

December Activity Pack

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Dear Friends,

A warm hug and hello from the Alzheimer's Society of Ireland as we come to the end of the year and into the month of December. May you have a peaceful and loving holiday season with loved ones and friends.

Despite the cold weather, the light starts to come back into our evenings even before the New Year arrives. Winter Solstice (the longest night) occurs on December 21st, so on Christmas Day the sky brightens and the sun stays a little longer, reminding us that darkness always gives way to light.

Our wish for you this Christmas and holiday season is to be filled with love, happiness, and many happy memories.

Remember, the ASI are just a phone call away if you ever need us. Our helpline number is 1800 341 341, with trained staff on the other end to listen to and support you.

It is our hope that you all enjoy this December's Activity Pack!



“It seems like everything sleeps in winter, but it’s really a time of renewal and reflection.” –
Elizabeth Camden

Useful Resources:

- 1.** Our Free Helpline and Dementia Nurse Support Line are available at:
Phone: 1800 341 341 and Email: helpline@alzheimer.ie
- 2.** The ASI now also has a new online Virtual Dementia Hub where you can go for a full range of activities – you can even listen to some wonderful poetry and songs recorded especially . Just go to www.virtualdementiahub.ie
- 3.** We are hosting a number of Virtual Cafes. They are a place to come together, share a cuppa and listen to our amazing guest speakers. For information on how to attend visit:
<https://alzheimer.ie/service/alzheimer-cafe/>
- 4.** The ASI also have a huge library of factsheets and resources available on: <https://alzheimer.ie/get-support/resources-and-factsheets/>
- 5.** For musical videos and resources Music For Dementia are a wonderful resource: <https://musicfordementia.org.uk/>
- 6.** The Irish Museum of Modern Art (IMMA) have a huge collection available to view online at: <https://imma.ie/collection/>
- 7.** Emergency Response Numbers: 999 or 112 9. HSE 24/7 Your Mental Health Information Helpline: 1800 111 888

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Virtual Holiday Trivia Questions

1. **Question:** The Iranian festival of Yalda occurs on the longest and darkest night of the year. In Western cultures, this day is commonly known as what?
Answer: Winter Solstice
2. **Question:** In which country do people mostly commonly eat donuts called sufganiyot during Hanukkah?
Answer: Israel
3. **Question:** This holiday film became a Christmas classic three decades after its initial release, when studio rights expired and television stations started airing the flick on repeat.
Answer: It's a Wonderful Life
4. **Question:** The writers of the popular sitcom "Seinfeld" created which winter holiday?
Answer: Festivus
5. **Question:** What are the names of all eight Reindeer in "Rudolph the Red Nose Reindeer?"
Answers: Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, and Blitzen
6. **Question:** During Christmas of 1965, astronauts broadcast which holiday song from space?
Answer: Jingle Bells

Round 2: Christmas Trivia Questions For Adults

1. How many ghosts show up in *A Christmas Carol*?
2. Where was baby Jesus born?
3. What are the two other most popular names for Santa Claus?
4. How do you say “Merry Christmas” in Spanish?
5. What is the name of the last ghost that visits Scrooge in *A Christmas Carol*?
6. Which was the first state in America to declare Christmas an official holiday?
7. Three of Santa’s reindeer’s names begin with the letter “D.” What are those names?
8. Which Christmas song contains the lyric “Everyone dancing merrily in the new old-fashioned way?”

Answers:

1. Four
2. In Bethlehem
3. Kris Kringle and Saint Nick
4. Feliz Navidad
5. The Ghost of Christmas Yet to Come
6. Alabama
7. Dancer, Dasher, Donner
8. “Rocking Around The Christmas Tree”

Christmas Alphabet Game!

How Many Christmas Words Can You Name?

Christmas Alphabet



*Name something Christmas related
that starts with each letter of the alphabet.*

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



Christmas Word Search!

How Many Words Can You Get?

Christmas word search



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



bells • candles • candy cane • cards • celebrate • chimney • Christmas • elves • frosty
gift • giving • greetings • holiday • jolly • joy • merry • mistletoe • noel • north pole
reindeer • Rudolph • Santa • season • sleigh • stocking • tree

Country Hill Cottage.com

Christmas Word Search:

How Many Can You Get Answers:

Christmas word search



bells • candles • candy cane • cards • celebrate • chimney • Christmas • elves • frosty
gift • giving • greetings • holiday • jolly • joy • merry • mistletoe • noel • north pole
reindeer • Rudolph • Santa • season • sleigh • stocking • tree

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Christmas True or False:




Christmas Movie True or False Trivia

Guess if the Statement is True or False

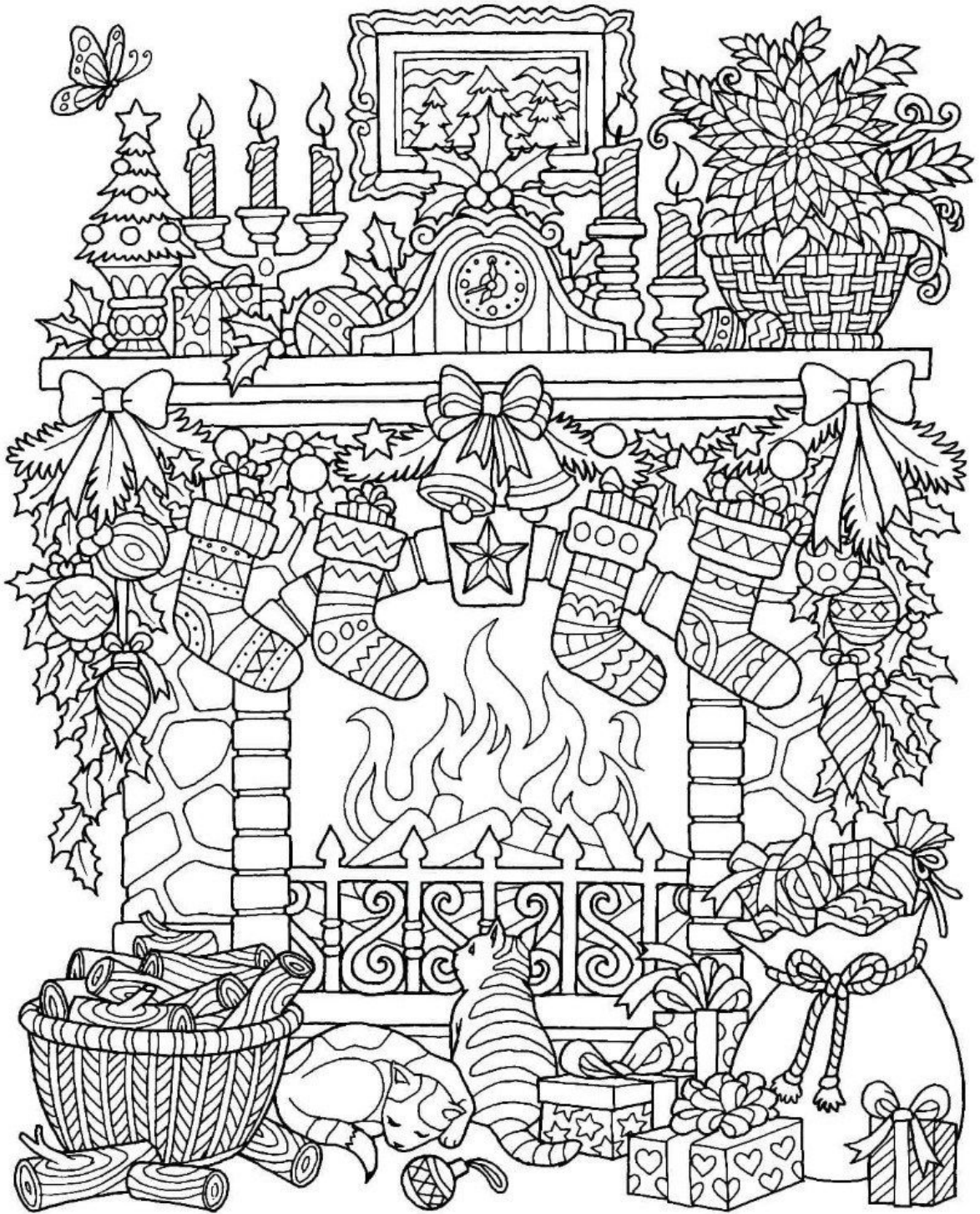
	True	False
1. Clarence was the guardian angel who takes George Bailey on his journey in 'It's a wonderful life'.	<input type="checkbox"/>	<input type="checkbox"/>
2. Kris Kringle has to fill in as Santa during the Macy's Thanksgiving Day Parade in Miracle on 34th Street because the man who was supposed to play Santa was out of city.	<input type="checkbox"/>	<input type="checkbox"/>
3. The movie 'Christmas with the Kranks' is based on John Grisham novel called Skipping Christmas.	<input type="checkbox"/>	<input type="checkbox"/>
4. In a 'Christmas story' Ralphie's father is never given a name, he is just referred to as 'The old man'.	<input type="checkbox"/>	<input type="checkbox"/>
5. The movie 'Love Actually' was set in New York.	<input type="checkbox"/>	<input type="checkbox"/>
6. Tom Cruise is the narrator in the 'Polar Express'.	<input type="checkbox"/>	<input type="checkbox"/>
7. Amber works as a journalist in 'A Christmas Prince'.	<input type="checkbox"/>	<input type="checkbox"/>
8. Stacy runs a Christmas shop in 'The Princess Switch'.	<input type="checkbox"/>	<input type="checkbox"/>
9. Kate and Pierce are the siblings in 'Christmas Chronicles'.	<input type="checkbox"/>	<input type="checkbox"/>
10. Georgia goes to Australia in 'The Last Holiday'.	<input type="checkbox"/>	<input type="checkbox"/>
11. Kurt Russell played Santa in the movie 'The Christmas Chronicles'.	<input type="checkbox"/>	<input type="checkbox"/>
12. Sarah Jessica Parker played Sybil Stone in 'The Family Stone'.	<input type="checkbox"/>	<input type="checkbox"/>
13. Anthony Hopkins is the narrator in 'How the Grinch Stole Christmas'.	<input type="checkbox"/>	<input type="checkbox"/>
14. In 'One Magic Christmas' Jack dreams of opening a cake shop.	<input type="checkbox"/>	<input type="checkbox"/>
15. The name of Jack's ghost dog in 'The Nightmare before Christmas' is zero.	<input type="checkbox"/>	<input type="checkbox"/>
16. Harry is the name of the head elf at the North Pole in the movie 'The Santa Clause'.	<input type="checkbox"/>	<input type="checkbox"/>
17. Jovie is Buddy's love interest in 'Elf'.	<input type="checkbox"/>	<input type="checkbox"/>
18. Toby is the name of Grinch's dog in 'How the Grinch Stole Christmas'.	<input type="checkbox"/>	<input type="checkbox"/>

5 Second Christmas Game:

Divide the players into two teams, on their turn the team will choose a member who will be on the hot seat. Set the timer to 5 seconds. Ask the player to name three Christmas-related things by answering the question that is written on the card. If the player answers the items correctly within 5 seconds then the team scores a point.

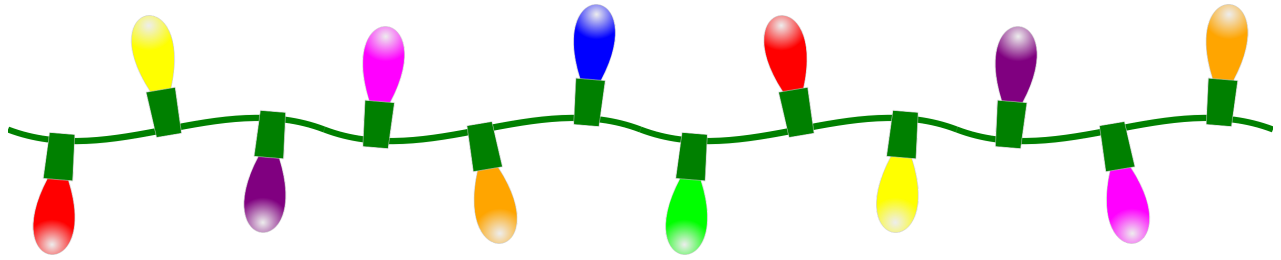
 Name Three words that begin with "snow". 	 Name Three things you need to wrap a gift. 	 Name Three stocking stuffers. 	 Name Three things you can build out of snow. 
 Name Three santa's reindeer. 	 Name Three winter clothing items. 	 Name Three ways to end up in Santa's nice list. 	 Name Three Christmas movies. 
 Name Three Christmas movie actors. 	 Name Three traditional Christmas carols. 	 Name Three Christmas songs. 	 Name Three games to play with your family. 

Christmas Colouring!









A Poem: Christmas Time

By Ronald Doe

Christmas time is finally here.

It only comes but once a year,

And it's a time to spread good cheer

To those we love and hold so dear.

Christmas time is a time of glee,

A time when peace and love run free,

A time for those like you and me

To sit beneath the Christmas tree.

Christmas time is a time of joy,

A time to sit back and enjoy

The smile on each girl and boy,

As they play with a Christmas toy.

Christmas time is a time to share

The passing of another year.

Birth of Jesus, a joyful prayer,
To show loved ones how much we care.
Christmas time is a time for song,
A time for us to get along,
To make us feel Lord Jesus strong,
Forgive all those who did us wrong.
Christmas time is a time to pray,
Put love and kindness on display,
Show compassion along the way.
Christmas time should be every day.



Sing Along:

Away in A Manger

Away in a manger, no crib for his bed,

The little Lord Jesus laid down his Sweet head.

The stars in the bright sky looked down where he lay,

The little Lord Jesus asleep on the hay.

The cattle are lowing, the baby awakes,

But little Lord Jesus no crying he makes.

I love thee, Lord Jesus! Look down from the sky,

And stay by my side until morning is nigh.

Be near me, Lord Jesus; I ask thee to stay

Close by me forever, and love me, I pray.

Bless all the dear children in thy tender care,

And fit us for heaven, to live with thee there.



I'm Dreaming of A White Christmas:

By Bing Crosby

I'm dreaming of a white Christmas

Just like the ones I used to know *(Ooo)*

Where the treetops glisten and children listen

To hear sleigh bells in the snow

I'm dreaming of a white Christmas

With every Christmas card I write *(Ooo)*

"May your days be merry and bright

And may all your Christmases be white"

I'm dreaming of a white Christmas

Just like the ones I used to know *(Ooo)*

Where the treetops glisten and children listen

To hear (To hear the sleigh bells in the snow)

I'm dreaming of a white Christmas (**whistling**)

With every Christmas card I write (Mmm)

"May your days be merry and bright

And may all your Christmases be white" (Mmm)

Spot the Difference!



Chocolate Roulade Cake Recipe!:

Ingredients:

1. 6 eggs, separated
2. 1/2 cup (110g) caster sugar
3. 1/4 cup (25g) Dutch cocoa, plus extra, for dusting
4. 2 tbsp (30g) potato starch (potato flour)
5. 125g [dark chocolate](#), melted
6. Raspberries, to serve

Marmalade cream:

7. 1/4 cup orange marmalade
8. 1 1/2 tbsp orange-flavoured liqueur (such as Cointreau)
9. 300g mascarpone
10. 50g pistachios, lightly roasted, coarsely chopped

Method:

- **Step 1**

Preheat the oven to 180°C. Line a 28 x 32cm Swiss roll tin with baking paper. Using an electric mixer, whisk yolks and sugar until thick and pale. Sift cocoa and starch over then fold in gently. Add chocolate and 2 tablespoons of water and stir gently to combine. Using an electric mixer, whisk egg whites in a clean bowl until soft peaks form, then fold into chocolate mixture. Spoon mixture into prepared tin and smooth top. Bake for 12-15 minutes or until the cake springs back when lightly pressed. Dust top of cake heavily with cocoa then cover with a piece of baking paper. Invert cake, with paper, onto a work surface, then gently peel away the cooking paper.

- **Step 2**

Working quickly while the cake is still hot, gently roll up from the long side, using paper as a guide. Stand until just cool.

- **Step 3**

For cream, combine marmalade, liqueur and 2 tablespoons of water in a small saucepan and stir over low-medium heat until combined and marmalade has melted. Combine with mascarpone in a bowl and whisk until thick. Stir in pistachios. Gently unroll cake and spread with filling, leaving a 2cm border. Re-roll cake (it may crack a little), then wrap in foil and refrigerate for 30 minutes or until filling is firm. Cake will keep, refrigerated, for up to 3 days. Serve topped with raspberries.



Riddle Me This!

1. What two things can you never eat for breakfast?
 2. What has a face and two hands but no arms or legs?
 3. What tastes better than it smells?
 4. What kind of room has no doors or windows?
 5. What goes up and never comes down?
 6. What word becomes shorter when you add two letters to it?
 7. Two children are born on the same day from the same mother but they are not twins. How is that possible?
 8. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
-

Answers:

1. Lunch and Dinner
 2. A Clock
 3. A Tongue
 4. A Mushroom
 5. Your Age
 6. Short
 7. They are Two Out of Three Triplets!
 8. Johnny
-

Guided Relaxation: Visualising the New Year

Just imagine you're lying somewhere very comfortable, and your body starts to relax more and more. You begin to feel warm and cozy inside even though the outside air has grown crisp. The trees have lost their leaves and have gone to sleep for the winter.

Imagine yourself curled up in front of a nice warm fireplace. You watch as the flames flicker yellow and red. The golden yellow flame seems to relax you even further as you enjoy its warmth. As you lie here enjoying this moment of relaxation, you start to remember some wonderful things that have happened this past year.

There have been many moments that have made you happy; many moments that have made you smile and grateful.

It's been a good year.

You've grown on the outside and on the inside too. You're smarter and wiser this year. You know yourself better, and you're getting to know your personal gifts more and more.

The new year will bring a brand new start.

Now is the time to think about all the amazing things you want to accomplish. Remember, you can achieve anything you put your mind to!

So start to imagine all the wonderful things you'd like to do this coming year. Maybe you want to get better at something you enjoy doing, or perhaps learn a new skill. Maybe you want to spend more time on yourself.

Whatever you decide to do this coming year will be a wonderful goal to work towards each and every day.

Always remember to have faith in yourself and in your ability to accomplish your dreams. By using your heart and your mind together, you can create a fantastic year filled with joy, happiness, and fun!

Now take in a deep breath and imagine yourself at the end of the year having accomplished all these wonderful things you've been thinking about. Doesn't it feel wonderful?

Picture yourself as having succeeded, and hold on tightly to that image in your mind and heart!

Now allow peacefulness and happiness to fill up your entire body, going into each and every cell.

When you're ready you can open your eyes and give your body a big stretch... and be ready to live your dream!



