



THE OLDER ADULT'S DINING GUIDE TO BENNINGTON COUNTY

For more information please contact:

Courtney Anderson, Nutrition Director
Anna White, Nutrition Assistant and
Wellness Coordinator
at
1-802-786-5990

“SOCIALIZING WITH FRIENDS
OR MAKING NEW ONES,
ALWAYS MAKE MEAL TIMES
MORE ENJOYABLE.”

SENIOR HELPLINE : 1-800-642-5119
WEBSITE: WWW.SVCOA.ORG

CONVERSATION AND COMPANIONSHIP ALONG WITH A HOT NUTRITIOUS MEAL

WHAT WE OFFER:

LET'S DO LUNCH! COMMUNITY MEALS FOR SENIORS ARE HAPPENING ALL AROUND BENNINGTON AND RUTLAND COUNTIES. WE PROVIDE A HOT NUTRITIOUS MEAL, A CHANCE TO CATCH UP WITH OLD FRIENDS OR MAKE NEW ONES, AND MOST SITES OFFER EXTRA ACTIVITIES LIKE GUEST SPEAKERS DURING MEALTIME, OR WELLNESS ACTIVITIES. OUR GOAL IS TO HELP ELDERS MAINTAIN MAXIMUM INDEPENDENCE WITH OUR COMMUNITY.

WHERE WE ARE:

OUR MEAL SITES RANGE FROM COMMUNITY CENTERS AND TOWN HALLS, TO SENIOR HOUSING FACILITIES, RESTAURANTS, EVEN A FIRE STATION. DEPENDING WHERE YOU ARE IN SOUTHWESTERN VERMONT YOU WILL FIND A PLACE TO HAVE A HOT MEAL AND GOOD COMPANY. INSIDE THIS BROCHURE YOU WILL FIND A MAP OF OUR LOCATIONS AS WELL AS THEIR ADDRESSES, MEETING DAYS AND TIMES, AND WHO TO CONTACT FOR MORE INFORMATION ABOUT THE MEAL SITE.

HOW WE DO IT:

ALL PROGRAMS ARE DONATION BASED FOR ELIGIBLE PARTICIPANTS. THE SUGGESTED AMOUNT RANGES FROM \$3.50 TO \$5.00. NOT 60? NO PROBLEM. NON ELIGIBLE PARTICIPANTS WILL BE CHARGED THE SET FEE (\$4.00 TO \$6.00) PER MEAL. PLEASE VISIT OUR WEBSITE FOR ELIGIBILITY GUIDELINES.

WHO WE ARE

THE SOUTHWESTERN VERMONT COUNCIL ON AGING (SVCOA) IS A PRIVATE NON PROFIT COMMUNITY BASED ORGANIZATION WHOSE GOAL IS TO SUPPORT OLDER ADULTS 60 YEARS OF AGE OR OLDER IN MAINTAINING MAXIMUM INDEPENDENCE. THE COUNCIL SEEKS TO BE RESPONSIVE TO BOTH OLDER ADULTS WHO NEED ASSISTANCE TO REMAIN INDEPENDENT AND TO THE COMMUNITIES IN OUR REGION WHO NEED OUR TECHNICAL ASSISTANCE AND SUPPORT TO IDENTIFY OLDER PERSONS NEEDS AND CREATE LOCALLY BASED SOLUTIONS.



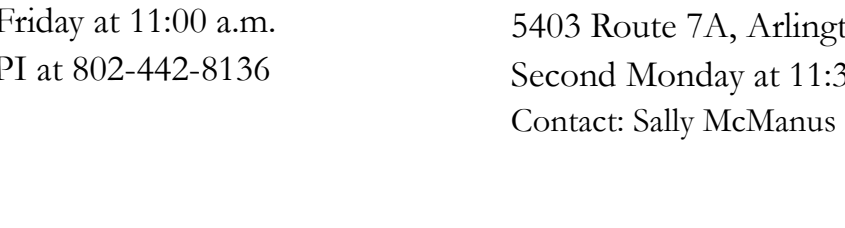
RUTLAND OFFICE

143 MAPLE STREET
RUTLAND, VT 05701
802-786-5990

BENNINGTON OFFICE

160 BENMONT AVENUE
SUITE #90
BENNINGTON, VT 05201
802-442-5436

SENIOR HELPLINE : 1-800-642-5119
E-MAIL : INFOANDASSISTANCE@SVCOA.NET

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 - 1. Stamford Community Church**
1059 Main Road , Stamford , VT 05352
First and Third Tuesday at 11:30 a.m.
Contact: Donna Murch at 802-694-1701
* R.S.V.P. by Friday prior or Sign Up at Church
 - 2. Pownal Valley Fire Department**
253 VT 346, Pownal, VT 05261
Tuesday & Thursday at 11:45 a.m.
Contact: Janice Pratt at 802-694-1486
 - 3. Bennington Café**
124 Pleasant Street , Bennington, VT 05201
Monday—Friday at 11:30 a.m. & 1:00 p.m.
Contact: Vicki Gardner at 802-442-8012
* Reservation only required for groups of 6 or larger
 - 4. Bennington Project Independence**
614 Harwood Hill, Bennington, VT 05201
Monday—Friday at 11:00 a.m.
Contact: BPI at 802-442-8136
 - 5. Kevin's Sports Pub and Restaurant**
27 Main Street, North Bennington, VT 05257
First Monday at 10:15 a.m. & 2:15 p.m.
Contact: Emily Harrington at 802-442-9490
 - 6. Federated Church of East Arlington**
102 Ice Pond Road, Arlington, VT 05250
Tuesday & Thursday at 12:00 p.m.
Contact: Don Brown at 802- 375-6697
 - 7. Chauncey's Family Dining**
(November—June)
5403 Route 7A, Arlington, VT 05250
Second Monday at 11:30 a.m.
Contact: Sally McManus at 802-375-9780
 - 8. St. Paul's Church (Christ Our Savior Parish)** (January—November)
398 Bonnet Street,
Manchester Center, VT 05255
First Wednesday at 12:00 p.m.
Contact: Sally McManus at 802-375-9780
 - 9. Rupert Volunteer Fire Department**
2673 VT Route 153, West Rupert, VT 05768
Second Wednesday at 12:00 p.m.
Contact: Althea Lewis at 802-394-7822
* Walk-Ins Welcome
 - 10. Manchester Community Library**
138 Cemetery Avenue , Manchester, VT 05255
Tuesday & Thursday at 11:30 a.m.
Contact: Vicki Gardner at 802-442-8012

**ALL MEAL SITES REQUIRE A
RESERVATION (R.S.V.P.)
BY 10:00 A.M.
TWO WORKING DAYS PRIOR,
UNLESS OTHERWISE NOTED
BY A ***

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The Meal Sites listed in this brochure are partially funded by SVCOA with Older American Act funds. There may be other community meals in your area that are not listed here.