THE Alzheimer
SOCIETY OF IRELAND



2026

Activity Pack Two

Relaxed Engagement

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Relaxed Engagement



Hello Friends,

As December arrives, we hope this month's Relaxed Engagement Pack brings warmth, creativity, reminiscence, and meaningful connection this winter.

This month's pack includes Wintery Sensory Experiences, featuring seasonal activities such as a Winter Sensory Tray, Snowstorm in a Bottle and Winter Spice Pomanders. Alongside these, you'll find winter-themed word searches, Everyday Numbers activities, colouring pages and A Little Winter Warmth, a gentle guided meditation designed to encourage relaxation and reflection. You'll also discover a comforting Sausage & Mash Pie recipe, seasonal poems by Emily Brontë, Mo H. Saidi and Robert Frost, and familiar festive songs to inspire singing, conversation and shared memories. We've included a range of useful resources to support music, relaxation, exercise and reminiscence throughout the month.

As always, every contribution is valued, whether someone chooses to create, chat, sing, explore, reflect or simply enjoy a quiet moment together. We hope these activities bring comfort, enjoyment and connection during the winter days ahead.

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 or Email: helpline@alzheimer.ie.

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Wintery Sensory Experiences

1. Explore the Winter Sensory Tray (15 minutes)

What You Could Use?

- Pine cones
- Soft white fleece or cotton wool (snow)
- Evergreen sprigs (fir, pine)
- Cinnamon sticks
- Orange slices (dried or fresh)
- Battery-operated fairy lights
- Silver and blue textured fabrics

How to make it:

Arrange items on a shallow tray and encourage participants to:

- Touch and explore textures
- Smell the cinnamon and pine
- Hold and sort objects
- Talk about winter memories, Christmas preparations, frost, or gardening



Wintery Sensory Experiences

2. Snowstorm in a Bottle (10 minutes)



Fill clear plastic bottles with:

- Water
- Silver glitter
- White sequins
- Small winter-themed objects

SEAL SECURELY.

Participants can shake, watch, track the movement and discuss "snowstorms" or winter weather.

3. Winter Spice Pomanders (15 minutes)



Materials:

- Oranges
- Whole cloves

Support participants to press cloves into oranges where possible, or staff can assist.

Sensory benefits:

- Strong festive scent
- Tactile experience of handling fruit and cloves
- Creates a room fragrance afterwards

Adaptation: Participants can simply hold, smell and pass the materials if dexterity is limited.

Wordsearch



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



GRAVY

MINCEPIES

SPROUTS

TURKEY

STUFFING

GINGERBREAD

Wordsearch



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



GRAVY

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Wordsearch

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



SKIING BOBSLEIGH

SNOWBOARDING SKI JUMPING

SKATING CURLING



Wordsearch

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

SKIING

BOBSLEIGH



SNOWBOARDING

SKI JUMPING

SKATING

CURLING



Everyday Numbers

Puzzle 1 – Christmas shopping

You pop into town to buy a few last-minute Christmas presents.

Your shopping comes to €16.50

You hand over a €20 note.



How much change should you receive?

Extra challenge: If you also buy a Christmas card for €2, how much will your shopping cost altogether?

Puzzle 2 – Preparing Christmas dinner



Christmas dinner is planned for 2pm.

The turkey needs 3 hours in the oven.

What time should you put the turkey in?

Extra challenge: You need 30 minutes to prepare the vegetables. When should you start preparing them?

Everyday Numbers



Puzzle 3 – Christmas Cards

You have 12 Christmas cards to send.

You post 5 on Monday and 3 on Tuesday.

How many cards do you still have left to post?

Extra challenge: If you post the remaining cards equally over Wednesday and Thursday, how many will you post each day?

Puzzle 4 – A Winter's Afternoon

You leave home for a winter walk at 10:30am

You return home at 11:15am



How long were you out walking?

Extra challenge: If you had stayed out for another 15 minutes, what time would you have returned?

Everyday Numbers

Puzzle 5 – Festive Food Shopping



You are buying mince pies for visitors.

One box contains 6 mince pies.

You buy 3 boxes.

How many mince pies have you bought altogether?

Extra challenge: If your guests eat 8, how many will be left?

Puzzle 6 – Decorating the house

You have 15 Christmas decorations to put on the tree.

5 are red, 4 are gold, and the rest are silver.

How many silver decorations do you have?

Extra challenge: How many decorations are there altogether if you add another 3 silver ones?



Everyday Numbers

A few suggestions for using the activities

For people who need a bit more suppoprt.

- Presenting one puzzle at a time rather than giving them the whole page.
- Reading the question aloud and allowing plenty of thinking time.
- Using real objects, calendars, clocks or money where helpful.
- Offering the extra challenge only if the person is enjoying the activity.
- Accepting talking through an answer as much as getting the correct answer.

An important consideration: The puzzles should be a starting point for conversation, not a test of ability. Some people may enjoy working independently, while others may benefit from a little prompting.

A Little Winter Warmth

(5 Minutes)



Let's take a little moment to relax.

Make yourself comfortable, take a gentle breath in, and slowly breathe out.

Imagine a beautiful winter's day.
Outside, the air is crisp and cool. Perhaps there is frost sparkling on the grass, or little snowflakes gently falling from the sky.

Picture looking out of a window on a cold winter morning
Perhaps you remember wrapping up warm, putting on your coat and scarf, and feeling the fresh winter air on your face.

(Pause)

Now imagine coming home to somewhere warm and cosy.
Perhaps there is a fire glowing, a favourite chair waiting, and a lovely warm cup of tea.

Imagine the smell of something baking in the oven? Perhaps freshly baked bread, warm apple pie or gingerbread.

(Pause)

Winter is a time for little lights.
Perhaps you remember candles glowing in windows, colourful decorations, evergreen branches or twinkling lights along the streets.



A Little Winter Warmth

(5 Minutes)

Maybe you enjoyed decorating your home or preparing for a special winter celebration with family and friends.

There are many ways to celebrate this time of year, and every home has its own special traditions.

(Pause)

Think now of happy moments shared with others.
Perhaps singing a familiar song, sharing a lovely meal, laughing around the table or enjoying a warm hug.
Maybe there is someone special whose smile you remember.
Sometimes it is the smallest moments that bring us the greatest happiness.

(Pause)

As we finish our little winter journey, imagine those warm lights glowing softly around you.

- Feel the comfort of your chair.
- Take a gentle breath in, and slowly breathe out.
- May you feel warm, safe and peaceful.
- May your days be filled with kindness, familiar comforts and little moments of happiness.
- And remember, even on the coldest winter days, there is always a little warmth and light to be found.

Thank you for sharing this peaceful moment together. ❤️



SAUSAGE & MASH PIE

INGREDIENTS

FOR THE MASH

- 1kg/2lb 4oz Maris Piper potatoes, peeled and cut into large chunks
- 50ml/2fl oz milk
- 40g/1½oz butter
- 25g/1oz cheddar, grated

Prepare: less than 30 mins

Cook: 30 mins to 1 hour

Serve: Serves 4–6

FOR THE FILLING

- ½ tbsp oil, for frying
- 8 pork sausages (we used Cumberland)
- 1 tbsp butter
- 1 large onion, sliced
- 1 garlic clove, crushed
- 1 tbsp dried mixed herbs
- 2 tbsp apple chutney
- 1 tsp wholegrain mustard
- 2 tbsp plain flour
- 1 tbsp cider vinegar
- 500ml/18fl oz hot beef stock
- salt and cracked black pepper



SAUSAGE & MASH PIE

- Preheat the oven to 200C/180C Fan/Gas 6.

- Place the potatoes in a large saucepan of salted water. Bring to the boil, then turn down the heat to medium and allow to simmer for 10–15 minutes until the potato is soft when tested with a sharp knife.

- Drain the cooked potatoes into a colander, then return them to the warm pan along with the milk, butter and some salt and pepper. Mash the potatoes until smooth and fluffy. Set aside ready for assembly.

- Meanwhile, make the filling. Warm the oil in a pan over a medium heat then add the sausages. Fry for 8–10 minutes, browning the sausages on all sides. Remove the sausages from the pan and transfer to a plate.

- In the same pan, melt the butter then add the onion. Fry the onions for 4–5 minutes until they start to soften and brown. Add a pinch of salt and the garlic. Fry for a further 1–2 minutes.

- Sprinkle in the herbs and stir through the chutney and mustard. Sprinkle in the flour, stir to coat the onions, then add any juices from the sausage plate along with the cider vinegar and stock.

- Bring everything in the pan to the boil before reducing the heat to a rapid simmer. Cook for 5–8 minutes until the liquid is reduced and a thick, glossy gravy is created. Chop the cooked sausages into chunky pieces and add to the gravy. Taste and season as necessary with salt and pepper.

- Carefully pour the sausage mixture into an ovenproof dish before spooning over the prepared mashed potatoes. Sprinkle with the grated cheese and place in the oven for 25–30 minutes until the potato is golden and crispy.

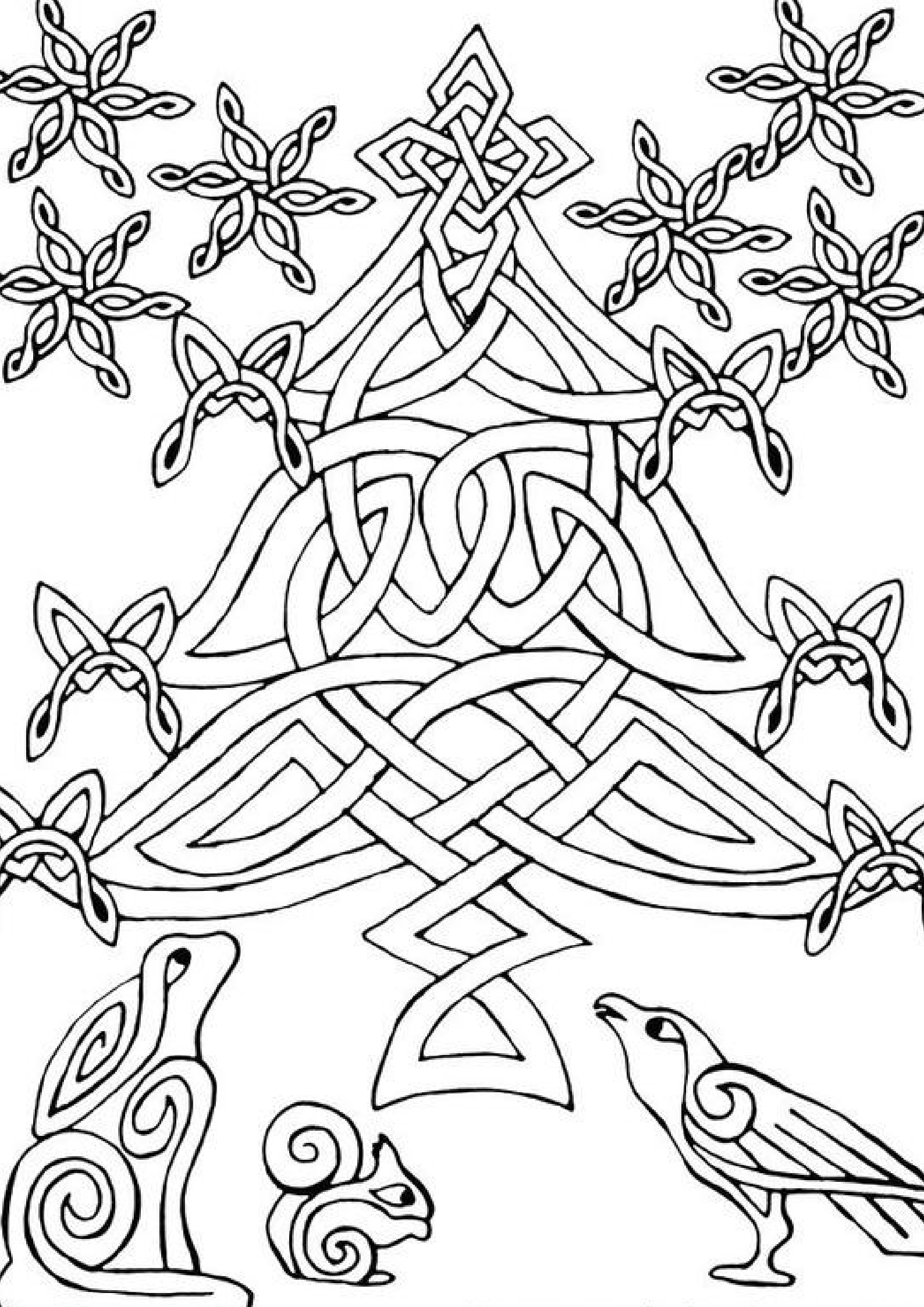
- Remove from the oven and allow to rest for 5 minutes before serving alongside seasonal greens.





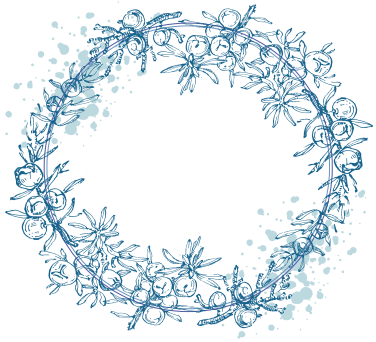



Crafting A Green World



To a Wreath of Snow

By Emily Brontë



O transient voyager of heaven!
O silent sign of winter skies!
What adverse wind thy sail has driven
To dungeons where a prisoner lies?

Methinks the hands that shut the sun
So sternly from this morning's brow
Might still their rebel task have done
And checked a thing so frail as thou.

They would have done it had they known
The talisman that dwelt in thee,
For all the suns that ever shone
Have never been so kind to me!

For many a week, and many a day
My heart was weighed with sinking gloom
When morning rose in mourning grey
And faintly lit my prison room

But angel like, when I awoke,
Thy silvery form, so soft and fair
Shining through darkness, sweetly spoke
Of cloudy skies and mountains bare;

The dearest to a mountaineer
Who, all life long has loved the snow
That crowned his native summits drear,
Better, than greenest plains below.

And voiceless, soulless, messenger
Thy presence waked a thrilling tone
That comforts me while thou art here
And will sustain when thou art gone

The Night of the Snowfall

by Mo H. Saidi

Snow falls gently in the Hill Country
covering the meadows and the valleys.
The sluggish streaks of smoke climb quietly
from the roofs but fail to reach the lazy clouds.

On Alamo Plaza in the heart of the night
and under the flood of lights, the flakes float
like frozen moths and glow like fireflies.
They drop on the blades of dormant grass.

They alight on the cobblestones and live awhile
in silence, they dissolve before dawn.
The wet limestone walls of the mission
glow proudly after the night of snowfall.

Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
To watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

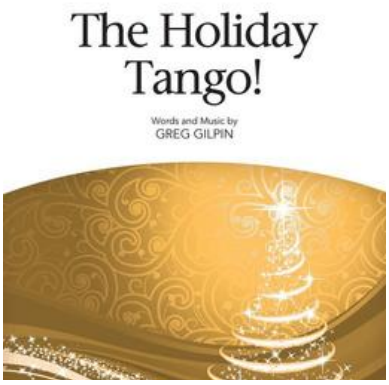
He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



The Holiday Tango

GREG GILPIN



The sleigh-bells jingle,
the shoppers mingle,
I get a tingle
from watching such a show!
You can feel the magic in the air,
it's what we call
The Holiday Tango!
We're, oh, so merry,
cheeks red as berries,
as we all carry
our presents to and fro.
Red and green surround us everywhere,
it's what we call
The Holiday Tango!
Good or bad,
you know that Santa knows.
Happy or sad,
you know that Santa knows.
Naughty or nice,
always think twice
before your name goes on the list!
A choir is singing,
a bell is ringing,
the ding-dong-dinging
is everywhere I go!
What a special time of year it is.
It's what we call
The Holiday Tango!
Good or bad,
you know that Santa knows.
Happy or sad,
you know that Santa knows.
Naughty or nice,
always think twice
before your name goes on the list!
The scene is jolly,
evergreen and holly,
by gosh, by golly,
I see some mistletoe!
Off we go,
no matter what they say.
Have some fun,
be merry all the day.
Once a year,
we dance the night away!
It's what we call,
The Holiday Tango!





A Christmas Carol

From the Musical Scroouge

Sing a song of gladness and cheer
For the time of Christmas is here
Look around about you and see
What a world of wonder
This world can be
Sing a Christmas carol

Sing a Christmas carol like the children do
And enjoy the beauty
All the joy and beauty
That a merry Christmas can bring to you

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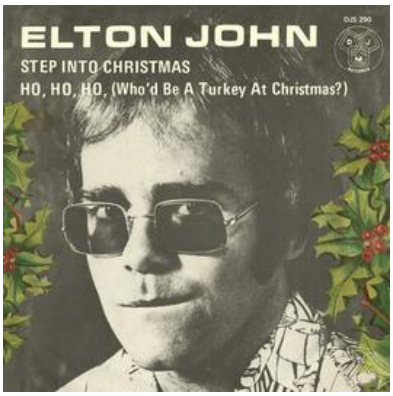

Step Into Christmas

Elton John

Welcome to my Christmas song
I'd like to thank you for the year
So I'm sendin' you this Christmas card
To say, "It's nice to have you here"

I'd like to sing about all the things
Your eyes and mind can see
So hop aboard the turntable
Oh, step into Christmas with me, yeah

Step into Christmas, let's join together
We can watch the snow fall forever and ever
Eat, drink and be merry, come along with me
Step into Christmas, the admission's free

Take care in all you do next year
And keep smilin' through the days
If we can help to entertain you
Oh, we will find the ways

So merry Christmas, one and all
There's no place I'd rather be
Than askin' you if you'd oblige
Steppin' into Christmas with me

Step into Christmas, let's join together
We can watch the snow fall forever and ever
Eat, drink and be merry, come along with me
Step into Christmas, the admission's free, oh

Welcome to my Christmas song
I'd like to thank you for the year
So I'm sendin' you this Christmas card
To say, "It's nice to have you here"

I'd like to sing about all the things
Your eyes and mind can see
So hop aboard the turntable
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Step into Christmas, the admission's free

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Eat, drink and be merry, come along with me
Step into Christmas, the admission's free

Step into Christmas, let's join together
We can watch the snow fall forever and ever
Eat, drink and be merry, come along with me
Step into Christmas, the admission's free, oh



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/
- Love Meditation: https://www.youtube.com/watch?v=IViX4VrPU2s

EXCERSICE

- 10 Today - https://www.bbc.co.uk/programmes/p087wddm
- Five in Five - https://weareundefeatable.co.uk/media/exuhwosv/five-in-five-booklet.pdf
- Love to Move - https://britishgymnasticsfoundation.org/wp-content/uploads/2020/03/Love-to-Move-booklet.pdf



OTHER

- The Virtual Dementia Hub: Museum https://virtualdementiahub.ie/category/art/imma/
- Beautiful Relaxing Music: https://www.youtube.com/watch?v=lFcSrYw-ARY
- Calm Classical: https://www.youtube.com/watch?v=9E6b3swbnWg&list=RDQMgYS1R4vOwcM&start_radio=1
- 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/

REMINISCENCE

- www.thereplay.ie

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/