

Chittenden County

Stay Steady Guide

1. **Fall Prevention Exercise Class**

Lead by SASH Coordinators or can done at home alone-
3 Cathedral Square, Burlington, VT 05401
Learn more about SASH at SASHVT.org.

2. **Falls Prevention Clinic (UVMC)**- Fall risk assessments

790 College Parkway, Colchester, VT 05446
Fanny Allen Health Center

3. **Fall risk assessments**

PT360 Stand Your Ground-
426 Industrial Avenue #190, Williston, VT 05495
Biodex Balance Testing, risk factor analysis, custom program design

4. **Strength and Stretch Class**

Burlington Health and Rehab
300 Pearl Street, Burlington, VT 05401

5. ***Enhance Fitness**

32 Malletts Bay Avenue, Winooski, VT 05404
16-week program helps older adults be more active and energized! Program consists of low-impact exercise classes that are safe, yet challenging, for older adults of all fitness levels. Free for Y Members. For Non-Members, the first 16 weeks of the program are free with a medical referral. Contact Denise Schomody at dschomody@gbymca.org or 802-652-8195.

6. **Jazzercise (Lite) for Seniors**

Heineberg Community Center
72 Heineberg Road, Burlington, VT 05408

7. **PT 360 SeniorX** – Senior Exercise Class
426 Industrial Avenue #190, Williston, VT 05495
Free class to local seniors who wish to improve their flexibility, balance, strength, cardiac health, and overall mobility. Generally, intensity will be moderate so comfortable clothing and sneakers are recommended.

8. **PT360 Winter Exercise**
426 Industrial Avenue #190, Williston, VT 05495

9. **Senior Cardio Strength**
YMCA Winooski location
32 Malletts Bay Avenue, Winooski, VT, 05404
Free for members, \$5 for non-members.

10. **Strength and Stretch Class**
Burlington Health and Rehab
3 Cathedral Square, Burlington, VT 05401
SASH PROGRAM (sashvt.org)

11. **Video exercise for balance and stretching**
Winooski Senior Center
123 Barlow Street, Winooski, VT 05404

12. **Essex Senior Center Jazzercise Lite**
Essex Area Senior Center
2 Lincoln Street, Essex Junction, VT 05452
Jazzercise Lite combines dance, yoga, pilates, and strength training for an hour of laughter and health.

13. **General exercise**
Williston Federated Church
44 North Williston Road, Williston, VT 05495
Weights and Zumba, all in standing; ages 60-85.

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

14.*A Matter of Balance

Miller Center

175 Lakeside Avenue, Burlington, VT 05401

→A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. During the class, participants learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, exercise to increase strength and balance

15.*A Matter of Balance

3 Cathedral Square, Burlington, VT 05401

SASH PROGRAM sashvt.org

16.*A Matter of Balance

72 Heineberg Road, Burlington, VT 05401

Heineberg Community Center

17.Falls and Fires: A Home Safety Program offered through Community

Health Improvement Department at UVM Medical Center

Assessments for Falls Prevention and Financial Assistance for Home Safety Modifications (must meet income criteria)

Home safety Assessments completed in participant's home.

Designed for those at risk with special emphasis on seniors and young disabled. Assessments done by registered nurse to identify risk and make recommendations. Financial assistance for modifications is available for those who qualify. 802-847-2278

18.*Tai Chi for Arthritis

412 Farrell Street, South Burlington, VT 05403

Cathedral Square

SASH PROGRAM

19.*Tai Chi for Arthritis and advanced

123 Barlow Street, Winooski, VT 05404

Winooski Senior Center.

20.*Tai Chi for All Generations

95 Allen Rd., S. Burlington, VT 05403

Easy to learn, safe, and effective. Taught by long-term practitioners and certified instructors for Qigong and Tai Chi for Health, Elizabeth Wirls and Pamela Brady.

21. Warm Hatha Yoga

32 Malletts Bay Avenue, Winooski, VT 05404

Free hour-long classes a great introduction to hatha (or “physical”) yoga for those with limited or no yoga experience. Appropriate for intermediate practitioners seeking to learn more about the various forms of hatha yoga.

22. Slow Yoga

Yoga Roots

Shelburne Green Business Park 120 Graham Way, Suite 140

Shelburne, VT 05482

All ages are welcome, but classes are designed for seniors, Beginners are welcome.

23. Armchair exercise

Champlain Senior Center

241 North Winooski Ave

Burlington, VT

10:30 am Mon-Friday 802-658-3585

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

This is a program created and sponsored by the National Institute on Aging at NIH. Check the website for videos and descriptions of 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.

25. *Fallscape- Home-based falls education

Call 802-863-7227 for a FallScape 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

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For More Information

Call The Senior HelpLine: (800) 642-5119

8:30 am to 4:30 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

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