



THE Alzheimer  

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SOCIETY OF IRELAND

*June*



# Activity Pack One

## Active Engagement





# Activity Pack One

## Active Engagement

*June*





Dear Friends,

Hello and happy June!

Summer has officially arrived, bringing longer days, warmer breezes, and plenty of chances to get creative. This month's pack is all about enjoying early summer's vibrant energy, whether indoors or out.

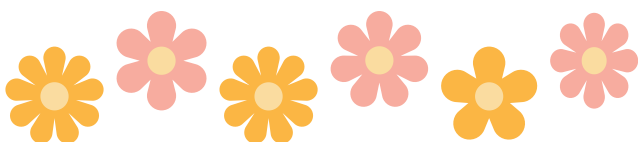
Our craft activity invites you to bring a splash of colour to your space with terracotta pot painting. Whether you go bold and bright or soft and earthy, it's a great way to express yourself and give new life to a simple garden pot.

In the kitchen, we're indulging in a sweet seasonal favourite: blueberry cheesecake. Creamy, fruity, and just the right amount of decadent, it's a no-fuss dessert that tastes like sunshine on a plate.

June is a time to slow down and savour what's around us—from fresh berries and blooming flowers to quiet afternoons and spontaneous adventures. However you choose to dip into this month's activities, we hope they bring joy, inspiration, and a little summer magic to your day.

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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# Painted Terracotta Pots

Summer is a great time of year to fill the house and garden with colour! Try painting some terracotta pots to bring some extra colour to your days.

## Materials Needed

- Clean terracotta pots
- Foam sponge brushes & or regular paint brushes
- Assorted acrylic paint colours
- Drip cloth or newspaper
- Paint pallet or paper plate
- Water (optional)
- Decorations (optional)

Tutorial available next week at:  
<https://virtualdementiahub.ie/?p=2638&preview=true>



**Check out the below for some inspiration!**







# Steps to Follow

## Step 1: Clean the Pot

- Gently wash the pot with warm water and mild soap.
- Use a soft brush or cloth to remove any dirt or dust.
- Let the pot dry completely, preferably overnight.



## Step 2: Choose Your Paint

- Acrylic paint is easy to use and comes in many colours.
- Spray paint can also be used for a smooth finish.



## Step 3: Paint the Pot

- Use a brush to apply the paint evenly on the pot's surface.
- You can paint the entire pot or create simple patterns.
- Allow the first coat to dry before adding a second coat if needed.

## Step 4: Seal the Paint (Optional)

- Once the paint is dry, you can apply a clear sealer to protect it.
- This helps the paint last longer, especially if the pot will be outside.



## Tips:

- Work in a well-lit area with all materials within easy reach.
- Use large-handled brushes for better grip.
- Choose bright, contrasting colors to make the design more visible.
- Keep the activity short and take breaks as needed.



# BBQ Wordsearch



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

Potatoes

Marinade

Skewers

Chicken

Pork

Grill

Lamb

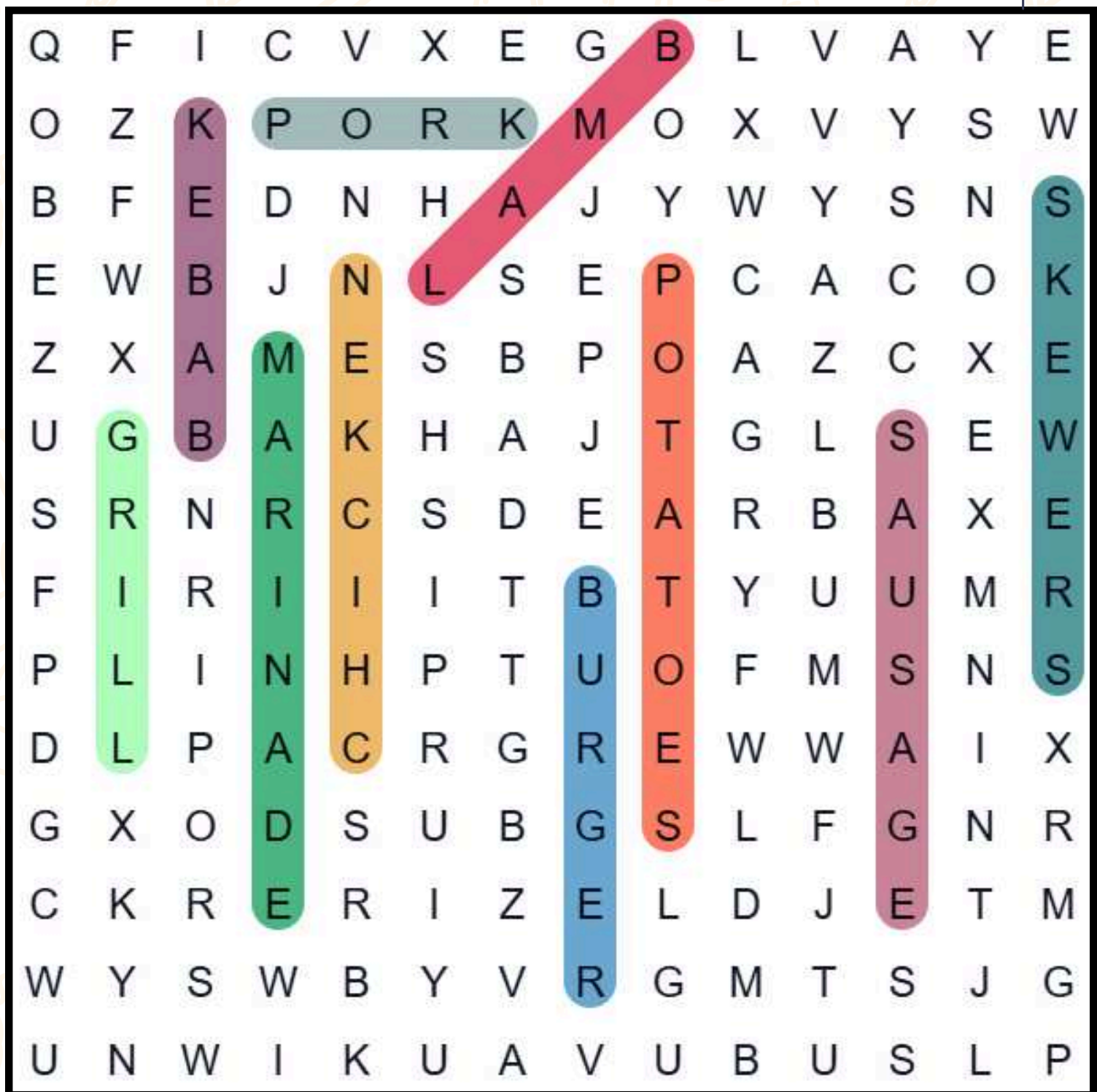
Kebab

Burger

Sausage



# BBQ Wordsearch Answers



Potatoes

Marinade

Skewers

Chicken

Pork

Grill

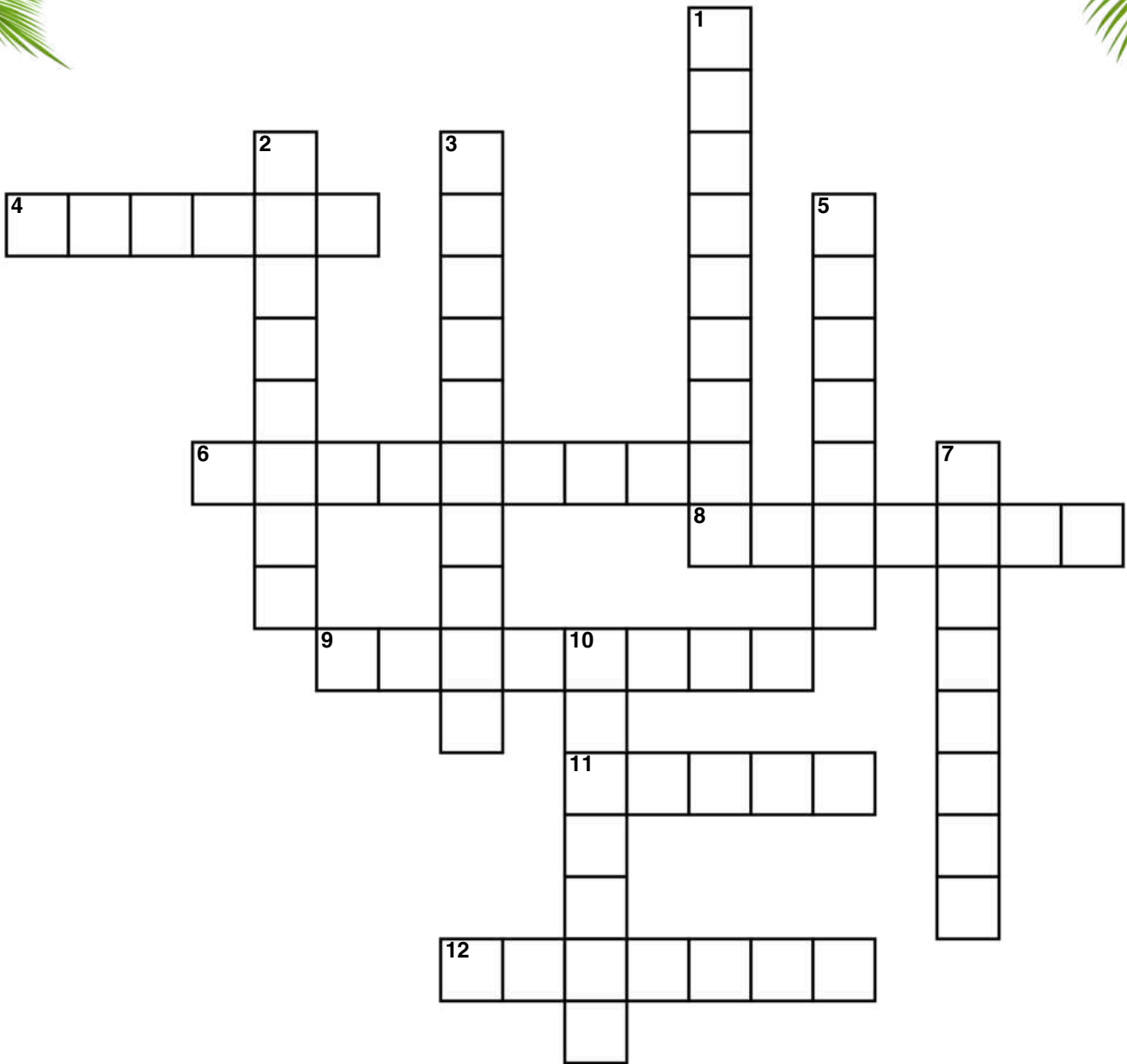
Lamb

Kebab

Burger

Sausage

# Summer Fun



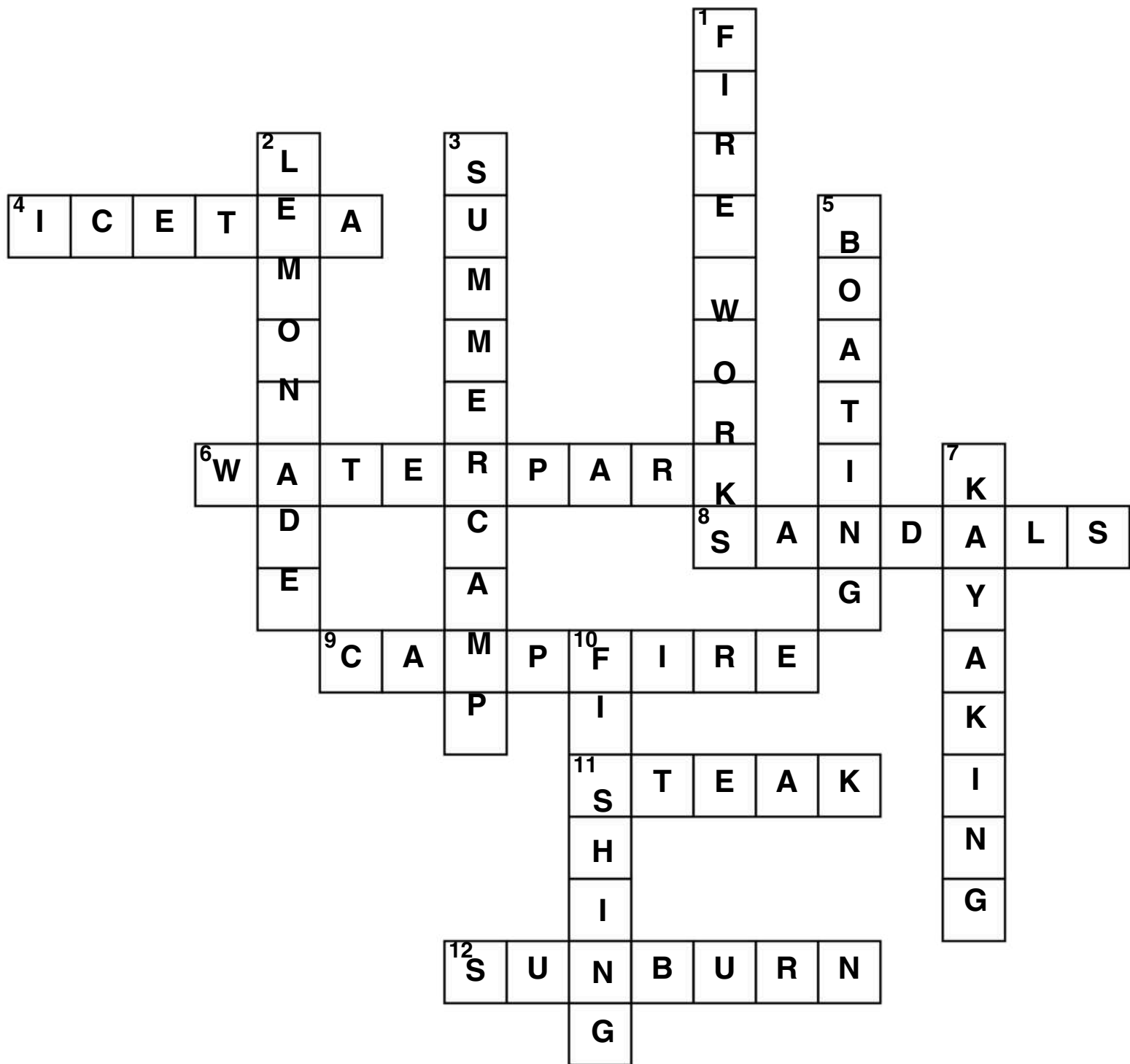
## Across

- [4]** A common beverage that is brewed hot and then chilled.
- [6]** Destination for families and thrill-seekers
- [8]** Type of footwear that is often associated with warm weather and beach
- [9]** Something special that you gather around with family and friends
- [11]** Something you cook on the grill
- [12]** When the skin is exposed to too much UV

## Down

- [1]** Summer treat that lights up the sky
- [2]** Summer drink that is perfect for hot days to quench your thirst
- [3]** A popular summer tradition where children and adults spend a week in the summer.
- [5]** Popular summer activity relaxing or fun and exciting
- [7]** Allows you to explore calm water or enjoy the scenery
- [10]** Summer activity can be relaxing or rewarding

# Solution





# Finish the Phrase

Finish these common phrases. Answers on next page.

**What's for you**

**You'll never plough a field**

**A good laugh and a long sleep**

**Even a small thorn**

**May the cat eat you,**

**It is often the person's mouth**

**A silent mouth**

**Speech is silver,**

**You'll never miss the water**

**When the drink is in**



# Answers



**What's for you won't pass you**

**You'll never plough a field by turning it over in your mind**

**A good laugh and a long sleep are the two best cures for anything**

**Even a small thorn causes festering**

**May the cat eat you, and may the devil eat the cat**

**It is often the person's mouth that breaks his nose**

**A silent mouth is sweet to hear**

**Speech is silver, silence is golden**

**You'll never miss the water until the well runs dry**

**When the drink is in the wit is out**



# Math Squares Puzzle

## Fill in the missing numbers

The missing numbers are integers between 0 and 5. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.



				8
		2		8
	5		3	12
0				10
	5	5		12
5	13	10	14	9

# Math Squares Puzzle Answers



8

0	1	2	5
4	5	0	3
0	2	3	5
1	5	5	1

8

12

10

12

5	13	10	14
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9

# Sudoku

- Each row, column and square (4 spaces each) needs to be filled out with the numbers 1-4, **without repeating any numbers within the row, column or square.**
- As you can see from the image below of an actual Sudoku grid, each Sudoku grid comes with a few spaces already filled in; the more spaces filled in, the easier the game – the more difficult Sudoku puzzles have very few spaces that are already filled in.

	2	4	3
		2	1
4			
	1		



# Sudoku

- Each row, column and square (4 spaces each) needs to be filled out with the numbers 1-4, **without repeating any numbers within the row, column or square.**
- As you can see from the image below of an actual Sudoku grid, each Sudoku grid comes with a few spaces already filled in; the more spaces filled in, the easier the game – the more difficult Sudoku puzzles have very few spaces that are already filled in.

	3	1	2
		3	4
	1	4	

# Sudoku Solutions

Puzzel 1

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

Puzzel 2

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





# Blueberry Cheesecake

## Ingredients

- 300g/10½oz blueberries (frozen is fine)
- 130g/4½oz caster sugar
- 1 unwaxed lemon
- 300g/10½oz ginger nut or digestive biscuits
- 100g/3½oz unsalted butter, melted, plus extra for greasing
- 350g/12oz full-fat cream cheese
- 1 tsp vanilla bean paste or extract
- 200ml/7fl oz double cream



## Method

- Grease a 20cm/8in springform cake tin with butter and line the base with a disc of baking paper.
- Tip the blueberries into a medium saucepan, along with 50g/1¾oz of the caster sugar and the juice of ½ the lemon. Place over a medium–low heat and cook for about 7 minutes, stirring often until the blueberries are very soft.
- Remove 4 tablespoons of the blueberries into a small bowl and set aside for the topping later. Continue to cook the remaining blueberries for about 3 minutes more, until the mixture is jammy and thickened and the berries have broken down.
- Tip into a small blender (or use a stick blender) and blend until the blueberries are almost completely smooth. Leave to cool.

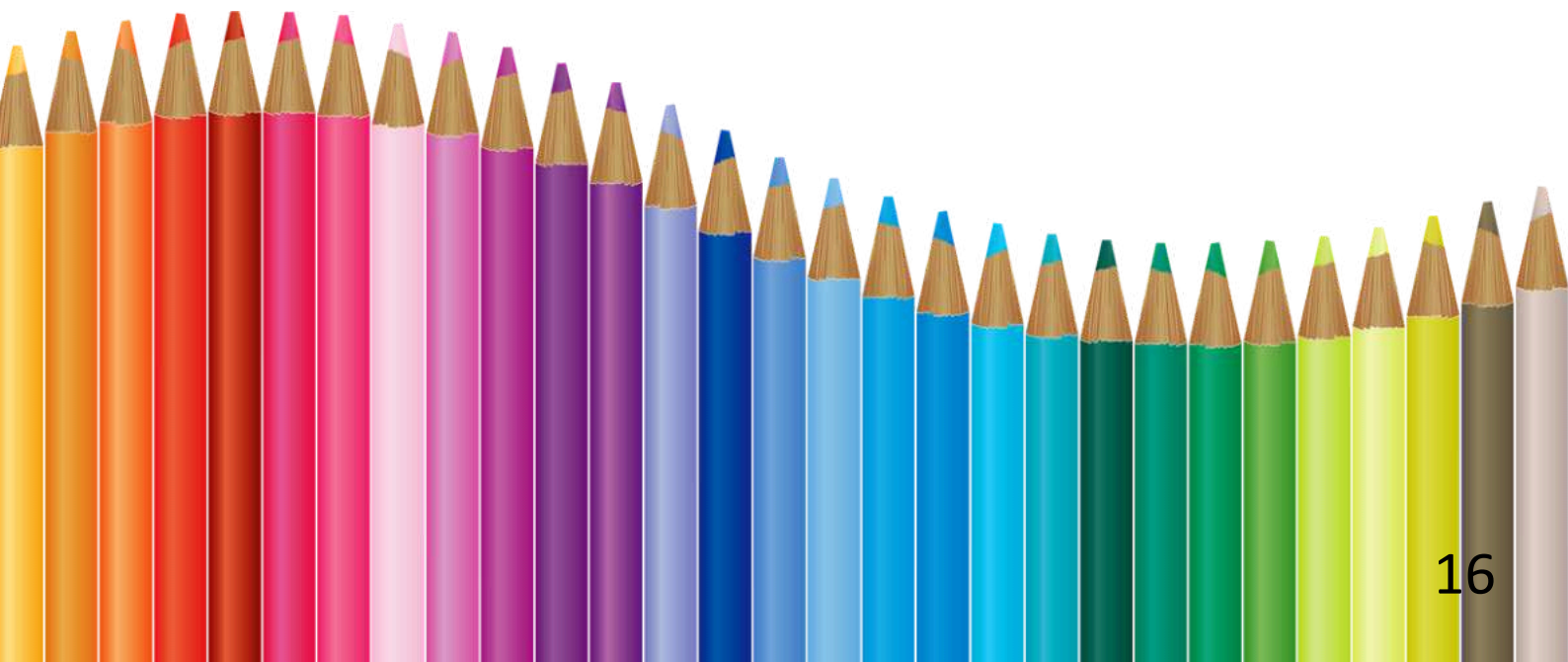


## Method Continued...

- Add the biscuits to a freezer bag, lightly crushing with your hands as you go. Seal the bag and carefully bash with a rolling pin until they are reduced to sand-like crumbs – alternatively blend the biscuits in a food processor.
- Pour the melted butter into a mixing bowl, add the biscuit crumbs and mix to thoroughly combine. Add the mixture to the prepared baking tin and evenly and firmly press the crumbs into the sides and base. The crust should come up to about 1cm/½in from the top of the tin. Chill for 30 minutes while you prepare the filling.
- Put the cream cheese in a large mixing bowl. Add the remaining 80g/2¾oz caster sugar, vanilla paste and the finely grated zest and juice of the other ½ of the lemon. Beat with a balloon whisk until smooth and very thick.
- In another large bowl whisk the double cream – either by hand or with an electric whisk – until it will hold firm peaks.
- Use a large spoon or rubber spatula to fold the smooth blueberry purée into the cream cheese mixture until thoroughly combined. Fold in the whipped double cream until smooth. Spoon the mixture inside the biscuit crust and use the spatula or a palette knife to evenly smooth the top. Cover and chill for at least 2 hours and up to 24.
- To serve – carefully remove the cheesecake from the tin, remove the base lining paper and place onto a serving plate. Spoon the reserved blueberry mixture over the top and serve in wedges.



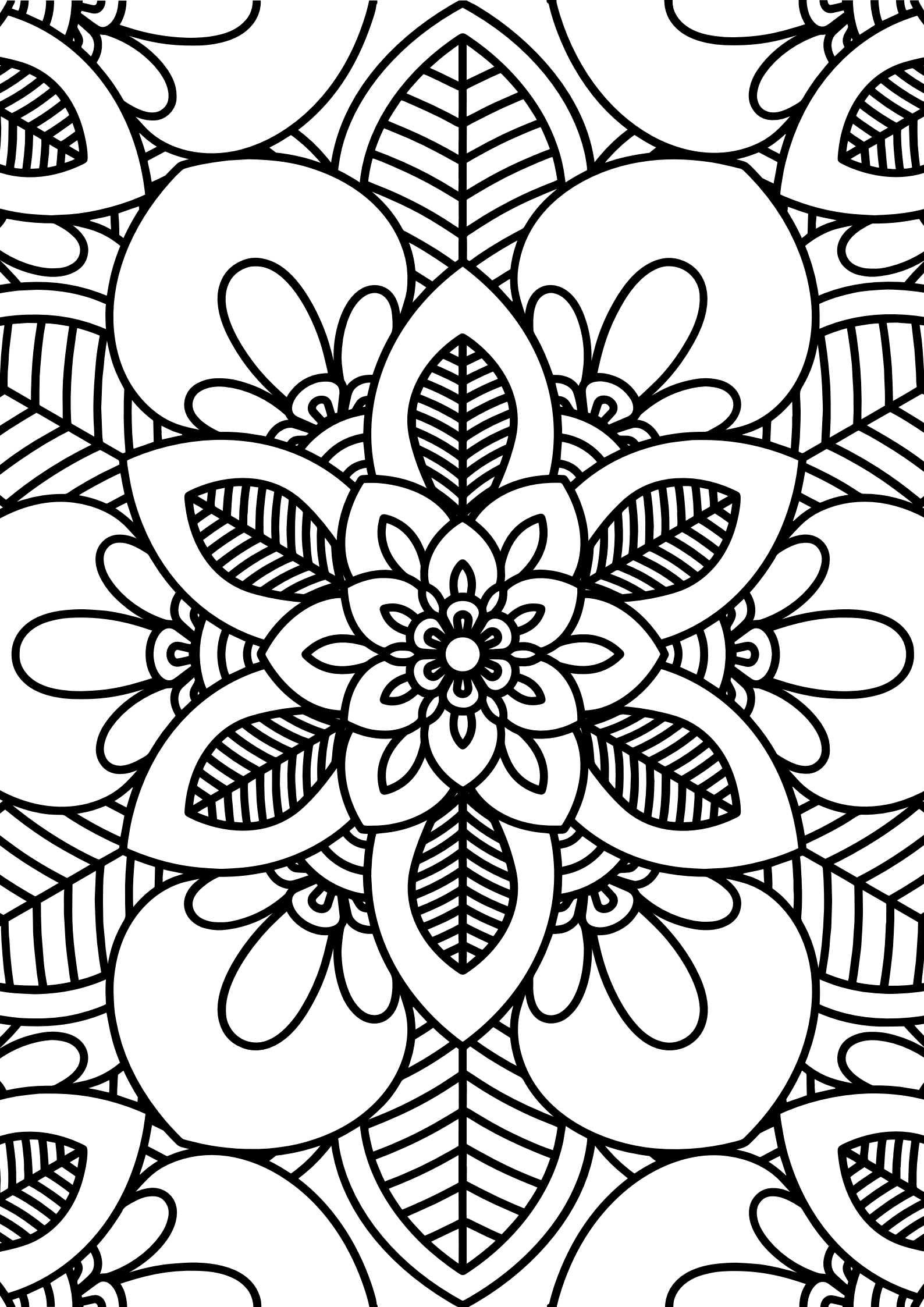
# Colouring Pages

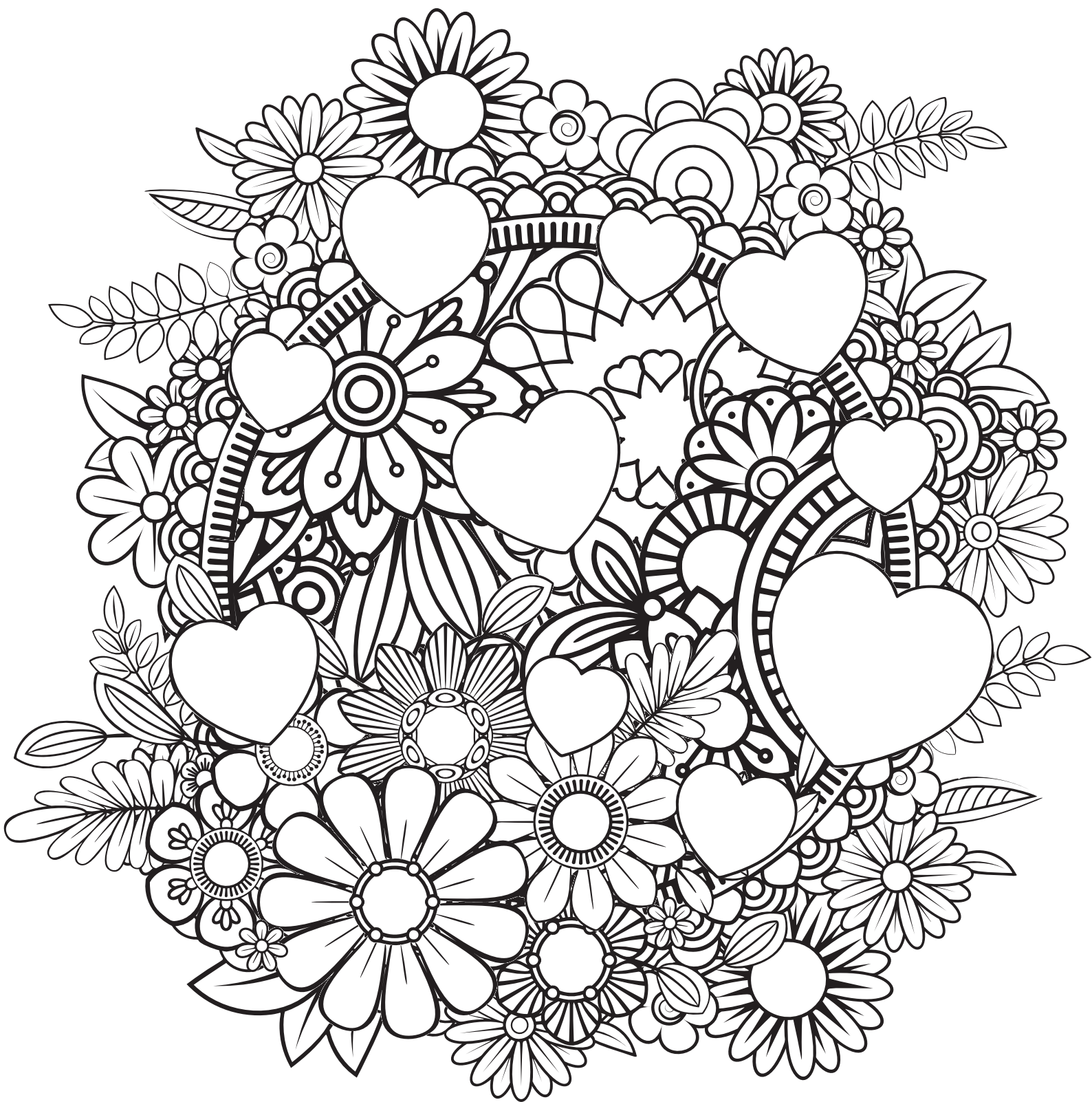




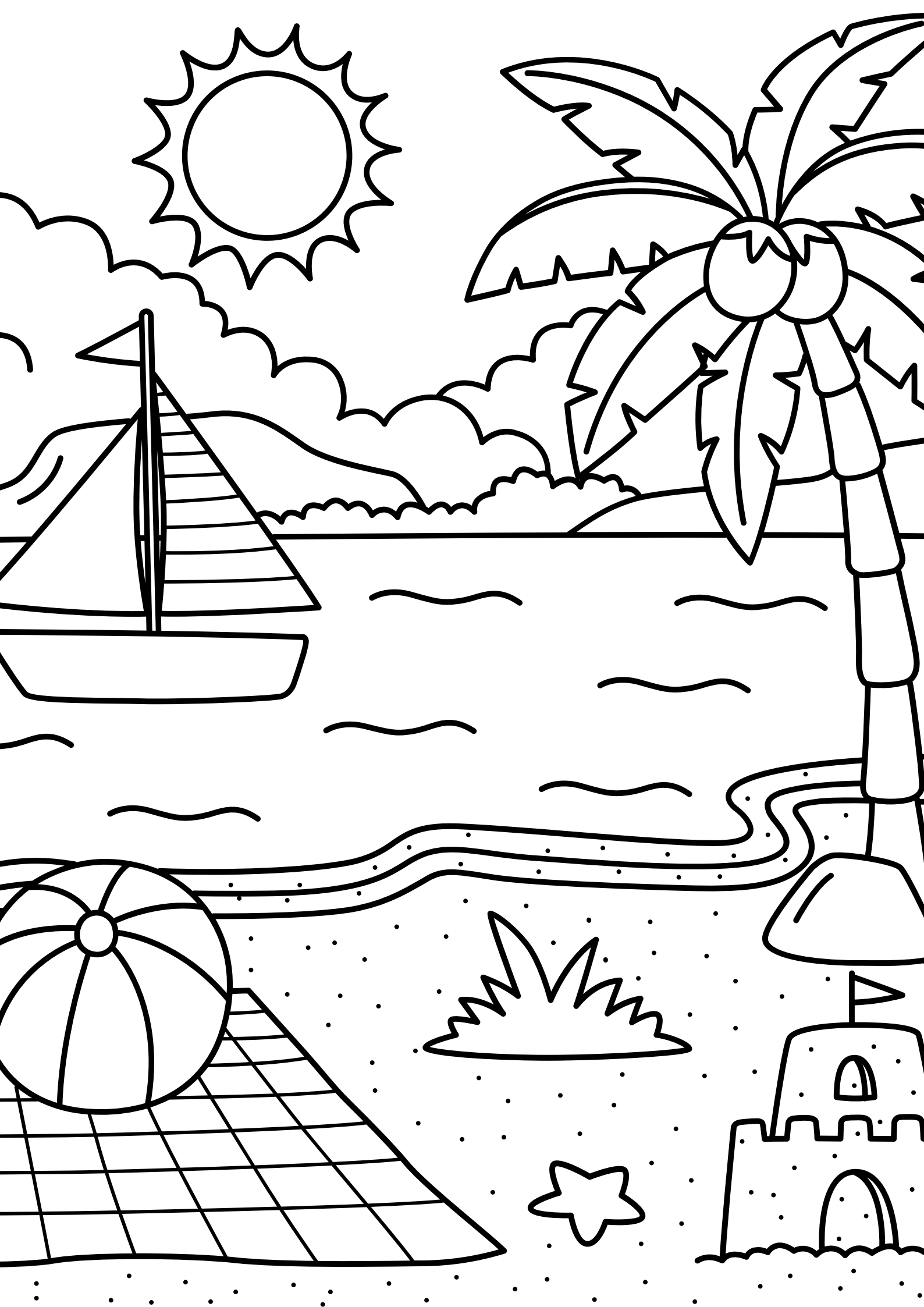






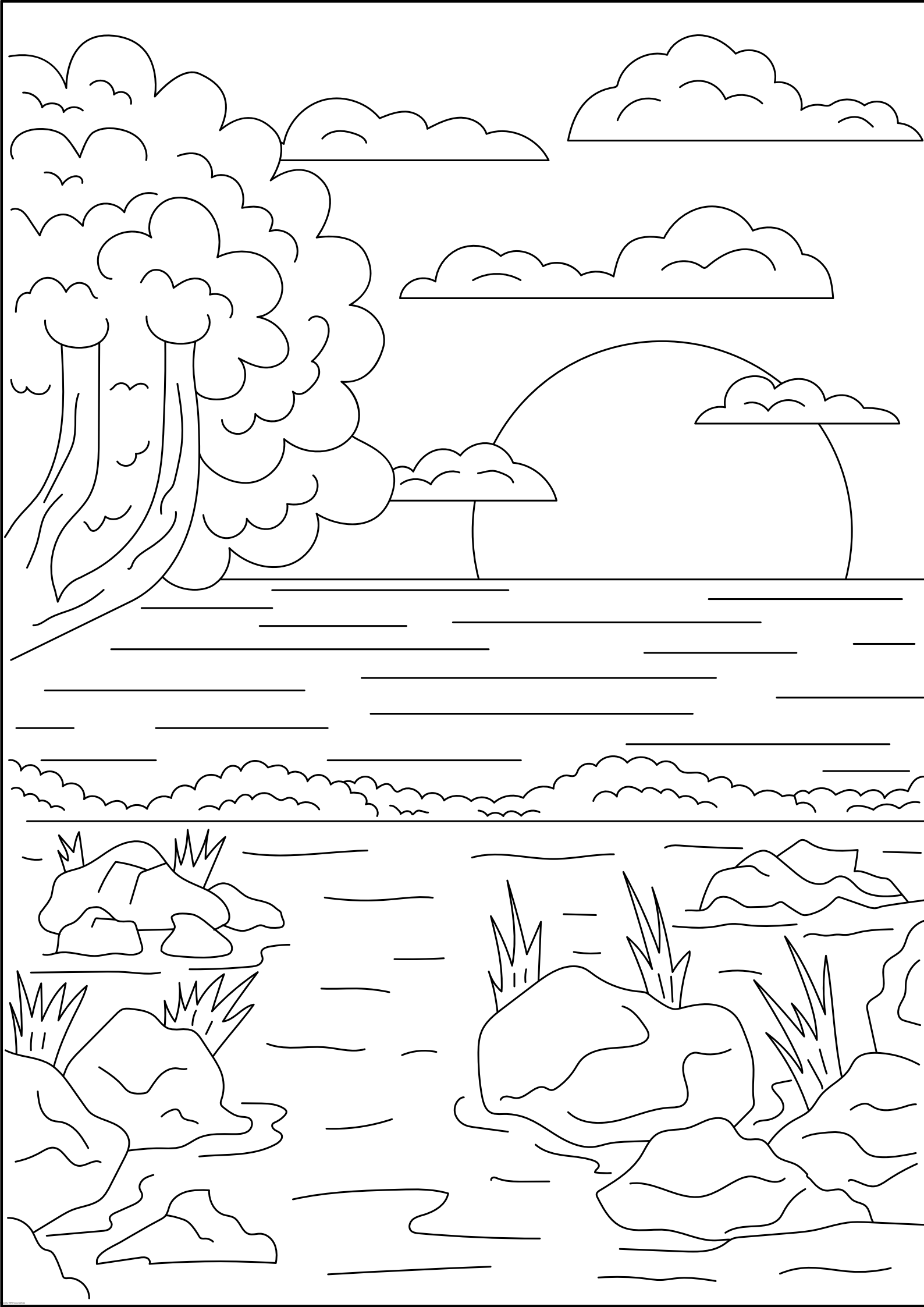














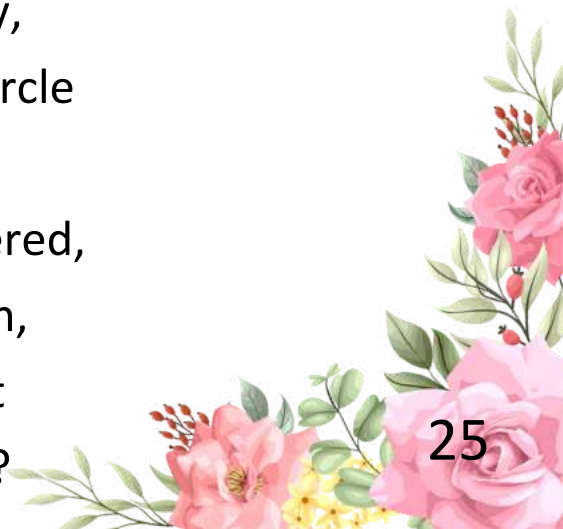
# The Last Rose of Summer

by Thomas Moore

'Tis the last rose of summer,  
Left blooming alone;  
All her lovely companions  
Are faded and gone;  
No flower of her kindred,  
No rosebud is nigh,  
To reflect back her blushes,  
Or give sigh for sigh.

I'll not leave thee, thou lone one!  
To pine on the stem;  
Since the lovely are sleeping,  
Go, sleep thou with them.  
Thus kindly I scatter,  
Thy leaves o'er the bed,  
Where thy mates of the garden  
Lie scentless and dead.

So soon may I follow,  
When friendships decay,  
And from Love's shining circle  
The gems drop away.  
When true hearts lie withered,  
And fond ones are flown,  
Oh! who would inhabit  
This bleak world alone?



# The Fairies

by William Allingham



Up the airy mountain,  
Down the rushy glen,  
We daren't go a-hunting  
For fear of little men;  
Wee folk, good folk,  
Trooping all together;  
Green jacket, red cap,  
And white owl's feather!

Down along the rocky shore  
Some make their home,  
They live on crispy pancakes  
Of yellow tide-foam;  
Some in the reeds  
Of the black mountain-lake,  
With frogs for their watchdogs,  
All night awake.

High on the hill-top  
The old King sits;  
He is now so old and grey  
He's nigh lost his wits.  
With a bridge of white mist  
Columkill he crosses,  
On his stately journeys  
From Slieveleague to Rosses;  
Or going up with music  
On cold starry nights,  
To sup with the Queen  
Of the gay Northern Lights.



# As Imperceptibly as Grief

By Emily Dickinson

As imperceptibly as Grief  
The Summer lapsed away —  
Too imperceptible, at last  
To seem like Perfidy —

A Quietness distilled  
As Twilight long begun  
Or Nature spending with herself  
Sequestered Afternoon —

The Dusk drew earlier in —  
The Morning foreign shone —  
A courteous, yet harrowing Grace  
As Guest that would be gone —

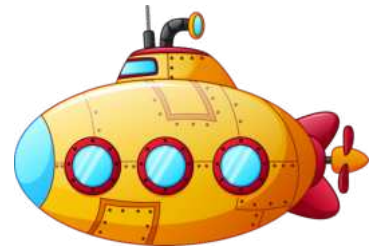
And thus without a Wing  
Or service of a Keel  
Our Summer made her light escape  
Into the Beautiful





# Yellow Submarine

## The Beatles



In the town where I was born  
Lived a man who sailed to sea  
And he told us of his life  
In the land of submarines

So we sailed on to the sun  
Till we found the sea of green  
And we lived beneath the waves  
In our yellow submarine

We all live in a yellow submarine  
Yellow submarine, yellow submarine  
We all live in a yellow submarine  
Yellow submarine, yellow submarine

And our friends are all aboard  
Many more of them live next door  
And the band begins to play

We all live in a yellow submarine  
Yellow submarine, yellow submarine  
We all live in a yellow submarine  
Yellow submarine, yellow submarine

Full speed ahead, Mister Boatswain, full speed ahead  
Full speed ahead it is, Sergeant  
Cut the cable! Drop the cable!  
Aye-aye, sir, aye-aye  
Captain! Captain!

As we live a life of ease  
Every one of us (Every one of us) has all we need (Has all we need)  
Sky of blue (Sky of blue) and sea of green (Sea of green)  
In our yellow (In our yellow) submarine (Submarine, ha-ha!)

We all live in a yellow submarine  
Yellow submarine, yellow submarine  
We all live in a yellow submarine  
Yellow submarine, yellow submarine



# Close To You

The Carpenters



[Verse 1]

Why do birds suddenly appear  
Every time you are near?  
Just like me, they long to be  
Close to you

[Verse 2]

Why do stars fall down from the sky  
Every time you walk by?  
Just like me, they long to be  
Close to you

[Bridge]

On the day that you were born, the angels got together  
And decided to create a dream come true  
So they sprinkled moon dust in your hair of gold  
And starlight in your eyes of blue

[Verse 3]

That is why all the girls in town (Girls in town)  
Follow you (Follow you) all around (All around)  
Just like me, they long to be  
Close to you

On the day that you were born, the angels got together  
And decided to create a dream come true  
So they sprinkled moon dust in your hair of gold  
And starlight in your eyes of blue

[Verse 3]

That is why all the girls in town (Girls in town)  
Follow you (Follow you) all around (All around)  
Just like me, they long to be  
Close to you  
Just like me (Just like me), they long to be  
Close to you

# Waterloo

ABBA

My, my  
At Waterloo, Napoleon did surrender  
Oh yeah  
And I have met my destiny in quite a similar way

The history book on the shelf  
Is always repeating itself

Waterloo, I was defeated; you won the war  
Waterloo, promise to love you forevermore  
Waterloo, couldn't escape if I wanted to  
Waterloo, knowing my fate is to be with you  
Woah, woah, woah, woah, Waterloo, finally facing my Waterloo

My, my  
I tried to hold you back, but you were stronger  
Oh yeah  
And now it seems my only chance is giving up the fight

And how could I ever refuse?  
I feel like I win when I lose

Waterloo, I was defeated; you won the war  
Waterloo, promise to love you forevermore  
Waterloo, couldn't escape if I wanted to  
Waterloo, knowing my fate is to be with you  
Woah, woah, woah, woah, Waterloo, finally facing my Waterloo

So how could I ever refuse?  
I feel like I win when I lose

Waterloo, couldn't escape if I wanted to  
Waterloo, knowing my fate is to be with you  
Woah, woah, woah, woah, Waterloo, finally facing my Waterloo  
Ooh, Waterloo, knowing my fate is to be with you  
Woah, woah, woah, woah, Waterloo, finally facing my Waterloo  
Ooh, Waterloo, knowing my fate is to be with you





## 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 Dementia Hub

<https://virtualdementiahub.ie/category/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

- The Virtual Dementia Hub

<https://virtualdementiahub.ie/category/lifestyle/relaxation/>

- 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

- The Virtual Dementia Hub: Museum  
<https://virtualdementiahub.ie/category/art/imma/>
- 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/>