

About Our Exercise & Wellness Classes

Our classes are designed to support strength, balance, and overall well-being for older Vermonters. Each program offers unique benefits — and many can be adapted to meet your comfort and ability level.

Arthritis Foundation Exercise Program (AFEP)

Evidence-based to reduce arthritis pain and improve mobility.

AFEP is a gentle, joint-friendly program that focuses on improving flexibility, muscle strength, and endurance. Classes can be done seated or standing, making them accessible to everyone. Research shows AFEP reduces pain, increases mobility, and helps prevent falls by improving balance and confidence.

Fall Prevention Tai Chi (FPTC)

Evidence-based for fall prevention.

This gentle, flowing form of Tai Chi strengthens leg muscles, improves posture, and enhances balance. Studies confirm that Tai Chi significantly lowers the risk of falling, while also supporting relaxation, mindfulness, and overall vitality.

Golden Ball Tai Chi (GBTCT)

A unique Tai Chi system that strengthens the body, calms the mind, and lifts the spirit. Benefits include improved circulation, digestion, and relief from stiff joints and tense muscles.

Bone Builders

A weight-bearing exercise program proven to help slow or even reverse osteoporosis. Classes improve balance, posture, and coordination while building bone strength and reducing the risk of fractures.

Line Dancing

A fun and social way to stay active! Line dancing supports heart health, coordination, flexibility, and lung capacity — all while keeping you moving to music.

Chair Yoga

Gentle stretching and breathing exercises designed to improve mobility, reduce stress, and promote relaxation. Accessible for all fitness levels and abilities.

“Falls Free Vermont” Mission

Fall prevention is a variety of actions taken in collaboration with a number of different wellness options to reduce falls from occurring, in particular fall-related injuries and deaths. Falls are the number one cause of injury among people age 65 and older. Approximately one in three adults fall annually.

Let's Get Fit!



Participants at FPTC in Hardwick

Stay Active. Stay Independent.

You can join wellness classes across the Northeast Kingdom that build strength, balance, and energy — and help lower your risk of disease. Two of our programs, the Arthritis Foundation Exercise Program (AFEP) and Fall Prevention Tai Chi (FPTC), are evidence-based and proven to reduce pain, improve mobility, and prevent falls.

Eligibility starts at age 50.

AFEP

Arthritis Foundation Exercise Program

Concord - Monday & Thursday 2-3:00 PM

481 Main St. (Folsom Avenue entrance)

Contact - Theresa Hovey 802-695-1318

Danville - Monday & Wednesday 10 - 11:00 AM

VIA ZOOM

Hardwick - Thursdays 10 – 11:00 AM

Hardwick Senior Center

Greensboro- Tuesdays 11- Noon

Highland Center for the Arts

Island Pond - Thursdays 11 - Noon 

Sunrise Manor

Orleans - Tuesday & Friday 10 - 11:00 AM

Orleans Federal Church - 24 School Street

St. Johnsbury - Tuesday & Friday 9 - 10:00 AM

St. Johnsbury House - 1207 Main Street

St. Johnsbury - Monday, Wednesday and Friday

1:30 - 2:30 pm

United Community Church -1325 Main Street

Westfield - Tuesday 9 - 10:15 AM, Thursday

10:30 - 11:45 AM

Westfield Community Center - 110 Hill Road

Westmore - Thursday 9 - 10:00 AM

The Westmore Cottage - 64 Hinton Road

QUAHOG Dance Theater

St. Johnsbury - Tuesday & Thursday 10 - 11:30 AM

Starts October 1

St. Johnsbury Catamount Arts Cabaret Room

115 Eastern Avenue

For additional information, please visit our

website at www.nekcouncil.org

FPTC

Fall Prevention Tai Chi

Brighton - Thursday 11:30 - 12:15

Brighton Gym - 49 Mill Street, Island Pond

Greensboro - Thursday - 10:30 AM Beginner

Class, 9:30 Advanced Class - Also via Zoom

UCC Church - 165 East Craftsbury Road

Groton - Coming in April!!

Groton Library



Hardwick - Tuesday - 10:30 AM Beginner Class,

9:30 Advanced Class - Also via Zoom

Harwick Area Health Center

Peacham- Monday 10 AM - Noon

Peacham Library

St. Johnsbury Beginner Class

Thursday 1:30 - 2:30 PM

St. Johnsbury House - 1207 Main St

Saturday 10:30 - 11:00 AM

St. Johnsbury UCC - 1325 Main Street

St. Johnsbury Advanced Class

Thursday 10:30 - 11:30 AM

Heart Space Yoga & Healing Center - 515 Bay St.

GBTC

Golden Ball Tai Chi

Contact Patricia Anderson 802-748-4944 or email her at 2snowpea@gmail.com or simply stop by to register.

Danville - Wednesday, 10 -11:00 AM

Pope Library Annex

Lyndonville - Monday and Friday 9:30 -10:30

Healing Arts Center- 518 Main Street

St. Johnsbury - Thursday, 9:00 - 10:00 AM

St. Johnsbury House - 1207 Main Street

On-Line Zoom class: Wednesday 10 - 11:00 AM

must have zoom orientation prior to joining class.

Bone Builders

Derby- Monday & Wednesday 2 - 3:00 PM

*No summer hours. Class starts after Labor Day
Church of God - 295 Crawford Rd (side entrance)

East Haven - Tuesday 2 - 3:00 PM, Thursday

10:30 - 11:30 AM

Community Building - 64 Crawford Rd

East St. Johnsbury - Monday & Thursday 9 - 10 AM

Third Congregational Church

Greensboro - Monday & Wednesday 10 - 11:00 AM

UCC Church - 165 East Craftsbury Road

Contact Cilla Bonney-Smith 802-533-2357

or cbonneysmith@gmail.com

Lyndonville - Monday & Thursday 9 - 10:00 AM

VFW - 156 Hill Street

St. Johnsbury - Monday & Wednesday 6:30 -

7:30 PM

Union Baptist Church - 932 Rt 5, Waterford

Contact Jean Paulsen 802-233-0151

West Burke - Monday & Friday 10 - 11:00 AM

West Burke Community Center - 100 School Street

Chair Yoga Class

East Burke - Tuesday & Thursday 9 - 10 AM

Sweetwater Studio - 135 Sweetwater Lane

Line Dancing

Troy - Wednesday 6 - 7:00 PM

Sacred Heart of Jesus Christ/Parish Hall - 130

Pleasant Street

Contact Pat 802-988-4193

All wellness sites are free with a suggested donation.

Questions? Call our HELPLINE AT 800-642-

5119 or send an email to:

INFO@NEKCOUNCIL.ORG.