

October

Activity Pack







Dear Friends,

As October rolls in and the nights get colder we urge you to stay warm, comfortable, and to take time to appreciate the beauty of the Autumn.

Crisp, cool air; the beautiful turning of the leaves to rich orange, gold and browns; the warmth of a cup of tea or hot chocolate by the fireplace or under a blanket as it rains outside.

We hope you are finding ways to fill your day with meaning and purpose, and that this activity book might help with that.

Remember, the ASI are just a phone call away if you ever need us. Our helpine number is 1800 341 341, with trained staff on the other end to listen to and support you.

We hope you all enjoy this October’s Activity Pack!



“My friend – you never expect too much of me.

You are glad when I succeed,

but my failure makes no difference to you.

You give me all the help you can – but, more important,

You are simply there.”

***Wendy Jane Smith***

**Useful Resources:**

* Our Free Helpline and Dementia Nurse Support Line are available at:

Phone: **1800 341 341** and Email: **helpline@alzheimer.ie**

* We are hosting a number of Virtual Cafes. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: <https://alzheimer.ie/service/alzheimer-cafe/>
* The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
* M4D Radio is a 24/7 online radio station with songs specifically picked to evoke memories and aid reminiscence. To find out more and to listen, please visit: <https://m4dradio.com/>
* From now until January IMMA are running “Armchair Azure” online gallery tours fro those living with dementia. For more information visit: <https://imma.ie/whats-on/armchair-azure-programme/>
* During October and November vocalist Liz Ryan will run a weekly online Tea Dance from the National Concert Hall. Tickets are free and available from the “What’s On” section of: <https://www.nch.ie/Online/default.asp>
* Emergency Response Numbers: 999 or 112
* HSE 24/7 Your Mental Health Information Helpline: 1800 111 888



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**Irish Knowledge Quiz**

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| 1. How many main rail stations does Dublin have? |
| 1. Which is the oldest college on College Green? |
| 1. Which musical instrument was adopted as a logo by Guinness? |
| 1. What is 'uisce beatha'? |
| 1. Who was the cabbie who co-starred in the 'Quiet Man' film? |
| 1. Who played Lawrence of Arabia in the film of the same name? |
| 1. Name the fairy that allegedly comes to certain Irish families to forewarn of death? |
| 1. What is the fish or salmon associated with in Irish mythology? |
| 1. What is Ireland's National Holiday? |
| 1. Which Michael brought Irish dancing to a wider audience? |
| 1. Which slithery reptile does Ireland famously lack? |
| 1. How many moles are there in Ireland? |
| 1. What sort of Park is at Fota in Co. Cork? |
| 1. What type of music is celebrated at an annual Cork festival? |

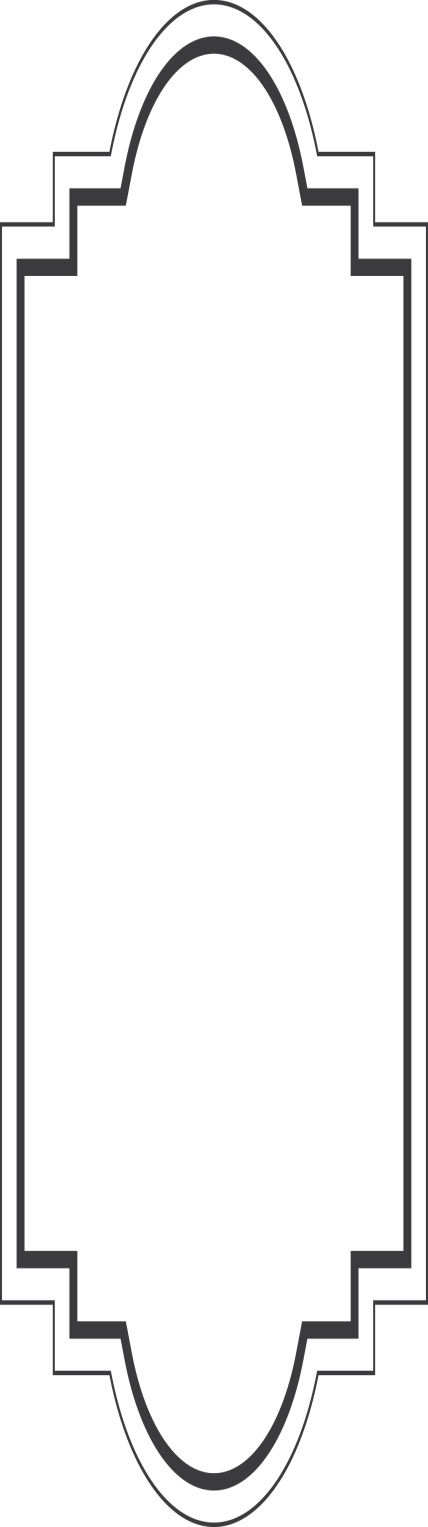
**Answers:**

1. Two
2. Trinity College
3. The harp
4. Irish Whiskey
5. Barry Fitzgerald
6. Peter O'Toole
7. Banshee (or Bean-sidhe)
8. Wisdom (Knowledge)
9. St Patrick's Day
10. Flatley
11. Snakes
12. None
13. Wildlife
14. Jazz

**Print and Decorate Your Own Bookmarks:**

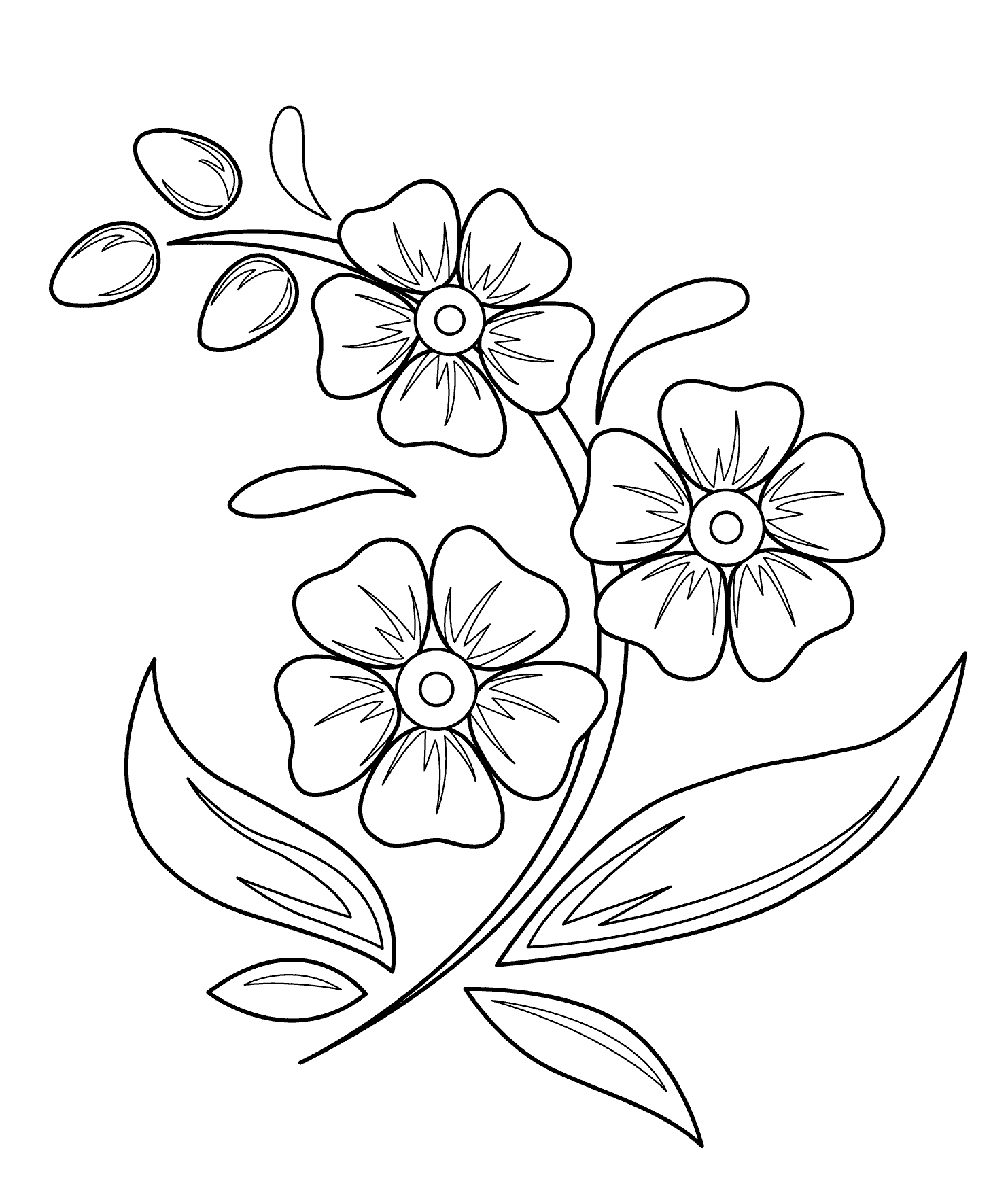
Autumn is a wonderful time to enjoy a good book – or perhaps you know an avid reader who would like a new bookmark.

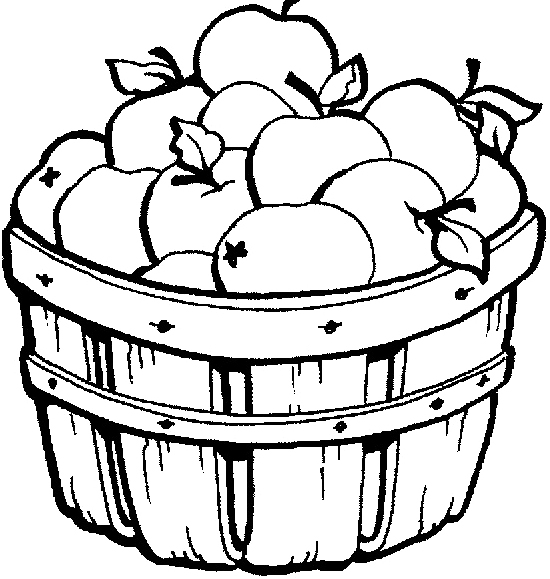
Below are two bookmarks for you to cut out and keep and blank one for you to design your own!

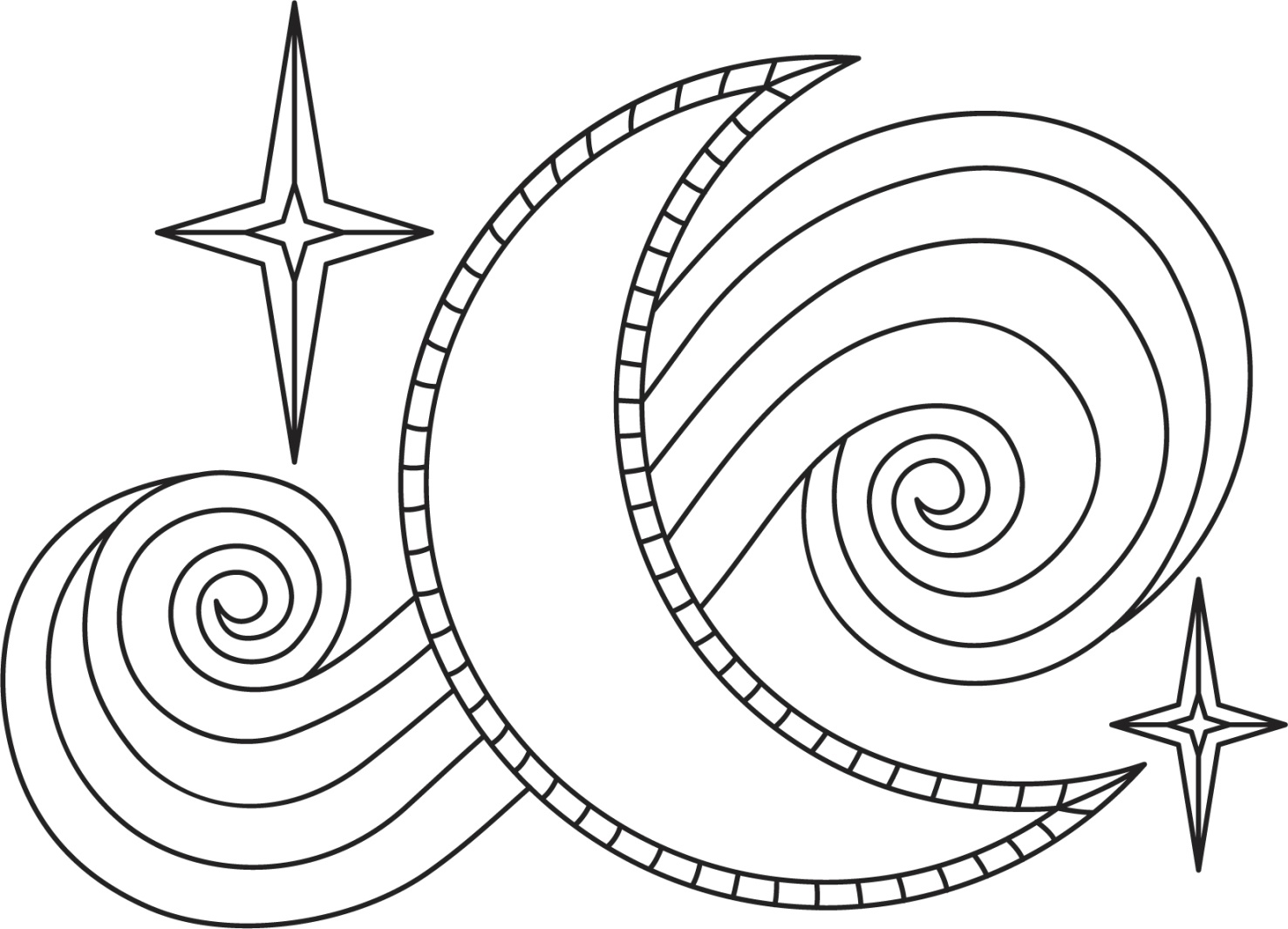
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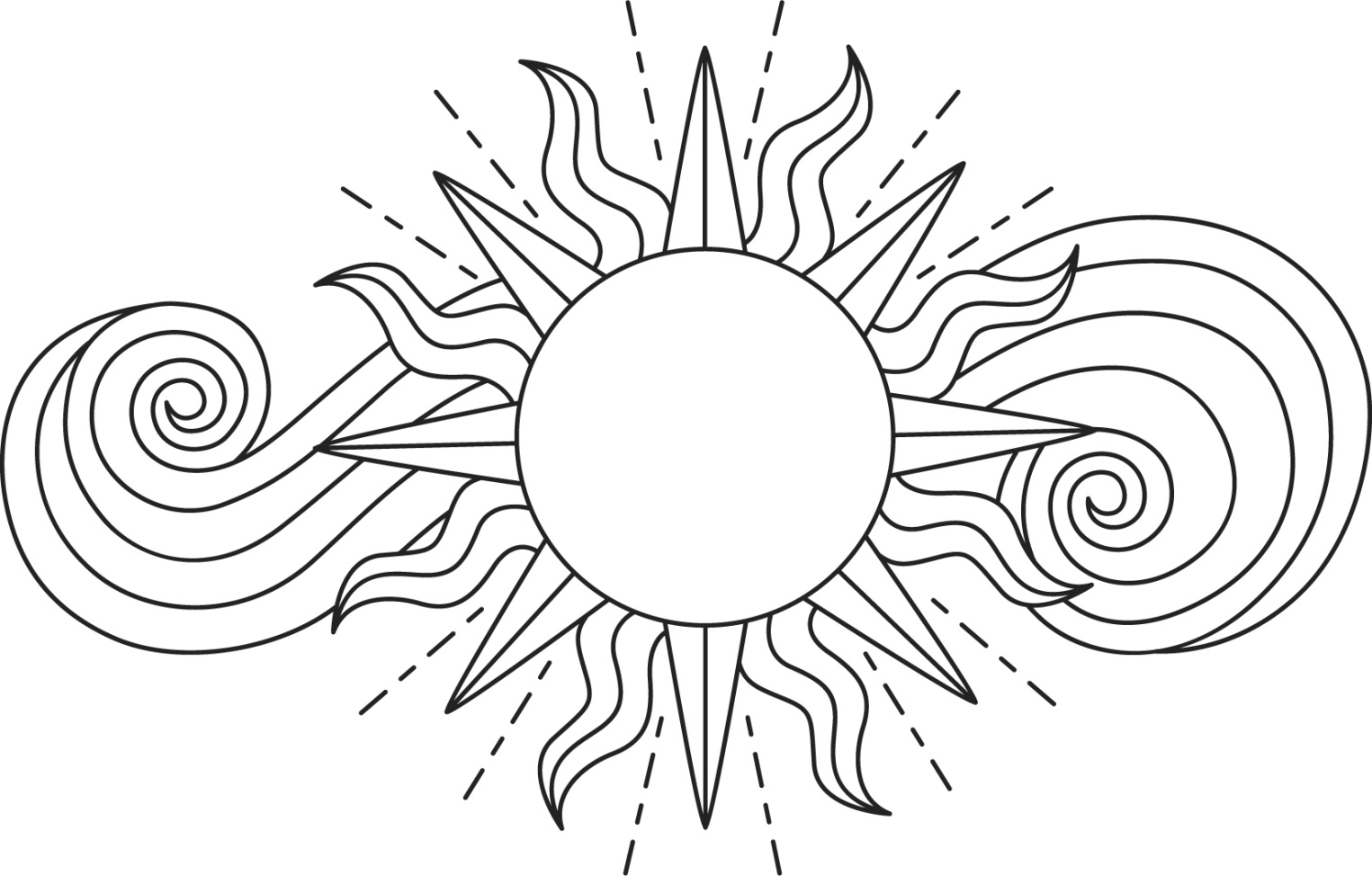
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**Dear Mr. Examiner - By Gareth Owen**

Thank you so much for your questions

I've read them most carefully through

But there isn't a single one of them

That I know the answer to.

I've written my name as instructed

Put the year, the month and the day

But after I'd finished doing that

I had nothing further to say.

So I thought I'd write you a letter

Fairly informally

About what I can see from my desk here

And what it's like to be me.

Mandy has written ten pages

But it's probably frightful guff

And Angela Smith is copying

The answers off her cuff!

Miss Quinlan is marking our homework

The clock keeps ticking away

I suppose for anyone outside

It's just another day.

There'll be mothers going on errands

Grandmothers sipping tea

Unemployed men doing crosswords

or watching 'Crown Court' on TV.

The rain has finally stopped here

The sun has started to shine

And in a back garden in Sutton Drive

A housewife hangs shirts on a line.

A class flies past to play tennis

The cathedral clock has just pealed

A lawnmower chugs backwards and forwards

Up on the hockey field.

Miss Quinlan's just read what I've written

Her face is an absolute mask

Before she collects the papers in

I've a sort of favours to ask.

I thought your questions were lovely

I've only myself to blame

But couldn't you give me some marks

For writing the date and my name?

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**Midnight In The Pantry  by Edgar Guest**

You can boast your round of pleasures, praise the sound of popping corks,  
Where the orchestra is playing to the rattle of the forks,  
And your after-opera dinner you may think superbly fine,  
But that can’t compare, I’m certain, to the joy that’s always mine.

When I reach my little dwelling—source, of all sincere delight—  
And I prowl around the pantry in the waning hours of night.  
When my business, or my pleasure, has detained me until late,  
And it’s midnight, say, or after, when I reach my own estate.

Though I’m weary with my toiling I don’t hustle up to bed,  
For the inner man is hungry and he’s anxious to be fed,  
Then I feel a thrill of glory from my head down to my feet  
As I prowl around the pantry after something good to eat.

Oft I hear a call above me: ‘Goodness gracious, come to bed!’  
And I know that I’ve disturbed her by my overeager tread,  
But I’ve found a glass of jelly and some bread and butter, too,  
And a bit of cold fried chicken and I answer: ‘When I’m through!’

Oh, there’s no cafe that better serves my precious appetite  
Than the pantry in our kitchen when I get home late at night.  
You may boast your shining silver, and the linen and the flowers,  
And the music and the laughter and the lights that hang in showers.

You may have your cafe table with its brilliant array,  
But it doesn’t charm yours truly when I’m on my homeward way,  
For a greater joy awaits me, as I hunger for a bite—  
Just the joy of pantry-prowling in the middle of the night.

**A Trio of Limericks to Make You Smile**

Therewas a young lady named Rose,

Who had a large wart on her nose.

When she had it removed,

Her appearance improve,

But her glasses slipped down to her toes.



Anelderly man called Keith

Mislaid his set of false teeth -

They'd been laid on a chair,

He'd forgot they were there,

Sat down, and was bitten beneath.



Therewas an Old Man with a beard,

Who said, 'It is just as I feared!

Two Owls and a Hen,

Four Larks and a Wren,

Have all built their nests in my beard!

**Proverbs Recall**

Test your knowledge of proverbs with a friend –

You say the first half and see if they know the ending!

* TWO WRONGS - DON’T MAKE A RIGHT
* THE PEN IS MIGHTIER - THAN THE SWORD
* WHEN THE GOING GETS TOUGH - THE TOUGH GET GOING
* NO MAN IS - AN ISLAND
* HOPE FOR THE BEST - BUT PREPARE FOR THE WORST
* BETTER LATE - THAN NEVER
* BIRDS OF A FEATHER - FLOCK TOGETHER
* KEEP YOUR FRIENDS CLOSE - AND YOUR ENEMIES CLOSER
* A PICTURE IS WORTH - A THOUSAND WORDS
* THERE’S NO PLACE - LIKE HOME
* THE EARLY BIRD CATCHES - THE WORM
* NEVER LOOK A GIFT HORSE - IN THE MOUTH
* YOU CAN’T ALWAYS GET- WHAT YOU WANT
* BEGGARS - CAN’T BE CHOOSERS
* ACTIONS SPEAK LOUDER - THAN WORDS

**Name It! Game**

∙ Name as many as possible in each category, or,

∙ Find a chosen number of answers in each category

1. Types of chocolate bars
2. Different species of trees
3. Languages
4. Exotic fruits
5. Types of hats
6. Famous movie stars from your youth
7. Wild flowers
8. Fish and other animals that live in the ocean
9. Types of footwear
10. Things that can fly
11. Implements to write or draw with
12. Dog breeds
13. Colours in the rainbow
14. Root vegetables
15. Types of weather

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**HALLOWEEN WORDSEARCH**

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CAMOMILE TODDY LATTE | | | | |  | | |

# **Lauren's Carrot and Apple Muffin Recipe**

# **(by Lauren Gaffney, on Spunout.ie)**

# **Ingredients:**

# 220g self raising flour

# 30g porridge oats

# 20g desiccated coconut

# 25g raisins

# 3 tsp cinnamon

# 1tsp baking powder

# 1 grated carrot

# 1 grated apple (optional)

# 2 eggs 180ml sunflower oil

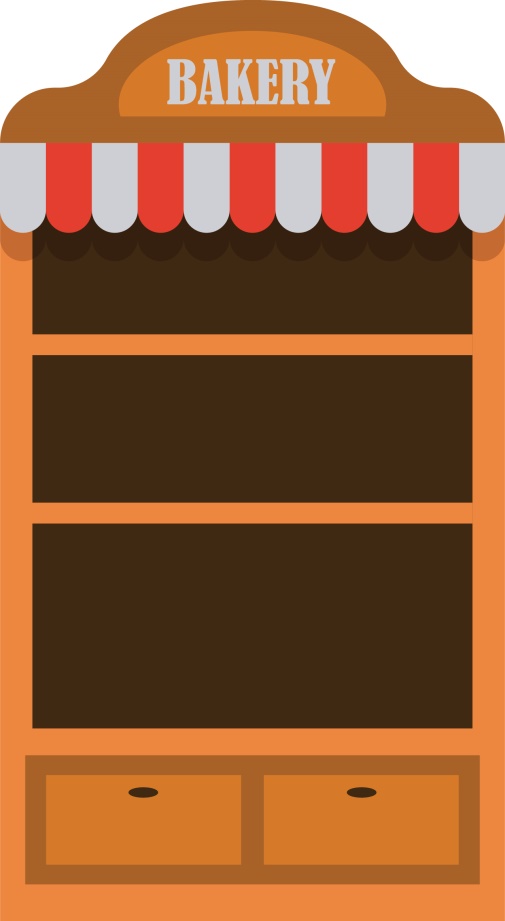
# 3tbsp honey/maple syrup

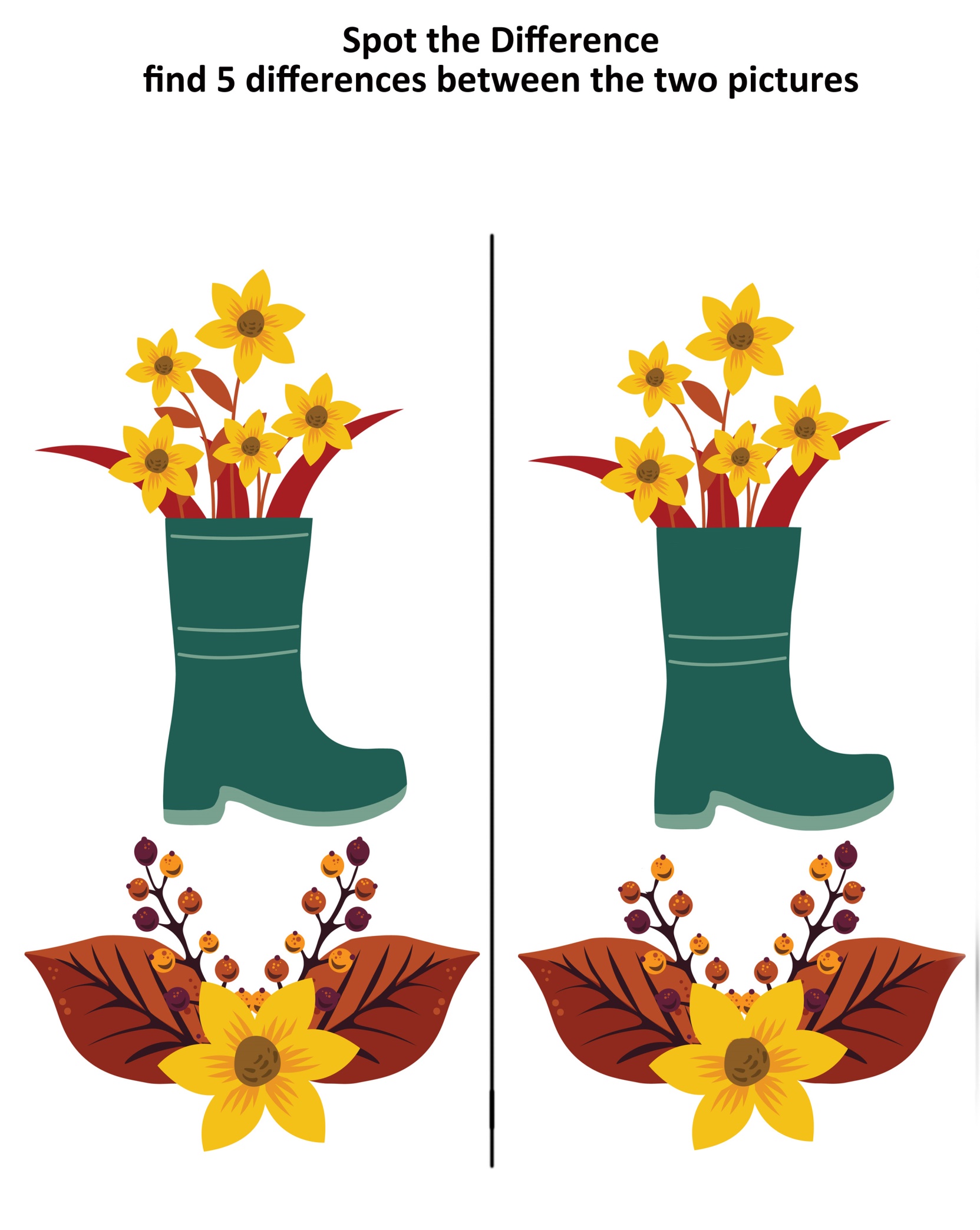
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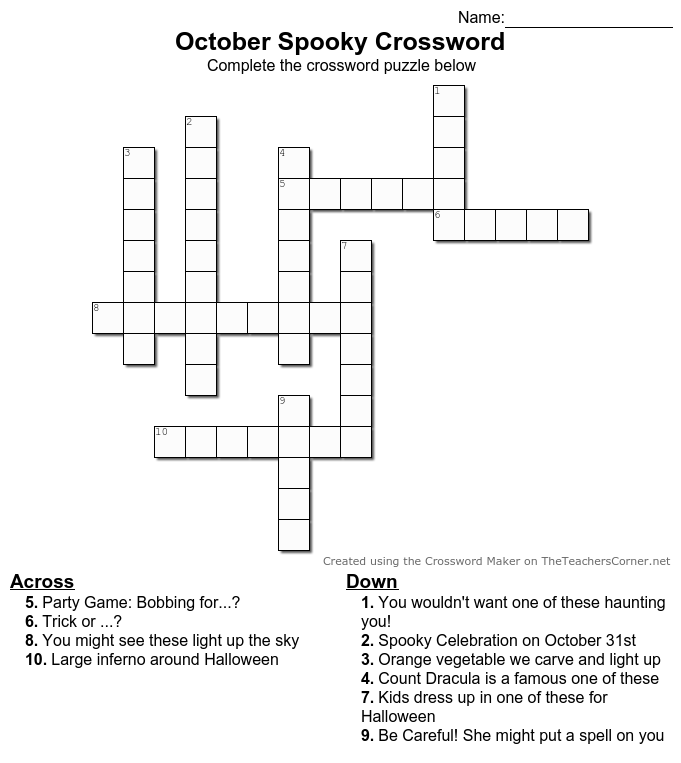
**Method:**

1. Preheat the oven to 180 degrees
2. Line a muffin tin with muffin cases
3. Weigh out dry ingredients and mix together in a large mixing bowl
4. Grate the carrot and apple (if using) and add these to the dry ingredients
5. In a separate measuring jug, crack open the egg and lightly beat it
6. Add the sunflower oil and honey to the beaten egg and mix
7. Add this into the dry ingredients, ensuring it is thoroughly mixed through, but don’t over mix it
8. Pour into the prepared tin - this mix usually makes 5-6 large muffins or about 10 smaller ones, depending on whatever size you like
9. Bake in the preheated oven for 25 mins or until a skewer comes out clean when inserted into the middle of the muffin

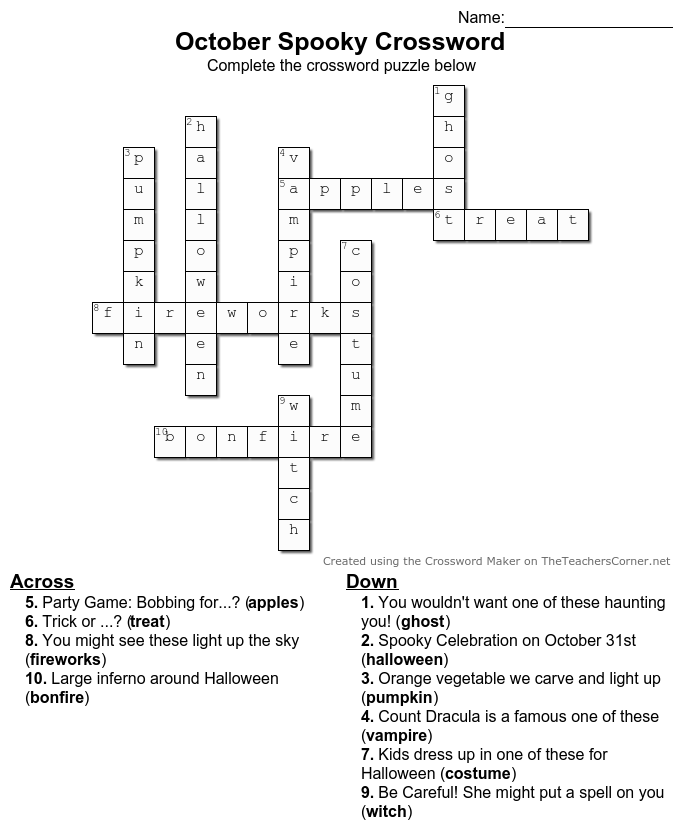
10.Cool on a wire rack for a few mins before digging in







**Answers:**



**Sing-Along: Hello Mary Lou by Gene Pitney**

Hello Mary Lou, goodbye heart

Sweet Mary Lou I'm so in love with you.

I knew Mary Lou, we’d never part

So hello Mary Lou, goodbye heart.

You passed me by one sunny day

Flashed those big brown eyes my way

And oh I wanted you forever more.

Now I'm not one that's get around

I swear my feet’s stuck to the ground

And though I never did meet you before,

I said:

Hello Mary Lou, goodbye heart

Sweet Mary Lou I'm so in love with you.

I knew Mary Lou, we’d never part

So hello Mary Lou, goodbye heart.

I saw your lips, I heard your voice

Believe me I just had no choice

Wild horses couldn't make me stay away

I thought about a moonlit night

My arms around you good and tight

That's all I had to see for me to say

Hey, hey, hey.

Hello Mary Lou, goodbye heart

Sweet Mary Lou I'm so in love with you.

I knew Mary Lou, we’d never part

So hello Mary Lou, goodbye heart.

## **Sing-Along: He'll Have To Go by** [**Jim Reeves**](https://www.google.com/search?sxsrf=ALeKk02eA-ISKoK7ZzovR1FuosRzbQCj-A:1602354515754&q=Jim+Reeves&stick=H4sIAAAAAAAAAONgVuLUz9U3MDLJTs5bxMrllZmrEJSaWpZaDABWytqdGgAAAA&sa=X&ved=2ahUKEwi_wNzd06rsAhW5UxUIHQrcATMQMTAAegQICBAD)

Put your sweet lips a little closer to the phone  
Let's pretend that we're together, all alone  
I'll tell the man to turn the jukebox way down low  
And you can tell your friend there with you he'll have to go

Whisper to me, tell me do you love me true  
Or is he holding you the way I do?  
Tho' love is blind, make up your mind, I've got to know  
Should I hang up, or will you tell him he'll have to go?

You can't say the words I want to hear  
While you're with another man  
Do you want me, answer yes or no  
Darling, I will understand

Put your sweet lips a little closer to the phone  
Let's pretend that we're together, all alone  
I'll tell the man to turn the jukebox way down low  
And you can tell your friend there with you he'll have to go



**Mindful Meditation**

Find a quiet place where you can be free from distractions

And take a comfortable seat that promotes good posture

Set a timer for 5 minutes or longer,

But choose a meditation length that will allow you to feel successful

Consistent meditation of just 5 minutes per day, is far better than one occasional 30-minute session

With your eyes opened or closed, breathe gently in and out through your nose

And then as you sit here, watching the breath

Draw attention to your heart, and your desire to experience clam, peace and ease

Connect to this yearning inside of you

And then silently, to yourself

Commit to remaining here, for the duration of your timer

And commit to the practice of simply watching and noticing the breath

And then having made that heartfelt commitment,

Return to your job, which is breath awareness

Perhaps settling in on the feeling of the breath

As it moves in and out through your nose

From the tip of the nose

To the space between your eyebrows

Listen, for the ways in which the breath is speaking to you

Stay open, stay curious

And remain free from any judgment or self-criticism

The breath is perfect right now, just as it is

Your role, is simply to watch

(pause 2 breaths)

Eventually, you’ll notice the mind has wandered from breath awareness

When this happens, spend no time wondering why

Spend no time asking where the mind has gone to

Spend no time on self-blame

Simply turn the mind around, as quickly as you can

And come back to your job of watching the breath

Go right back to that space in the body

Where you notice the breath most clearly

Returning perhaps to a sense of awe, wonder or amazement

How precious is this one cycle of breath?

(pause 2 breaths)

Each time the mind wanders, turn the mind around without pausing to self-criticise

(pause 2 breaths)

Stay right here,

Present, aware, and honoring your intention

This intention, this job, of watching the breath

(pause 2 breaths)

With practice, you’ll notice sooner when the mind has wandered

With practice, you’ll return to breath awareness more quickly

With practice, you’ll remain present with the breath for longer intervals between distractions

(pause 2 breaths)

So continue to practice, until your timer has gone off

And when your practice is complete,

Take a moment to recognize the goodness in the work you have done

Recognize the benefits of the effort you have made

Dedicate your efforts to your own healing,

And to the healing of all persons, everywhere.

