Stay Physically and Mentally Fit

CVAA Fitness Programs
• Strong Living Program
  • Improve balance and strength to prevent falls
• Tai chi, yoga, balance classes, line dancing, walking clubs
• Start a class today!
• Call 1-800 642-5119

Champlain Senior Center
• Free tai chi classes
• Wednesdays 2pm
• 802-658-3585

The YMCA- Burlington
• Senior Swim
• Silver Foxes (aquatic and land)
• 802-862-9622

Socialize- Meet New People

Education and Enrichment for Everyone
• 12 weeks of diverse programs each Fall and Spring.
• Lectures and Field Trips
• 802-652-4835

Bayside Activity Center
• “Active Generation” in program guide
• Creative writing workshops, social mixers, dance classes and more

City of Burlington- adult 50+ programs
• Matter of Balance + Senior Fitness
• Adult trips (senior cruise on Lake Champlain)
• 802-864-0123

CVAA
• Monthly congregate meals

Queen City Memory Café
• Social place for people with dementia and their support
• 3rd Saturday of month 10am-12pm
• 1197 North Ave, Burlington

Example Events:
• Senior Day at the Champlain Valley Fair- August 30th, 2016

Make a Difference, Volunteer

United Way’s Foster Grandparent Program
• Remain engaged in the community, help children with critical needs
• Serve as tutors, mentors and friends to children
• Minimum 15 hours/week with hourly stipend!
• Join today! 802-860-1677

CVAA Needs Volunteers For:
• Friendly visitors
• Meals on Wheels
• Transportation
• Handiwork
• Grocery Shopping
• Respite for Caretakers
• And more!
Contact Erica Marks 802-865-0360 ext. 1049

UVM Medical Center
• Volunteer office: 802-847-3536
“Aging is not lost youth but a new stage of opportunity and strength.”
-Betty Friedan

Wellness Resources:
For Seniors in Chittenden County

Champlain Senior Center
241 N. Winooski Ave
Burlington, VT
802-658-3585

Bayside Activity Center
781 Blakely Rd
Colchester, VT

In association with:
University of Vermont College of Medicine
Family Medicine Clerkship
The University of Vermont Medical Center
111 Colchester Ave
Burlington, VT 05401
802 847 0000