THE Alzheimer
SOCIETY OF IRELAND



2026

Activity Pack One

Active Engagement

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Active Engagement



Dear Friends,

November is here, bringing crisp mornings, chilly days and cosy evenings across Ireland.

This month's pack is filled with activities to keep you engaged and entertained, including an abstract painting craft, word searches, Sudoku, colouring, poetry, music and more.

Our activities celebrate the season and offer opportunities for creativity, conversation and reminiscence. Take a moment to enjoy our gentle November body scan meditation, perfect for a little relaxation.

Music lovers can enjoy familiar favourites from The Rolling Stones, Matthews' Southern Comfort and Melanie. You'll also find a comforting Chicken Pot Pie recipe to enjoy with family and friends.

This month's poetry selection features Ulster poets Seamus Heaney, Medbh and John Hewitt.

As always, we'd love to hear from you. Share your favourite craft, song, poem, recipe or activity with us, or send photos of your creations to communityengagement@alzheimer.ie for a chance to be featured in a future pack or on our social media.

Wishing you a wonderful November filled with creativity, connection, good memories and plenty of autumn joy.

And as always, our Free Helpline is here for you. You can reach us at Phone: 1800 341 341 or Email: helpline@alzheimer.ie.

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Abstract Painting

Materials

- Acrylic or oil paints work well
- A paintbrush
- Masking tape
- A pair of scissors



Inspiration!







Instructions

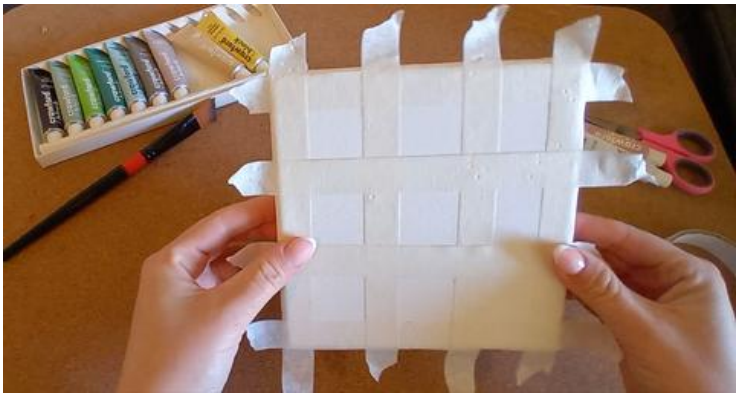
Step One

- Using the masking tape, tape around the edges of your canvas.



Step Two

- Using the masking tape, tape strips across the canvas too, to create boxes.



Step Three

- Add paint dots to each box. I chose white and two shades of pink.



Instructions

Step Four

- Using the paintbrush, dab the paints together in each box, leaving texture behind and covering the exposed areas of the canvas



Step Five

- Have a cuppa and leave the paint to dry



Step Six

- Once dry, remove the tape.







Wordsearch

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



WOODSMOKE
REFLECTION
RAINFALL
FROST
HEDGEROWS
HEARTH
EVERGREEN
MIST
COSINESS
REMEMBRANCE





Wordsearch

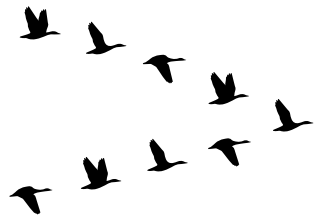
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D	S	Q	L	D	H	V	E	O	Y	E	R	E	U
G	E	G	A	A	T	N	T	L	Q	D	E	H	T
V	N	U	E	H	D	S	L	V	H	G	F	F	S
P	I	T	O	M	O	A	W	S	G	E	L	E	I
Q	S	X	H	R	F	M	H	T	G	R	E	V	M
T	O	H	F	N	E	I	B	R	H	O	C	E	N
K	C	R	I	S	W	S	C	G	D	W	T	R	H
W	J	A	P	M	U	M	C	O	Q	S	I	G	A
K	R	H	F	P	S	A	R	C	E	E	O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



WOODSMOKE
REFLECTION
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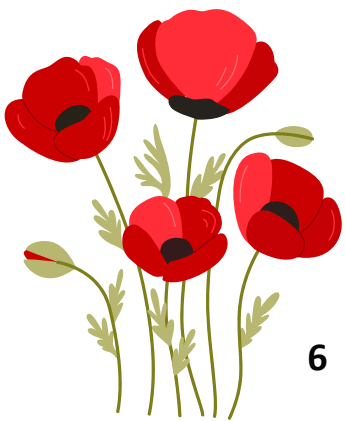
Wordsearch

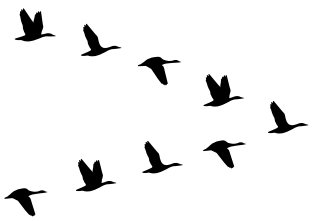


D	L	N	E	J	I	U	Y	Q	B	E	B	G	D
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T	U	K	M	L	E	Y	N	U	L	C	R	K	G
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G	F	I	R	E	L	I	G	H	T	G	B	P	I
I	H	I	Q	Y	T	L	A	N	S	M	R	O	R
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S	N	N	I	U	W	R	A	E	T	O	F	D	D
U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



STILLNESS
FIRELIGHT
POPPIES
TWILIGHT
MIGRATION
GRATITUDE
BARE BRANCHES
WINTERING
TRANQUILLITY
STORMS

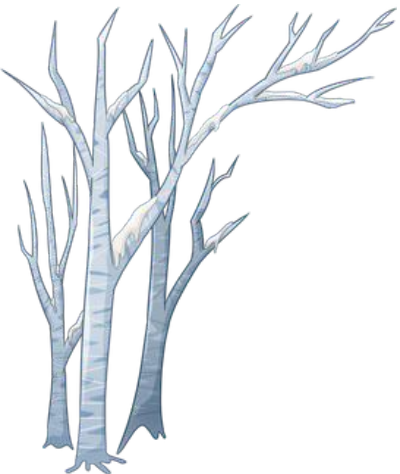




Wordsearch



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



STILLNESS
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STORMS



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.

Puzzle #1



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

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.

Puzzle #2

2		1	
		2	4
1	3	4	
4			

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.

Puzzle #3

			2
4	2		
		2	
2	3		

Solutions

Puzzle #1

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

Solutions

Puzzle #2

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

Puzzle #3

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



Juggling Balls

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring juggling balls	Take your time • Look at the colours • Feel the texture • Squeeze it • Roll the ball on your legs, arms, back, and shoulders	Improves dexterity and grip Rolling the ball creates a massage-like feel
Throwing and catching (as a group or individually)	Throw the ball directly up and: • Catch ball with two hands • Catch ball with one hand • Throw in an arc shape from one hand to the other	Improves hand-eye coordination
Making it easier - working with a partner	• Gently drop the ball into your partner's lap. • Encourage them to catch the ball. • Swap roles.	Keep eye contact with your partner to ensure they are ready to catch the ball
Let's make it more challenging	Throw the ball from one hand to another and add a clap between throws: • Add a second clap between throws • How many claps can you add?	Improves focus and coordination
Let's make it more challenging	Throw one ball as you pass the other ball between your hands - 'throw and pass across'	Reverse the direction to develop even muscle memory in both hands
Challenging level - Juggling (2 balls)	Start with one ball in each hand. Throw one ball and then the other in this pattern - 'throw, throw, catch, catch'	Improves reaction times and hand-eye coordination
Challenging level - Juggling (3 balls)	Download our step by step instructions on the 'Juggling Balls' activity page on the toolkit website	Requires practice and determination!





A Gentle November Body Scan

A 5–7 minute guided meditation.
This meditation uses simple language, familiar seasonal images and gentle pauses. It can be read aloud slowly in a warm, reassuring voice, perhaps beside a window on a November morning or afternoon.

GUIDED MEDITATION SCRIPT

Take your time. Leave a few seconds of silence between each sentence. There is no right or wrong way to take part.

1. SETTLING IN · 1 MINUTE

Welcome. It's lovely to spend a little quiet time together.
Let's get comfortable in our chair.
You might like to rest your hands in your lap, and let your feet rest on the floor.
There is no need to do anything special.
Outside, it is November in Ireland. The days are getting shorter. The air might be cool, and the trees may be losing their leaves.
For these few moments, we can simply rest.

Take a gentle breath in… and let it go.
And another, if that feels comfortable.

2. FEELING OUR FEET AND LEGS · 1 MINUTE

Let's bring our attention to our feet.
Notice how they feel resting on the floor.
Perhaps they feel warm inside your shoes, or perhaps they feel cool.
There is nothing you need to change.

Now notice your legs, resting comfortably in the chair.
They have carried you through many days and many journeys.
Let them rest now.



A Gentle November Body Scan

3. OUR HANDS AND ARMS · 1 MINUTE

Bring your attention to your hands.

Notice your fingers.
Perhaps you can feel the fabric of your clothes, or the warmth of your hands.
You might imagine holding a warm cup of tea on a chilly November day.
Feel the gentle warmth.

Let your hands rest, just as they are.
Now notice your arms, supported by the chair or resting in your lap.
Nothing to do. Nowhere to go.
Just resting here.

4. OUR SHOULDERS, FACE AND HEAD · 1–2 MINUTES

Bring your attention to your shoulders.
Perhaps you can let them soften a little.
There is no need to force them to move.
Now notice your face.

Your cheeks… your mouth… your eyes.
You might like to let your jaw rest gently.
Perhaps your eyes would like to close, or perhaps you would prefer to keep them open and look around the room.

Both are perfectly fine.

Notice your head, resting comfortably above your shoulders.
Imagine the soft light of a November afternoon coming through the window.
Outside, the trees are quiet. The world can slow down for a little while.



A Gentle November Body Scan



5. FEELING THE WHOLE BODY · 1 MINUTE

Now, if you like, notice your whole body sitting in the chair.
Your feet on the floor.
Your hands resting.
Your shoulders soft.
Your face peaceful.
You are here, in this moment.
You might hear a bird outside, the gentle sound of rain, or the quiet sounds of the room.
You don't need to follow any sound or thought.
You can simply rest.

6. COMING BACK GENTLY · 1 MINUTE

Let’s begin to notice the room around us again.
Feel the chair supporting you.
Notice your feet on the floor.
Perhaps wiggle your fingers a little, if that feels comfortable.
Take one gentle breath.
And when you are ready, look around and notice something you like in the room.

Perhaps a familiar face, a favourite picture, or the soft light outside.
Thank you for sharing these quiet moments.
There is no need to remember anything from this meditation. It is enough simply to have spent a little time resting.
We can carry on with our day, gently and at our own pace.

A FEW HELPFUL TIPS FOR FACILITATING

- Keep it flexible: If someone becomes restless or loses interest, shorten the meditation or finish early.
- Offer choice: Participants can keep their eyes open, move naturally, or simply listen without following the instructions.
- Use familiar comforts: A warm room, a comfortable chair and a calm, unhurried voice can help.
- Avoid testing memory: There is no need to ask people what they heard or whether they followed the meditation.
- Welcome every response: Some people may talk, move or prefer simply to listen. All are welcome.



Autumn Rhyme for Autumn Time



The trees are tall and the leaves are golden, and falling
on the green, green grass.

The children are happy about Halloween holidays,
looking forward to treats and sweets.

Shops are full of Halloween Bracks, people hoping to
find rings for the craic.
Crisp mornings, acorns, nuts and grapes, pumpkin and
costumes all up to date.
The weather is colder the fires are lit, people need their
cosy knits.

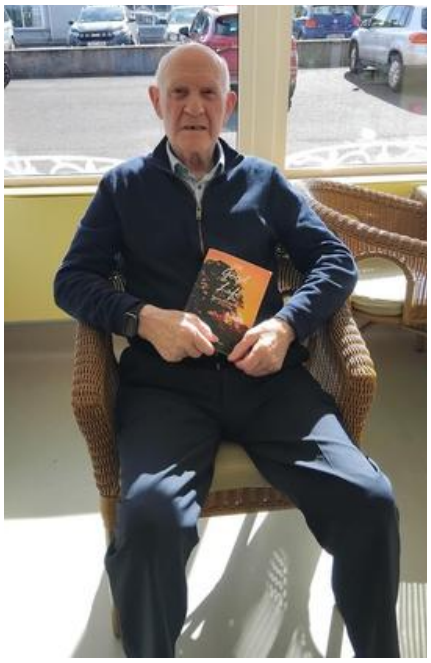
Clocks rewind, keep in mind mornings are brighter,
evenings are darker,
Oh how we enjoy the autumn time.

Colours and Poem

From the 'Ocean View Club' Easkey, Co. Sligo







Quick Thinking

by Michael Dunne

As I fall from the cliff
The milliseconds filled with thoughts,
Maybe I'll die?
How will my family know?

My wife, children, friends,
Will I meet my dead parents?
No, I won't die.
My legs will be broken.

I'll never walk again,
I don't deserve this,
Maybe I do deserve this,
I'll try to fly.

My arms won't work,
I'll try gliding,
And a soft landing,
The sand will be soft.

No sand,
It's the sea,
So I'll drown,
But I'll swim.

Oh, the cold water,
Then I open my eyes,
I'm lying on the room floor,
I had fallen out of bed.

About the Author

Michael Dunne was born in 1934 into a farming fami in Downing, Kilworth. Michael was actively involved the family farm from his early teens. His love of nature as encountered through his work, contributed to the interest and great love he has for the countryside and the natural world. He has been drawn to write, since he developed an interest in books and reading as a child. This was encouraged by his mother who ensured access to reading materials through her membership of Fermoy Library. Michael's practice of letter writing, and storytelling has fuelled his motivation for poetry. The opportunity for exercising this skill came about when Michael was invited to join the Fermoy Market Place Poetry Group in 2012.

CHICKEN POT PIE

Ingredients

- 350g cooked chicken, diced (rotisserie chicken or other cooked chicken)
- 1 packet béchamel sauce
- 300g frozen mixed vegetables
- 1 sheet puff pastry, thawed (typically about 320g if using a ready-rolled sheet)



Prep Time: 10 minutes.
Cooking Time: 30 minutes.
Serves: 4 to 6

Method

1. **Preheat the oven to 200°C (180°C fan)/Gas Mark 6.**
2. **Make the filling:**

In a 25cm ovenproof frying pan or skillet, combine:

- 350g cooked chicken, diced
- 1 packet béchamel sauce
- 300g frozen mixed vegetables

Add 60ml water to the empty béchamel sauce carton or jar, shake well, and stir it into the chicken mixture. Bring to a gentle simmer over a medium heat and cook for about 3 minutes, until heated through.

3. **Cover with pastry:**

On a lightly floured worktop, gently roll out the puff pastry sheet until it is just large enough to cover the pan with a little overhang. Drape the pastry over the filling and cut 4 small slits in the top to allow steam to escape.

4. **Bake:**

Bake for 25-30 minutes, or until the pastry is golden brown and the filling is bubbling. Allow to cool for a few minutes before serving.














NOVEMBER



Digging

By Seamus Heaney

Between my finger and my thumb
The squat pen rests; snug as a gun.

Under my window, a clean rasping sound
When the spade sinks into gravelly ground:
My father, digging. I look down

Till his straining rump among the flowerbeds
Bends low, comes up twenty years away
Stooping in rhythm through potato drills
Where he was digging.

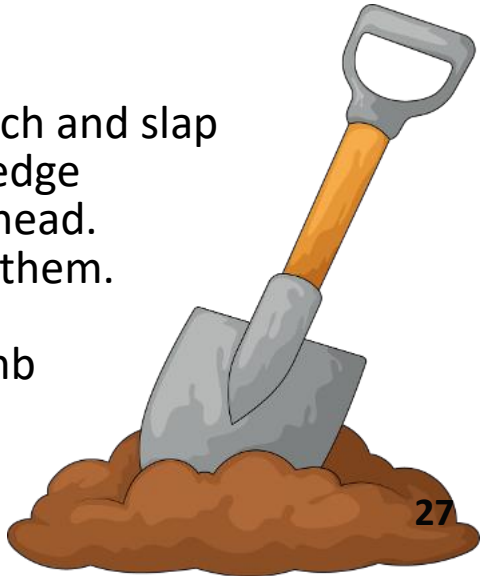
The coarse boot nestled on the lug, the shaft
Against the inside knee was levered firmly.
He rooted out tall tops, buried the bright edge deep
To scatter new potatoes that we picked,
Loving their cool hardness in our hands.

By God, the old man could handle a spade.
Just like his old man.

My grandfather cut more turf in a day
Than any other man on Toner's bog.
Once I carried him milk in a bottle
Corked sloppily with paper. He straightened up
To drink it, then fell to right away
Nicking and slicing neatly, heaving sods
Over his shoulder, going down and down
For the good turf. Digging.

The cold smell of potato mould, the squelch and slap
Of soggy peat, the curt cuts of an edge
Through living roots awaken in my head.
But I've no spade to follow men like them.

Between my finger and my thumb
The squat pen rests.
I'll dig with it.



The Flower Master

by Medbh McGuckian

Like foxgloves in the school of the grass moon,
we come to terms with shade,
with the principle of enfolding space,
our scissors in brocade.

We learn the coolness of straight edges,
how to stroke gently the necks of daffodils
and make them throw their heads back to the sun.

We slip the thready stems of violets,
delay the loveliness of the hibiscus dawn
with quiet ovals, spirals of feverfew.

Like water splashing the papery legacies
of bluebells, we do sea-fans with sea-lavender,
moon arrangements for the festivals of moon-viewing.

This black container calls for slow sweet sultan,
dainty nipplewort, in honour of a special guest
who, summoned to the tea ceremony,
must stoop to our low doorway,
our fontanelle,
the trout's dimpled feet.



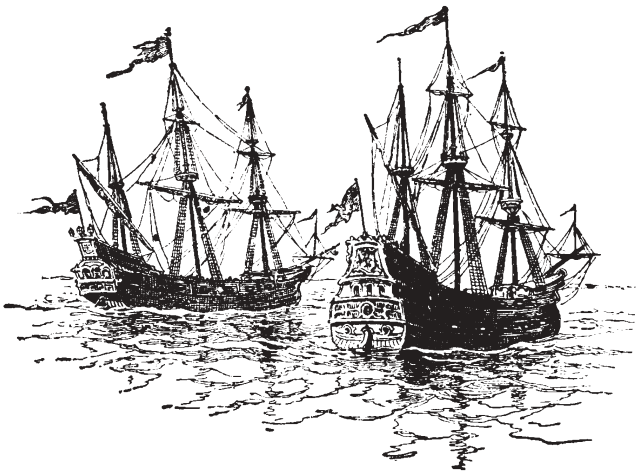
Little Ships
by John Hewitt

Oh, little ships that come and go
Across the gleaming water's breast,
And reach Japan and Mexico,
Will you not let me join your quest?

For I could pull harsh ropes, or hold
The tugging wheel when seas run high;
And when sleet whistles sharp and cold,
I'd reef stiff sails against the sky.

And I'd be quite content to eat
The tinned salt beef, the thick grey bread,
And lie awake in tropic heat,
And have a hammock for my head.

Oh, little ships that come and go,
Can I not slip away with you,
And see Japan and Borneo,
And Madagascar and Peru?





Get Off My Cloud

The Rolling Stones

I live on an apartment on the ninety-ninth floor of my block
And I sit at home looking out the window
Imagining the world has stopped
Then in flies a guy who's all dressed up just like a Union Jack
And says, "I've won five pounds if I have his kind of detergent pack"

I said, "Hey, you, get off of my cloud
Hey, you, get off of my cloud
Hey, you, get off of my cloud
Don't hang around 'cause two's a crowd
On my cloud, baby"

The telephone is ringing
I say, "Hi, it's me, who is it there on the line?"
A voice says, "Hi, hello, how are you?"
"Well, I guess I'm doin' fine"
He says, "It's three A.M., there's too much noise
Don't you people ever wanna go to bed?
Because you feel so good
Do you have to drive me out of my head?"

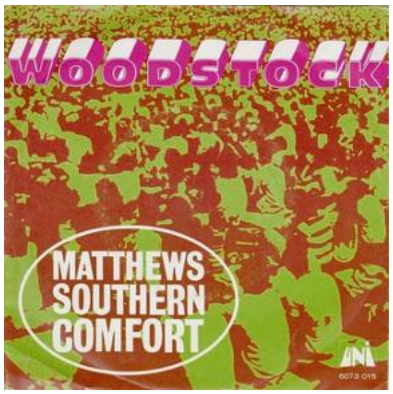
I said, "Hey, you, get off of my cloud
Hey, you, get off of my cloud
Hey, you, get off of my cloud
Don't hang around 'cause two's a crowd
On my cloud, baby"

I was sick and tired, fed up with this
And decided to take a drive downtown
It was so very quiet and peaceful
There was nobody, not a soul around
I laid myself out, I was so tired
And I started to dream
In the morning the parking tickets were just like flags
Stuck on my windscreen

I said, "Hey, you, get off of my cloud
Hey, you, get off of my cloud
Hey, you, get off of my cloud
Don't hang around 'cause two's a crowd
On my cloud"

Hey, you, get off of my cloud
Hey, you, get off of my cloud
Hey, you, get off of my cloud
Don't hang around baby two's a crowd
On my cloud

Hey, you



Woodstock

Matthews' Southern Comfort

I came upon a child of God
He was walking along the road
When I asked him, where are you going?
This, he told me:
"I'm going down to Yasgur's farm
Think I'll join a rock and roll band
I'll camp out on the land
I'll try and set my soul free"

We are stardust
We are golden
And we've got to get ourselves back to the garden

Then, can I walk beside you?
I have come here to lose the smog
And I feel just like a cog
In something turning
Well, maybe it's the time of year
Or maybe it's the time of man
And I don't know who I am
But life's for learning

We are stardust
We are golden
And we've got to get ourselves back to the garden

By the time I got to Woodstock
They were half a million strong
Everywhere there were songs and celebration
And I dreamed I saw the bombers
Riding shotgun in the sky
Turning into butterflies
Above our nation

We are stardust
We are golden
And we've got to get ourselves back to the garden





Ruby Tuesday

Melanie

She would never say where she came from
Yesterday don't matter 'cause it's gone
While the sun is bright
Or in the darkest night
No one knows
She comes and then she goes

Goodbye, Ruby Tuesday
Who is gonna hang a name on you?
And when you change with every new day
Still I'm gonna miss you

Don't ask her why she needs to be so free
She 's gonna tell you it's the only way to be
She just can't be chained
To a life where nothing's gained
And nothing's lost
But such a cost

Oh, goodbye, Ruby Tuesday
Who is gonna hang a name on you?
And when you change with every new day
Still I'm gonna miss you

There's no time to lose, I heard her say
You gotta catch your dreams before they run away
Dying all the time
Lose your dreams and you
Might will lose your mind
Is life unkind?

Oh, goodbye, Ruby Tuesday
Who is gonna hang a name on you?
And when you change with every new day
Still I'm gonna miss you

Oh, goodbye, Ruby Tuesday
Who is gonna hang a name on you?
And when you change with every new day
Still I'm gonna miss you

Goodbye, Ruby Tuesday
Goodbye, Ruby Tuesday
Goodbye, Ruby Tuesday





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=lFcSrYw-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

THIS MONTHS CRAFT:

https://feelingnifty.com/how-to-paint-lavender-acrylics/

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/
- https://coloringhub.com/