



THE Alzheimer
SOCIETY OF IRELAND



Activity Pack Two
Relaxed Engagement



Dear Friends,

Hello and welcome to December!

As twinkling lights begin to brighten our streets and the festive spirit fills the air, this month's activity pack is here to help you celebrate the season with joy, creativity, and a touch of sparkle.

We're embracing the magic of Christmas with a festive tree craft, a fun and colourful way to create your own holiday decoration. It's a simple and soothing activity, perfect for cosy winter afternoons.

In the kitchen, we're treating ourselves to a classic Tiramisu, a rich, creamy dessert that's sure to impress and delight. Whether you're sharing it with loved ones or enjoying a quiet moment to yourself, it's a sweet way to celebrate.

There's plenty more to enjoy too: Christmas-themed sums to keep your mind active, a festive quiz to test your holiday knowledge, and a seasonal meditation to help you pause, reflect, and soak in the peace of this special time of year.

And of course, no December would be complete without music! We've included Christmas song lyrics, including fun favourites like "I Want a Hippopotamus for Christmas", to get you humming along and feeling merry.

Whether you're crafting, baking, puzzling, or simply relaxing with a warm drink and a carol or two, we hope this month's pack brings comfort, joy, and a little festive magic to your December.

Wishing you a warm and wonderful Christmas,

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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Christmas Tree

Materials Needed

- paper plate
- green acrylic paint
- paint brush
- scissors
- hole punch
- ribbon or yarn
- tape
- stapler
- brown cardstock paper or brown foam sheet
- star foam sticker
- sequins and small poms
- glue



TUTORIAL AVAILABLE AT:

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

Check out the below for some inspiration!



Steps to Follow

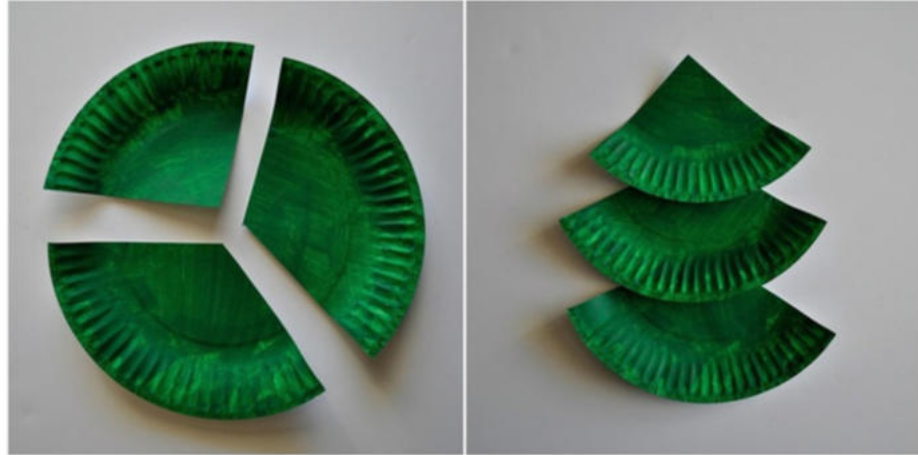


Step One:

- Paint plate green

Step Two:

- Cut the plate into thirds



Step Three:

- Punch 6 holes in the plate

Step Four:

- String the ribbon or wool through



Step Four:

- Tape the ribbon to the back of plate segment.
- Repeat for other two segments.

Step Five:

- Staple segments together





Steps to Follow

Step Six:

- Cut out a piece of brown paper for the trunk.

Step Seven:

- Decorate your Christmas tree!

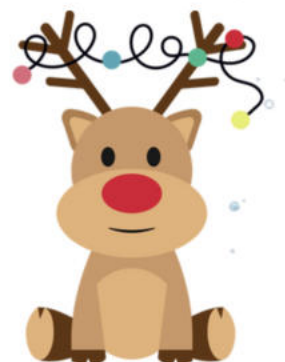


Wordsearch



Silent Night
Santa Baby

Joy to the World
Oh Holy Night



Wordsearch

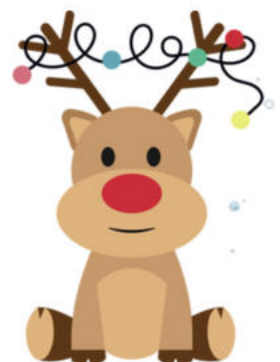


Silent Night

Santa Baby

Joy to the World

Oh Holy Night





Christmas Quiz

- 1 - What colour are Mistletoe berries?
- 2 - On what date does Christmas Day fall?
- 3 - What is the period of time leading to Christmas called?
- 4 - On the back of what animal did Mary ride before giving birth to Baby Jesus?
- 5 - What was Frosty the Snowman's nose made from?





Christmas Quiz Answers

1 - What colour are Mistletoe berries? **White**

2 - On what date does Christmas Day fall? **25th of December**

3 - What is the period of time leading to Christmas called? **Advent**

4 - On the back of what animal did Mary ride before giving birth to Baby Jesus? **Donkey**

5 - What was Frosty the Snowman's nose made from? **Button**



Seasonal Sensory Mindfulness Meditation

(Approx. 5 Minutes)



Begin by finding a comfortable seated position. Let your hands rest gently in your lap. Close your eyes if you feel comfortable to do so, or soften your gaze.

Take a deep breath in through your nose... and slowly exhale through your mouth.

Let's begin by tuning into the senses, one by one, with the spirit of the season guiding us.

1. Sound (1 minute)

- Notice the sounds around you.
- Perhaps the hush of winter air, the distant hum of festive music, or the quiet crackle of a fire.
- Let each sound come and go, like snowflakes drifting past.
- No need to label or judge, just listen.

2. Sight (1 minute)

- If your eyes are closed, imagine a peaceful seasonal scene.
- Twinkling lights, frosted windows, soft snowfall under a pale sky.
- If your eyes are open, gently observe your surroundings.
- Notice the colours, the textures, the way light touches surfaces.
- Let your gaze be soft and curious.



3. Touch (1 minute)

- Bring awareness to what your body is touching.
- The warmth of your clothing, the texture of your seat, the coolness or warmth of the air.
- Feel the weight of your body being supported in your chair.
- If you like, gently rub your fingertips together, notice the sensation, the ridges, the temperature.



4. Smell (30 seconds)

- Take a slow breath in and notice any scents.
- Maybe the crispness of winter air, a hint of pine, cinnamon, or something familiar in your space.
- Let the scent anchor you in this moment.

5. Taste (30 seconds)

- Bring attention to your mouth.
- Is there a lingering taste?
- Perhaps a memory of peppermint, hot cocoa, or something seasonal.
- Simply notice, without needing to change anything.

Closing (1 minute)

- Return to your breath.
- Inhale deeply... and exhale slowly.
- Feel the calm of winter settle around you.
- Let this moment be a gentle pause in your day, a quiet gift to yourself.
- When you're ready, gently open your eyes.
- Carry this sense of presence with you, like a cosy scarf wrapped around your awareness.



Christmas Squares Sums

How to Play

1. Each picture below has a value shown in the boxes next to them.
2. Work out the total of each horizontal and vertical line of the puzzle box.



$= 8$

$= \underline{\hspace{2cm}}$

$= \underline{\hspace{2cm}}$

$= \underline{\hspace{2cm}}$

Christmas Square Sums

Answers



= 8

= 25

= 15

= 16

Tiramisu

Ingredients

- 1 tub Mascarpone Cheese (250g)
- 1 Large Carton Cream (500ml)
- 8 Tbsp Icing Sugar (120g)
- 1 Small Cup Strong Coffee (200ml)
- 3.5 Tbsp. Tia Maria or Kahlua (50ml)
- 1 Tbsp Vanilla Extract
- 24 Sponge Finger Biscuits
- 2 tsp Cocoa Powder (10g)
- 100g Flaked Almonds



Prep Time: 10 minutes

Cook Time: 0

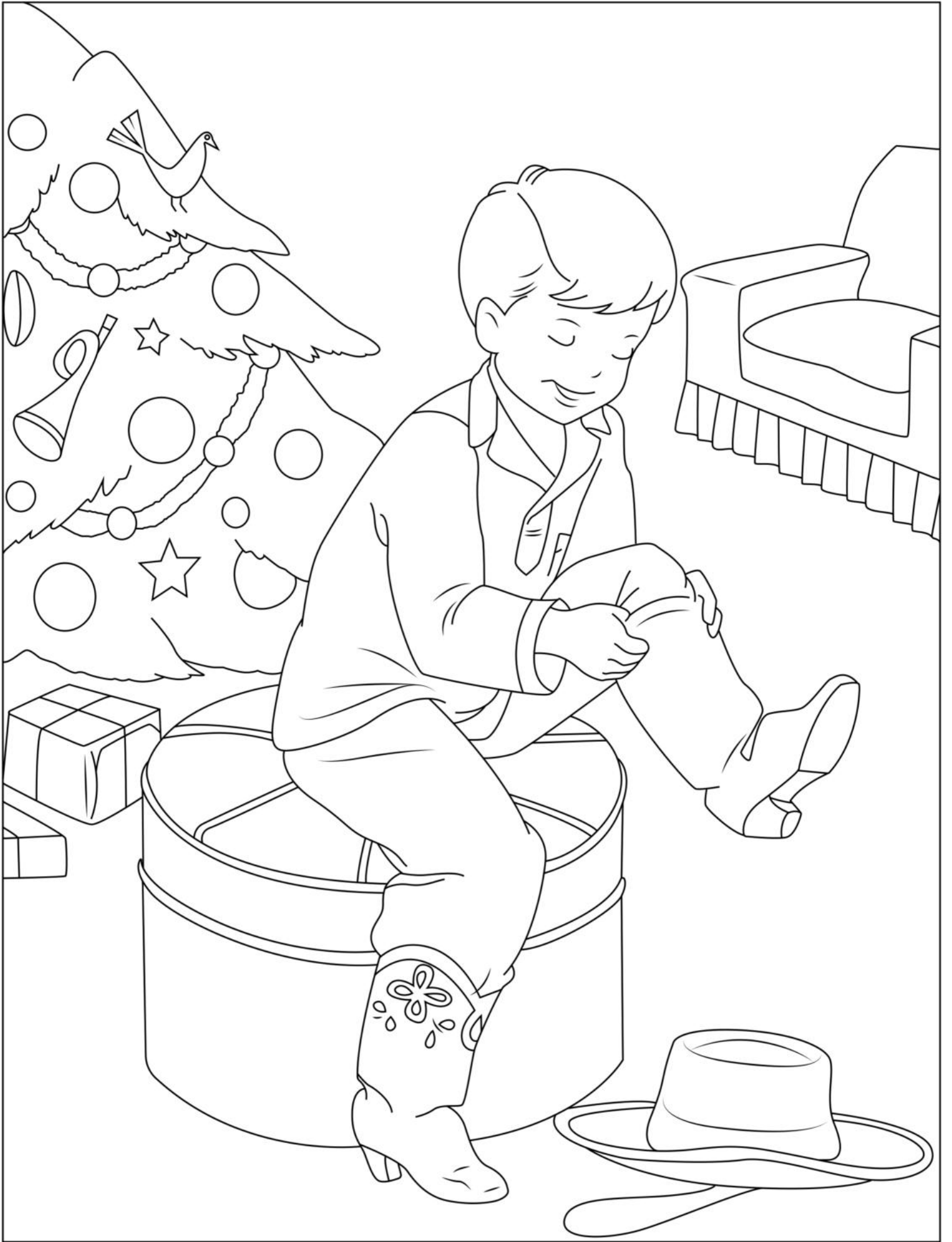
Method

1. Whisk the cream, mascarpone and sugar until thick.
2. Mix the coffee, Tia Maria and vanilla in a bowl.
3. Dip the biscuits into the coffee mixture and place 12 in a bowl/dish or divide among individual glasses.
4. Top with half of the Mascarpone mix, then the rest of the biscuits and finish with the remainder of the Mascarpone mix.
5. Sieve the cocoa powder over the top and sprinkle with flaked almonds.
6. Chill for 2 hours in the fridge.

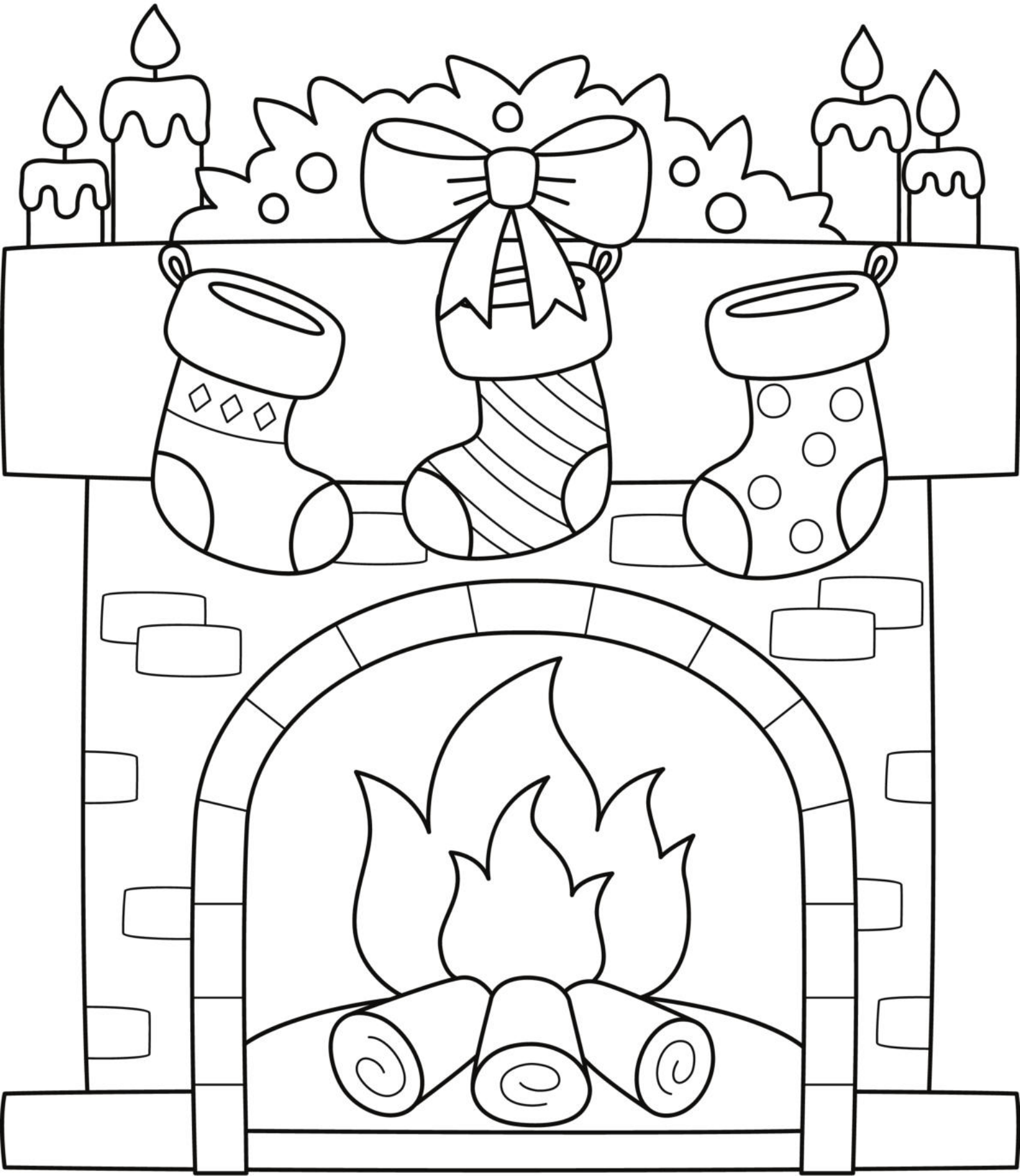


Colouring Pages

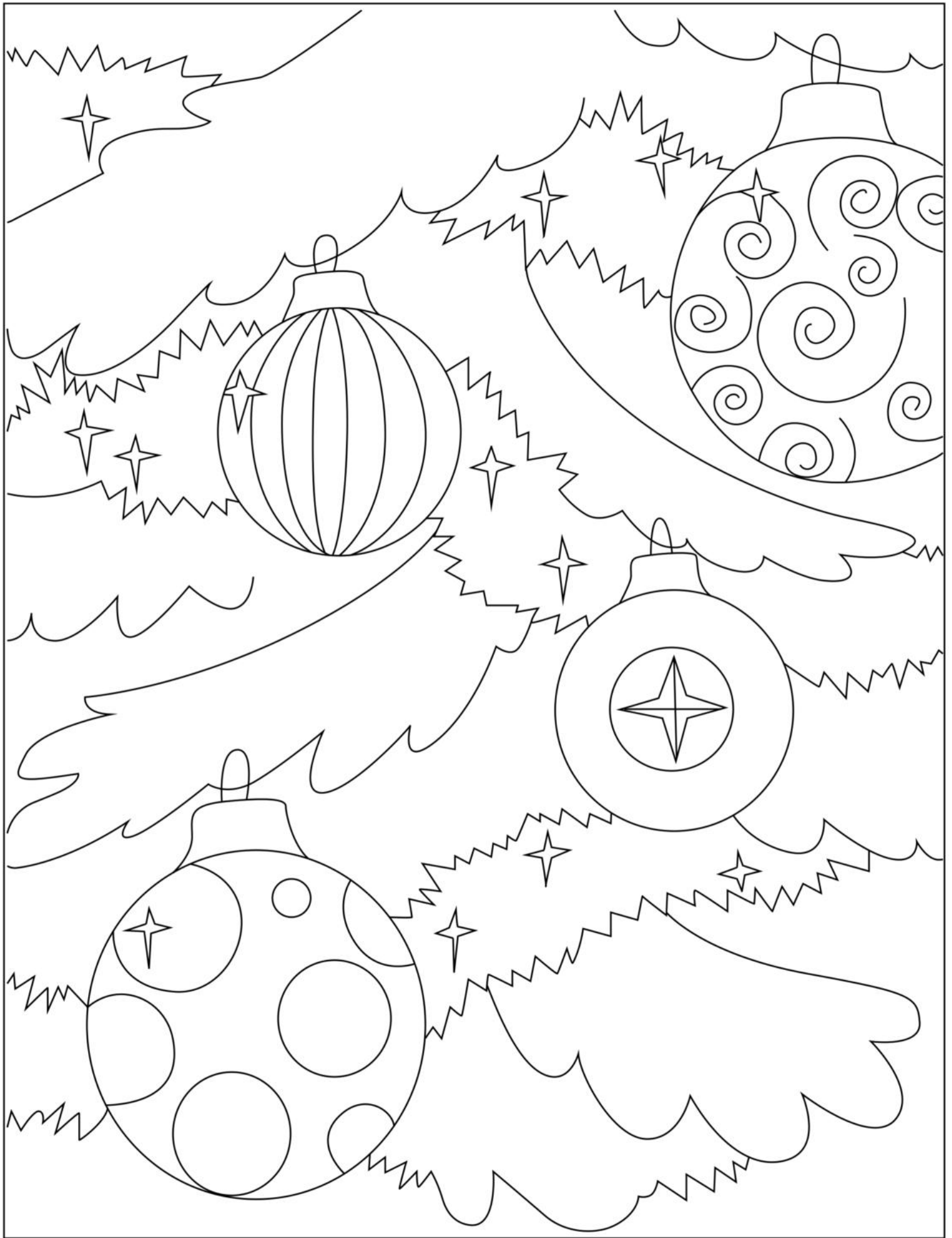












The Magi

by William Butler Yeats

Now as at all times I can see in the mind's eye,
In their stiff, painted clothes, the pale unsatisfied ones
Appear and disappear in the blue depths of the sky
With all their ancient faces like rain-beaten stones,
And all their helms of silver hovering side by side,
And all their eyes still fixed, hoping to find once more,
Being by Calvary's turbulence unsatisfied,
The uncontrollable mystery on the bestial floor.



Christmas Carol

By Sara Teasdale



The kings they came from out the south,
All dressed in ermine fine;
They bore Him gold and chrysoprase,
And gifts of precious wine.

The shepherds came from out the north,
Their coats were brown and old;
They brought Him little new-born lambs—
They had not any gold.

The wise men came from out the east,
And they were wrapped in white;
The star that led them all the way
Did glorify the night.

The angels came from heaven high,
And they were clad with wings;
And lo, they brought a joyful song
The host of heaven sings.

The kings they knocked upon the door,
The wise men entered in,
The shepherds followed after them
To hear the song begin.

The angels sang through all the night
Until the rising sun,
But little Jesus fell asleep
Before the song was done.





Mistletoe

By Walter De La Mare

Sitting under the mistletoe
(Pale-green, fairy mistletoe),
One last candle burning low,
All the sleepy dancers gone,
Just one candle burning on,
Shadows lurking everywhere:
Some one came, and kissed me there.

Tired I was; my head would go
Nodding under the mistletoe
(Pale-green, fairy mistletoe),
No footsteps came, no voice, but only,
Just as I sat there, sleepy, lonely,
Stooped in the still and shadowy air
Lips unseen—and kissed me there.



I Want A Hippopotamus for Christmas

Gayla Peevey

I want a hippopotamus for Christmas
Only a hippopotamus will do
Don't want a doll, no dinky Tinker Toy
I want a hippopotamus to play with and enjoy

I want a hippopotamus for Christmas
I don't think Santa Claus will mind, do you?
He won't have to use our dirty chimney flue
Just bring him through the front door, that's the easy
thing to do

I can see me now on Christmas morning, creeping
down the stairs
Oh what joy and what surprise when I open up my
eyes
To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles, no rhinoceroses
I only like hippopotamuses
And hippopotamuses like me too

Mom says the hippo would eat me up, but then
Teacher says a hippo is a vegetarian

There's lots of room for him in our two-car garage
I'd feed him there and wash him there and give him
his massage

I can see me now on Christmas morning, creeping
down the stairs
Oh what joy and what surprise when I open up my
eyes

To see a hippo hero standing there

I want a hippopotamus for Christmas
Only a hippopotamus will do
No crocodiles or rhinoceroses
I only like hippopotamuses
And hippopotamuses like me too!



Rockin' Around The Christmas Tree

By Brenda Lee

'Rockin' around the Christmas tree
At the Christmas party hop
Mistletoe hung where you can see
Every couple tries to stop

Rockin' around the Christmas tree
Let the Christmas spirit ring
Later we'll have some pumpkin pie
And we'll do some caroling

You will get a sentimental feeling
When you hear
Voices singing let's be jolly
Deck the halls with boughs of holly

Rockin' around the Christmas tree
Have a happy holiday
Everyone dancing merrily
In the new old-fashioned way

You will get a sentimental feeling
When you hear
Voices singing let's be jolly
Deck the halls with boughs of holly

Rockin' around the Christmas tree
Have a happy holiday
Everyone dancing merrily
In the new old fashioned way



Walking In The Air

Howard Blake



We're walking in the air
We're floating in the moonlit sky
The people far below
Are sleeping as we fly
I'm holding very tight
I'm riding in the midnight blue
I'm finding I can fly
So high above with you

Far across the world
The villages go by like dreams
The rivers and the hills
The forests and the streams

Children gaze open-mouthed
Taken by surprise
Nobody down below
Believes their eyes

We're surfing in the air
We're swimming in the frozen sky
We're drifting over icy
Mountains floating by

Suddenly swooping low
On an ocean deep
Rousing up a mighty monster
From his sleep

We're walking in the air
We're dancing in the midnight sky
And everyone who sees us
Greet us as we fly





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/>

- Spring Meditation: <https://www.youtube.com/watch?v=gN7SLNUw4Ro>
- 5 Minute Spring Meditation: <https://www.youtube.com/watch?v=N88tfyE3bjE>
- Deep Breathing Exercise: <https://www.youtube.com/watch?v=8PqcxsiZ4KQ>
- 28 day challenge Chair Yoga: <https://www.youtube.com/watch?v=VoKOWQwOmfQ&list=PLD2LeigHmZ4FYco7wrQuqOgLQ3Fk9gQin>



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

- Easter Activities for Seniors: <https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/>

- 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/>

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/>