



THE *Alzheimer*

SOCIETY OF IRELAND

January

HAPPY NEW YEAR

2025



Activity Pack One

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 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.

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

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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.



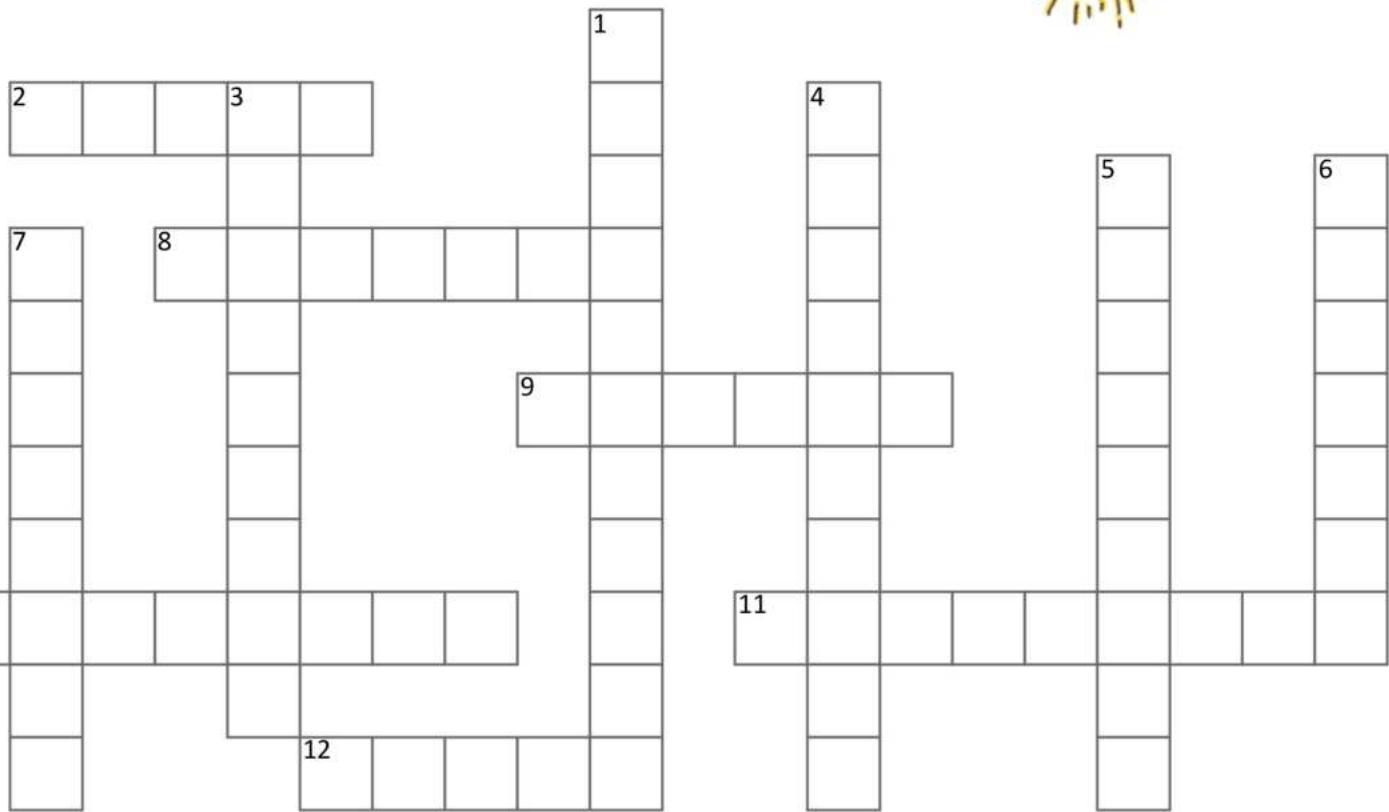
Once you have added the string add the bird seed to the bottom.



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.

New Years

Crossword Answers



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New Years Wordsearch



Midnight

Calendar

Family

January

Clock

Celebration

Party

Toast

Noisemaker

NewYear

Countdown

Resolution

Cheers

Friends

Eve



New Years Wordsearch Answers

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

Midnight

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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.

						8
			2			15
						13
						16
				3		20
1					5	16
				1		12
20	18	15	13	11	15	24

Number Block Puzzle



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				1	2	16
						13
					0	20
						11
						18
		2				20
4						8
22	20	12	13	12	11	16

Number Block Puzzle Answers

						8
4	2	5	1	2	1	15
4	5	0	2	0	2	13
5	3	4	3	1	0	16
4	3	0	5	3	5	20
1	2	3	1	4	5	16
2	3	3	1	1	2	12
20	18	15	13	11	15	24

						16
3	2	4	1	1	2	13
3	4	2	3	3	5	20
4	5	0	2	0	0	11
5	4	0	5	4	0	18
3	5	2	2	4	4	20
4	0	4	0	0	0	8
22	20	12	13	12	11	16





10 Minute New Years Meditation





Introduction (1 minute)

Welcome to this moment of calm and reflection as we step into a new year. This time is for you to relax, breathe, and invite peace into your heart. Find a comfortable position where you can feel supported, whether sitting or lying down. Let your hands rest gently, and close your eyes if you feel comfortable. Take a deep breath in through your nose and slowly let it out through your mouth. Let's begin.

Grounding and Centering (2 minutes)

Feel the connection between your body and the surface supporting you. Notice the sensation of your feet on the ground, your back against the chair, or the weight of your hands resting gently. Breathe in deeply and imagine the air filling your body with warmth and light. As you exhale, release any tension or worry. Feel yourself becoming calm and present in this moment.

Visualization of the New Year (3 minutes)

Picture a peaceful path before you, gently unfolding. Along the path, imagine small lights twinkling like stars. Each light represents a moment of kindness, joy, or connection waiting to greet you in the new year. Take a slow step forward in your mind, feeling a sense of possibility with each movement. Let the warmth of these lights remind you that every day holds the potential for beauty and meaning.

Reflection and Gratitude (2 minutes)

Think of one thing that brought you a smile recently, no matter how small. Hold that memory gently in your mind and allow it to fill you with gratitude. Take a moment to appreciate the people, places, or moments that bring comfort and joy into your life. With each breath, feel your gratitude expanding, like ripples in a pond.

Closing (2 minutes)

As we end this meditation, take a deep breath in and feel the sense of peace and calm you have created. Imagine carrying this feeling with you as you step into the new year. When you're ready, slowly wiggle your fingers and toes, and gently open your eyes. Thank yourself for taking this time for reflection and care.



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









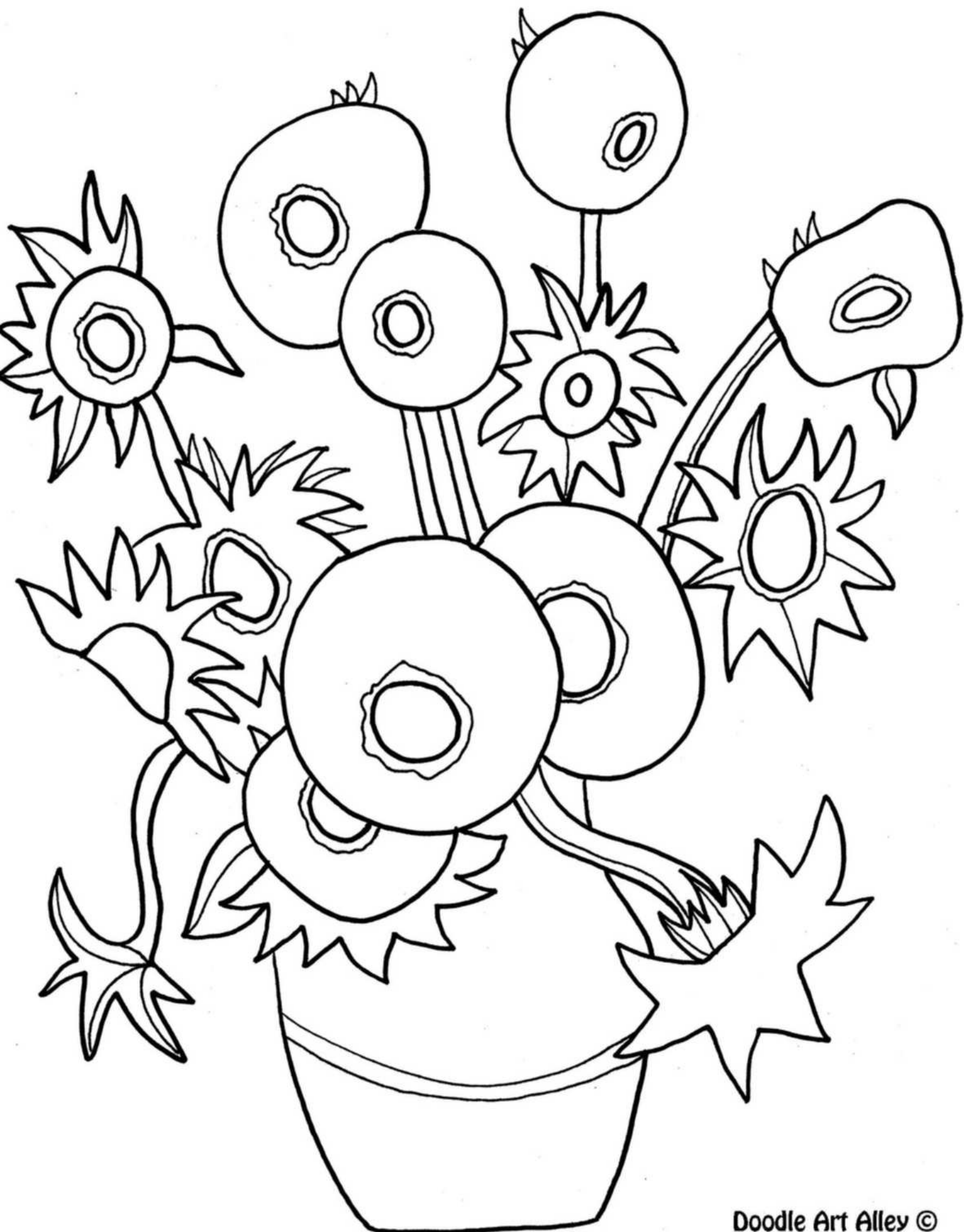


DREAM IT.

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]

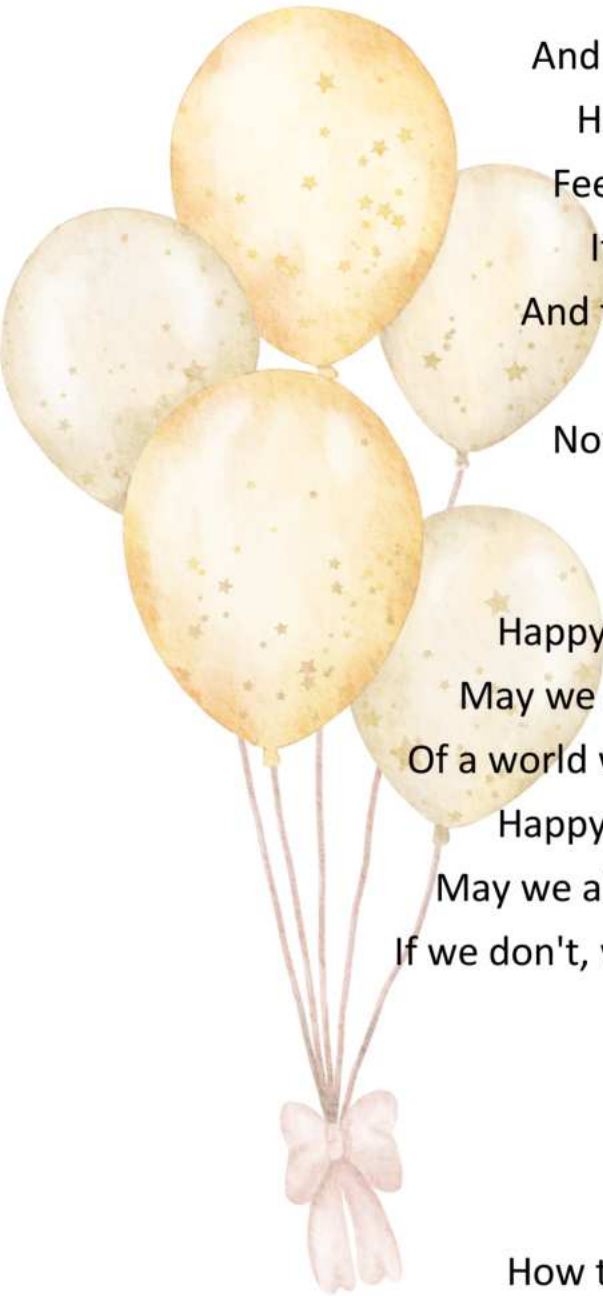
No more champagne
And the fireworks are through
Here we are, me and you
Feeling lost and feeling blue
It's the end of the party
And the morning seems so grey
So unlike yesterday
Now's the time for us to say

[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



The Final Countdown

Europe



[Verse 1]

We're leaving together, but still, it's farewell
And maybe we'll come back to Earth, who can tell?

I guess there is no one to blame
We're leaving ground (Leaving ground)
Will things ever be the same again?

[Chorus]

It's the final countdown
The final countdown

[Verse 2]

Oh-oh, we're heading for Venus (Venus)

And still, we stand tall

'Cause maybe they've seen us

And welcome us all, yeah

With so many light years to go

And things to be found (To be found)

I'm sure that we'll all miss her so

[Chorus]

It's the final countdown
The final countdown

The final countdown (Final countdown)

Oh, oh-oh, oh-oh-ohh

[Chorus]

The final countdown, oh, oh

It's the final countdown

The final countdown

The final countdown (Final countdown)

Oh, it's the final countdown

We're leaving together (The final countdown)

We'll all miss her so

It's the final countdown (Final countdown), oh





USEFUL RESOURCES

Helpful Links

- The ASI also have a huge library of factsheets and resources available on:
[https://alzheimier.ie/get-support/resources-and-factsheets/.](https://alzheimier.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://alzheimier.ie/service/socialclub/.](https://alzheimier.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 ASI National Choir is back .
- Christmas Choral Music: https://www.youtube.com/watch?v=WJPMaAhAfpe&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>