



THE *Alzheimer*

SOCIETY OF IRELAND

December

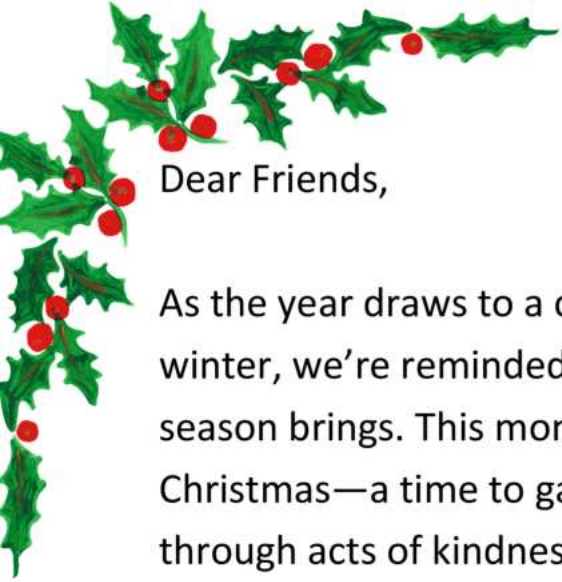
2024



Activity Pack Two

Relaxed Engagement





Dear Friends,

As the year draws to a close and the world is draped in the magic of winter, we're reminded of the joy, hope, and warmth that the holiday season brings. This month, we invite you to join us in celebrating Christmas—a time to gather close, share traditions and spread joy through acts of kindness and creativity.

This special Christmas activity pack is designed to bring you holiday cheer and inspire a cosy spirit of togetherness. Inside, you'll find an assortment of festive activities, from crafting your own snow globes to creating ornaments that capture the season's sparkle. We're also delighted to include heartfelt poems shared by members of our community, reflecting the season's spirit of wonder and connection.

Christmas is a season of togetherness, a chance to celebrate with loved ones and to embrace the simple joy of being together. We encourage you to take a moment to enjoy these festive activities, surround yourself with holiday warmth, and remember the joy we share as a community.

We'd love to see how you're embracing the Christmas spirit! 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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Christmas Globe Craft

Create your own little winter wonderland with our cardboard snow globe craft! This festive project is easy and fun, perfect for adding a touch of Christmas magic to your home. Let your imagination sparkle as you design and decorate your very own snow globe scene!

What you will need:

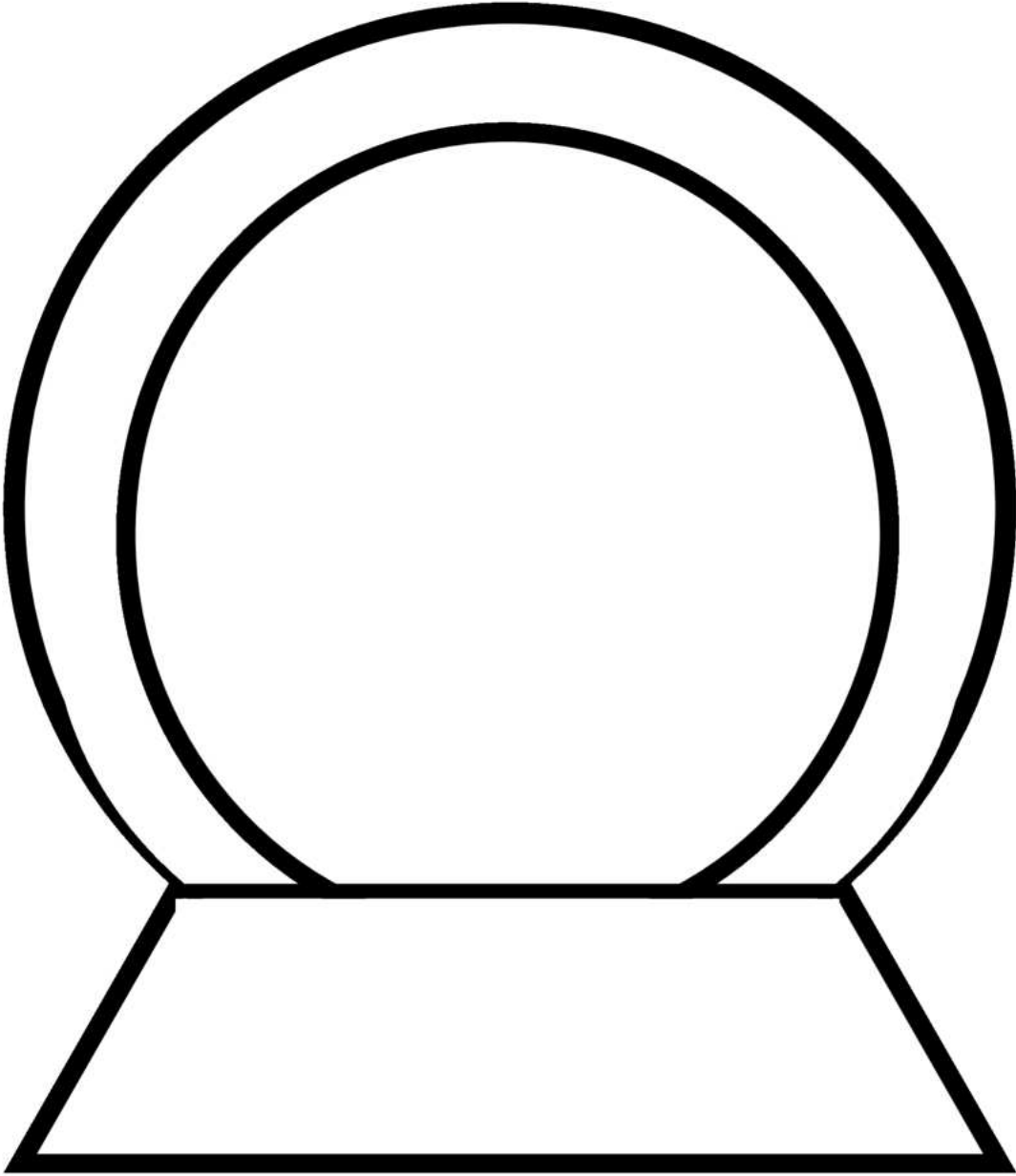
- Cardboard
- Pencil
- Acrylic/Poster paint (blue and red)
- Paintbrush
- Pencil
- Color papers (green and brown)
- Artificial snow
- Glue stick
- Twine string
- Scissors
- Star-shaped confetti
- Shiny beads
- Transparent/Polly Pocket



Check out the below for some inspiration!



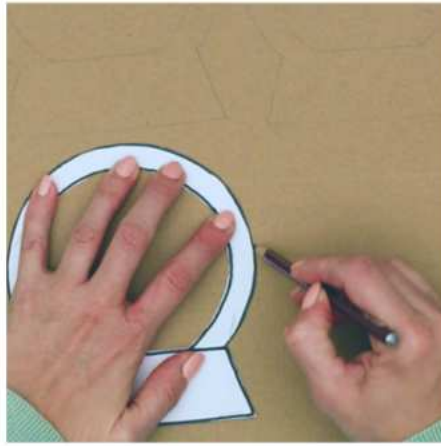
Christmas Globe Template



Steps to Follow



Step 1: Cut out the globe template.



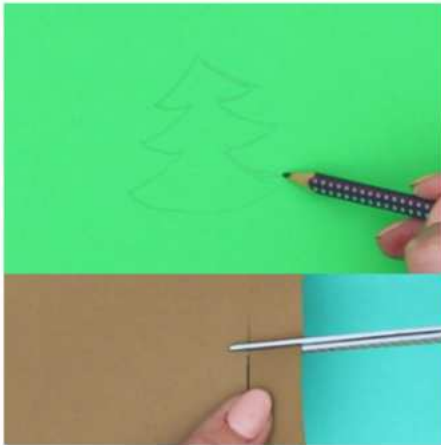
Step 2: Trace out the template 3 times on cardboard.



Step 3: Paint one cardboard sheet with blue. You just made the background of the snowglobe.



Step 4: Cut out the centre of the next two cardboard sheets and paint one red.



Step 5: Draw & cut out your tree. Or whatever else you'd like. And cut out your trunk.



Step 6: Glue your truck to your tree and stick them to your blue background.



Step 7: Stick your beads / decoration to the tree.



Step 8: Glue your plane frame over your tree.



Step 9: Using the outer rim of your globe front. Trace and then cut out your transparent pocket.



Step 10: Add your snow & glue your transparent pocket over your tree.



Step 12: Glue your front frame on & tie your ribbon.



DONE!

TIP:

- If you want to hang this on the tree punch a hole at the top of the cardboards before glueing them together (make sure they are lined up)
- Add a cardboard triangle stand to the back to have your globe stand.

More Craft Ideas From Our Day Centres



Multyfarnham Day Centre



Bessborough Day Centre



Wordsearch

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

SANTA CLAUS

CHRISTMAS

FAMILY

HOLIDAY

GINGERBREAD

ANGEL

GRINCH

REINDEER

Wordsearch



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

SANTA CLAUS

CHRISTMAS

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ANGEL

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REINDEER

Christmas Quiz



Fill-in-the-Blank

Children often leave a snack for Santa. Usually, it's a glass of _____ and a mince pie.

(Answer: milk)

A popular Christmas tradition is to hang a sprig of _____ above doorways for to win a kiss. **(Answer: mistletoe)**

On Christmas Day, people often pull _____, which makes a loud pop and contains small gifts or jokes. **(Answer: Christmas crackers)**

Many people watch Christmas movies in December. A famous one is called "Home _____." **(Answer: Alone)**

Christmas Traditions: True or False

True or False:

In Ireland, Christmas was traditionally celebrated with the lighting of candles in windows.

Answer: True

True or False:

The day after Christmas, St. Stephen's Day, is a bank holiday.

Answer: True

True or False:

The Wren Boys tradition, where people dress up and parade on St. Stephen's Day, is only celebrated in Dublin.

Answer: False (It's celebrated in many parts of Ireland)



Answers

Fill-in-the-Blank

1. Children often leave a snack for Santa. Usually, it's a glass of _____ and a mince pie.
2. (**Answer:** milk)
3. A popular Christmas tradition is to hang a sprig of _____ above doorways for to win a kiss. (**Answer:** mistletoe)
4. On Christmas Day, people often pull _____, which makes a loud pop and contains small gifts or jokes. (**Answer:** Christmas crackers)
5. Many people watch Christmas movies in December. A famous one is called "Home _____." (**Answer:** Alone)

Christmas Traditions: True or False

1. **True or False:**
2. In Ireland, Christmas was traditionally celebrated with the lighting of candles in windows. **Answer:** True
3. **True or False:**
4. The day after Christmas, St. Stephen's Day, is a bank holiday. **Answer:** True
5. **True or False:**
6. The Wren Boys tradition, where people dress up and parade on St. Stephen's Day, is only celebrated in Dublin. **Answer:** False (It's celebrated in many parts of Ireland)



Number Cruncher

Calculate the sequence from left to right and write your answer in the box. This version uses only plus and minus.

8	+3	-5	+3	
---	----	----	----	--

4	+1	-2	+7	
---	----	----	----	--

7	-4	+3	-5	
---	----	----	----	--

6	+2	-5	+4	
---	----	----	----	--

9	-4	+6	-3	
---	----	----	----	--

Solution to Number Cruncher

$$8 \rightarrow +3 \rightarrow -5 \rightarrow +3 \rightarrow 9$$

$$4 \rightarrow +1 \rightarrow -2 \rightarrow +7 \rightarrow 10$$

$$7 \rightarrow -4 \rightarrow +3 \rightarrow -5 \rightarrow 1$$

$$6 \rightarrow +2 \rightarrow -5 \rightarrow +4 \rightarrow 7$$

$$9 \rightarrow -4 \rightarrow +6 \rightarrow -3 \rightarrow 8$$





Christmas Poems





Oh What a Time!

**By: Eakey Day Centre Sligo,
(Veronica, Bernice, Marion, Lizzy, Donna, Margaret and
Bernadette) service users and staff.**

Oh what a time to drink mulled wine,
Christmas, Christmas, Mistletoe Kisses!
All gathered round the fire tonight,
Revelling and laughing with Christmas delight.

Oh, What a time,
Under the twinkling lights.

The smell of the cooking comes wafting from the kitchen,
It comes through the hall,
Tempting us all.
Then off to Midnight Mass,
And afterwards home and have a glass!

Oh, What a time,
Under the twinkling Lights.

Wake in the morning to gifts under the tree,
Children singing and laughing and dancing with Glee.



Oh What a time!

Happy Christmas to you all!

A Christmas Verse For Years Gone By

by Niall (family carer)



Christmas Eve.

The bargain tree too wide for the door too high for the ceiling.
Now fully decked with angels and baubles and a lone drummer boy, among paper lanterns and tinsled lights.

Turkey freshly plucked hanging in the attic room with blown out eggs of Skylarks and finches, thrushes and swans.

Crates of minerals, six dozen large twelve dozen small of fizzy red white and orange.

Stacked high in the room where the house keeper slept.

A faux oil lamp from Powers Small Profits a present for my Nan. The dark winter lanes made warm by lights in the windows.

Outside a knock inside a shuffle

The pungent smell of gas as welcome as the smile.

Boiled sausages and soft poached eggs,

Farmed butter melted on warm brown scones, topped with Chivers strawberry jam.

All washed down with sweet milky tea

All quite, silence for prayers as the Cathedral rings the Angelus bells The turkey once collected must now be cleaned and stuffed.

Fathers hand all bloodied as he pulls out the gibblets Suddenly he pauses reaching in slowly with a glint in his eyes "Well boys a mistake now and the turkey's destroyed"

Eyes transfixed motionless waiting

The bloodied hand slowly appears, in the fist a small bag-intact A smile a cheer
Christmas is here



Bread crumbed, seasoned with sage parsley and thyme Onions boiled in milk,
potatoes mashed, all churned.

The turkey's stuffed ready for the feast The house now dark and silent.

A rustle on the roof a tinkle of a bell

A sudden roar of thunder, eight pairs of feet rolling tumbling falling down the stairs

Mary in mother's arms, baby bawling in his cot.



Christmas Morning



The room once cold and bare is filled with Santa's fare.

Trains and cars and cowboy hats guns and holsters, rocking horse and pogo sticks,
punching bag and boxing gloves, a bike a trike, toy soldiers and Subbuteo. A Crolley
doll a Wendy house and nurses outfit.

White mesh Christmas stockings, a compendium of games, draughts, snakes and
ladders tiddlywinks and Ludo the Dandy, the Beno, Twinkle, Look and Learn and
Shoot.

Magic sets and bricks, Lego and Mecano footballs and boots.

Cap guns banging, trains hooting, cars racing, dolly walking, children screaming
shouting playing, fighting, "that's mine, no mine" "don't step on the batmobile," "I
saw it first it's my turn now", "no mine"

Parents quietly smiling, drinking tea and eating sandwiches of ham just cooked.

Christmas Day

It's three in the morning, now four now six, no time for sleep just play. But today is
Christmas day and it's time to pray.

All neatly dressed in groups of four to grandad's Jesuit Crescent church for mass and
carols and a crib to adore.

A merry Christmas and a smile grandad gives a punt to share, a half crown each with
none to spare.



Back to the house more boxing, and racing, building and breaking. Waiting for the turkey to be done.

From six in the morning, till late afternoon it sizzles and hisses and spits. Trapped in the oven behind the crate locked door.

Urbi et Orbi the table's set, all seated in silence, not quite, not quiet at all.

Peter's sitting in my place, Joe's spilt his fizzy red, Alfie can't wait he's eating bread. Noel just won't sit down he wants to play with his cars instead. Rory wants a different plate and has anyone seen his cup Gerard can sit still no longer and now he's up

Mary's sliding down the slide.

Benny's on my mother's lap, bawling to be fed.



Father let's out a roar- ALL NOW seated in silence, as the turkey's carved and each plate filled with turkey ham and stuffing balls, brussels sprouts and carrots. But no one eats, while the prayer is quickly said.

Crackers pulled, hats on heads, drinks are spilled a glass is broken. Children stuffed, but no one leaves behind mother's special trifle. Tinned fruit and red jelly with trifle sponge soaked in a bottle of sherry.

Parents now are sleeping, children too in front of the telly.



Mince Pies



INGREDIENTS

- 225g cold butter, diced
- 350g plain flour
- 100g golden caster sugar
- 280g mincemeat
- 1 small egg, beaten
- icing sugar, to dust

DIRECTIONS

- STEP 1 - Make the pastry, rub the butter into the flour, then mix in the golden caster sugar and a pinch of salt.
- STEP 2 Combine the pastry into a ball – don't add liquid – and knead it briefly. The dough will be fairly firm, like shortbread dough. You can use the dough immediately, or chill for later.



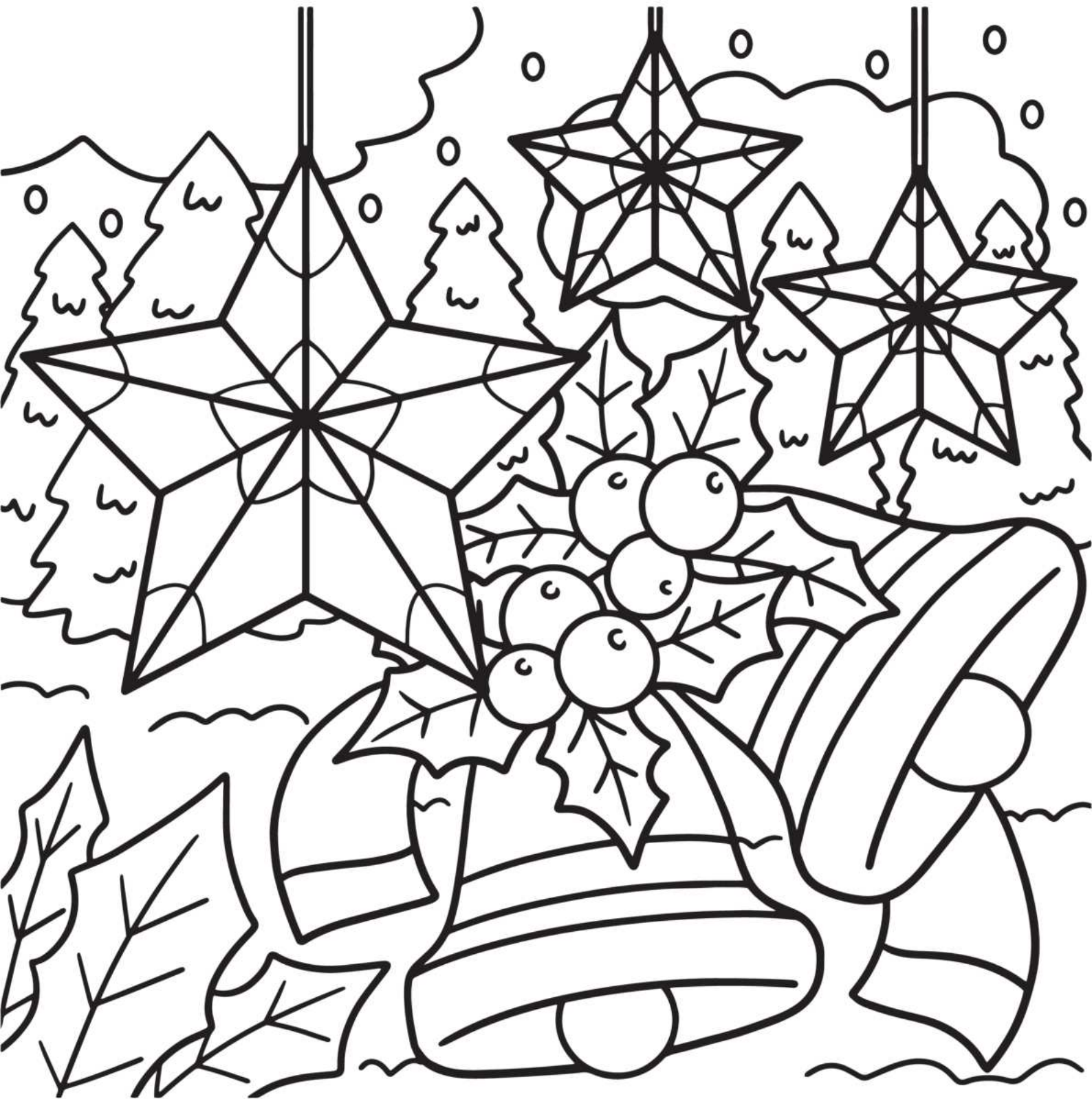
Mince Pies

DIRECTIONS

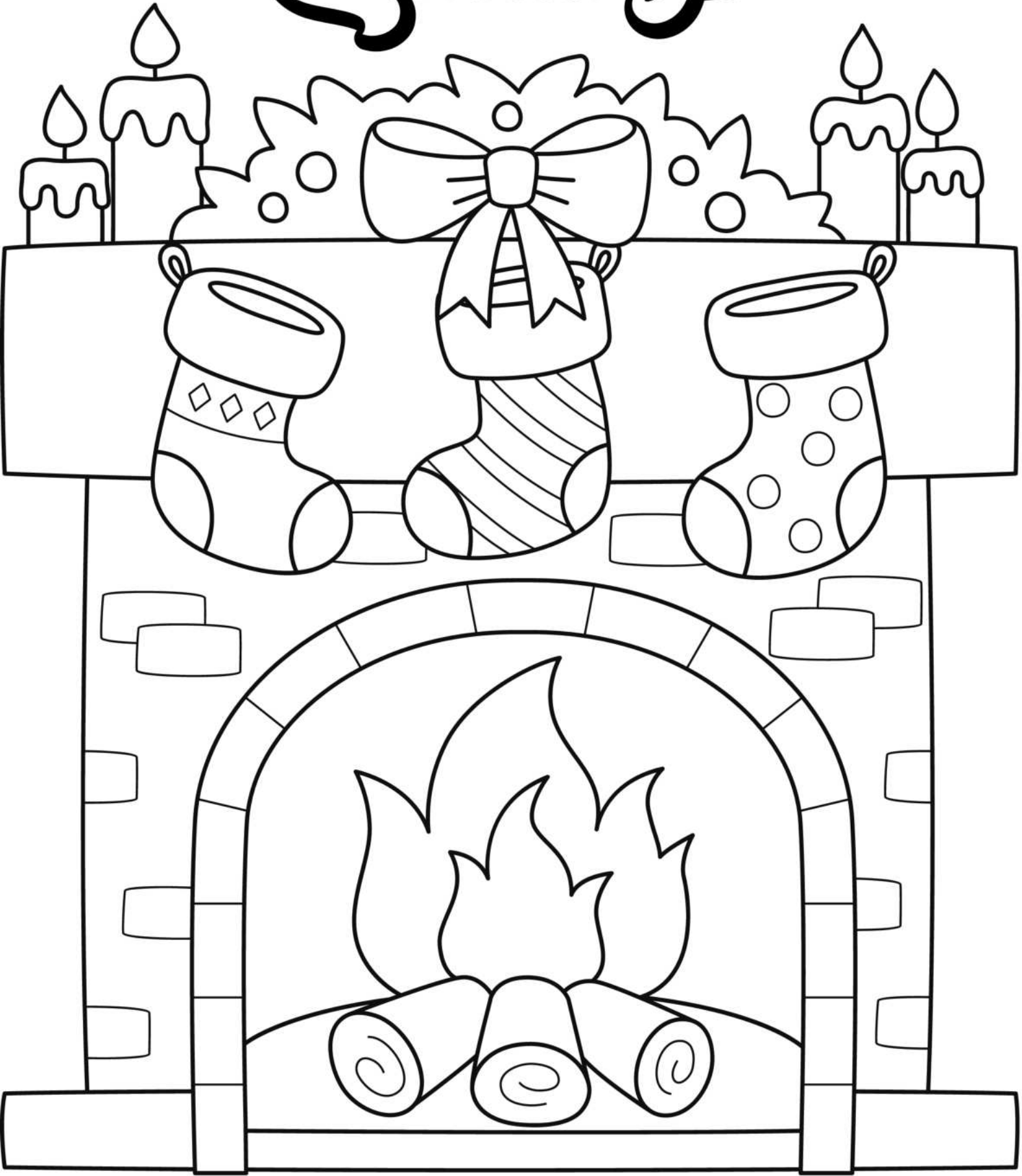
- Step 3 Heat the oven to 200C/180C fan/gas 6. Line 18 holes of two 12-hole patty tins, by pressing small walnut-sized balls of pastry into each hole.
- STEP 4 Spoon the mincemeat into the pies. Take slightly smaller balls of pastry than before and pat them out between your hands to make round lids, big enough to cover the pies.
- STEP 5 Top the pies with their lids, pressing the edges gently together to seal – you don't need to seal them with milk or egg as they will stick on their own. Will keep like this frozen for up to one month.
- STEP 6 Brush the tops of the pies with the beaten egg. Bake for 20 mins until golden. Leave to cool in the tin for 5 mins, then remove to a wire rack. To serve, lightly dust with the icing sugar. Will keep for three to four days in an airtight container.







Merry
Christmas











The Night Before Christmas

By Clement C. Moore

'Twas the night before Christmas, when all through the house

Not a creature was stirring, not even a mouse;

The stockings were hung by the chimney with care

In hopes that St. Nicholas soon would be there;

The children were nestled all snug in their beds,

While visions of sugar-plums danced in their heads;

And mamma in her kerchief, and I in my cap,

Had just settled our brains for a long winter's nap,

When out on the lawn there arose such a clatter,

I sprang from my bed to see what was the matter.

Away to the window I flew like a flash,

Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow

Gave the lustre of mid-day to objects below,

When, what to my wondering eyes did appear,

But a miniature sleigh, and eight tiny reindeer,

With a little old driver, so lively and quick,

I knew in a moment it must be St. Nick.



More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name:
“Now, Dasher! now, Dancer! Now, Prancer and Vixen!
On, Comet! on, Cupid! on, Dunder and Blitzen!
To the top of the porch! To the top of the wall!
Now dash away! Dash away! Dash away all!”

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky;
So up to the house-top the coursers they flew,
With the sleigh full of toys, and St. Nicholas too.
And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St. Nicholas came with a bound.

He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back,
And he looked like a pedler just opening his pack.
His eyes—how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow;
The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath;



He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly.

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself;

A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work,
And filled all the stockings; then turned with a jerk,

And laying his finger aside of his nose,
And giving a nod, up the chimney he rose;
He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight,
“Happy Christmas to all, and to all a good night!”



It's Beginning to Look a Lot Like Christmas

By Perry Como

It's beginning to look a lot like Christmas, everywhere you go.

Take a look in the five and ten, glistening once again.

With candy canes and silver lanes aglow.

It's beginning to look a lot like Christmas, toys in every store,

But the prettiest sight to see is the holly that will be on your own front
door.

A pair of Hop-a-long boots and a pistol that shoots are the wish of Barney
and Ben.

Dolls that will talk and will go for a walk is the hope of Janice and Jen.

And Mom and Dad can hardly wait for school to start again.

It's beginning to look a lot like Christmas, everywhere you go.

There's a tree in the grand hotel, one in the park as well,

The sturdy kind that doesn't mind the snow.

It's beginning to look a lot like Christmas, soon the bells will start.

And the thing that will make them ring is the carol that you sing right
within your heart.



Silent Night

Silent night, holy night
All is calm, all is bright
Round yon Virgin, Mother and Child
Holy Infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace

Silent night, holy night
Shepherds quake at the sight
Glories stream from heaven afar
Heavenly hosts sing Alleluia
Christ the Savior is born
Christ the Savior is born

Silent night, holy night
Son of God, love's pure light
Radiant beams from Thy holy face
With the dawn of redeeming grace
Jesus Lord, at Thy birth
Jesus Lord, at Thy birth



Don oíche úd i mBeithil

Don oíche úd i mBeithil
beidh tagairt faoi ghréin go brách,
Don oíche úd i mBeithil
gur tháinig an Briathar slán;
Tá gríosghrua ar spéartha
's an talamh 'na chlúdach bán;
Féach Íosagán sa chléibhín,
's an Mhaighdean 'Á dhiúl le grá
Ar leacain lom an tsléibhe
go nglacann na haoirí scáth
Nuair in oscailt gheal na spéire
tá teachtaire Dé ar fáil;
Céad glóir anois don Athair
sa bhFlaitheasa thuas go hard!
Is feasta fós ar sa thalamh
d'fheara dea-mhéin' siocháin!





USEFUL RESOURCE

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=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/>