



THE Alzheimer

SOCIETY OF IRELAND



Activity Pack Two

Relaxed Engagement





Dear Friends,

Hello and happy June!

Summer has officially arrived, bringing with it 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 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.

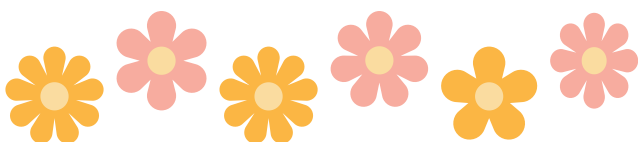


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Painted Terracotta Pots

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, sealed or unsealed
- 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.

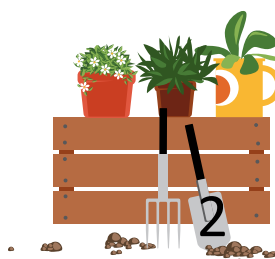
Step 4: Seal the Paint (Optional)

- 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



Chicken

Burger

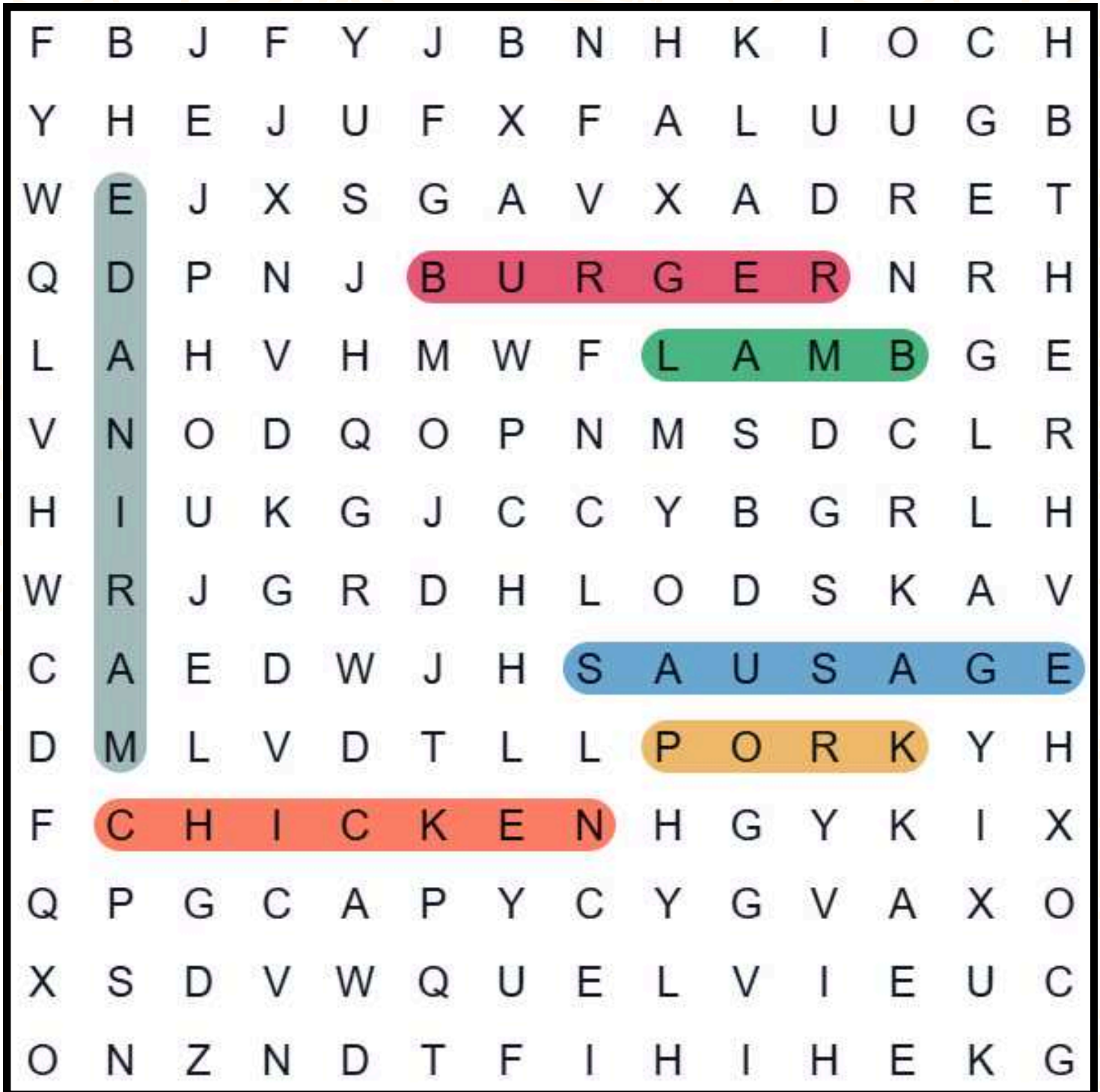
Lamb

Pork

Sausage

Marinade

BBQ Wordsearch Answers



Chicken

Burger

Lamb

Pork

Sausage

Marinade



Match the Pictures to the Words



Swimming



Sea Shells



Barbecue



Seaside



Sand Castle



Match the Pictures to the Words Solution



Swimming



Barbecue



Sea Shells



Seaside



Sand Castle

Summer Breeze Breathing Exercise



For Relaxation and Calm

Setting the Scene:

Sit comfortably in a quiet spot. Imagine you're sitting by the sea or in a sunny garden. Feel the warm sunshine on your face. Let your hands rest in your lap. You're safe and cozy here.

Step-by-Step Breathing

1. Breathe In the Summer Air

 Slowly breathe in through your nose.

Count in your head: 1... 2... 3...

Imagine the smell of sunscreen, flowers, or fresh-cut grass.

2. Hold the Sunshine

 Gently hold your breath.

Count: 1... 2... 3...

Feel the warmth of the sun filling your chest.

3. Breathe Out Like a Breeze

 Blow out through your mouth.

Count: 1... 2... 3...

Imagine blowing a dandelion or sending a breeze across the water.

4. Rest and Smile

 Take a moment to relax.

Feel the lightness in your body — like floating on a calm lake.

Summer Breeze Breathing Exercise

For Relaxation and Calm

🍉 Repeat 4–5 Times

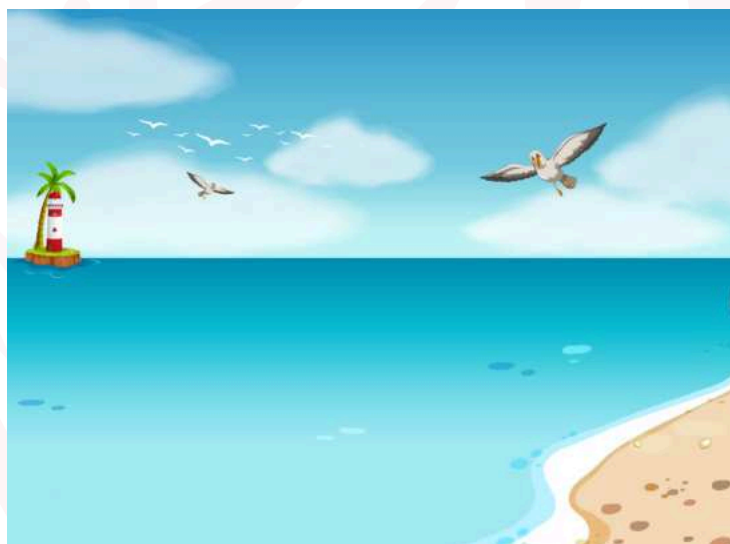
You can say softly:

“Smell the summer air... Hold the sunshine... Blow the breeze...”

Or use calming background sounds like waves or birdsong.

🌻 **Gentle Tips**

- Use a soft, cheerful voice.
- Add summer visuals: flowers, beach scenes, or sun hats.
- Try this before meals, naps, or outdoor time.
- Always go slow and offer encouragement with each breath.



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.

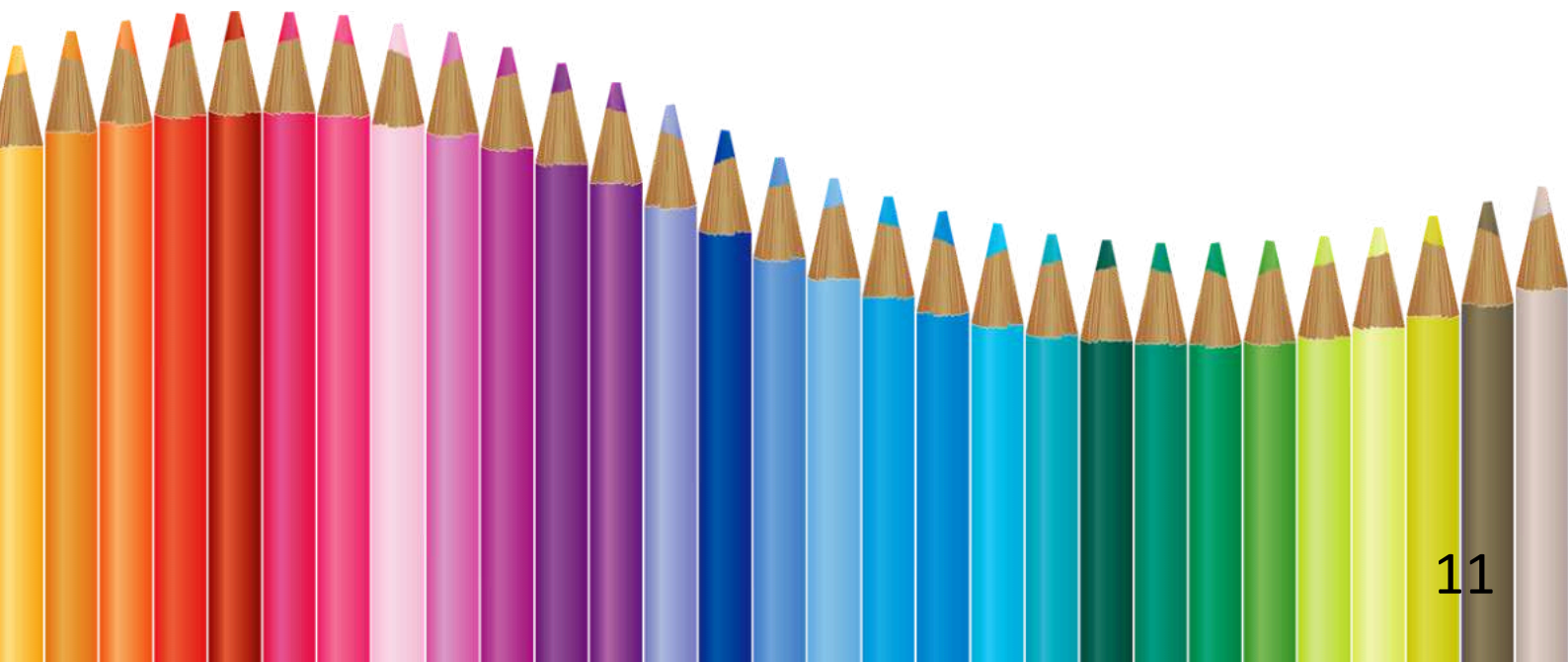


Method Continued...

- 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.

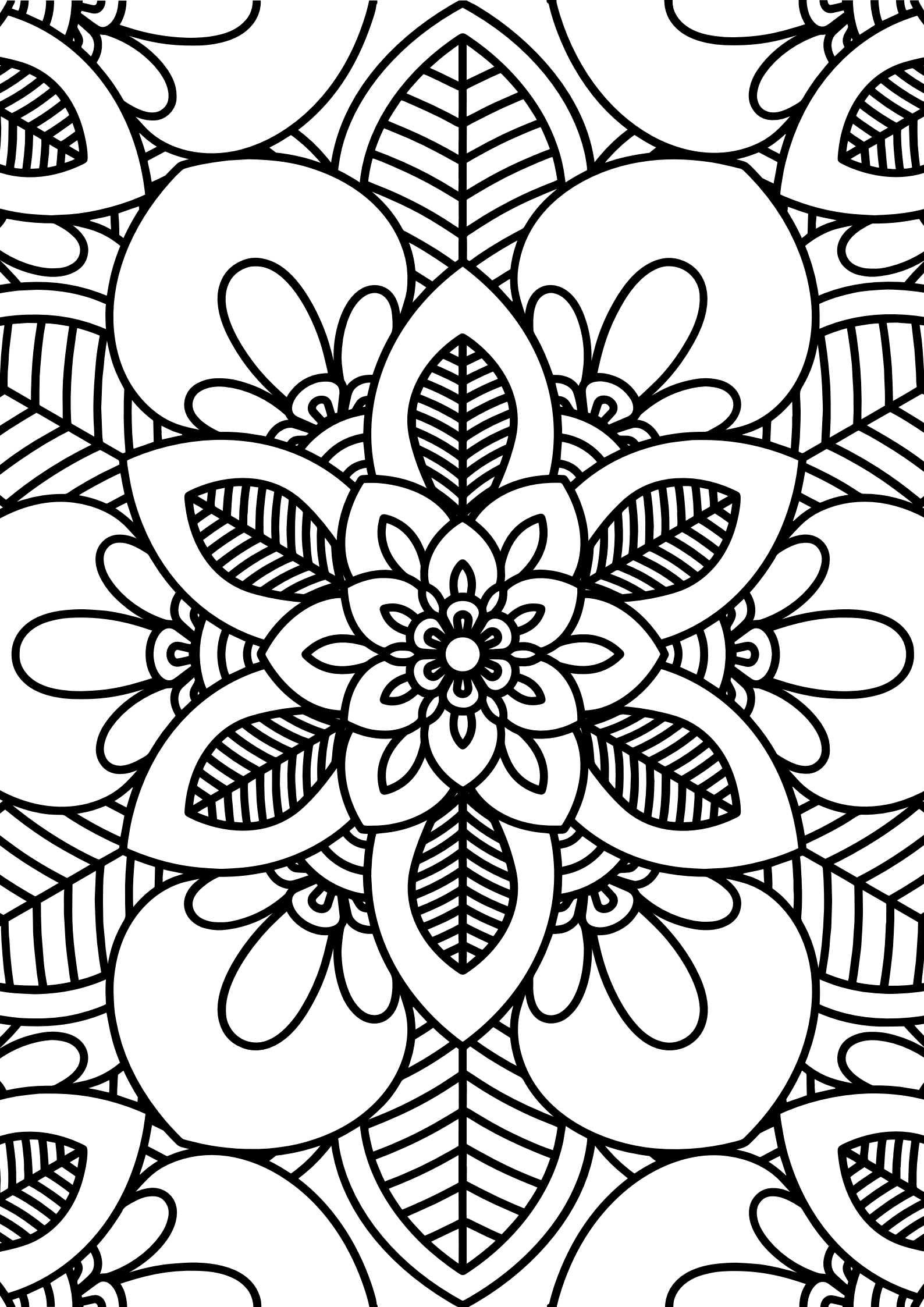


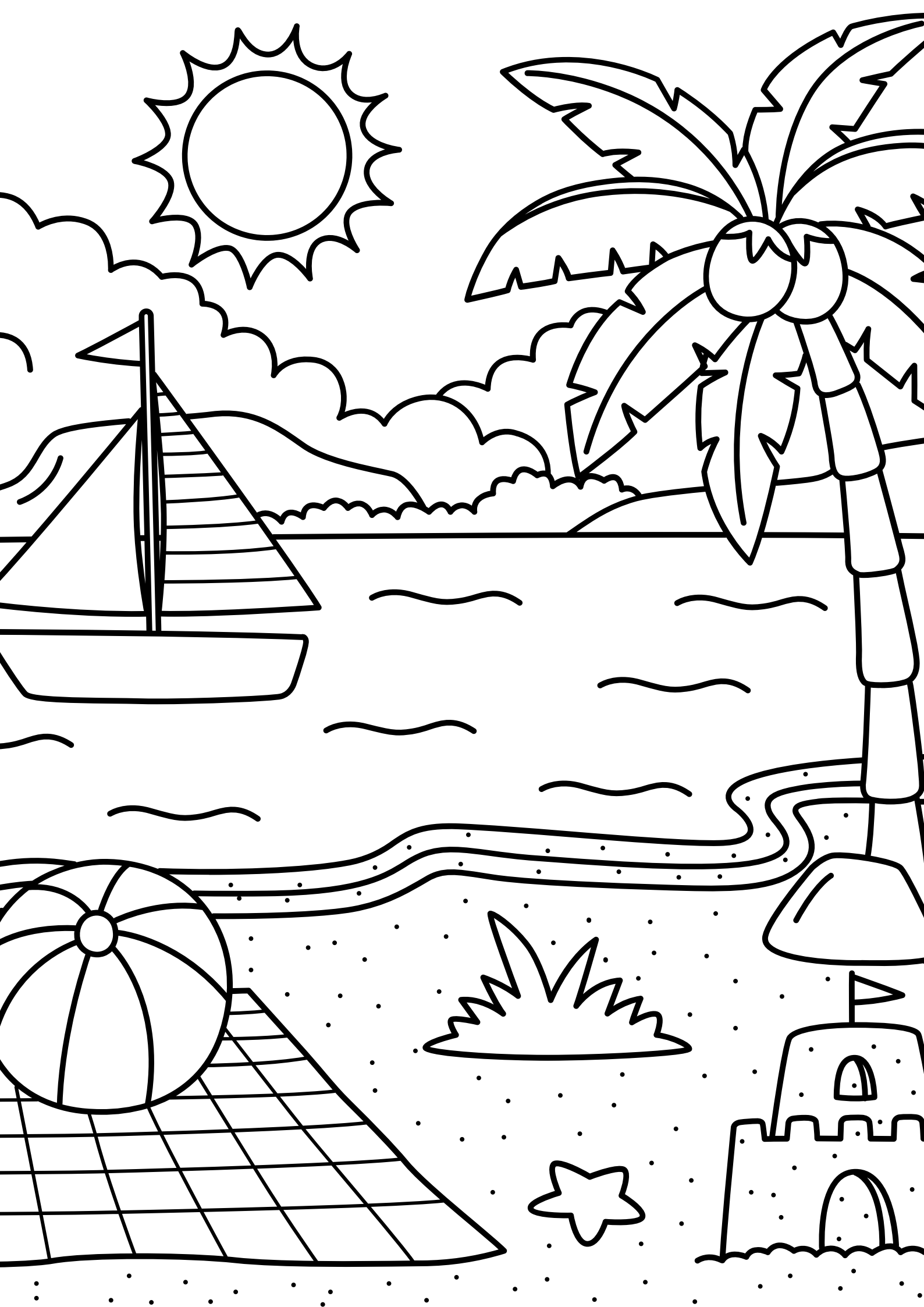
Colouring Pages

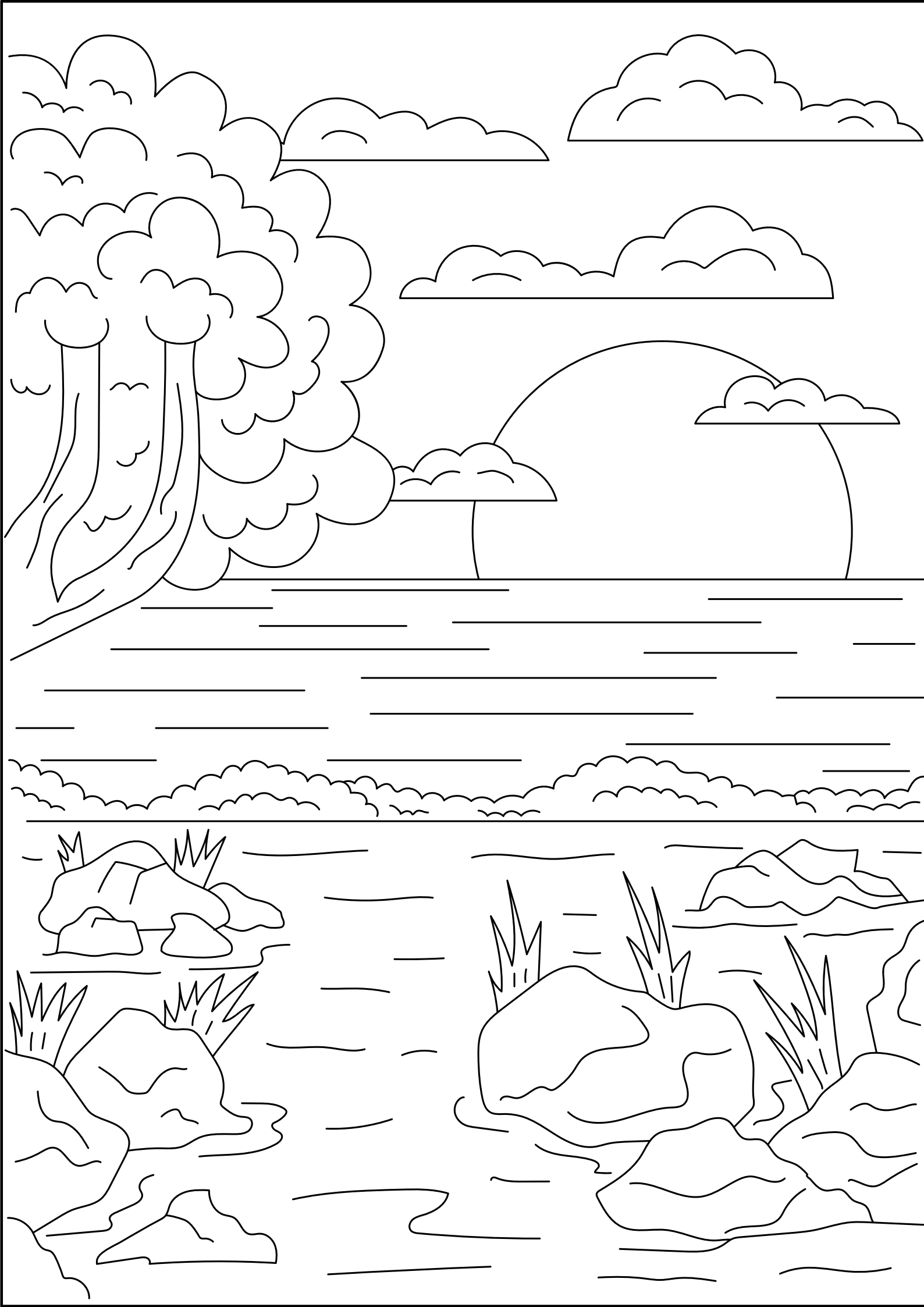














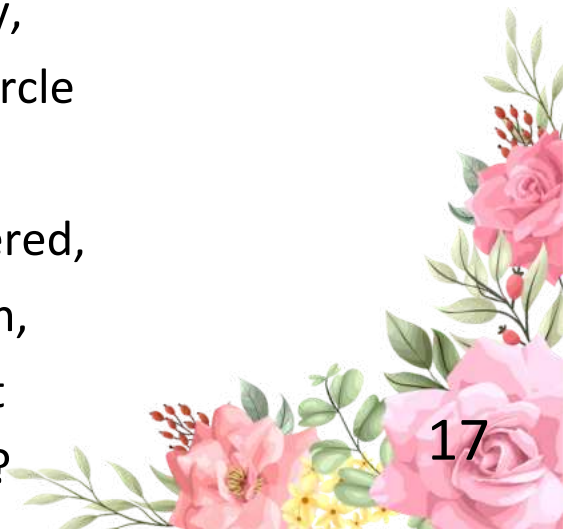
The Last Rose of Summer

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?



an extract from...

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
Columbkil 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

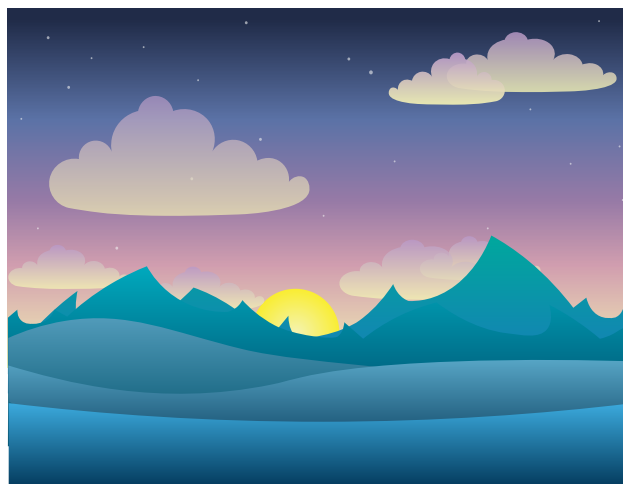
By Emily Dickinson

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 —

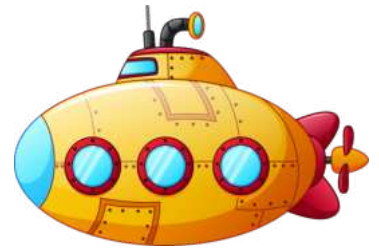
And thus without a Wing
Or service of a Keel
Our Summer made her light escape
Into the Beautiful





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



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

Why do stars fall down from the sky
Every time you walk by?
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

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

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/.

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 Dementia Hub

<https://virtualdementiahub.ie/category/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

- 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>

[v=IFcSrYw-ARY](https://www.youtube.com/watch?v=IFcSrYw-ARY)

- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1

[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-](https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/)

[activities-for-seniors-this-easter-2025/](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-](https://coloring-for-adults.com/all-coloring-pages)

[pages](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/>