



THE Alzheimer

SOCIETY OF IRELAND

October

2026

Activity Pack One
Active Engagement



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Active Engagement

October

2026



Dear Friends,

October is here, bringing crisp autumn mornings, colourful leaves and cosy evenings. Across Ireland, the days are getting shorter and autumn is well and truly making its mark.

This month's pack is filled with activities to keep you engaged, entertained and connected. You'll find an autumn-inspired Wool Pumpkin craft, seasonal puzzles and word searches, Sudoku, colouring, poetry, music and more.

We've also included activities inspired by October in Ireland, including autumn walks, harvest time, Halloween traditions and Irish folklore. Why not take a trip down memory lane and think about October evenings when you were younger, favourite places you visited or special Halloween memories shared with family and friends? Our October writing activity gives you the chance to explore the sights, sounds, colours and smells of the season, with prompts to encourage creativity, conversation and reminiscence.

For a moment of calm, we've included some gentle autumn breathing and stretching exercises, which can be enjoyed at your own pace.

Music lovers can enjoy a selection of familiar favourites, including songs by The Beatles, Tommy Edwards and Pussycat. We hope they bring back memories, spark conversation and perhaps inspire a little singing along!

You'll also find a delicious recipe for Apple, Date and Walnut Muffins — perfect with a cup of tea and lovely to share with family and friends.

This month's poetry selection celebrates Irish poets of Connaghuht Eva Gore-Booth, Antoine Ó Raifteirí and Douglas Hyde.

As always, we'd love to hear from you. Share your favourite craft, song, poem, recipe or activity with us, or send photos of your creations to communityengagement@alzheimer.ie for a chance to be featured in a future pack or on our social media.

Wishing you a wonderful October filled with creativity, connection, good memories and plenty of autumn joy.

And as always, our Free Helpline is here for you. You can reach us at Phone: **1800 341 341** or Email: helpline@alzheimer.ie.

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Wool Pumpkins

What you need:

- Toilet roll core
- Chunky Wool
- Twig /dried flowers
- Scissors



These little pumpkins are such a fab and easy addition to your Halloween decor.

Inspiration



Instructions

Step One:

- Cut a third out of the toilet roll.
- Cut a length of thick wool.

(It is best to judge it yourself based on the thickness of the wool. You will need a lot more of a thin wool than a very thick wool. I wrapped mine around my outstretched fingers about 10 times.)



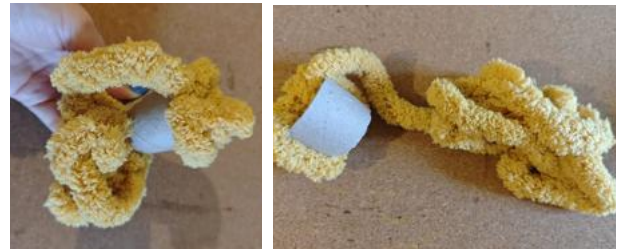
Step Two:

- Hold one end of the wool in the middle of the cut piece of toilet roll.
- Thread through the other end, crossing over the piece you are holding to lock it in.



Step Three:

- Continue pulling the wool through the toilet roll. Continue until the roll is fully covered and you reach the end of the wool.



Step Four:

- Tuck the end of the wool in between the layers of wool. You may need a twizers.

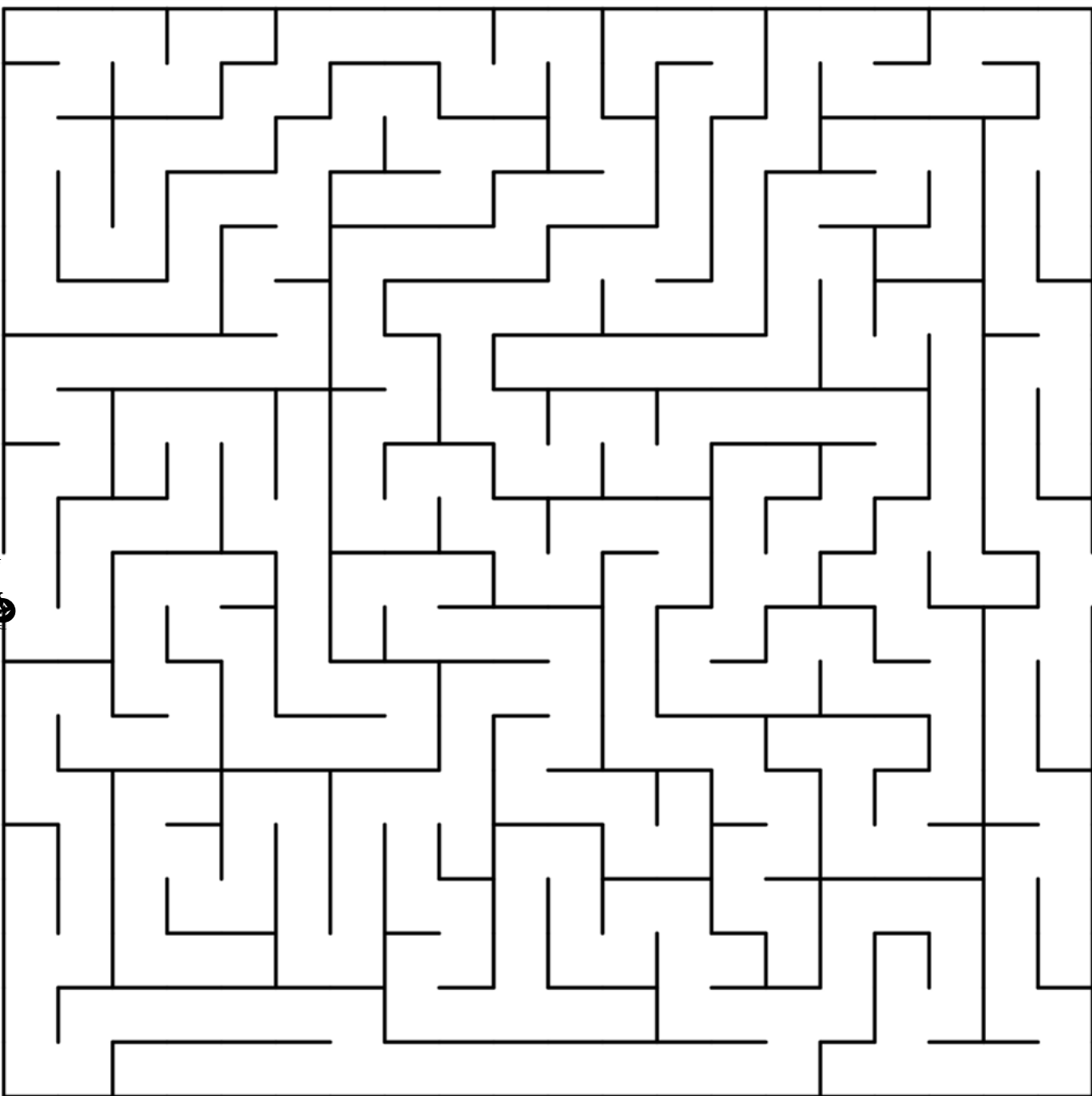


Step Five:

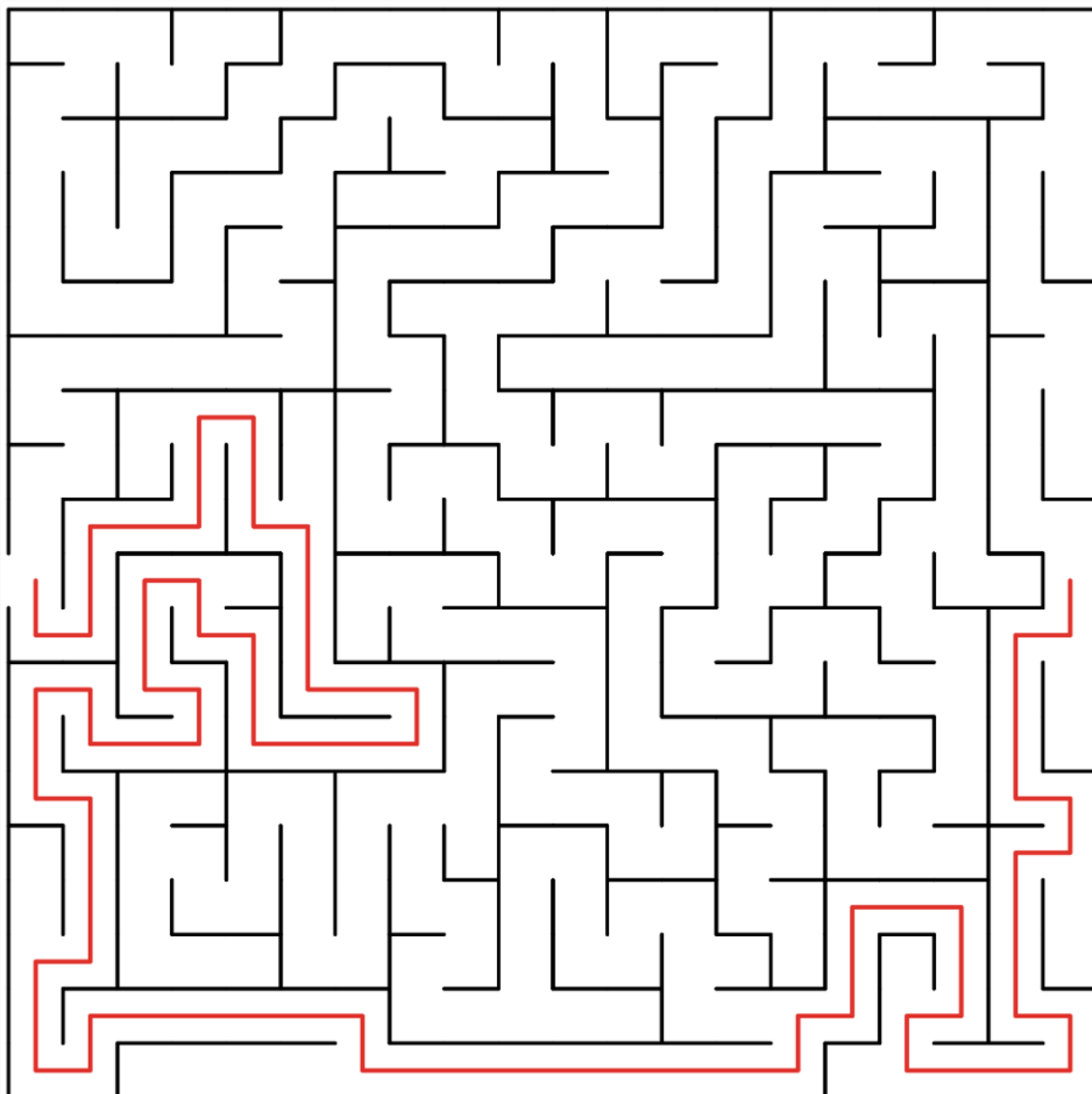
- Finally stick your little twig into the centre to finish off your pumkin.



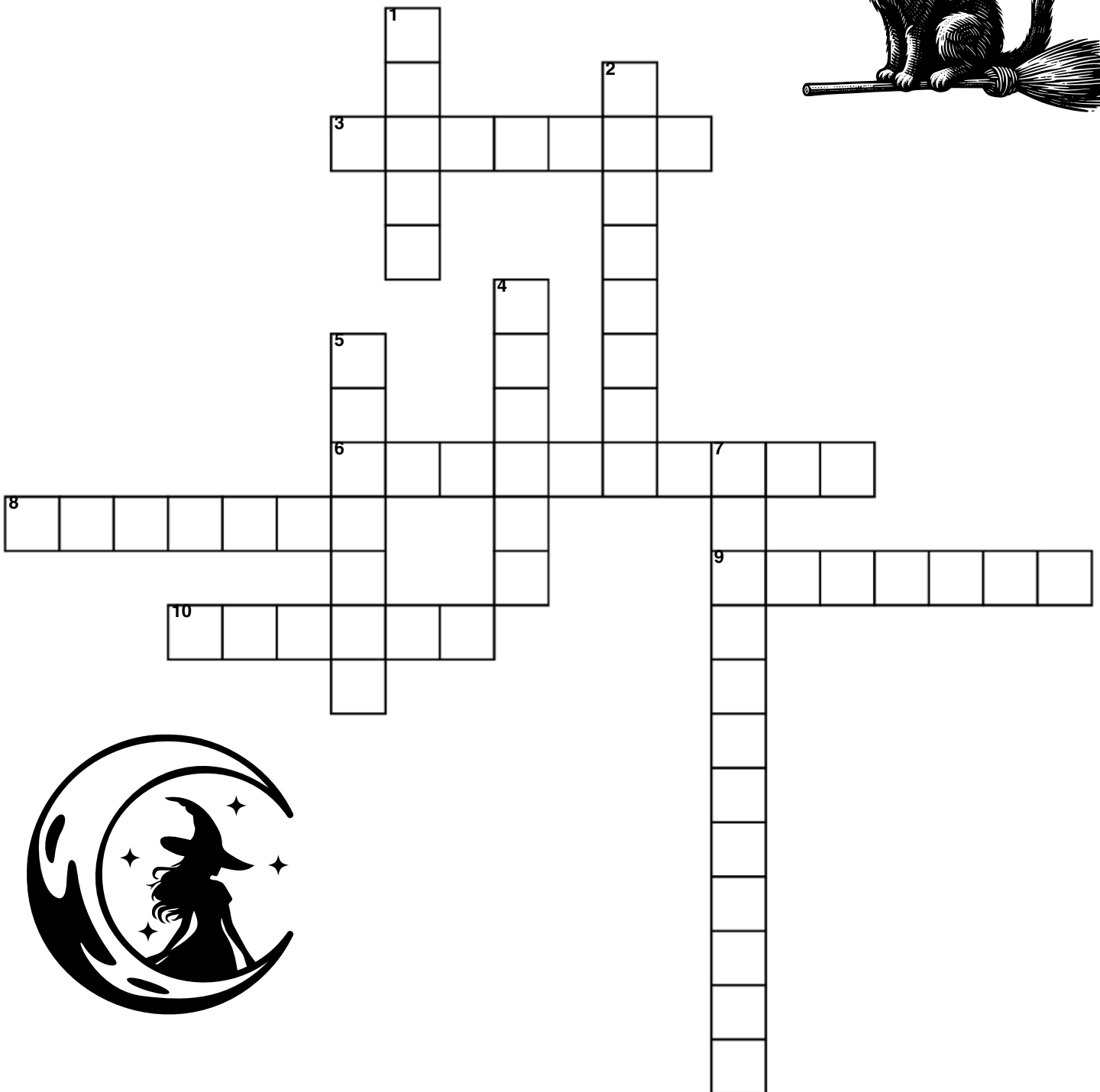
MAZE PUZZLE



SOLUTION



CROSSWORD



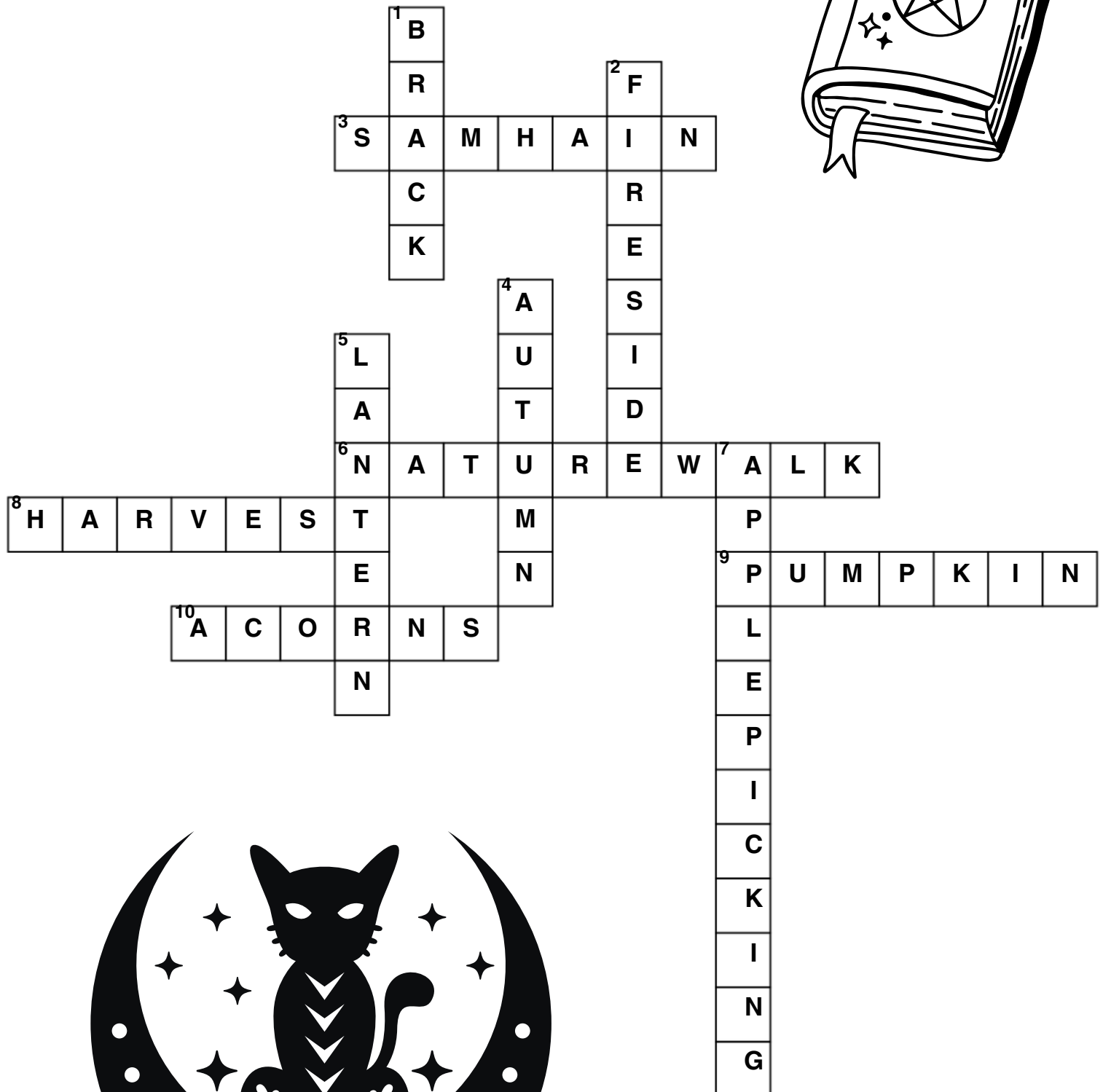
Across

- [3] Traditional Irish festival marking the end of harvest and the beginning of winter
- [6] An outdoor stroll enjoyed in parks, forests or the countryside
- [8] The time of year when crops are gathered from the fields
- [9] Large orange vegetable often carved for Halloween
- [10] Small nuts that fall from oak trees in autumn

Down

- [1] Traditional Irish fruit bread associated with Halloween
- [2] A warm and cosy place to sit on a chilly October evening
- [4] The season when leaves change colour and begin to fall
- [5] A light used to brighten dark autumn nights
- [7] Popular autumn activity in orchards

SOLUTION



Wordsearch



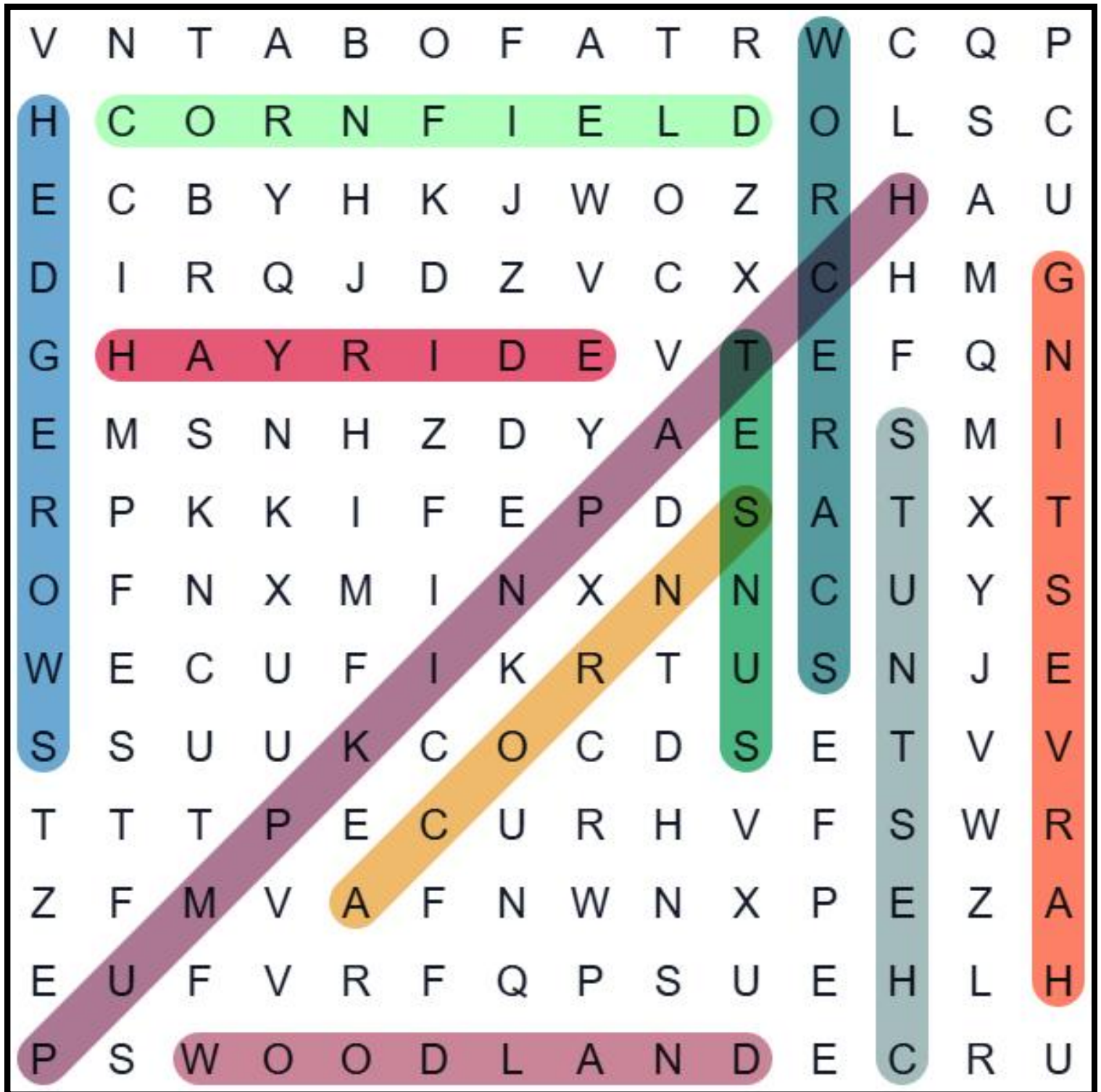
V	N	T	A	B	O	F	A	T	R	W	C	Q	P
H	C	O	R	N	F	I	E	L	D	O	L	S	C
E	C	B	Y	H	K	J	W	O	Z	R	H	A	U
D	I	R	Q	J	D	Z	V	C	X	C	H	M	G
G	H	A	Y	R	I	D	E	V	T	E	F	Q	N
E	M	S	N	H	Z	D	Y	A	E	R	S	M	I
R	P	K	K	I	F	E	P	D	S	A	T	X	T
O	F	N	X	M	I	N	X	N	N	C	U	Y	S
W	E	C	U	F	I	K	R	T	U	S	N	J	E
S	S	U	U	K	C	O	C	D	S	E	T	V	V
T	T	T	P	E	C	U	R	H	V	F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



Harvesting
Acorns
Hayride
Hedgerows
Sunset

Chestnuts
Pumpkinpatch
Woodland
Scarecrow
Cornfield

Wordsearch



Harvesting

Acorns

Hayride

Hedgerows

Sunset

Chestnuts

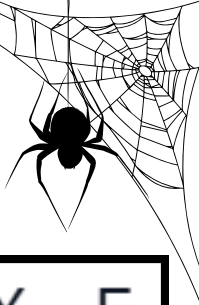
Pumpkinpatch

Woodland

Scarecrow

Cornfield

Wordsearch



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



Cobwebs

Cauldron

Puca

Mummers

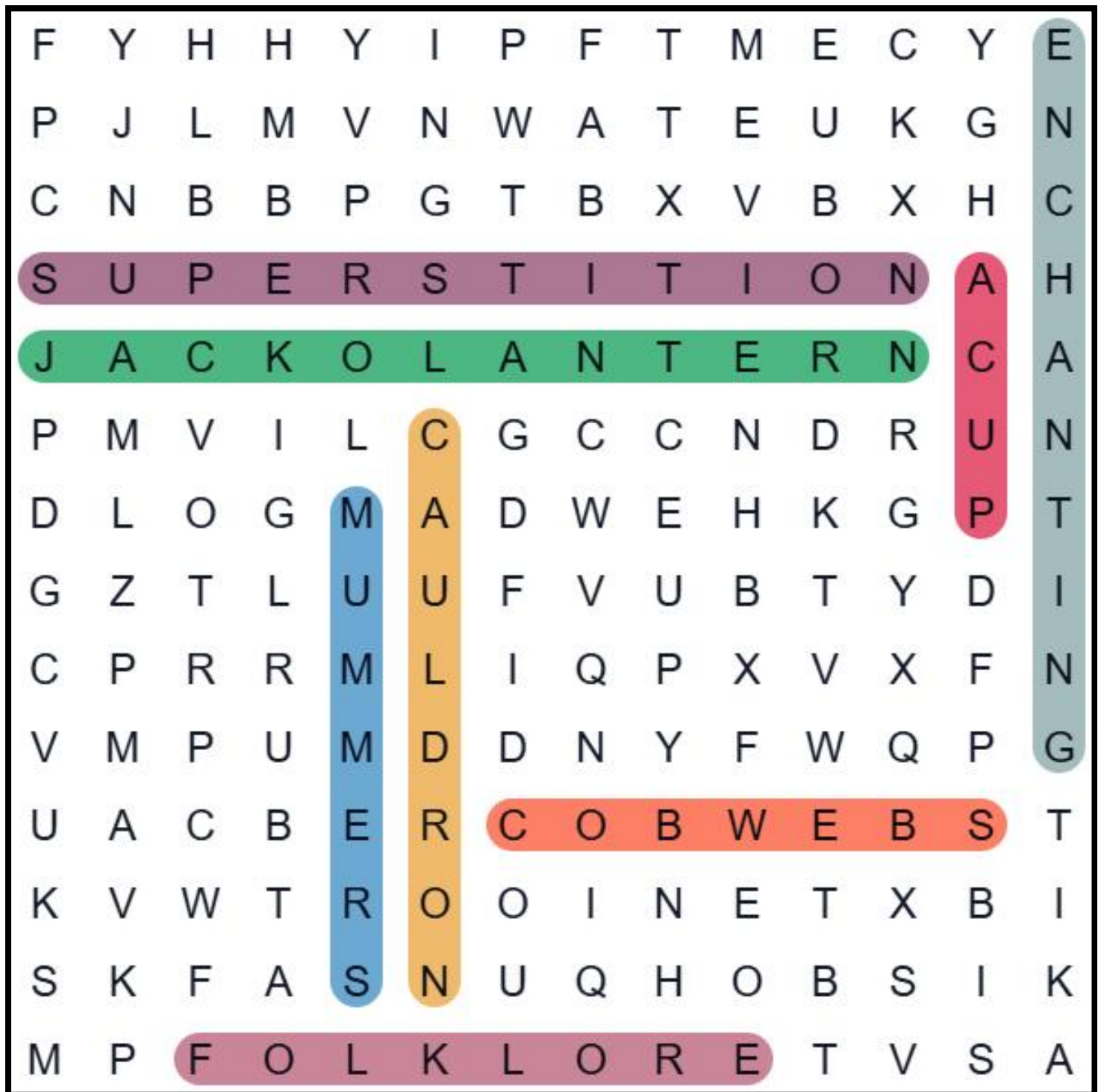
Jackolantern

Enchanting

Superstition

Folklore

Wordsearch



Cobwebs

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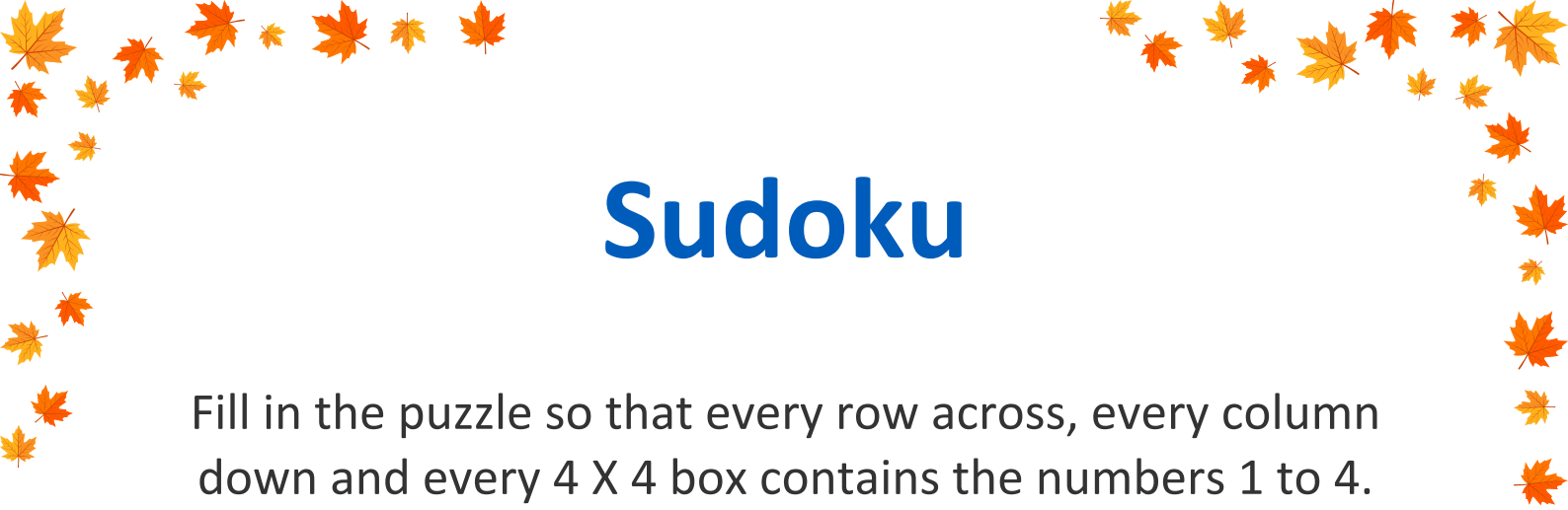
Folklore

Sudoku

Fill in the puzzle so that every row across, every column down and every 9 X 9 box contains the numbers 1 to 9.

Puzzle #1

	7	1			5		6	
			7		4		1	
	6	5				8	4	
		4			2		3	
6			5		1	2	9	
		2			9	1	7	4
2	4	6	3			7		
3		8		1	7	6		
		9	2				8	3

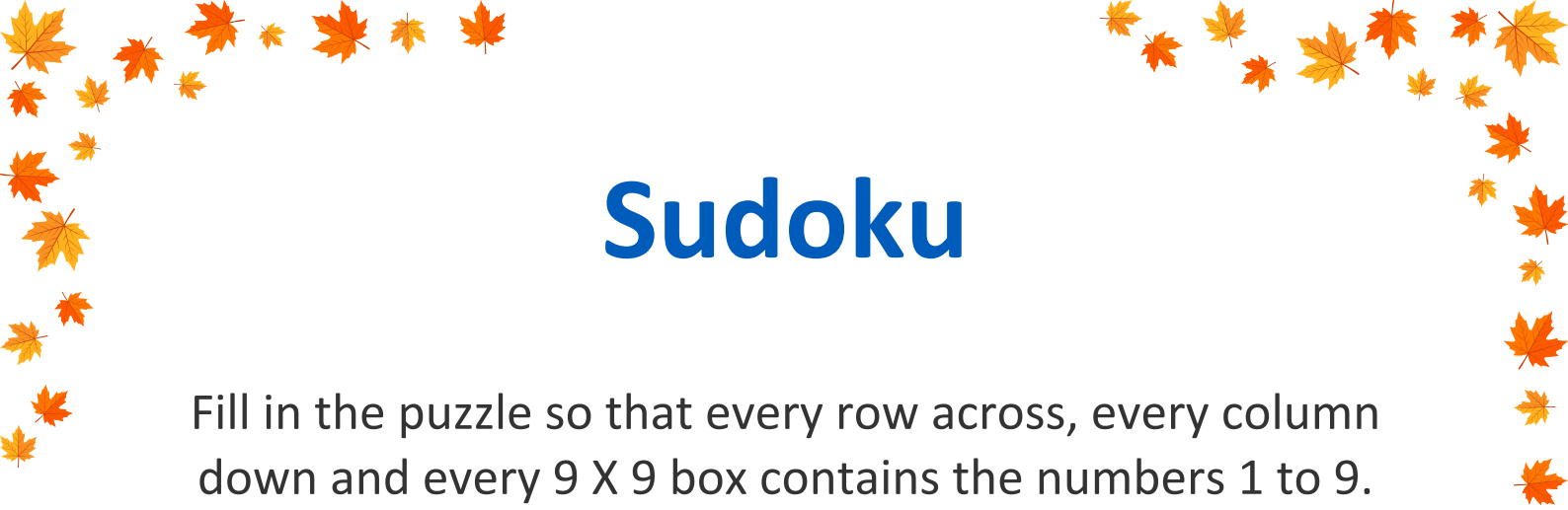


Sudoku

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

Puzzle #2

2	4		
3	1		
4		1	



Sudoku

Fill in the puzzle so that every row across, every column down and every 9 X 9 box contains the numbers 1 to 9.

Puzzle #3

4		1	2
	1		
3	4	2	



Solutions

Puzzle #1

4	7	1	9	8	5	3	6	2
8	2	3	7	6	4	9	1	5
9	6	5	1	2	3	8	4	7
1	9	4	8	7	2	5	3	6
6	3	7	5	4	1	2	9	8
5	8	2	6	3	9	1	7	4
2	4	6	3	9	8	7	5	1
3	5	8	4	1	7	6	2	9
7	1	9	2	5	6	4	8	3

Solutions



Puzzle #2

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

Puzzle #3

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





WRITING ABOUT OCTOBER

Take a few moments to think about the month of October.

You might like to look out a window, think about autumn, talk about past Octobers, think about midterm breaks and Halloween. Or simply let your imagination guide you.

There are no right or wrong answers.

Everyone's memories, thoughts, and ideas are different. Write as much or as little as you like. Or share them allowed.

Think about October:

- What is the first thing that comes to mind when you think of October?
- What colours do you associate with this month?
- What changes do you notice outdoors?
- What sounds might you hear in October?
- What smells remind you of autumn?

Reminiscing:

- Did you have a favourite activity for the time of year?
- What were October evenings like when you were younger?
- Did you spend time collecting leaves, harvesting fruit, or preparing for Halloween?
- Was there a special place you liked to visit at this time of year?
- Who would you spend October with?

Imagine a Scene:

- Imagine you are taking a walk on an October day.
- Where are you?
- What can you see around you?
- What is the weather like?
- Who might you meet along the way?
- What happens next?



WRITING ABOUT OCTOBER



Get Creative:

Choose one of the following and write a few sentences:

The Golden Leaf

A bright golden leaf lands at your feet. Where has it come from and where will it go next?

October Visitor

There's a knock at the door on a windy October evening. Who is standing outside?

The Harvest Basket

You discover a basket filled with autumn treasures. What is inside?

Give it a Title:

If your writing were a story, what title would you give it?

Group Discussion: Share your thoughts with the group.

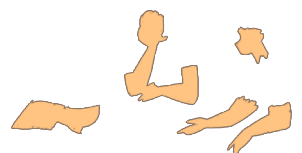
- Have you shared similar ideas?
- Do you have different October traditions?
- What was the most interesting story shared today?
- What surprised you?

Remember:

Writing is personal. There is no single correct answer. The most important thing is to think, imagine, remember, and enjoy sharing your ideas.

Facilitators Notes:

This activity should work well for both independent writing and facilitated group discussion, with opportunities for reminiscence, creativity and conversation.





October Breathing and Stretching Exercise

Let's take a few moments to relax and enjoy the calm of an autumn day.

Autumn Breathing

- Sit comfortably with both feet on the floor.
- Take a slow breath in through your nose for a count of three.
- Imagine you are breathing in the fresh, crisp air of an October morning.
- Gently breathe out through your mouth for a count of four.
- Imagine leaves drifting slowly from a tree as you breathe out.

Repeat 3 to 5 times at your own pace.

Gentle Autumn Stretches

- Reach for the Autumn Sky
- Slowly raise both arms towards the ceiling.
- Stretch comfortably, as if reaching for colourful autumn leaves.
- Hold for a moment, then gently lower your arms.
- Shoulder Roll
- Lift your shoulders towards your ears.
- Roll them slowly backwards and down. Repeat 3 times, then roll forwards 3 times.



Turn and Look

- Slowly turn your head to look over one shoulder.
- Return to the centre.
- Slowly turn to the other side.
- Repeat gently 2 to 3 times.



Leaf-Floating Hands

- Rest your hands on your lap.
- Gently float your hands upwards, as if a breeze is carrying a leaf into the air.
- Slowly lower them back down.

Finishing Thought

- Take one final deep breath.
- As you breathe in, think of something you enjoy about autumn.
- As you breathe out, allow your body to relax.

Well done. You have taken a few moments to care for your body and mind today.

APPLE DATE AND WALNUT MUFFINS

Ingredients

- 2 cups Plain Flour
- 1/3 cup Caster Sugar
- 3 tablespoons baking powder
- 1 teaspoon Cinnamon
- 1/2 teaspoon Salt
- 1/2 cup Butter
- 1 cup diced apples

(about 1 large apple)

- 1/2 cup diced dates, pits removed
- 1/4 cup Chopped Walnuts
- 1 egg
- 2/3 cup milk

For the topping:

- 1 tablespoon brown sugar
- 1 teaspoon cinnamon

Method

1. **Preheat the oven to 200°C.** Grease a 6 or 12-cup muffin tin with cooking spray, or line it with paper muffin cases.
2. **Prepare the dry ingredients:** Add the flour, sugar, baking powder, cinnamon, salt, and butter to a food processor. Pulse until the mixture resembles fine crumbs.
3. **Set aside ¼ cup of this mixture for the topping.**
4. **Mix the fruit and nuts:** Transfer the remaining crumb mixture to a large bowl. Add the chopped dates, diced apple, and walnuts, and stir to combine.
5. **Add the wet ingredients:** In a small bowl, whisk together the egg and milk. Pour into the flour mixture and stir until just combined. The batter will be slightly lumpy due to the fruit and nuts.
6. **Fill the muffin tin:** Spoon the batter into the prepared muffin cups, filling each about ¾ full.
7. **Make the topping:** Mix the reserved crumb mixture with 1 teaspoon cinnamon and 1 tablespoon brown sugar. Sprinkle evenly over the tops of the muffins.
8. **Bake:**
6 jumbo muffins: Bake for 15-20 minutes.
12 regular muffins: Bake for approximately 10 minutes.



Prep Time: 15 minutes.

Cooking Time: 20 minutes.















The Eternal Rebel

By Eva Gore-Booth

1914

The phantoms flit before our dazzled eyes,
Glory and honour, wrath and righteousness,
The agèd phantoms in their bloodstained dress,
Vultures that fill the world with ravenous cries,

Swarming about the rock where, chained apart,
In age-long pain Prometheus finds no rest
From the divine flame burning in his breast,
And vultures tearing at a human heart.

Not yet the blessed hours on golden wings
Bring to the crucified their sure relief,
Deeper and deeper grows the ancient grief,
Blackest of all intolerable things.

Eternal Rebel, sad, and old, and blind,
Bound with a chain enslaved by every one
Of the dark gods who hide the summer sun,
Yet art thou still the saviour of mankind.

Free soul of fire, break down their chains and bars,
Drive out those unclean phantoms of the brain,
Till every living thing be friends again,
And our lost earth true comrade to the stars.



Mise Raifteirí an File

by Antoine Ó Raifteirí

Mise Raifteirí an file,
Lán dóchas is grá,
Le súile gan solas,
Le ciúnas gan chrá.

‘Dul siar ar m’aistear
Le solas mo chroí
Fann agus tuirseach
Go deireadh mo shlí.

Féach anois mé
Is mo chúl le balla,
Ag seinm ceoil
Do phócaí folmha.



I am Raftery the Poet

by Anthony Raftery

I am Raftery the poet,
Full of hope and love,
With eyes without light,
Calm without anguish.

Going back in my travels
With the light of my heart
Weary and tired
To the end of my journey.

Look at me now
And my back to the wall,
Playing music
To empty pockets.

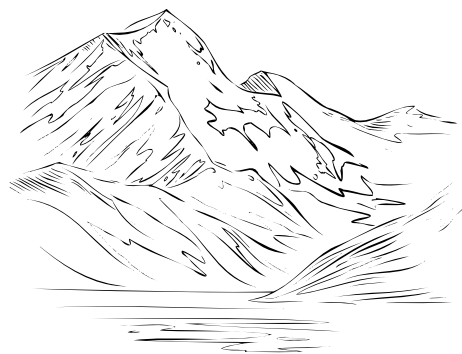


The Brow of Nefin

by Douglas Hyde



Did I stand on the bald top of Nefin
And my hundred-times loved one with me,
We should nestle together as safe in
Its shade as the birds on a tree.
From your lips such a music is shaken,
When you speak it awakens my pain,
And my eyelids by sleep are forsaken,
And I seek for my slumber in vain.
But were I on the fields of the ocean
I should sport on its infinite room,
I should plough through the billow's commotion
Though my friends should look dark at my doom.
For the flower of all maidens of magic,
Is beside me where'er I may be,
And my heart like a coal is extinguished,
Not a woman takes pity on me.
How well for the birds in all weather,
They rise up on high in the air,
And then sleep upon one bough together
Without sorrow or trouble or care.
But so it is not in this world
For myself and my thousand-times fair,
For away, far apart from each other,
Each day rises barren and bare.
Say, what dost thou think of the heavens
When the heat overmasters the day,
Or what when the steam of the tide
Rises up in the face of the bay?
Even so is the man who has given
An inordinate love-gift away,
Like a tree on a mountain all riven,
Without blossom or leaflet or spray.



She Loves You

The Beatles



She loves you, yeah, yeah, yeah
She loves you, yeah, yeah, yeah
She loves you, yeah, yeah, yeah, yeah

You think you've lost your love
Well, I saw her yesterday
It's you she's thinking of
And she told me what to say

She says she loves you
And you know that can't be bad
Yes, she loves you
And you know you should be glad

She said you hurt her so
She almost lost her mind
But now she said she knows
You're not the hurting kind

She says she loves you
And you know that can't be bad
Yes, she loves you
And you know you should be glad, ooh

She loves you, yeah, yeah, yeah
She loves you, yeah, yeah, yeah

With a love like that
You know you should be glad

You know it's up to you
I think it's only fair
Pride can hurt you, too
Apologize to her

Because she loves you
And you know that can't be bad
She loves you
And you know you should be glad, ooh

She loves you, yeah, yeah, yeah
She loves you, yeah, yeah, yeah

With a love like that
You know you should be glad
With a love like that
You know you should be glad
With a love like that
You know you should be glad



It's All In The Game

Tommy Edwards



[Verse 1]

Many a tear has to fall
But it's all in the game
All in the wonderful game
That we know as love
You have words with him
And your future's looking dim
But these things your hearts can rise above

[Verse 2]

Once in a while he won't call
But it's all in the game
Soon he'll be there at your side
With a sweet bouquet
And he'll kiss your lips
And caress your waiting fingertips
And your hearts will fly away

[Verse 3]

(Soon he'll be there at your side)
With a sweet bouquet
Then he'll kiss your lips
And caress your waiting fingertips
And your hearts will fly away





Mississippi

Pussycat

Well you can hear the country song from far
And someone plays the honky tonk guitar
Where all the lights will go out one by one
The people enjoying the sun, and the wind takes it away

Where the Mississippi rolls down to the sea
And lovers found the place they like to be
How many times before the song was ending
Love and understanding, everywhere around

Mississippi, I'll remember you
Whenever I shall go away, I'll be longing for the day
When I will be in Greenville again
Mississippi, you'll be on my mind
Every time I hear this song, Mississippi rolls along
Until the end of time

Now the country song forever lost it's soul
When the guitar player turns to rock 'n roll
And every time when summer nights are falling
I always will be calling, dreams of yesterday

Mississippi, I'll remember you
Whenever I shall go away, I'll be longing for the day
When I will be in Greenville again
Mississippi, you'll be on my mind
Every time I hear this song, Mississippi rolls along
Until the end of time

Every time I hear this song, Mississippi rolls along
Until the end of time





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 social gatherings 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>

EXCERSICE

- 10 Today - <https://www.bbc.co.uk/programmes/p087wddm>
- Five in Five - <https://weareundefeatable.co.uk/media/exuhwosv/five-in-five-booklet.pdf>
- Love to Move - <https://britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf>



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
- 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/>

REMINISCENCE

- www.thereplay.ie

THIS MONTHS CRAFT:

<https://feelingnifty.com/how-to-paint-lavender-acrylics/>

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/>
- <https://coloringhub.com/>