

Windham County

Stay Steady Guide

1. **Strong Bones-** General exercise, strength training
133 Grafton Road, Townshend, VT 05353
Strength/balance program for older adults. Appropriate for sedentary or active individuals. Location: Grace Cottage Community Wellness Center.
Cost: \$3/class. Pre-registration required.
2. **Strong Bones Elders Exercise Class-** General exercise, strength training
133 Grafton Road, Townshend, VT 05353
Instructor: Pam Coburn. Strength and balance program for older adults.
Appropriate for sedentary or active individuals. Cost: \$3/class. Pre-registration required
3. **Strong Bones Elders Exercise Class-** General exercise, strength training
133 Grafton Road, Townshend, VT 05353
Instructor: Karen Bratton. Strength and balance program for older adults.
Appropriate for sedentary or active individuals. Cost: \$3/class. Pre-registration required
4. **Strong Bones Elders Exercise Class-** General exercise, strength training
133 Grafton Road Townshend, VT 05353
Instructors: Jean Allbee & Clara Robinson. Strength and balance program for older adults. Appropriate for sedentary or active individuals. Cost: \$3/class. Pre-registration required
5. **Strong Living: Strength Training**
The Chapel Building
121 Houghtonville Road
Grafton, VT 05146
Contact Lucia Corwin at 802-843-5158.
6. ***Tai Chi, Bone Builders**
The Jamaica House
3849 VT-30 Jamaica, VT 05343
Bone Builders is FREE; sponsored by RSVP. Call (802)365-3753

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

7. ***Tai Chi for Fall Prevention**

133 Grafton Road, Townshend, VT, 05353

Tai Chi for Fall Prevention: FREE. Taught by SASH coordinator and Wellness Nurse. Sun Style and focused on improving balance and safety. Especially good for people with arthritis or other balance/flexibility issues.

8. ***Tai Chi/ Qi Gong**

133 Grafton Road, Townshend, VT, 05353

Instructor Jason Sperling for graceful exercise that helps to reduce stress in the body and mind while providing a gentle work-out and promotes balance and serenity. Location: Grace Cottage Community Wellness Center.

9. **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.

10. ***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

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