

Falls Prevention Community Resources

Falls can happen any time, any place and to anyone. Falls can occur while doing everyday activities. But falls are not a normal part of getting older. Below is a list of resources that address ways to reduce your risk of falling.

“Stepping-On” Workshops: (a program offered to help older adults reduce the risk of falls, improve self-management, and increase quality of life). They are offered throughout Wisconsin. For information on the Stepping-On program, go to the Wisconsin Institute for Healthy aging website listed below and click on “Find a workshop”

Phone: Phone (608) 243-5670

Website: <https://wihealthyaging.org/workshops>

- Madison Area Classes: (Please see Safe Communities website above for specifics)
 - UnityPoint Health – Meriter
 - Phone: (608) 217-6173
 - Website: <https://www.unitypoint.org/madison/classes-and-events-details.aspx?id=da265b2b-3d23-4656-8225-407331e61521&typeid=a3931a39-3f5b-45bb-a867-1f8da4a41f80>
 - Verona Senior Center
 - Phone: (608) 845-7471
 - Website: <http://veronaactiveadults.org/>
- Outside of Madison: Please refer to the above website for specific information

Safe Communities: A comprehensive list of fall prevention classes, information, and exercise classes throughout the Madison and surrounding area.

Location: 2453 Atwood Avenue Suite 104 Madison, WI 53704

Phone: (608) 441-3060

Website: http://www.safercommunity.net/falls_prevention.php

United Way's Community Resource Hotline: 2-1-1 (Dial this on your phone) – The Falls Prevention Helpline of United Way 2-1-1 is a one-stop referral and information source. United Way 2-1-1 staff have been trained and a falls prevention database is in place for their use in making referrals. Older adults, family members, clinicians are invited to call United Way 2-1-1 twenty four hours a day, seven days a week for help on reducing falls and remaining independent. 2-1-1 can also provide information on various topics which may include exercise or balance classes, energy assistance, psychological help, food pantry assistance, and loan closet information.

The UnityPoint Health – Meriter – Community Resource Guide: offers a comprehensive guide to area exercise & fitness classes, including Community and Senior Centers, Health clubs and community exercise classes. This can be found at:

<http://www.unitypoint.org/madison/community-resources.aspx>

Community/Senior Centers- Many senior centers offer a wide variety of exercise classes specifically geared toward the “senior” population. Classes may include yoga, Tai Chi, chair based programs, flexibility, low impact aerobics. Many centers offer adaptive equipment through a loan closet program. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide listed above.

DeForest, WI - DeForest Area Community & Senior Center

Phone: (608) 846-9469

Website: <http://www.thecommunitycornerstone.org/>

Madison, WI-East Madison/Monona Coalition of the Aging

Phone: (608) 223-3100

Website: <http://www.emmca.org/>

Fitchburg, WI - Fitchburg Senior Center

Phone: (608) 270-4290

Website: <http://www.fitchburgwi.gov/621/Senior-Center>

Madison, WI – West Madison Senior Center

Phone: (608) 238-0196

Website: <http://www.wmseniorcenter.org/>

Middleton, WI - Middleton Senior Center

Phone: (608) 831-2373

Website: <http://www.ci.middleton.wi.us/index.aspx?nid=109>

Monona, WI – Monona Senior Center Phone:

(608) 222-3415

Website: <http://www.mymonona.com/251/Senior-Center>

Madison, WI-North/Eastside Senior Coalition

Phone: (608) 243-5252

Website: <http://nescoinc.org/>

Oregon, WI- Oregon Area Senior Center

Phone: (608) 835-5801

Website: <http://www.oregonareaseniorcenterwisconsin.com/>

Stoughton, WI - Stoughton Senior Center

Phone: (608) 873-8585

Website: http://www.ci.stoughton.wi.us/index.asp?Type=B_EV&SEC={ACCDC7D4-A6D0-41E3-B0CA-4407ED90AF34}&DE=

Sun Prairie, WI - Colonial Club Senior Activity Center

Phone: (608) 837-4611

Website: <http://www.colonialclub.org/>

Waunakee, WI- Waunakee Area Senior Center Phone:

(608) 849-8385

Website: <http://www.vil.waunakee.wi.us/index.aspx?nid=209>

Verona, WI- Verona Senior Center

Phone: (608) 845-7471

Website: <http://veronaactiveadults.org/>

Health Clubs - Health clubs frequently offer a variety of exercise classes for all ages and exercise levels as well as strengthening equipment. Classes may include yoga, Tai Chi, chair based programs, flexibility, low impact aerobics. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide listed above.

Madison, WI - Capitol Lakes Aquatic and Wellness Center (formerly Meriter Retirement Community)

Phone: 608-283-2000

Website: <http://www.retirement.org/madison/>

Madison, WI; Fitchburg, WI – Pinnacle Health and Fitness

Phone: Madison (608) 442-8118

Phone: Fitchburg (608) 278-8118

Website: <http://www.phfitness.com/>

Madison, WI (2); Princeton Club

Phone: Madison-East (608) 241-2639

Phone: Madison-West (608) 833-2639

Website: <http://www.princetonclub.net/>

Madison, WI (6); Princeton Club Express

Locations: Fitchburg, Hilldale, McFarland, Monona, Cottage Grove, Middleton

Website: <http://www.princetonclubexpress.net/locations.html>

Madison, WI – Supreme Health and Fitness

Phone: (608) 274-5080

Website: <http://www.supremehealthfitness.com/>

Middleton, WI - Harbor Athletic Club

Phone: (608) 831-6500

Website: <http://www.harborathletic.com/>

Sun Prairie, WI - Prairie Athletic Club Medical Membership

Phone: (608) 837-4646

Website: <http://www.prairieathletic.com/>

Swimming Pools - Many area pools offer classes for various conditions in standard or warm water pools. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide:

<http://www.unitypoint.org/madison/filesimages/Patients/Community%20Resources1.pdf>

Madison, WI - Capitol Lakes Aquatic and Wellness Center (formerly Meriter Retirement Community)

Phone: (608) 283-2006

Website: <http://www.retirement.org/madison/>

Madison, WI - Goodman Rotary 50+ Fitness Program (MSCR)

Phone: (608) 204-3023

Website: <http://www.msqr.org/our-programs/50-fitness-programs>

Madison, WI – Swim West – West

Madison Phone: (608) 831-6829

Website: <http://www.swimwest.com/>

Middleton, WI - Harbor Athletic Club

Phone: (608) 831-6500

Website: <http://www.harborathletic.com/>

Middleton, WI - Hip and Knee Aquatic Rehabilitation

Location: 2521 Allen Blvd., Middleton, WI 53562 (at Harbor Athletic Club)

Phone: (608) 417-8025

Website: <http://www.unitypoint.org/madison/filesimages/services/PoolClass.pdf>

Experience the healing power of water. This new warm water pool class is designed specifically for people recuperating from a hip or knee surgery. Experienced instructors will guide participants through a rehabilitation program geared to improve range of motion, decrease edema, and improve mobility and balance. The class combines strengthening, stretching, and balance training that will maximize your function following surgery.

Monona, WI - Monona Grove Pool

Phone: (608) 316-1384

Website: <http://www.mononagrove.org/district/pool.cfm>

Verona, WI-Verona Area High School Natatorium

Phone: (608) 845-4635

Website: http://www.verona.k12.wi.us/district_departments/community_services/natatorium

Community Organizations:

Madison area, WI - Dairyland Walkers

Phone: (608) 846-2299

Website: <http://dairylandwalkers.com>

The local American Volkssport Association affiliate club sponsors year-round events in Cedarburg, Devil's Lake State Park, the Madison area, Milwaukee, and more. Volkssporting encourages physical activity by providing non-competitive activities in which people of all ages and levels of fitness can participate. Membership to Dairyland Walkers is \$12.00/year.

Madison, WI – Madison School-Community Recreation

(MSCR) Phone: (608) 204-3000

Website: <http://www.msqr.org>

MSCR is a public recreation service department that offers a wide range of accessible programs and leisure opportunities.

Madison, WI - Goodman Rotary 50+ Fitness Program (MSCR)

Phone: (608) 204-3023

Website: <http://www.msqr.org/50-Plus-Fitness-Programs.cfm>

Services Available:

Aqua Fitness (at Lapham Pool): Aqua Exercise, Arthritis Foundation Joint Effort Aqua Exercise, and Water Aerobics.

Fitness Programs: Chair-based programs, low-impact programs, Jazzercise, cardio options, Stretch and Tone.

Health/Wellness and Nutrition: Healthy cooking class, stress management and relaxation techniques.

Golfing Options: Play golf at Glenway or Pleasant View.

Tennis: Lessons also available.

Tai Chi and Yoga: Tai Chi classes for all levels. Multiple yoga classes – Hatha Yoga, beginning and advanced Yoga, Pilates/Yoga, chair-based yoga.

Walking: Several walking and hiking groups are available.

Madison, WI – UW Health-Research Park Clinic

Location: 621 Science Dr., Madison, WI 53711

Phone: (608) 265-8303

Website: <http://www.uwhealth.org/locations/detail.jsp?locationId=139>

Offers warm water pool exercise options. Also can work with a therapist with referral from current physical therapist. Fitness Center with membership.

Madison, WI – Special Olympics

Location: 2310 Crossroads Dr., Suite 1000, Madison, WI 53718

Website: <http://www.specialolympics.org>

Phone: (608) 222-1324

The mission of Special Olympics Wisconsin is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with cognitive disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Madison, WI- Sports for Active Seniors (SAS)

Location: P.O. Box 55334, Madison, WI 53705

Phone: President-Bob Brooks (608) 244-5582

Email: bandalaro@chartermi.net

Website: <http://sportsforactiveseniors.org/>

Membership in SAS (Sports for Active Seniors) is open to anyone 55 and older who wants to participate in non-competitive sports with people their own age. Activities promoting fitness, fun and friendship throughout winter and summer include bicycling, bowling, camping, dancing, skiing, tennis.

Madison, WI – UW Adapted Fitness & Personal Training

Location: UW Natatorium – 200 Observatory Drive, Madison

Phone: (608) 262-9562 (Tim Gattenby)

Website:

<http://kinesiology.education.wisc.edu/kinesiology/academics/undergraduate-programs/adapted-physical-activity>

Individualized programs for people with disabilities, injuries, and risk factors. Classes are open to the public, but you must register as a special student for the semester. Requires doctor's approval and list of medications.

Madison, WI; Sun Prairie, WI – YMCA of Dane County Adaptive Programs

Locations: East, West and Sun Prairie (see website)

Phone: (608) 221-1574 ext. 3021

Website: <http://www.ymcadancecounty.org/adaptive>

Adaptive program sessions year-round. Classes include a Tuesday evening fitness class with one-on-one assistance, as well as numerous programs offered on other days.

Middleton, WI - Achilles Track Club for disabled athletes

Location: Fleet Feet Running Shop @ 8440 Old Sauk Rd, Middleton, WI (good weather), Westgate Mall (for bad weather) inside.

Phone: (608) 828-9700

Website: <http://achillesland.blogspot.com/>

Time: 5:45 p.m. each Thursday night

Running and walking for athletes with disabilities, including wheel chair bound individuals, with various social groups. Always seeking volunteers.

Prairie du Sac, WI – Wellspring Plus Center at Sauk Prairie Memorial Hospital

Location: 90 Oak St., Prairie du Sac, WI 53578

Phone: (608) 643-7572

Website: <http://www.spmh.org/>

Offers a large variety of classes, including yoga classes (regular, water and chair yoga) and water exercises for arthritis.

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