



THE Alzheimer

SOCIETY OF IRELAND



2026

Activity Pack Two

Relaxed Engagement



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2026



Hello Friends,

As October arrives, autumn is all around us. The leaves are changing colour, the days are growing shorter, and there is a sense of warmth and comfort in seasonal traditions. We hope this month's Relaxed Engagement Pack provides opportunities for enjoyment, creativity, conversation and connection.

This month's pack includes a variety of gentle and engaging activities inspired by autumn and Halloween. You'll find a simple Wool Pumpkin craft, seasonal word searches, everyday number activities, colouring pages, poetry, songs, reminiscence exercises and a relaxing guided meditation.

Our October Stories and Reminiscence section encourages participants to share observations, memories and ideas through conversation, storytelling and poetry. Whether someone chooses to speak, gesture, point, smile or simply listen, every contribution is meaningful and valued.

We've also included A Moment of Relaxation, a gentle meditation that invites participants to focus on their breathing while imagining a peaceful October day surrounded by colourful autumn leaves. This activity can be enjoyed individually or as part of a group.

For those who enjoy baking, you'll find a delicious recipe for Apple, Date and Walnut Muffins, perfect for sharing with family and friends. We'd love to feature some of your favourite recipes in future packs, so please feel free to send them in.

This month we also celebrate the work of three poets connected to Connaught: Eva Gore-Booth, Antoine Ó Raifteirí and Douglas Hyde. Alongside these poems, we've included some well-loved songs that may spark memories and encourage singing together.

As always, if you have activities, crafts, recipes, poems, songs or reminiscence ideas that have worked well with your group, we would love to hear from you and share them with others.

Wishing you a peaceful and enjoyable month ahead.

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.

TABLE OF CONTENTS

Wool Pumpkins.....	1-2
Crossword.....	3-6
Maths	7 - 9
Writing	10 - 12
Meditation.....	13 - 14
Date & Walnut Muffins.....	15
Colouring	16 - 20
Poems from Connaught.....	21-23
Songs.....	24-26
Useful Resources	27-29

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.)



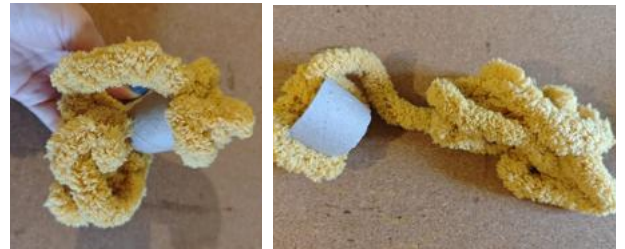
Step Two:

- 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.





Wordsearch



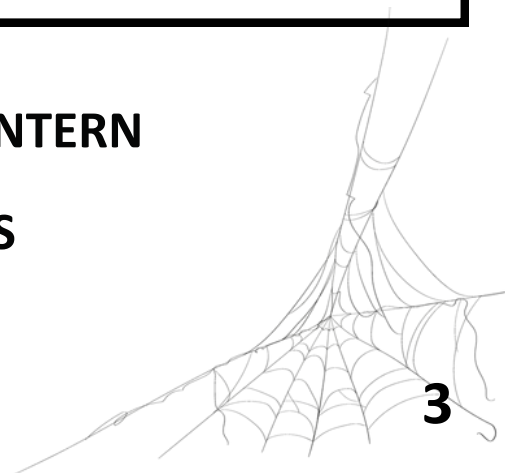
CAULDRON

JACKOLANTERN

MUMMERS

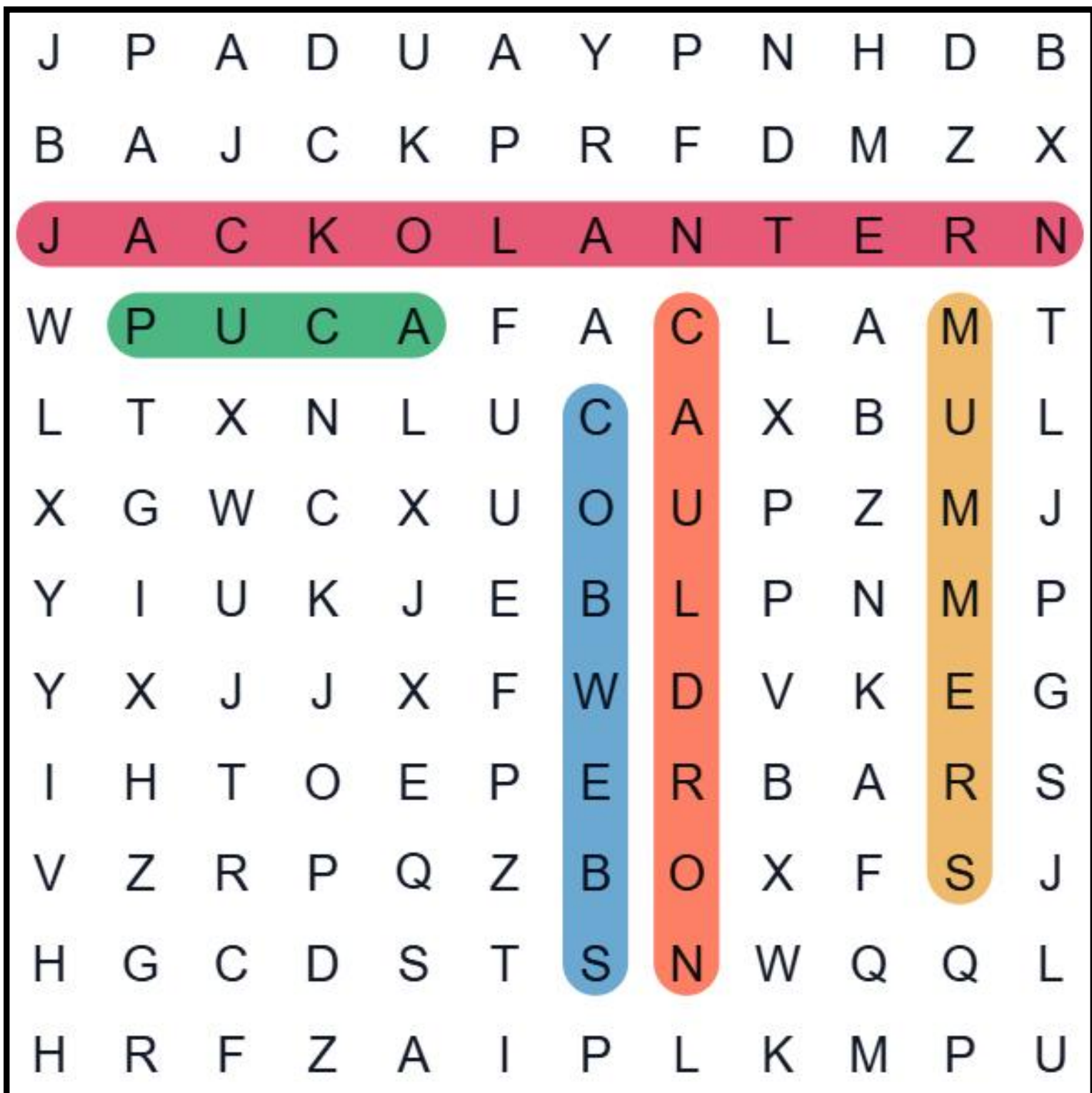
COBWEBS

PUCA





Wordsearch



CAULDRON

JACKOLANTERN

MUMMERS

COBWEBS

PUCA



Wordsearch



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



SCARECROW

ACORNS

WOODLAND

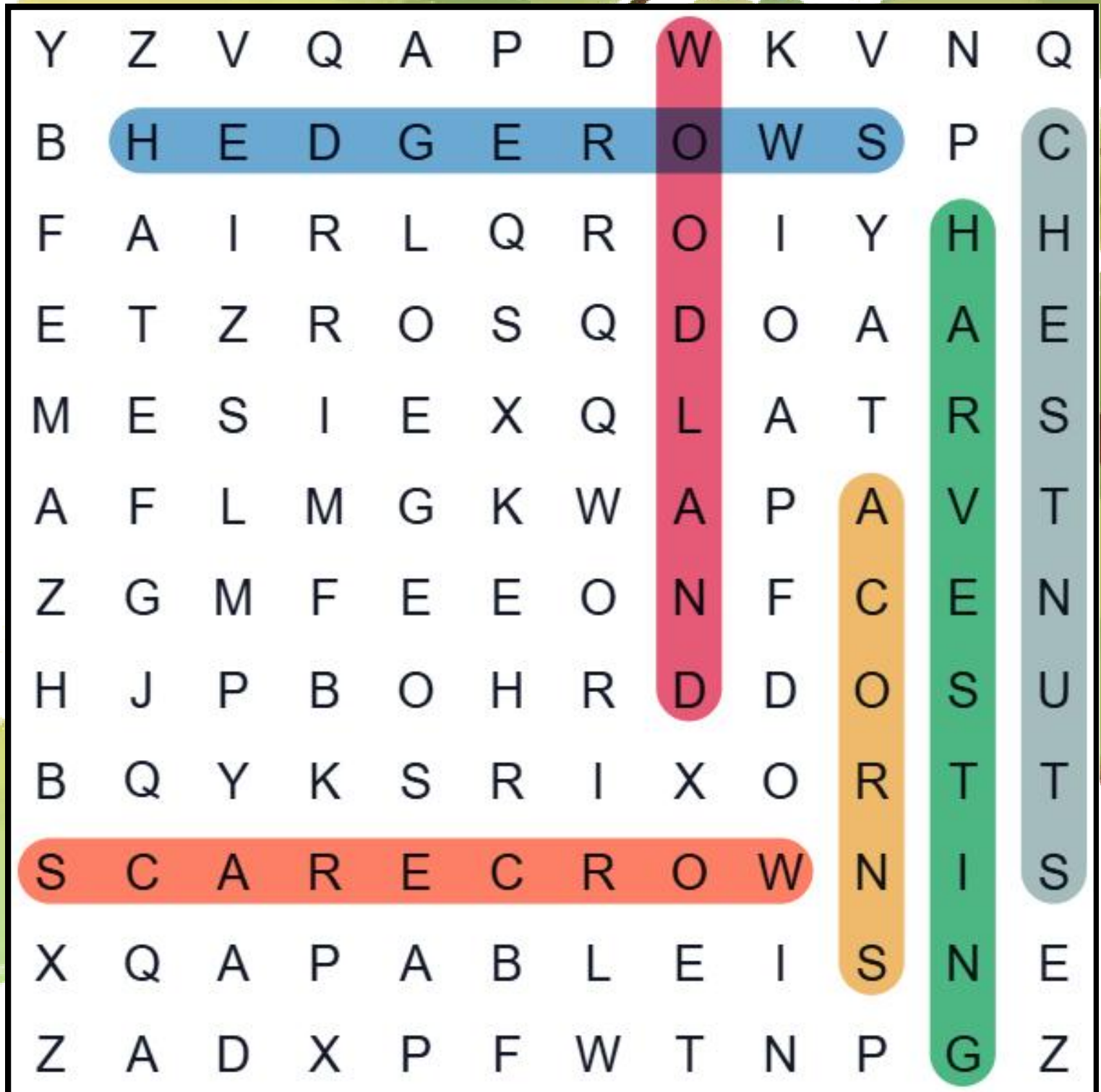
HEDGEROWS

HARVESTING

CHESTNUTS



Wordsearch



SCARECROW

HEDGEROWS

ACORNS

HARVESTING

WOODLAND

CHESTNUTS



Everyday Numbers

Take your time with each question. There is no rush, and it is perfectly fine to work things out together.

Number Sequences: What comes next?

10, 20, 30, _____

100, 90, 80, _____

5, 10, 15, _____

2, 5, 8, _____

Quick Calculations

$15 + 5 =$ _____

$40 - 15 =$ _____

Half of 24 = _____

Double 7 = _____

$25 + 25 =$ _____

$90 - 40 =$ _____



Everyday Numbers

Looking Around: **How Many?...**

A bicycle has how many wheels?

How many days are there in a week?

How many months are there in a year?

How many fingers are on one hand?



Estimation and Observation: **Make Your Best Guess**

There are no right or wrong answers. Just estimate.

How many books might be on a library shelf?

How many people might be at a football match?

How many flowers could be growing in a garden?

How many cups might be in a kitchen cupboard?



Everyday Numbers



Everyday Problem Solving

You have 6 biscuits and eat 2. How many are left?

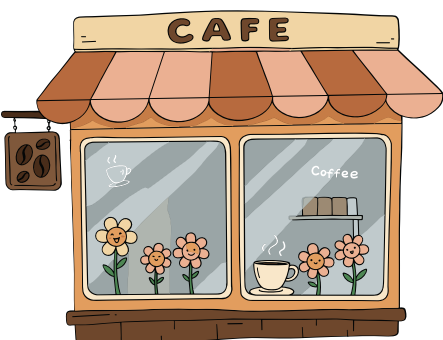
A bus has 12 passengers and 3 get off. How many remain?

You have €10 and spend €4. How much do you have left?

There are 8 apples in a bowl and 2 more are added. How many apples are there now?

Café Challenge: **Imagine you are at a café.**

- A tea costs €3 and a scone costs €4. How much altogether?
- You buy a cake for €5 and pay with €10. How much change do you get?
- Three bottles of water cost €2 each. What is the total cost?





October Stories and Reminiscence

There are no right or wrong answers.

You can use words, sounds, gestures, facial expressions, or simply point to something you like. A facilitator can help record responses.

Looking at October

Show autumn photographs, coloured leaves, pumpkins, apples, or other seasonal items.

Ask:

- What colours can you see?
- Which do you like best?
- Does this remind you of anything?
- Have you seen leaves like these before?

Allow plenty of time for responses.

Autumn Choices

Offer simple choices:

- Sunny day or rainy day?
- Red leaves or yellow leaves?
- Apple pie or apple tart?
- Hot chocolate or tea?
- Daytime or evening?

Record the answers.



October Stories and Reminiscence

An October Walk

Invite participants to imagine a gentle autumn walk.

Ask one question at a time:

- Can you hear the wind?
- What can you see?
- Are there leaves on the ground?
- Do you see any animals?
- Is someone walking with you?



Accept any response and build the story together.

For example:

"Today we went for a walk. The leaves were golden. We heard birds singing. A friendly dog passed by. The sun was shining."

Finishing the Story

Ask:

- What was the nicest thing about our October day?
- How did the walk end?
- Shall we go home for a cup of tea?

The facilitator can combine responses into a simple group story or poem.





October Stories and Reminiscence

A Group Autumn Poem

Read each line and invite participants to add a word and collect responses.

October is...

The leaves are...

The sky is...

I can hear...

I can smell...

Today I feel...



Example

October is colourful.

The leaves are golden.

The sky is bright.

I can hear the wind.

I can smell apples.

Today I feel comfortable.

Sharing Together

At the end, read back the group's words and ideas.

Celebrate every contribution, whether spoken, gestured, smiled, or pointed to.

Remember

Every response is meaningful. The purpose of this activity is not spelling, handwriting, or memory recall. The purpose is connection, communication, enjoyment, and sharing an October moment together.

A Moment of Relaxation

(5 Minutes)

Facilitator Tip: You could enhance this meditation by gently showing autumn leaves, playing soft nature sounds, or passing around a lightly scented cinnamon stick, apple, or pinecone to engage the senses while the meditation is being read. The entire activity should take about 3 to 5 minutes.

Invite everyone to sit comfortably. Speak slowly and leave pauses between sentences.

- Let's take a quiet moment together.
- Make yourself comfortable in your chair.
- Feel your feet resting on the floor.
- Feel the chair supporting your body.
- Take a slow, gentle breath in.
- And slowly breathe out.

Pause.

- Another gentle breath in.
- And a calm breath out.

Pause.

- Now imagine a peaceful October day.
- The air is fresh and gentle.
- The trees are dressed in beautiful autumn colours.
- Golden leaves move softly in the breeze.

Pause.

- Perhaps you can imagine watching those leaves.
- They drift slowly down to the ground.
- One by one.
- Calm and peaceful.



A Moment of Relaxation

(5 Minutes)

Pause.

- You might feel the warmth of a cosy jumper.
- Or the comfort of a soft blanket.
- You are safe.
- You are comfortable.
- You are here with friends.

Pause.

- Listen to the sounds around you.
- There is no need to do anything.
- No need to remember anything.
- Just enjoy this quiet moment.

Pause.

- Let's take one more gentle breath in.
- And slowly breathe out.
- Feel your shoulders relax.
- Feel your hands resting comfortably.

Pause.

Thank you for sharing this peaceful October moment together.

"The leaves may change and fall, but each season brings its own beauty."



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



Prep Time: 15 minutes.

Cooking Time: 20 minutes.

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.











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.

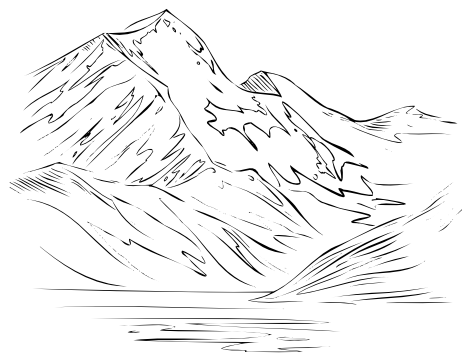


The Brow of Nefin

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 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>

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

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/>