



THE OLDER ADULT'S DINING GUIDE TO RUTLAND COUNTY

For more information please contact:

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“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

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RUTLAND, VT 05701
802-786-5990

BENNINGTON OFFICE

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