



THE Alzheimer

SOCIETY OF IRELAND



2026

Activity Pack One
Active Engagement



Activity Pack One

Active Engagement



2026



Dear Friends,

September has arrived, bringing with it the first signs of autumn. The days are becoming a little shorter, the leaves are beginning to change colour, and there are plenty of opportunities to enjoy the beauty of the season around us.

This month's pack is filled with a variety of activities to keep you engaged and entertained. You'll find a nature-inspired Leaf Butterfly craft, autumn-themed puzzles and word searches, maths challenges, colouring pages, poems, songs and more.

We've also included a new Listening to Music activity. Whether you choose one of our suggested songs and instrumental pieces or listen to a personal favourite, we hope it sparks conversation, memories, imagination and enjoyment.

Our Moment of Calm this month is a gentle Autumn Meditation. This guided journey invites you to imagine the sights, sounds and scents of the season, encouraging relaxation and a peaceful pause in your day.

For those who enjoy spending time outdoors, our Leaf Butterfly craft is a wonderful way to explore nature and create something colourful using leaves, twigs and other treasures found in your local area.

You'll also find a tasty recipe for Hot Pasta Salad, perfect for a light lunch or easy meal to share with family and friends. And we'd love to feature some of your favourite recipes in future packs, so please feel free to send them in.

This month's poetry selection celebrates writers from Leinster, featuring works by Thomas Kinsella, Austin Clarke and Eavan Boland. We hope you enjoy spending time with their words.

As always, if you have a favourite craft, song, poem, recipe or activity you'd like to share, we'd love to hear from you. You can also send us photos of your creations for a chance to be featured in a future pack or on our social media channels.

Wishing you a wonderful September filled with enjoyable moments, creativity and connection.

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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Leaf Butterflies

What you need:

- Colourful Leaves, Small Branches, Berries, Thistles, Pinecones etc.
(What can you find in your neighbourhood?)
- Glue
- Scissors
- White Card
- Spray Preservative

Inspiration



Part 1: Collect Nature Materials

- Colourful leaves
- Small twigs
- Maple seeds
- Berries or seed pods
- Other interesting natural materials



Part 2: Prep Your Materials

- Sort your materials into groups by colour, size, and shape.
- Choose two pairs of leaves that look good together.
- Larger leaves can become the top wings.
- Smaller leaves can become the bottom wings.
- If needed, trim the leaves with scissors to create wing shapes.



Part 3: Make Your Butterfly

- Arrange the four wings on a piece of cardstock before glueing.
- Place two wings at the top.
- Place two wings underneath.
- Adjust until you are happy with the design.



Part 4: Add the Head and Body

Choose natural materials for the butterfly body:

- Ideas:
- A thin twig
- A small pinecone
- A seed pod
- Berries for the head

Lay the body down the centre between the wings.

Add two thin twigs, grass stems, or flower stems as antennae.



Part 5: Glue Everything in Place

Suggested order:

- Bottom wings
- Top wings
- Body
- Head
- Antennae

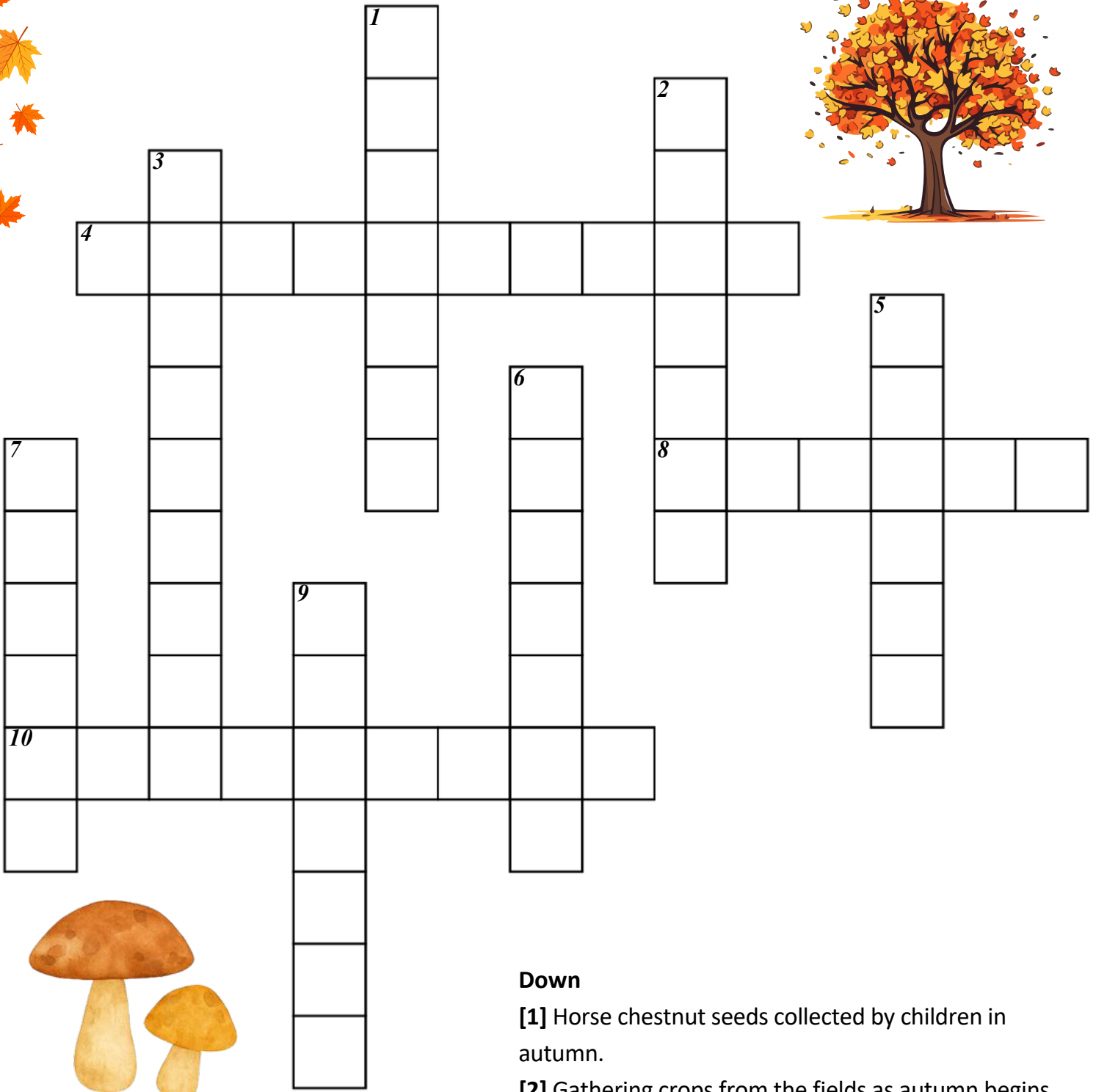
Allow the craft to dry completely.



Optional Extension Ideas

- Create a whole insect garden with butterflies, dragonflies, bees, and ladybirds.
- Label each insect.
- Mount finished pictures on coloured card for display.
- Spray with a leaf preservative or cover with Mod Podge to help preserve the leaves.

Autumn Crossword



Across

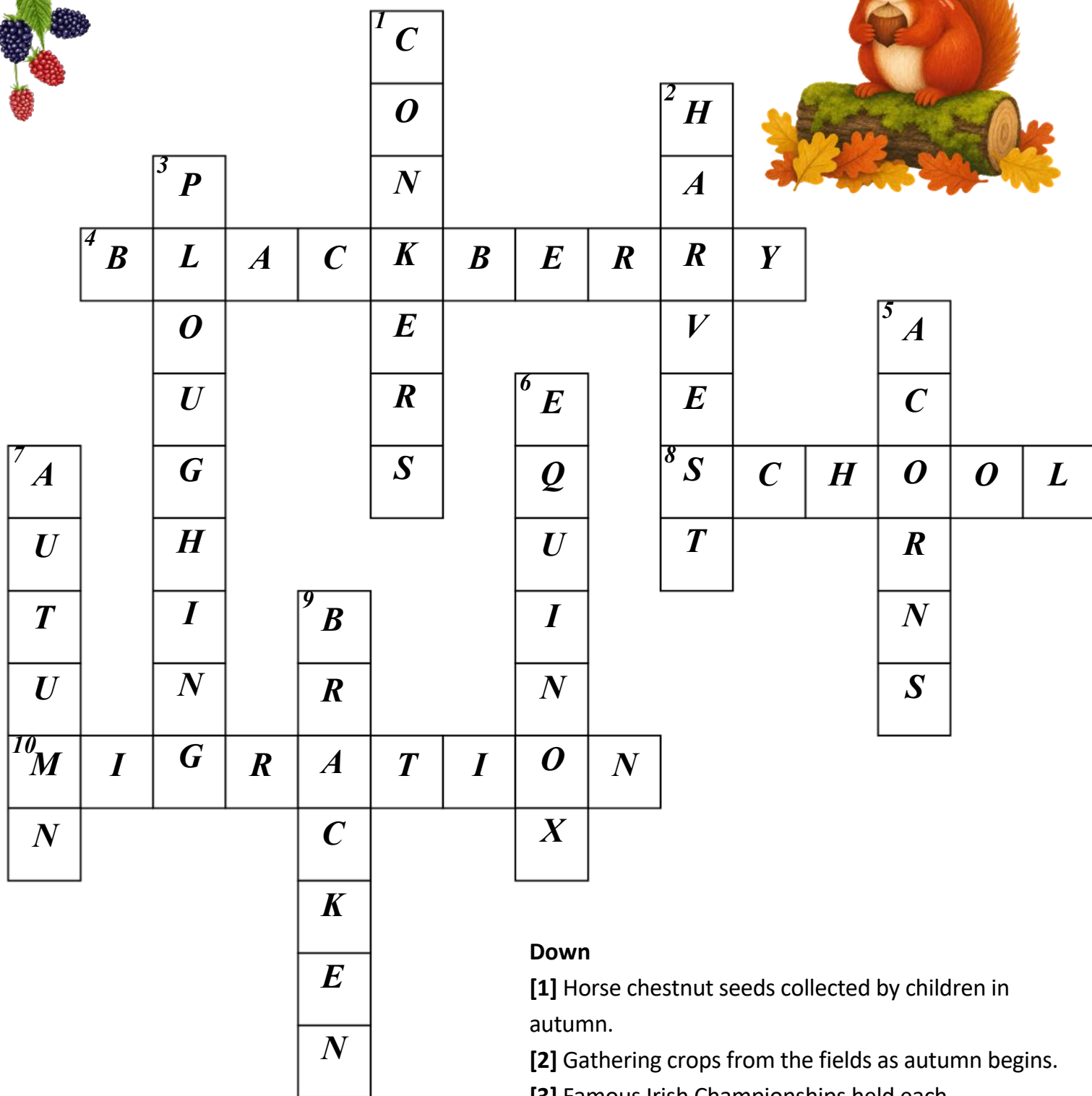
- [4]** Wild fruit found along Irish hedgerows at this time of year.
- [8]** Children return here after the summer holidays.
- [10]** Annual journey made by many birds as the weather cools.

Down

- [1]** Horse chestnut seeds collected by children in autumn.
- [2]** Gathering crops from the fields as autumn begins.
- [3]** Famous Irish Championships held each September.
- [5]** Nuts that begin falling from oak trees in autumn.
- [6]** September event when day and night are almost equal in length.
- [7]** The season that begins during September.
- [9]** Fern commonly seen turning brown and golden across the Irish countryside in September.



Solution

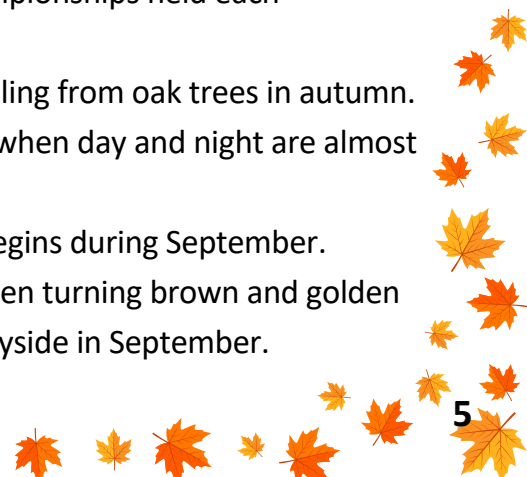


Across

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Wordsearch



Robusta

Irish

Mocha

Americano

Black

Cappuccino

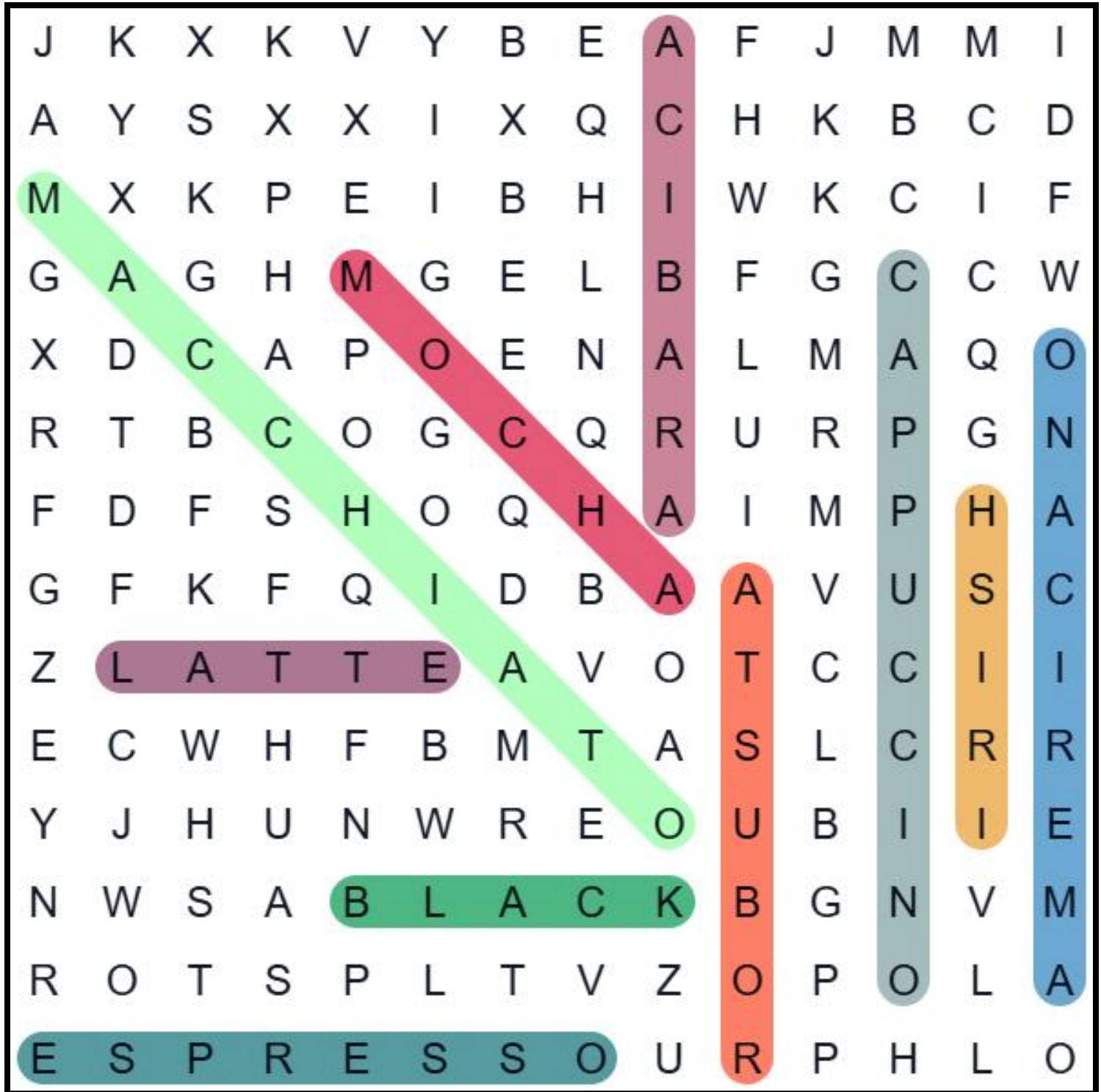
Latte

Arabica

Espresso

Macchiato

Wordsearch



Robusta

Irish

Mocha

Americano

Black

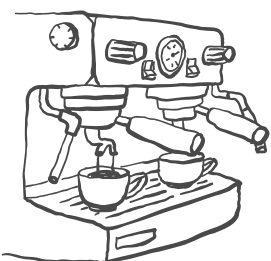
Cappuccino

Latte

Arabica

Espresso

Macchiato



Wordsearch



Tchaikovsky

Chopin

Schubert

Vivaldi

Bach

Strauss

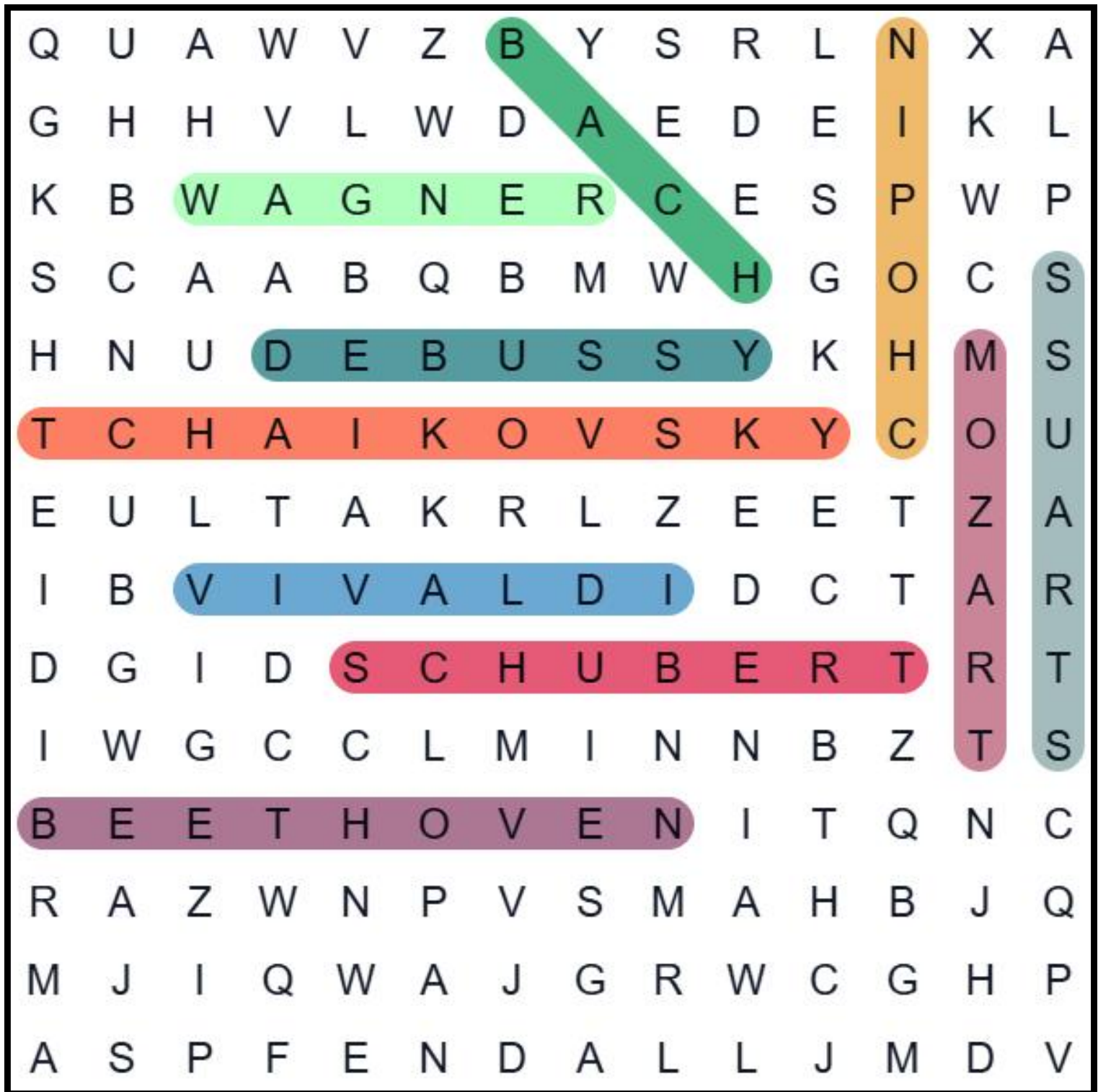
Beethoven

Mozart

Debussy

Wagner

Wordsearch



TCHAIKOVSKY

CHOPIN

SCHUBERT

VIVALDI

BACH

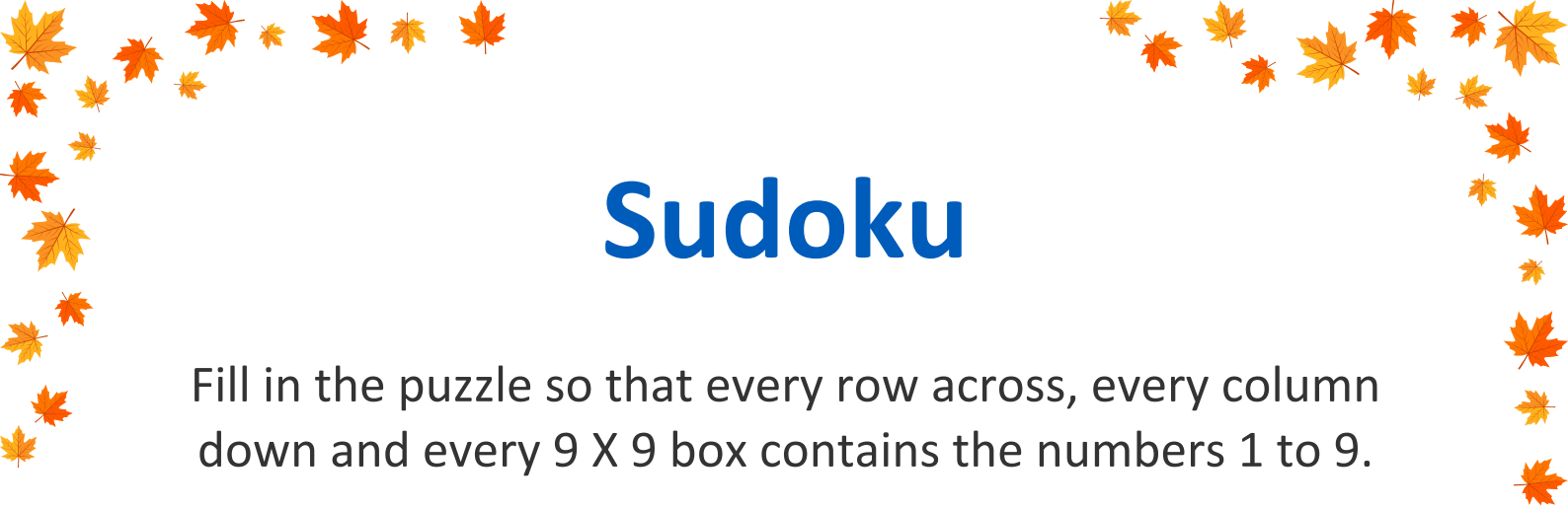
STRAUSS

BEETHOVEN

MOZART

DEBUSSY

WAGNER

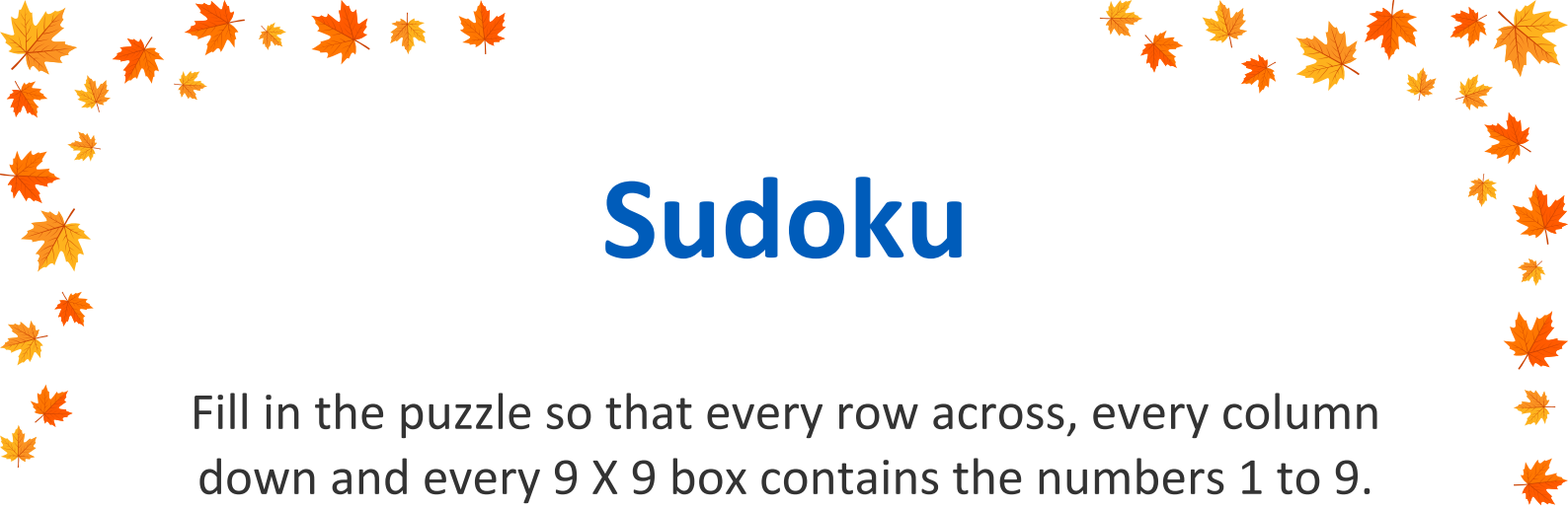


Sudoku

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

			1
2			
	4	1	2
1	2	4	



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 #2

1			
3	2		4
4			2



Solutions

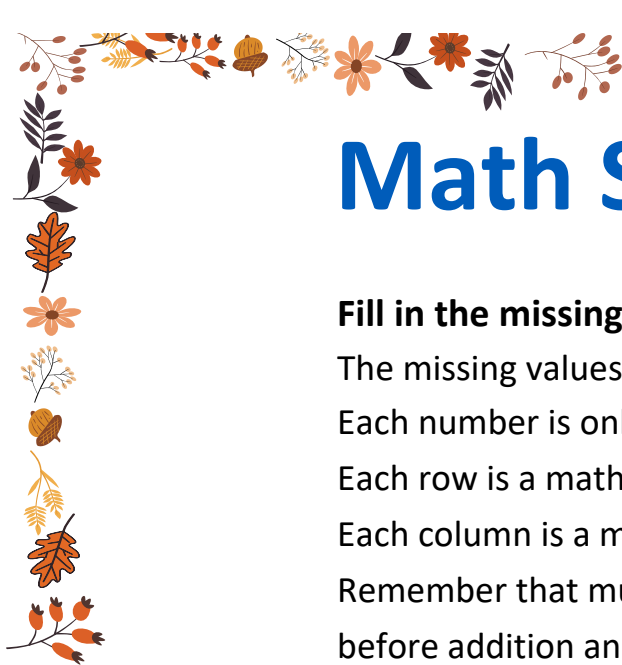
Puzzle #1

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

Puzzle #2

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





Math Squares Puzzle

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

7	+		+	1	16
+		+		+	
	+	4	+		15
+		+		+	
	+	9	+	3	14
14		21		10	



Solutions

7	+	8	+	1	16
+		+		+	
5	+	4	+	6	15
+		+		+	
2	+	9	+	3	14
14		21		10	



Listening to Music



Take a few moments to listen carefully to a piece of music.

You can use the suggestions below or choose your own favourite music.

There are no right or wrong answers.

Everyone hears different things, so trust what you hear and think.

MUSIC SUGGESTIONS

Songs

"The Town I Loved So Well" – Phil Coulter
"Danny Boy" – Various Artists
"Galway Girl" – Steve Earle & Sharon Shannon
"Wild Mountain Thyme" – The Dubliners
"The Voyage" – Christy Moore
"You Raise Me Up" – Westlife
"Bridge Over Troubled Water" – Simon & Garfunkel
"What a Wonderful World" – Louis Armstrong

Instrumental Music

"Riverdance Theme" – Bill Whelan
"She Moved Through the Fair"
"Clair de Lune" – Claude Debussy
"The Lark Ascending" – Ralph Vaughan Williams
Traditional Irish harp music by Turlough O'Carolan
Gentle fiddle tunes such as "The Butterfly"

LISTEN CLOSELY

Spend a minute listening before answering the questions.

- What Do You Notice?
- What is the first thing that catches your attention?
- Which instruments or voices can you hear?
- Is the music fast or slow?
- Does the music change as it goes along?
- What small details do you notice when you listen more closely?





IMAGINE THE SCENE

What pictures come to mind when you hear this music?

Where do you imagine this music is being played?

What time of day does it feel like?

What season does it remind you of?

If this music were part of a story, what might be happening?



THINK ABOUT FEELINGS

How does this music make you feel?

Does it remind you of a place, person, or occasion?

Which part of the music creates this feeling?

Does the music give you energy or help you relax?

What words would you use to describe it?

GET CREATIVE

Imagine you could step into the world of the music.

Where would you go first?

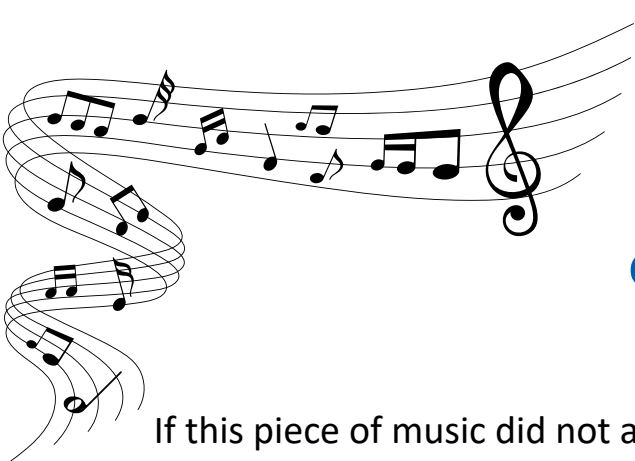
Who might you meet there?

What would you ask them?

What do you think might happen next?

What other questions can we ask?





GIVE IT A TITLE

If this piece of music did not already have a name, what title would you give it?

GROUP DISCUSSION

Share your thoughts with the group.

Did someone hear something you missed?

Did different people imagine different stories or places?

What was the most interesting thing you discovered?

Which piece of music would you like to hear again?

Remember: Music is personal. There is no single correct answer. The most important thing is to listen, think, imagine, and enjoy the conversation.





Autumn Meditation

A 10-Minute Mindfulness Journey

"As we take this time together, there is nothing you need to do, nowhere you need to be, and nothing you need to remember. Simply enjoy this moment."

Let us begin by finding a comfortable position.

Allow your hands to rest gently in your lap.

If you feel comfortable, you may close your eyes, or simply soften your gaze and look towards the floor.

Take a slow, gentle breath in through your nose...

And slowly breathe out.

Again, breathing in...

And breathing out.

One more time...

Breathing in...

And letting go.

(Pause for 10 seconds)

Now imagine that you are standing at the edge of a beautiful autumn garden or park.

The air feels fresh and cool against your skin.

Not cold, just pleasantly crisp.

Take a moment to notice the colours around you.

The leaves on the trees are changing.

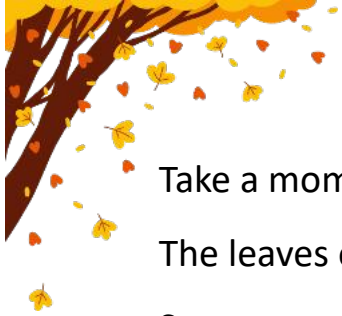
Some are golden yellow. Others are deep orange.

Some glow red like rubies in the sunlight.

Imagine these colours all around you.

(Pause for 20 seconds)





Take a moment to notice the colours around you.
The leaves on the trees are changing.
Some are golden yellow. Others are deep orange.
Some glow red like rubies in the sunlight.
Imagine these colours all around you.

(Pause for 20 seconds)

As you begin to walk slowly along a path, notice the leaves beneath your feet.
Perhaps you can hear a gentle crunch as you step.
Crunch...
Crunch...
Crunch...
A comforting autumn sound.
Take a moment to enjoy it.

(Pause for 15 seconds)

Above you, a light breeze stirs the branches.
A few leaves drift slowly through the air.
Watch them dance and twirl as they float towards the ground.

There is no hurry.

They simply move where the wind carries them.
You might allow yourself to feel that same sense of ease.
Nothing to rush.
Just this pleasant autumn moment.





(Pause for 20 seconds)

Now notice the scent of autumn in the air.

Perhaps it reminds you of fallen leaves.

A woodland walk.

Fresh rain.

A warm fire.

Maybe there is the smell of apples, blackberries, or a favourite homemade treat.

Whatever comes to mind is perfect.

Simply enjoy the feeling.

(Pause for 20 seconds)

As you continue your walk, you find a sturdy wooden bench.

You sit down and rest.

The autumn sun shines gently on your face.

Its warmth feels comforting.

Take a slow breath in.

And a long breath out.

Notice how your shoulders feel.

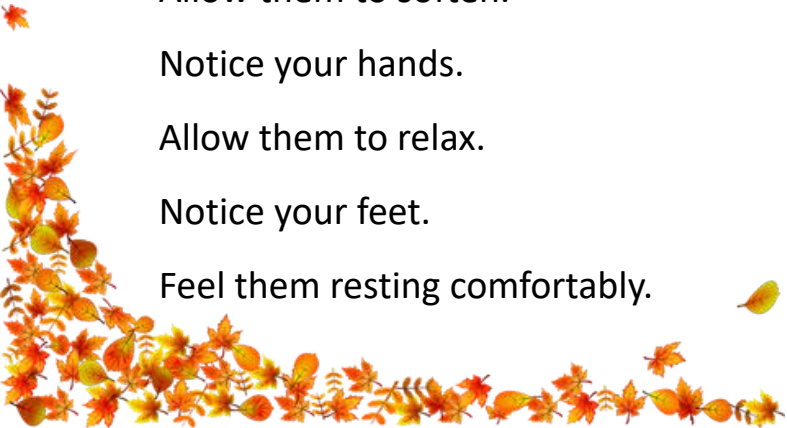
Allow them to soften.

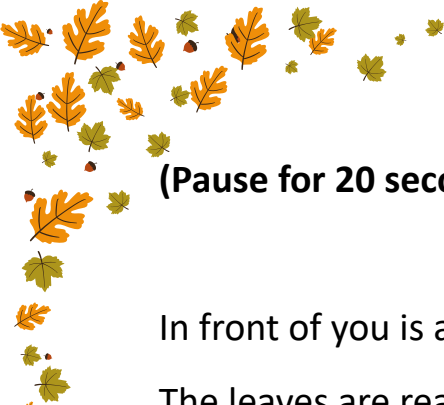
Notice your hands.

Allow them to relax.

Notice your feet.

Feel them resting comfortably.





(Pause for 20 seconds)

In front of you is a beautiful tree.

The leaves are ready for a new season.

One by one, they gently float down.

As you watch them, imagine any worries or tension floating away with them.

Drifting down to the earth.

Letting go.

Feeling lighter.

Feeling calm.

(Pause for 30 seconds)

Take a moment to appreciate all that autumn offers.

Its colours.

Its sounds.

Its scents.

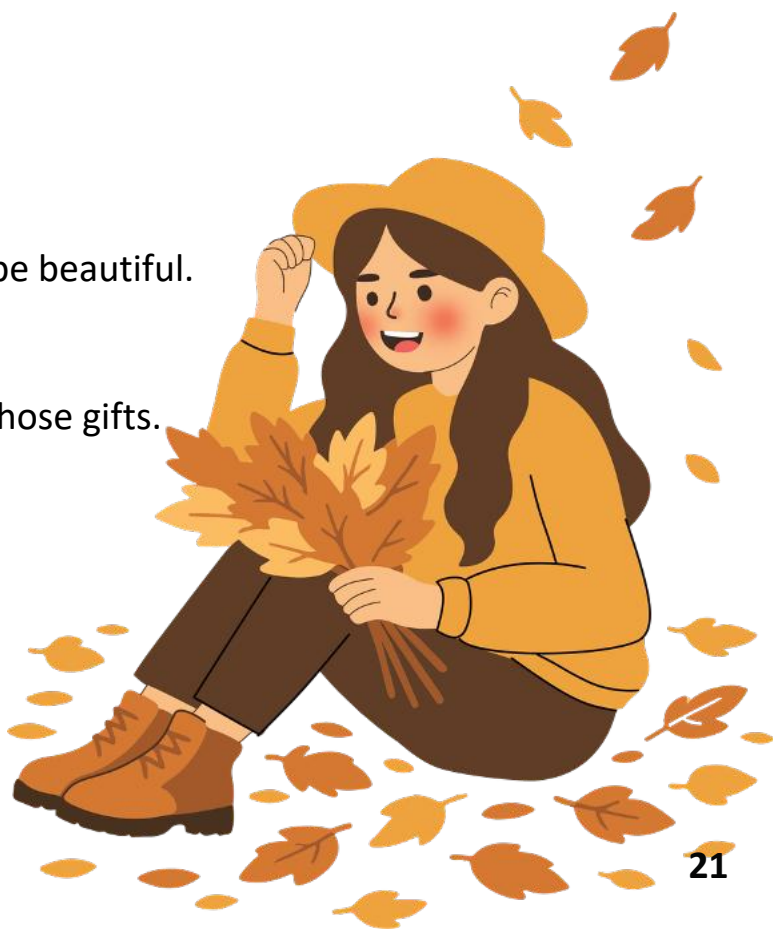
Its peaceful rhythm.

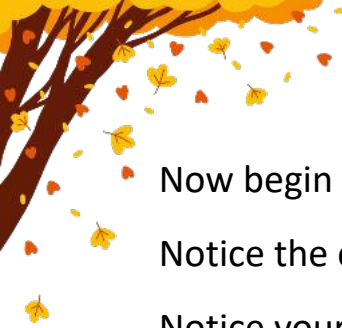
The season reminds us that change can be beautiful.

That each season has its own gifts.

And today, this quiet moment is one of those gifts.

(Pause for 20 seconds)





Now begin bringing your attention back to the room.

Notice the chair supporting you.

Notice your feet.

Notice the sounds around you.

Take a slow, gentle breath in...

And breathe out.

Another breath in...

And out.

When you are ready, gently open your eyes or lift your gaze.

Take a moment before moving.

Carry the calm colours and gentle feeling of autumn with you for the rest of your day.

Thank you for sharing this peaceful autumn journey. 🍁



Hot Pasta Salad

Ingredients

- 300g of pasta
- 4 tbsp of light mayonnaise
- Juice of ½ a lemon
- 200g tin of tuna
- 2 red peppers
- 1 red onion
- large handful of rocket salad leaves

Prep Time: 5 minutes.

Cooking Time: 15 minutes.



Method

1. Cook pasta according to packet instructions
2. Place the mayonnaise and lemon juice into a large bowl and mix
3. Place the tuna into the same bowl and mix well.
4. Slice the peppers and onion thinly and add to the large bowl
5. Drain the pasta and mix in with the mayonnaise mixture
6. Serve with a handful of rocket

*Hello
autumn*

















Mirror in February

by Thomas Kinsella



The day dawns with scent of must and rain,
Of opened soil, dark trees, dry bedroom air.
Under the fading lamp, half dressed – my brain
Idling on some compulsive fantasy –
I towel my shaven jaw and stop, and stare,
Riveted by a dark exhausted eye,
A dry down turning mouth.

It seems again that it is time to learn,
In this untiring, crumbling place of growth
To which, for the time being, I return.

Now plainly in the mirror of my soul
I read that I have looked my last on youth
And little more; for they are not made whole
That reach the age of Christ.

Below my window the awakening trees,
Hacked clean for better bearing, stand defaced
Suffering their brute necessities,
And how should the flesh not quail that span for span
Is mutilated more? In slow distaste
I fold my towel with what grace I can,
Not young and not renewable, but man.





The Planter's Daughter

by Austin Clarke

When night stirred at sea,
An the fire brought a crowd in
They say that her beauty
Was music in mouth
And few in the candlelight
Thought her too proud,
For the house of the planter
Is known by the trees.
Men that had seen her
Drank deep and were silent,
The women were speaking
Wherever she went --
As a bell that is rung
Or a wonder told shyly
And O she was the Sunday
In every week.



This Moment

by Eavan Boland

A neighbourhood.
At dusk.
Things are getting ready
to happen
out of sight.
Stars and moths.
And rinds slanting around fruit.
But not yet.
One tree is black.
One window is yellow as butter.
A woman leans down to catch a child
who has run into her arms
this moment.
Stars rise.
Moths flutter.
Apples sweeten in the dark.



Hang On Sloopy

The McCoys



Hang on, Sloopy
Sloopy, hang on
Hang on, Sloopy
Sloopy, hang on

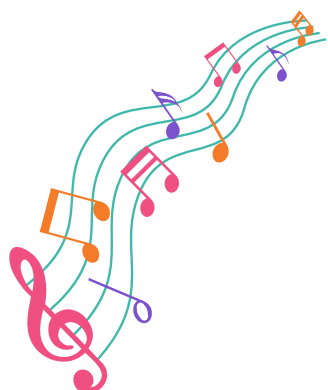
Sloopy lives in a very bad part of town
And everybody, yeah, tries to put my Sloopy down
Sloopy, I don't care what your daddy do
'Cause you know, Sloopy, girl, I'm in love with you

And so, I say now, hang on, Sloopy
Sloopy, hang on
Hang on, Sloopy
Sloopy, hang on

Sloopy, let your hair down, girl
Let it hang down on me (Ooh-ooh-ooh-ooh)
Sloopy, let your hair down, girl
Let it hang down on me, (Ooh-ooh-ooh-ooh) yeah, yeah

Come on, Sloopy
Well, come on, Sloopy
Well, come on, Sloopy
Well, come on, Sloopy
Well, it feels so good
You know it feels so good
Well, shake it, shake it, shake it, Sloopy
Well, shake it, shake it, shake it, yeah

Hang on, Sloopy
Sloopy, hang on, yeah, yeah, yeah
Hang on, Sloopy
Sloopy, hang on, yeah, yeah, yeah



The Huckle Buck

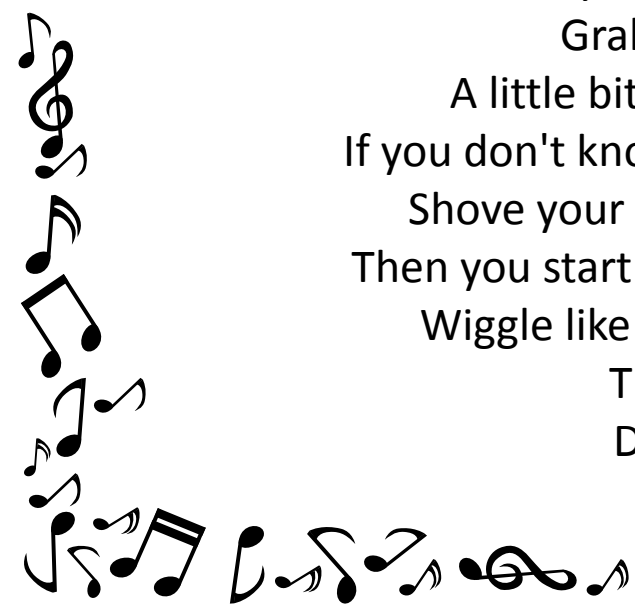
The Royal Showband Waterford



Now it's a dance you should know
Now baby when the lights are down low
Grab your baby, then go
Do the hucklebuck, do the hucklebuck
If you don't know how to do it, then you're out of luck
Shove your baby in, twist her all around
Then you start twisting and moving all around
Wiggle like a snake, wobble like a duck
That's what you do when you do the hucklebuck
Now it's a dance you should know

Now baby when the lights are down low
Grab your baby, then go
A little bit of shake, a little bit of this
If you don't know how to do it, ask my little sis
Shove your baby in, twist her all around
Then you start shaking and moving all around
Wiggle like a snake, wobble like a duck
That's what you do when you do the hucklebuck

Now it's a dance you should know
Now baby when the lights are down low
Grab your baby, then go
A little bit of this, a little bit of twist
If you don't know how to do it, ask my little sis
Shove your baby in, twist her all around
Then you start moving and shaking all around
Wiggle like a snake, wobble like a duck
That's what you do
Do the hucklebuck





Some Days Are Diamonds

John Denver

When you ask how I've been here without you
I like to say I've been fine and I do
But we both know the truth is hard to come by
And if I told the truth, that's not quite true
Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone

Now the face that I see in my mirror
More and more is a stranger to me
More and more I can see there's a danger
In becoming what I never thought I'd be

Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone
Some days are diamonds, some days are stone
Some time the hard times won't leave me alone
Some times the cold winds blow a chill in my bones
Some days are diamonds, some days are stone

Some days are diamonds, some days are stone
Some time the hard times won't leave me alone





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/>