



THE Alzheimer  

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SOCIETY OF IRELAND



# Activity Pack Two

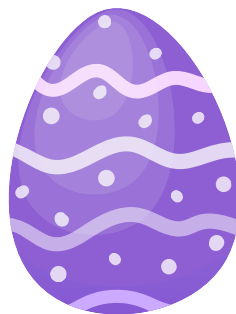
## Relaxed Engagement





# Activity Pack Two

## Relaxed 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](mailto: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](mailto:helpline@alzheimer.ie).



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# 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

# Quiz Answers

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

a) Daffodil 

2. What is April 1st commonly called?

c) April Foo's Day 

3. What animal is commonly linked with Easter?

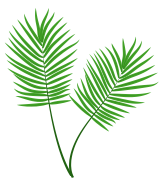
Bunny 

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 



# Easter Reflection Exercise



## Materials Needed:

- Soft instrumental Easter hymn playing in the background (optional)
- A picture of an Easter lily, sunrise, stained glass art
- A small cross or smooth stone for everyone for tactile engagement

## Exercise:

### 1. Gentle Introduction:

- Begin by holding the cross or stone. Ask participants how it feels in their hands (smooth, cool, solid).
- Show the picture of the Easter lily or sunrise. Ask, “What does this image remind you of?” (There are no right answers)

### 2. Guided Reflection:

- Read slowly: *“Easter is a time of hope, light, and new beginnings. Just as flowers bloom in spring and the sun rises each morning, Easter reminds us that we, too, can find renewal and peace. What are some things that bring you comfort and hope?”*
- **Encourage simple responses—words, feelings, or memories.**

### 3. Personal Connection:

- Ask: *“Did you have special Easter traditions growing up? Maybe an Easter dinner, church service, or time with loved ones?”*
- If a participant shares a memory, gently encourage others to listen and respond with kindness.

### 4. Closing Thought & Prayer (Optional):

- Say: *“No matter where we are on life’s journey, Easter reminds us that love and hope never fade. Let’s take a deep breath and feel the warmth of this moment together.”*
- If appropriate, offer a short, simple prayer of gratitude for the season of Easter.

**This exercise fosters connection, sensory engagement, and peaceful reflection while honouring individual memories and experiences.**





# Wordsearch

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

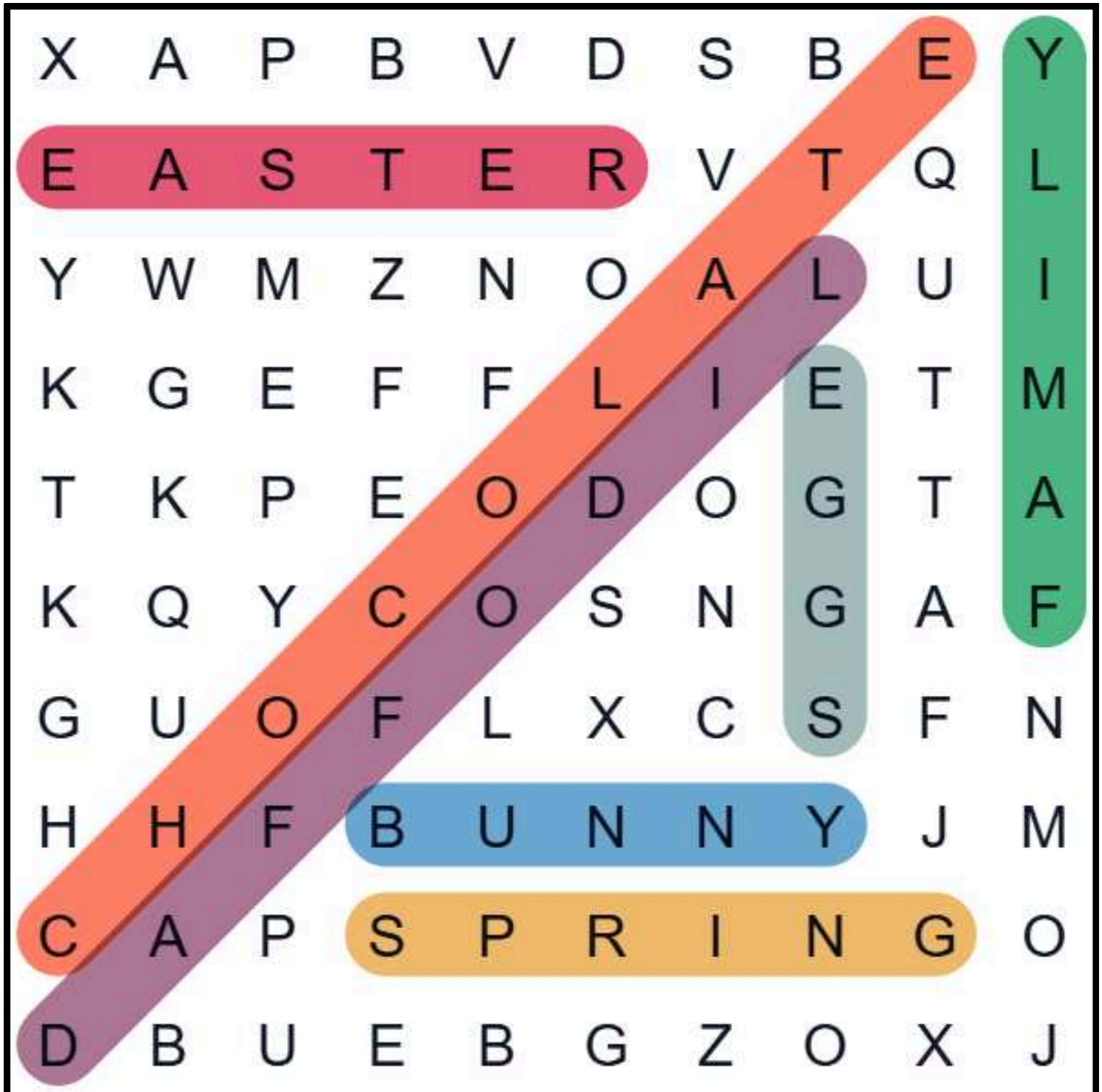
**Easter  
Bunny**

**Eggs  
Family**

**Chocolate  
Daffodil**

**Spring**

# Wordsearch



Easter

Eggs

Chocolate

Spring

Bunny

Family

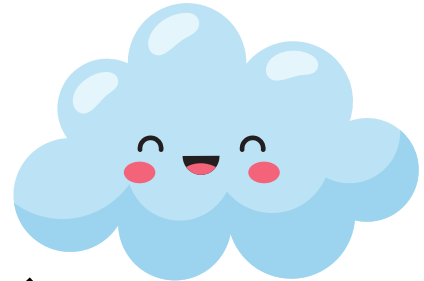
Daffodil



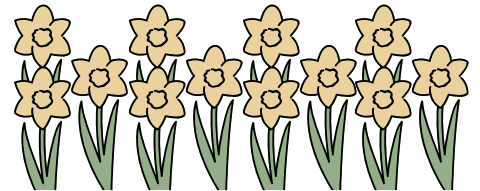
# Match the Numbers

Match the numbers on the left to the relevant image on the right. The first one is done for you.

6



9



2



1



5



12





# 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		1	
	4	2	3





## Solution

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



# 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

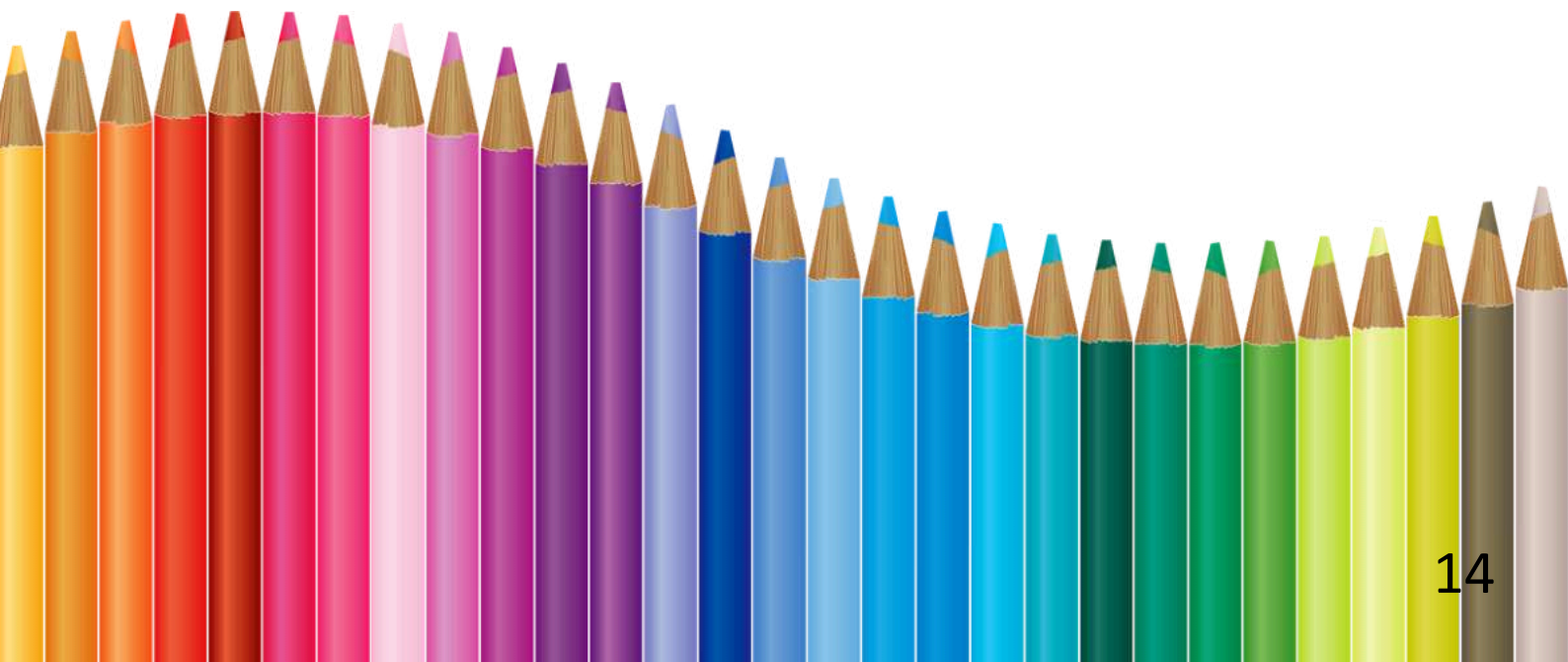


## Method

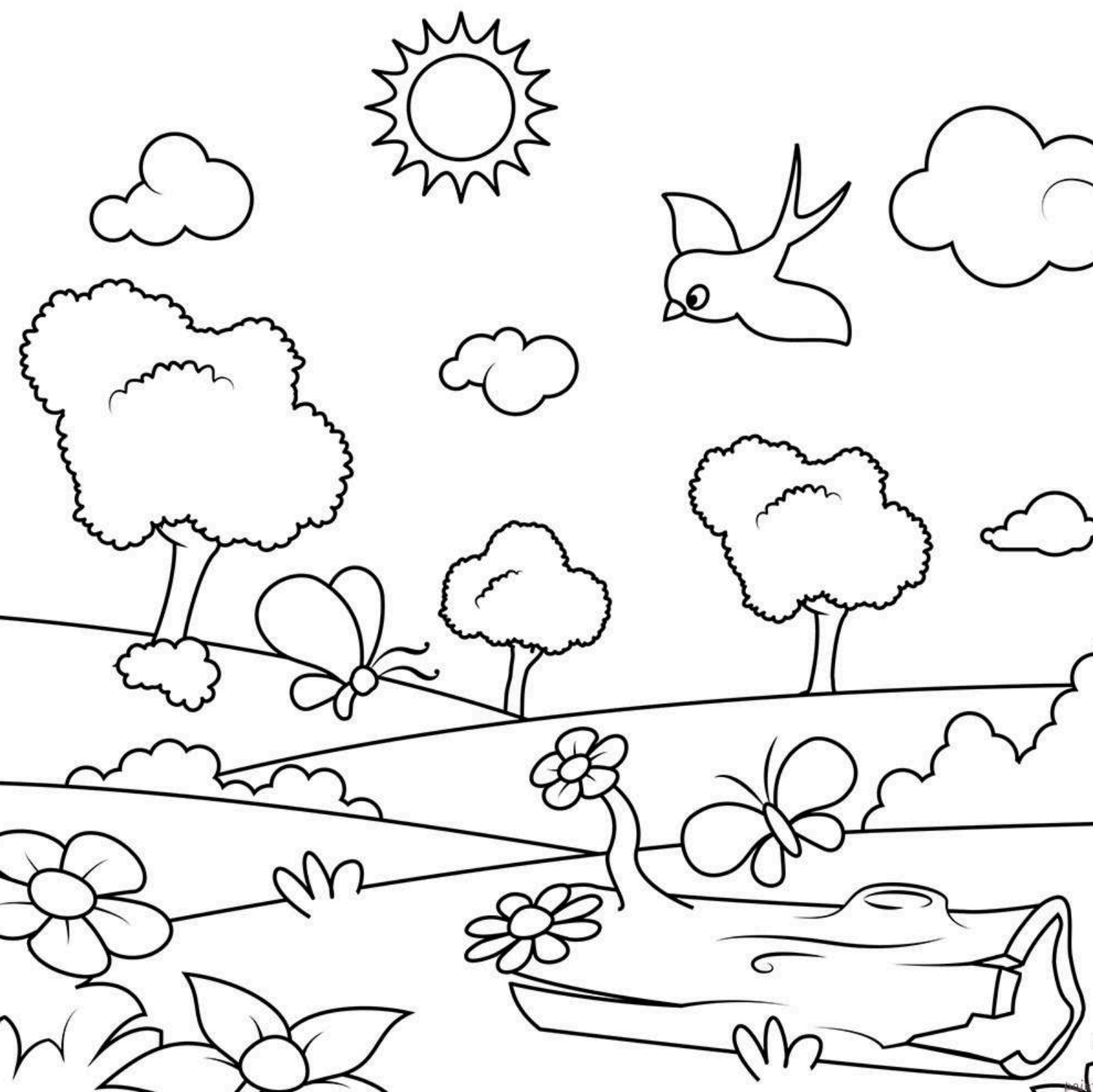
- Line a 20x30cm/8x12in baking tin with baking paper.
- Place the dark and milk chocolate pieces in a large heatproof bowl and add the golden syrup and butter. Set the bowl over a pan of barely simmering water but do not allow the bottom of the bowl to touch the water. Stir from time to time until the 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.

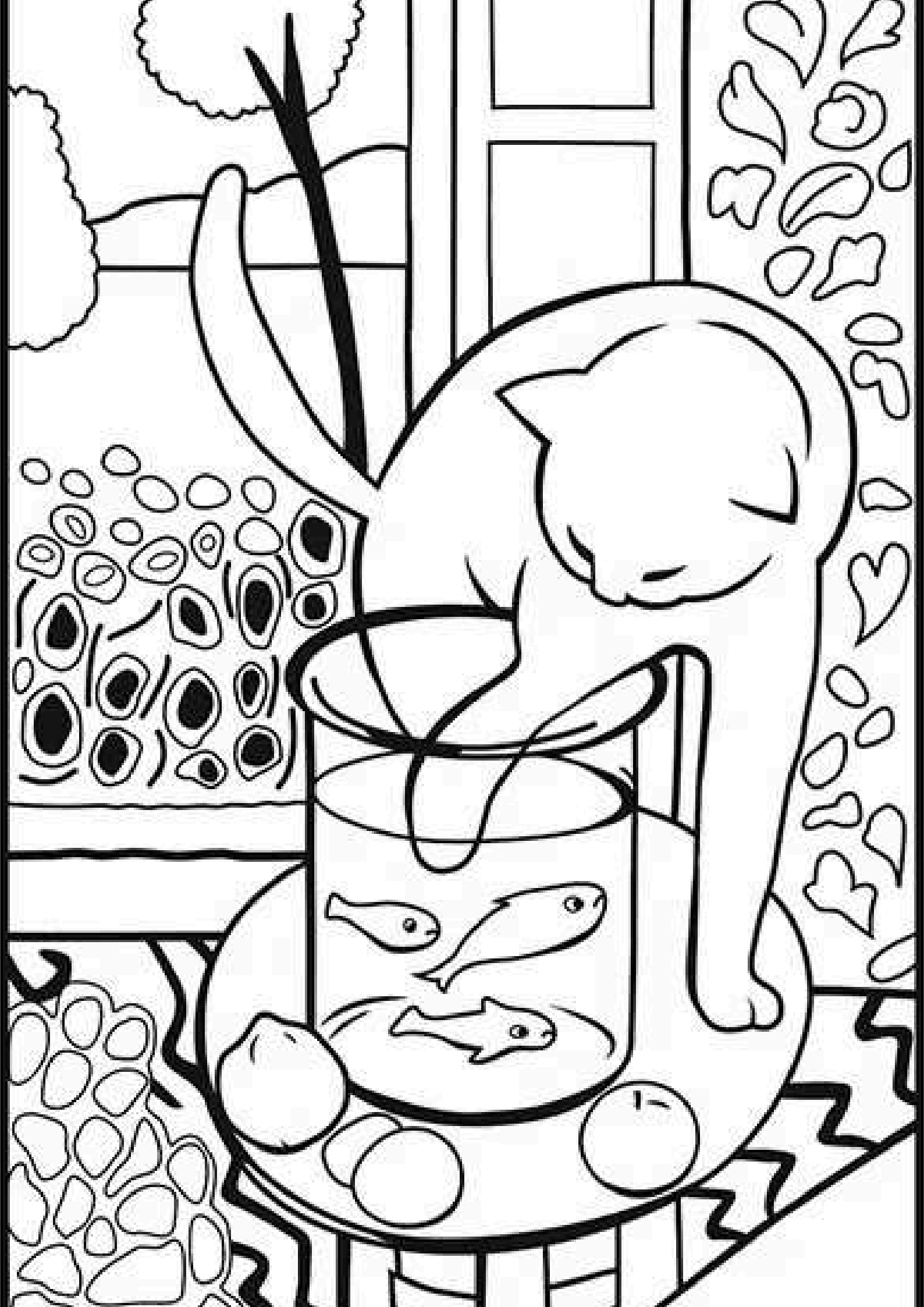


# Colouring Pages

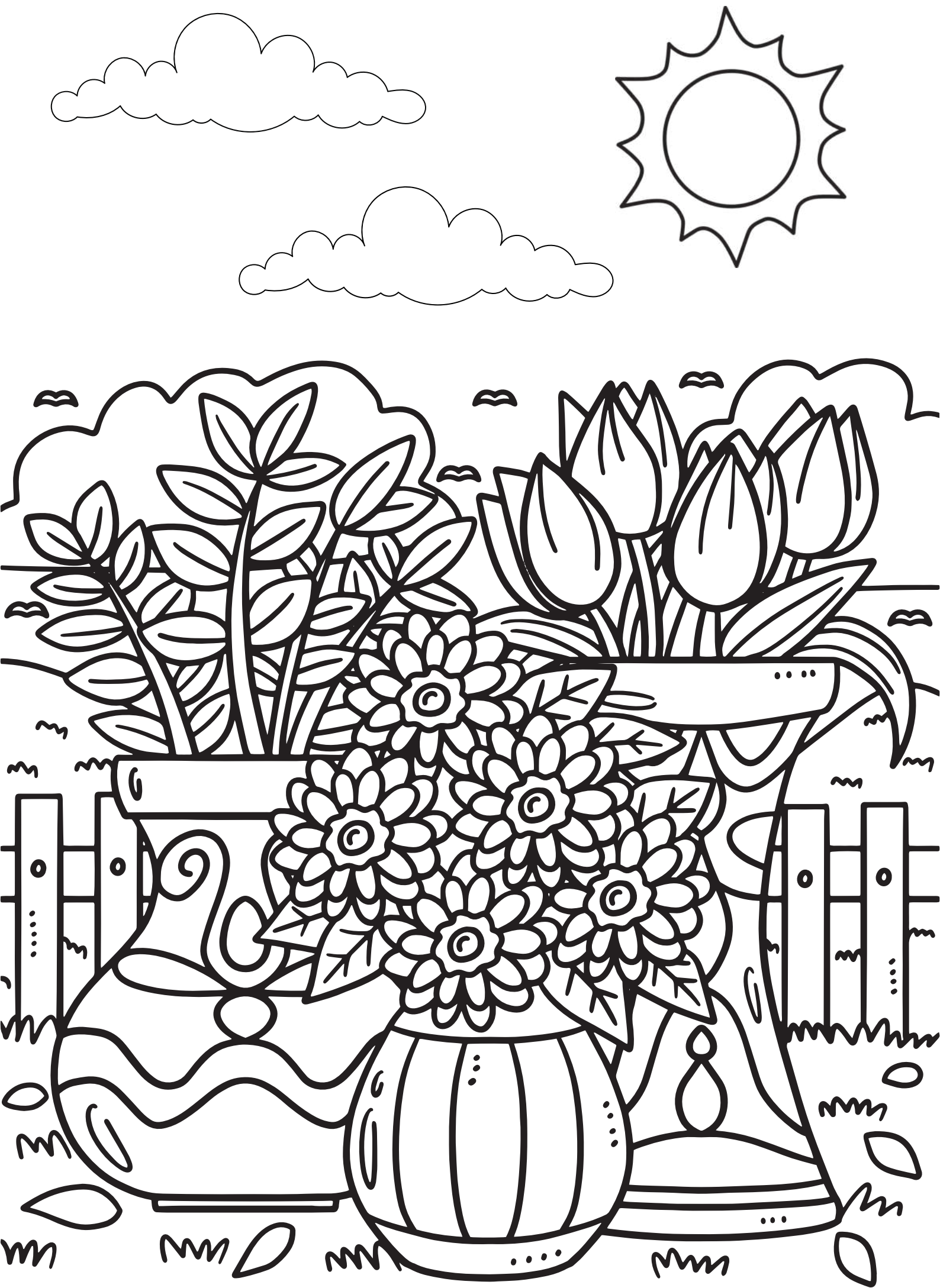


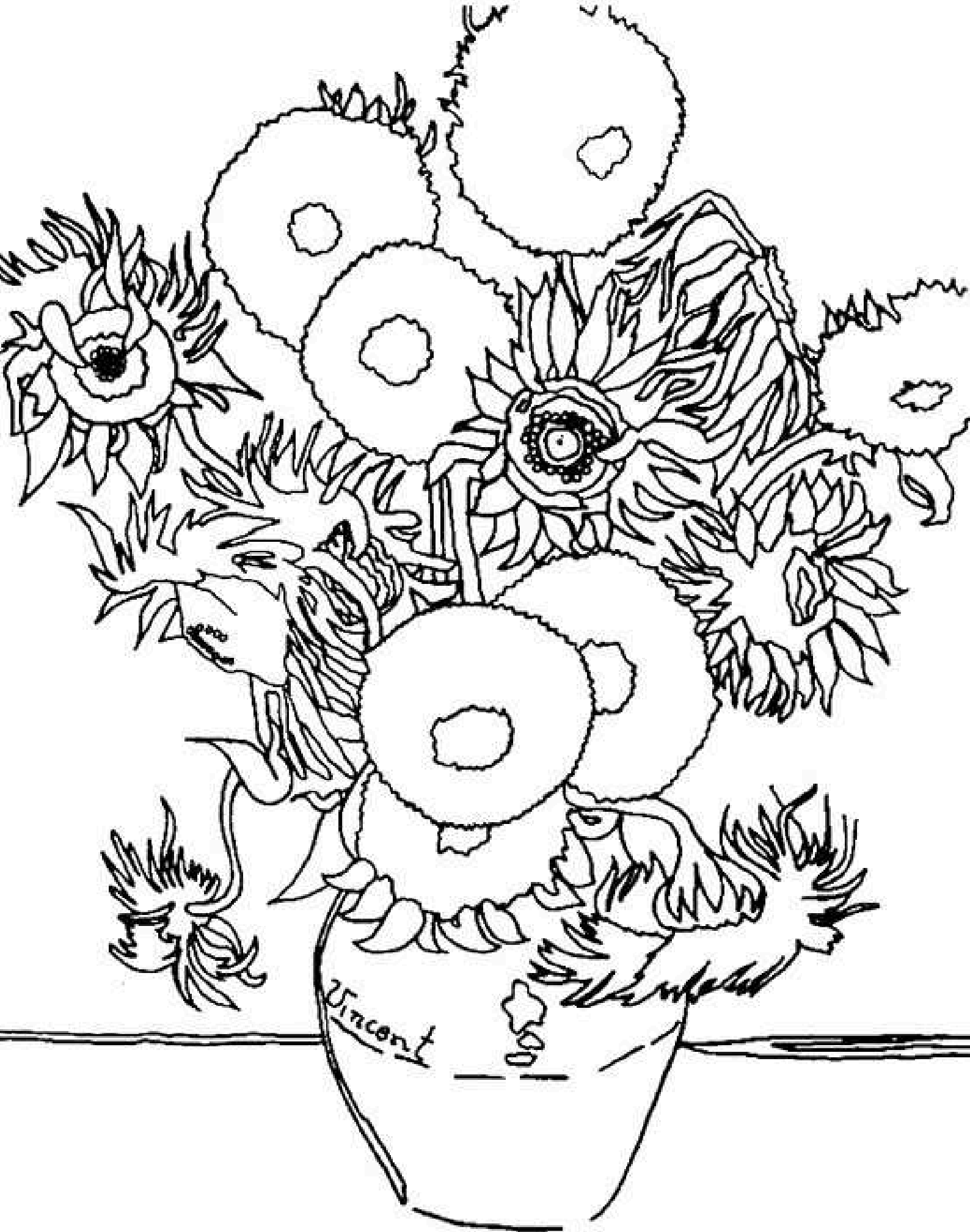














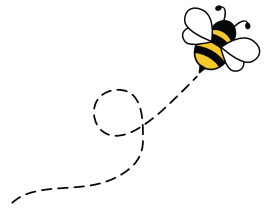
# April Rain Song

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

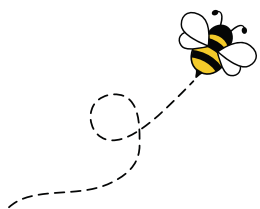


by Gerard Manley Hopkins

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

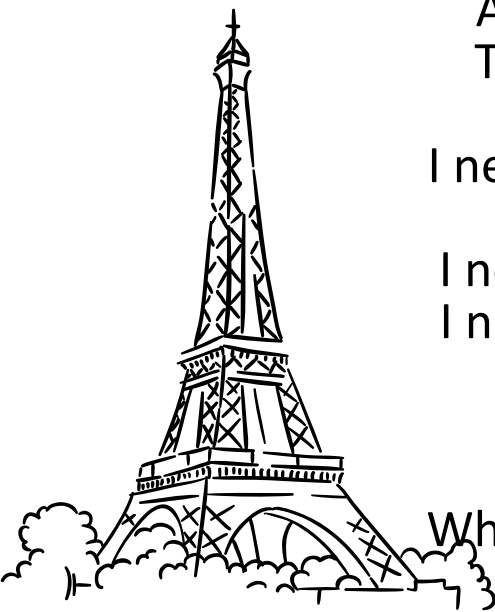
Yes, April in Paris, chestnuts in blossom  
Holiday tables under the trees  
April in Paris, this is a feeling  
No one can ever reprise

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







# He Is Lord

## Easter Hymn

1. He is Lord, he is Lord;  
he is risen from the dead, and he is Lord;  
Every knee shall bow, every tongue confess  
that Jesus Christ is Lord.

2. He is love, he is love;  
he has shown us by his life that he is love;  
all his people sing with one voice of joy  
that Jesus Christ is love.

3. He is life, he is life;  
he has died to set us free and he is life;  
and he calls us all to live evermore  
for Jesus Christ is life.

4. He is King, he is King;  
he will draw all nations to him, he is King:  
and the time shall be when the world shall  
sing

5. You are Lord, You are Lord  
You have risen from the dead  
And You are Lord  
Every knee shall bow, Every tongue confess  
That Jesus Christ is Lord



## 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/](http://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](mailto:virtualcafe@engagingdementia.ie)





## MUSIC

- The Virtual National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: [cbartels@alzheimer.ie](mailto: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](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/>

