Rutland County

Stay Steady Guide

1. Stand Strong Fall prevention class; 4 class workshop
Rutland Regional Medical Center Community Health Education Center
435 West Street  Rutland, VT 05701
Fall prevention program that examines movement from ground up.

2. Fall risk assessments
The VA: Rutland Community Based Outpatient Clinic
232 West Street  Rutland, VT 05701

3 & 4. Vermont Sport & Fitness Club
40 Curtis Avenue, Rutland, VT 05701
Gentle Pilates and Yoga: Excellent for beginners and those with limited abilities.

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

⇒ The RSVP Bone Builders Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. All classes are free!

6. Bone Builders: Brandon Methodist Church
1 Franklin Street, Brandon, VT 05733

7. Bone Builders: Brandon Senior Center
Forest Dale, VT 05745

8 & 9. Bone Builders: Belmont Community Center (Summer) and Mount Holly School (Winter)
Saturday 9 am;
26 Maple Hill Road, Belmont, VT 05730

* Top Choice: Research tested and demonstrated to be effective for fall prevention
10. Bone Builders: Benson Community Center  
2760 Stage Road, Fair Haven, VT 05743

11. Bone Builders: Castleton Community Center  
2108 Main Street, Castleton, VT 05735

12. Bone Builders: Calvary Bible Church (Rutland)  
2 Meadow Lane, Rutland, VT 05701

13. Bone Builders: Chittenden Old Town Hall  
260 Chittenden Road, Chittenden, VT 05737  
Call (802)483-6647 for location.

14. Bone Builders: Christ the King Church  
66 South Main Street, Rutland, VT 05701

15. Bone Builders: First Congregational Church (Fair Haven)  
2 North Park Place, Fair Haven, VT 05743

16. Bone Builders: Gables Senior Residence (Rutland Town)  
1 Gables Place, Rutland, VT 05701

17. Bone Builders: Hart Library (Wallingford)  
14 South Main Street, Wallingford, VT 05773

18. Bone Builders: Godnick Adult Center  
1 Deer Street, Rutland, VT 05701

1831 Monument Hill Road, Castleton, VT 05735

20. Bone Builders: Interage  
230 North Main Street Suite 5, Rutland, VT 05701

53 West Road, Ira, VT 05777

* Top Choice: Research tested and demonstrated to be effective for fall prevention
22. Bone Builders: Mendon Methodist Church  
2600 Route 4 East, Mendon, VT 05701

23. Bone Builders: Maple Village Community Room  
72 Pine Street, Rutland, VT 05701

24. Bone Builders: Middletown Springs Community Church  
16 Park Avenue, Middletown Springs, VT 05757

25. Bone Builders: Park House (Rochester, VT)  
16 Park Row, Rochester, VT 05767

26. Pawlet Library  
141 School Street, Pawlet, VT 05761

27. Pittsford Congregational Church  
121 Village Green, Pittsford, VT 05763

28. Bone Builders: Poultney Young at Heart Senior Center  
35 Furnace Street, Poultney, VT 05764

29. Bone Builders: Proctor Library  
45 Main Street, Proctor, VT 05765

30. Bone Builders: PACE  
3 General Wing Road, Rutland, VT 05701

31. Bone Builders: Shrewsbury Town Meeting House  
88 Lottery Road, Cuttingsville, VT 05738

32. Bone Builders: Shelburne Library  
2998 River Road, Killington, VT 05751

33 and 34. Bone Builders: Sudbury Elem School (Winter) Sudbury Meeting House, (Summer)  
31 Schoolhouse Rd, Brandon, VT 05733 and 2702 VT Rte 30, Sudbury, VT 05733

* Top Choice: Research tested and demonstrated to be effective for fall prevention
35. **Bone Builders: Templewood Court**  
5 Tremont Street, Rutland, VT 05701

36. **Bone Builders: The Maples Senior Residence (Rutland)**  
5 General Wing Road, Rutland, VT 05701

37. **Bone Builders: Tinmouth Community Church**  
9 Mountain View Road, Tinmouth, VT 05773

38. **Bone Builders: Trinity Church Rutland**  
85 West Street, Rutland, VT 05701

39. **Bone Builders: West Rutland Town Hall**  
35 Marble Street, West Rutland, VT 05777

40. **Bone Builders: Wells (Modern Woodman Metal Bldg.)**  
133 VT Route 30, Wells, VT 05774

41. **Bone Builders: Young at Heart Senior Center**  
206 Furnace Street, Poultney, VT 05764

42. **Bone Builders: The Godnick Senior Center**  
1 Deer Street, Rutland, VT 05701

43. **Bone Builders: RSVP and Volunteer Center**  
6 Court Street, Rutland, VT 05701

44. *Tai Chi* (for beginners)  
Rutland Regional Medical Center Community Health Education Center  
435 West Street, Rutland, VT 05701

45. *Tai Chi and Bone Builders and Better Balance*  
Castleton Community Center  
2108 Main St, Castleton, VT 05735

* Top Choice: Research tested and demonstrated to be effective for fall prevention
46. 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.

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