



MARY AND LEONARD F WING JR
SENSORY AND RESOURCE CENTER

THE WING CENTER



WING CENTER FEATURE PROGRAMS

LIFE SKILLS:

Creative Minds:

VT environmental art, recycle art, glass painting

Knotty Knitters: learn to knit or use a loom, team involvement will contribute toward making a communal quilt

The Book Club: Read, Listen and Discuss

Food for Thought: learn nutrition facts, develop a budget, shop store flyers, read and understand recipes and prepare microwave and slow cooker meals

Exploring Rutland, Vermont and beyond: visit or read about our local, natural, historical sights and attractions

Meet Your Neighbors: Guest Speakers and presenters from in and around Rutland County and Vermont

Rest and Relaxation: learn self and group exercises to maintain focus, sensory awareness and relaxation

SOCIAL SKILLS:

Activities: Social interaction, confidence and independence as well as team building

Bingo

Trivia Pursuit

Music Appreciation: listen, followed by discussions of meaning, rhythm, emotions

Social Awareness: exercises, discussions and best practices sharing

Movie Night: view an informative or expressive story followed by discussions of story's meanings, visuals, emotions

ARC WING CENTER

SAMPLE

2 Week Schedule

WEEK				
1				
Mon	10:00 - 12:00	Sensory Center	OPEN	
	12:00 - 1:00	"Food for Thought"		Part 1
	1:00 - 2:00	"Food for Thought"		Part 2
	2:00 - 3:00	Sensory Center	OPEN	
				Sensory Awareness Life Skill Programming Life Skill Programming Sensory Awareness Social Skills Programming
Tues	10:00 - 12:00	Sensory Center	OPEN	
	12:00 - 1:00	Meet your Neighbors		City Services / Partner Agencies
	1:00 - 2:00	"Creative Minds"		Arts & Crafts
	2:00 - 3:00	Sensory Center	OPEN	
				Sensory Awareness Social Skills Programming Social Skills Programming Sensory Awareness
Weds	10:00 - 12:00	Sensory Center	OPEN	
	12:00 - 1:00	Relaxation & Meditation		Instructor Run Class
	1:00 - 2:00	Music Appreciation		Listen & Discuss
	2:00 - 3:00	Sensory Center	OPEN	
				Sensory Awareness Life Skill Programming Social Skills Programming Sensory Awareness
Thurs	10:00 - 12:00	Sensory Center	OPEN	
	12:00 - 1:00	Social Awareness		Setting goals & tracking progress
	1:00 - 2:00	"Just for Fun" Bingo		Fun & Prizes
	2:00 - 3:00	Sensory Center	OPEN	
				Sensory Awareness Social Skills Programming Social Skills Programming Sensory Awareness

**WEEK
2**

Mon	10:00 - 12:00	<i>Sensory Center</i> OPEN		Sensory Awareness
	12:00 - 1:00	Book Club	Reading & Discussion	Life Skill Programming
	1:00 - 2:00	"Creative Minds"	Beading	Life Skill Programming
	2:00 - 3:00	<i>Sensory Center</i> OPEN		Sensory Awareness
Tues	10:00 - 12:00	<i>Sensory Center</i> OPEN		Sensory Awareness
	12:00 - 1:00	Exploring Rutland & Vermont	Presenters: Rut Historical, Chamber	Social Skills Programming
	1:00 - 2:00	"Creative Minds"	Arts & Crafts	Life Skill Programming
	2:00 - 3:00	<i>Sensory Center</i> OPEN		Sensory Awareness
Weds	10:00 - 12:00	<i>Sensory Center</i> OPEN		Sensory Awareness
	12:00 - 1:00	Volunteer & Employment Opps		Life Skill Programming
	1:00 - 2:00	"Just for Fun" Trivial Pursuit	Fun & Prizes	Social Skills Programming
	2:00 - 3:00	<i>Sensory Center</i> OPEN		Sensory Awareness
Thurs	10:00 - 12:00	<i>Sensory Center</i> OPEN		Sensory Awareness
	12:00 - 1:00	Movie	Part 1	Life Skill Programming
	1:00 - 2:00	Movie Discussion	Part 2	Social Skills Programming
	2:00 - 3:00	<i>Sensory Center</i> OPEN		Sensory Awareness

WING CENTER BUDGET

Construction and Equipment

Item	Cost	NOTES / Sponsor
Signage (main) and other	700.00	Green Screens
CARPENTER	1,500.00	
Custom Cabinetry w/ bins	550.00	
Computer Desk		
Computer Station Shelving		
Custom Brochure Rack		
ELECTRICIAN	1,000.00	
Lighting (Black)	185.00	
Disco Ball	35.00	
Large Screen TV	0.00	Already donated - used
Aquarium with all equipment needed	275.00	
Computer w/Software	0.00	Already donated - used
White Noise Machine	50.00	
Audio system with Speakers (CD & Bluetooth)	200.00	
6' Folding Table	300.00	
Card Table	50.00	
8 Bean Bag Chairs	350.00	
10 Folding Chairs	550.00	
Desk Chair	80.00	
Wall Paint	0.00	Sherwin Williams - donated
Custom Design Wall Mural	100.00	
Planetarium (glow) on Ceiling	75.00	
Construction/Equipment	Total	6,000.00
Part-time Program Assistant	9,045.00	
GRAND TOTAL	15,045.00	

