



THE Alzheimer

SOCIETY OF IRELAND

February
2026

Activity Pack Two
Relaxed Engagement



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February

2026



Dear Friends,

As we move into February, the month of love, kindness, and connection, this activity pack invites you to slow down, enjoy gentle moments, and celebrate the many forms of love that surround us.

This month in the kitchen, we're turning our attention to something sweet with fairy cakes. Light, cheerful, and enjoyable to make and decorate, they're a lovely way to mark Valentine's Day and share a homemade treat with others.

There's plenty here to nourish both heart and mind. You'll find Valentine's cards and Love Limericks, offering a chance to get creative with words, share kind thoughts, and enjoy a little fun with language. Whether you're writing for someone special or simply for yourself, these activities are all about spreading warmth and smiles.

For quieter, more reflective moments, we've included a selection of love poems and songs, perfect for listening, reminiscing, and gentle discussion. Alongside these is a wholesome February meditation, designed to encourage relaxation, mindfulness, and a sense of calm and well-being.

Whether you're baking fairy cakes, writing heartfelt messages, enjoying familiar music, or taking time to pause and breathe, we hope this February pack brings comfort, connection, and moments of joy.

Wishing you a peaceful, cosy, and love-filled February. ❤️

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.





SPECIAL REQUEST

We are looking for your feedback

We would love to hear what you think of these activity packs. If you've ever wanted something added or would like to see less of something, now is your chance to share your thoughts.

These packs are created fresh each month, and we put a great deal of time and care into selecting each element for you.

And that's really the most important part — that you enjoy them!

To share your feedback, please copy and paste the link below, or email us at communityengagement@alzheimer.ie if you would prefer an alternative way to respond.

We can't wait to hear your thoughts.

https://forms.office.com/Pages/ResponsePage.aspx?id=aHUema1UQUmm48xH-wIA0VwiKlisi9xDt_zy3QR6xp5UMFIyQ1FaUEs2UjZKSFBNQ1dSTEs1QIU2Sy4u

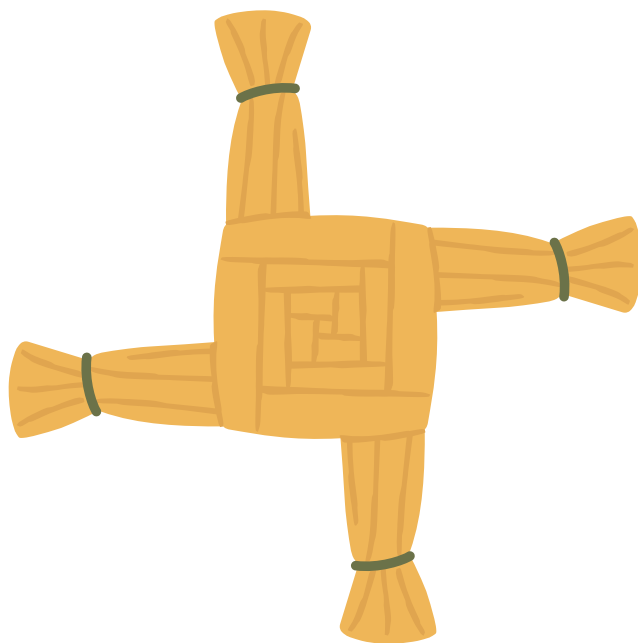
Original content:

<https://makeandtakes.com/bouquet-hearts-card-valentines-day>



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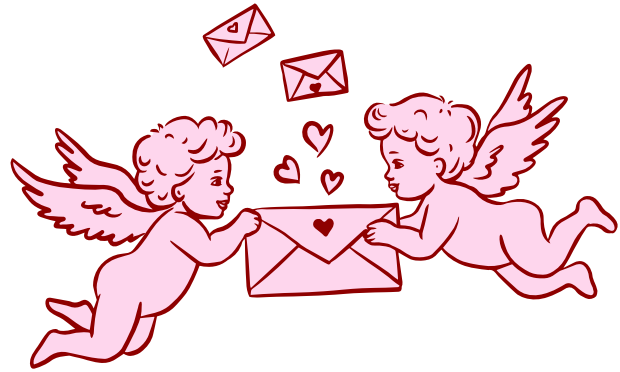
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Valentine's Cards

Materials Needed

- white card
- coloured paper
- markers
- ribbon
- glue dots or prit stick



TUTORIAL AVAILABLE AT:

[HTTPS://VIRTUALDEMENTIAHUB.IE/CATEGORY/ART/CRAFTS/](https://virtualdementiahub.ie/category/art/crafts/)

Check out the below for some inspiration!





Instructions

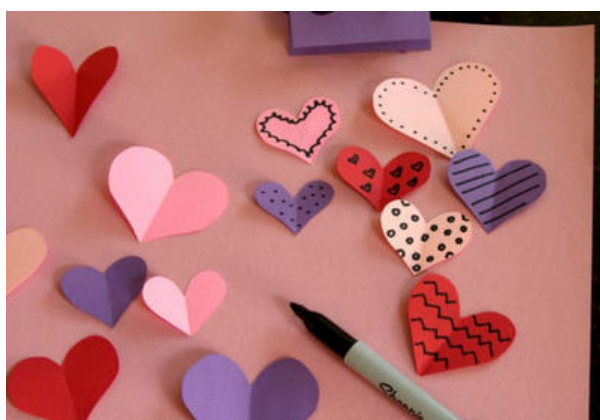
Step One:

Cut a big pile of hearts from the coloured paper. Use various shapes and sizes, but small enough to fit quite a few on our card. The folded-paper method for cutting hearts is perfect for this project.



Step Two:

Add the details



Step Three:

Fold the white card in half
Add the flower stems.
Glue/stick the hearts on



Step Four:

Add the flowers, et voila!



Limericks of Love

Since it is the season of love, we thought it might be nice to create Little Limerick Love Poems. Here is how you write a Limerick.

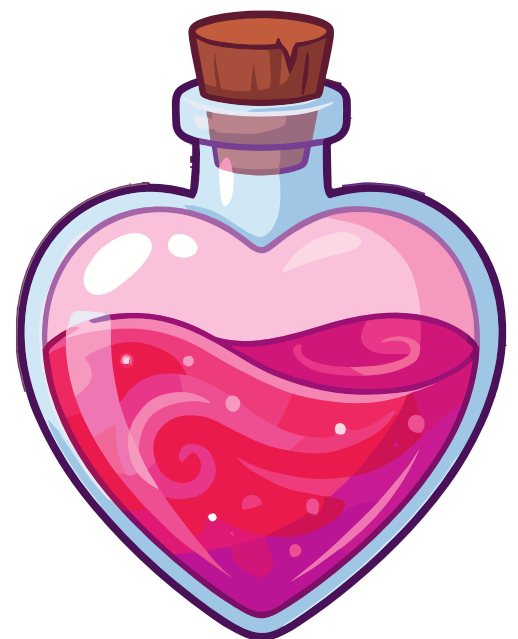
Understand the Structure

- A limerick has 5 lines with this rhythm and rhyme pattern:
 - Lines 1, 2, and 5 rhyme with each other.
 - Lines 3 and 4 rhyme with each other.
 - The rhythm usually follows a pattern of da-DUM da-DUM da-DUM (but don't worry too much—just make it playful).

Choose Your Theme

- Our theme is love. Think about something funny, sweet, or surprising about love, maybe a person, a feeling, or a situation.
- Start with the First Line
- Begin by introducing a person or place.

Example: “There once was a lad full of cheer...”





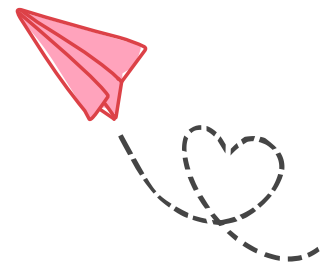
Limericks of Love

- Add Two More Lines That Rhyme
- Lines 2 and 5 should rhyme with the first line. They often tell the story or give a twist.
- Write Two Short Middle Lines
- Lines 3 and 4 are shorter and rhyme with each other. They usually add a funny or unexpected detail.
- Keep It Light and Fun

Limericks are playful, so don't worry about being perfect just enjoy the process!

Example

There once was a lad full of cheer,
Who whispered sweet words in her ear.
They danced in the rain,
With joy and no pain,
And promised to love every year.



Wordsearch

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



Doughnut

Eclair

Fudge

Brownie

Cupcake

Tiramisu

Wordsearch



Doughnut

Brownie

Eclair

Cupcake

Fudge

Tiramisu





February Sensory Meditation



Get comfortable where you are.

Let your body rest.
Take a slow breath in.
And gently breathe out.
Feel the support beneath you —
the chair, the bed, or the floor.

You are safe.

Imagine a quiet February day.
The air outside is cool,
but you are warm and cosy.
Picture soft winter light filling the room.

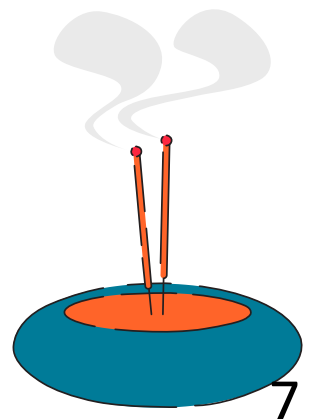
Wrap yourself in warmth —
a blanket or a sweater.

Notice your breathing.
In... and out...
easy and calm.

Think of something comforting —
maybe warmth,
maybe quiet.

Rest for one more breath.
When you're ready,
wiggle your fingers or toes.

Open your eyes gently.



Queen Cakes

Ingredients

- 225g self-raising flour
- 115 g of soft margarine or butter
- 115 g caster sugar
- 2 eggs
- a little milk
- Sprinkles for decoration

Prep Time: 20 minutes

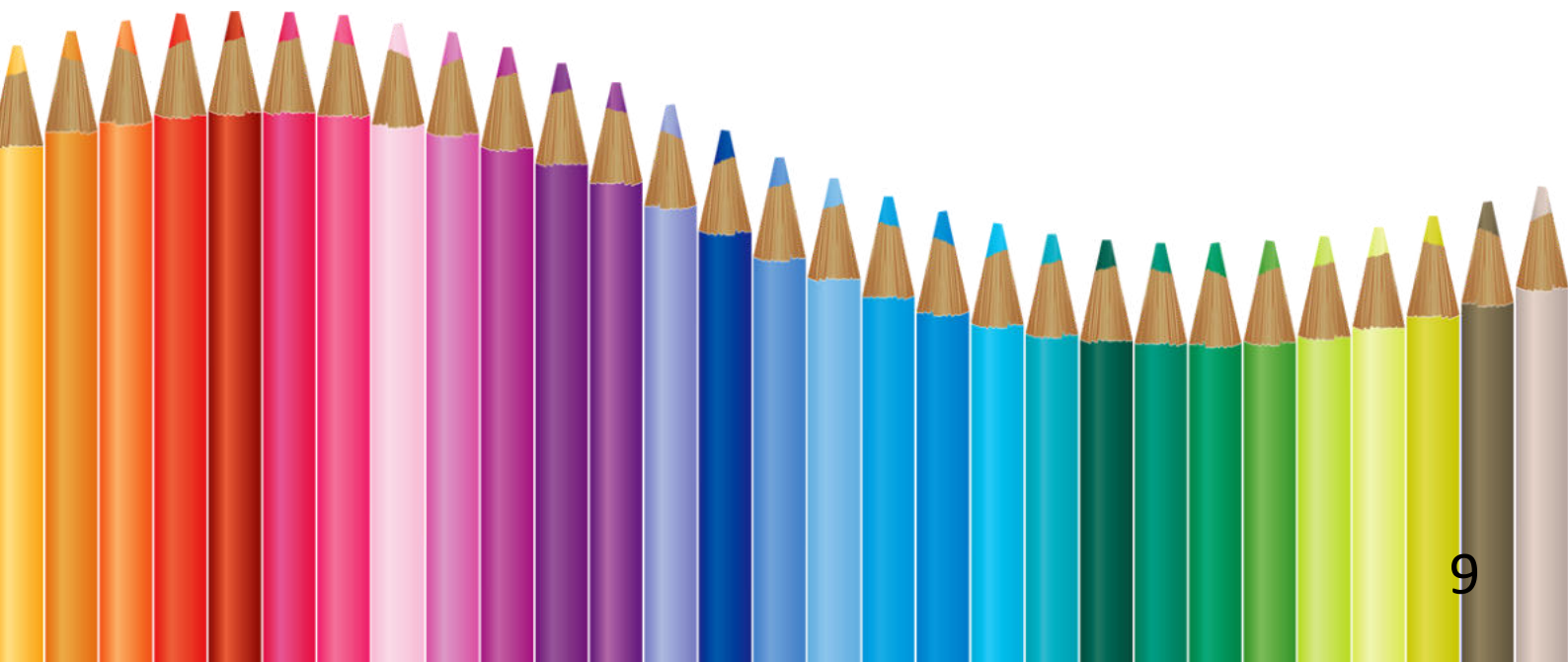
Cook Time: 20minutes



Method

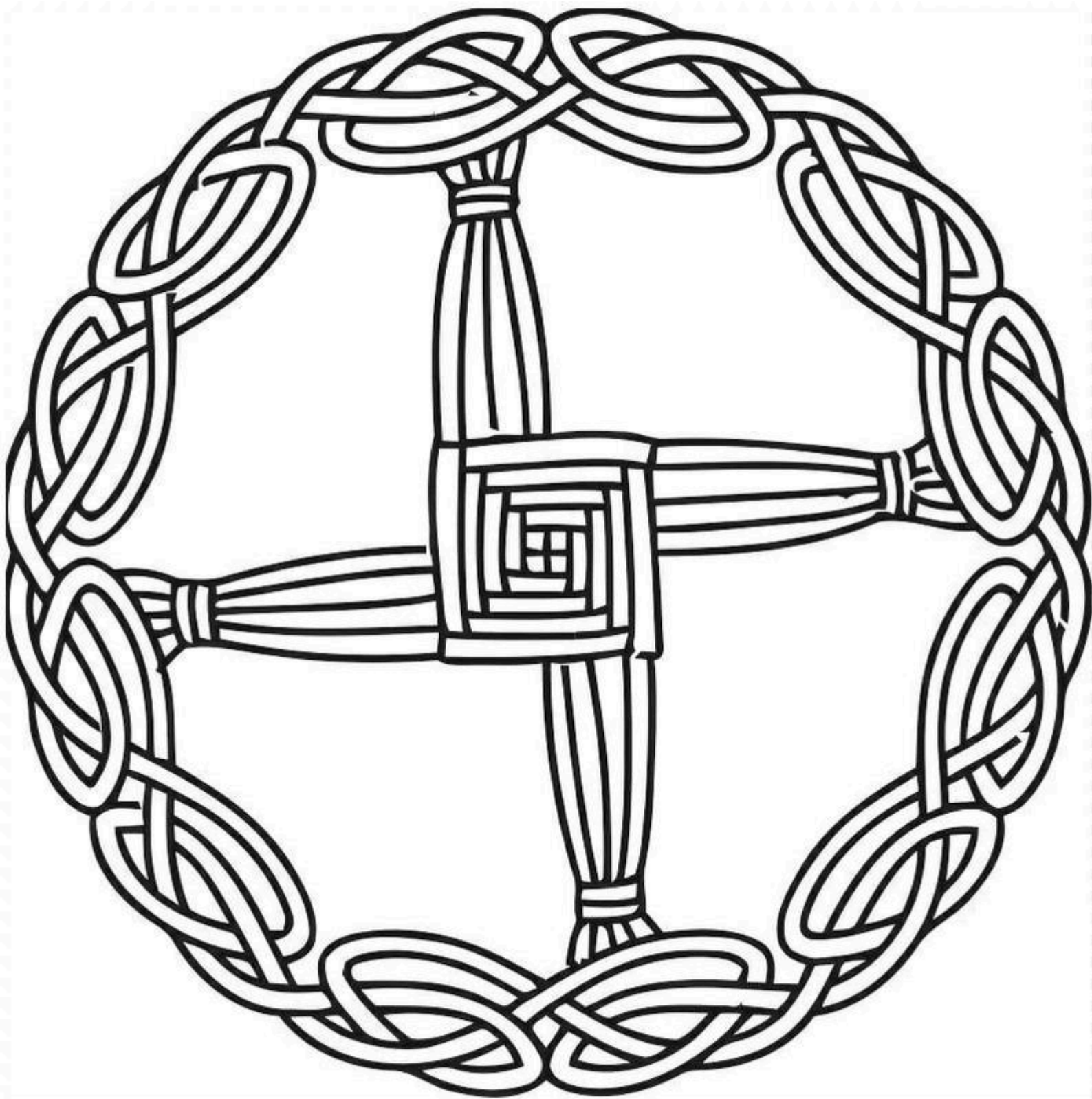
1. Preheat the oven 200 C and Gas Mark 6
2. Sieve the flour into a bowl
3. Cream the margarine/butter and sugar together in a separate bowl
4. Beat the eggs in a small bowl
5. Add the flour and eggs gradually to the creamed margarine/butter and sugar, beating gently to avoid curdling
6. If the mixture is dry, add a little milk
7. Divide the mixture into bun cases
8. Bake in the preheated oven for 20 minutes
9. Add sprinkles while buns are still warm

Colouring Pages







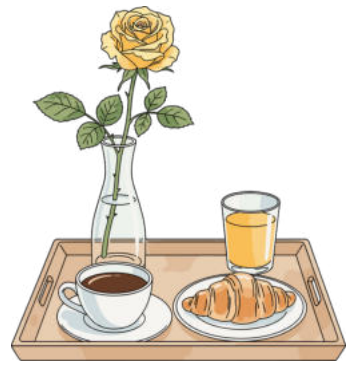








Valentine's Day. From Myrtle and Marve by Stacey Booth



*Romance and true love the theme of the day
cards, roses and chocolate. Marve placed on a tray
With boiled eggs and a cuppa, for breakfast in bed
for Myrtle... still snoozing, with dreams in her head.*

*He tiptoed upstairs with his morning surprise
and into the dark room, Marve blinking his eyes
Placing the tray on the pink dressing table
he tried to see Myrtle, bit just wasn't able.*

*A radio kicked in with 'The Lady in Red.'
then, "Marveeee!" A voice came from under the bed
'Twas Myrtle dressed up like a French can-can girl
all feathers and bloomers and wig full of curls.*

*She rolled out and twirled with a look that could smoulder
Marve tried hard to keep up but just couldn't hold her!
Then running and squeling and kicking her legs caught
her foot on the tray, in the air went the eggs!*

*The breakfast now no good, the roses deflowered but
Marve caught the boiled eggs and feeling empowered
He took Myrtle's hand and pulling her in
with a kiss and a cuddle, her heart he would win!*



I Loved You First: But afterwards, your Love

by Christina Rossetti

Poca favilla gran fiamma seconda. – Dante

Ogni altra cosa, ogni pensier va fore,
E sol ivi con voi rimansi amore. – Petrarca

I loved you first: but afterwards your love
Outsoaring mine, sang such a loftier song
As drowned the friendly cooings of my dove.
Which owes the other most? my love was long,
And yours one moment seemed to wax more strong;
I loved and guessed at you, you construed me
And loved me for what might or might not be –
Nay, weights and measures do us both a wrong.
For verily love knows not 'mine' or 'thine;'
With separate 'I' and 'thou' free love has done,
For one is both and both are one in love:
Rich love knows nought of 'thine that is not mine;'
Both have the strength and both the length thereof,
Both of us, of the love which makes us one.



Old Biddy Talk

By Paula Meehan

Have you no home to go to...

The young mostly on one another's screens
– but these two rapt in each other
at the boundary wall: that genetic imperative,
the force that through the pandemic
drives their flowering, is my spring rain,
is my restorer from the deep delved wells,
hauled to the healing light of this world
pure water tasting of gemstone & iron,
quartzite & gold:
starlight & planets,
the sun & the comets, the moon herself,
she sacred to Brigit, mirrored in my bucket.
My own breath, old spirit, stirring in the cowed
reflection of the earth geologic, old seas,
old forests wherein once we swung from tree
to waterlogged tree become shale, become coal,
underground tributaries to rivers of oil -
breath lit fuel in their veins. They are fire –
vestal and flame. They are immortal.





Lines Written in Early Spring

By William Wordsworth

I heard a thousand blended notes,
While in a grove I sate reclined,
In that sweet mood when pleasant thoughts
Bring sad thoughts to the mind.

To her fair works did Nature link
The human soul that through me ran;
And much it grieved my heart to think
What man has made of man.

Through primrose tufts, in that green bower,
The periwinkle trailed its wreaths;
And 'tis my faith that every flower
Enjoys the air it breathes.

The birds around me hopped and played,
Their thoughts I cannot measure:—
But the least motion which they made
It seemed a thrill of pleasure.

The budding twigs spread out their fan,
To catch the breezy air;
And I must think, do all I can,
That there was pleasure there.

If this belief from heaven be sent,
If such be Nature's holy plan,
Have I not reason to lament
What man has made of man?



You Fill Up My Senses

John Denver

[Chorus]

You fill up my senses, like a night in a forest
Like the mountains in springtime, like a walk in the rain
Like a storm in the desert, like a sleepy blue ocean
You fill up my senses, come fill me again

[Verse]

Come let me love you, let me give my life to you
Let me drown in your laughter, let me die in your arms
Let me lay down beside you, let me always be with you
Come let me love you, come love me again

(Let me give my life to you
Come let me love you, come love me again)

[Chorus]

You fill up my senses, like a night in a forest
Like the mountains in springtime, like a walk in the rain
Like a storm in the desert, like a sleepy blue ocean
You fill up my senses, come fill me again



There's Always Room At Our House

Guy Miychell

Welcome

Shining up the welcome on the door

Dear friends, the next time you find yourself in our locality
Try a sample of our hospitality
There's always room at our house to share a smile or two
There's always room enough, dear friends, for you

We'll have some coffee and cake and maybe sing a tune or so
Introduce you to some folks you'd like to know
There's always room at our house, a good time always starts
When every room is full of happy hearts

You really don't have to phone
Because we're mostly at home
Shining up the welcome on the door
Dear friends, the next time you wanna be
With folks who think you're grand
Like to see your face
And shake you by the hand
There's always room at our house to share a smile or two
There's always room enough, dear friends, for you

Shining up the welcome on the door

There's always room at our house to share a smile or two
There's always room enough for you

There's always room at our house, a good time always starts
When every room is full of happy hearts

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There's always room enough, dear friends, for you
There's always room at our house to share a smile or two
There's always room enough, dear friends, for you





Don't Let The Stars Get In Your Eyes

Perry Como



Don't let the stars get in your eyes
Don't let the moon break your heart
Love blooms at night, in daylight it dies
Don't let the stars get in your eyes
Don't keep your heart from me, for someday I'll return
And you know you're the only one I'll ever love

Too many nights (Too many nights)
Too many stars (Too many stars)
Too many moons could change your mind
(Don't let the moon change your mind)
If I'm gone too long, don't forget where you belong
When the stars come out, remember you are mine

Don't let the stars get in your eyes
Don't let the moon break your heart
Love blooms at night, in daylight it dies
Don't let the stars get in your eyes
Don't keep your heart from me, for someday I'll return
And you know you're the only one I'll ever love

(Don't let the stars get in your eyes)
(Don't let the moon break your heart)

Too many miles (Too many miles)
Too many days (Too many days)
Too many nights to be alone (Too many nights all alone)
Oh, please keep your heart, while we are apart
Don't you linger in the moonlight when I'm gone (While I'm gone)
See upcoming pop shows
Get tickets for your favorite artists

Don't let the stars get in your eyes
Don't let the moon break your heart
(Don't let the moon break your heart)
Love blooms at night, in daylight it dies
Don't let the stars get in your eyes
Don't keep your heart from me, for someday I'll return
And you know you're the only one I'll ever love
(I'll ever love) I'll ever love

You're the only one (You're the only one) I'll ever love





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/>

- Love Meditation: <https://www.youtube.com/watch?v=IViX4VrPU2s>
- 5 Minute Meditation: <https://www.youtube.com/watch?v=zH7vKIVaNes>
- Box Breathing Exercise: <https://www.youtube.com/watch?v=oN8xV3Kb5-Q>
- Chair Yoga: <https://www.youtube.com/watch?v=-rBDxFKJtIE>



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
- Valentine's Activities for Seniors: <https://dementiawho.com/10-easy-valentines-crafts-for-dementia-caregivers-to-try/>
- 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/>
- Alternative St. Brigid's Crosses: <https://thecraftcabin.ie/alternative-st-brigids-crosses-no-rushes-no-problem/>

COLOURING FROM

- <https://www.vecteezy.com/vector-art/28633002-autumn-coloring-pages-cute-fall-coloring-pages-autumn-coloring-pages-for-adults-kindergarten-fall-coloring-pages-fall-coloring-pages-for-adults-pumpkin-coloring-pages>
- <https://momlovesbest.com/fall-coloring-pages>
- <https://artprojectsforkids.org/category/view-by-media/coloring-page/fine-art-coloring-pages/>