

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 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

→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

19. Bone Builders: Hubbardton Town Office

1831 Monument Hill Road, Castleton, VT 05735

20. Bone Builders: Interage

230 North Main Street Suite 5, Rutland, VT 05701

21. Bone Builders: Ira Town Hall

53 West Road, Ira, VT 05777

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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

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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

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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