



November

Activity Pack

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Dear Friends,

As we step into the enchanting month of November, where the air carries a brisk chill and the leaves underfoot create a symphony of rustling, we wanted to take a moment to reach out and convey that you are always in our thoughts. Even though we may not always have the chance to gather in person, we stand ready to offer unwavering support in any way we can.

In the spirit of embracing the changing season and the cosy aura that November brings, we have prepared a thrilling array of resources for you to explore. This month's activity pack revolves around heartwarming themes that celebrate the onset of winter, the joy of Christmas, and the warmth of being with loved ones. We believe that these activities will create moments of pure delight and shared memories.

Coming into this month, we can embrace activities indoors that focus on Christmas, being with our loved ones, and reminiscing on past winters. Make sure to stay indoors on cold evenings, have a cup of hot chocolate, light a fire, and read your favourite book.

May November be a month of heartwarming delights, cherished moments, and a time to create new memories.

If you'd like to share any pictures from your fundraising efforts or local events on our social media, please send your images via email to iseultkinsella@alzheimer.ie



“The thinnest yellow light of November is more warming and exhilarating than any wine they tell of. The mite which November contributes becomes equal in value to the bounty of July.”

— Henry David Thoreau

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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Winter Themed Trivia Quiz!

Winter Trivia Quiz

1. How many times a year does the sun set and rise in the Arctic?
a. Every day b. Once c. Twice
2. What ratio of people buried in avalanches survive the ordeal?
a. One in Four b. One in Ten c. Everyone
3. The largest iceberg ever recorded worldwide was 207 miles long and 62 miles wide. Where was it found?
a. In the Atlantic b. In the Pacific c. In the Arctic
4. What is the name for trees that have always have leaves during winter?
a. Oaks b. Pines c. Evergreen
5. On which other planet in the Solar System have scientists observed snow falling?
a. Mercury b. Venus c. Jupiter
6. How tall was the world's largest snowman?
a. 122 feet 1 inch b. 100 feet 10 inches c. 110 feet 3 inches
7. The Winter Palace can be visited in which city?
a. Snag b. Saint Petersburg c. Frazer
8. Which fruit has a variety called 'Winter Banana'?
a. Banana b. Pineapple c. Apple
9. Which country has won the most medals throughout Winter Olympic history?
a. Norway b. China c. India
10. In fiction, where is the land of talking animals and mythical creatures that one White Witch has ruled for 100 years of deep winter?
a. Westeros b. Middle earth c. Narnia
11. Chionophobia is the extreme dislike or fear of what?
a. Winters b. Snow c. China
12. Snowflakes usually have how many sides?
a. Six b. Eight c. five
13. What is wind chill?
a. Temperature of the wind b. How the air temperature feels on the skin
c. Temperature of the wind on water bodies
14. What is a chinook?
a. wind chill b. a type of snowflake c. warm winter wind
15. The largest snowflake ever discovered was about the size of a dinner plate.
a. True b. False

Winter Trivia Answers!

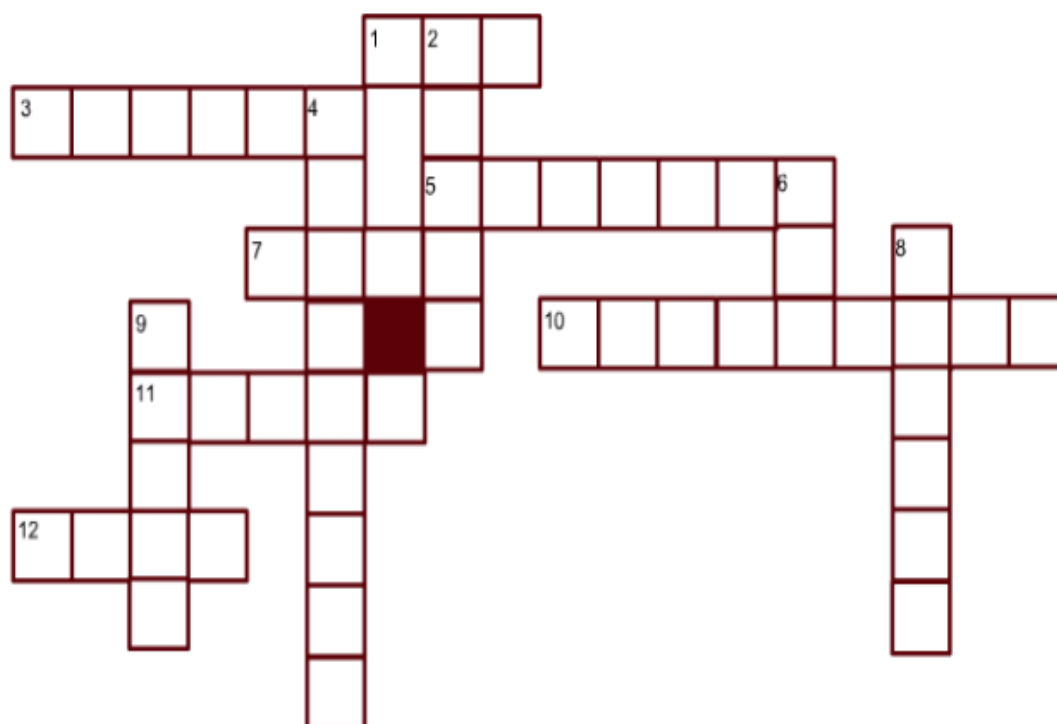
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Autumn Themed Puzzle!

Fall Crossword Puzzle



Down:

2. The forbidden fruit from the tree of knowledge
4. An object made to resemble a human figure, that is set up to scare birds away from a field where crops are growing.
6. A fruit consisting of a hard or tough nutshell protecting a kernel which is usually edible.
8. Another word for fall
9. The nut of the oaks

Across:

1. Grass that has been mown and dried for use as fodder.
3. They turn yellow, orange, and red in the fall season.
5. You carve this to make a Jack-o-lantern
7. The season after Summer.
10. These were roasting on an open fire as per a famous Christmas song
11. A beverage made from the fermented juice of apples.
12. The main ingredient to make cornbread

Winter Word Scramble!

Winter word Scramble

1 baetknl

2 alizrdzb

3 lyclih

4 ldoc

5 cmerbeed

6 riodeowf

7 fenzor

8 oiedoh

9 iec

10 jetkac

11 teminst

12 rfacs

13 cskos

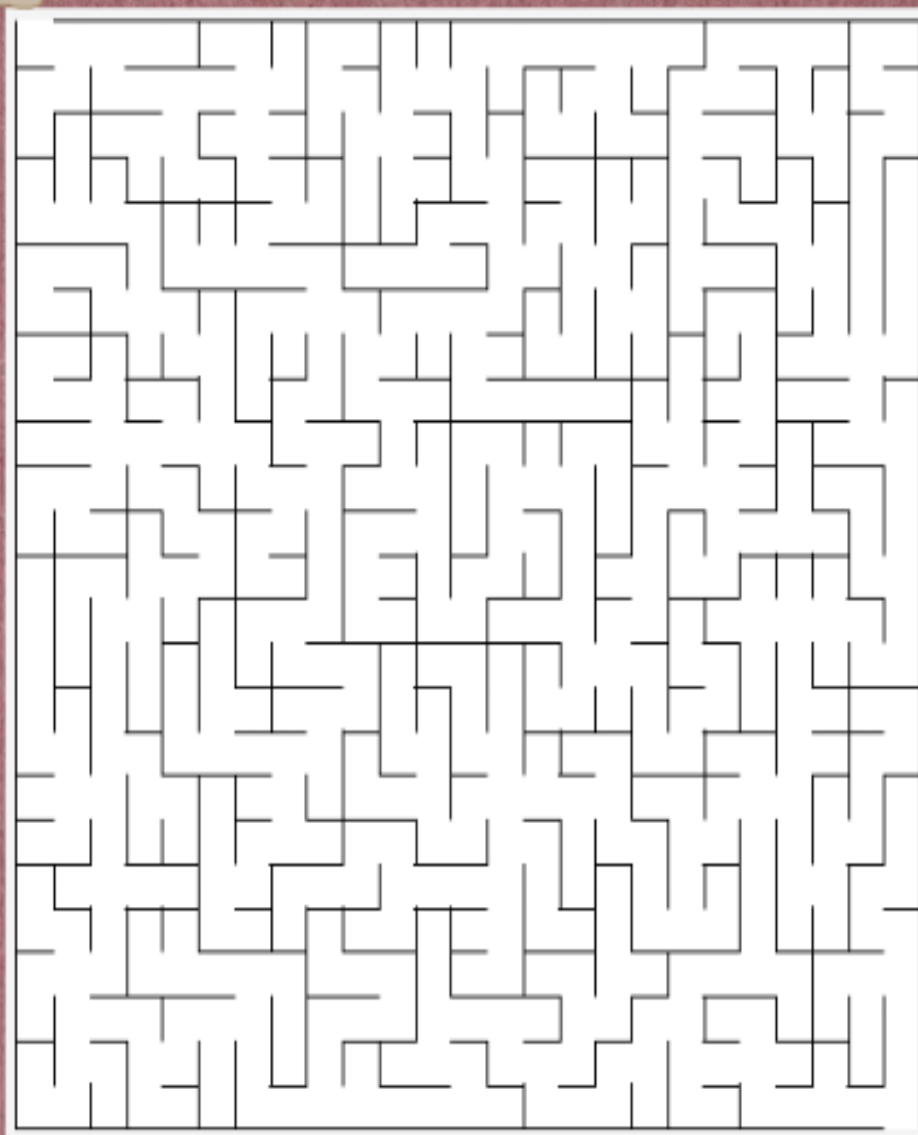
14 aterwes

15 ritnew

Can You Do The Maze!




Help the squirrel
reach the Acorns



Autumn/Winter Scavenger Hunt!

fall Scavenger Hunt

Acorn 

Apple

Yellow Leaf

Red Leaf 

Green Leaf

Bonfire

Moss

Hot drink 

Scarecrow

Pinecone

Animal Footprints

Squirrel

Rake

Boots 

Pumpkin

Grass 

Feather

Worm

Rock

Spider Web 

Cat

Evergreen Tree/Plant

Cloud

Twig

Flower

Berry 

Pile of Leaves

Hay Bale

What Makes You Grateful- Gratitude Scavenger Hunt!

Gratitude Scavenger Hunt

Find something that

- Smells lovely
- Makes you smile
- You love to eat
- That is comfortable
- Good to look at
- Has your favorite color
- Makes you happy
- Was given by a loved one
- You made yourself
- You love to hug
- You find useful
- You like listening to
- Makes you calm
- Refreshes you
- You love in nature



Finish the Proverbs!

There's no place like.....

As fit as a.....

Better late than.....

When in Rome, do as the.....

Practice what you.....

Easy come, easy.....

The early bird catches the.....

Jack of all trades, master of.....

A woman's work is never.....

Birds of a feather flock.....

Two wrongs don't make a.....

The pen is mightier than the.....

Rule of.....

Saved by the.....

Show your true.....

Give credit where credit is.....

Never say.....

Spill the.....

Like father, like.....

First come first.....

You made your bed, now.....

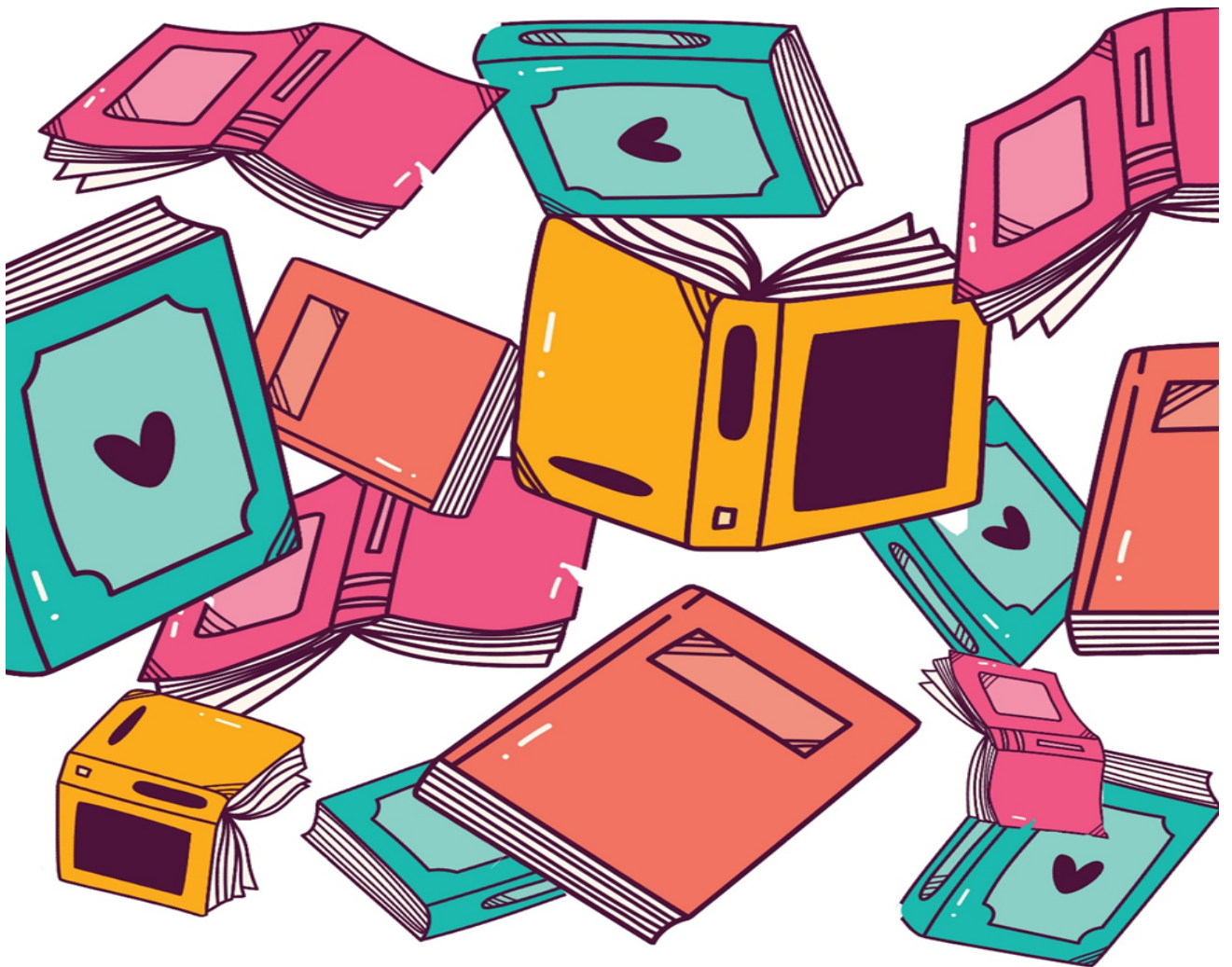
Laughter is the best.....

Knowledge is.....

As bright as a button.....

Find and Count Game

Ooops! These books have been dropped and muddled up. Can you count how many there were of each type?









November Word Scramble!



Thanksgiving Word Scramble

ntnkavshgiig _____

utraiedtg _____

sevhtra _____

lssesgbni _____

orcoucniap _____

bacerynr _____

rlipsimg _____

oembenrv _____

pkpmnui _____

snftgfui _____

hftnkual _____

tratdiino _____

rkteuy _____

fstea _____

ahgetr _____

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.

Cailín na Gaillimhe - Galway Girl

Bhuel de thug mé cos ar an siúlóid mhór

Thart ar lár an lae

Is de bhuail mé le cailín breá dathúil

Agus thosaíó mar ag plé.

(Curfá) Agus n'fheadar liom,

Cad a thiocfaidh orm.

Lena gruaig chomh dubh, Is a súile gorm.

Ach thóg mé a lámh.

Thug mé rince di,

Agus phóg mé cailín na Gaillimhe.

Bhíomar leath-shlí tríd nuair a d'oscail an spéir

Níos déanaí ins an lae.

Agus rith muid síos chuig an árasán

Chomh bog an lae i-ay.

(Curfá)

Bhuel de dhúisigh mé agus mé liom féin

D'fhág sí mé i-ay

Le mo chroí bhríste bhí pian laistigh

Agus n'fheadar liom,

Cad a tharlaíonn linn.

Nuair a chasamar leis an gcailín sin

Tá feicthe agam

Gach uile naomh

Ach ní a leithéid le cailín na Gaillimhe.

Peanut Butter and Jam Flapjacks Recipe!



Ingredients

1. 5 tbsp salted butter, plus extra for the tin
2. 250g crunchy peanut butter
3. 8 tbsp strawberry or raspberry jam
4. 80g light brown soft sugar
5. 200g rolled oats

Method

STEP 1

Heat the oven to 180C/160C fan/gas 4. Butter and line the base and sides of a 20cm square cake tin with baking parchment.

STEP 2

Put 3 tbsp each of the peanut butter and jam in separate small bowls and set aside. Tip the remaining peanut butter, the rest of the jam and the butter and sugar into a pan set over a medium heat and stir until everything has melted together. Quickly stir in the oats, then leave to cool for 5 mins.

STEP 3

Spoon the mixture into the prepared cake tin and gently press down with your hands. Dot over the reserved peanut butter and jam, then bake for

20-25 mins or until golden brown. Leave to cool completely in the tin, then turn out onto a board and cut into squares.

If you don't like peanut butter or jam, you can replace it with other ingredients like chocolate and raisins!

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.



Spot the Difference!

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



Relaxing Read Spot the Differences!

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

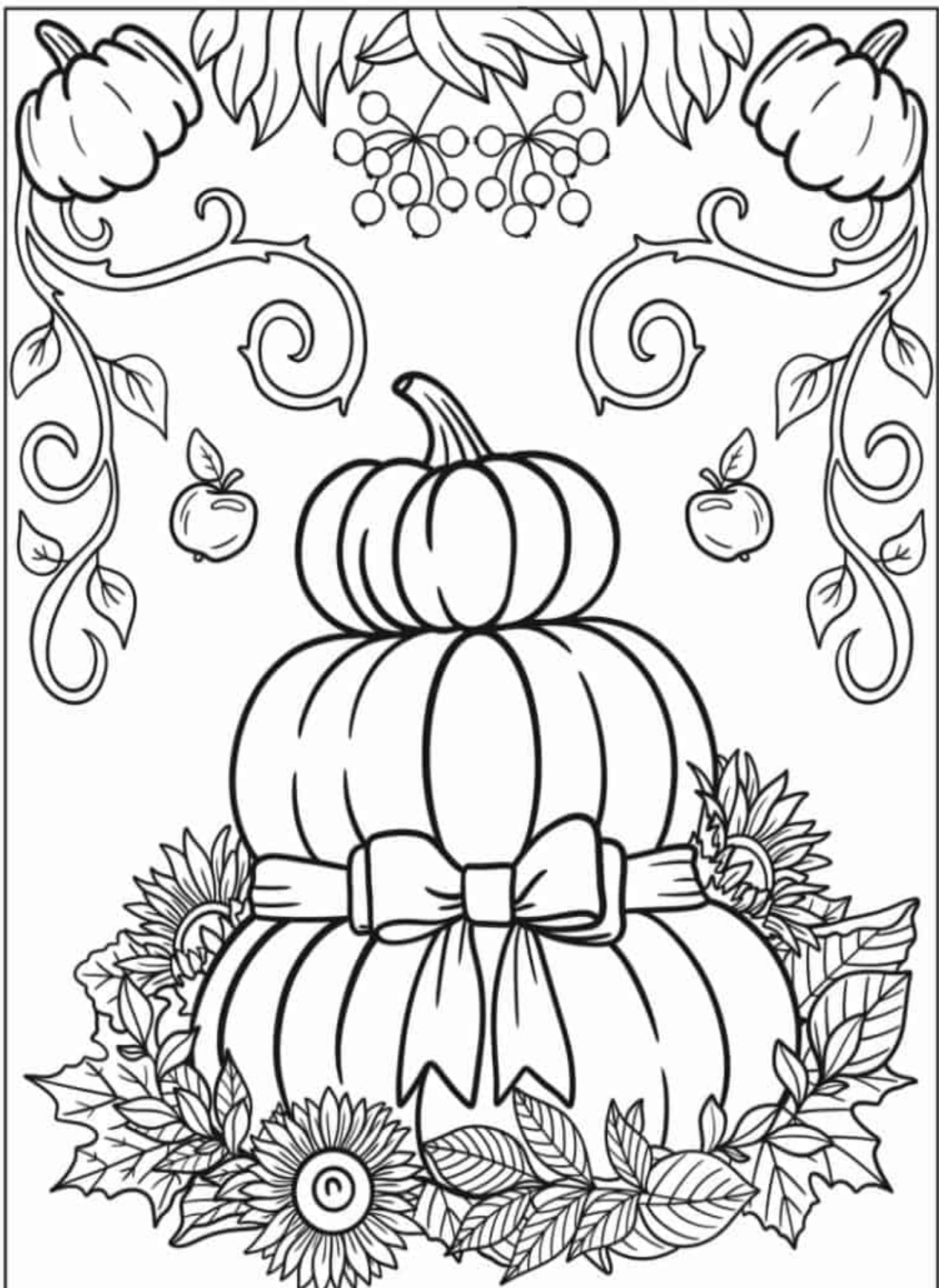


November Colouring Pages!











Coat of Many Colours

By Dolly Parton

Back through the years I go wandering once again

back to the seasons of my youth

I recall, a box of rags that someone gave us

and how my mama put the rags to use.

There were rags of many colours, and every piece was small

and I didn't have a coat and it was way down in the fall

Mama sewed the rags together, sewin every Piece with love

She made my coat of many colours that I was so proud of.

As she sewed she told a story from the bible she had read

About a coat of many colours, Joseph wore and then she said

"Perhaps this coat will bring you good luck and happiness."

And I just couldn't wait to wear it and mama blessed it with a kiss.

Chorus:

My coat of many colours that my mama made for me

Made only from rags, but I wore so proudly

Although we had no money I was rich as I could be

In my coat of many colours, my mama made for me.

So with patches on my britches, and holes in both my shoes

in my coat of many colours, I hurried off to school

Just to find the others laughing, and making fun of me

In my coat of many colours, my mama made for me.

Chorus:

And oh, I couldn't understand it, for I felt I was rich

And I told them of the love my mama sewed in every stitch

And I told them all the story, mama told me while sewed

And how my coat of many colours was worth more than all their clothes.

But they didn't understand it and I tried to make them see

that one is only poor, only if they choose to be

Now I know we had no money, but I was rich as I could be

In my coat of many colours, my mama made for me...

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.

Nostalgic Number Ones

Below is a list of number 1 songs through the years for November.

How many do you remember and can you sing along to them?

13/11/1953	ANSWER ME	FRANKIE LAINE
19/11/1954	HOLD MY HAND	DON CORNELL
26/11/1954	THIS OLE HOUSE	ROSEMAR Y CLOONEY
25/11/1955	ROCK AROUND THE CLOCK	BILL HALEY & HIS COMETS
28/11/1963	SHE LOVES YOU	BEATLES

12/11/1964	OH PRETTY WOMAN	ROY ORBISON
19/11/1964	BABY LOVE	SUPREMES
28/11/1970	I HEAR YOU KNOCKING	DAVE EDMUNDS
13/11/1976	IF YOU LEAVE ME NOW	CHICAGO
05/11/1977	THE NAME OF THE GAME	ABBA
15/11/1980	THE TIDE IS HIGH	BLONDIE
05/11/1983	UPTOWN GIRL	BILLY JOEL
03/11/1990	UNCHAINED MELODY	RIGHTEOU S BROTHERS



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 listen 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