



*Movers & Shakers*  
 is an *RSVP/Volunteer Center*  
*Signature Program and a*  
*Collaborative Project With*  
*The Godnick Adult Center*

RUTLAND RECREATION  
 and PARKS DEPARTMENT

**fortheadults**

fun opportunity respect

*The Godnick Adult Center is part  
 of the Rutland Recreation and  
 Parks Department*

RSVP/VC is a Rutland Community Program  
 of the Community Care Network and  
 a proud member agency of United Way



**RSVP & The Volunteer Center**  
 provides individuals with a variety of  
 interesting & diverse volunteer opportunities.  
 RSVP/VC designs and implements  
 Signature Programs such as  
**The Movers and Shakers**  
 in response to the needs of our community.  
 We invite you to consider exploring the world  
 of volunteering. See how you can make  
 a difference, one person at a time.

Trained Volunteer Coordinators  
 will assist you in selecting from hundreds  
 of opportunities to find what suits your needs  
 best. You can be sure their professional and  
 personalized support will make your  
 volunteer experience satisfying and successful.

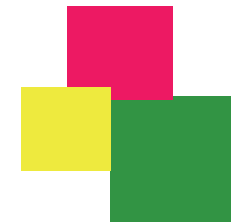


**Contact us today to get started!**

**RSVP & The Volunteer Center**  
 6 Court Street  
 Rutland, VT 05701  
 802-775-8220

email: [rsvprutland@aol.com](mailto:rsvprutland@aol.com)

Check out our website at  
[www.volunteersinvt.org](http://www.volunteersinvt.org)



**RSVP &  
 The Godnick  
 Adult Center**

**Movers & Shakers**

*A FREE exercise  
 program for those  
 living with Parkinson's  
 and other related diseases  
 and their loved ones.*



**What is Parkinson's disease?**

Parkinson's is a neurological disorder that may lead to tremor, stiffness and difficulty in movement. Every year about 50,000 Americans are diagnosed with Parkinson's and the diagnosis is more likely for those over the age of 60. It is a degenerative illness, but studies have shown that medicine, a healthy diet and **regular exercise** may slow the progression of the disease.



The **Movers & Shakers** exercise routine is based upon the weekly program offered at Dartmouth Hitchcock Medical Center. No special equipment is necessary to participate and everyone works to his/her capacity.

**Both caregivers and those living with Parkinson's disease or other related diseases are welcome.**

**How can I join the Movers & Shakers?**

The Movers & Shakers meets every week at the **Godnick Adult Center** in Rutland. The program is **FREE** and open to anyone to join at anytime. The classes are ongoing so you need not be concerned about learning the exercises as there will be volunteer instructors available to work with you. For more information please call the Godnick Center at 773-1853.



**Movers & Shakers Provides Support**

The weekly exercise group provides a benefit for the participants that is measured by their satisfaction and feedback. In addition to the physical exercises, members socialize, share useful ideas, and provide support for one another. Caregivers are encouraged to participate and often assist with the exercises at home. Try Movers & Shakers and see if it is right for you!

- \_\_\_\_\_  I am interested in volunteering for the Movers & Shakers Program
- \_\_\_\_\_  I am interested in participating in the Movers & Shakers Program
- \_\_\_\_\_  I am enclosing a tax deductible donation for Movers & Shakers
- \_\_\_\_\_  I would like information about other volunteer options with RSVP/VC

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone # \_\_\_\_\_

**Return to : RSVP & The Volunteer Center  
6 Court Street  
Rutland, VT 05701**