

## 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](http://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 - Wednesday - 11:00 - 1:00**

Groton Free Public 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

## GBTC

### Golden Ball Tai Chi

Contact Patricia Anderson 802-748-4944 or email her at [2snowpea@gmail.com](mailto: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**

Creative Healing & Fitness - 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](mailto:cbonneysmith@gmail.com)

**Lyndonville - Monday & Thursday 9 - 10:00 AM**

VFW - 156 Hill Street

**St. Johnsbury - Monday & Thursday 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](mailto:INFO@NEKCOUNCIL.ORG).**