

January

Activity Pack



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Dear Friends,

Let us begin by wishing you the happiest of New Years!

We truly hope that 2021 will bring light and hope into our futures and that you know you are never far from our thoughts.

As our evenings slowly grow brighter day by day so too does the prospect of a year in which we hope to be more present in each other’s lives.

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 first activity pack of 2021!



“A friend by - a phone call, popping in,

a small surprise or a chance meeting…

Puts a little jam on today’s bread and butter”

***Unknown***

**Useful Resources:**

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

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

* The Irish Museum of Modern Art is running a series called “Talking Art Online” where they take a close look at selected artworks from the IMMA Collection and discuss IMMA exhibitions with their Visitor Engagement Team from the comfort of your living room. To book and for more information, please email talkingart@imma.ie or phone 01 612 9955
* We are hosting several 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/>
* The BBC have curated a remarkable online archive of videos, images and audio clips to aid reminiscence and covers a wide variety of subject matter. Please visit: <https://remarc.bbcrewind.co.uk/> to check it out.
* Emergency Response Numbers: 999 or 112
* HSE 24/7 Your Mental Health Information Helpline: 1800 111 888



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**Jumbo General Knowledge Quiz Part 1**

1. If someone is descending are the going up or down?

Down.

1. What is the Italian word for pie?

Pizza.

1. By what title is the Bishop of Rome known as?

The Pope.

1. Who wrote the Wind in the Willows?

Kenneth Grahame.

1. What does a Frogman wear on his feet?

Flippers.

1. What is the name of the largest castle in the capital of Scotland?

Edinburgh Castle.

1. What is the name of the sweet liquid collected by Bees?

Nectar.

1. What 3 letter word is the name of a fox’s home?

Den.

1. Do Reptiles have cold or warm blood?

Cold.

1. What sea creature has 3 hearts and 8 arms?

An Octopus.

1. What is the national flower of Wales?

Daffodil.

1. Name the largest member of the cat family.

Tiger

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**Good Night and Good Morning**

**By Richard Monckton Milnes, Lord Houghton**

A fair little girl sat under a tree,

Sewing as long as her eyes could see;

Then smoothed her work, and folded it right,

And said, "Dear work, good night! good night!"

Such a number of rooks came over her head,

Crying, "Caw! Caw!" on their way to bed;

She said, as she watched their curious flight,

"Little black things, good night! good night!"

The horses neighed, and the oxen lowed,

The sheep's "Bleat! bleat!" came over the road;

All seeming to say, with a quiet delight,

"Good little girl, good night! good night!"

She did not say to the sun, "Good night!"

Though she saw him there like a ball of light,

For she knew he had earth's time to keep

All over the world, and never could sleep.

The tall pink foxglove bowed his head,

The violets curtsied and went to bed;

And good little Lucy tied up her hair,

And said on her knees her favourite prayer.

And while on her pillow she softly lay,

She knew nothing more till again it was day;

And all things said to the beautiful sun,

"Good morning! good morning! our work is begun!

**Jumbo General Knowledge Quiz Part 2**

1. What part of the body is treated by an Optician?

Eyes.

1. The star sign of Leo is what animal?

Lion.

1. Nag is a slang word for what animal?

A Horse.

1. What are the tall poles carved by Native American People’s called?

Totem Poles.

1. Which alcoholic drink is also the name given to the left side of a ship?

Port.

1. What type of weapon is a Cutlass?

A short-curved sword.

1. In the nursery rhythm who lost her sheep?

Little Bo-Peep.

1. What type of food is a Cock-a-leekie?

Soup.

1. What kind of animal was Disney’s Dumbo?

Elephant.

1. In the fairy tale who climbed the beanstalk and fought with a giant?

Jack.

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**January Wordsearch**

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**Help the Birds Find Their Nests!**

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**Funny Limericks and Rhymes**

There was a young lady of Cork,

Whose Pa made a fortune in pork.

He bought for his daughter,

A tutor who taught her,

To balance green peas on her fork.

I'd rather have Fingers than Toes,

I'd rather have Ears than a Nose.

And as for my Hair,

I'm glad it's all there,

I'll be awfully said, when it goes.

A man and his lady-love, Min,

Skated out where the ice was quite thin.

Had a quarrel, no doubt,

For I hear they fell out,

What a blessing they didn't fall in!

There was a young lady of Lynn,

Who was so excessively thin.

That when she assayed,

To drink lemonade,

She slipped through the straw and fell in!

**Buttercups and Daisies by Mary Howitt**

Buttercups and daisies-

Oh the pretty flowers,

Coming ere the springtime

To tell of sunny hours.

While the trees are leafless,

While the fields are bare,

Buttercups and daisies

Spring up here and there.

Ere the snowdrop peepeth,

Ere the crocus bold,

Ere the early primrose

Opens its paly gold,

Somewhere on a sunny bank

Buttercups are bright;

Somewhere 'mong the frozen grass

Peeps the daisy white.

Little hardy flowers

Like to children poor,

Playing in their sturdy health

By their mother's door:

Purple with the north wind,

Yet alert and bold;

Fearing not and caring not,

Though they be a-cold.

What to them is weather!

What are stormy showers!

Buttercups and daisies

Are these human flowers!

He who gave them hardship

And a life of care,

Gave them likewise hardy strength,

And patient hearts, to bear.

Welcome yellow buttercups,

Welcome daisies white,

Ye are in my spirit

Visioned, a delight!

Coming ere the springtime

Of sunny hours to tell-

Speaking to our hearts of Him

Who doeth all things well.

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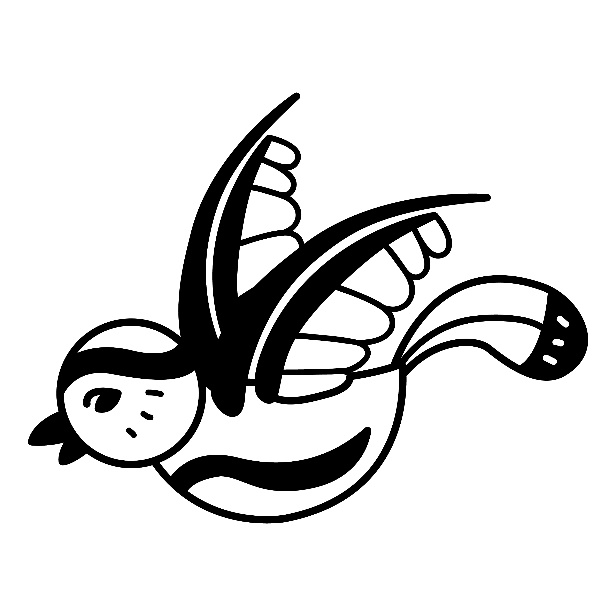
**The King of the Birds Folktale**

Once upon a time all the birds agreed to have a king, but no bird would agree to another bird being king, so they agreed for all the birds to start together and who ever flew highest would be the king.

When they were starting the wren hid among the eagle's feathers. The eagle flew up high above all the other birds and shouted out "I am the king of the birds", but while he was shouting the wren fluttered out of his feathers and flew up high above him then the wren shouted out, "I am the king of the birds. This is how the wren became king of the birds.

**Folktale from Longford:**

**Why the Swallow Has a Forky Tail**

It is said that one time a swallow was sitting in a tree, a snake was on one of the branches of the tree, when he saw the swallow, it crawled along until it was just beside the swallow. The swallow saw it and was going to fly away but the snake caught it by the tail, the swallow pulled to get away and he left the middle of his tail in the snake’s mouth. This is how the swallow has a forky tail.

**Butterfly Meditation**

Close your eyes and take in a nice deep breath.

Let the sights and sounds of this room fade away as you focus on your breathing and get ready to visualize a fun and relaxing adventure. Your body begins to feel deeply relaxed and sinks down further where you are. Your arms and legs begin to feel very heavy. You patiently enjoy this time as your mind and body continue to relax.

Now, imagine you’re a beautiful butterfly fluttering high in the sky. Below you, there is a lovely green valley with lots of colourful flowers, just waiting for you to enjoy. You feel the wind gently blow against your delicate wings. As the wind touches you, it gently blows away any worries or any stress you feel. Your mind is clear and calm. You feel light as the wind itself - a cheerful butterfly gliding and fluttering anywhere you wish to go.

Did you know that as a butterfly moves from flower to flower, it spreads just what the other plants need to thrive and grow? You are like that, too. You can flutter about peacefully and beautifully - spreading kindness, happiness, and goodness wherever you go!

The sun touches your colourful body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

It’s so nice to be this light and airy.

Your butterfly self has left any worries or fears behind.

You love how it feels to beat your wings and fly, and anytime you start to feel tired, you can land on a leaf or flower and rest. You spread your lovely wings in a huge stretch. You are completely peaceful and content as you allow your true happiness to shine through. It feels so good.

Your body is calm, and your mind is peaceful.

You can fly around as long as you’d like – exploring or just floating gently on the wind.

Take in a deep breath now and exhale slowly.

When you are ready, give your body another big stretch and slowly open your eyes.

What did you like best about being a butterfly? Keep that feeling with you if you can. And remember, you can always come back here - or to any calming place - just by using your mind.

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