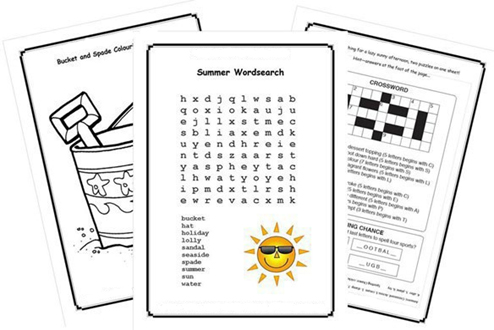


June 2024

Activity Pack







Dear Friends,

We are now in the month of June, and we hope that we will get to enjoy the sunshine soon!

In the month of June, we will celebrate ‘Father’s Day’. We would like to wish all the Fathers, Grandfathers and Great Grandfathers a very special day!!!

We are hosting several Alzheimer Cafés. 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/>.

Our Social Clubs is a social gathering where people can drop in to chat, access information and support, meet other people. Click the link below to find your nearest Social Club.

<https://alzheimer.ie/service/socialclub/>

Calling all artists and writers among us, we would love to hear from you! We warmly welcome submissions of poems and stories to be featured in the pack. Additionally, if you'd like your artwork from this pack or photos of any local fundraising events showcased on our social media, please send your images via email to [communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie).

Our Free Helpline is available at

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



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**Father’s Day Quiz**

Decide if these words and phrases are used in American football or in Gaelic Football … or both!

|  |
| --- |
| 1. Touchdown |
| 2. Goal |
| 3. Blitz |
| 4. Match |
| 5. Goalkeeper |
| 6. Quarterback |
| 7. Pigskin |
| 8. Tackle |
| 9. Linesmen |
| 10. Field Goal |
| 11. Audible |
| 12. Helmut |
| 13. Defender |
| 14. Linebacker |
| 15. Gridiron |
| 16. Officials |
| 17. End Zone |
| 18. Goal |

**Answers**

1 – American Football

2 - Gaelic Football

3 – American Football

4 – Gaelic Football

5 - Gaelic Football

6 – American Football

7 – American Football

8 – American Football AND Gaelic Football

9 - Gaelic Football

10 - American Football

11 – American Football

12 - Gaelic Football AND American Football

13 - Gaelic Football AND American Football

14 – American Football

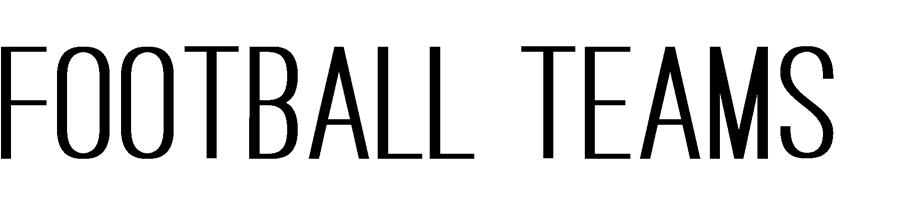
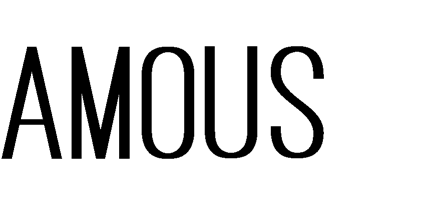
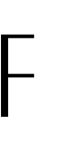
15 –American Football

16 - Gaelic Football AND American Football

17 – American Football

18 - Gaelic Football

*Father’s Day Wordsearch*



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

|  |  |  |  |
| --- | --- | --- | --- |
| Real Madrid | Schalke (04) | Leipzig | Chelsea |
| Arsenal | Atletico (Madrid) | Inter Milan | Liverpool |
| Napoli | Manchester (United) | Barcelona | Valencia |
| Juventus | Paris (Saint-Germain) | Porto | Roma |
| Bayern Munich | Tottenham (Hotspur) | Lazio |  |

### The answers to these riddles are all body parts!

Questions:

|  |
| --- |
| 1. You have 2, a needle has one, and a potato has many |
| 2. You have 2 but so does a clock |
| 3. You have 2 and so do your shoes |
| 4. You have a few and so does a comb |
| 5. You have 2 but most furniture items have 4 |
| 6. You have one and so does a watch |
| 7. You have only one, but others are ﬁlled with treasure |
| 8. You have many of these and so does a leaf |

### Guessing Game – Who Am I?

This is a wonderful reminiscing activity.

Guess the names of these famous people from the clues

provided.

### *Instructions:*

* Show a picture to your loved one and read out the clues.
* Ask them to guess the name of the person and reminisce about what else they were famous for.
* Repeat with the next picture.

Extend the activity by asking who else was famous in their time and reminiscing together.

### Famous male movie star of the 40s and 50s

He was nominated for an Oscar for his role in the movie *Casablanca*

in which he co-starred with Ingrid Bergman.

He was also in a movie with Katharine Hepburn called *The African Queen*.

He was married to Lauren Bacall and had they two children.

### Who is he?

### 

##### Answer: Humphrey Bogart

*“Ain’t nothing a man can’t do*

*if he believes in himself.”*

– Humphrey Bogart



She epitomized feminine beauty and glamour and was admired

for her ground- breaking charity work.

In 1981, she married the Prince of Wales.

Their marriage was regarded as the "wedding of the century".

It was watched by an estimated global TV audience of 750 million people. They divorced in 1992.

She had two sons.

She died tragically in a car crash in 1997.

### Who is she?

### 

##### Answer: Princess Diana

*“Carry out a random act of kindness,*

*with no expectation of reward,*

*safe in the knowledge that one day*

*someone might do the same for you”.*

- Princess Diana



### Remembering Rhymes Quiz

|  |
| --- |
| 1. What was Little Miss Muﬀet eating while she sat on a tuﬀet? |
| 2. How many blackbirds were baked in a pie? |
| 3. What was Humpty Dumpty sitting on before he fell? |
| 4. What was Wee Willie Winkie wearing when he ran through the town? |
| 5. What did Georgie Porgie do to the girls to  make them cry? |
| 6. What was Little Jack Horner eating in the  corner? |
| 7. What is Tuesday’s child full of? |
| 8. Doctor Foster went to which English town  in a shower of rain? |
| 9. Complete the sentence "itsy bitsy spider went up the water …." |
| 10. What did Jack and Jill go to fetch at the top  of the hill? |
| 11. Complete the lyrics "Mary had a little  lamb, his ﬂeece was" |
| 12. What did Old Mother Hubbard want to get from the cupboard? |
| 13. Compete the lyrics "Oranges and lemons, say the bells of..." |
| 14. Complete the lyrics "Peter Piper picked a  peck of..." |
| 15. Who did Simple Simon meet on his way to  the fair? |
| 16. How many men did the Grand Old Duke of  York have? |
| 17. What did the farmer’s wife do to the three  blind mice? |
| 18. In the nursery rhyme "Pussy Cat Pussy Cat" where had the pussy cat been? |
|  |

#### **Answers**

1. Curds and Whey

2. 24

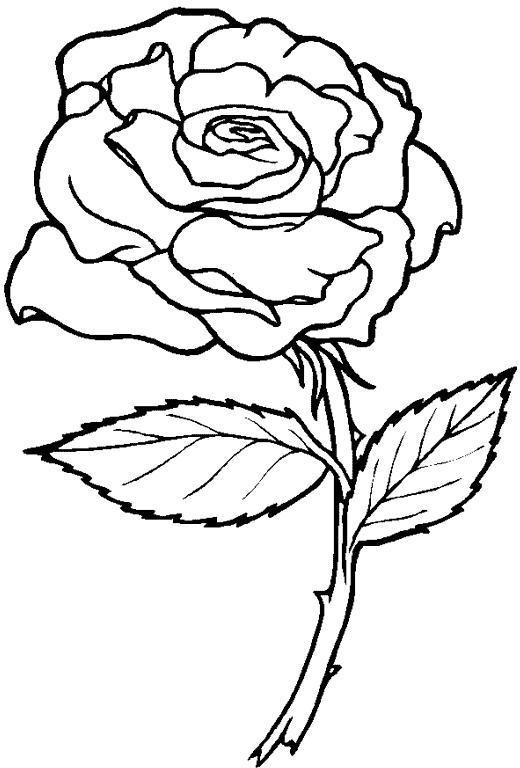
1. Wall
2. Night gown
3. Kiss
4. Christmas pie
5. Grace
6. Gloucester
7. Spout
8. Pail of water
9. White as snow
10. Bone
11. St Clements
12. Pickled peppers
13. Pie man 16. 10,000
14. Cut oﬀ their tails
15. London

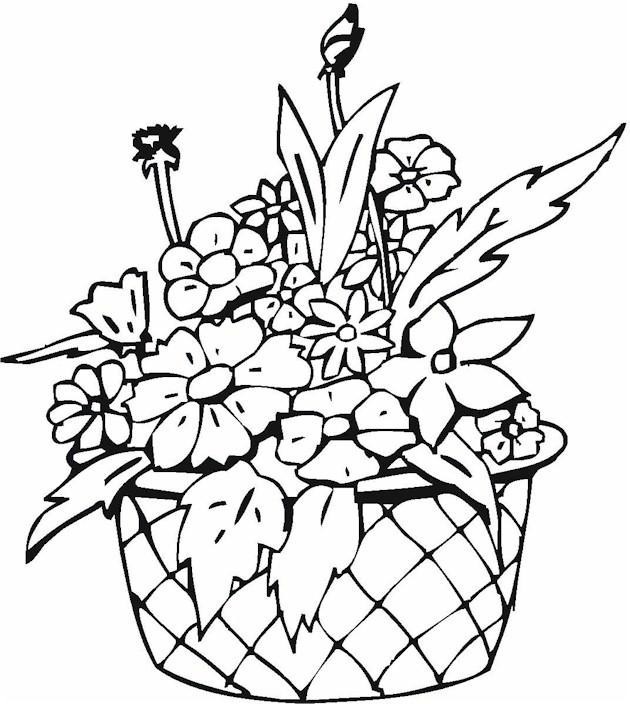
**Maze Puzzle**

Help the bird to find their nest!

A maze game with a bird and a bird

Description automatically generated





### Cooking Magic Scones

### 

This is really good fun, and we were all amazed with how simple and delicious these were. It really is magic!

##### *3 ingredients*

* 600 Grams self- raising ﬂour
* 300 Grams double cream
* 330ml of cheap lemonade (not 7up)

##### *Instructions*

* Sift ﬂour into a bowl and gradually stir in the cream.
* Gradually pour in the lemonade mix and bind into a dough. You may need to add extra ﬂour if dough is too wet.
* Roll out to 4cm deep (1 and a 1/2 inches) and cut into rounds with a cutter.
* Brush tops with milk and place on a baking tray with gaps in between for expansion.
* Bake in an electric oven at 200C (400F) gas 6 for about 15- 20 minutes. Do not overcook or they will be too hard.
* Serve with jam and cream.

### SONG FOR THE MIRA

Out on the Mira on warm afternoons

Old men go fishing with black line and spoons And if they catch nothing they never complain I wish I was with them again



As boys in their boats call to girls on the shore Teasing the one that they dearly adore

And into the evening the courting begins I wish I was with them again



Can you imagine a piece of the universe

More fit for princes and kings?

I'll trade you ten of your cities

For Marion Bridge and the pleasure it brings

Out on the Mira on soft summer nights Bonfires blaze to the children's delight

They dance 'round the flames singing songs with their friends I wish I was with them again





Can you imagine a piece of the universe

More fit for princes and kings?

I'll trade you ten of your cities

For Marion Bridge and the pleasure it brings Out on the Mira the people are kind

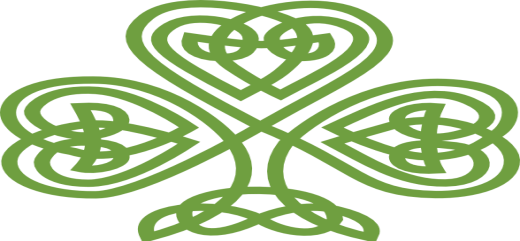
They treat you to home-brew and help you unwind And if you come broken, they'll see that you mend I wish I was with them again



Now I'll conclude with a "wish you go well" Sweet be your dreams, and your happiness swell I'll leave you here, for my journey begins

I'm going to be with them Going to be with them

I'm going to be with them again…



### Óró, sé do bheatha ‘bhaile

##### Curfá

Óró, sé do bheatha ‘bhaile, B’fhearr liom tú ná céad bó bhainne!

óró, sé do bheatha bhaile,

Anois ar theacht an tsamhraidh.

##### Véarsa 1

‘Sé do bheatha, bhean ba léanmhar, B’é ár gcreach tú bheith i ngéibheann,Do dhúiche bhreá i seilbh méirleach, ‘S tú díolta leis na Galla.

##### Curfá

Óró, sé do bheatha ‘bhaile, B’fhearr liom tú ná céad bó bhainne! óró,

sé do bheatha ‘bhaile,

Anois ar theacht an tsamhraidh.

Tá Gráinne Mhaol a’ trial thar sáile óglaigh armtha léi mar gharda, Gaeil iad féin ní Gaill ná Spáinnigh Is cuirfidh siad ruaig ar Ghalla.

##### Curfá

Óró, sé do bheatha ‘bhaile, B’fhearr liom tú ná céad bó bhainne! óró,

sé do bheatha ‘bhaile,

Anois ar theacht an tsamhraidh.

##### Véarsa 3

A bhuí le Dia na bhfeart má dhearcam Mura mbím beo ‘na dhiadh ach seachtain, Gráinne Mhaol is míle gaiscíoch

A’ fógairt fáin ar Ghalla.

##### Curfá

Óró, sé do bheatha ‘bhaile, B’fhearr liom tú ná céad bó bhainne! óró,

sé do bheatha ‘bhaile,

Anois ar theacht an tsamhraidh.

### LOOKING FORWARD TO KNOCK

##### By Colette Moore, Athy

Old Mrs. Quinn stood in the kitchen. Strands of her dull white hair falling from the bun she neatly placed in it earlier this morning. Her shawl loosely draped from her shoulders. In her hand she held an old envelope, from that envelope she took a note and laid it on the table and into my hand she placed some coins. The note held instructions on what I was to get her in **Knock**. I listened as she told Mammy, then repeated them to me and waited till I repeated them back to her.

Her purchase was of the utmost importance**. Mrs. Quinn** was in her 90th year, this was 1974 so she was born in1884, the same year as my Grandfather as she was fond of telling me.

Tomorrow morning my older by one year sister **Evelyn** and I were going with the Parish of **Portarlington** on its annual Pilgrimage to **Knock**, and we were going on the Special Train organised every year just for this occasion.

All day I had examined and re-examined my beautiful clothes I’d be wearing, my mammy had bought me new socks in **Goodwin’s** drapery store. Oh my, they were so beautiful and I wouldn’t have to hold them up with bands, also I loved my new **Aran** jumper mammy had knitted with new stitches, it turned out so beautiful. Daddy had polished our shoes to within an inch of life, and they shone. Oh I just couldn’t contain my excitement.

**Mrs. Quinn** wasn’t the 1st to call that day, there were many others, **Hinny McGuiness** and her sister **Nan** and they had left instructions. **Granny Burke** had called and left us money and we were to buy ourselves something.

Mammy placed all the money belonging to people in a purse and wrote down what I had to get. She said, “***keep it separate and don’t spend a penny until you’ve got everything on that list”*** There was **Holy Water, Rosary Beads, and Medals** of all different Saints. For **Mrs. Quinn** a **Green Scapular,** the instruction was very clear, it had to be green, and for Aunt Maura a red one.

Daddy dragged in the bath to the kitchen floor and mammy had two huge, big saucepans on the range full of hot water. And while she washed us, she kept repeating over and over again “***Stay together***”. **Mr. Connolly** was going and he was going to watch over us. If anything happened we were to go to him. Daddy said, “***watch where you’re going, stay with the group and Shamie would look after you”*** (that was Mr. Connolly’s name).

Packing our food for the day was just over the top excitement. Mammy had baked Porter Cake and had boiled a ham and she had bought Lemonade from **Emerson’s Shop** and custard cream biscuits.

After the Family Rosary it was time for bed , but before we went, Daddy and Mammy gave us our spending money for the next day, oh how I skipped around the kitchen, I’d never had so much money not even for my Communion. It was very hard to sleep that night, my eldest sister Ann told me the “**Child of Prague**” that Mammy had had put out earlier had fallen and smashed. We were chatting away and Mammy shouted up the stairs, that if we kept it up she’d kill us, in her words *“****I******won’t be responsible for my actions, this day of the Lord!”.*** That was what Mammy said every single day.

Daddy came up to turn of the light in our room as we weren’t allowed next neigh or near the long wire that held the switch.

I woke the next morning to the sounds of the kitchen, Daddy shaking out the ashes – the kettle starting to boil – mammy putting on the pan for the breakfast. I ran down the stairs – Mammy said “***miracles have already started*”** it was the first time she didn’t have to scream and roar to get us up.

I remember running outside to see if there was any sign of **Mr. Connolly** stirring- the air was silent almost holy- the most wonderful day of my life.

I’ll never forget the sight of **Mr. Connolly** as he came out. So smart in his **Civil Defence Uniform**. Daddy walked with us the mile or more to the train station. All along the way we met other groups and families heading to the station. Everybody greeting each other and laughing, but when we reached the train station I almost ran home, I’d never in my life seen so many people at one place, not even at Sunday Mass. Busses full of people, Groups with Banners, families, Civil Defence, the Priest, the nuns. There was such a large crowd I was almost lost already. **Mr. Connolly** brought us on to the train as all the people piled on.

I heard the whistle of the train as it slowly pulled out of the station, Daddy wished us a lovely day and made us promise to stay with Mr. Connolly.

I was so excited as the train pulled away until I heard over the speaker the voice of **Fr. Byrne** as he started the **Rosary**, Yes, the **Rosary** was said all the way to **Knock.** I asked **Mrs. Burbage** who was sitting near us, why we were saying the Rosary so much, and she snapped ***“’tis Pilgrimage isn’t it?”.*** I never said another word to her. I waited and waited for it to be over when suddenly the beautiful voices of the Church Choir started the Hymn

“***Oh, Mary we crown thee blossoms today”***

Oh, it was just wonderful.



**Mindfulness and Meditation**

The following links can be copied into your web browser to access online meditation practice:

* 5-Minute Meditation You Can Do Anywhere – [5-Minute Meditation You Can Do Anywhere](https://www.youtube.com/watch?v=inpok4MKVLM)
* Forgetting Time 10 minute meditation by Calm – <https://www.youtube.com/watch?v=YF_P1ZzYgjA>
* Rainy Day Antiques Meditation by Headspace – <https://www.youtube.com/watch?v=9OHvPNatlBc>

**Try taking some time for yourself to relax and decompress. This can be done alone or with a loved one. Try the following tips:**

* Play some calming music and give yourself permission for 5 or 10 minutes to just sit comfortably, close your eyes, and listen.
* Give your loved one a hand massage. Use soft, slow motions over the skin and a scented hand cream to add an extra sensory element. Think of all the amazing things those hands have done in their lifetime.
* Sit comfortably and think of:

5 things you can see around you

4 things you can feel or touch

3 things you can hear

2 things you can smell

1 thing you can taste