Friday, Potato





LISTENING TO MUSIC TOGETHER

Let's take some time to enjoy a piece of music together. There are no right or wrong answers. We can simply listen, notice, and share how the music makes us feel. You can use any song, instrumental piece, or favourite piece of music. Music with a clear melody, familiar tune, or gentle rhythm may be especially enjoyable.

Listen for a little while.

- What do you notice?
- Do you hear a voice?
- An instrument?
- A drum or beat?
- A piano?
- A guitar?
- Something else?

Listen to the Sounds

- Is the music fast or slow?
- Is it loud or soft?
- Does it sound cheerful or gentle?
- Does it sound energetic or peaceful?
- Does anything stand out to you?

TAKE A MOMENT

How does this music make you feel?

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

There are no wrong answers.





USE YOUR IMAGINATION

As you listen to the music:

- What does it make you think about?
- Does it remind you of a place?
- Does it remind you of a person?
- Does it bring back a memory?
- What colours or images come to mind?

Feel the Rhythm

- Would you like to tap your fingers or feet?
- Does the music make you want to move?
- Would you like to sway, clap, or dance?
- How does the rhythm feel in your body?



Choose a Favourite Part

What is your favourite part of the music?

You can:

- *Point to when it happens*
- *Describe what you hear*
- *Hum or sing along*
- *Talk about why you like it*



ENJOY TOGETHER



If you are listening with others:

- What does everyone like best?
- Did the music remind anyone of something special?
- Which instrument or sound did you enjoy most?
- How did the music make each person feel?

Thank you for taking the time to listen to the music.

Sometimes music can help us feel calm, spark memories, encourage movement, or simply bring us pleasure. The most important thing is to enjoy listening and sharing the experience together.

Facilitator Note:

Encourage participants to respond in whatever way feels comfortable, including facial expressions, gestures, movement, humming, singing, pointing, single words, or short phrases. Focus on validating responses and creating a relaxed and enjoyable experience rather than seeking specific answers. Familiar music may encourage reminiscence and social connection, while new music can stimulate curiosity and discussion.



September Mindfulness: A Gentle Autumn Pause (5 Minutes)

Facilitator Introduction

Welcome everyone. Let's take a few quiet moments together and enjoy the coming of autumn. There is nothing we need to do and nowhere we need to be. Simply sit comfortably and listen.

Take a slow breath in... and a gentle breath out.

Notice your feet resting on the floor or your body supported by the chair.

Take another easy breath in... and out.

September brings small changes all around us. The days are still bright, but there is a hint of autumn in the air. The leaves on some trees are beginning to turn shades of gold, amber, and red.

Imagine yourself standing in a peaceful park, garden, or country lane on a mild September afternoon.

Notice the colours around you. Perhaps you see green fields, golden leaves, or late summer flowers still in bloom.

Take a slow breath in.





Notice the sounds. You may hear birds singing, leaves rustling gently in the breeze, or the distant sound of someone walking along a path.

Take a slow breath out.

Imagine feeling the fresh September air on your face. It is cool and comfortable. The air feels clean and refreshing.

As you breathe, think of something you enjoy about this time of year. It might be blackberries growing in hedgerows, children returning to school, harvest vegetables, watching the changing leaves, or simply enjoying a warm cup of tea on a cooler day.

Pause for a few moments and enjoy that pleasant thought. Now bring your attention back to your breathing.

Breathing in... feeling calm.

Breathing out... feeling relaxed.

Breathing in... noticing this moment.

Breathing out... letting go of any tension.

Take one final slow breath in... and out.

Notice how your body feels supported and comfortable.

When you are ready, gently wiggle your fingers and toes.

Thank you for sharing this peaceful September moment together.



Hot Pasta Salad

Ingredients

- 300g of pasta
- 4 tbsp of light mayonnaise
- Juice of ½ a lemon
- 200g tin of tuna
- 2 red peppers
- 1 red onion
- large handful of rocket salad leaves

Prep Time: 5 minutes.

Cooking Time: 15 minutes.



Method

1. Cook pasta according to packet instructions
2. Place the mayonnaise and lemon juice into a large bowl and mix
3. Place the tuna into the same bowl and mix well.
4. Slice the peppers and onion thinly and add to the large bowl
5. Drain the pasta and mix in with the mayonnaise mixture
6. Serve with a handful of rocket

*Hello
autumn*













Mirror in February

by Thomas Kinsella



The day dawns with scent of must and rain,
Of opened soil, dark trees, dry bedroom air.
Under the fading lamp, half dressed – my brain
Idling on some compulsive fantasy –
I towel my shaven jaw and stop, and stare,
Riveted by a dark exhausted eye,
A dry down turning mouth.

It seems again that it is time to learn,
In this untiring, crumbling place of growth
To which, for the time being, I return.

Now plainly in the mirror of my soul
I read that I have looked my last on youth
And little more; for they are not made whole
That reach the age of Christ.

Below my window the awakening trees,
Hacked clean for better bearing, stand defaced
Suffering their brute necessities,
And how should the flesh not quail that span for span
Is mutilated more? In slow distaste
I fold my towel with what grace I can,
Not young and not renewable, but man.





The Planter's Daughter

by Austin Clarke

When night stirred at sea,
An the fire brought a crowd in
They say that her beauty
Was music in mouth
And few in the candlelight
Thought her too proud,
For the house of the planter
Is known by the trees.
Men that had seen her
Drank deep and were silent,
The women were speaking
Wherever she went --
As a bell that is rung
Or a wonder told shyly
And O she was the Sunday
In every week.



This Moment

by Eavan Boland

A neighbourhood.
At dusk.
Things are getting ready
to happen
out of sight.
Stars and moths.
And rinds slanting around fruit.
But not yet.
One tree is black.
One window is yellow as butter.
A woman leans down to catch a child
who has run into her arms
this moment.
Stars rise.
Moths flutter.
Apples sweeten in the dark.



Hang On Sloopy

The McCoys



Hang on, Sloopy
Sloopy, hang on
Hang on, Sloopy
Sloopy, hang on

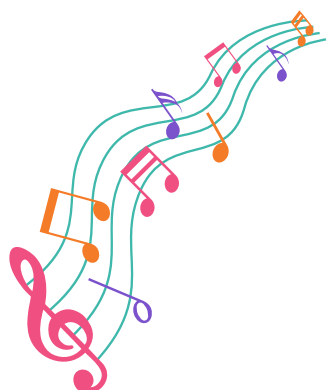
Sloopy lives in a very bad part of town
And everybody, yeah, tries to put my Sloopy down
Sloopy, I don't care what your daddy do
'Cause you know, Sloopy, girl, I'm in love with you

And so, I say now, hang on, Sloopy
Sloopy, hang on
Hang on, Sloopy
Sloopy, hang on

Sloopy, let your hair down, girl
Let it hang down on me (Ooh-ooh-ooh-ooh)
Sloopy, let your hair down, girl
Let it hang down on me, (Ooh-ooh-ooh-ooh) yeah, yeah

Come on, Sloopy
Well, come on, Sloopy
Well, come on, Sloopy
Well, come on, Sloopy
Well, it feels so good
You know it feels so good
Well, shake it, shake it, shake it, Sloopy
Well, shake it, shake it, shake it, yeah

Hang on, Sloopy
Sloopy, hang on, yeah, yeah, yeah
Hang on, Sloopy
Sloopy, hang on, yeah, yeah, yeah



The Huckle Buck

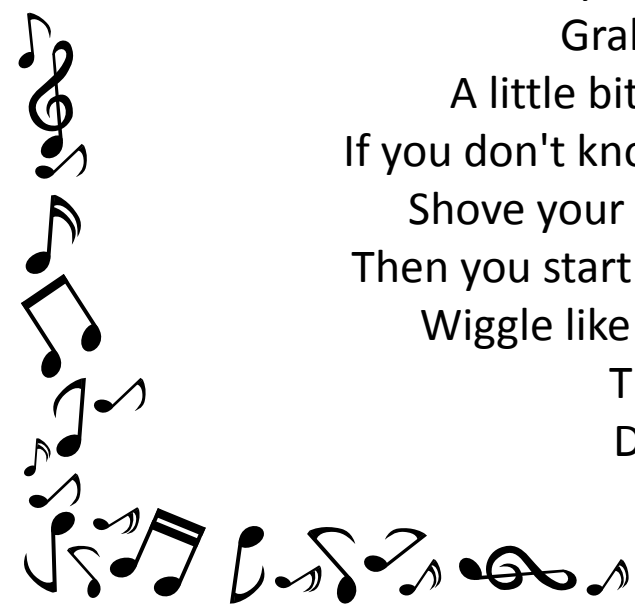
The Royal Showband Waterford



Now it's a dance you should know
Now baby when the lights are down low
Grab your baby, then go
Do the hucklebuck, do the hucklebuck
If you don't know how to do it, then you're out of luck
Shove your baby in, twist her all around
Then you start twisting and moving all around
Wiggle like a snake, wobble like a duck
That's what you do when you do the hucklebuck
Now it's a dance you should know

Now baby when the lights are down low
Grab your baby, then go
A little bit of shake, a little bit of this
If you don't know how to do it, ask my little sis
Shove your baby in, twist her all around
Then you start shaking and moving all around
Wiggle like a snake, wobble like a duck
That's what you do when you do the hucklebuck

Now it's a dance you should know
Now baby when the lights are down low
Grab your baby, then go
A little bit of this, a little bit of twist
If you don't know how to do it, ask my little sis
Shove your baby in, twist her all around
Then you start moving and shaking all around
Wiggle like a snake, wobble like a duck
That's what you do
Do the hucklebuck





Some Days Are Diamonds

John Denver

When you ask how I've been here without you
I like to say I've been fine and I do
But we both know the truth is hard to come by
And if I told the truth, that's not quite true
Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone

Now the face that I see in my mirror
More and more is a stranger to me
More and more I can see there's a danger
In becoming what I never thought I'd be

Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone
Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone

Some days are diamonds, some days are stone
Some time the hard times won't leave me alone





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/>