

Orange County
Stay Steady Guide

1. **Randolph Senior Center**

*Tai Chi Bone Builders

6 Hale Street, Randolph, VT 05060

Bone Builders (Wed), Move to Music (Thurs). Active chair & standing exercise program – a good way to gain some flexibility, socialize, and put your laughing muscles to work. Tai Chi for Arthritis (Fri) Standing or sitting, Free Health Coaching.

2. **Barre Area Senior Center**- General exercise

131 South Main Street, Barre, VT 05641

Senior Circuit & Senior Splash held at Rehab Gym in Barre

3. **Orange East Senior Center**- General exercise

176 Waits River Road, Bradford, VT 05033

Strength building class

4. **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.

5. ***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

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

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