

- I. History lesson (Promotes social, cognitive, emotional and sensory aspects)
  - Each day highlight at least one historical activity based on art, literature or architectural subjects between 14<sup>th</sup> – 17<sup>th</sup> centuries. This will give the residents opportunity to learn, review and discuss. Some residents may reminisce of travels to Italy, England or France and/or possible museum trips where they saw some of the subject and will talk about them during the open discussion time.
    - Art:
      - Leonardo Da Vinci (1452-1519)
        - Suggest also exploring his invention sketches.
      - Michelangelo Buonarroti (1475-1564)
      - Nicholas Hilliard (1547-1619)
    - Literature:
      - Shakespeare
      - Giovanni della Casa (1503-56)
        - Rules of Etiquette (a must read)
      - Lodovico Ariosto (1474-1533)
        - Journey to the Moon (a must read)
    - Architectural (Architects with list of important/famous works)
      - Giacomo da Vignola (1507-73)
        - Villa Caprarola
        - St. Peter's Basilica
        - Church of the Gesu in Rome
      - Andrea Palladio (1508-80)
        - Villa Capra
        - Basilica in Vicenza
        - San Giorgio Maggiore (is most elaborate work)
      - Filippo Brunelleschi (1377-1446)
        - Church of San Spirito
        - Pazzi Chapel
        - San Lorenzo, Florence
- II. King and Queen: (Promotes social, cognitive, sensory and emotional aspects)
  - A facility king and queen will be randomly selected through a daily drawing. Resident can only be king or queen once during the week.
- III. Knights and Fair Maidens: (Promotes social, cognitive, sensory and emotional aspects)
  - Daily drawings for knights and fair maidens' ceremony. Depending on how many men and women are in the facility divide the number of each to determine how many will be knighted or flower-crown presented that day.

NOTE:

Have separate drawings for each character so the residents will have a chance at each. The resident cannot be both king/queen and knight/fair maiden on the same day. If by chance this happens then put the name back in the bowl for another day.

EX. Resident James was drawn to be king and the same day his name was drawn to be a knight. Drop his name back in the bowl for a chance to be knight some other day and toss his name out of the king bowl.

If you have equal number of male and female on multilevel floors, then have a king and queen for each floor. There will always be multiple knights and maidens because you want all your residents to be king/queen and/or knight/fair maiden some time during the week. Even if it means you will have a morning and an evening ceremony each day. Each ceremony will be brief. The King and Queen drawing should be held in the “Royal Court” area with everyone present. The knight and fair maiden drawing can be held at different times, but still in the “Royal Court” area with the king and queen so they can knight and flower-crown the winners for that day. Possible do the king/queen ceremony before breakfast and the knight/fair-maiden after breakfast.

IV. Crafts projects: (Promotes social, cognitive, sensory and physical aspects)

- Men:
  - Leather belts or wallets
  - Wood work (possible a walking cane or keepsake box)
- Women:
  - Charmed pins or necklace
  - Scented lotions
- Men and Women:
  - Macramé (simple knotted plant hanger)
  - Pottery (deep bowl for plant)
  - Basket weaving (simple or true to the craft method depending on skill level)
  - Stained glass (sun catcher)
  - Mosaic table top (group project)
  - Metal sculpturing (photo holder)
  - Paint (self-expression)

V. Entertainment: (Promotes social, cognitive, sensory, emotional and physical aspects)

- Strolling minstrels
- Gypsy dancers (or can use belly dancers)
- Story Tellers or Court Jesters
- Jugglers
- Magicians

VI. Games: (Promotes social, cognitive, sensory and physical aspects)

- Word search/scramble

- Roll the hoop:
  - This is slightly altered from what history documents. Use hula hoops to let residents roll and then measure the distance, with the further distance being the winner.
- Nine pin:
  - Like bowling except set up nine pins and try to knock them all down with one roll of the bowl.
- Spinners:
  - Have different color wooden tops, one for each resident. At the same time have all residents spin their tops. See whose top spins the longest. Can repeat several time for fun or for a treat.
- True Identity:
  - Last day game to see how much the residents can recall about the history discussed this week. This is kind of like Jeopardy, except they see the picture or you can read/show a quote and the resident guesses the responsible person. Ex: Show a picture with Romeo and Juliet that also shows the title, and then asks who write this love story. Was it a) Queen Elizabeth, b) Leonardo De Vince, or c) Shakespeare?

VII. Food:

- Bread bowls with soup:
  - This is more modern, but I remember them serving small single servings at our local renaissance festival and they sold out because they were so good.
- Tarts:
  - Cheese filling.
  - Lemon filling or other fruit filling
- Fruit – Fresh or Dried:
  - Grapes, blueberries, raspberries, strawberries and roll them in a little Splenda or powder sugar after washing to them as Queen Elizabeth did.
  - Or to be really true to the time period serve them dried fruit.
- Cheese:
  - Real cheese you have to slice yourself or the real soft kind, such as goat cheese this can be served with the fruit. A little goes a long way and it is just to taste the renaissance experience, not to serve as a meal.
- Fish:
  - Fish dishes were always served when possible. Meat of any kind was scarce depending the season and the location.
  - Suggestions:
    - Service tuna salad on wheat crackers.
    - Slice small squares of salmon to serve on either wheat crackers or on endive leaves (the small ones)

VIII. Movie suggestions:

- Elizabeth – The Golden Age
- Romeo and Juliet
  - The 1968 version is the best for this theme showing.

- Brothers Grimm
  - This movie does have some historical value due to the writings of the Brothers Grimm were during this time period; however it is based on the mystery of the tales. Some scenes are scary.
- A Knight's Tale
  - Has a lot of jousting in it.
- Black Knight
  - This is a very funny comedy!
- Ever After
  - A Cinderella story, but still a very good movie in this time period.

IX. Decorations:

- Costumes need to be in rich color tone, dresses long, vest that lace up, most had full ruffle sleeves, feather hats, leather pouches, and ribbon for women hair.
  - King and Queen Robes – red with gold and fur trim. These are easily made.
  - Kings crowns and Queens tiaras
  - Play sword for knighting the Knight
  - Flower-crown for Fair Maiden
- Props:
  - Fern and other fake plants
  - Old wooden buckets
  - Wooden well
  - Horse troth
  - Natural baskets
  - Shields
  - Armor
  - Swords
  - Fake large stones or painted murals
  - Tapestry
  - Flags
  - Any black rod iron home décor
  - Ornate rugs
  - Over sized chairs to use for King/Queen thrones
  - Make "Royal Court" to look like a throne room in a castle
  - Make outside door to Royal Court to look like a draw bridge

Note: Most of the ideas will allow the residents that cannot or will not come out of their room to take part in most of the activities for the Renaissance Theme week. Hand out any sheet relating to the historical activity for them to review and discuss with any staff member. Ask staff to engage resident in discussion and note on their chart or simple tell you how the discussion went. Make sure all staff members get copies the day before so they will have a chance to read over the material to answer any questions or at least feel they are a part of the activity. The word games, spinning tops and true identity games can be taken to them as well. All entertainers can travel room to room, if they are willing. The crafts can be taken on an art cart or placed in baggies and delivered to the rooms. Movies can be loaned to those that have DVD players and desire to view them.

References for historical information:

1. The Renaissance – Maker of Modern Man; National Geographic Society, 1970
2. About.com
3. Wikipedia

Suggestions:

Contact local Renaissance Festival coordinators for possible prop loans or rentals.

Check local high school drama and music departments for volunteering in readings and as strolling musicians.

Local dance schools may have someone to volunteer time/talent as gypsy dancers.

Print out pictures from the Internet for the architectural designs for show and tell in discussions.

Check with library to see if they have paintings to loan for the show and tell in art discussion.

Adjust the basket weaving so all skill levels can participate in activity. The lower level residents can thread ribbon in and out of an open whole basket that strawberries sometimes come in. For level 3-4 skill residents, use a piece of large rope cord. As they wrap the cord in a spiral circle they must tie or thread the sections together. Higher level skills can use the same method, except sew the cord sections together or teach them to do true basket weaving.

Set up special names for the activities and/or rooms, such as:

- Elizabethan Times for the discussion sheets, which will be held in Scholars Hall.
- The Market Square is where most/all crafts and entertainment will take place.
- Friar Tucks Pub or French Corridor if you have separate rooms to serve your residents snacks in.
- Royal Court for any area large enough for all residents and staff to see the crowning and knighting ceremonies.

## Renaissance Word Search



ARMOR

CANDLES

CROWN

KING

POTTERY

SHAKESPEARE

TAPESTRY

ART

CASTLE

HISTORY

KNIGHT

QUEEN

STONE

WEAVING

CAMELOT

CREST

HORSE

POEMS

REBIRTH

SWORD

# Renaissance Word Search

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

- ARMOR
- CANDLES
- CROWN
- KING
- POTTERY
- SHAKESPEARE
- TAPESTRY

- ART
- CASTLE
- HISTORY
- KNIGHT
- QUEEN
- STONE
- WEAVING

- CAMELOT
- CREST
- HORSE
- POEMS
- REBIRTH
- SWORD