

# Bennington County

## Stay Steady Guide

### 1. Silver Sneakers

#### Revolution Racquet & Fitness Club

160 Benmont Avenue

Bennington, VT 05201

SilverSneakers: A fitness program designed for older adults to help manage strength, balance, and endurance.

### 2. Bennington Project Independence

General Exercise

614 Harwood Hill

Bennington, VT 05201

Offering classes in Quigong, yoga, Zumba, and "Healthy Balance"

### 3. Bennington Recreation Center

General Exercise

655 Gage Street

Bennington, VT 05201

Senior swim programs, water exercise classes for older adults

### 4. Bennington Senior Center General

Exercise

124 Pleasant Street

Bennington, VT 05021

Walking, aerobics, indoor walking, Zumba gold, and beginning belly dancing

### 5. Yoga

532 Main St.

Bennington, VT 05021

Chair yoga, all levels/types of yoga

### 6. Bone Builders

Strength training

160 Benmont Ave., Ste. 90

Bennington, VT 05201

Phone Number: 802.447.1546

### 7. Go4Life- <https://go4life.nia.nih.gov/>

This is a free program created and sponsored by the National Institute on Aging. Check the website for videos and exercises for strength, balance, and flexibility. You can order a free DVD, exercise book, and a "Workout to Go" poster that includes planned exercise routines.

### 8. \*Fallscape- Home-based falls education

Call 802-863-7227 for a FallScope appointment or information.

Fallscape is offered statewide by VT Department of Health and includes: A falls screening, 1-hour session with a trained volunteer in your home or location of your choice, weekly follow-up calls for 3 weeks, 1-hour follow-up session, monthly check-in by phone

**For More Information  
Call The Senior HelpLine:  
(800) 642-5119  
8:00 am to 4:00 pm**

One call to the Senior HelpLine can provide you with the answers you need about the resources and programs that support your health and independence

\* Top Choice: Research tested and demonstrated to be effective for fall prevention