



THE Alzheimer

SOCIETY OF IRELAND



Activity Pack One

Active Engagement



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Active Engagement





Dear Friends,

Hello and welcome! As we step into April, we're embracing the joys of Spring with a lovely mix of activities to brighten your days and spark a bit some creativity.

With Easter just around the corner, there's plenty of fun to be had! From egg hunts to crafts, games and tasty treats, this month is all about new beginnings, fresh blooms, and a sprinkle of seasonal magic.

As the days grow longer and the world around us bursts into colour, we invite you to soak up the beauty of spring. Whether it's through music, art, or a well-earned chocolate egg, there's something for everyone to enjoy this season.

If you try one activity or hop into them all, we hope this pack brings a little extra joy to your April!

Send us images of your creations to:

communityengagement@alzheimer.ie for a chance to be featured on our social media or in the next issue.

And as always, our Free Helpline is here for you. You can reach us at Phone: [1800 341 341](tel:1800341341) or Email: helpline@alzheimer.ie.



TABLE OF CONTENTS

Coffee Filter Butterfly	1-4
April Quiz	5-7
Wordsearch	8-9
Maths	10-12
Easter Rocky Road.....	13
Colouring	14-22
Poems	23-25
Songs.....	26-28
Useful Resources	29-31



Coffee Filter Butterfly

Create a beautiful Coffee Filter Butterfly with just a few simple materials—perfect for engaging hands and creativity. This easy craft uses coffee filters, markers, and water to create stunning, colorful butterfly wings, providing a fun and relaxing activity.

What you will need:

- Round Coffee Filters
- Washable Markers
- Clothes Peg
- Pipe Cleaner (chenille stem)
- Spray Bottle with water
- Bin (not necessary but helps prevent a work surface mess)

Tutorial available at

<https://virtualdementiahub.ie/april-2025-coffee-filter-butterfly-craft-tutorial/>



Check out the below for some inspiration!





Steps to Follow



Start by drawing any designs on the top coffee filter side of a single filter.



Use different colours and a variety of colours that complement each other. We love bright colours as they make colourful butterflies, but whatever you use they will be beautiful coffee filter butterflies.

Fill your spray bottle with water.



Spray it with a bit of water and make sure the whole design is sprayed. You do not need much water.

Set aside to fully dry.





Repeat the same steps on another filter. You can do the same design or a different one.

When both filters are dry, fold each piece accordion fold or a fan fold.



Use a peg to secure folded coffee filters in the middle of the coffee filter.



Adjust and open the filter to make them look like the wings of the butterfly.

One coffee filter should be the top butterfly wings and the other the bottom wings. The key is to get them into a butterfly shape.

The last step is to add antennae using the pipe cleaner.



Curl at the ends of the pipe cleaner slightly.



April & Easter Quiz

1. What flower is often associated with April and springtime?

a) Daffodil 

b) Rose 

c) Sunflower 

2. What is April 1st commonly called?

a) Easter Sunday

b) St. Patrick's Day

c) April Fool's Day

3. What animal is commonly linked with Easter?

(Hint: It hops and has long ears!)

4. Many people give and receive chocolate eggs at Easter.

What are they meant to symbolise?

a) Luck 

b) New life 

c) Friendship 

5. What day of the week is Good Friday always on?

a) Monday

b) Wednesday

c) Friday

6. In Ireland, which of these is a common Easter tradition?

- a) Eating a big meal with family
- b) Decorating a Christmas tree
- c) Carving a pumpkin

7. What little yellow bird is often seen around Easter?

(Hint: It comes from an egg!)

8. What do people in Ireland often give up for Lent before Easter?

- a) Meat
- b) Sweets
- c) Watching TV

9. April showers bring what?

- a) Rainbows 
- b) Snow 
- c) Sunshine

10. What is the Irish word for Easter?

- a) Nollaig
- b) Cáisc
- c) Samhain

Quiz Answers

1. What flower is often associated with April and springtime?

a) Daffodil 

2. What is April 1st commonly called?

c) April Fool's Day 

3. What animal is commonly linked with Easter?

Bunny 

4. Many people give and receive chocolate eggs at Easter. What are they meant to symbolise?

b) New life 

5. What day of the week is Good Friday always on?

c) Friday 

6. In Ireland, which of these is a common Easter tradition?

a) Eating a big meal with family

7. What little yellow bird is often seen around Easter?

Chick 

8. What do people in Ireland often give up for Lent before Easter?

b) Sweets

9. April showers bring what?

a) Rainbows 

10. What is the Irish word for Easter?

b) Cáisc



Wordsearch

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

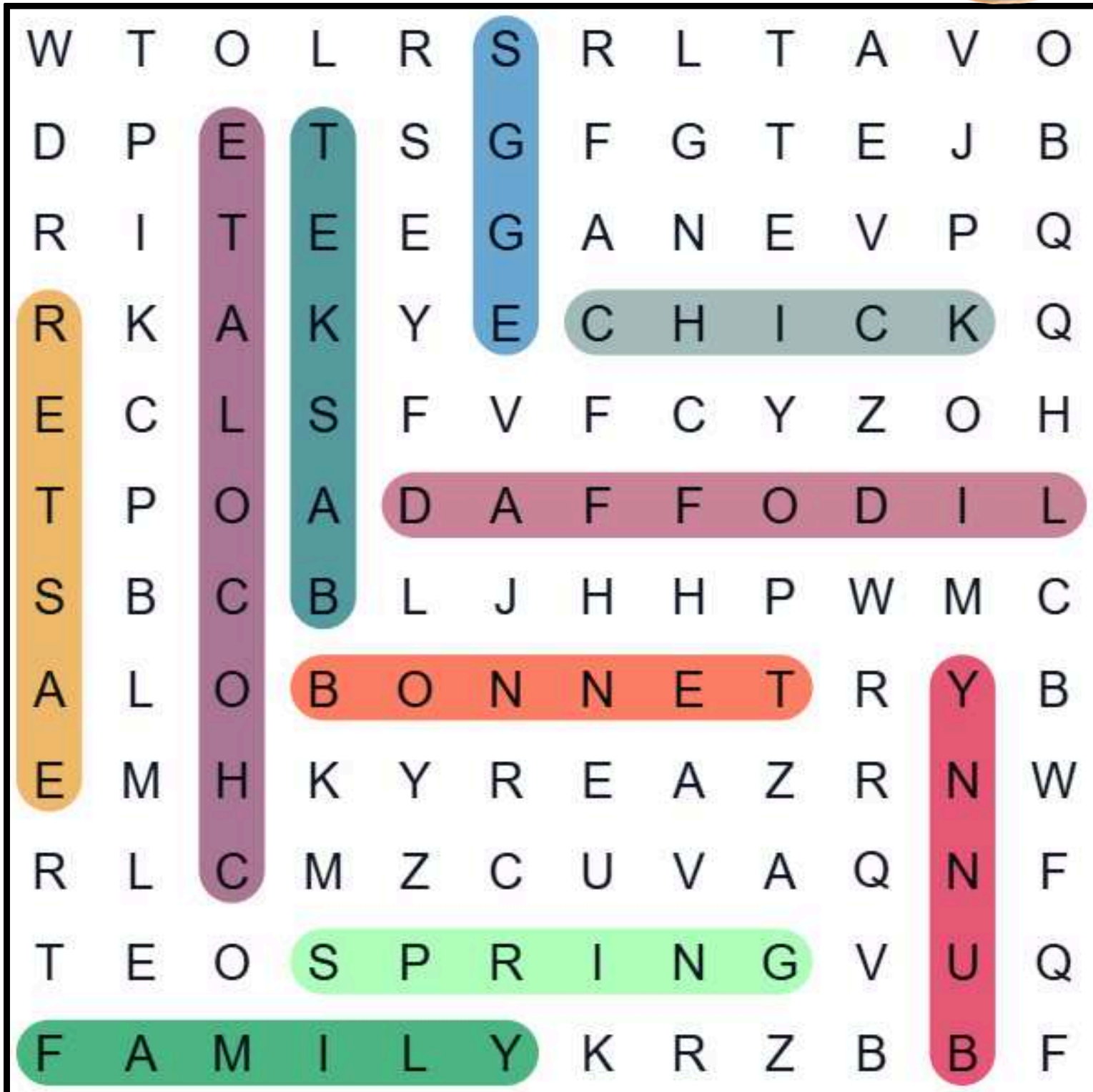
Bonnet
Easter
Bunny

Eggs
Family
Chick

Chocolate
Daffodil
Basket

Spring

Wordsearch



Bonnet

Easter

Bunny

Eggs

Family

Chick

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Basket

Spring

Magic Square Puzzle

Magic Squares are square grids with a special arrangement of numbers in such a way that every row, column and diagonal adds up to the same number. This sum is called “magic sum” or “magic number”.

Magic Sum = 66



	13	16	18
		21	11
22	12		23
	17	20	

Sudoku Puzzle

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.

		2	3
2			4
4		3	





Solution

Magic Square Solution

19	13	16	18
10	24	21	11
22	12	9	23
15	17	20	14

Sudoku Solution

1	4	2	3
2	3	1	4
4	1	3	2
3	2	4	1



Easter Rocky Road

Ingredients

- 175g dark chocolate, broken into pieces
- 125g milk chocolate, broken into pieces
- 2 tbsp golden syrup
- 75g unsalted butter, diced
- 160g sugar-coated mini chocolate eggs
- 200g digestives or rich tea biscuits, broken into pieces
- 75g mini marshmallows
- 50g hazelnuts, roughly chopped
- 75g raisins

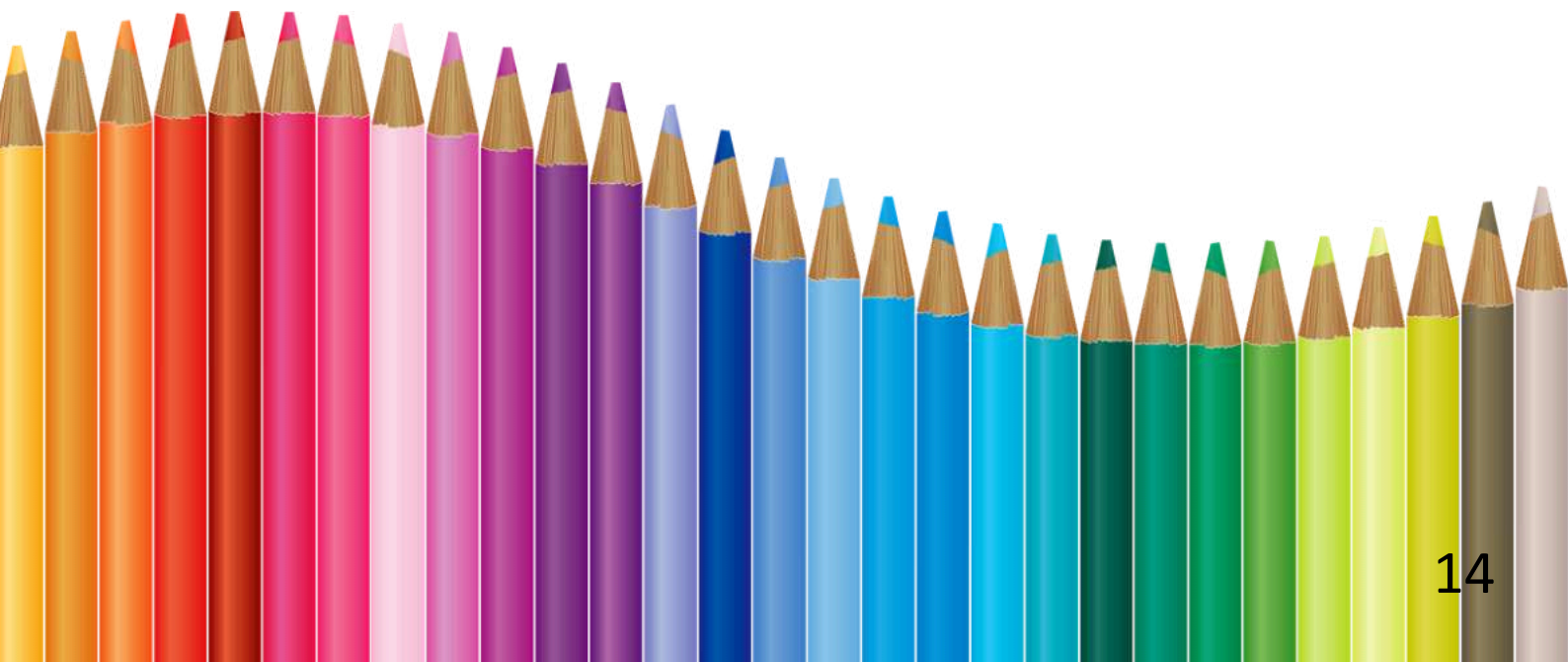


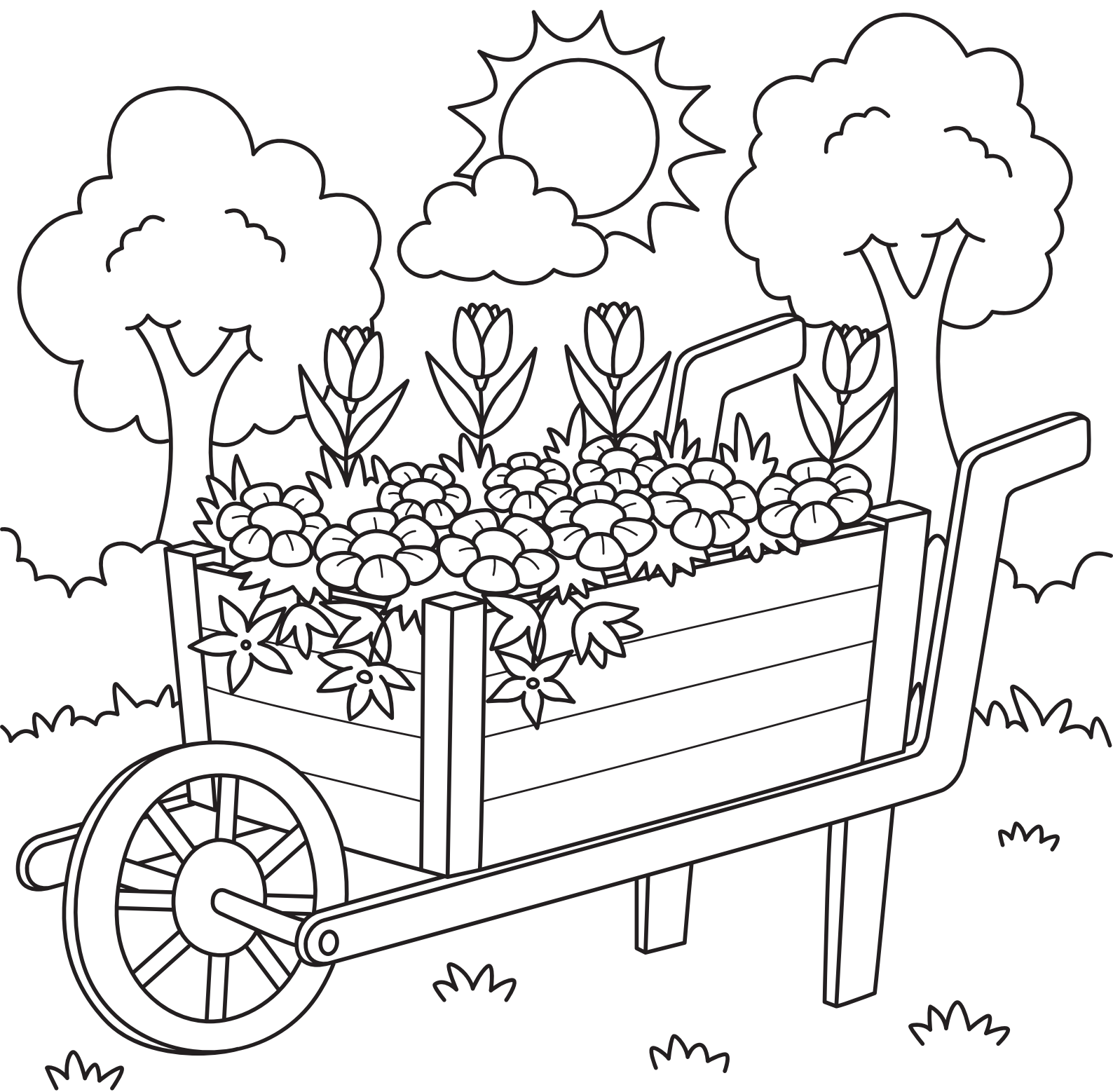
Method

- Line a 20x30cm/8x12in baking tin with baking paper.
- Place the dark and milk chocolate pieces in a large heatproof bowl and add the golden syrup and butter. Set the bowl over a pan of barely simmering water but do not allow the bottom of the bowl to touch the water. Stir from time to time until the butter and chocolate are melted and the mixture is smooth. Remove from the heat and leave to cool for 5 minutes – if this is too hot the marshmallows will melt.
- Cut the chocolate mini eggs in half (leaving a few whole) and set aside one third of the eggs, including the whole ones for decorating. Gently fold in the chocolate eggs, biscuits, marshmallows, nuts and raisins into the chocolate mixture and mix to combine. Spoon into the prepared tin and spread level using the back of the spoon. Scatter with the reserved whole and halved mini eggs.
- Refrigerating for at least 1 hour, or until completely firm. Cut into bars to serve.

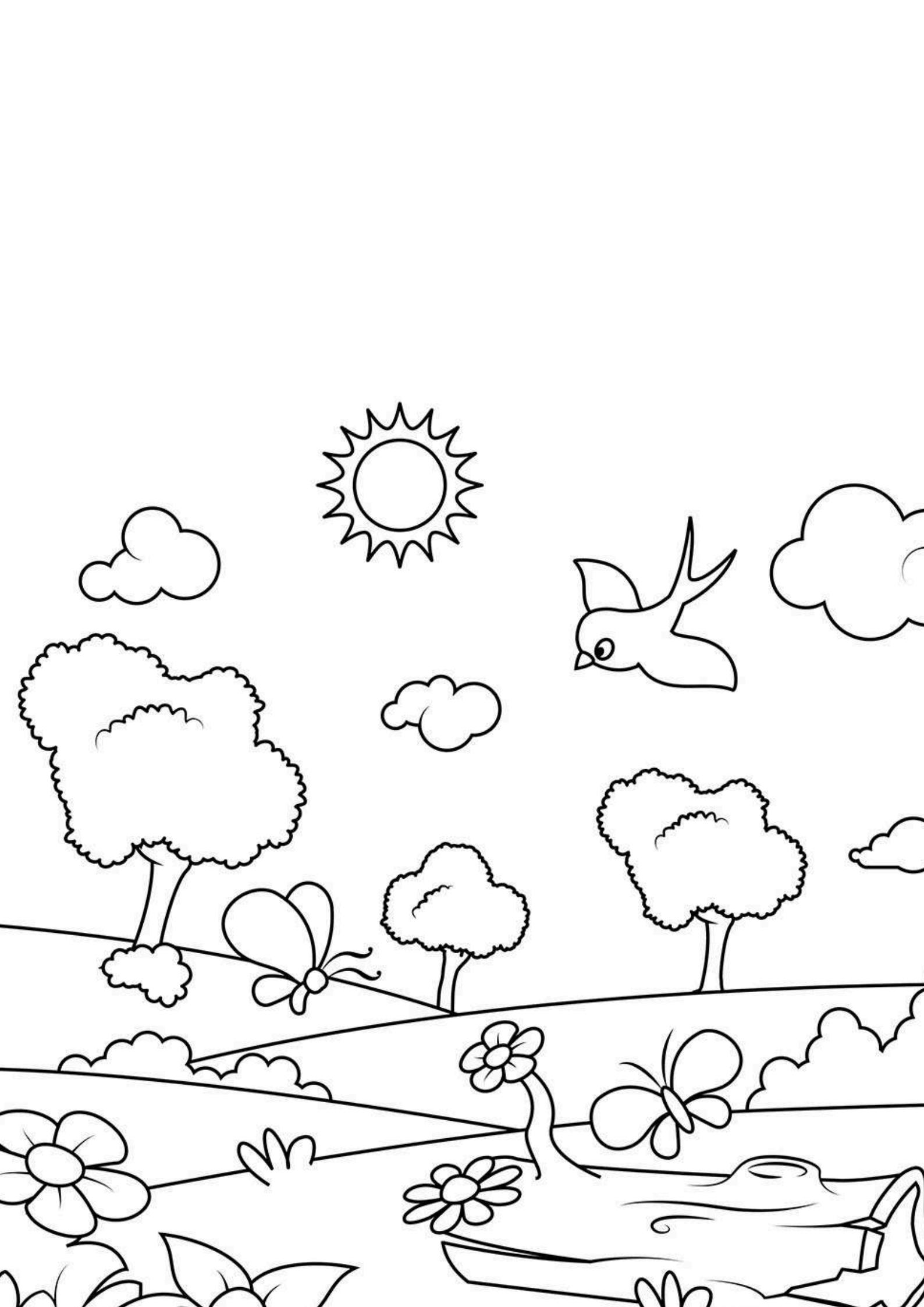


Colouring Pages



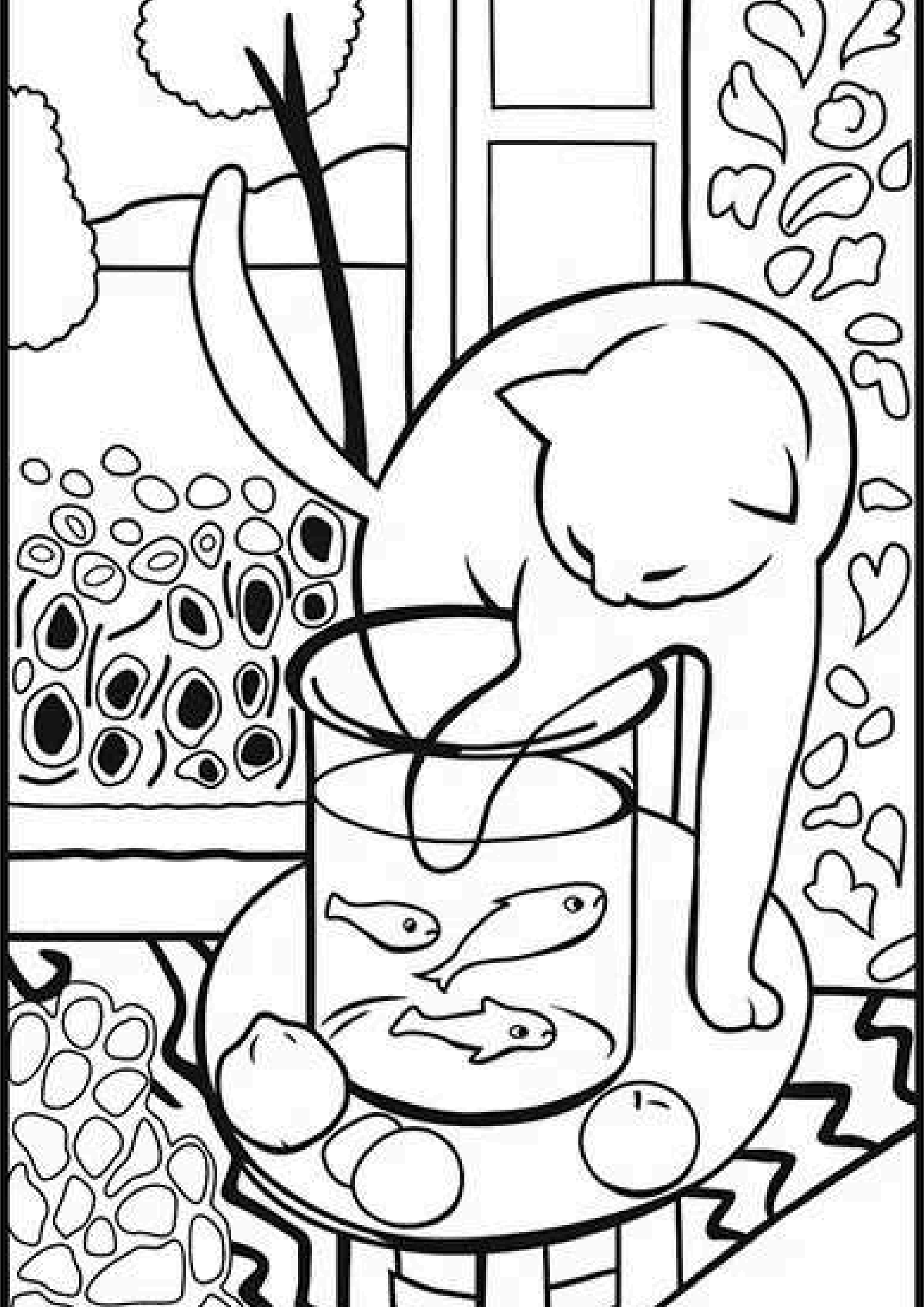


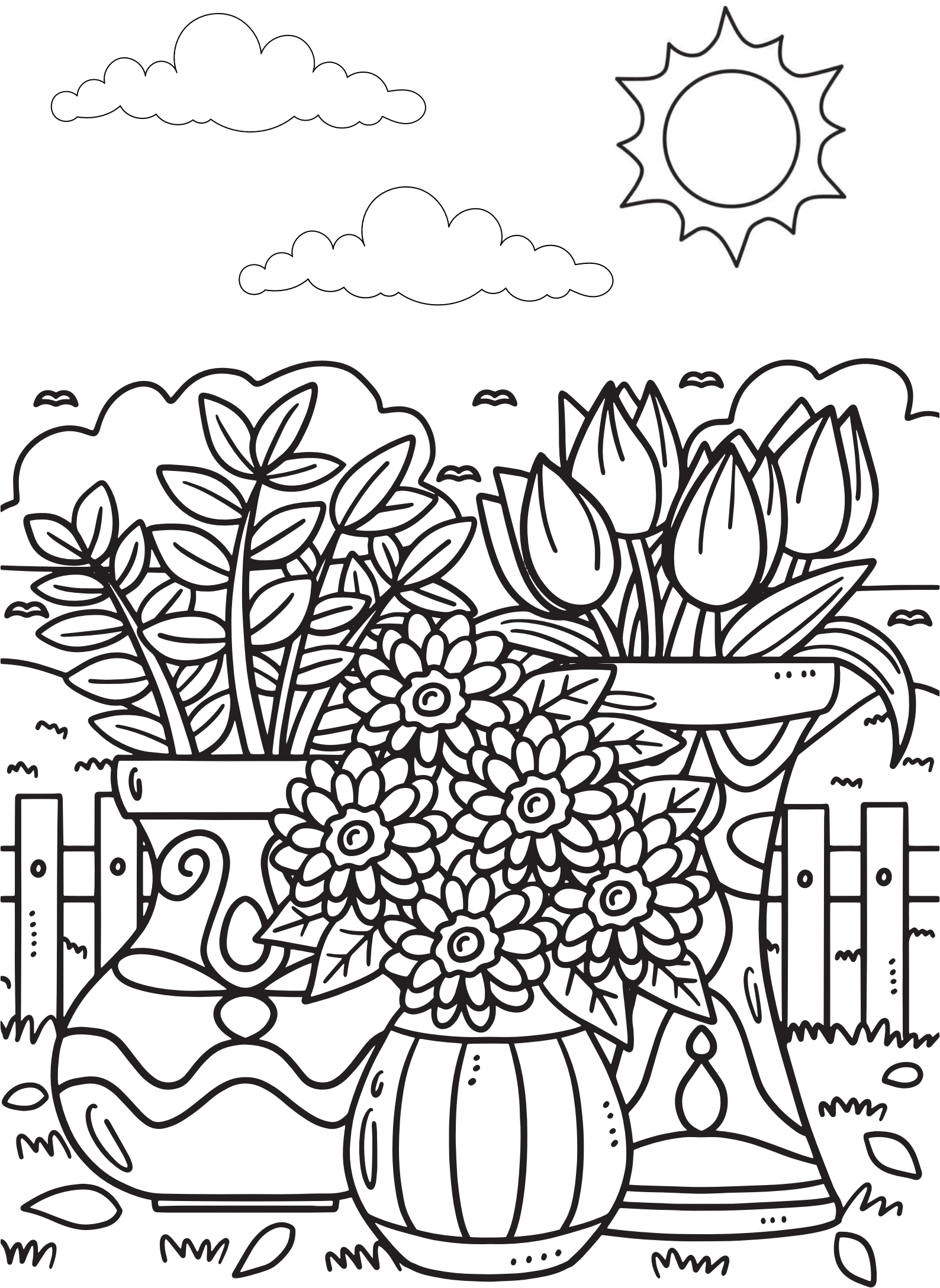


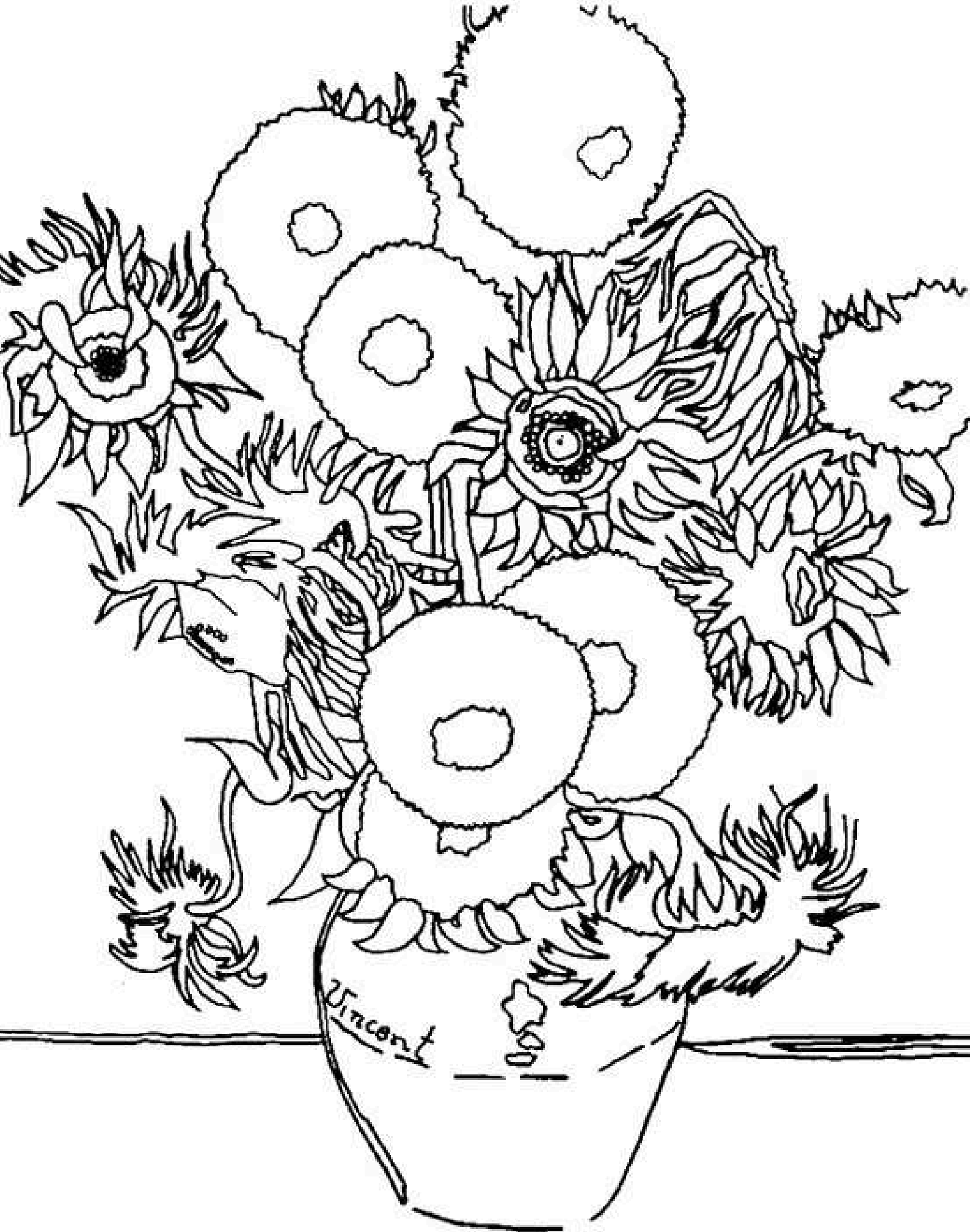














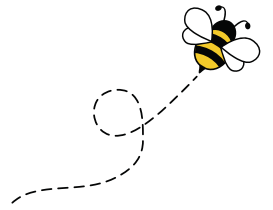
April Rain Song

by Langston Hughes

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk
The rain makes running pools in the gutter
The rain plays a little sleep song on our roof at night
And I love the rain.



Spring

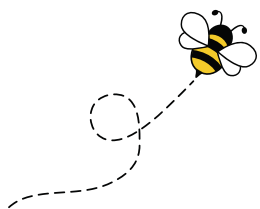


by Gerard Manley Hopkins

Nothing is so beautiful as Spring –
When weeds, in wheels, shoot long and lovely and lush;
Thrush's eggs look little low heavens, and thrush
Through the echoing timber does so rinse and wring
The ear, it strikes like lightnings to hear him sing;
The glassy peartree leaves and blooms, they brush
The descending blue; that blue is all in a rush
With richness; the racing lambs too have fair their fling.

What is all this juice and all this joy?
A strain of the earth's sweet being in the beginning
In Eden garden. – Have, get, before it cloy,
Before it cloud, Christ, lord, and sour with sinning,
Innocent mind and Mayday in girl and boy,
Most, O maid's child, thy choice and worthy the winning.





Spring Pools

By Robert Frost

These pools that, though in forests, still reflect
The total sky almost without defect,
And like the flowers beside them, chill and shiver,
Will like the flowers beside them soon be gone,
And yet not out by any brook or river,
But up by roots to bring dark foliage on.

The trees that have it in their pent-up buds
To darken nature and be summer woods -
Let them think twice before they use their powers
To blot out and drink up and sweep away
These flowery waters and these watery flowers
From snow that melted only yesterday.



April in Paris

Ella Fitzgerald



April in Paris, chestnuts in blossom
Holiday tables under the trees
April in Paris, this is a feeling
No one can ever reprise

I never knew the charm of spring
Never met it face to face
I never knew my heart could sing
Never missed a warm embrace

Till April in Paris
Whom can I run to
What have you done to my heart

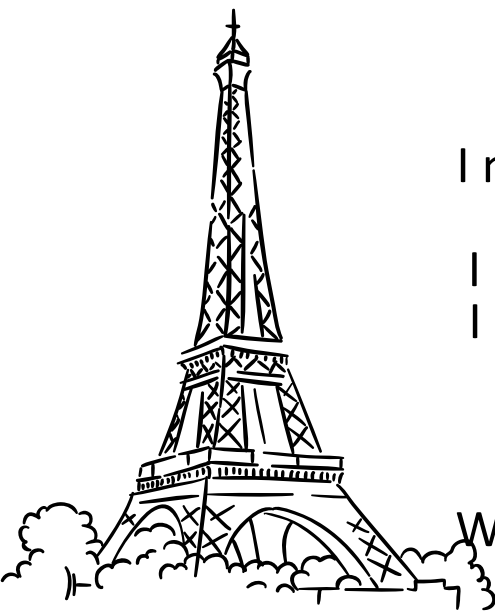
Yes, April in Paris, chestnuts in blossom
Holiday tables under the trees
April in Paris, this is a feeling
No one can ever reprise

I never knew the charm of spring
I never met it face to face
I never new my heart could sing
I never missed a warm embrace

Till April in Paris, chestnuts in blossom
Holiday tables under the trees
April in Paris, this is a feeling
That no one can ever reprise

I never knew the charm of spring
I never met it face to face
I never new my heart could sing
I never missed a warm embrace

Till April in Paris
Whom can I run to
What have you done to my heart





I'll Remember April

Frank Sinatra

This lovely day will lengthen into evening
We'll sigh goodbye to all we ever had
Alone where we have walked together
I'll remember April and be glad

I'll be content you loved me once in April
Your lips were warm and love and spring were new
I'm not afraid of autumn and her sorrow
For I'll remember April and you

The fire will dwindle into glowing ashes
For flames live such a little while
I won't forget but I won't be lonely
I'll remember April and smile





Rambles of Spring

Tommy Makem

CHORUS

I've a fine felt hat and a strong pair of brogues
and I've rosin in my pocket for my bow
my fiddle strings are new and I've learned a tune or two
and I'm well prepared to ramble I must go

There's a piercing wintry breeze blowing through the budding trees
and i've buttoned up me coat to keep me warm
and I'm on the road again with a suitcase in my hand
and my fiddle's snug up close beneath my arm

I'm as happy as a king when I catch a breath of spring
and the grass is growin' green as winter ends
and the geese are on the wing as the thrushes start to sing
and I'm headed down the road to meet my friends

I have friends in every town as I ramble up and down
playin' music at the markets and the fairs
and the donkeys and the creels and the farmers makin' deals
and the yellow hatted tinkers sellin' wares

here's a health to one and all to the big and to the small
to the rich and poor alike to foe and friend
and when I return again may my foes be turned to friends
and may may peace and joy be with you until then



Useful Resources

HELPFUL LINKS

- The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>.
- Virtual Dementia Hub: <https://virtualdementiahub.ie/>

CAFÉS

- We are hosting several Alzheimer Cafés this month. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit: www.alzheimer.ie/service/alzheimer-cafe/.

SOCIAL CLUBS

- These are a social gathering where people can drop in to chat, access information and support, and meet other people. Click the link below to find your nearest Social Club
<https://alzheimer.ie/service/socialclub/>.
- Engaging Dementia Rainbow Virtual Café is held online via Zoom on the last Friday of each month (excluding bank holidays). This is a welcoming space for older persons within the LGBT+ community, as well as family supporters, healthcare workers and proactive allies.
virtualcafe@engagingdementia.ie





MUSIC

- The Virtual National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: cbartels@alzheimer.ie
- Let's Sing Together: <https://youtu.be/KEFAxePeZ18>
- Playlist for Life: <https://www.playlistforlife.org.uk/>
- The Story of Playlist for Life: <https://www.youtube.com/watch?v=eWgBlmVQXoM>

MEDITATION

- Spring Meditation: <https://www.youtube.com/watch?v=gN7SLNUw4Ro>
- 5 Minute Spring Meditation: <https://www.youtube.com/watch?v=N88tfyE3bjE>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 28 day challenge Chair Yoga: <https://www.youtube.com/watch?v=VoKOWQwOmfQ&list=PLD2LeigHmZ4FYco7wrQuqOgLQ3Fk9gQin>





OTHER

- Beautiful Relaxing Music: <https://www.youtube.com/watch?v=IFcSrYw-ARY>
- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1
- Easter Activities for Seniors: <https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/>
- Tactile Activities for People with Dementia:
<https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Spring Crafts: <https://loaids.com/spring-crafts-for-seniors/>
- Online Colouring: <https://coloring-for-adults.com/all-coloring-pages>
- Irish Museum of Modern Art
<https://imma.ie/learn-engage/imma-horizons/>

COLOURING FROM

- <https://coloringnation.com/coloring-pages-art>
- <https://saferseniorcare.com/easy-coloring-pages-for-seniors/>

