



THE Alzheimer  

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SOCIETY OF IRELAND

January  
2026

**Activity Pack Two**  
**Relaxed Engagement**



# Activity Pack Two

## Relaxed Engagement

JANUARY  
2026



Dear Friends,

Hello and welcome to January!

As a new year begins, January invites us to slow down, settle in, and enjoy a gentle start to the months ahead. This month's activity pack is all about relaxation, comfort, and easy enjoyment, helping you ease into the year with warmth and good company.

In the kitchen, we'll be making a comforting bowl of leek and potato soup, simple, nourishing, and perfect for cosy winter days. It's a lovely recipe to enjoy while warming up after the colder weather.

There's plenty here to keep both mind and spirit refreshed. You'll find a selection of puzzles and activities to gently wake up the brain, along with a calming Irish poem focused on rest and renewal — ideal for a quiet moment of reflection.

Music lovers can look forward to a collection of hits from the 1960s, bringing back memories and familiar tunes that are perfect for listening, reminiscing, or even a little toe-tapping.

Whether you're enjoying a peaceful puzzle, listening to classic songs, or relaxing with a warm bowl of soup, we hope this month's pack brings comfort, calm, and a positive start to the year.

Wishing you a restful and happy 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** or Email: [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie).



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# Simple Fruit Bird Feeder

## Materials Needed

- An Orange
- String
- Birdfeed
- A skewer or scissors to poke holes in the orange
- Iced pop 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

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

**New Year  
Midnight**

**Celebration  
Countdown**



# Wordsearch



New Year  
Midnight

Celebration  
Countdown





# January Calm

Let's sit quietly for a moment.

There's nothing you need to do.

Take a gentle breath in ..... and let it out slowly.

**Pause.**

Feel the chair holding you.

Feel your feet on the floor.

You're safe here.

**Pause.**

January is a quiet time.

The days are calm.

Nature is resting.

**Pause.**

You can rest too.

There's no rush.

Pause.

Take one more easy breath in ..... and out.

**Pause.**

You are calm.

You are safe.

You are cared for.



# 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.




= \_\_\_\_\_

= \_\_\_\_\_

= \_\_\_\_\_

= \_\_\_\_\_

# Squares Sums

## Answers



= 37

= 33

= 28

= 23

# 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**

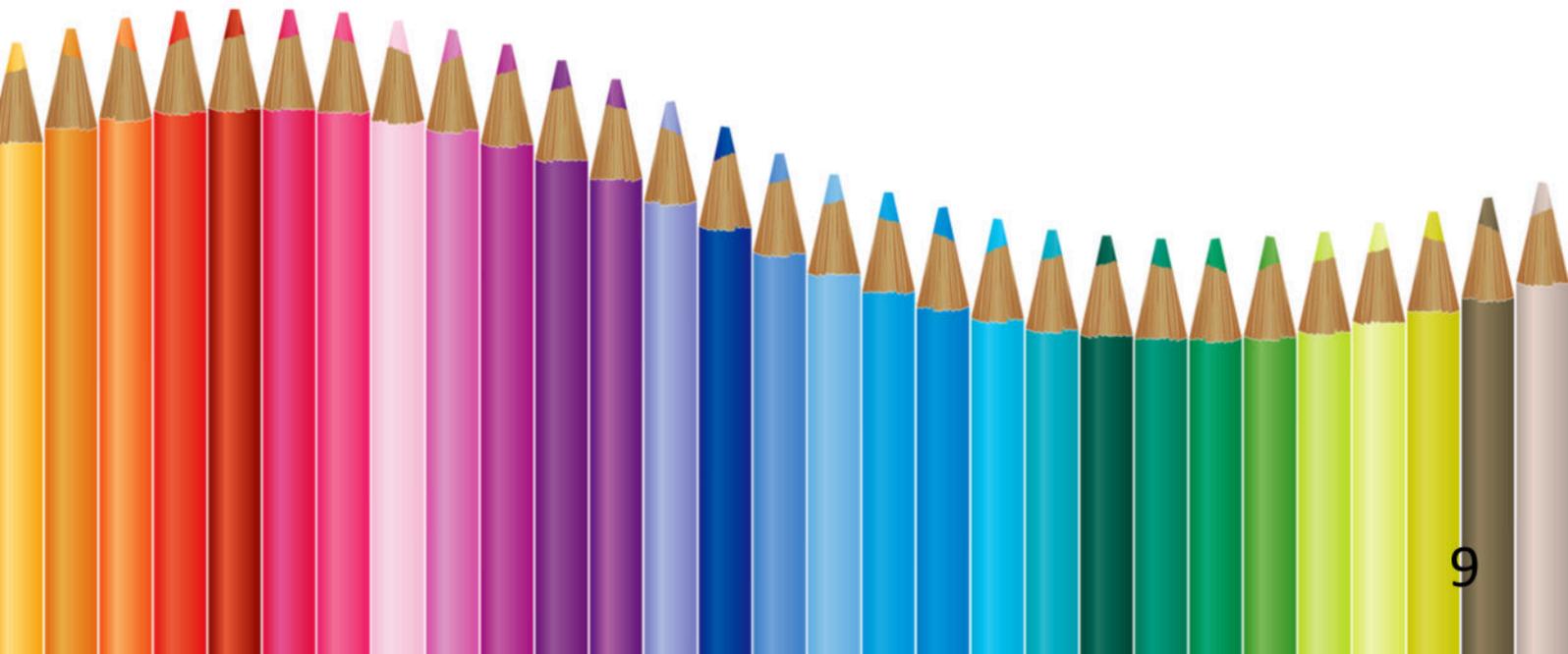
**Cook Time: 25 minutes**

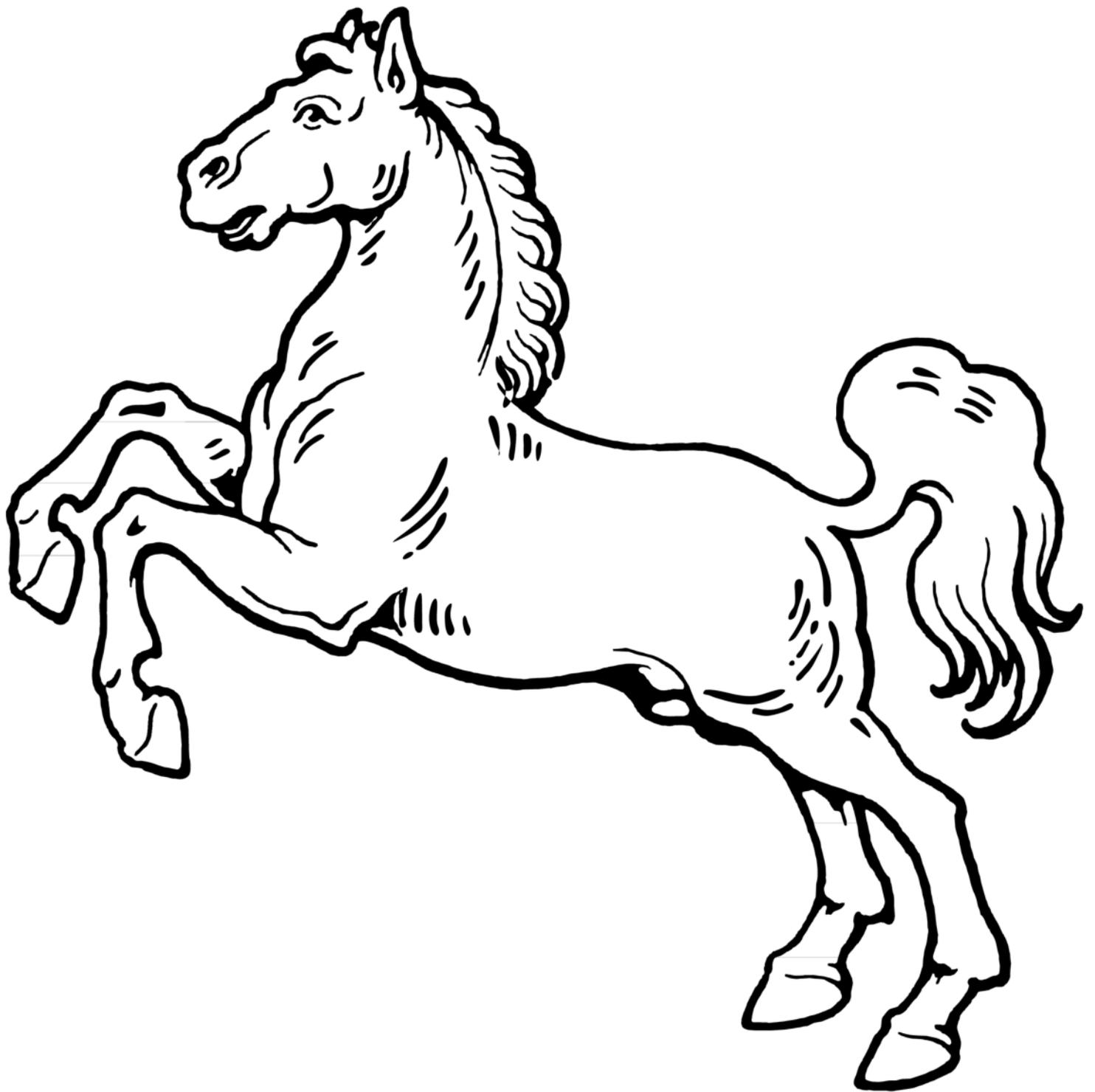
## Method

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













# 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

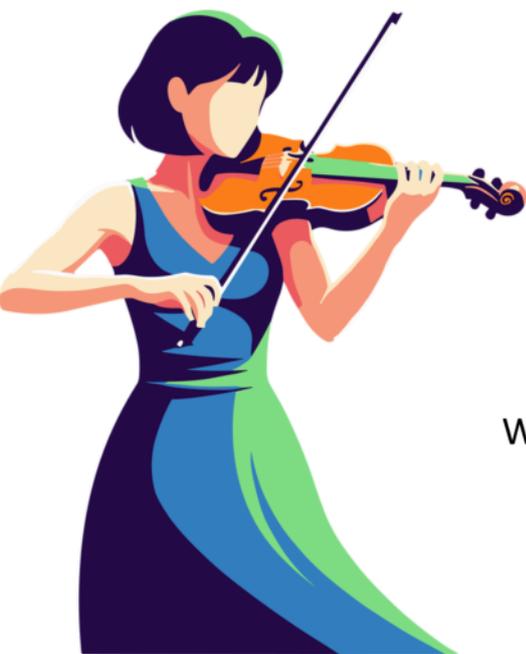
When I play on my fiddle in Dooney,  
Folk dance like a wave of the sea;  
My cousin is priest in Kilvarnet,  
My brother in Moharabuiee

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?v=IFcSrYw-ARY>

- Calm Classical: [https://www.youtube.com/watch?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-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/>



