



June

Activity Pack

2



Dear Friends,

It's nearly June and you know what that means: sunshine, warmer weather, ice cream, outdoor activities, and more! For this month, we're sharing activities based on quirky holidays and celebrations that take place in the month of June, to help you get an early start on your June calendar.

We hope that this June brings you good times with loved ones, sitting outside with an iced tea or walking through the park and spotting all the wildlife.

We welcome poems and stories to be included in the pack if we have any artists or writers out there! Or if you'd like to display any fundraising pictures, or photos of any local fundraising event to be shared on our social media please send your images via email to iseultkinsella@alzheimer.ie



“You don't stop laughing when you grow old, you grow old when you stop laughing.”

~George Bernard Shaw

Useful Resources:

1. Our Free Helpline and Dementia Nurse Support Line are available at: Phone: 1800 341 341 and Email: helpline@alzheimer.ie
2. The ASI now also has a new online Virtual Dementia Hub where you can go for a full range of activities – you can even listen to some wonderful poetry and songs recorded especially . Just go to www.virtualdementiahub.ie
3. 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/>
4. The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
5. For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
6. The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
7. Emergency Response Numbers: 999 or 112 9. HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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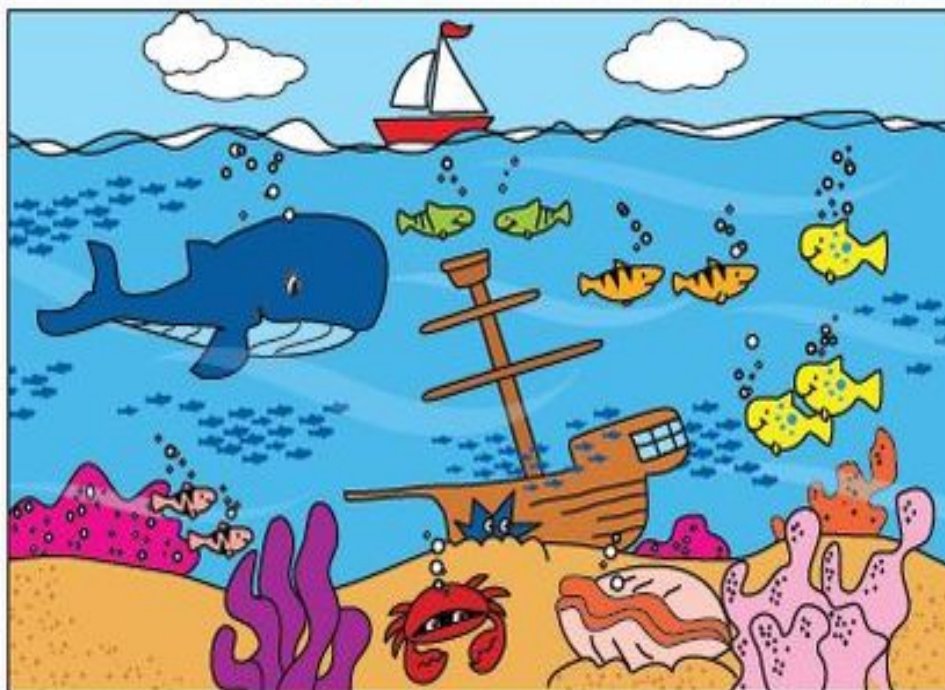
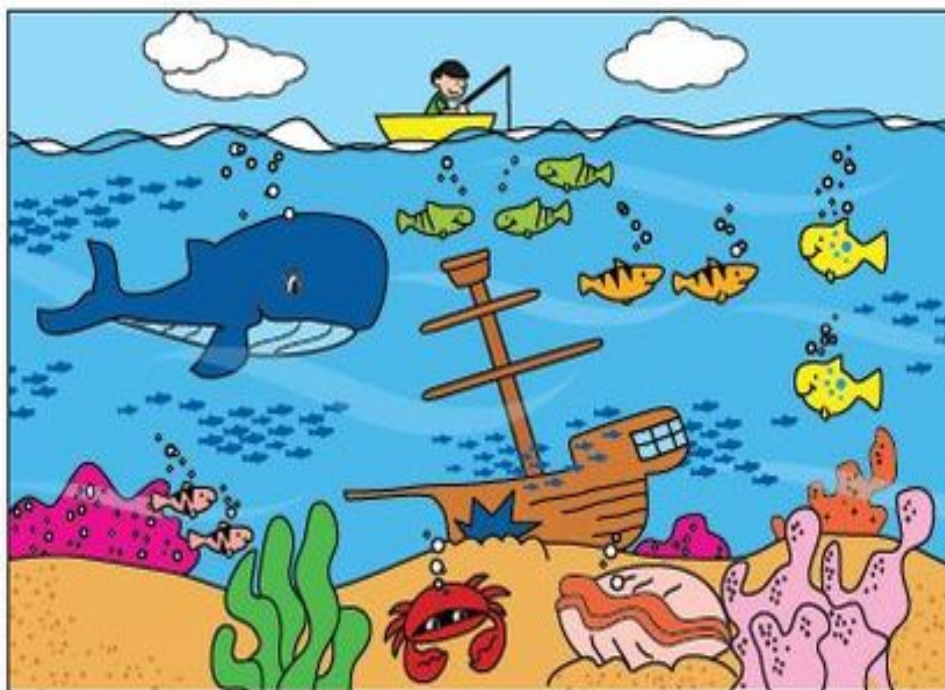
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Spot the Difference

Name _____

under the sea

Can you spot the 5 differences between these two pictures?



Spot the Difference

See if you can see the 5 differences between these two pictures



Mad Libs!Create Your Own Story!

WED - LIBS

HOW THEY MET

WHEN _____ MET _____, IT WAS _____ AT
grooms name brides name noun

_____ SIGHT. HE SAW HER AT _____ HIGH SCHOOL AS SHE WAS
number school name

STANDING NEXT TO THE _____, _____ TO ANOTHER FRIEND
place on campus verb (ing)

OF HIS. HE _____ OVER TO SAY _____, INTRODUCED HIMSELF,
verb (ed) greeting

AND ASKED HER NAME. SHE WAS SO _____! "HI THERE!", SHE SAID,
adjective

_____, MY NAME IS _____. SHE HAD SEEN HIM AROUND
adverb brides name

AND THOUGHT HE WAS SUPER _____. THEY _____ FOR A
adjective verb (ed)

WHILE AND THEN EXCHANGED _____. LATER, HE _____ TO
plural noun verb (ed)

ASK HER OUT ON A _____. ON THEIR _____ DATE, THEY
noun number

WENT _____ AND HAD _____ OF FUN. THE _____
verb (ing) plural noun number

TIME THEY _____ OUT, HE TOOK HER TO _____. SINCE
verb (ed) fancy restaurant

THINGS WENT SO _____ ON THEIR _____ DATE HE INVITED
adverb number

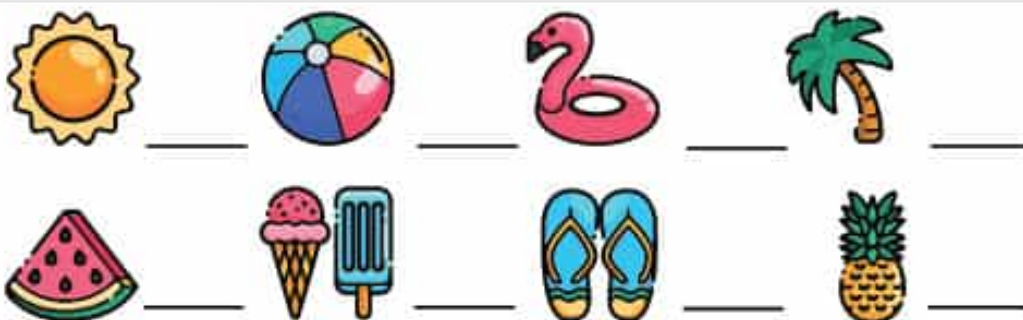
HER TO HIS _____. AFTER THAT, THEY WERE OFFICIALLY A
special event

_____ AND HE STARTED _____ HER AS HIS "_____".
noun verb (ing) noun

iSpy Summer Theme!

How Many Can You Spot?

I SPY SUMMER



Summer Word Search!

Name: _____ Date: _____

Summer Word Search

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

Swimming

Hamburgers

Sun Lotion

Warm

Sun

Sand

Sunshine

No School

Fun

Water

Flip Flops

Outside

Icecream

Vacation

Sandles

Hot Dog

Pool

Sunny

Sunglasses

Beach

Holidays Word Search!

Name: _____

Date: _____



Summer



Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

- AUGUST
- BACK TO SCHOOL
- BASEBALL
- BATHING SUIT
- BEACH
- CAMP
- CANOEING
- FAN
- FATHER'S DAY
- FOURTH OF JULY
- FRESH FRUIT
- GARDENING
- HEAT
- HIKING
- HOT
- ICE CREAM
- JULY
- JUNE
- MUGGY
- OUTDOORS

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



- PARK
- PICNIC
- POPSICLE
- SAILING
- SHORTS
- SUNDRESS
- SWIM
- TRAVEL
- VACATION
- WATERMELON

Sudoku:

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

Answers:

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

Old Wives Tales-

How Many Do You Think Are True or False?

1. Eating your bread crusts makes your hair go curly?
(A) False

2. When pregnant if you suffer with heartburn it is said your baby will have lots of hair when born?
(A) True, evidence collected from women who had severe heartburn while pregnant gave birth to babies with lots of hair

3. Fish included in your diet known as brain food?
(A) True, fish has been clinically proven in a diet to improve memory

4. If you eat too many carrots your skin can turn orange?
(A) True, beta carotene in carrots can discolour your skin

5. Rubbing a slice of onion on an insect bite can reduce swelling and discomfort?
(A) True

6. An apple a day keeps the Doctor away?
(A) True, apples have large amounts of antioxidants that can help reduce the risk of some cancers

7. Chicken soup can help cure a cold?
(A) True, eating a bowl of chicken soup can reduce inflammation in the lungs and in turn improve cold symptoms

8. If you hold your wedding ring over your pregnant belly and it swings around in circles you are having a girl?
(A) False, this fact is not proven. If the wedding ring swings back and forth like a pendulum the sex of the baby was going to be a boy (not proven to be true either)

9. Cracking your knuckles will give you arthritis?
(A) False

- 10 The full moon can cause strange behaviour?

(A) True, most hospitals record a higher amount of accidents and emergencies on a full moon

11 You can't go swimming after eating for 1 hour or you will sink to the bottom?

(A) False, no drownings have been recorded from swimming shortly after eating

12 If you can't sleep counting sheep will help you fall asleep?

(A) True, using visual techniques to try to fall asleep has been proven to work

13 Drinking a glass of warm milk before bed can help you fall asleep?

(A) True, it can release feelings of serenity that aids sleepiness



Football Reminiscence

Using the images below have a conversation about sporting memories: Are the items below familiar? What sounds might you hear at a football match? What do people do to celebrate a big win? Do you have a favourite team or player? Have you ever gone to a live football match?



THE TOWN I LOVED SO WELL
By The Dubliners

In my memory, I will always see,
The town that I have loved so well,
Where our school played ball by the gas yard wall,
And they laughed through the smoke and the smell,
Going home in the rain, running up the dark lane,
Past the jail, and down behind the fountain,
Those were happy days in so many, many ways,
In the town I loved so well.

Now the music's gone but they carry on,
For their spirits been bruised, never broken,
They will not forget but their hearts are set,
On tomorrow and peace once again,
For what's done is done and what's won is won,
And what's lost is lost and gone forever,
I can only pray for a bright, brand new day,
In the town I love so well.

The Fields of Athenry

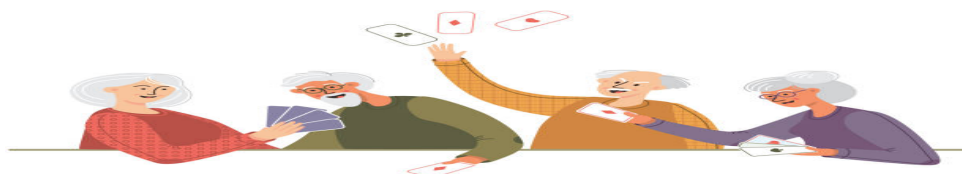
The Dubliners

By a lonely prison wall,
I heard a young girl calling
Michael they have taken you away,
For you stole trevelyn's corn
So the young might see the morn,
Now a prison ship lies waiting in the bay

Low lie, The Fields Of Athenry
Where once we watched the small free birds fly
Our love was on the wing
We had dreams and songs to sing,
Its so lonely round the Fields of Athenry

By a lonely prison wall
I heard a young man calling
'Nothing matters Mary, when you're free'
Against the famine and the crown,
I rebelled, they brought me down
Now its lonely round the Fields of Athenry

By a lonely harbour wall
She watched the last star falling
As the prison ship sailed out against the sky
Sure she'll live in hope and pray
For her love in Botney Bay
Its so lonely round the Fields Of Athenry

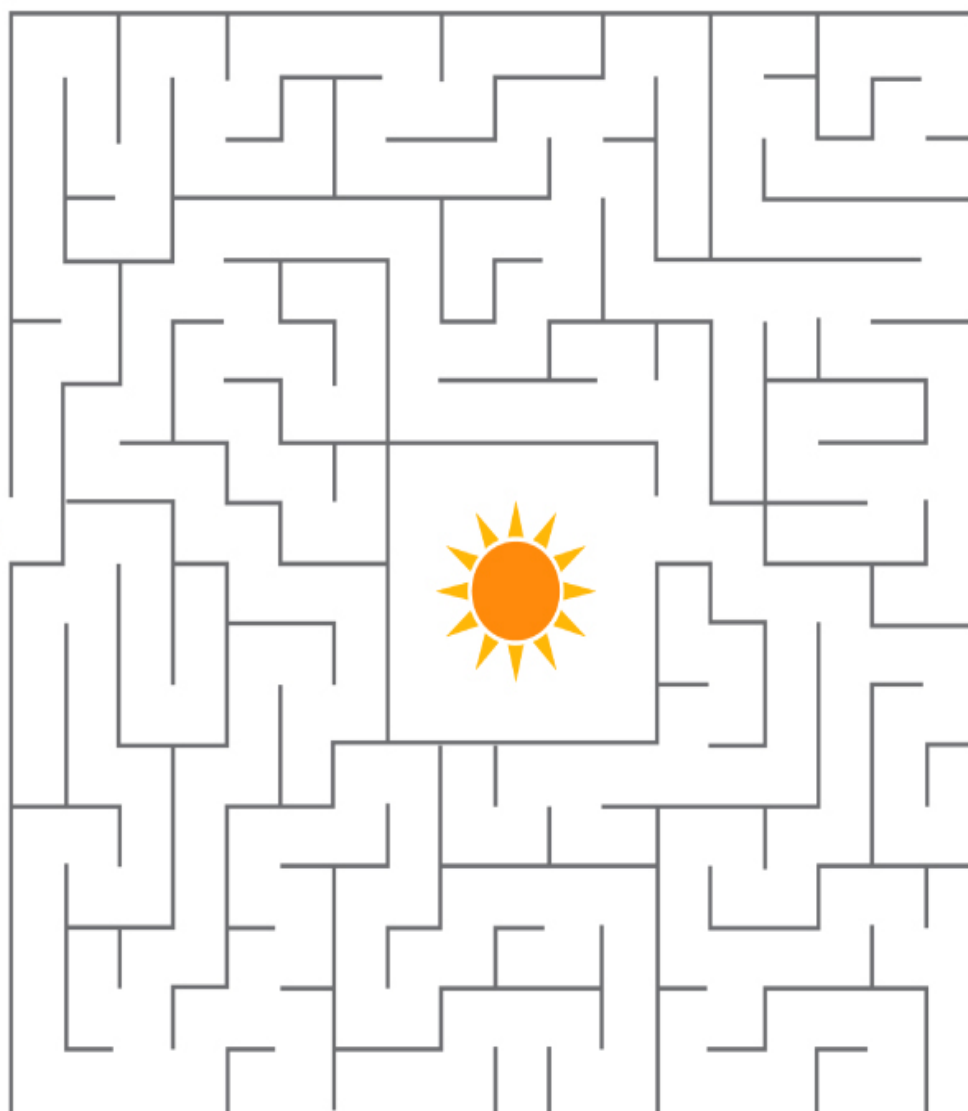


SUMMER MAZE

Find your way through the maze to reach the sun in the center.

Happy Summer!

START HERE



Summer Charades!

Get into two teams and act out each of the words below!



SUMMER CHARADES

| | | |
|-------------------------|---------------------|-------------------|
| FISHING | RIDE A BIKE | CLIMB A TREE |
| SANDY FEET AT THE BEACH | SWIMMING | FLY A KITE |
| GRILLING HOT DOGS | WATER BALLOON FIGHT | PLAYING MINI GOLF |
| EAT ICE CREAM CONE | SURFING | SET UP A TENT |
| SKIPPING STONES | MAKING A SANDCASTLE | SMORES |
| COOKOUT | SUNSCREEN | PLAYING VOLLEYBAL |

How to Make a Bird Feeder from a 2-Litre Plastic Bottle:

Equipment / Tools

Awl or another puncturing tool
Utility knife

Materials

Plastic bottle
Perch sticks, 8 to 10 inches long and about 1/4 inch thick
Metal screw hook
Polyurethane glue (such as Gorilla glue)
Paint (optional)



1. Clean and dry the bottle thoroughly, removing any labels. Use a weak bleach solution to be sure the bottle is sanitised, then rinse thoroughly. Allow the bottle to air dry for several hours or overnight to ensure that no moisture remains inside, which could cause the seeds to spoil. You can paint your bottle or design it however you like.
2. Attach the Hanger Hook, Screw the hook into the centre of the bottle's cap, making sure it is firm and tight. If necessary, you can use an awl or nail to start the hole, which will make it easier to screw in the hook.
3. After the hook is fully inserted, seal both sides (inside and out) with a drop of polyurethane glue to provide extra strength and to keep moisture out of the feeder. Avoid getting glue on the cap's threads, however, as you will need to open the bottle whenever you refill it with seeds.
4. Add Perches- Cut holes large enough to fit the perches completely through the bottle, about 1 1/2 inches from the bottom of the bottle. The perch dowels should fit snugly into the holes and extend completely across the bottle and out the matching hole on the opposite side. When inserting the perches, balance the length of the perch on each end to allow birds to feed

comfortably. A small bit of glue can also be used to secure perches and keep the holes from widening or loosening.

5. If desired, add additional perches higher on the bottle. Each additional perch should be 2 to 3 inches higher than the last and rotated around the bottle from where the last perch was located. This creates the most space for birds to perch. The top perch should be 3 to 4 inches below the cap.
6. Cut Feeding Ports- Cut feeding ports 1 to 2 inches above each perch, using a utility knife. The ports should be 1/8 to 1/4 inch wide, depending on the type of seed you will use—use larger holes for mixed seed or sunflower seeds, and smaller holes for Nyjer or millet. Oval-shaped holes that are taller than they are wide will be easier for birds to feed on.
7. Fill With Seed- Slowly fill the feeder with the desired seed. If the feeding ports are too big, placing a piece of clear tape over them and recutting smaller holes in the tape can fix the problem. If desired, you can add crumpled paper, decorative marbles or gravel to fill the very bottom of the feeder, occupying the space below the feeding ports where the seeds are out of reach of the birds.
8. Hang the Feeder- Hang the feeder outside from a tree branch or other support structure and wait for birds to discover it. It won't take long.

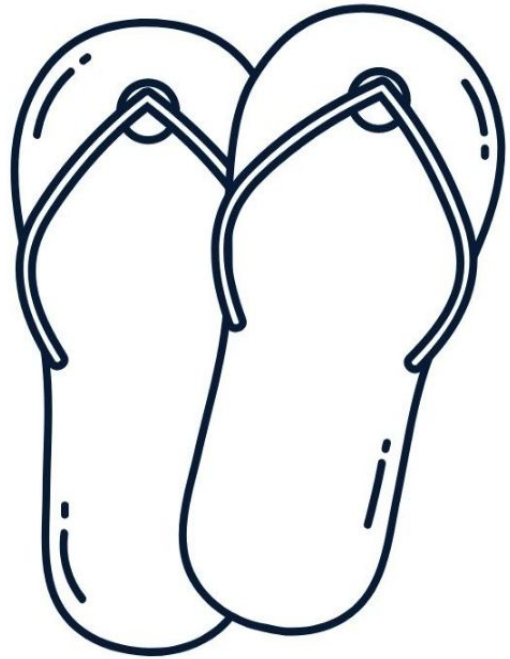
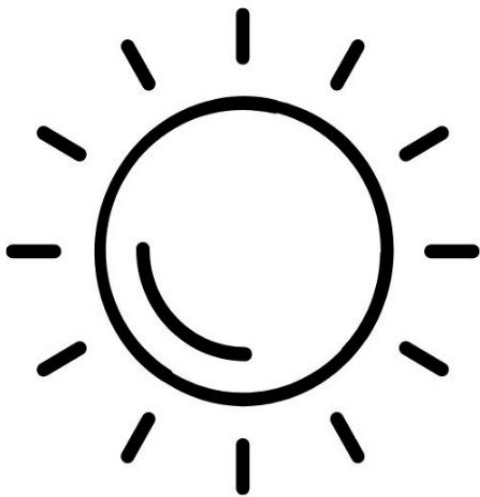


Printable Pictures to Colour!:

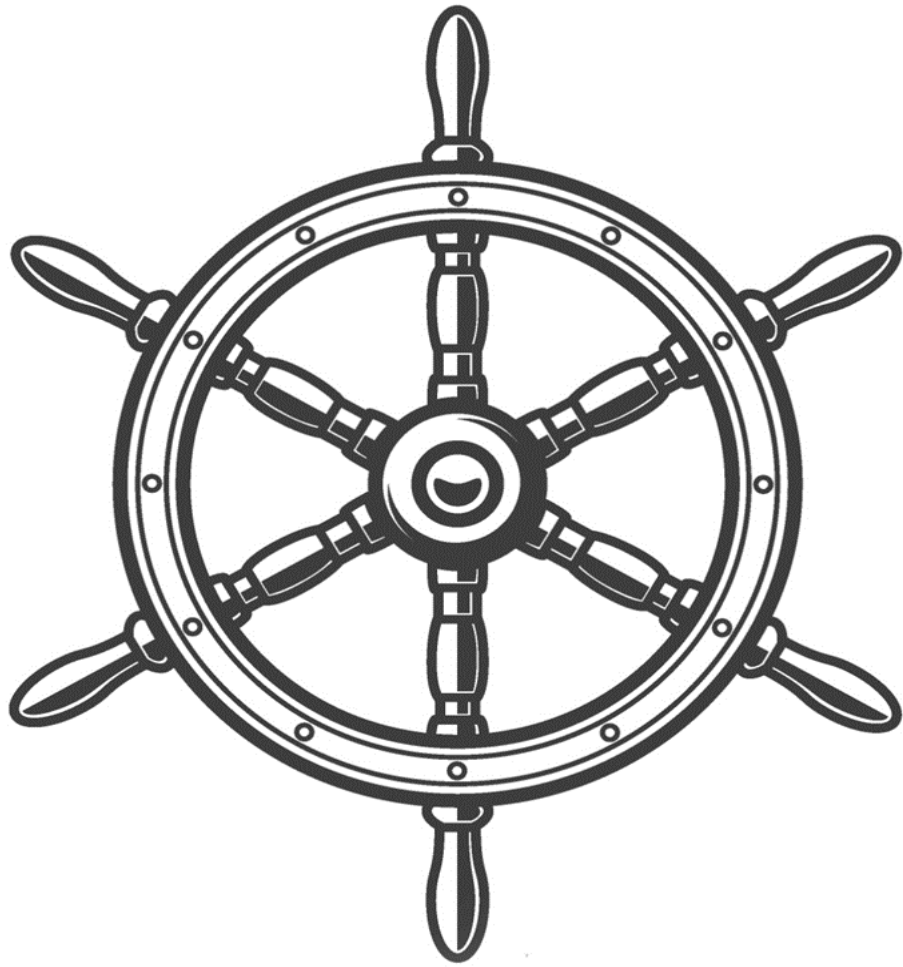


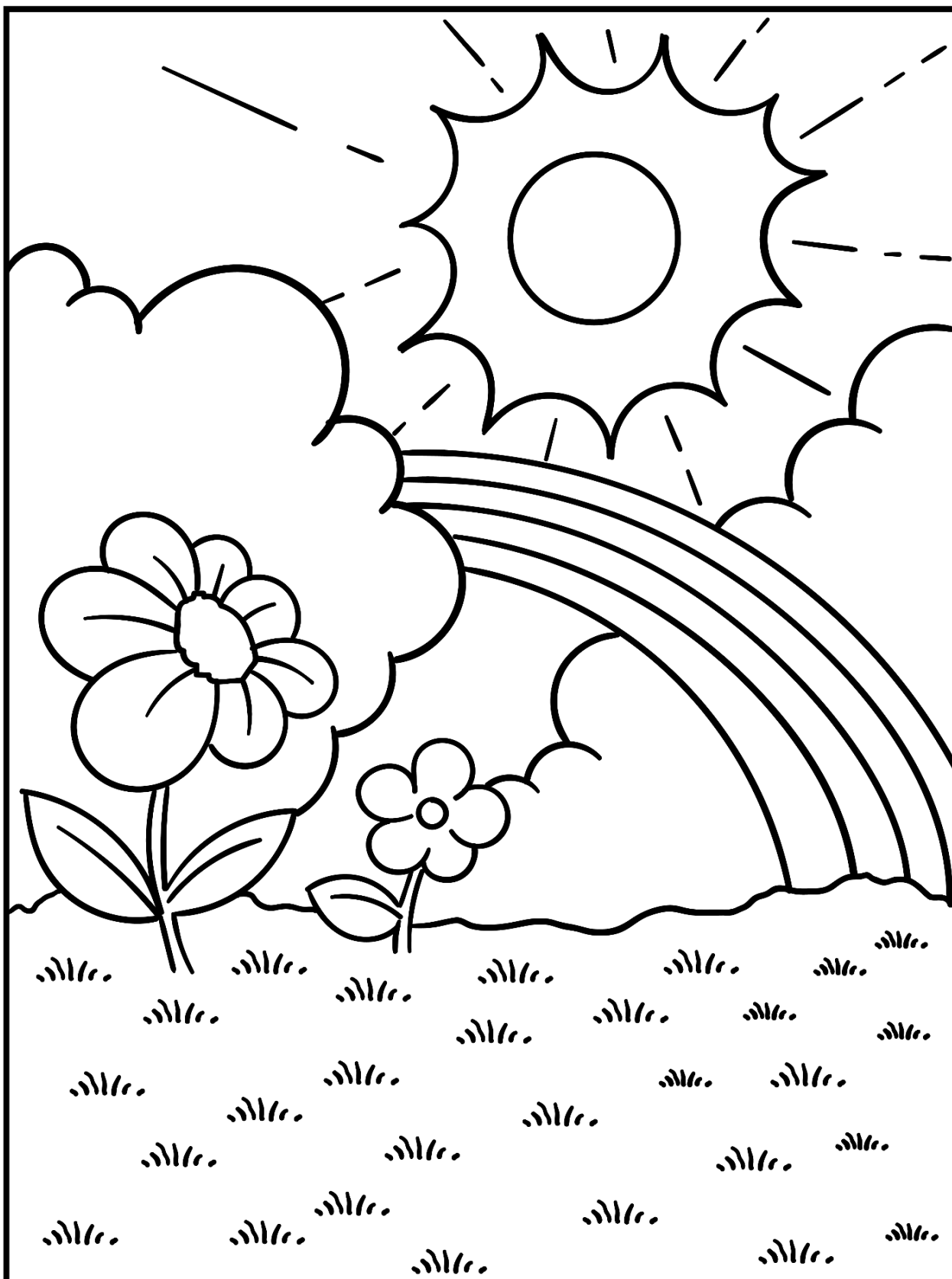


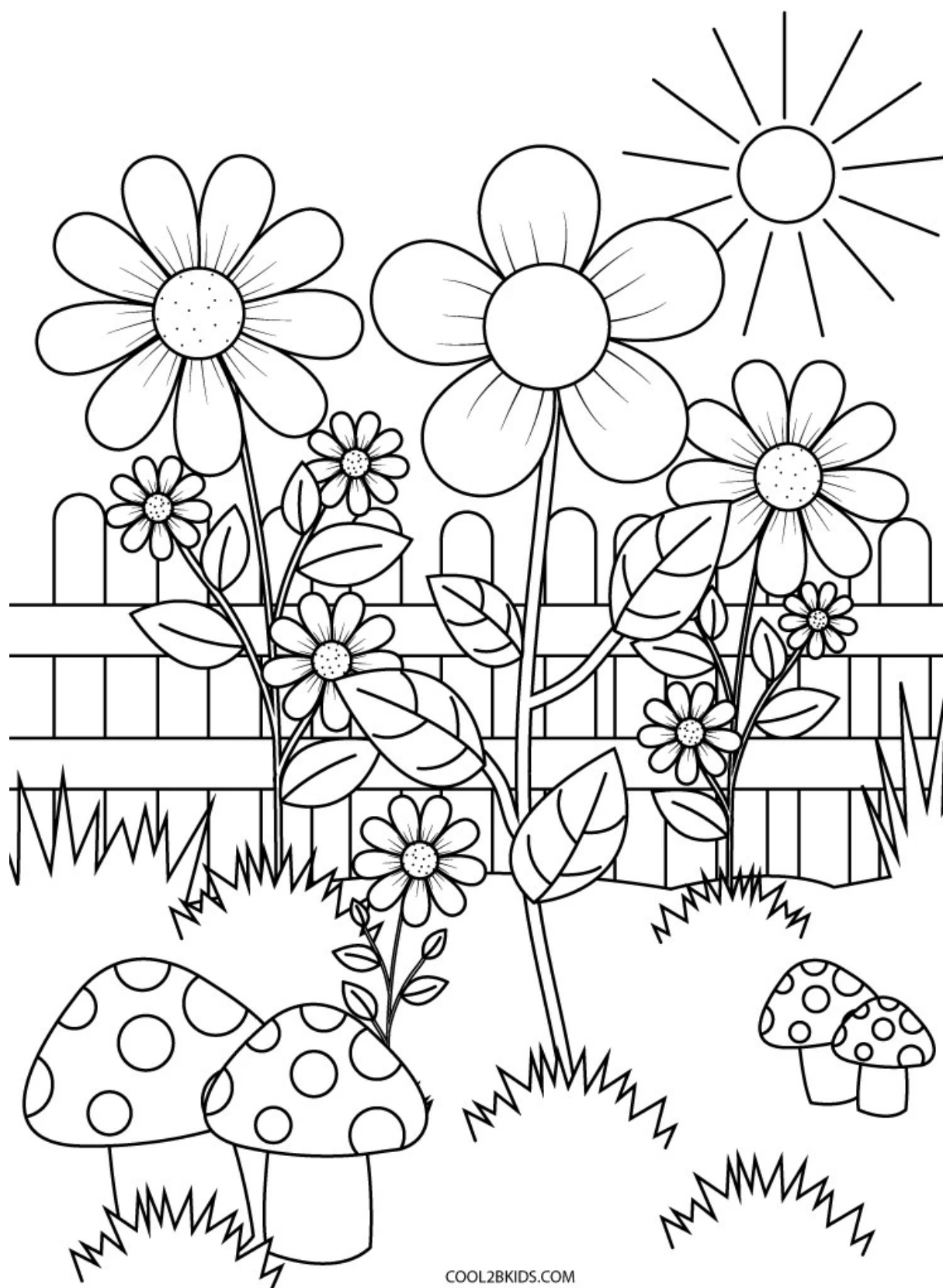
SUMMER











Sporting Quiz!:

1. **Where was the first Olympic Games held?**
Answer: Greece
2. **What country was the Olympic Games held in 2016? Rio Brazil**
3. **How many rings does the Olympic flag contain?**
Answers: 5
4. **What do the 5 rings on the Olympic flag represent?**
Answer: The 5 continents - Africa, Asia, The Americas, Europe and Oceania
5. **What colour are the Olympic rings?**
Answer: Blue, yellow, black, green & red
6. **Which country has won the most Olympic medals at the games?**
Answer: USA
7. **Which year witnessed the Munich Olympic Massacre?**
Answer: 1972
8. **An Olympic gold medal is made mostly of what metal?**
Answer: Silver
9. **What 3 words is the Olympic motto?**
Answer: Faster, Higher, Stronger
10. **How old was the oldest Olympic medal winner?**
Answer: Oscar Swahn, aged 72 won a silver medal for shooting. He was from Sweden
11. **Which athletes enter last in the parade at the opening ceremony?**
Answer: The Host country competitors
12. **The first team to enter the stadium at every opening ceremony is?**
Answer: Greece to honour the fact that this country was the first country to host the games and were they began
13. **How often are the Olympic Games held?**
Answer: Every four years
14. **What colour are the Olympic rings?**
Answer: Blue, yellow, black, green & red
15. **What sporting event is known as one of the oldest sports in the world and is held at every Olympic Games?**
Answer: Wrestling
16. **Who is the fastest swimmer ever?**
Answer: Michael Phelps
17. **Which country is said to have the best gymnasts?**
Answer: USSR & Russia
18. **Why did Bobby Pearce slow down during his rowing race at the 1928 Olympic Games in Amsterdam?**
Answer: To let a family of ducks pass by in the water (He still won the race by 30 seconds)

19. What did Muhammad Ali known as Cassius Clay at the time wear on his flight to compete in the 1960's Olympic Games in Rome?

Answer: A parachute, he was so afraid to fly. He did win a gold medal

20. The first 12 ancient Olympics only had one event. What was it?

Answer: A sprint race of about 200m long across the stadium

21. In which sport do men & women compete as equals?

Answer: Equestrian

22. An athlete turned actor who won five gold medals in swimming in the 1920's starred in 12 movies as Tarzan what was his name?

Answer: Johnny Weissmuller

23. What year were women allowed to compete in the Olympic Games?

Answer: 1900

What was different about him compared to the other runners in the race? He ran it without footwear

24. The first official Olympic mascot was known as Waldi at the 1972 Olympics in Munich. What was Waldi?

Answer: A Dachshund (Sausage Dog)

Why Was June Made?

By Annette Wynne

Why was June made?—Can you guess?
June was made for happiness!
Even the trees
Know this, and the breeze
That loves to play
Outside all day,
And never is too bold or rough,
Like March's wind, but just a tiny blow's enough;
And all the fields know
This is so—
June was not made for wind and stress,
June was made for happiness;
Little happy daisy faces
Show it in the meadow places,
And they call out when I pass,
"Stay and play here in the grass."
June was made for happy things,
Boats and flowers, stars and wings,
Not for wind and stress,
June was made for happiness!



SURFING by A.M Cousins

**Mother likes to slumber in the car, head back in the passenger seat,
eyes shut – still in the first year of her widowhood, she listens to hear
Tommy's voice again.**

**I walk quickly towards the Burrow, twenty minutes of respite to stretch my
legs and take the air before we drive back to the parlour – an evening of
quizzes and soap operas.**

**A seal surfs near the Forlorn Point – pale, dappled belly up, it rolls and falls
on the tide towards the shore, then dives beneath and surfaces out at sea.**

**I scramble through gravel and wear, stand on the shore and call the seal,
yodel a tune to lure it in.**

I want one sign.

The seal rides the waves again.

**The ice-cream shop is closed today – I bring her back the story of a seal.
She sings with the radio on the short drive home – Angles Guard Thee,
sweet love till morn**

Summer Quiz!:

Summer Trivia Quiz



1. The English word summer developed from what Old English word for the season?
a. Samer b. Suma c. Somer



2. The word "solstice" is derived from which Latin words?
a. Sol and sistere b. sol and sistica c. sol and stice



3. In What Country Is The Biggest Water Park In The World?
a. Holland b. Germany c. USA



4. The "dog days of summer" refer to which weeks?
a. Weeks between July 3 and August 11 b. Weeks between June 11 and July 3
c. Weeks between July 11 and August 3



5. In the United States, approximately how many long-distance summer trips are made?
a. 230 million b. 400 million c. 650 million



6. In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches. Is this statement true or false?
a. True b. false



7. What Year Was The First Beach Ball Invented?
a. 1910 b. 1938 c. 1957



8. How many different varieties of watermelon are there?
a. More than 300 b. More than 30 c. More than 100



9. The month of June is named after which Roman goddess?
a. Juno b. Jina c. Jiana



10. What are the three summer signs of the Zodiac?
a. Gemini, Cancer, Leo and Virgo b. Gemini, Cancer, Leo and Saggitarius
c. Gemini, Cancer, Leo and Scorpio



11. The word season is derived from which old French word?
a. Seas b. Sosan c. Seson

12. Where the World Margarita Championship is held each year?
a. Florida b. Arizona c. Atlana

13. According to hospital statistics in the U.S. what summer recreation historically claims the least number of injuries and fatalities each and every year?
a. swimming b. beach ball c. Skinny dipping

14. The month of July was named for what historical figure?
a. James iv b. Julius Caesar c. Justinianus Justinus

15. In the U.S. what is the most popular selling grilling meat throughout the summer?
a. Hamburgers b. Hot dogs c. grilled chicken



Summer Scattergories:

How many can you guess?

| CLUE | ROUND 1 | ROUND 2 | ROUND 3 |
|---------------------------------------|---------|---------|---------|
| Something that is hot! | | | |
| Something that you drink to cool off! | | | |
| Something that rhymes with "sun"! | | | |
| Somewhere to vacation! | | | |
| Something cold to eat! | | | |
| Something that is blue! | | | |
| Something that is shiny! | | | |
| Something you throw! | | | |
| Something that you barbeque! | | | |
| Total Points For Each Round | | | |

Script for Feeling Sensations

Find awareness of your breath.

Total awareness in your breathing.

Notice the inhale.

Notice the exhale.

Begin to feel the belly expand with each inhale. Feel the belly contract with each exhale.

Feel the breath coming in through the nostrils and filling the lungs.

Feel the breath exiting through the nostrils as the lungs deflate.

Relax the breath.

Relax the breath.

Find a feeling of heaviness in the body. Feel the heaviness.

Feel each part of your body, from the toes to the top of the head become heavy. You are so heavy that you sink into the floor.

Find that awareness.

Feel the heaviness. (Long pause.)

Now become aware of the lightness in the body. Awaken that lightness in each part of the body, from the top of the head to the tips of the toes.

Every part of the body is light and weightless.

The body becomes so light that it might float off the floor. Be aware of this lightness.

Feel this lightness.

Now find the feeling of being cold. Find that sensation of being chilled to the bone.

Imagine facing the icy wind of winter head-on. Imagine walking barefoot on a slab of ice.

Your feet are cold.

Your bones are cold. Your body is cold.

Be aware of that feeling of coldness.

Feel the cold.

Now turn to the feeling of heat.

Find that experience of heat all over the body.

Imagine a hot, humid day, no wind, the sun beating on your skin. Imagine sitting in a sauna, warm steam rising and filling the air with heat.

Be hot. Feel the heat.

Be aware of the heat.

Now move into the experience of pain.

Concentrate on the feeling of pain, emotional pain.

Physical pain. Become aware of that pain.

Sit with this feeling of pain.

Now bring in the feeling of pleasure.

Completely submerge yourself in pleasure.

Relive any past experience of calm, either physical or mental. Be in that moment. Feel the calmness. Be aware of that calm. Now come back to your breath. Notice the calmness of your breath, the evenness of your breath.

The inhale.

The exhale.

Open your eyes.



