



August

Activity Pack

2



Dear Friends,

We find ourselves now in the beautiful month of August, where summer has gifted us with cherished memories spent with loved ones, stargazing beneath the night sky, feeling the warmth of the sun on our skin, and indulging in delicious foods!

As we transition into the Autumn months, the air grows cooler, and the evenings shorten, reminding us to appreciate the changing colours of the leaves. This month, our activity pack theme is "Relaxation." Relaxation comes in many forms – from the solace of a good book to the serenity of a leisurely walk, tending to a garden, finding peace in prayer, or even embracing the joy of a round of golf!

Life can often feel like a rollercoaster, and it is crucial to remember the importance of taking time for ourselves, slowing down, and granting ourselves a much-needed break to re-energize.

We invite you to share your suggestions for future themes, showcase your artwork on our social media, and contribute poems and stories to be included in the pack. We welcome all artists and writers to join us in this creative endeavour!

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



“Everything good, everything magical happens between the months of June and August.”

—Jenny Han

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

Table of Contents

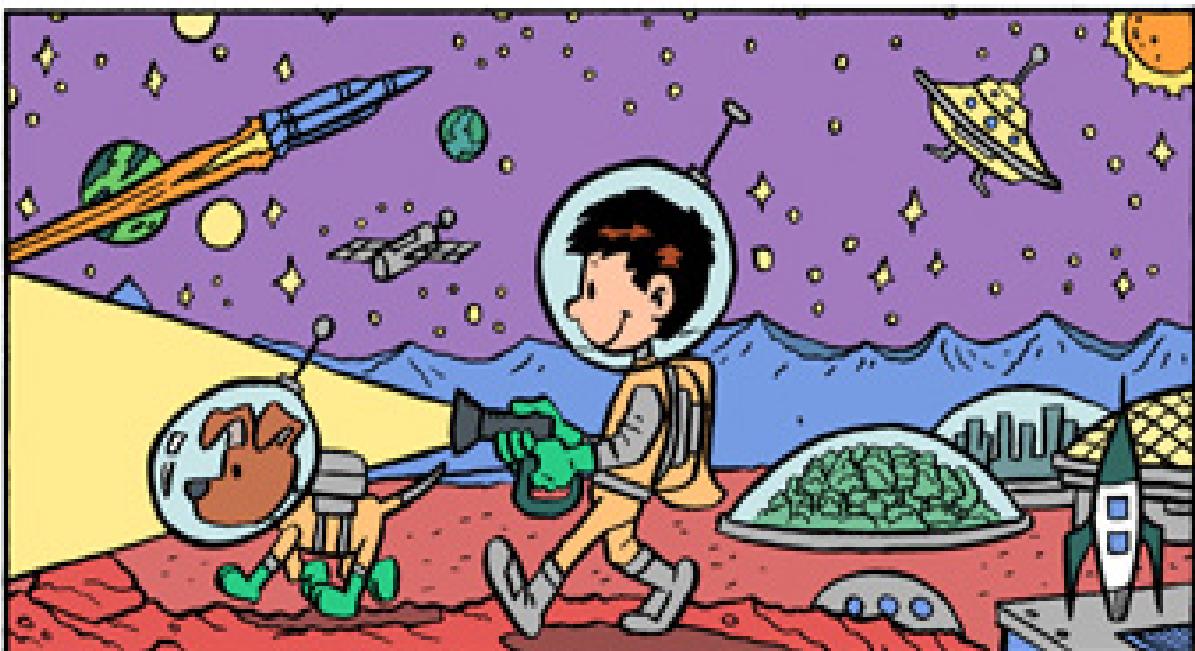
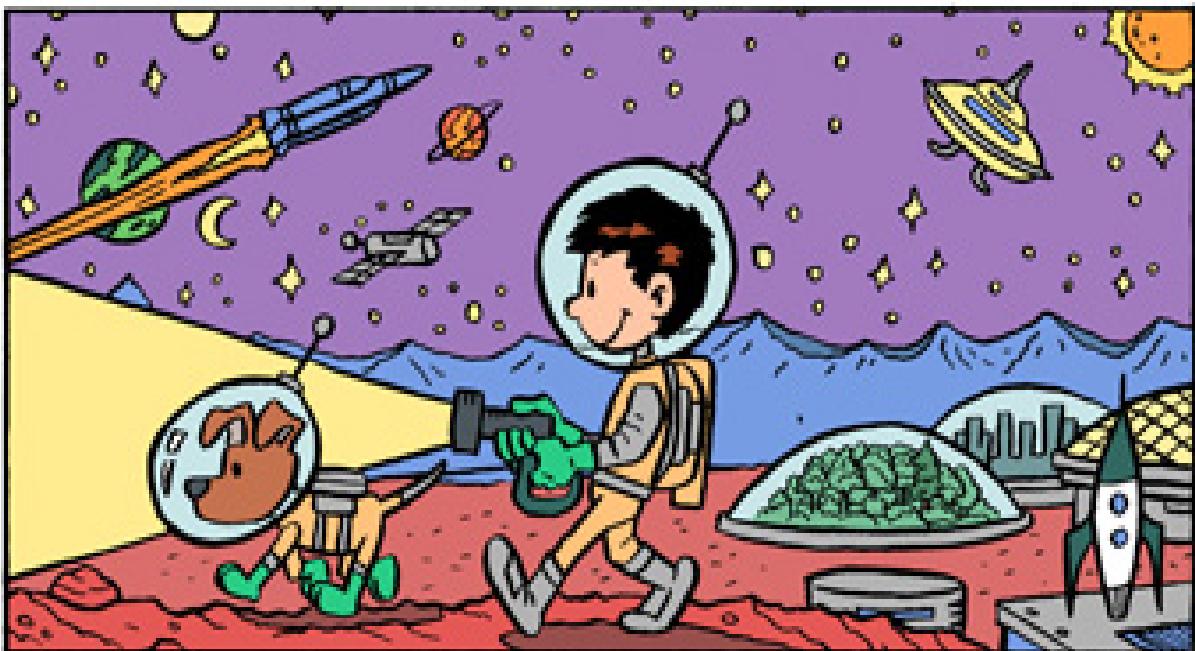
<u>Activity</u>	<u>Pages</u>
Spot the Difference	6-7
Word Search	8-9
iSpy	10
Fishing Counting Game	11
Maze	12-13
Bucket of Kindness Meditation	14-15
True or False	16-17
Pictures of Colour	18-23
Summer in Dublin Song	24

The Ferryman Song	25-26
An August Midnight Poem	27
Soul Embrace Poem	28-29
Preab San OI – The Dubliners Song	30-31
Remembering the Clothesline Song	32-33
Blueberry and Banana Muffins Recipe	34-35
Have Yourself a Spa Day	36-37
Enchanted Fall Forest Meditation	38-39

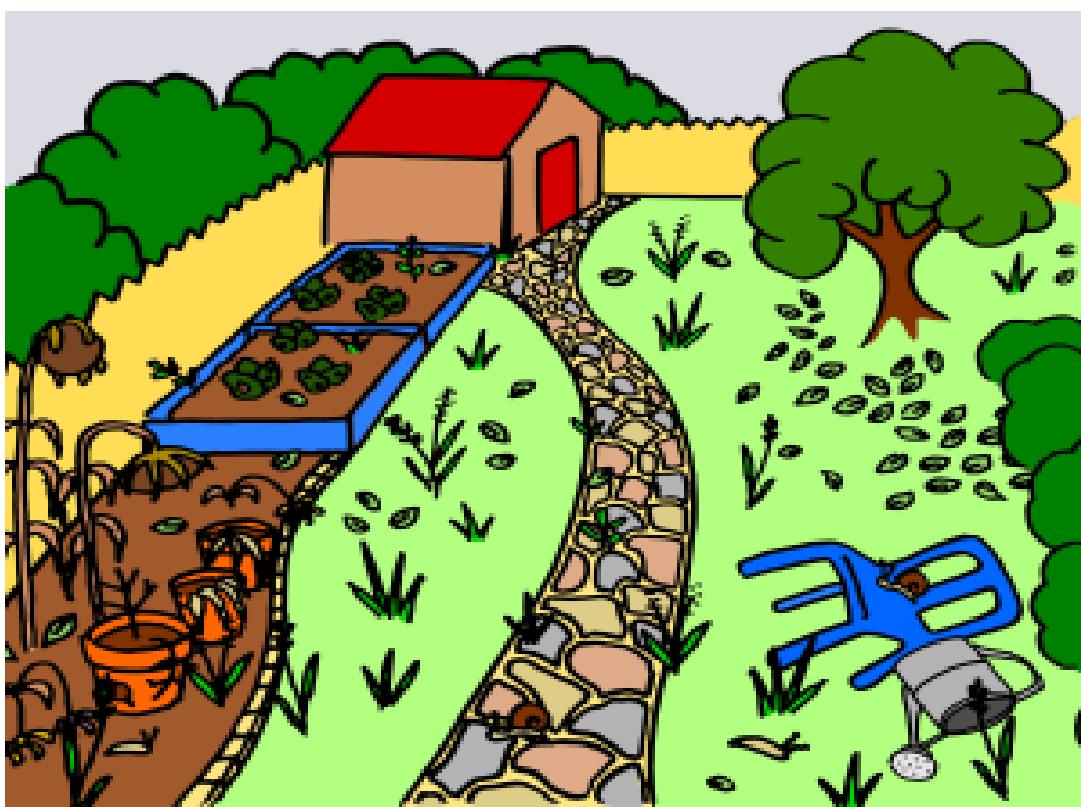
Spot the Difference
How many differences can you spot?

Spot the Difference

Spot 12 differences between the two pictures.



Spot the Difference
Can you spot 10 differences?



Word search:**LETS TAKE A RIDE**

BIRD
HIKING
MAP
POOL
STROLL
TRAIN

BROADWAY
LONDON
MOVIES
SCOTTLAND
SUITCASE
TURKEY

August Word Search:

AUGUST

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

CARDS
JINGO
BEADING
LUCKY FULTON
BUCKS
EXCITEMENT
AUGUST

FITNESS
COMMUNION
BINGO
GOODIES
NEWSLETTER
DIAMOND

NAILS
FOOD SOCIAL
PATIO
SUMMER
SEWING
POKENO

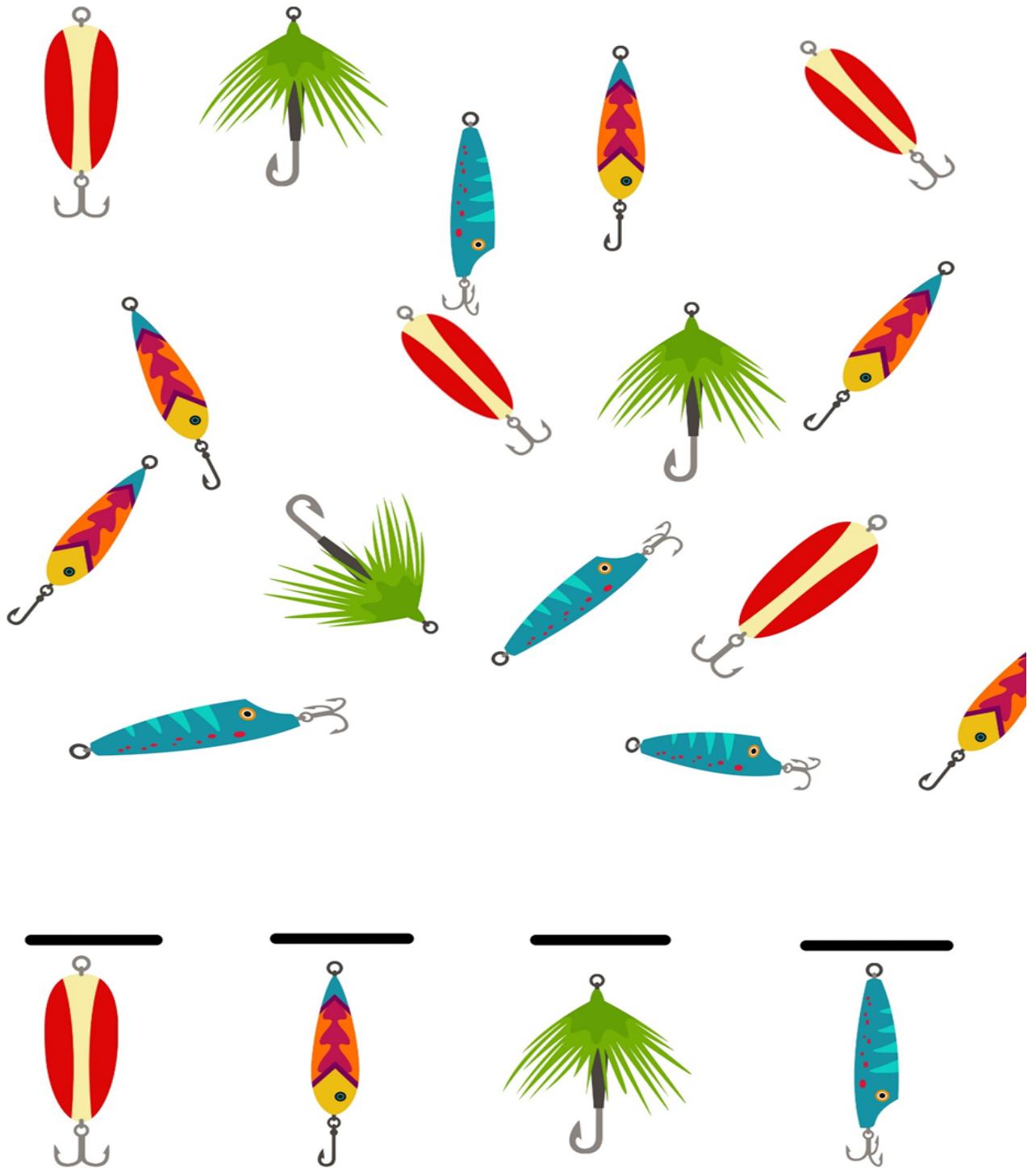
SKIPBO
MOVIE
MUSIC
OUTSIDE
IMPRESSIVE
BIRTHDAY PARTY

Food iSpy!**FOOD I SPY**

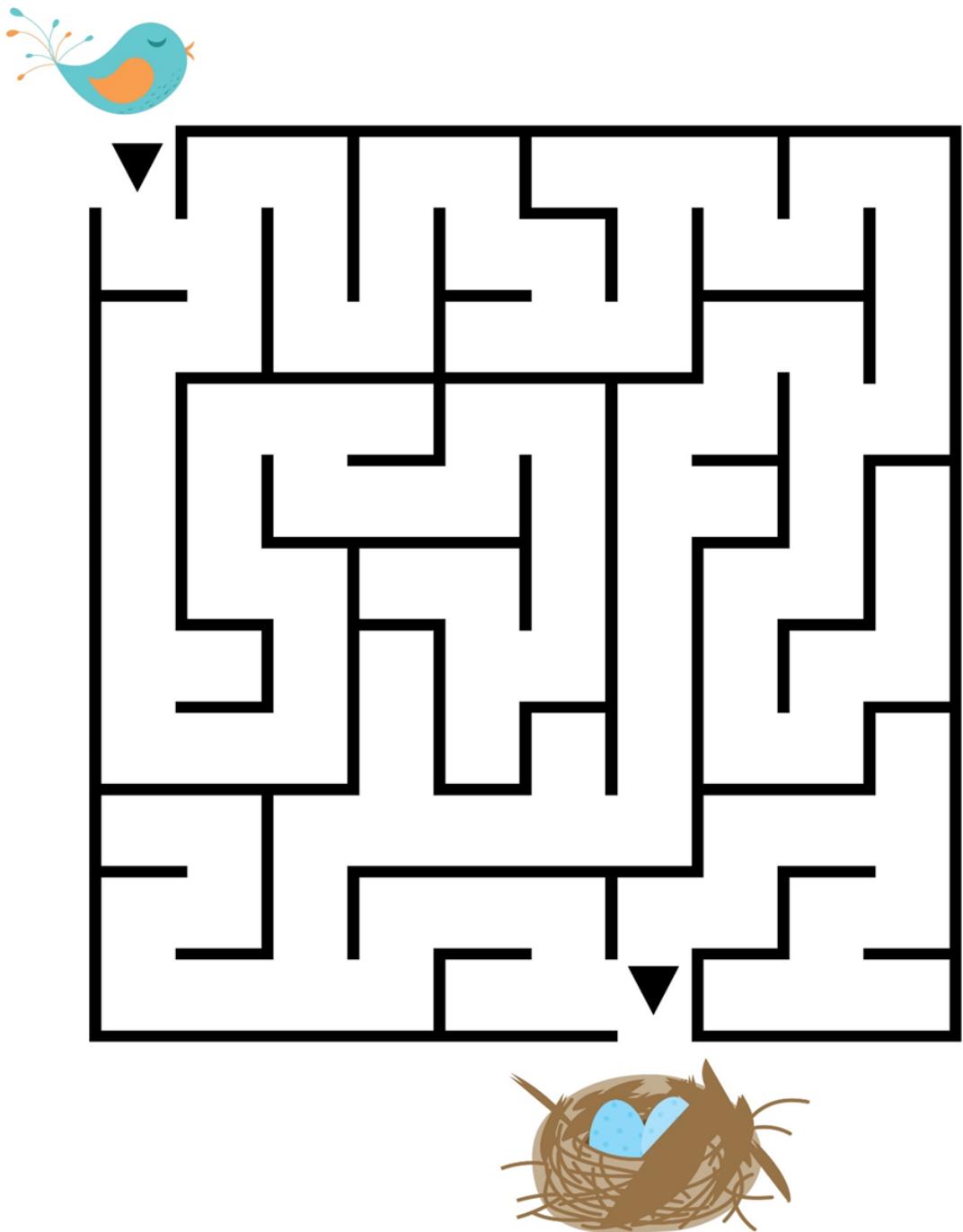
Fishing Counting Game

Oh no! Someone has dropped their fishing tackle box!

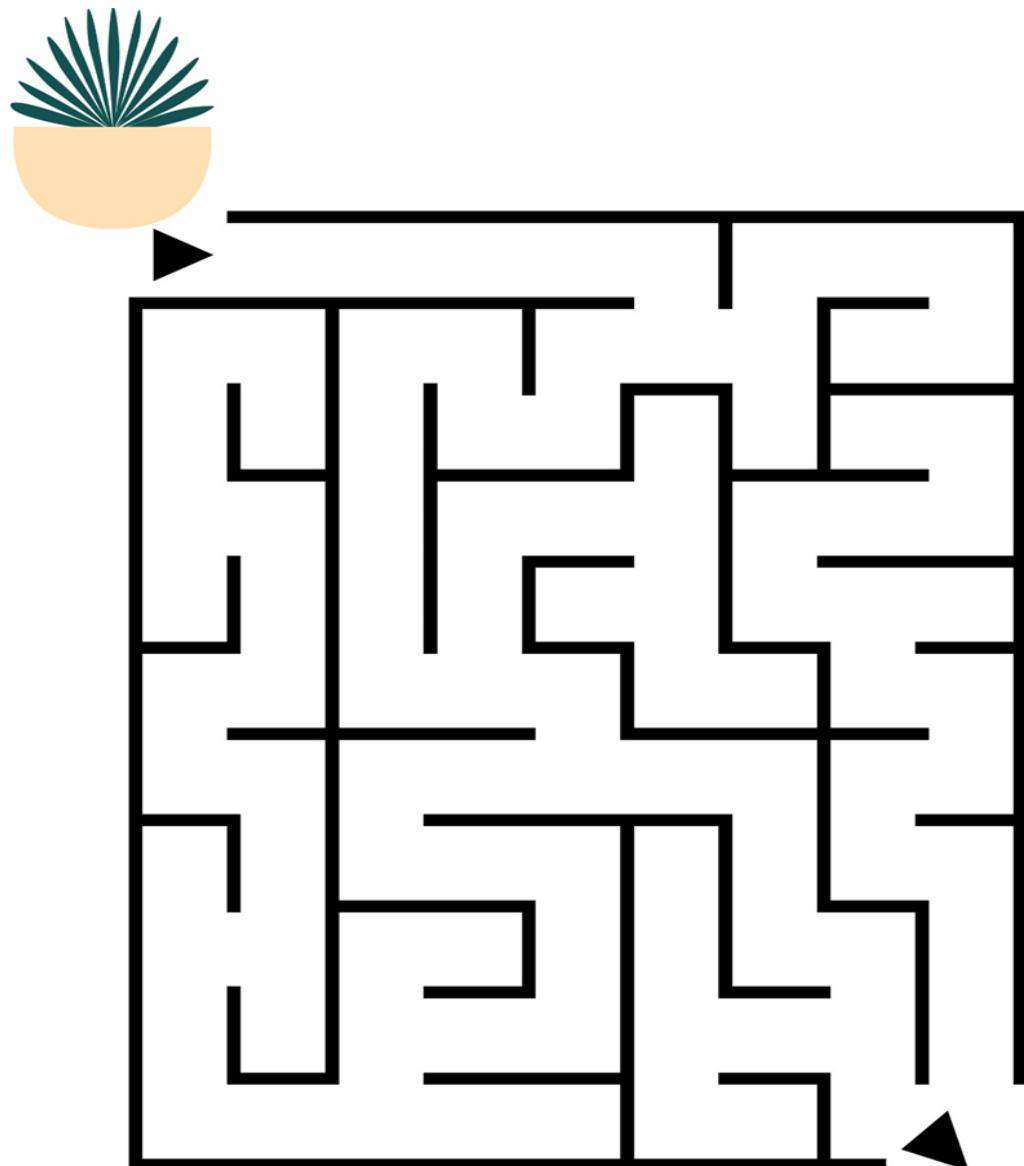
Count the different fishing lures and write your totals below



Help the Bird find her Eggs Maze!



Garden Maze Puzzle
Help carry the plant to the garden!



Bucket Of Kindness Meditation

Close your eyes and take a very deep breath.

Keep breathing deeply and feel the cool air

come in through your nose and flow all the way

down to your belly. Feel your belly extend as you breathe in.

Now, listen carefully to all the quiet sounds

outside and around you. You may hear outside

noises, maybe cars, birds or something else...

just listen.

Now, turn your focus within. Listen quietly to what you hear happening within your body.

Can you hear your heart beating? Can you hear

your breath as you breathe slowly in and out?

Maybe your tummy is making noises, or you're

listening to the sound of your breath, or your

heartbeat. Whatever is going on inside, just take

time to listen.

Imagine now inside of you, there is a big beautiful bucket.

Everyone has one though we can't see it with our eyes.

When we feel good, our buckets are full.

When we're feeling bad, our buckets are low... or even empty.

We all want our buckets to be full of love, kindness,

peacefulness, and happiness.

Everyone does. So, we can make a choice each and every day to show loving kindness to others and help fill up their buckets.

If your bucket ever feels low or empty – you can take in a deep breath and remember how loved you are. You can choose to be grateful for the good things and people you have in your life and focus on that.

Now when you're ready.... take in a deep breath.

Open your eyes and give your wonderful body a big, wonderful stretch!

You've done a great job!



True or False – General Knowledge

See if you can figure out if the following statements are

true or false

1. **Sharks are mammals.**

Answer: False - they are actually classified as fish.

2. **Sea otters have a favourite rock they use to break open food.**

Answer: True - they keep these treasures in the loose skin under their arms.

3. **The blue whale is the biggest animal to have ever lived.**

Answer: True - and that includes dinosaurs!

4. **The hummingbird egg is the world's smallest bird egg.**

Answer: True - on the flip side, ostriches lay the largest eggs.

5. **Pigs roll in the mud because they don't like being clean.**

Answer: False - pigs have few sweat glands and their muddy baths help keep them cool.

6. **The Atlantic Ocean is the biggest ocean on Earth.**

Answer: False - the Pacific Ocean is the largest ocean covering more than 60 million square miles.

7. **Mount Everest is the tallest mountain in the world.**

Answer: True - Mount Everest reaches an elevation of 29,032 feet.

8. **The human body has four lungs.**

Answer: False - it has two. Those lungs aid the average person in breathing 11,000 litres of air every day.

9. Human skin regenerates every week.

Answer: False - it regenerates every 28 days with an average of 0.001 – 0.003 ounces of skin flakes every hour).

10. Pepperoni is the most popular pizza topping in the US.

Answer: True - mushrooms come in second.

11. The Chinese New Year is celebrated on the same day every year.

Answer: False - the festival falls between January 21 and February 20 and is determined by the Chinese lunar calendar.

12. Polo takes up the largest amount of space in terms of land area.

Answer: True - this “Sport of Kings” is played on a 300-yard by 160-yard field.

13. Every golf ball has the same number of dimples.

Answer: False - golf balls have between 300 to 500 dimples.

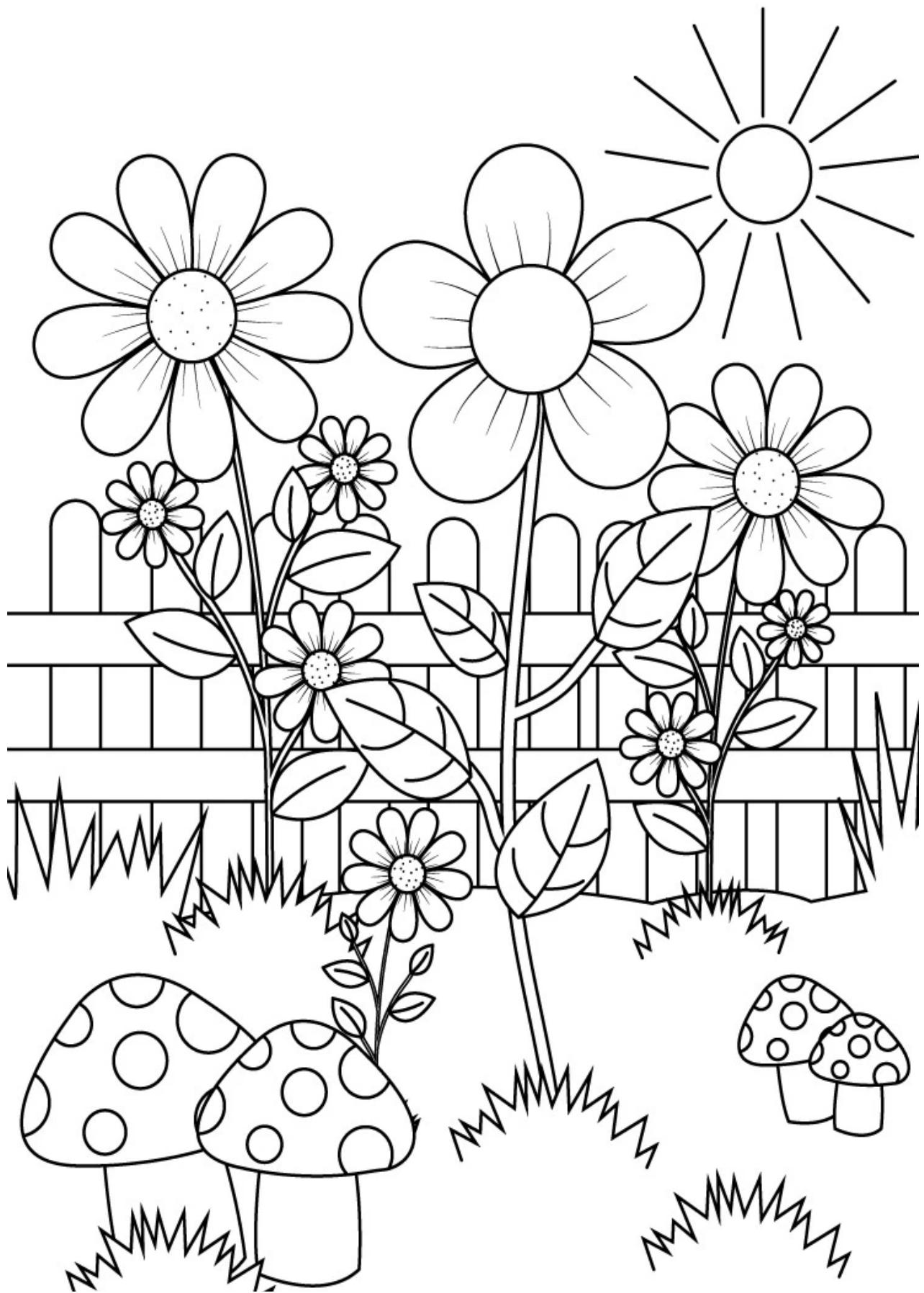
14. Football players started wearing helmets in 1943.

Answer: True - the first helmets were made of moleskin.

15. Brazil is the only nation to have played in every World Cup finals tournament.

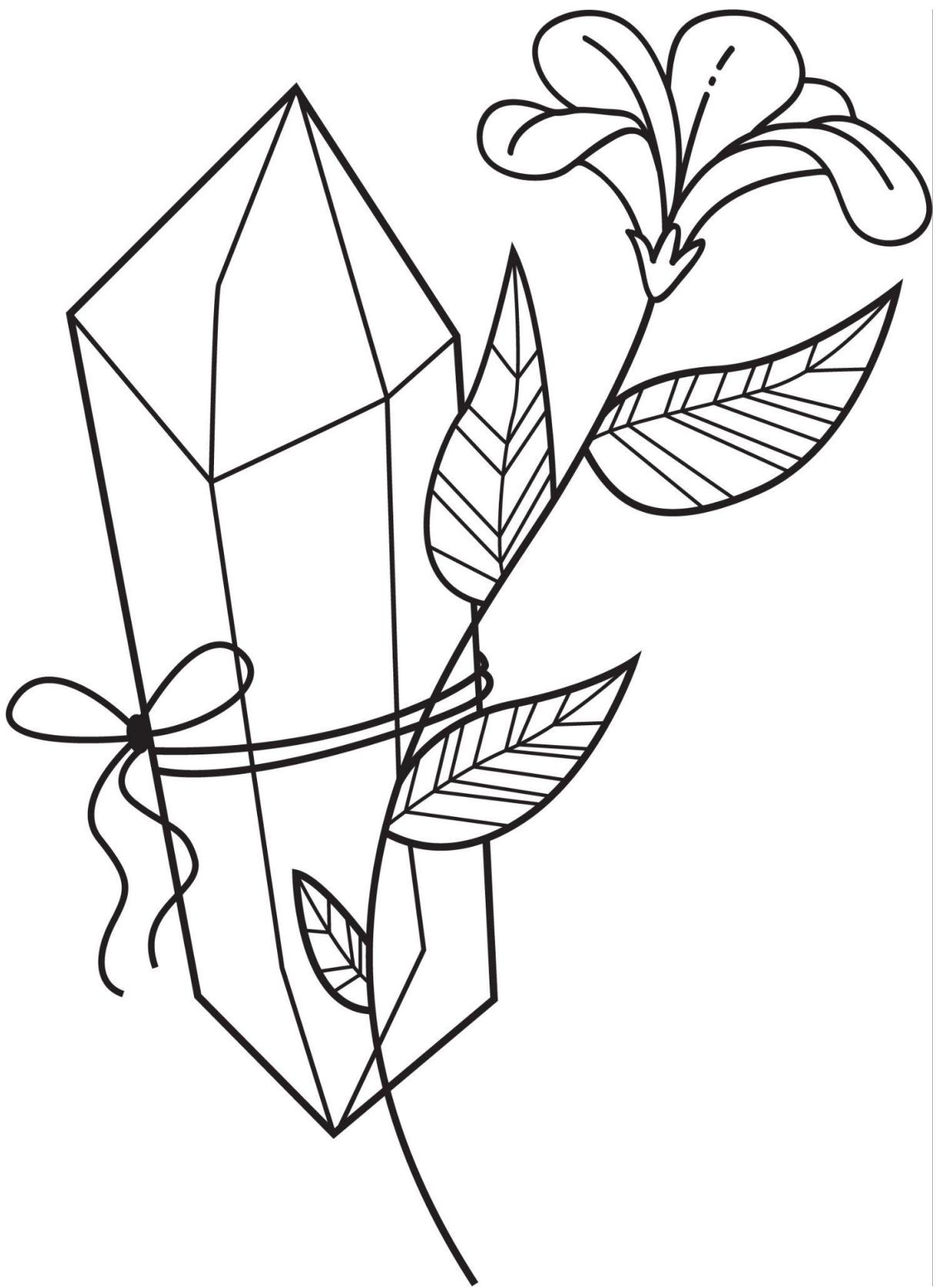
Answer: True - the soccer-crazed country has also won the most titles.

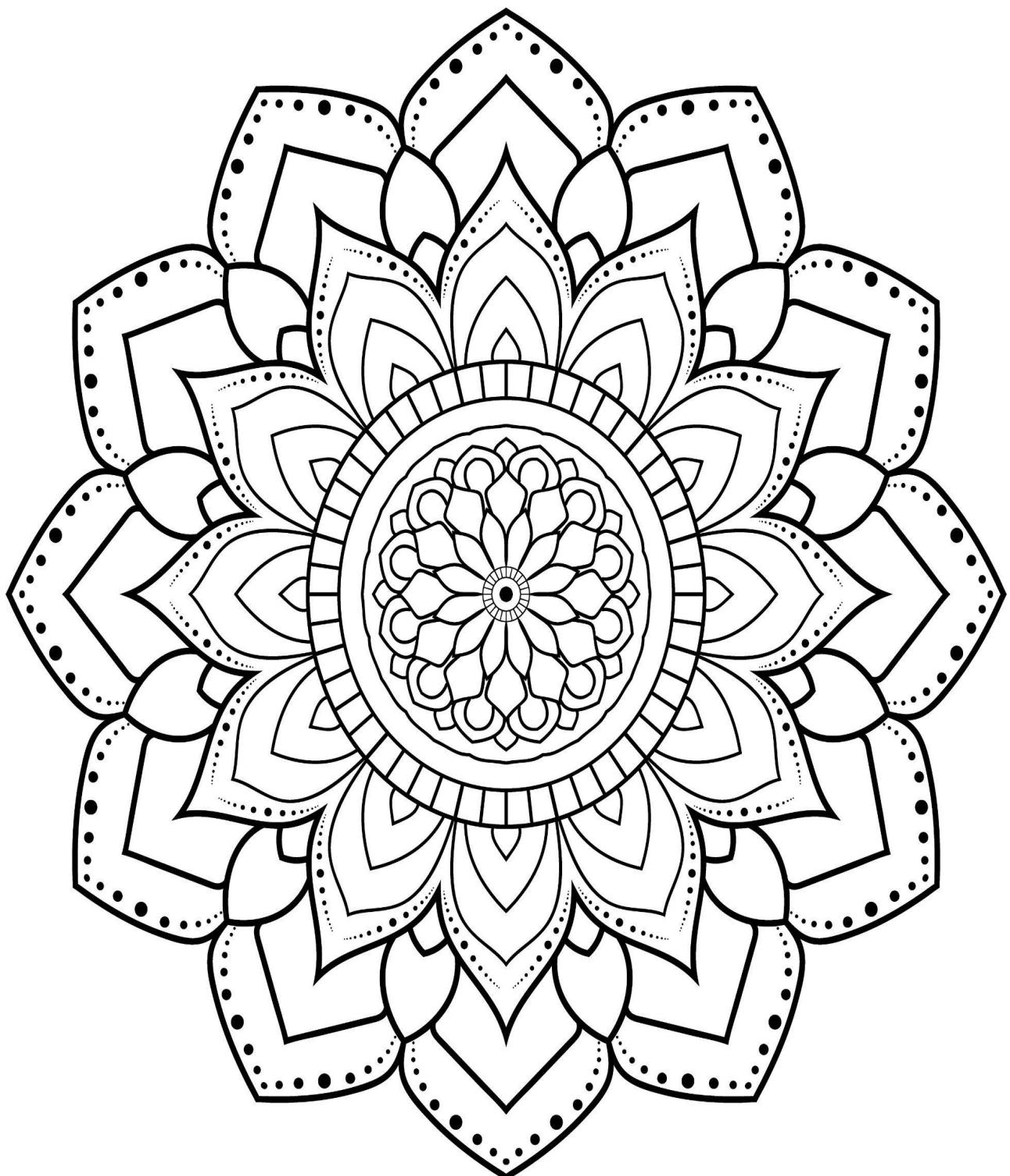
Pictures to Colour











Summer in Dublin

By Bagatelle

Take me away from the city and lead me to where I can be on my own,

I wanted to see it, and now that I have, I want just to be left alone,

I'll always remember your kind words, and I'll still remember your name,

But I've seen you changing and turning, and I know that things won't be the same.

I remember that summer in Dublin, and the liffey as it stank like hell,

And the young people walking on Grafton street, and everyone looking so well,

I was singing a song I heard somewhere, called "Rock 'n' roll never forgets",

When my hummin' was smothered by a 46a and the scream of a low flying jet.

So I jumped on a bus to dun laoire, stoppin' off to pick up my guitar,

And a drunk on the bus told me how to get rich.

I was glad we weren't goin' too far.

So I'm leavin' on Wednesday morning tryin' to find a place where I can hear

The tunes of the birds and the sea on the rocks, where open roads always are near,

And if sometimes I tire of the quiet, and I want to walk back up that hill,

I'll just get on the road and stick out my thumb.

I know that you'll be there still.

The Ferryman

By Dublin City Ramblers

All the little boats are gone

From the breast of Anna Liffey

And the ferrymen are stranded on the quay

The Dublin docks are dying

And a way of life is gone

And Molly it was part of you and me

Where the strawberry beds

Sweep down to the Liffey

You'll kiss away the worries from my brow

I love you well today

And I'll love you more tomorrow

If you ever loved me Molly love me now

'Twas the only job I knew

It was hard but never lonely

The Liffey Ferry made a man of me

Now it's gone without a whisper

Forgotten even now

Sure it's over Molly over can't you see

Where the strawberry beds

Sweep down to the Liffey

You'll kiss away the worries from my brow

I love you well today

And I'll love you more tomorrow

If you ever loved me Molly love me now

Well now I spin my yarns

And spend my days in talking

I hear them whisper Charley's on the dole
But Molly we're still living
And Darling we're still young
And the river never ruled my heart or soul
Where the strawberry beds
Sweep down to the Liffey
You'll kiss away the worries from my brow
I love you well today
And I'll love you more tomorrow
If you ever loved me Molly love me now
Where the strawberry beds
Sweep down to the Liffey
You'll kiss away the worries from my brow
I love you well today
And I'll love you more tomorrow
If you ever loved me Molly love me now
If you ever loved me Molly love me now

An August Midnight

By Thomas Hardy

A shaded lamp and a waving blind,
And the beat of a clock from a distant floor:
On this scene enter—winged, horned, and spined—
A longlegs, a moth, and a dumbledore;
While 'mid my page there idly stands
A sleepy fly, that rubs its hands...

Thus meet we five, in this still place,
At this point of time, at this point in space.
—My guests besmear my new-penned line,
Or bang at the lamp and fall supine.
“God’s humblest, they!” I muse. Yet why?
They know Earth-secrets that know not I.

Soul Embrace
By Susan Lawrence

Sunlight rains upon my face
 Cascading memories cloaked in mystery
 Kissing my eyelids Ancient teardrops glide down my cheeks
 Warmth illuminating my hungry soul
 A sense of calm
 A pulsating ellipse emerges before me I dive into the magenta abyss
 Releasing my wounded heart from its cage
 Fear resides Primal vibrations guide me
 Becoming one with galaxies and starlight
 My limbs relax I flow ~
 I undulate I swim in the warmth of the universe
 Time and space have become me and I them
 Perched on a massive salt-stained boulder
 Gazing towards the briny distance
 Shades of White A passionate brushstroke across the horizon Sky and sea in a
 lover's embrace
 Caw caw caw....
 I feel you beckon me Swallowing the sweet pit of truth
 Nudged by a warm gust I look down seeing the bundle cradled in my arms
 Your endless gaze speaks lifetimes of wisdom
 Birth, struggle, bliss, challenge, and death I watch you intently readying yourself to
 pounce upon your unsuspecting prey
 Riding this timeline of life
 Together as one Tick tock Forward backward
 Inward to the beating center of creation Young one I see your sage reflection
 In my gilded hand mirror
 Me here and you there
 Your smiling eyes Tearing at my core
 Come float with me In sheer turquoise splendor
 Adorned with seaweed crowns and abalone jewels
 Rays of light penetrate the watery depths

Colonies of majestic stingrays hover nearby Welcoming us to join their scared dance
forevermore

Preab San Ól – The Dubliners

Why spend your leisure bereft of pleasure?
 Amassing treasure, why scrape and save?
 Why look so canny at every penny?
 You'll take no money within the grave
 Landlords and gentry with all their plenty
 Must still go empty where e'er they're bound
 So to my thinking we'd best be drinking
 Our glasses clinking and round and round

Is iomaí slí sin do bhíos ag daoine
 Ag cruinniú píosaí is ag déanamh stóir
 'S a laghad a smaoiníos ar ghiorra a' tsaoil seo
 Go mbeidh siad sínte faoi leac go fóill
 Más tiarna tíre, diúc no rí thú
 Ní cuirfear pingin leat 's tú 'dul faoin bhfód
 Mar sin is dá bhrí sin, níl beart níos críonna
 Ná bheith go síoraí ag cur preab san ól

King Solomon's glory, so famed in story
 Was far outshone by the lily's guise
 But hard winds harden both field and garden
 Pleading for pardon, the lily dies
 Life's but a bauble of toil and trouble
 The feathered arrow, once shot ne'er found
 So lads and lasses, because life passes
 Come fill your glasses for another round

Is gearr an saol 'tá ag an lílí sciamhach
 Cé gur buí agus gur geal a ghabháil
 Is Solamh críonna ina chulaith riúil
 Nach bhfuil baol air in áille dhó
 Níl sa tsaoil seo ach mar soinneán gaoithe
 Ga a scaoiltear nó slám de cheo
 Mar sin 's dá bhrí sin, níl beart níos críonna
 Ná bheith go síoraí ag cur preab san ól

The huckster greedy, he blinds the needy
 Their strifes unheeding, shouts "Money down!"

His special vices, his fancy prices
For a florin's value he'll charge a crown
With hump for trammel, the scripture's camel
Missed the needle's eye and so came to ground
Why pine for riches, while still you've stitches
To hold your britches up? Another round!

Remembering the Clothesline

You have to be a "certain age" to appreciate this one....
I can hear my mother now...

THE BASIC RULES FOR CLOTHESLINES:

1. You had to hang the socks by the toes... NOT the top.
2. You hung pants by the BOTTOM/cuffs... NOT the waistbands.
3. You had to WASH the clothesline(s) before hanging any clothes - walk the entire length of each line with a damp cloth around the lines, because the lines might have been dirty, and leave marks on the clean clothes you pegged there.
4. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
5. You NEVER hung a shirt by the shoulders - always by the tail! What would the neighbours think?
6. Wash day on a Monday! NEVER hang clothes on the weekend, or on Sunday, for Heaven's sake!
7. Hang the sheets and towels on the OUTSIDE lines so you could hide your "unmentionables" in the middle.
8. It didn't matter if it was sub-zero weather... clothes would "freeze-dry."
9. ALWAYS gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky"!
10. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
11. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
12. IRONED??!! Well, that's a whole OTHER subject!

And now a POEM ...

A clothesline was a news forecast to neighbours passing by,
There were no secrets you could keep when clothes were hung to dry.
It also was a friendly link for neighbours always knew
If company had stopped on by, to spend a night or two.

For then you'd see the "fancy sheets", And towels upon the line;
You'd see the "company table cloths", With intricate designs.
The line announced a baby's birth, From folks who lived inside,
As brand new infant clothes were hung, So carefully with pride!

The ages of the children could, So readily be known
By watching how the sizes changed, You'd know how much they'd grown!

It also told when illness struck, As extra sheets were hung;
Then nightclothes, and a bathrobe too, Haphazardly were strung.

It also said, "On vacation now", When lines hung limp and bare.
It told, "We're back!" when full lines sagged, With not an inch to spare!
New folks in town were scorned upon, If wash was dingy and grey,
As neighbours carefully raised their brows, And looked the other way.

But clotheslines now are of the past, For dryers make work much less.
Now what goes on inside a home, Is anybody's guess!
I really miss that way of life; it was a friendly sign!
When neighbours knew each other best, by what hung out on that line.

Author Unknown

Banana and Blueberry muffins!



Ingredients:

1. 300g self-raising flour
2. 1 tsp bicarbonate of soda
3. 100g light muscovado sugar
4. 50g porridge oats, plus 1 tbsp for topping
5. 2 medium bananas, the riper the better
6. 284ml carton buttermilk
7. 5 tbsp light olive oil
8. 2 egg whites
9. 150g punnet blueberries

Method:

1. Heat oven to 180C/fan 160C/gas 4 and line a 12-hole muffin tin with paper muffin cases. Tip the flour and bicarbonate of soda into a large bowl. Hold back 1 tbsp of the sugar, then mix the remainder with the flour and 50g oats. Make a well in the centre. In a separate bowl, mash the bananas until nearly smooth. Stir the buttermilk, oil and egg whites into the mashed banana until evenly combined.
2. Pour the liquid mixture into the well and stir quickly and sparingly with a wooden spoon. The mix will look lumpy and may have the odd fleck of flour still visible, but don't be tempted to over-mix. Tip in the blueberries and give it just one more stir. Divide the mix between the muffin cases – they will be quite full – then sprinkle the tops with the final tbsp of the oats

and the rest of the sugar. Bake for 18-20 mins until risen and dark golden. Cool for 5 mins in the tray before lifting out onto a rack to cool completely.

Have Yourself a Spa Day!

Light some candles, snuggle up in your spa robe, and kick back with these home spa day activities.

- 1. Set the Ambiance:** Create a calm and peaceful atmosphere by dimming the lights, playing soft music, and using scented candles or essential oils with relaxing scents like lavender or chamomile.
- 2. DIY Face Masks:** Prepare simple and nourishing DIY face masks using natural ingredients like honey, yoghurt, or mashed fruits. These masks can help hydrate and revitalise the skin.
- 3. Hand and Foot Massage:** Treat your loved ones to a gentle hand and foot massage using lotion or oil. Massaging these areas can provide relaxation and comfort.
- 4. Warm Towel Treatment:** Prepare warm towels and wrap them around their feet and hands for a few minutes. This soothing treatment can promote relaxation.
- 5. Herbal Tea:** Offer a selection of calming herbal teas like chamomile, peppermint, or lemon balm to enjoy during the spa day.
- 6. Relaxing Bath:** If possible, set up a warm bath with Epsom salts or bath oils to help soothe tired muscles and promote relaxation.
- 7. Nail Care:** Offer a simple manicure or pedicure session, trimming and filing their nails and applying a clear coat of polish if desired.
- 8. Aromatherapy:** Utilise essential oils or scented lotions for a light aromatherapy massage on the neck and shoulders to ease tension.
- 9. Gentle Stretches:** Incorporate some gentle stretching exercises or guided relaxation techniques to further promote relaxation.
- 10. Mindful Meditation:** Guide your loved ones through a short mindfulness or meditation session to help them relax their minds.
- 11. Listening to Soothing Sounds:** Play calming sounds of nature or soft music to create a serene ambiance.
- 12. Reading Session:** Read aloud a favourite book or poetry that brings comfort and joy.



Enchanted Fall Forest Meditation

Gently close your eyes and take in a nice deep breath.

Do this several times and allow your body to relax more and more with each deep breath. Notice how peaceful you become with this deep breathing. Notice how all your muscles begin to relax and feel good and loose. Continue to breathe normally now as I guide you on this marvellous adventure!

Imagine yourself now, walking down a well-worn path in a beautiful forest. The trees have changed all their foliage and now you see an amazing display of colours – gold, red, orange and speckles of green. Leaves crunch beneath your feet as you walk along. The air smells so crisp and fresh. Its coolness tickles your nose and ears. It feels so very wonderful to be out here, in nature, enjoying the beauty of this place. In the distance you hear a waterfall, and you carefully walk towards the rushing water sound. As you come to the path's end, you see the rushing stream.

You see the most beautiful white waterfall right in front of you. It's so calming and looks as if wet sunshine is cascading down onto large rocks. The sound of rushing water relaxes you. The water must be pretty cold because its fall now and days are growing shorter. Sit down a while and enjoy the spectacular scenery. Listen as the water pounds down on the rocks.

Here any stress or worries you have seem to be washed away for good. The sound of the waterfall gushing down seems to make you relax more. It clears your mind and washes away any frustration and difficult thoughts. Allow the sounds to wash any worries away... just let them go.

You may notice that you're feeling calm and relaxed here in this place. This magical forest dressed up for fall is a special place just for you. You can come back here at any time to calm your body and mind and let go of any worries or stress.

You know that everyone has worries and stress sometimes. The difference is that you know how to deal with them. When you want to relax and find peace, you can come here just by thinking of this place and imagining yourself here. This calm, peaceful place by the waterfall invites you to wash away your worries or stress anytime.

