

November

Activity Pack



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Dear Friends,

We know this had been a long year for many of us, but we want you to know that you are never truly alone.

As households begin to decorate for the holidays, we see beautiful twinkling fairy lights on trees, candles being lit in windows and the warmth of fires roaring in the hearth.

We ask you to be kind to yourself, to keep warm, and to enjoy the simple pleasures that can be found in the crisp winter’s air and the comforting heat of a cup of tea. Take your time to peruse this collection of activities at your own pace and to share in them with your loved ones.

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

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



“A friend hears the song in my heart

and sings it to me

when my memory fails.”

***Pioneer Girls’ Handbook***

**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 for those living with dementia. For more information visit: <https://imma.ie/whats-on/armchair-azure-programme/>
* During 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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**A Wintery Quiz - Questions**

1. The Winter Palace can be visited in which city?
2. Which James Bond actor made his film debut in the 1968 historical period drama *The Lion in Winter*?
3. Which fruit has a variety called 'Winter Banana'?
4. Which country has won the most medals throughout Winter Olympic history?
5. 'Christmas won't be Christmas without any presents!' is the opening line of what classic novel?
6. Which simple sled differs from most sleds or sleighs in that it has no runners or skis (or only low ones) on the underside?
7. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter? (Clue: there was a Lion, a Witch and a Wardrobe)
8. Which winter sport is sometimes known as "the roaring game"?
9. Which zodiac sign runs from November 22 to December 21?

10."Now is the winter of our discontent" is the opening line from which William Shakespeare play?

**Answers:**

1. Saint Petersburg
2. Timothy Dalton
3. Apple
4. Norway
5. Little Women
6. A toboggan
7. Narnia (in *The Lion, the Witch and the Wardrobe*)
8. Curling
9. Sagittarius

10.Richard III

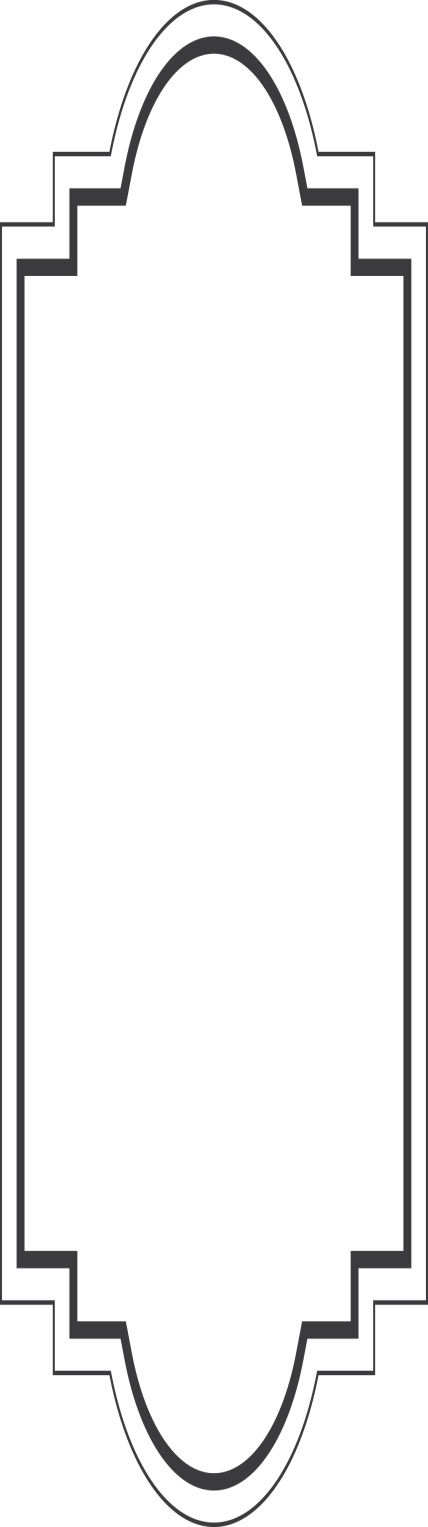
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**Print and Decorate Your Own Bookmarks:**

Open a book by the fireplace as night’s grow cold and dive into another world as the story unfolds.

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

 ** **

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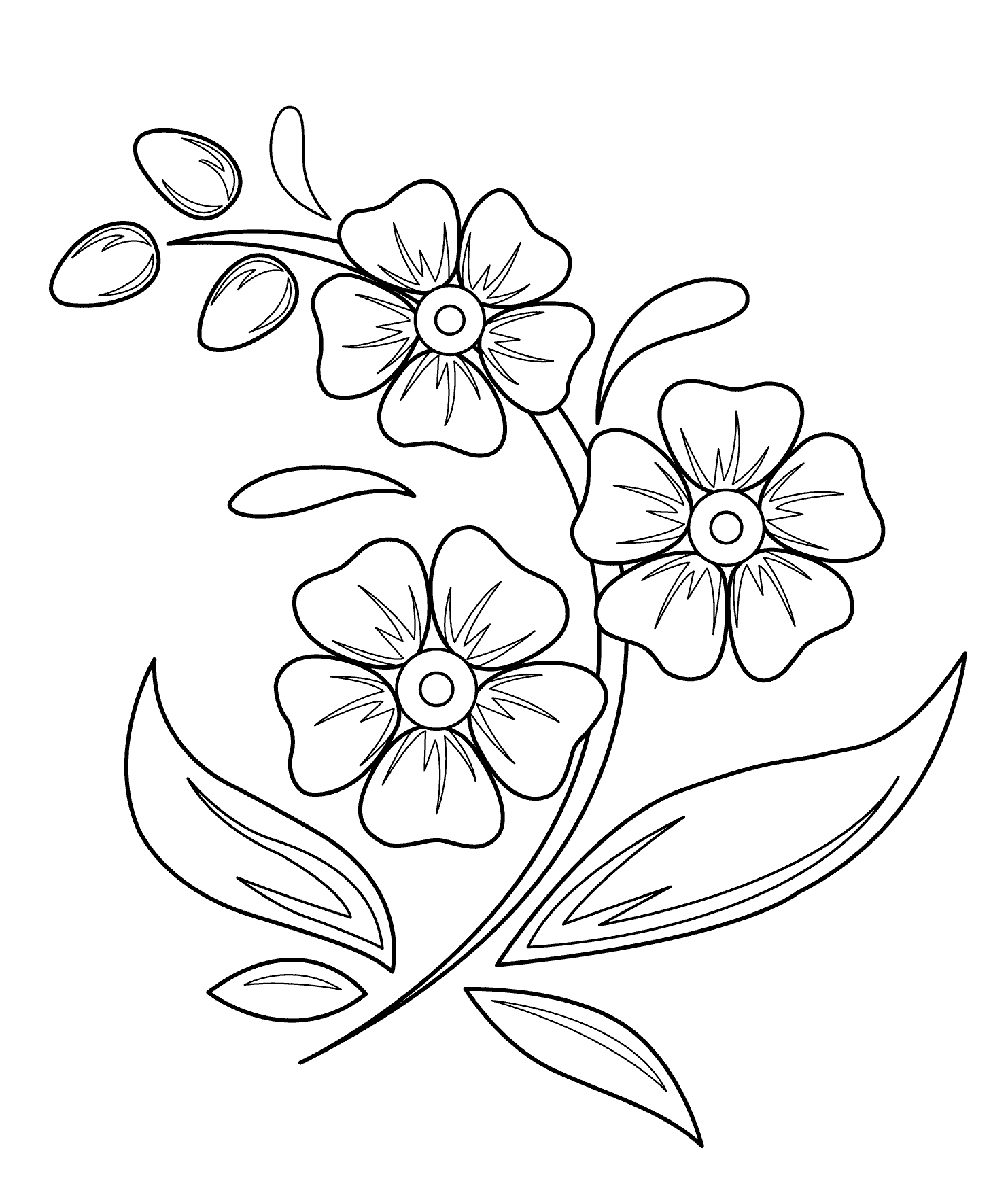
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**The Song of Wandering Aengus by W. B. Yeats**

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 aflame,

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.

**Winter Time by Robert Louis Stevenson**

Late lies the wintry sun a-bed,  
A frosty, fiery sleepy-head;  
Blinks but an hour or two; and then,  
A blood-red orange, sets again.

Before the stars have left the skies,  
At morning in the dark I rise;  
And shivering in my nakedness,  
By the cold candle, bathe and dress.

Close by the jolly fire I sit,  
To warm my frozen bones a bit;  
Or with a reindeer-sled, explore  
The colder countries round the door.

When to go out, my nurse doth wrap  
Me in my comforter and cap,  
The cold wind burns my face, and blows  
Its frosty pepper up my nose.

Black are my steps on silver sod;  
Thick blows my frosty breath abroad;  
And tree and house, and hill and lake,  
Are frosted like a wedding-cake.

A picture containing fruit, food, drawing

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

Limericks I cannot compose,

With noxious smells in my nose.

But this one was easy,

I only felt queasy,

Because I was sniffing my toes.



There was an odd fellow named Gus,

When travelling he made such a fuss.

He was banned from the train,

Not allowed on a plane,

And now travels only by bus.



There once was a farmer from Leeds,

Who swallowed a packet of seeds.

It soon came to pass,

He was covered with grass,

But has all the tomatoes he needs.

## **Great-Grandmother’s Wish**

“Did you ever see a fairy, grannie?” said Tots.

“No,” she said, “but my great-grandmother did.”

“Oh, do tell me!” cried Tots.

“Well, once upon a time, as she was carrying her butter to market, she picked up a crooked sixpence. And with it, and what she sold her butter for, she bought a little black pig. Now, coming home, she had to cross the brook; so she picked piggy up in her arms and carried her over the brook. And, lo, instead of a pig, there was a little fairy in her arms!”

“Oh!” cried Tots, “what was it like?”

“Well, it had a red cap on its head, and a green frock, and it had gauzy wings, and it wanted to fly away, but great-grandmother held it tight.

“‘Please let me go,’ said the fairy.

“‘What will you give me?’ said great-grandmother.

“‘I will give you one wish,’” answered the fairy.

So great-grandmother thought and thought what was the best thing to wish for, and at last she said,—

“‘Give to me and to my daughters to the eleventh generation the lucky finger and the loving heart.’

“‘You have wished a big wish,’ said the fairy, ‘but you shall have it.’” So she kissed great-grandmother’s eyes and mouth, and then she flew away.

“And did the wish come true?” asked Tots.

“Always—always,” answered grannie. “We have been since then the best spinners and knitters in all the countryside, and the best wives and daughters.”

“But,” said Tots, “what will the eleventh generation do when the wish stops and the good-luck?”

“I don’t know,” said grannie, shaking her head. “I suppose they’ll have to catch a fairy of their own.”

**Diagram

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**The Granny Song**

“Oh can we go to Granny's house,

to Granny's house, to Granny's house?

Oh can we go to Granny's house?”

Said the children to their Mam.

“Well if Granny says that's it's okay

I'll pack the bag without delay

And we'll have such great fun today

We always do with Gran.”

“And can we go walking,

a walking, a walking?

And can we go a walking?”

Dúirt na leanaí lena Gran.

“We can go down to the Silver Strand

Make mighty caisleáins in the sand

I'll build a tower, you make a dam

An féidir linn? Oh please Oh Gran”.

“And can we take a picnic,

a picnic, a picnic?

Oh can we take a picnic?”

Dúirt an garmhac leis a Gran.

“Beidh tae, brioscaí is ceaparaí

And a special treat for you and me

And we'll paddle our feet in the salty sea

And play Catch Me if You Can”.

“And can we play in rocky pools,

in rocky pools in rocky pools?

And can we play in rocky pools?

Dúirt na leanaí lena Gran.

“We'll find báirneachs and anemones

Some portáns and some carraigín

A mermaid's purse and a smugairle rón

With it's tentacles coming undone”.

“And can we stay in your house,

in your house, in your house?

Oh can we sleep in your house?”

Dúirt na leanaí lena Gran.

“At meanoíche we could have a feast

Have buns and cakes and other treats

And we promise we will brush our teeth

Agus beidh ár fiacla glan”.

“Beidh pancóga againn do bricfeasta,

don bricfeasta, don bricfeasta

Beidh pancóga againn do bricfeasta

Le sú talún agus mil (jam).

And after that we'll sing this song

And we hope it hasn't been too long

And we'll have more fun with you Gran

An féidir linn? Of course we can.

***This song was composed by Mary Mac Nelis with her grandson Caolan for the ‘Songs for our Children’ project in February 2020.***

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**Stormy Weather**

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| R | J | G | E | R | | L | C | A | R | N | A | T | I | O | N | H | B | W | H | O | | V | U | M | X | P | K | X | Y | C | R | O | C | U | S | S | | O | E | O | T | W | E | T | U | L | I | P | I | P | J | E | | D | A | N | D | E | L | I | O | N | K | F | R | S | T | I | | J | S | A | P | P | T | E | Y | E | O | Z | I | R | R | M | | K | I | I | O | E | D | A | D | D | A | I | S | Y | H | W | | B | C | Q | S | U | N | F | L | O | W | E | R | Q | I | P | | H | I | E | U | K | V | P | F | R | A | Y | P | X | Q | F | | N | Q | E | Z | S | N | O | W | D | R | O | P | O | D | C | | B | H | R | I | V | Y | P | O | R | C | H | I | D | T | O | | K | F | L | C | K | L | P | K | K | D | Q | W | A | J | L | | H | M | B | K | S | J | Y | W | N | Z | B | U | Z | M | P | | B | U | T | T | E | R | C | U | P | J | W | R | L | V | V | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | | IRIS CARNATION ROSE POPPY LILY DANDELION TULIP SUNFLOWER ORCHID BLUEBELL SNOWDROP DAISY BUTTERCUP CROCUS | | | |  | | | | |  | | |

**Spot the Difference**

Spot the 5 differences between the pictures below

A picture containing toy, doll, clock, room

Description automatically generated

(Clues: hair, flowers, stripes, shorts…)

**Sing-Along: A Daisy A Day**

He remembers the first time he met her

He remembers the first thing she said

He remembers the first time he held her

And the night that she came to his bed

He remembers her sweet way of singin'

Honey has somethin' gone wrong

He remembers the fun and the teasin'

And the reason he wrote her this song.

I'll give you a daisy a day

I'll give you a daisy a day

I'll love you until the rivers run still

And the four winds we know blow away.

They would walk down the street in the evenin'

And for years I would see them go by

And their love that was more than the clothes that they wore

Could be seen in the gleam of their eye

As a kid they would take me for candy

And I loved to go taggin' along

We'd hold hands while we walked to the corner

And the old man would sing her his song

I'll give you a daisy a day

I'll give you a daisy a day

I'll love you until the rivers run still

And the four winds we know blow away

Now he walks down the street in the evenin'

And he stops by the old candy store

And I somehow believe he's believin'

He's holdin' her hand like before

For he feels all her love walkin' with him

And he smiles at the things she might say

Then the old man walks up to the hilltop

And gives her a daisy a day

I'll give you a daisy a day

I'll give you a daisy a day

I'll love you until the rivers run still

And the four winds we know blow away

A picture containing umbrella, clock, room

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## **Sing-Along: Avondale by James Galway and Paddy Moloney**

Oh, have you been to Avondale

And lingered in her lovely vale?

Where tall trees whisper low the tale

Of Avondale's proud eagle.

Where pride and ancient glory fade,

Such was the land where he was laid,

Like Christ was thirty pieces paid,

For Avondale's proud eagle.

Long years that green and lovely glade,

Have lost for now our grandest Gael,

And Cursed the land that has betrayed,

Our Avondale's proud eagle

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**Mindful Meditation**

With your eyes opened or closed, become aware of your breath

Often, the act of simply noticing changes the breath

But see if you can allow yourself to be present with the breath as it currently is. Without judgement, what do you notice about the quality of your breathing?

Notice if you are breathing through the mouth, or through the nose.

Notice the breath is short, or long, shallow, or deep.

Is there a difference between the length of the breath in, and the length of the breath out?

Allow breath to be just as it is.

As you take a moment to list to yourself what it is that you find.

And then purposefully, breathe in and out through your nose.

And take 3 full, relaxing, exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,

Full and relaxed breath out

Last one

Deep, slow breath in,

Breathe all the way out

Continue to breathe through your nostrils,

Steadily, and patiently

And now turn your attention to the body itself

Notice what’s present in the body

Tightness? Any pain? Discomfort?

Are there areas of softness? Spaciousness? Joy?

Stay curious and open to sensation, free from self-criticism

Allow whatever sensation you notice in the body to be here with you and if a particular sensation, or area of the body is speaking to you let’s go to it. Go to it with your attention and awareness.

Ask what it’s trying to say.

Move towards this area with curiosity, with openness

Open to whatever it has to tell you.

Be fully accepting of this sensation in this moment

And then silently describe to yourself what you’re feeling

Perhaps this sensation has a temperature, a warmth or a coldness

Perhaps there’s a color, a shape or a size

And if you feel nothing, notice that too…

Take note

(pause 3 breaths)

So again, intentionally, purposefully, we’ll take 3 full, relaxing, exhale breaths

One long breath in to prepare,

And then a long, full breath out

Two more

Easy and patient breath in,

Full and relaxed breath out

Last one

Deep, slow breath in,

Breathe all the way out

This exercise here is not about self-criticism or self-blame

The exercise here is to simply notice

To acknowledge anxiety, or anything else that’s present

To allow it to be present, and to give it space.

To give it the space to move and change.

So ask what the breath, the body and mind are trying to tell you

And then listen

Listen with an open curiosity,

Listen without expectation

Listen with love in your heart

For the breath, body and mind are not the enemy

But the tools through which we’re given the clues that will guide us home