

Waitress

Sensory Guide

This guide highlights the visual, auditory, and emotional impacts within the performance, with each element time-stamped and annotated with its type and a brief note on the content. (Times may vary slightly.)

Content Considerations

Consistent themes: domestic violence, adult language

Strobe effect: approximately 46 minutes into Act II

Approximate Run Times

Act I - 1 Hour 8 Minutes

Intermission - 20 Minutes

Act II - 56 Minutes

Total - 2 hours 24 minutes

Sensory Impact Key



Visual Impact



Auditory Impact



Emotional Impact



This guide was created by and reviewed by the Arvada Center's Inclusion, Diversity, Equity and Access (IDEA) Committee and neurodivergent staff members.

MUSICAL NUMBERS

ACT I

What's Inside	Jenna, Company
Opening Up	Jenna, Becky, Dawn, Cal, Company
The Negative	Jenna, Becky, Dawn
What Baking Can Do	Jenna, Company
Club Knocked Up	Company
When He Sees Me	Dawn, Company
It Only Takes A Taste	Dr. Pomatter, Jenna
You Will Still Be Mine	Earl, Jenna
A Soft Place to Land	Jenna, Becky, Dawn
Never Getting Rid of Me	Ogie, Dawn, Cal, Company
Bad Idea	Jenna, Dr. Pomatter, Company

ACT II

Entr'acte	
I Didn't Plan It	Becky
Bad Idea (Reprise)	Full Company
Mama's Pie Song	Jenna
You Matter to Me	Dr. Pomatter, Jenna
I Love You Like A Table	Ogie, Dawn, Company
Take It From An Old Man	Joe, Company
She Used to Be Mine	Jenna
Everything Changes (Part I)	Jenna, Becky, Dawn
Everything Changes (Part II)	Jenna, Becky, Dawn, Company
Opening Up (Finale)	Jenna, Becky, Dawn, Cal, Ogie, Company
Bows	Full Company

Act I

Time	Description	Sensory
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0:00	Blackout at start of Act I	
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***What's Inside
Opening Up***

4:03	Neon sign flash at end of song	
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The Negative

5:45	Door slam, bathroom scene	
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8:20	Alarm sound	
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8:48	"Sugar, Butter, Flour" in surround sound	
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10:55	"Sugar, Butter, Flour" in surround sound	
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What Baking Can Do

15:43	Domestic violence	
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16:27	Jenna loud singing (85 dB)	
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Club Knocked Up

21:40	Clapping sounds in surround sound	
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Act I

Time	Description	Sensory
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 *When He Sees Me*

33:17	"Sugar, Butter, Flour" in surround sound	
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 *It Only Takes a Taste*

39:43	Domestic violence	
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 *You Will Still Be Mine*

43:00	Electric Guitar in surround sound	
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 *A Soft Place to Land*
I Love You Like A Table

1:00:00	Loud dialogue from Ogie	
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1:01:22	"Sugar, Butter, Flour" in surround sound	
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 *Bad Idea*

1:05:50	Loud rock music starts	
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1:06:50	Laser in surround sound	
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1:08:30	Clapping and laser in surround	
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Act II

Time	Description	Sensory
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0:00	Blackout at start of Act II	
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0:13	“Sugar, Butter, Flour” in surround sound	
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1:07	Metal tray falls to the floor	
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I Didn't Plan It

5:53	Becky loud singing (85 dB)	
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6:06	Clapping in surround sound	
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6:50	Clapping in surround sound	
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Bad Idea Reprise

7:18	Laser from surround sound	
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7:50	Clapping and laser in surround sound	
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9:28	Blackout	
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14:38	Loud dialogue from Ogie	
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15:53	“Sugar, Butter, Flour” in surround sound	
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Act II

Time	Description	Sensory
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17:30	Heartbeat in surround sound	
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 *Mama's Pie Song*
You Matter To Me

26:37	Sound of a flute in surround sound	
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 *I Love You Like A Table*

28:31	Loud banging with wooden spoons, pots, and pans	
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 *Take It From An Old Man*

36:23	Domestic violence & mention of suicide	
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36:48	Earl Breaks Guitar	
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 *She Used To Be Mine*

42:10	Jenna loud singing (85 dB)	
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43:48	Blackout	
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43:50	Heartbeat, heavy breathing, labor sounds	
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Act II

Time	Description	Sensory
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46:51	Strobe Effect, Jenna screaming, laser sound, "Sugar, Butter, Flour" in surround sound	 
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47:18	Blackout	
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*Everything Changes
Opening Up*

56:26	Blackout	
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