



THE *Alzheimer*  

---

SOCIETY OF IRELAND

**January**

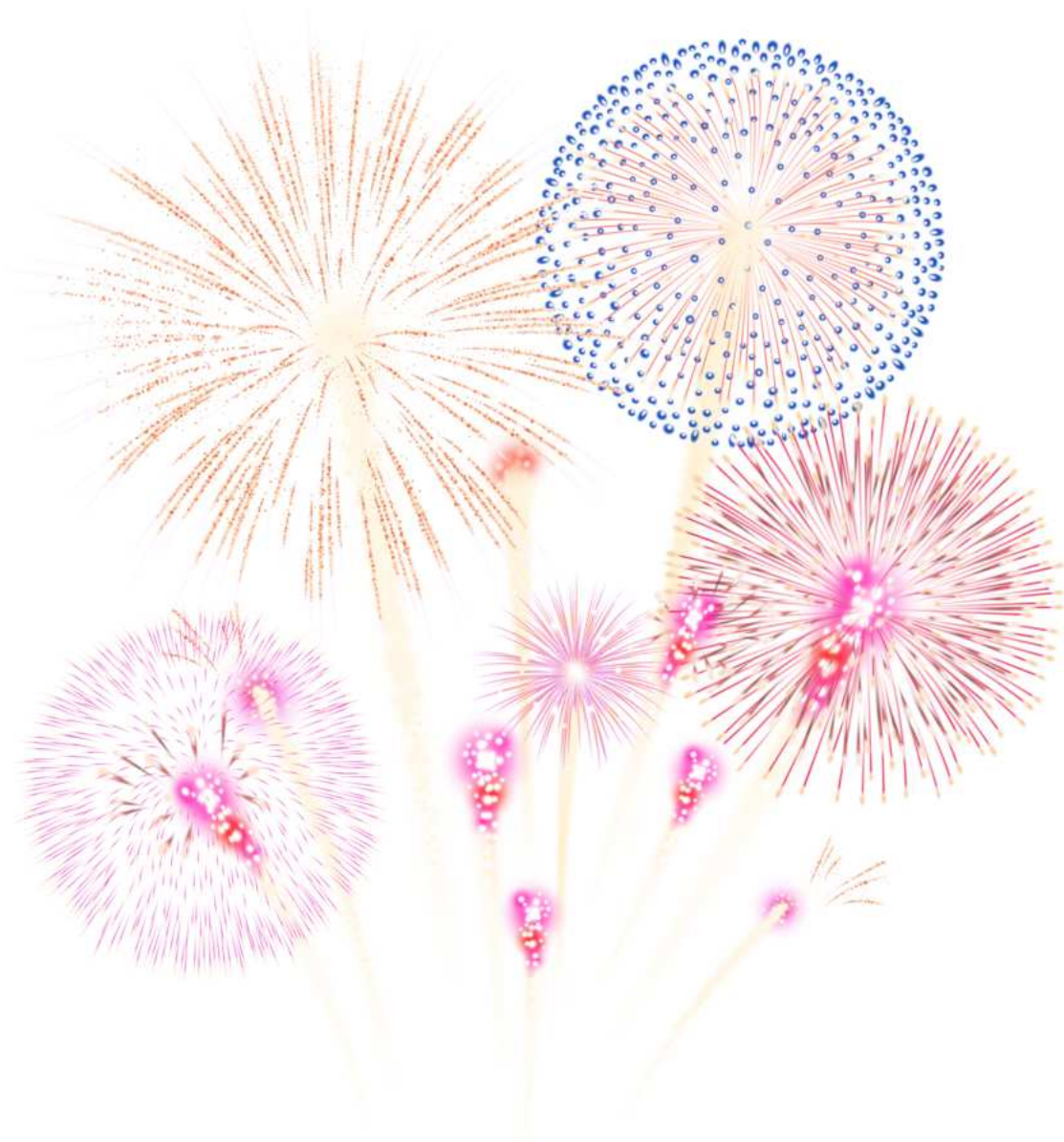
**2025**

— HAPPY NEW YEAR —



# Activity Pack Two

# Active Engagement





Dear Friends,



As the New Year begins, we welcome this fresh chapter with open hearts and a spirit of renewal. This is a time to embrace hope, celebrate new possibilities, and savour the simple joys that make life so special.

To help you start the year with creativity and inspiration, we're delighted to share this New Year activity pack with you. Inside, you'll find a variety of activities designed to brighten your days, challenge your mind and bring a sense of calm and connection.

Explore puzzles that spark curiosity, colouring pages to awaken your creativity, reflective exercises to centre your thoughts and games that add a touch of fun to your day. Each activity is an invitation to enjoy the present moment and discover the joy of trying something new.

The New Year is a wonderful time to reflect. As you dive into these activities, we hope they bring you moments of delight, relaxation, and inspiration to carry forward into the months ahead.

Let's make this year one filled with warmth, laughter, and shared joy. If you'd like to share photos of your snow globes, decorations, or holiday celebrations, feel free to send them to us at [communityengagement@alzheimer.ie](mailto:communityengagement@alzheimer.ie) for a chance to be featured on our social media.

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](mailto:helpline@alzheimer.ie).

We hope this month's pack fills your holiday season with warmth, joy, and a sense of connection to those around you.



# TABLE OF CONTENTS

Bird Feeder .....	1-3
Crossword .....	4-5
Wordsearch .....	6-7
Numberblock Game.....	8-10
New Year Meditation .....	11- 13
Cranberry Scones .....	14- 15
Colouring .....	16- 23
Poems .....	24- 26
Songs.....	27 - 29
Useful Resources .....	30 -31



# Birdfeeder Craft

Craft your very own bird feeder. As the days slowly begin to get longer there is still a terrible chill in the air. The trees are bare and the ground is hard. So this new year lets help our little winged friends get an extra bite to eat in style.

## What you will need:

- String
- Paints
- Paintbrushes
- Juice/Milk carton
- Permanent Marker
- Scissors
- Whole Punch/Knife
- String



Check out the below for some inspiration!





# Steps to Follow



Take your carton and draw a door shape with the marker.



Do this on both sides and cut out



Then draw your wing shape. Again on both sides. Cut out the wings leaving the top section uncut.



Draw a triangle for the birds beak and paint the carton blue (or any chosen colour.) You may need a few coats. I did three. **Do not paint the beak or the wings**



Paint the wings yellow, or a colour of your choice.





Paint the beak yellow and paint on white eyes.



Once dry paint black dots on to finish the eyes.



Add a hole to the top of the carton. Do this using a sharp knife or scissors. Be very careful! Thread your string through it.



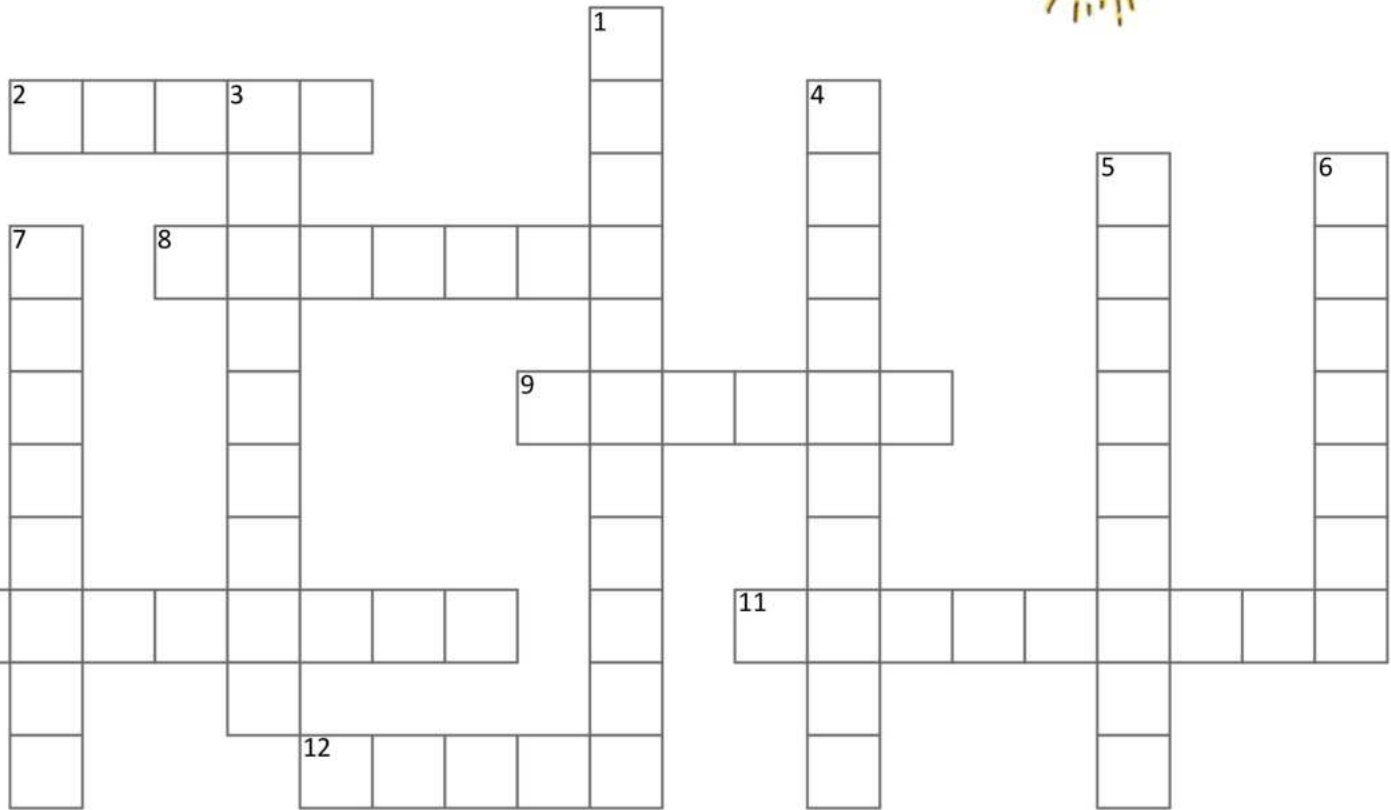
Once you have added the string add the bird seed to the bottom.



Now it's time to hang the bird feeder outside and wait for the birds to come!



# New Years Crossword



## ACROSS

- 2. A mechanical or electrical device for measuring time.
- 8. First month of the year.
- 9. All the descendants of a common ancestor.
- 10. the point in time at which something starts.
- 11. Low explosive pyrotechnic device used for entertainment purposes.
- 12. A social gathering of invited guests.

## DOWN

- 1. January 1st
- 3. A white sparkling wine associated with celebration.
- 4. A firm decision to do or not to do something.
- 5. Counting numerals in reverse order to zero.
- 6. A person one knows and with whom one has a bond of mutual affection.
- 7. Twelve o'clock at night.

**FAMILY  
MIDNIGHT  
BEGINNING**

**JANUARY  
CHAMPAGNE  
FIREWORKS**

**CLOCK  
COUNTDOWN  
PARTY**

**RESOLUTION  
FRIENDS  
NEW YEARS DAY**



# New Years Crossword Answers



## ACROSS

2. A mechanical or electrical device for measuring time.
8. First month of the year.
9. All the descendants of a common ancestor.
10. the point in time at which something starts.
11. Low explosive pyrotechnic device used for entertainment purposes.
12. A social gathering of invited guests.

## DOWN

1. January 1st
3. A white sparkling wine associated with celebration.
4. A firm decision to do or not to do something.
5. Counting numerals in reverse order to zero.
6. A person one knows and with whom one has a bond of mutual affection.
7. Twelve o'clock at night.

# New Years Wordsearch



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

Midnight

Family

January

Clock

Celebration

Party

Toast

NewYear

Countdown

Cheers

Friends



# New Years Wordsearch Answers

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

Midnight

Family

January

Clock

Celebration

Party

Toast

NewYear

Countdown

Cheers

Friends



# Number Block Puzzle



Fill in the missing numbers

The missing numbers are between 0 and 5. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

					15
	1	3	1		11
	3	3		4	19
				4	15
	5				16
		2	2		8
11	14	13	13	18	11

# Number Block Puzzle



Fill in the missing numbers

The missing numbers are between 0 and 5. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

					12
	3	5		0	12
	4		5	4	15
		2			15
		5			18
0			2		8
3	18	14	16	17	11

# Number Block Puzzle Answers

					15
2	1	3	1	4	11
5	3	3	4	4	19
2	3	2	4	4	15
2	5	3	2	4	16
0	2	2	2	2	8
11	14	13	13	18	11

					12
0	3	5	4	0	12
0	4	2	5	4	15
0	4	2	4	5	15
3	5	5	1	4	18
0	2	0	2	4	8
3	18	14	16	17	11







# 5 Minute New Years Meditation





## **Introduction (30 seconds)**

Hello, and welcome to this time just for you. Let's take a few moments to feel calm and peaceful as we welcome the new year. You can sit or lie down, whatever feels best. Take a slow breath in through your nose and let it out gently through your mouth. Let's begin.

## **Grounding (1 minute)**

Feel your body where it is resting. Notice your feet on the ground, your hands resting softly, and your back being supported. With each breath in, feel calm entering your body. With each breath out, feel yourself letting go of any tension. You are safe and comfortable here.

## **Simple Visualization (1.5 minutes)**

Imagine a soft, warm light shining in front of you, like the morning sun. Let this light gently surround you, filling you with peace and warmth. Each breath brings more light, more calm. This light is here to remind you that each day is a new beginning, full of simple joys waiting to be discovered.

## Gratitude (1 minute)

Think of something that made you happy recently—maybe the sound of a favourite song, the smile of a loved one, or the warmth of a cosy blanket. Hold onto that feeling of happiness for a moment. Let it bring a sense of peace and comfort to your heart.

## Closing (1 minute)

Take one more deep breath in, and slowly let it out. When you're ready, wiggle your fingers and toes gently and open your eyes if they were closed. Thank yourself for this moment of calm and care. Carry this feeling with you as you step into the new year.





# Cranberry Scones



## INGREDIENTS

- 450g/1lb strong white flour, plus extra for dusting
- 5 tsp baking powder
- pinch salt
- 75g/3oz unsalted butter, plus extra for greasing
- 75g/3oz caster sugar
- 150g/5oz dried cranberries
- 3 free-range eggs (2 lightly beaten and 1 for glazing)
- 250ml/9fl oz milk
- 400g/14oz clotted cream, to serve (optional)

## DIRECTIONS

- Preheat the oven to 220C/200C Fan/Gas 7. Grease a large baking tray.
- Sift the flour, baking powder and salt together in a bowl, then rub in the butter until the mixture resembles fine breadcrumbs.
- Stir in the sugar, cranberries and beaten eggs.
- Stir in the milk using a wooden spoon, a little at a time, to form a smooth dough.

# Cranberry Orange Scones

## DIRECTIONS

- Roll the dough out onto a lightly floured work surface to a thickness of 2cm/ $\frac{3}{4}$ in.
- Dip a 5cm/2in pastry cutter into a little flour and cut out the scones (be careful not to twist the cutter as it will cause the scones to rise unevenly).
- Beat the remaining egg in a bowl and carefully brush the tops of the scones, taking care not to let any run over the edge.
- Place the scones onto the baking tray and bake in the oven for 10–12 minutes, or until golden brown.
- Remove the scones from the oven and allow to cool slightly. Serve the warm scones with jam and clotted cream, if liked.



# New Years Colouring Pages













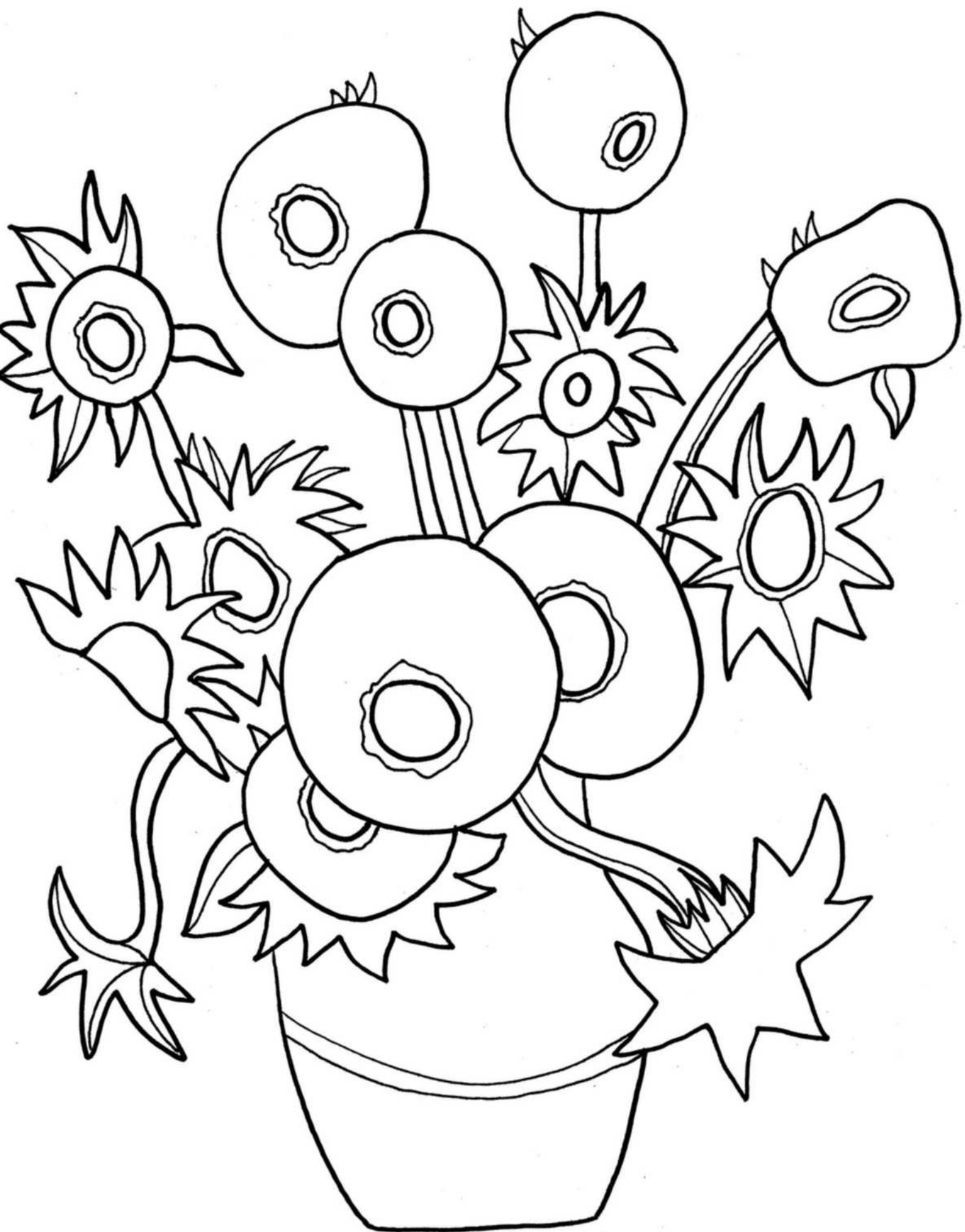


DREAM IT.

WISH IT.

DO IT.









# May The Road Rise Up To Meet You

“May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face,  
the rains fall soft upon your fields,  
and until we meet again,  
may God hold you in the palm of His hand.”



# It is a Beauteous Evening, Calm and Free

by William Wordsworth

It is a beauteous evening, calm and free,  
The holy time is quiet as a Nun  
Breathless with adoration; the broad sun  
Is sinking down in its tranquillity;  
The gentleness of heaven broods o'er the Sea;  
Listen! the mighty Being is awake,  
And doth with his eternal motion make  
A sound like thunder—everlastingly.  
Dear child! dear Girl! that walkest with me here,  
If thou appear untouched by solemn thought,  
Thy nature is not therefore less divine:  
Thou liest in Abraham's bosom all the year;  
And worshipp'st at the Temple's inner shrine,  
God being with thee when we know it not.



# The Year

by Ella Wheeler Wilcox

What can be said in New Year rhymes,  
That's not been said a thousand times?  
The new years come, the old years go,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.

We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo, we wed,  
We wreath our prides, we sheet our dead.

We laugh, we weep, we hope, we fear,  
And that's the burden of a year.





# Auld Lange Syne

Perry Como



Should old acquaintance be forgot  
and never brought to mind?  
Should old acquaintance be forgot  
and old lang syne?

[Chorus - this part repeats after every verse]

For auld lang syne, my dear  
for auld lang syne  
we'll take a cup of kindness yet  
for auld lang syne.

And surely you'll buy your pint cup  
and surely I'll buy mine  
And we'll take a cup o' kindness yet  
for auld lang syne.

We two have run about the slopes  
and picked the daisies fine;  
But we've wandered many a weary foot  
since auld lang syne.

We two have paddled in the stream  
from morning sun till dine  
But seas between us broad have roared  
since auld lang syne.

And there's a hand my trusty friend  
And give me a hand o' thine  
And we'll take a right goodwill draught  
for auld lang syne

# Happy New Year

ABBA

[Verse 1]

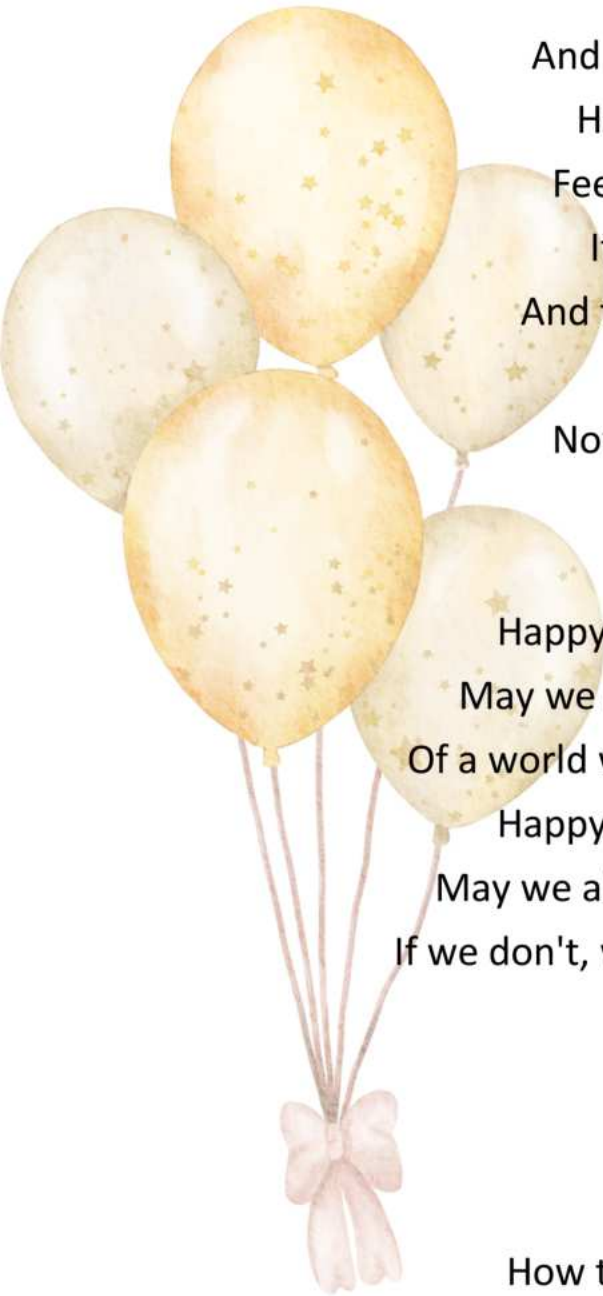
No more champagne  
And the fireworks are through  
Here we are, me and you  
Feeling lost and feeling blue  
It's the end of the party  
And the morning seems so grey  
So unlike yesterday  
Now's the time for us to say

[Chorus]

Happy New Year, Happy New Year  
May we all have a vision now and then  
Of a world where every neighbour is a friend  
Happy New Year, Happy New Year  
May we all have our hopes, our will to try  
If we don't, we might as well lay down and die  
You and I

[Verse 2]

Sometimes I see  
How the brave new world arrives  
And I see how it thrives  
In the ashes of our lives  
Oh yes, man is a fool  
And he thinks he'll be okay  
Dragging on, feet of clay  
Never knowing he's astray  
Keeps on going anyway



# Let's Start The New Year Right

## Bing Crosby

One minute to midnight  
One minute to go  
One minute to say good-bye  
Before we say hello

Let's start the new year right  
Twelve o'clock tonight  
When they dim the light  
Let's begin

Kissing the old year out  
Kissing the new year in

Let's watch the old year die  
With a fond good-bye  
And our hopes as high  
As a kite

How can our love go wrong if  
We start the new year right?

Let's watch the old year die  
With a fond good-bye  
And our hopes as high  
As a kite

How can our love go wrong if  
We start the new year right?







## 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/.](https://alzheimer.ie/get-support/resources-and-factsheets/)

### 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/.](http://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/.](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](mailto:virtualcafe@engagingdementia.ie)

### MUSIC

- The VIRTUAL ASI National Choir is back .
- Christmas Choral Music: [https://www.youtube.com/watch?v=WJPMaAhAFpbE&list=PL9gzG0N\\_O-Ta1EdXH3as5zZ2m3IaxGvlb](https://www.youtube.com/watch?v=WJPMaAhAFpbE&list=PL9gzG0N_O-Ta1EdXH3as5zZ2m3IaxGvlb)
- 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

- Christmas Meditioan: <https://www.youtube.com/watch?v=JudOFQ8qYg4>
- 5 Minute Meditation: <https://www.youtube.com/watch?v=Tjx3Whpmg8s>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 20 Minute Chair Yoga: <https://www.youtube.com/watch?v=1DYH5ud3zHo>

## OTHER

- Light Relaxing Music: <https://www.youtube.com/watch?v=JfTrNF2pBLQ>
- Christmas Coffee Morning: <https://www.youtube.com/watch?v=MKHtXovAejs>
- Relaxing Music to Relieve Stress, Anxiety and Depression:  
<https://www.youtube.com/watch?v=WcXK5lw8yAk>
- Tactile Activities for People with Dementia: <https://www.youtube.com/watch?v=p5SvKDsFHVg>
- Lantern Crafts: <https://www.justthewoods.com/creative-diy-lanterns-ideas/>
- Online Colouring: <https://coloring-for-adults.com/all-coloring-pages>