



THE Alzheimer  

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SOCIETY OF IRELAND

# JANUARY



# 2026

**Activity Pack One**  
**Active Engagement**



# Activity Pack One

# Active Engagement

# JANUARY



# 2026



Dear Friends,

Hello and welcome to January!

As we step into a brand-new year, this month's activity pack is designed to ease us gently into January with warmth, reflection, and a sense of fresh beginnings. In the kitchen, we're keeping things comforting and nourishing with a classic leek and potato soup. Simple, hearty, and full of flavour, it's the perfect dish for cold winter days and a lovely way to enjoy some wholesome home cooking.

To get our minds engaged, we've included a New Year trivia quiz, full of interesting facts and gentle challenges to spark conversation and curiosity as we look ahead to the year to come.

There's also a beautiful poem in Irish, offering a quiet moment of reflection and a chance to enjoy the rhythm and richness of the language. Whether it brings back memories or introduces something new, it's a lovely way to slow down and savour a peaceful moment.

And of course, music is never far away. This month we're revisiting some classic hits from the 1960s – songs full of energy, nostalgia, and great memories that are sure to get toes tapping and spirits lifted.

Whether you're enjoying a warm bowl of soup, testing your knowledge, listening to familiar tunes, or simply taking a moment for yourself, we hope this January pack brings comfort, enjoyment, and a positive start to the year ahead.

Wishing you a happy, healthy, and peaceful January.

Send us images of your creations to: [communityengagement@alzheimer.ie](mailto: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](mailto:helpline@alzheimer.ie).



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# Orange Birdfeeder

## Materials Needed

- An Orange
- String
- Birdfeed
- A skewer or scissors to poke holes in the orange
- Icedop-sticks (Optional)

**TUTORIAL AVAILABLE AT:**

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

**Check out the below for some inspiration!**





# Steps to Follow



- Cut an orange in half.
- Juice or eat the orange, leaving the skin intact.
- Using a pair of scissors or a skewer, poke four holes into the orange skin.
- Cut two pieces of string and thread them through the holes.
- Tie the orange half to a branch and add some seeds.

(If you have ice pop sticks, you can also push these through the orange as well for birds to use as perches. )



# Wordsearch

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

**Celebration**

**Family**

**Countdown**

**Party**

**New Year**

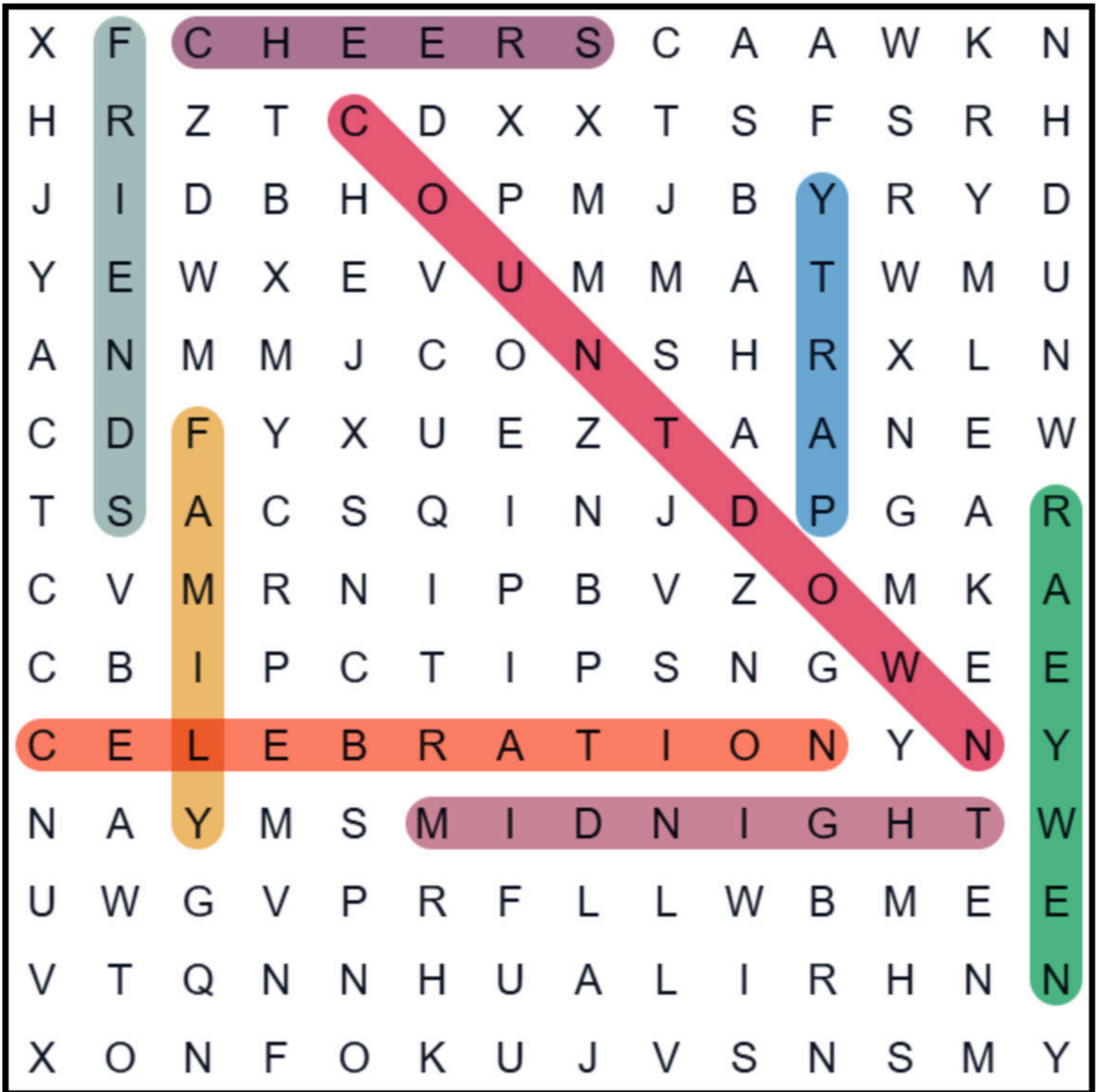
**Friends**

**Cheers**

**Midnight**



# Wordsearch



**Celebration**

**Family**

**Countdown**

**Party**

**New Year**

**Friends**

**Cheers**

**Midnight**



# New Year's Trivia Quiz



## General New Year Traditions

Q1: What date marks New Year's Day in Ireland?

Q2: What fruit is traditionally eaten in Spain at midnight on New Year's Eve?

Q3: What is the name of the famous crystal ball that drops in Times Square, New York, on New Year's Eve?

Q4: In Scotland, what is the name of the New Year celebration that includes 'first-footing'?

## Irish & Cultural Connections

Q1: What is the Irish word for 'New Year'?

Q2: Which Irish city hosts a major New Year's Festival with music and fireworks?

Q3: Which Irish saint's feast day falls on January 1st?

Q4: When do the Irish 'open the door to let the old year out and the new year in'?

# New Year's Trivia Quiz



## Fun Facts & History

Q1: Which calendar introduced January 1st as the start of the New Year?

Q2: What is the most common New Year's resolution worldwide?

Q3: Which zodiac sign begins in late December and continues into January?

Q4: What is the name of the song traditionally sung at midnight on New Year's Eve?





# New Year's Trivia Quiz **Answers**

## General New Year Traditions

Q1: What date marks New Year's Day in Ireland?

**Answer: January 1st**

Q2: What fruit is traditionally eaten in Spain at midnight on New Year's Eve?

**Answer: Grapes**

Q3: What is the name of the famous crystal ball that drops in Times Square, New York, on New Year's Eve?

**Answer: The Times Square Ball**

Q4: In Scotland, what is the name of the New Year celebration that includes 'first-footing'?

**Answer: Hogmanay**

## Irish & Cultural Connections

Q1: What is the Irish word for 'New Year'?

**Answer: Athbhliain**

Q2: Which Irish city hosts a major New Year's Festival with music and fireworks?

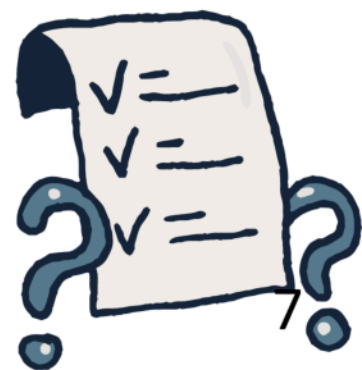
**Answer: Dublin**

Q3: Which Irish saint's feast day falls on January 1st?

**Answer: Saint Fanchea**

Q4: When do the Irish 'open the door to let the old year out and the new year in'?

**Answer: At Midnight on New Years Eve**



# New Year's Trivia Quiz **Answers**

## Fun Facts & History

Q1: Which calendar introduced January 1st as the start of the New Year?

**Answer: The Julian Calendar**

Q2: What is the most common New Year's resolution worldwide?

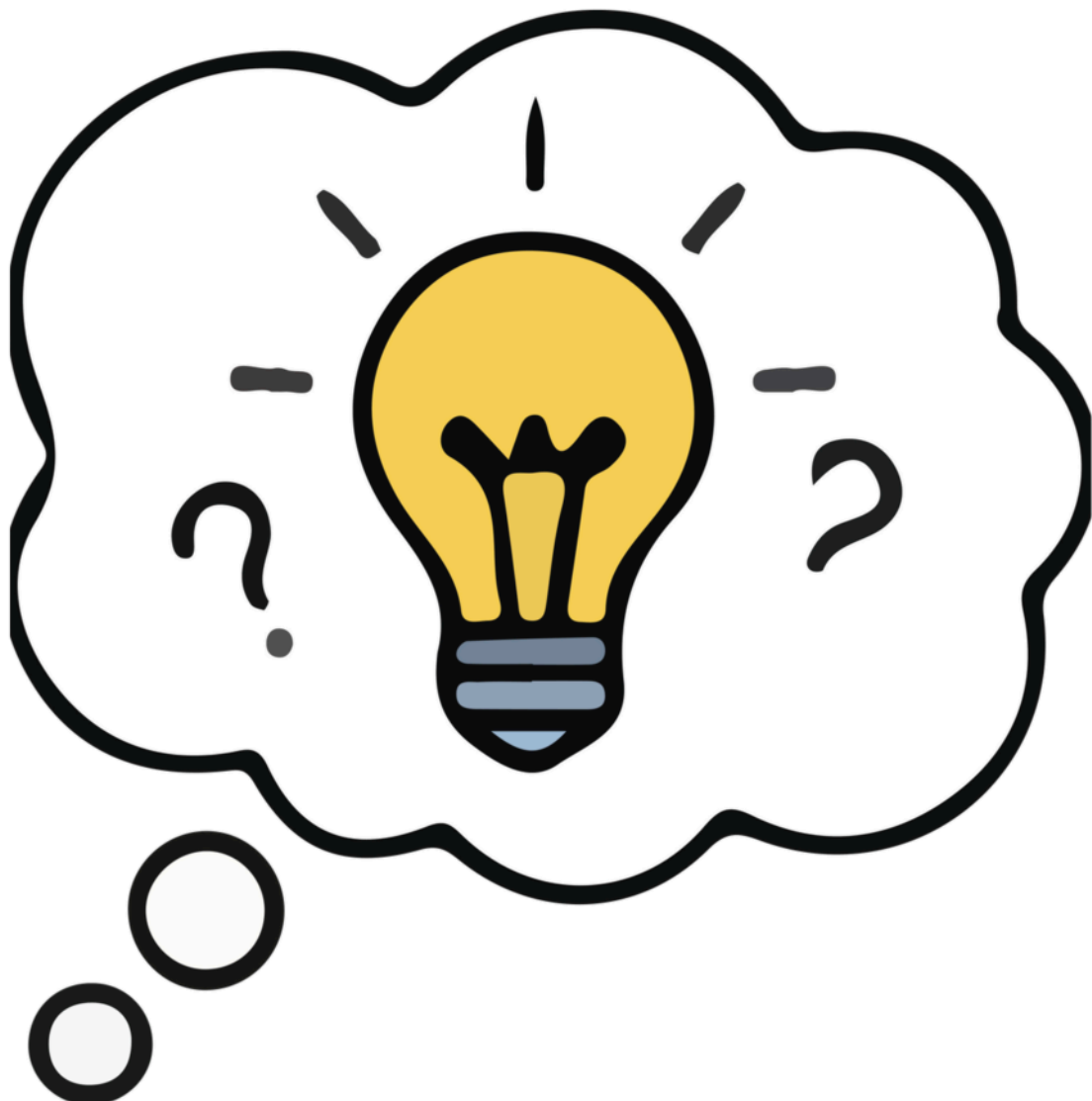
**Answer: To exercise more**

Q3: Which zodiac sign begins in late December and continues into January?

**Answer: Capricorn**

Q4: What is the name of the song traditionally sung at midnight on New Year's Eve?

**Answer: Auld Lang Syne**

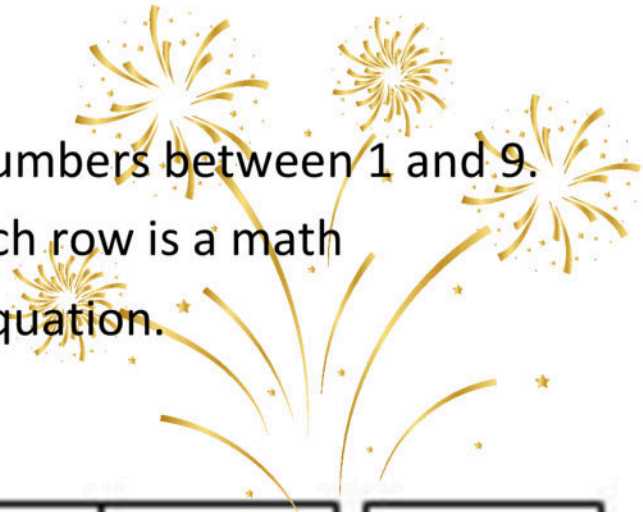


# Maths Squares Puzzle 1

Fill in the missing numbers

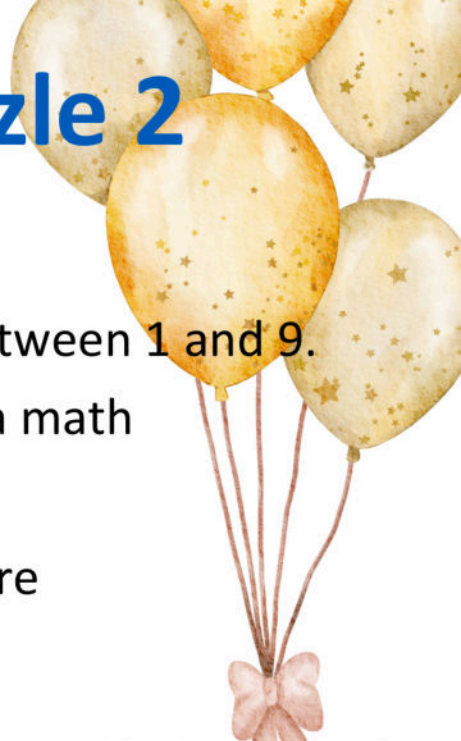
The missing values are the whole numbers between 1 and 9.

Each number is only used once. Each row is a math equation. Each column is a math equation.



	+	6	+	4	11
+		+		+	
	+		+		20
+		+		+	
2	+	7	+	5	14
12		21		12	

# Maths Squares Puzzle 2



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.

	+	1	+	7	17
-		+		+	
	-	3	-	4	1
-		-		+	
5	-	6	+		1
-4		-2		13	



# Solutions



## Puzzle 1

1	+	6	+	4	11
+		+		+	
9	+	8	+	3	20
+		+		+	
2	+	7	+	5	14
12		21		12	

## Puzzle 2

9	+	1	+	7	17
-		+		+	
8	-	3	-	4	1
-		-		+	
5	-	6	+	2	1
-4		-2		13	



# Leek and Potato Soup.

## Ingredients

- 1 small onion
- 3 or 4 leeks
- 2 medium potatoes
- 1 low-salt veg stock cube dissolved in 850ml of boiling water
- Black Pepper



**Prep Time: 15 minutes**

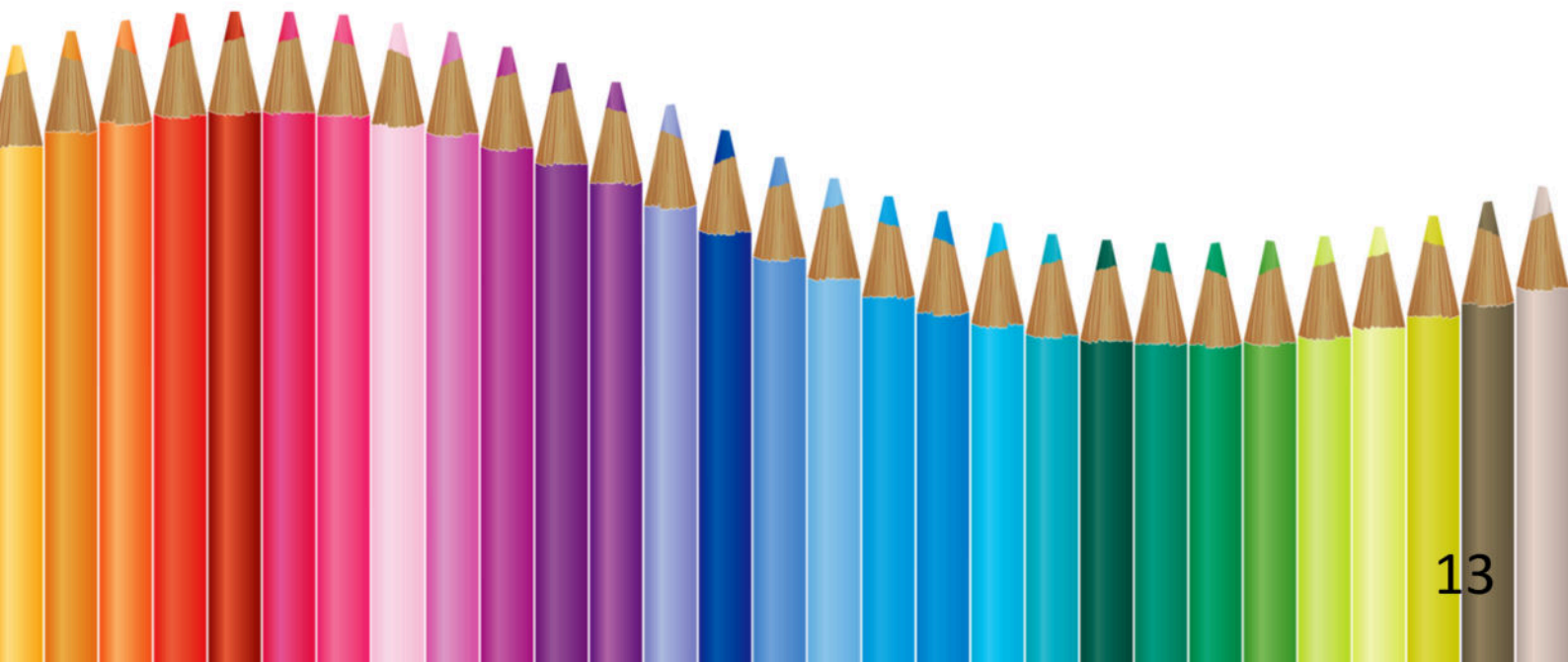
**Cook Time: 25 minutes**

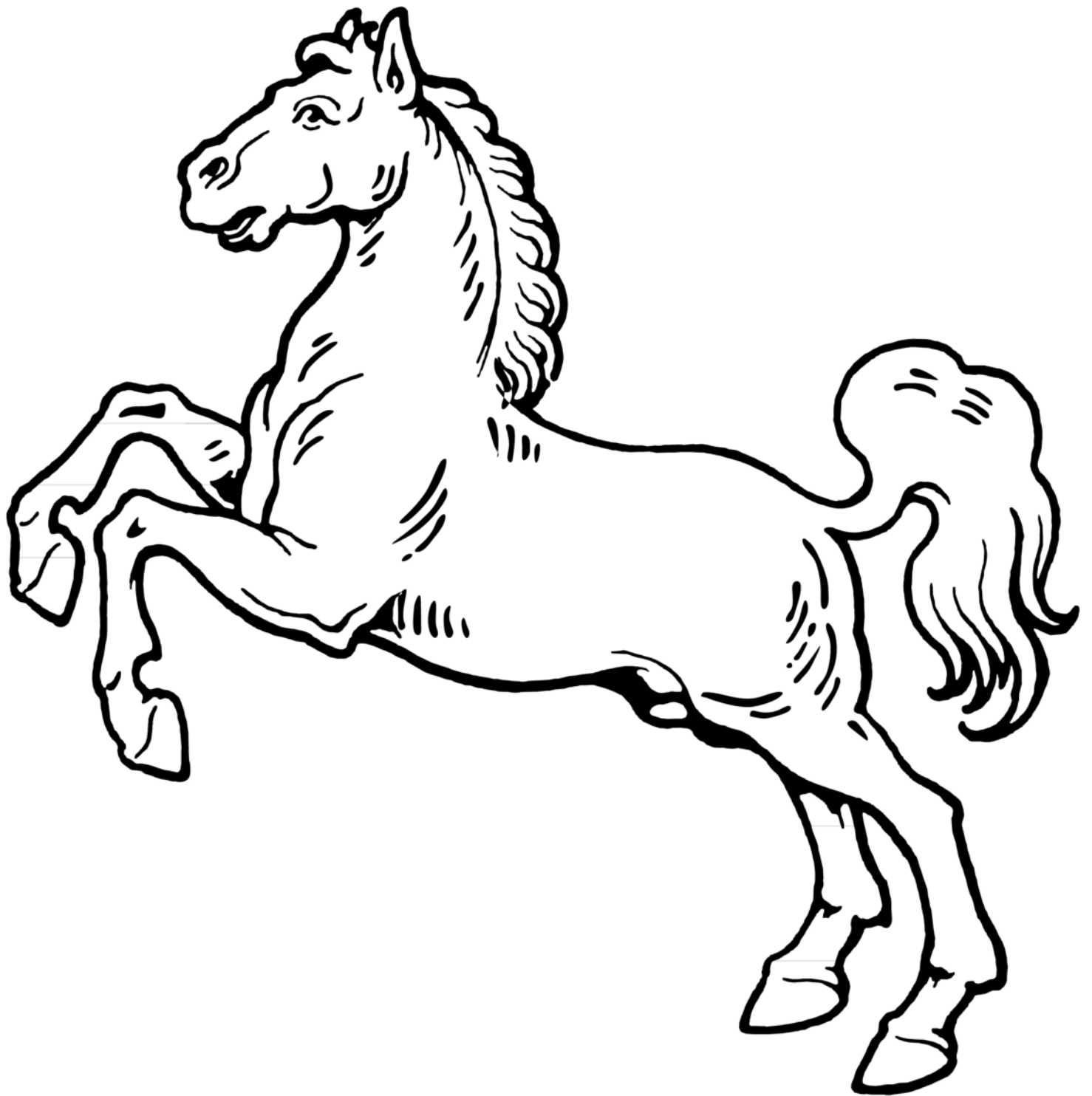
## Method

1. Peel and chop the onion.
2. Wash, peel, and slice the leeks.
3. Wash, peel, and chop the potatoes into cubes.
4. Place the onions and leeks in a saucepan with a little water and cook gently for about 5 minutes, or until soft.
5. Add the potatoes, vegetable stock and black pepper.
6. Allow the mixture to simmer for 20 minutes or until potatoes are soft.
7. Once cooked, liquidise the mixture with a hand blender or liquidiser.
8. Return the blended soup to the saucepan and reheat without boiling.
9. Serve and enjoy.



# Colouring Pages













**HAPPY  
NEW YEAR!**





# Oíche Nollag na mBan

by Seán Ó Ríordáin

Bhí fuinneamh sa stoirm a éalaigh aréir.  
Aréir oíche Nollaig na mBan,  
As gealt-teach iargúlta 'tá laistiar den ré  
Is do scréach tríd an spéir chughainn 'na gealt  
Gur ghíosc geataí comharsan mar ghogallach gé,  
Gur bhúir abhainn slaghdánach mar tharbh,  
Gur mhúchadh mo choinneal mar bhuille ar mo bhéal  
A las 'na splanc obann an fhearg.

Ba mhaith liom go dtiocfadh an stoirm sin féin  
An oíche go mbeadsa go lag  
Ag filleadh abhaile ó rince an tsaoil  
Is solas an pheaca ag dul as,  
Go líonfaí gach neomat le liúirigh ón spéir,  
Go ndéanfaí den domhan scuaine scread,  
Is ná cloisfinn an ciúnas ag gluaiseacht fám dhéin,  
Ná inneall an ghluaisteáin ag stad.



# The Night of Womans Christmas

Translation of Oíche Nollag na mBan  
by Seán Ó Ríordáin

There was fury in the storm that came last night  
last night, the Christmas of Women;  
as if released from a distant bedlam  
a lunatic shriek through the sky;  
rattling against the gate like the gagging of geese  
roaring up the river like a bellowing bull  
dousing my candle like a blow upon my mouth :-  
an unexpected spark for anger .

I hope such a storm will come to me  
The night I begin to die  
As I return home from the dance of life  
with the light of this life failing,  
so every moment might be filled with cries from the sky,  
transforming the world into a chorus of screams,  
so I would not hear the silence moving toward me  
or feel the engine that moves me stop.



# An Old Woman of The Roads

By Padraic Colum

O, to have a little house!

To own the hearth and stool and all!

The heaped up sods against the fire,

The pile of turf against the wall!

To have a clock with weights and chains

And pendulum swinging up and down!

A dresser filled with shining delph,

Speckled and white and blue and brown!

I could be busy all the day

Clearing and sweeping hearth and floor,

And fixing on their shelf again

My white and blue and speckled store!

I could be quiet there at night

Beside the fire and by myself,

Sure of a bed and loth to leave

The ticking clock and the shining delph!

Och! but I'm weary of mist and dark,

And roads where there's never a house nor bush,

And tired I am of bog and road,

And the crying wind and the lonesome hush!

And I am praying to God on high,

And I am praying Him night and day,

For a little house – a house of my own

Out of the wind's and the rain's way.





# The Fiddler of Dooney

By W B Yeats

When I play on my fiddle in Dooney,  
Folk dance like a wave of the sea;  
My cousin is priest in Kilvarnet,  
My brother in Moharabuiee

I passed my brother and cousin:  
They read in their books of prayer;  
I read in my book of songs  
I bought at the Sligo fair.

When we come at the end of time,  
To Peter sitting in state,  
He will smile on the three old spirits,  
But call me first through the gate;

For the good are always the merry,  
Save by an evil chance,  
And the merry love the fiddle  
And the merry love to dance:

And when the folk there spy me,  
They will all come up to me,  
With 'Here is the fiddler of Dooney!'  
And dance like a wave of the sea.



# Save The Last Dance For Me

## The Drifters

You can dance  
Every dance with the guy  
Who gives you the eye  
Let him hold you tight

You can smile  
Every smile for the man  
Who held your hand  
'Neath the pale moonlight

[Chorus]  
But don't forget who's taking you home  
And in whose arms you're gonna be  
So darlin'  
Save the last dance for me, mmm

Oh, I know (Oh, I know)  
That the music's fine  
Like sparkling wine  
Go and have your fun

Laugh and sing (Yes, I know)  
But while we're apart  
Don't give your heart  
To anyone

[Chorus]  
But don't forget who's taking you home  
And in whose arms you're gonna be  
So darlin'  
Save the last dance for me, mmm

Baby, don't you know I love you so?  
Can't you feel it when we touch?  
I will never, never let you go  
I love you, oh, so much

You can dance (You can dance)  
Go and carry on  
Till the night is gone  
And it's time to go

If he asks (You can dance)  
If you're all alone  
Can he take you home  
You must tell him no

[Chorus]  
'Cause don't forget who's taking you home  
And in whose arms you're gonna be  
So darlin'  
Save the last dance for me



# Starry Eyed

Michael Holiday

Why am I so starry eyed  
Starry eyed and mistified  
Every time I look at you  
Falling stars come into view  
Can it be that am in love  
With an angel from above  
I asked my heart my heart replied  
Yes that's just why your so starry eyed  
(That's just why your so starry eyed)  
When we touch I hear angles sing  
(Starry eyed)  
When we kiss I hear wedding bells ring  
(Starry eyed)  
Can't explain what I feel inside  
But I know it's love  
True love at last  
I know why I'm starry eyed  
Starry eyed and mistified  
All my dreams are coming true  
Just because I'm so in love with you  
(Starry eyed)  
When we touch I hear angles sing  
(Starry eyed)  
When we kiss I hear wedding bells ring  
(Starry eyed)  
I can't explain what I feel inside  
But I know it's love  
True love at last  
I know why I'm starry eyed  
Starry eyed and mistified  
All my dreams are coming true  
Just because I'm so in love with you  
Starry eyed





# Bad Boy

Marty Wilde

All the people down the street, whoever you meet  
Say I'm a bad boy, say I'm a bad boy  
Say I'm a bad boy

Even dear old dad, when he gets mad  
Says I'm a bad boy, says I'm a bad boy  
Says I'm a bad boy

Well, you see now, I got a girl  
And we stay out late, almost every night  
Well, the people just stare and they declare  
Well well, it just ain't right

But if only they knew how I love you  
They'd say a bad boy, could be a good boy  
Who's just in love

Well, you see now, I got a girl  
And we stay out late, almost every night  
Well, the people just stare and they declare  
Well well, it just ain't right

But if only they knew how I love you  
They'd say a bad boy, could be a good boy  
Who's just in love

So much in love  
So crazy in love





## 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/](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/>.
- 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 Dementia Hub**

<https://virtualdementiahub.ie/category/music/>

- The Virtual National Choir Contact: Catherine Bartels Phone: 086 0490548 Email: [cbartels@alzheimer.ie](mailto: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?](https://www.youtube.com/watch?v=IFcSrYw-ARY)

[v=IFcSrYw-ARY](https://www.youtube.com/watch?v=IFcSrYw-ARY)

- Calm Classical: [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1)

[v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start\\_radio=1](https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1)

- Easter Activities for Seniors: [https://seniorcenters.com/10-](https://seniorcenters.com/10-activities-for-seniors-this-easter-2025/)

[activities-for-seniors-this-easter-2025/](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](https://coloring-for-adults.com/all-coloring-)

- 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/>