

THE OLDER ADULT'S DINING GUIDE TO RUTLAND 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 MAIN-TAINING MAXIMUM INDEPEND-ENCE. 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 160 Benno Rutland, VT 05701 Suite #90 802-786-5990 Benningto

BENNINGTON OFFICE

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

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

11. Mettawee School

5788 VT Route 153, West Pawlet, VT 05775 Fourth Tuesday at 12:00 p.m. Contact: Sharon Undal at 802-645-0461 * R.S.V.P. by Friday prior

12. Modern Woodsmen

10 Main Street, Wells, VT 05774
Friday at 12:00 p.m.
Contact: Dorothy Brace at 802-645-0330
* R.S.V.P. by Wednesday

13. Young at Heart Senior Center

35 Furnace Street, Poultney, VT 05764 Tuesday—Friday at 12:00 p.m. Contact:: Kathy Hudson at 802-287-9200

14. Fair Haven Inn

5 Adams Street, Fair Haven, VT 05743 Tuesday & Thursday at 11:30 a.m. Contact: Jean Douglass at 802-265-3079 (Tuesday) Contact: Trudy Pedro at 802-265-3658 (Thursday)

15. Benson Community Hall

2724 Stage Road, Benson, VT 05743
Second Monday at 12:00 p.m. Contact: Marcia Anderson at 802-537-2313
* R.S.V.P. by Noon the Friday prior

16. Castleton Community Center

2108 Main Street Castleton, VT 05735 Monday, Tuesday & Wednesday at 12:00 p.m. Contact: JoAnn Riley at 802-468-3093

17. Hubbardton Town Hall

1831 Monument Hill Road, Hubbardton, VT 05735 First and Third Thursday at 12:00 p.m. Contact: Trudy Booth at 802-273-2953 * R.S.V.P. by Tuesday prior

17. West Rutland Town Hall

35 Marble Street, West Rutland, VT 05777 First Wednesday at 12:00 p.m. Contact: Lisa Harvey at 802-438-2263 * R.S.V.P. by Monday

18. Ira Town Hall

53 West Road, Ira, VT 05777 Second Friday of the Month at 12:00 p.m. Contact: Alta Johnston at 802-235-2247 * R.S.V.P. by Tuesday

19. Franklins

25 North Street, Proctor, VT 05765 Second and Fourth Wednesday at 4:00 p.m. Contact: Elsie Valach at 802-459-3487 * R.S.V.P. by Monday

20. Pittsford Village Manor

758 Arch Street, Pittsford, VT 05763 Monday, Tuesday, & Thursday at 11:00 a.m. Residents Sign up at site with Sandra

21. Vermont Police Academy

317 Academy Road, Pittsford, VT 05763 Fourth Thursday at 1:00 p.m. Contact: Randy Adams at 802-483-6500 ext. 17

26. Brandon Senior Center

1591 Forestdale Road, Brandon, VT 05733 Monday and Wednesday at 12:00 p.m. Contact: Kathy Mathis at 802-247-3121 * R.S.V.P. by Tuesday of the week prior

27. Chittenden Town Hall

337 Holden Road Chittenden, VT 05737 Monday at 12:00 p.m. Contact: Marilyn Case at 802-773-6308 * R.S.V.P. by Thursday prior

27. Lookout Tavern

2910 Killington Road, Killington, VT 05751 Wednesday at 12:00 p.m. Contact: Gerrie Russell at 802-422-4248 * Walk Ins Only

29. Sugar and Spice

40 US Route 4, Mendon, VT 05701 Second Thursday at 11:30 a.m. Contact: Sigrid Sihler at 802-773-4187 * R.S.V.P. Tuesday prior. \$6.00 donation at this site

30. Templewood Court

5 Tremont Street, Rutland, VT 05701 Second or Third Wednesday at 5:00 p.m. Contact: Carole Keefe at 802-775-2926 * Residents Sign Up at Site

31. Godnick Adult Center

1 Deer Street, Rutland, VT 05701 Monday & Thursday at 12:00 p.m. Contact: Penny Jones at 802-775-0133 * Sign up Sheet at Senior Center

32. Interage Adult Day

230 North Main Street, Rutland, VT 05701 Monday—Friday at 12:30 p.m. Contact: Loryn Hamilton at 802-773-2011 * Private Site Interage Attendees Only

33. Parker House (RAVNAH)

129 Church Steet, Rutland, VT 05701
Tuesday, Thursday, please call for time
Contact: Marge Bloomer at 802-786-2208
* R.S.V.P. Two days prior. Residents Sign up
at Site

34. Bardwell House

142 Merchants Row, Rutland, VT 05701 Monday-Friday at 11:25 a.m. Contact: Penny Jones at 802-775-0133

* Residents speak with Patti West

35. Open Door Mission

31 Park Street, Rutland, VT 05701 Monday—Sunday at 6:00 a.m., 12:00 p.m. 6:00 p.m. Contact: Sharon Russell at 802-775 -5661 * Walk Ins Only

36. Clarendon Grange Hall

111 Moulton Avenue, North Clarendon, VT 05759 Thursday at 12:00 p.m.
Contact: 802-236-2288
* R.S.V.P. by Tuesday

37. **Odd Fellows Hall** (Summer and Fall) 37 Lake Street, Belmont, VT 05730 Third Thursday at 12:30 p.m. Contact: Stella Beauchain at 802-259-2099

38. **Harry's Cafe** (Winter and Spring) 68 Route 100 N, Ludlow, VT 05149 Second Thursday at 12:30 p.m. Contact: Stella Beauchain at 802-259-2099

39. Wallingford Rotary

96 N. Main Street Wallingford VT 05773 Mondays at 12:00 p.m. Contact: Arlene Santor at 802-779-2258

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