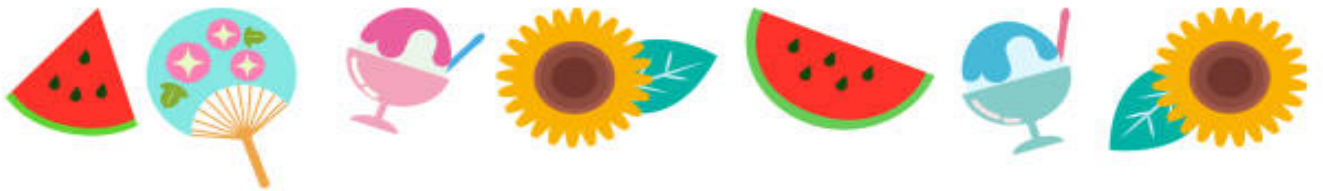


July

Activity Pack

2



Dear Friends,

As we step into the vibrant month of July, where the sun casts its warm glow upon us (at least some of the time!) and the melodious tunes of birds fill the air, we wanted to take a moment to reach out and let you know that you are in our thoughts. Even though we may not have the opportunity to gather in person sometimes, we are here to offer our unwavering support in any way we can.

In the spirit of embracing the joyful essence of summer, we have prepared an exciting array of resources for you to explore. This month's activity pack revolves around the theme of summer games, laughter, and outdoor adventures, all aimed at creating engaging experiences with your loved ones. We believe that these activities will not only bring you closer together but also provide moments of pure delight and shared memories.

We sincerely hope that this month's pack, filled with summer-themed adventures, brings you immense joy, laughter, and a renewed sense of togetherness.

Wishing you a season of endless fun this July and cherished moments.

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



"If I had my way, I'd remove January from the calendar altogether
and have an extra July instead."

- Roald Dahl

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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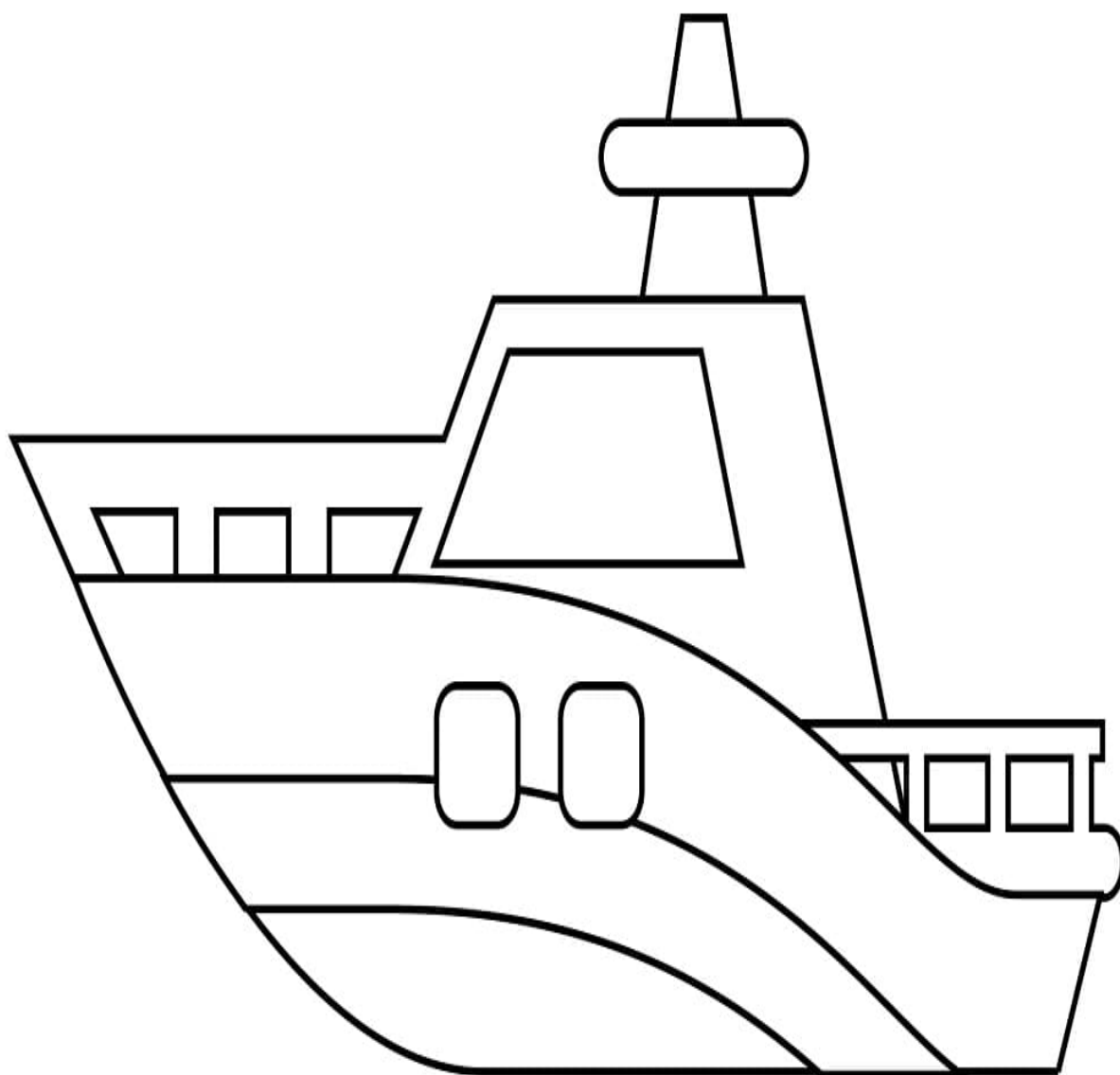
Spot the Difference:



Colour me In!:









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Summer Quiz!

1. *The summer lasts from June to September in the northern hemisphere. When is the summertime in the southern hemisphere?*

- A. From June to September
- B. From October to December
- C. From December to March-**

2. *Which of the following facts is NOT true about the summer solstice?*

- A. It occurs in July each year**
- B. The sun reaches the highest point in the sky in the year
- C. The day has the most hours of daylight in the year

3. *Sumardagurinn fyrsti, which literally means the first day of summer, is an annual public holiday in which European country?*

- A. Denmark
- B. Iceland**
- C. Finland

4. *The phrase “the dog days of summer” is named after the “Dog Star”. What is the official name of this star?*

- A. Sirius**
- B. Canopus
- C. Vega

5. Which term is used for a period of unseasonable dry, warm weather in autumn from September to November?

A. Arabian Summer

B. Persian Summer

C. Indian Summer

6. Which British rock band had a debut single called "In the Summertime"?

A. The Small Faces

B. Mungo Jerry

C. Iron Maiden

7. The 2024 Summer Olympics will be held in which city?

A. Los Angeles

B. Cape Town

C. Paris

8. When is the Christian festival of Midsummer Day celebrated?

A. 24th June

B. 24th July

C. 24th August

9. *Which ingredient can be used as the filling for a summer pudding?*

A. Fruits

B. Honey

C. Cream

10. *Which OTC vitamin may be used as a sunscreen by ingesting or applying a solution to the skin?*

A. Vitamin A

B. Vitamin C

C. Vitamin D

General Knowledge Quiz!

1. Who was the first man on the moon?
2. What was the name of Sri Lanka before 1972?
3. What happened on the 6th of June 1944?
4. Who was the first woman to become Prime Minister of the UK?
5. What does the acronym EU stand for?
6. Which author created the character of Hercule Poirot?
7. Who was the first President of the US?
8. What is the currency in use in Australia?
9. What type of beverage is Jameson?
10. Which author wrote To Kill a Mockingbird?

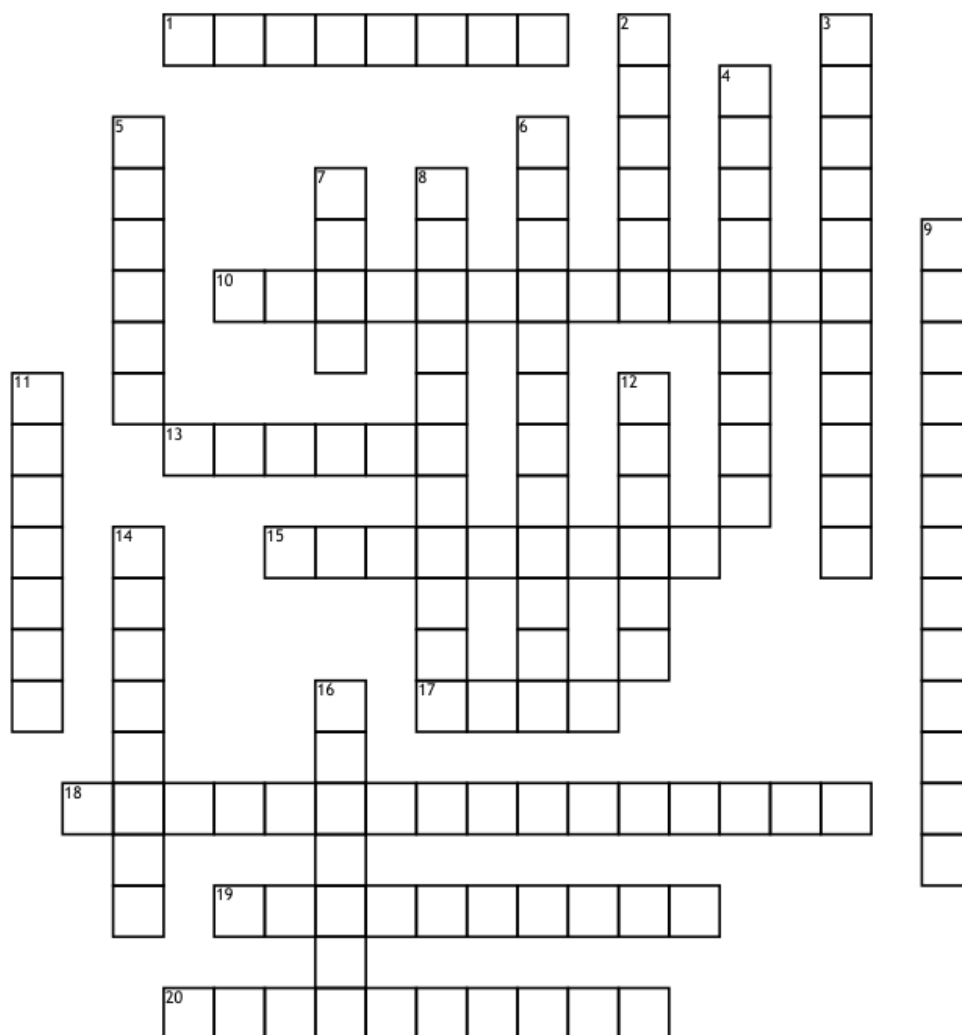
Answers:

1. Neil Armstrong
2. Ceylon
3. D-day, Normandy Landings
4. Margaret Thatcher
5. European Union
6. Agatha Christie
7. George Washington
8. Australian Dollar
9. Whiskey
10. Harper Lee

Crossword Puzzle!:

Name: _____ Date: _____

Ireland

**Across**

1. National Flower of Ireland

10. Ireland's tallest peak

13. Language of Ireland

15. Popular Irish music

17. Currency of Ireland

18. Ireland's National Holiday

19. Ireland's largest castle

20. Largest lake in Ireland

Down

2. Main produce of Ireland

3. Ireland's nickname

4. 5000 year old burial castle

5. Capital of Ireland

6. Ireland's longest river

7. National symbol of Ireland

8. 18th Century castle

9. Religion of Ireland

11. The garden of Ireland

12. Northern Ireland's Capital

14. Ireland's most popular sport

16. National bird of Ireland

A Old Tale of Travelling Tribes by Robert Rogan, Co. Sligo

Long ago in Ireland there was a tribe of people called poets. These people were always going from house village to village and all along till any news they heard was all over Ireland.

These people were very fond of music and storytelling and earned their living this way, but they seldom worked in fields, houses, or gardens.

These people were dying out as the years went past and in their place came a lazy tribe called tramps. These people had their own huts and clans. Some of these people were good working people but the majority were unused to work and do not like it. They prefer to beg and sing songs on the street for a few pence. The people were very generous towards these people and used to let them sleep in their houses.

In some cases if the houses were too small they would let them sleep in good outhouses and barns. The people used to give them butter, sugar, milk, and plenty of wheaten bread.

There are other tribes called traders or tinsmiths. The tinsmiths make cans, saucepans and other articles and sell them in villages, towns, and country houses.

The sewers make little tables mat lace and other various articles. There are a few people going around here who are a long time begging, their names are Gaffney or "The Old Bog Road," which he was named on account of a song he made up and used to sing on the streets. There is another named John Nancy: he is a curious individual and never wears any shoes or boots. He is a good worker and he gets plenty to eat and a good bed from any one he will go to and work for. He comes from a very respectable family up in Bunnyconnlon but there is some sort of stray on him. There is another man named John Roche, who was in the war and was shell shocked. Since then he goes around like a wanderer but like John Nancy he comes from respectable people. They own a farm outside Ballina.

All those other clans have special places for camping. They camp in byways away from main roads and centres. Still they camp near a shop and near a wood or bog where turf or wood is easily procured. They also camp near a well so that water is easy to get. They also look for a place where wildfowl and rabbits are plentiful.

These they trap and snare with much skill. They eat some of the game and sell more if they have them plentiful. They have several ways of earning money that other people have not.

Summer Mad Libs!:

A vacation is when you take a trip to some _____ place
ADJECTIVE

with your _____ family. Usually you go to some place
ADJECTIVE

that is near a/an _____ or up on a/an _____.
NOUN NOUN

A good vacation place is one where you can ride _____
PLURAL NOUN

or play _____ or go hunting for _____. I like
GAME PLURAL NOUN

to spend my time _____ or _____.
VERB ENDING IN "ING" VERB ENDING IN "ING"

When parents go on a vacation, they spend their time eating
 three _____ a day, and fathers play golf, and mothers
PLURAL NOUN

sit around _____. Last summer, my little brother
VERB ENDING IN "ING"

fell in a/an _____ and got poison _____ all
NOUN PLANT

over his _____. My family is going to go to (the)
PART OF THE BODY

_____, and I will practice _____. Parents
A PLACE VERB ENDING IN "ING"

need vacations more than kids because parents are always very
 _____ and because they have to work _____
ADJECTIVE NUMBER

hours every day all year making enough _____ to pay
PLURAL NOUN

for the vacation.

Finish the Sentence!:

It's simple. Read the first part; encourage players to finish the phrase!

1. Easier said than... done
2. Don't judge a book by its... cover
3. A penny for your... thoughts
4. Time flies when you're having... fun
5. Actions speak louder than... words
6. Up a creek without a... paddle
7. Close, but no... cigar
8. Don't count your chickens before they... hatch
9. Back to the drawing... board
10. Best thing since sliced... bread
11. The ball is in your... court
12. Burn the midnight... oil
13. Don't put all your eggs in one... basket
14. Fill in the... blank
15. Every cloud has a silver... lining
16. Think outside the... box
17. At the drop of a... hat
18. The best of both... worlds
19. The bigger they are, the harder they... fall
20. A blessing in... disguise

Summer iSpy!

I SPY SUMMER



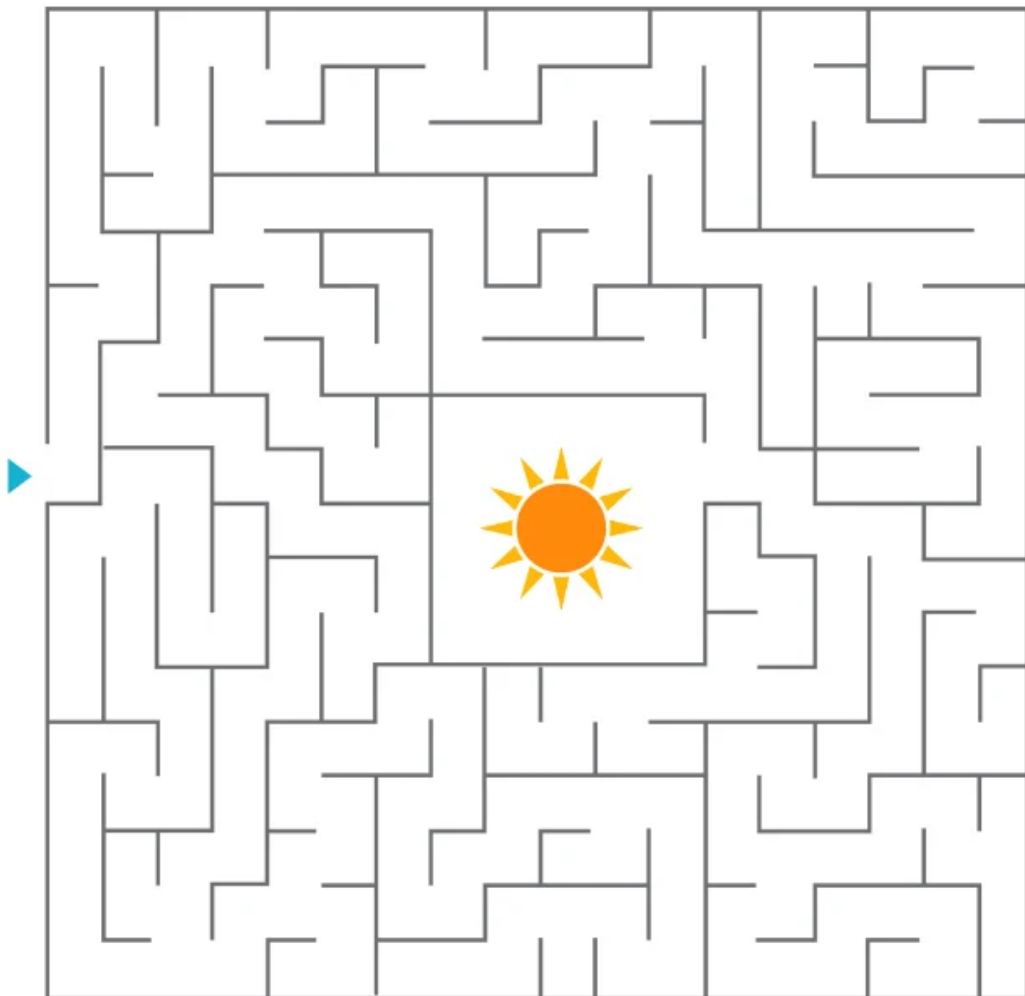
Summer Maze!

SUMMER MAZE

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

Happy Summer!

START HERE



Warm Summer Sun
By Mark Twain

Warm summer sun,
Shine kindly here,
Warm southern wind,
Blow softly here.
Green sod above,
Lie light, lie light.
Good night, dear heart,
Good night, good night.



Summer Solstice and Midsummer Folklore

As we know, for many cultures around the world midsummer's eve is a time when fairies and spirits cross more easily into the human world. One famous piece of writing which describes this liminal time is William Shakespeare's *A Midsummer Nights Dream* whose characters include both the king of the fairies, Oberon, and the fairy queen, Titania.

In the 8th century, the writer, Bede, included a list of old Anglo-Saxon names for the pagan festivals and months, including the name Litha for midsummer. Today, some pagans and witches use this name to refer to the summer solstice as part of the wheel of the year.

As far as traditional folklore is concerned, observing the time of midsummer and the solstice draws attention to the cyclical nature of life and time. The fairy lore and spiritual aspects allow people to see beyond these earthly bonds and into the realm of eternity and timelessness.

Of course, there was also a connected magical element to the fires lit on midsummer as they banished bad luck and evil spirits. As we have seen from previous posts, this is a time when a person might inadvertently cause offence to the good people without even realising it. The wearing of flowers in a persons hair and hanging garlands upon doorways was a way to thwart bad luck in this respect.

In Irish lore the cycle of life is often represented by turning, spinning and circular motion. There are many other variants of this custom of making wishes while walking in a circle. Sometimes people walked around a fire or a well but in other cases it might be a fairy tree or wooden pole.

Another custom is 'turning the pebble' where a person would walk around the midsummer bonfire three times holding a stone in their hand and whispering a wish they wanted to come true to themselves.

Then, after the last loop they threw the pebble into the flames.

In some Scandinavian countries a type of decorated Maypole is the central focus of the dancing and rituals.

When you look at the mythology of spider-goddesses, spinning and webs you also notice these archetypal patterns.

Another circular motif used at this time of the year is a sunwheel. Depending upon where you live these may take the form of huge balls of straw or tangles of wood which are set on fire and rolled down a hill at sunset.

The ashes of the sunwheel were then used to protect homes and animals from evil spirits. A similar fire custom which includes prophecy is jumping over the bonfire with your love. If you let go their hand during the jump the relationship was said to be doomed, though!

An interesting form of divination used in Northern Europe at midsummer is one where young girls float garlands containing their wishes, either whispered to the flowers or written on paper, on the surface of a river or lake. Depending on how the garland moves or whether it sinks was said to predict the outcome of the request.

Some versions of this custom say you are not meant to look at the garland or even go back to the offering as you are handing your wishes to the gods, goddesses and spirits to determine.

I think there is probably a connection here to the tradition of placing problems on a rag tree and allowing the material to deteriorate in the hope that the problem will too. You can also notice similarities to various Irish practices at Holy Wells in this custom. The circling and water rituals carried out at Holy Well's, which, of course, were old pagan sites long before they were Christianised have that same context of leaving things in the hands of higher powers.

In fact, for many in Ireland today, midsummer is more associated with St. John, and many of the ancient pagan practices and lore have either been forgotten or 'updated' with Christian names and themes.

Fire, prophecy, fairies, ancestors and feasting are the motifs that run through all of the lore associated with this time of the year. We find parallels between South American customs and Russian lore, Irish traditions and those of North American indigenous tribes. It really is a treasure trove of comparative archetypes.

You can also notice some similarities to the Bealtaine traditions here as both of these rituals are acknowledging the long, summer days, purification and the

prospect of new life in all of its manifestations. Biologically this makes sense. We are more energised having been exposed to longer hours of daylight and psychologically this is a good explanation for many of the customs involving resolutions and promises made at this time of the year.

(As an aside, it's probably easier to feel more positive about the future in the summer than the later custom of making resolutions on January the 1st during the depths of winter!)

One Irish custom which is very easy to maintain and continue is that of lighting a candle on solstice morning and letting it burn all day in recognition of the sun and in remembrance of our ancestors. Always be careful where you place the candle, though!

**Here Comes The Sun
By The Beatles**

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say

It's alright

Little darlin', it's been a long, cold, lonely winter

Little darlin', it feels like years since it's been here

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say

It's alright

Little darlin', the smile's returning to their faces

Little darlin', it seems like years since it's been here

Here comes the sun

Here comes the sun, and I say

It's alright

Sun, sun, sun, here it comes

Sun, sun, sun, here it comes

Sun, sun, sun, here it comes

Sun, sun, sun, here it comes

Sun, sun, sun, here it comes

Little darlin', I feel that ice is slowly melting

Little darlin', it seems like years since it's been clear

Here comes the sun, doo-doo-doo-doo

Here comes the sun, and I say

It's alright

Here comes the sun, doo-doo-doo-doo

Here comes the sun

It's alright

It's alright

Let's Paint Some Rocks to Have in Our Gardens!

What kind of rocks do you want to paint this summer? I love bright sun shines, something that takes me to the water, and bright and colourful flowers. I can't wait to see what gets added to this list of adorable rock painting ideas as the warm weather continues!

What supplies do you need?

Here are a few of the most important supplies that you will need to get started. When painting your rocks, you can add material you like! Glitter, felt, pictures. Why don't you create a rockbed where your plants are?

- Paint Pens or Acrylic Paints
- Flat and Smooth Rocks
- Clear Sealer
- Tablecloth

Make sure to send in any photos of your rocks to communityengagement@alzheimer.ie!

Examples!



Let's Make a Summer Apricot Almond Cake!

Ingredients



Cooking spray

1 cup all-purpose flour

½ cup almond flour

½ cup granulated sugar

1 ½ teaspoons baking powder

½ teaspoon kosher salt

¾ cup unsweetened plain almond milk

1 teaspoon apple cider vinegar

½ cup olive oil

½ teaspoon pure almond extract

1 15 oz. can apricot halves in heavy syrup (such as Del Monte), drained

1 tablespoon apricot preserves

Directions

1. Preheat the oven to 350°F. Coat a 9-inch springform pan with cooking spray. (If you don't have a springform pan, spray a 9-inch cake pan with cooking spray and line the bottom with a circle of parchment paper.)
2. Whisk all-purpose flour, almond flour, sugar, baking powder, and salt in a large bowl. Add milk and vinegar; stir to combine. Add oil and almond extract; stir until very well combined, about 60 strokes.
3. Transfer to the prepared pan. Note: The gluten in the flour gives this eggless cake structure. Be sure to stir the batter for the full 60 strokes to activate it.
4. Arrange apricot halves, cut side up, on top of the cake batter. Bake for 30 minutes. During the final 2 minutes of baking time, whisk apricot preserves and 1 teaspoon of hot water in a small bowl.
5. Remove cake from oven. Brush cake (not apricot halves) with apricot preserve mixture.

6. Return cake to oven and bake until lightly golden and a wooden pick in the center comes out clean, 10 to 15 minutes.
7. Transfer the pan to a wire rack and let the cake cool for 10 minutes. Remove the sides of the pan and let the cake cool completely on a wire rack, for about 30 minutes

Guided Meditation for Sleep

(do this while lying in bed, ready for sleep)

With your eyes closed, begin to focus on your breathing. Take in a nice, deep breath through your nose and feel it fill up your lungs. Feel your belly fill up with the air, then let it go. As you breathe, you feel the bed rising up to meet and support you, and you allow yourself to grow heavier and heavier with each breath.

Feel your body sinking into the softness of your bed. As your body becomes still, your mind begins to drift. You see a green meadow, soft and peaceful. You feel the breeze blowing against your cheek. You feel the grass underneath your feet. You listen and you hear the stillness of nature. You breathe and look around the meadow. You see the houses down in the valley and the mountains in the distance. You fill your lungs with air. In and out. In and out. With your mind clear of any other thought, you tell yourself this affirmation:

I am peaceful.

I am peaceful.

I am peaceful.

