

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