

## Washington County

### Stay Steady Guide

1. **\*Tai Chi, Bone Builders**  
Twin Valley Senior Center  
4583 US Route 2 East Montpelier, VT 05651  
Tai Chi for Arthritis 4 times a week, free. Bone Builders 3-4 times a week. M, W, F  
10:30- 11:30 at TVSC, free.
2. **Montpelier Senior Activity Center**  
58 Barre Street Montpelier, VT 05602  
Multiple class options, Activities, Foot Clinics, "Resource Room". Living Strong: Sing while exercising. Open to all seniors. Check calendar for current schedule
3. **\*Tai Chi for Arthritis**  
Waitsfield--Evergreen Place  
5305 Main Street Waitsfield, VT 05673  
Seasonal 12-week class; free.
4. **Exercise Classes for Older Adults**  
58 Barre Street Montpelier, VT 05651  
Various Yoga, Movement, and Living Strong classes. \$
5. **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.
6. **\*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