



THE Alzheimer

SOCIETY OF IRELAND

December

• 2025 •

Activity Pack One
Active Engagement



Activity Pack One

Active Engagement

December

Dear Friends,



Hello and welcome to December!

As the year draws to a close and the festive season sparkles into view, this month's activity pack is filled with warmth, creativity, and a generous helping of Christmas cheer. Whether you're in the mood to get crafty, solve a puzzle, or simply enjoy a quiet moment with a poem or song, there's something here for everyone.

We're getting into the spirit with a Christmas tree craft, a fun and festive way to create your own seasonal decoration. In the kitchen, we're whipping up a classic Tiramisu, a deliciously indulgent treat that's perfect for sharing (or keeping all to yourself!).

There's plenty to keep your mind merry and bright too: Christmas-themed sums to test your number skills, a festive quiz to challenge your knowledge, and a Sudoku puzzle for a satisfying brain workout. You'll also find Christmas song lyrics and poems to enjoy, ideal for a sing-along or a quiet read by the fire.

Whether you're crafting, baking, puzzling, or simply relaxing with a cup of something warm, we hope this month's pack brings joy, creativity, and a touch of magic to your December.

Wishing you a peaceful and joyful festive season,

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

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

Silent Night

Santa Baby

Joy to the World

Oh Holy Night

Deck The Halls

The First Nowell

Jingle Bells

Away in a Manger



Wordsearch



Silent Night

Santa Baby

Joy to the World

Oh Holy Night

Deck The Halls

The First Nowell

Jingle Bells

Away in a Manger





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 - In which ocean can Christmas Island be found?
- 6 - What was Frosty the Snowman's nose made from?
- 7 - What plant starting with the letter P is associated with Christmas?
- 8 - What does Santa leave for children under the tree?
- 9 - What are "roasted on an open fire" and featured in a famous Christmas song?
- 10 - What did "my true love give to me" on the 12th day of Christmas?





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 - In which ocean can Christmas Island be found? **Indian Ocean**
- 6 - What was Frosty the Snowman's nose made from? **Button**
- 7 - What plant starting with the letter P is associated with Christmas?
Poinsettia
- 8 - What does Santa leave for children under the tree? **Presents**
- 9 - What are "roasted on an open fire" and featured in a famous Christmas song? **Chestnuts**
- 10 - What did "my true love give to me" on the 12th day of Christmas?
Twelve Drummers Drumming



















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.



				= 19
				= <u> </u>
				= <u> </u>
				= <u> </u>

Christmas Square Sums

Answers



= 19

= 17

= 27

= 21

Sudoku

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.



		1	
			2
		2	
4		3	1



Sudoku

Fill in the puzzle so that every row across, every column down and every 4 by 4 box contains the numbers 1 to 4.



		2	
		3	1
1		4	
2	4		3



Solutions



Puzzle One:

2	4	1	3
3	1	4	2
1	3	2	4
4	2	3	1

Puzzle Two:

3	1	2	4
4	2	3	1
1	3	4	2
2	4	1	3



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

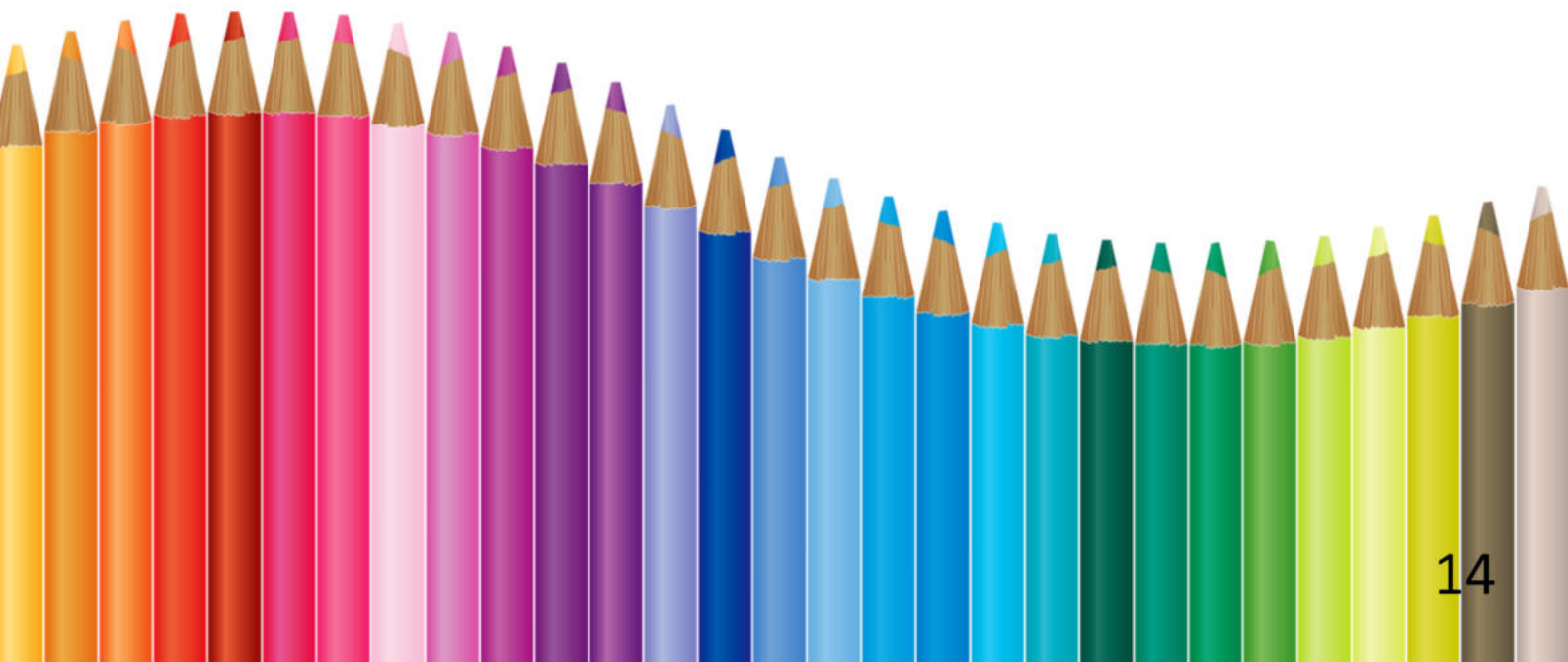
Cook Time: 0

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.

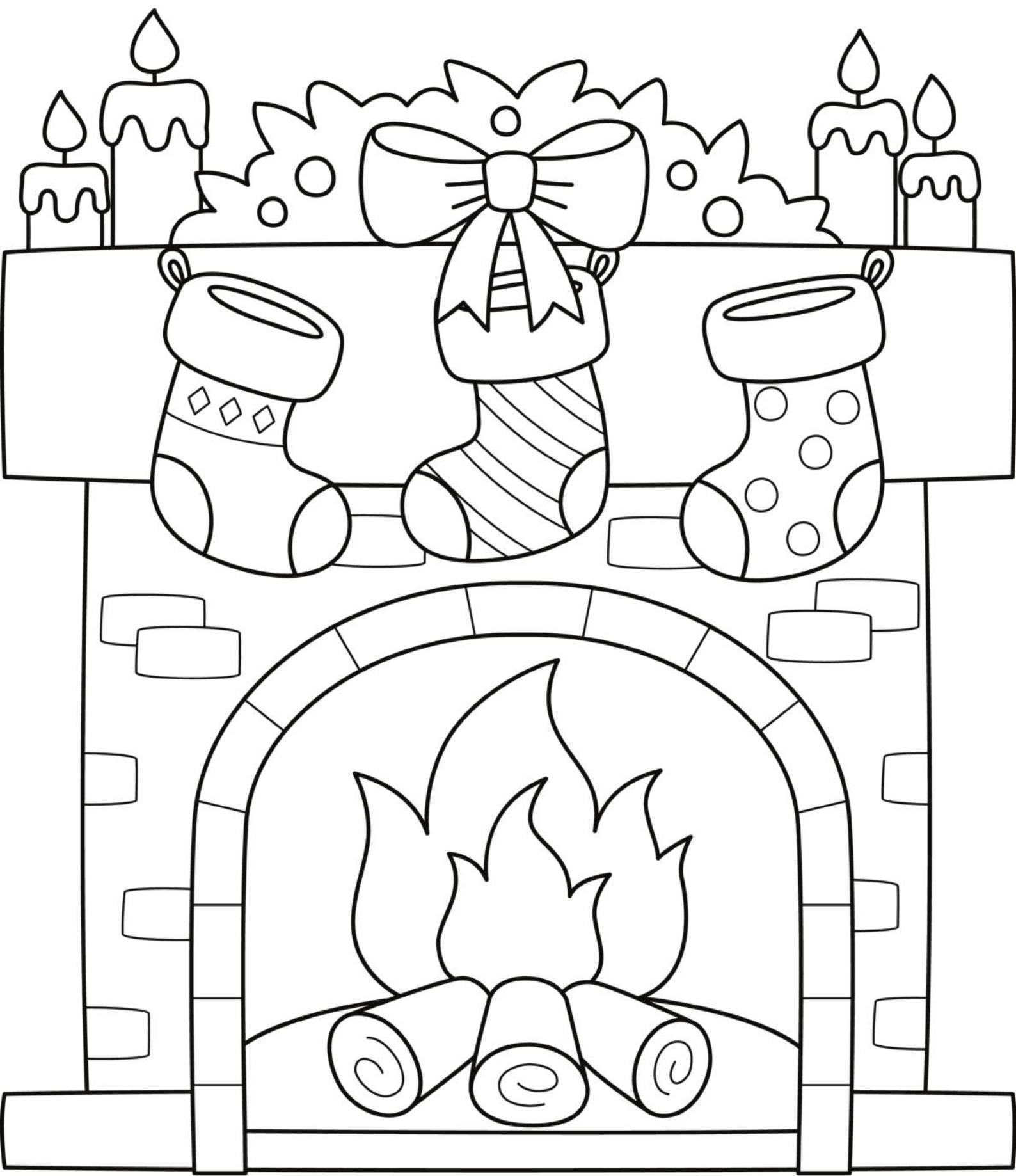


Colouring Pages







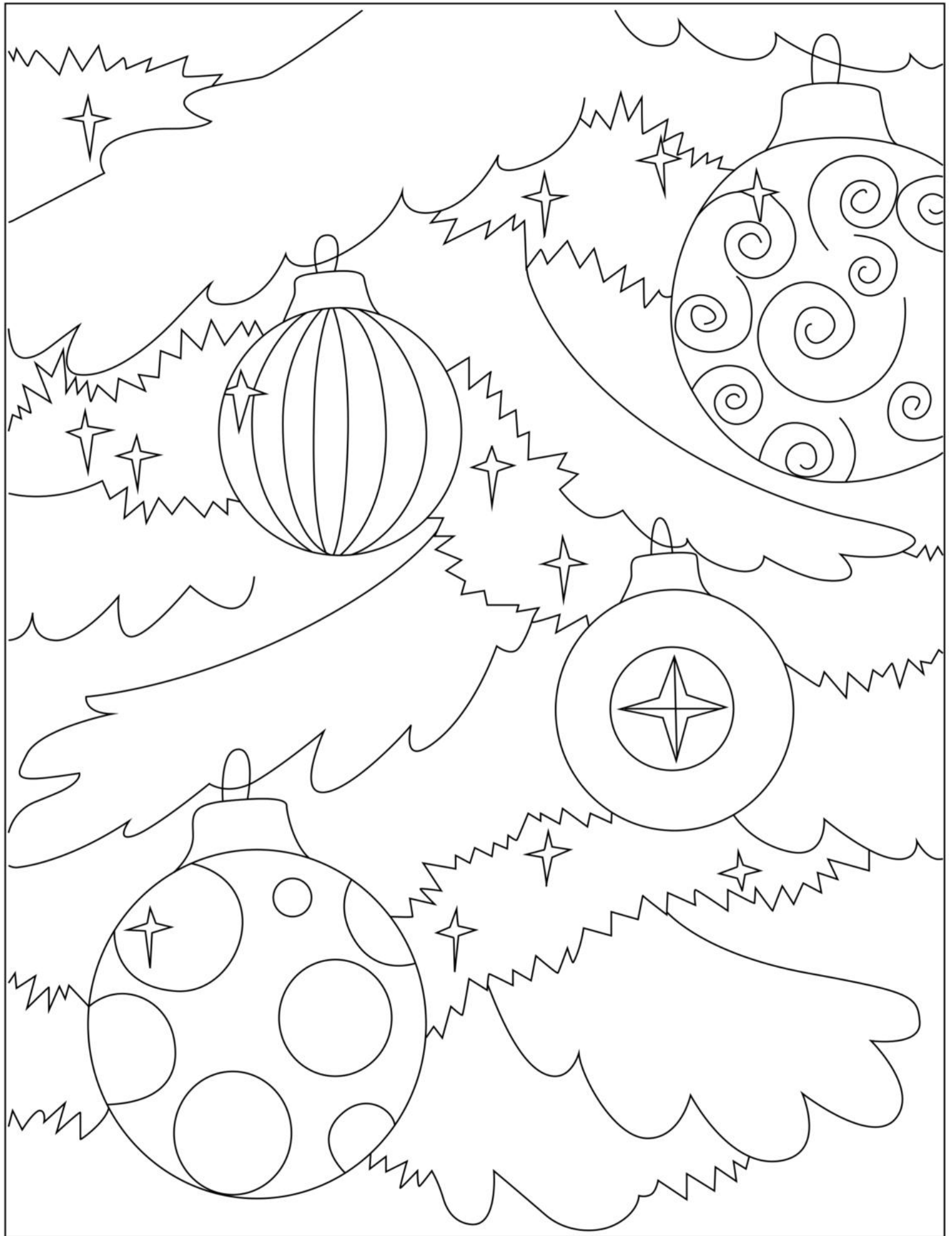












The Magi

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
Greets 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 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



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/>