



# LIFE SKILLS DEVELOPMENT CENTER

## FACILITIES AND AMENITIES

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# TABLE OF CONTENTS

FACILITIES + AMENITIES DIRECTORY	1
COMMON AREAS	2
SOCIAL ENTERPRISES	6
VOCATIONAL + RECREATIONAL SPACES	10
THERAPY ROOMS	15

# FACILITIES + AMENITIES DIRECTORY

## COMMON AREAS

LOBBY + RECEPTION  
MULTIPURPOSE ROOM + THEATER  
MEMBERS LOUNGE  
PARENTS LOUNGE + RESOURCE CENTER  
VOLUNTEER LOUNGE  
STAFF LOUNGE  
MULTIFAITH PRAYER ROOM  
PARTY FUNCTION ROOM  
SITTING ROOM

## SOCIAL ENTERPRISES

CAFÉ  
ADAPTIVE CLOTHING STORE  
SALON  
SENSORY-FRIENDLY ARCADE  
BOWLING ALLEY  
FLORIST SHOP  
VINTAGE + THRIFT SHOP  
ART GALLERY  
SOUVENIR SHOP

## VOCATIONAL + RECREATIONAL SPACES

CULINARY CENTER  
INNOVATION LAB + MAKERSPACE  
COMPUTER + TECH LAB  
ART STUDIO  
DANCE + YOGA STUDIO  
ACTING STUDIO  
VIDEO PRODUCTION + EDITING SUITE  
RECORDING STUDIO  
ADMINISTRATIVE SUITE  
GYMNASIUM  
FITNESS CENTER

## THERAPY ROOMS

PT/OT CENTER  
WATER THERAPY CENTER  
SNOEZELEN ROOM  
MAGIC LEARNING CENTER  
VR THERAPY ROOM  
SENSORY PLAYGROUND  
MUSIC THERAPY ROOM

# COMMON AREAS

## LOBBY + RECEPTION

Our lobby and reception area will welcome visitors into the building. Our friendly receptionist will be able to provide any help or assistance that visitors may need. Beyond reception, the grand staircase will have interactive features and will play music whenever visitors ascend or descend the stairs. With tall ceiling height and both exterior and interior windows, this area will feel light, airy, open, and inviting.



## MULTIPURPOSE ROOM + THEATER

Boasting over 3,000 square feet, the Multipurpose Room will be able to host all kinds of functions, events, and celebrations. With the ability to subdivide, the Multipurpose Room can also accommodate smaller groups for lectures, seminars, socials, and activities. The Multipurpose Room will also double as our 100-seat Theater, which will be equipped with a retractable stage and tiered seating. A ticket booth and concessions stand will make attending a live performance or movie a full theater-going experience.



## MEMBERS LOUNGE

The Members Lounge will contain cubbies where individuals will be able to store their belongings upon entering the building. With plenty of board games, game tables, and comfortable lounge seating, the Members Lounge will serve as a relaxing setting where individuals with disabilities can just chill out and meet new people.



## PARENTS LOUNGE + RESOURCE CENTER

The Parents Lounge will be a quiet environment where parents can relax, catch up on work, and chat with other parents while their child takes part in our programs and activities. The lounge will also contain a Resource Center where parents will be able to read books, journals, magazines, and info sheets on disability-related topics. With complimentary tea and coffee, this serene setting will allow parents to catch their breath and enjoy some respite.

## VOLUNTEER LOUNGE

The Volunteer Lounge will be a cool space for teen and college volunteers to hang out before and in between shifts. With game tables, gaming consoles, comfortable seating, a kitchen, and study lounge, volunteers will find they have everything they need and more. There will also be lockers where volunteers will be able to safely store their belongings. In addition to the rewarding opportunities working with disabled individuals provides, volunteers will meet new people from all over and will form long-lasting bonds and friendships, making their time at our Life Skills Development Center even more enjoyable.



## STAFF LOUNGE

Therapists, class instructors, and adult volunteers will be able to use the Staff Lounge as a place to recharge. Here, they will be able to use the kitchen facilities, store their belongings, and chat with others during their break. The lounge will provide excellent networking opportunities and serve as a space where our hard-working instructors and adult volunteers will be able to meet and build relationships.



## MULTIFAITH PRAYER ROOM

Attendance at typical houses of worship can be daunting for individuals with disabilities, such as those with autism, who might experience sensory overload, produce vocalizations, or be unable to sit for long periods of time. The Multifaith Prayer Room will provide a quiet space for individuals of all faiths to become acclimated to a sanctuary setting and to continue to build upon basic skills in order to increase tolerance to community-based houses of worship.



## PARTY FUNCTION ROOM

Situated near the arcade and bowling alley, the party function room will host birthday parties and other small celebrations. After enjoying party activities tailored to the birthday child's interests, guests will head over to the party function room for pizza and cake.

## SITTING ROOM

The second floor Sitting Room will be another quiet spot for both parents and individuals with disabilities. Comfy couches and cozy corners will make this area a great place to relax and unwind.



# SOCIAL ENTERPRISES

## CAFÉ

Featuring a menu of healthy options, the café will aim to tackle food-related health concerns including obesity, which is often prevalent in populations with disabilities. Individuals who work in the café will acquire valuable vocational and social skills related to the restaurant business. Customers with disabilities can practice key elements of dining out including ordering food, table manners, and post-meal cleanup. The café will be fitted with sleek and modern finishes to give it a trendy atmosphere, which will attract customers from the public. The perfect gathering spot, anyone can invite friends to join in a leisurely lunch or a cup of coffee. The café will be a great place to connect with people and foster friendships, all while enjoying a delicious meal!





## ADAPTIVE CLOTHING STORE

Shopping for clothing in a typical store can be a difficult task for individuals with disabilities. Not only can the environment be overwhelming, but also many of the styles and trends found in today's stores do not meet the needs of these individuals. Complicated buttons, tricky ties, snaps, zippers, and tight waistbands can be frustrating and restrictive. Promoting inclusive fashion by offering clothing with adaptive features such as Velcro, magnetic snaps, elastic waistband, etc., Invictus Forever's clothing store will fuse fashion and function. These adaptive styles will enable individuals to be more independent when dressing.



## SALON

After a successful day of task mastering, individuals will be able to book an appointment at the salon for a well-deserved session of pampering and relaxation. An establishment for all, this soothing setting will offer services in haircuts and styling, makeup makeovers, and manicures. Clients will practice sitting patiently while the staff of beauty professionals and students tend to them. The salon will help to instill confidence in individuals. Keeping with the latest trends and styles, clients will feel great knowing that they look great!



## SENSORY-FRIENDLY ARCADE

With flashing lights and pounding music, typical arcades can often result in sensory overload for gamers with disabilities. Invictus Forever's arcade will be designed with these individuals and their sensitivities in mind. Players can work on improving their fine motor skills while enjoying sensory-friendly games. The arcade will give individuals a chance to have an experience similar to that of their typical peers, but without all the sensory overload.



## BOWLING ALLEY

Adjacent to the arcade, the bowling alley will be a great place to exercise, improve gross and fine motor skills, and hang out with friends. With the option to raise the bumpers and use assistive ramps, every individual will be able to fully experience all the fun bowling has to offer. The bowling alley will also make a fantastic venue for birthday parties and other events.

## FLORIST SHOP

Our florist shop will be a great vocational training site for individuals with disabilities to blossom. Trainees will work with our florists to assemble exquisite arrangements and build beautiful bouquets. In addition to learning about the elements and techniques of floral design, trainees will also come to understand floral trends and the principles of proper plant care.





## VINTAGE + THRIFT SHOP

The Vintage and Thrift Shop will sell secondhand goods donated by members of the general public. Individuals with disabilities will have the opportunity to work in the shop and gain the vocational and social skills associated with running a retail business. These skills will be obtained through customer interaction, operating the register, and sorting through and pricing inventory. Customers will enjoy browsing through the selection of one-of-a-kind merchandise. Whether it's clothing, books, toys, or other items, the Vintage and Thrift Shop will have something for everyone!

## ART GALLERY

The Art Gallery will showcase pieces created by artists with disabilities. Participants in studio classes and our visual art and design vocational training pathway will have the option to display their work in the gallery. Handmade crafts of all kinds will be available for members of the public to purchase.



## SOUVENIR SHOP

The Souvenir Shop will provide more vocational opportunities for individuals with disabilities. The shop will sell practical items that will make experiences at our Center even more enjoyable. Visitors will be able to pick up a souvenir to remember their extraordinary time at the Center. Many items available for purchase will display the Invictus Forever logo, and every purchase will support our organization and our mission.

# VOCATIONAL + RECREATIONAL SPACES

## CULINARY CENTER

The Culinary Center is where we will hold cooking classes and kitchen safety activities. It is important for everyone to know their way around a kitchen, including individuals with disabilities. Here, participants will learn all about food preparation, basic recipes, and proper kitchen safety and sanitation. Individuals will be able to take the skills they learn here and apply them to working at home, in the Invictus Forever café, or in a commercial or restaurant setting.



## INNOVATION LAB + MAKERSPACE

Our 1,700 square foot Innovation Lab and Makerspace will be a collaborative and educational workspace where individuals will be able to explore, innovate, and learn through hands-on projects. Equipped with 3D printers, laser cutters, vinyl cutters, and hand tools, this space will give individuals the ability to create innovative products and designs.



## COMPUTER + TECH LAB

Adjacent to the Innovation Lab + Makerspace, the Computer and Tech Lab will help individuals improve their computer competency skills and learn coding and programming. Computers will be used to deliver educational instruction through various programs and software that aim to teach an array of skills including typing, spelling, and math.



## ART STUDIO

Art therapy is an effective means of reducing stress and improving cognitive and sensorimotor functions. Our 1,200 square foot Art Studio will give individuals a relaxing environment where they can explore all their visual art interests whether that's painting, ceramics, jewelry making, scrapbooking, or anything else. Artists with disabilities will even have the option to display their creations for sale to members of the public in our Art Gallery.

## DANCE + YOGA STUDIO

The Dance and Yoga Studio will provide individuals with a safe and non-judgmental space to just let it all go and be themselves through artistic expression. Classes offered here will include various genres of dance, yoga, and martial arts. With a mirrored wall and dance barre, individuals will be able to pirouette like a prima and pop it like a pro!





## ACTING STUDIO

With more and more TV/film productions being filmed in New England, there is an ever-increasing demand for actors with unique talents. Our Acting Studio will host on-camera acting classes for aspiring actors with disabilities. Acting coaches, casting directors, and other industry professionals will hold classes and workshops that will train actors on acting and auditioning techniques for TV, film, and commercials. Actors with disabilities will also get tips on headshots and resumes, casting opportunities, and the best ways to break into the industry. The studio setup will include proper camera, lighting, and sound equipment, plus a green screen and more. Individuals interested in working behind the scenes will have the opportunity to use the studio to film their projects.

## VIDEO PRODUCTION + EDITING SUITE

Next to the Acting Studio, the Video Production and Editing Suite will contain equipment for editing material recorded on film or video. Computers in the suite will be loaded with non-linear editing systems, such as Adobe Premiere or Final Cut Pro. Individuals enrolled in related classes or vocational training pathways will be able to access the suite to edit their projects.







## RECORDING STUDIO

The Recording Studio will be used for sound recording, mixing, and audio production. It will contain a live room for vocals and a control room for the audio engineers to work their magic. Singers and musicians with disabilities will be able to use the studio to record their music. There will also be the possibility to record for podcasts, voiceovers, and animations. Additionally, individuals enrolled in our multimedia engineering vocational training pathway will have the opportunity to train here.

## ADMINISTRATIVE SUITE

Our headquarters for all Invictus Forever operations, our administrative offices will serve as the source of strategic planning, programming, leadership, and guidance. The offices will also provide individuals with opportunities for vocational training. Duties for trainees will include anything from sorting and filing to delivering mail and answering phones.





## GYMNASIUM

The gym will be integral to the programs at the Life Skills Development Center. Recreational sports classes will encourage exercise, teamwork, cooperation, and gross motor development. Physical activity also helps to decrease stress and anxiety, and improve strength and endurance. Participating in basketball clinics, soccer matches, and sport tournaments will also give individuals with disabilities a massive boost in confidence and self-esteem.

## FITNESS CENTER

Incorporating elements of both general exercise and physical and occupational therapy, the Fitness Center will contain exercise machines including treadmills, ellipticals, and stationary bikes. The Fitness Center will help promote healthy lifestyle choices by giving individuals a chance to work out and improve their balance, coordination, and muscle strength.





# THERAPY ROOMS

## PT/OT CENTER

At the PT/OT center, individuals will work with functional therapists to improve gross and fine motor skills, movement, and mobility. Therapists will also help individuals develop life skills and become more independent in everyday tasks. ABA and speech therapy will be offered in addition to physical and occupational therapies.



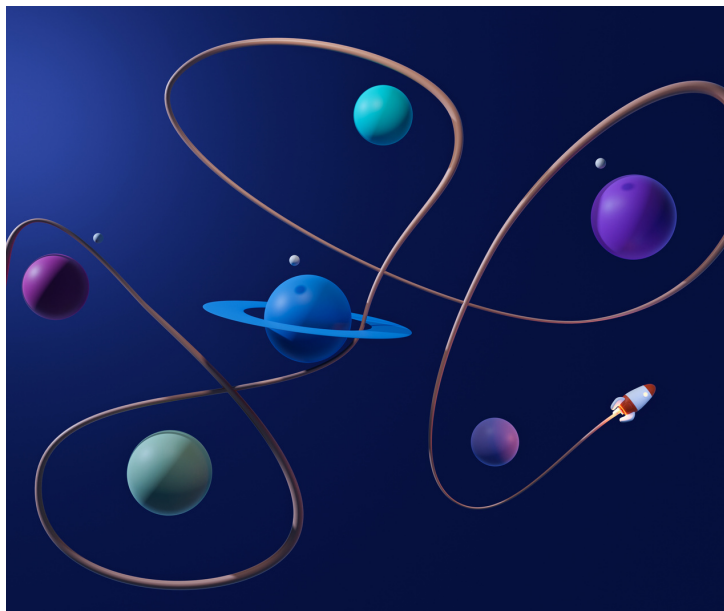
## WATER THERAPY CENTER

The focal point of the Water Therapy Center will be an interactive water table. The center will also contain other water-based sensory activity stations where individuals will be able to play.

## SNOEZELEN ROOM

The Snoezelen Room will be a multisensory environment that will place an emphasis on relaxation, stimulation, development, and therapy. With soft lighting, tranquil sounds, pleasant smells, and different textures, individuals will be able to take a break and relax in this soothing space.





## MAGIC LEARNING CENTER

The Magic Learning Center will revolutionize the way individuals with disabilities learn and play. The center will contain a Magic Carpet and a Magic Mirror. The Magic Carpet is an “interactive projection system that displays motion responsive games and activities onto the floor.” Similarly, Magic Mirror uses multisensory game play to improve individuals’ communication skills. With the help of augmented reality on these accessible interactive platforms, the Magic Room will promote “inclusive play and create an environment where everyone can participate on equal terms.”

## VR THERAPY ROOM

With various occupational applications, virtual reality is a wonderful therapeutic and educational tool that can help individuals with disabilities improve social skills through multisensory experiences. With the option to don a VR headset, individuals will be able to immerse themselves in different environments where they can practice social tasks such as meeting and interacting with new people. VR creates safe and amazing worlds where individuals can let loose, try new things, and explore!





## SENSORY PLAYGROUND

Standing as the centerpiece of the sensory playground, a play structure fitted with various sensory features will encourage individuals with disabilities to engage in physical activity. Other features will include sensory swings, an open play area, and possibly an in-ground trampoline and foam pit.

## MUSIC THERAPY ROOM

Many individuals with disabilities have a special connection to music. It's a wonderful creative outlet and a great way to express oneself. Our music therapists will work with individuals to help reduce stress and anxiety and improve communication, attention, and motor skills. Individuals will have a chance to try out a variety of instruments such as tambourines, drums, xylophones, and more.



## PLEASE NOTE

*The information presented in this brochure regarding our facilities and amenities conveys the current plans for Invictus Forever's Life Skills Development Center. The information and descriptions communicated in this brochure are accurate as of publication, however, plans are not final and are subject to change.*





A Special Thank You To

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