



All Meal Sites Require a reservation, by 10am, at least 2 business days before, unless otherwise listed

Bennington County

Bennington Cafe

124 Pleasant Street; Bennington, VT 05201
Monday - Friday 11:30a-1:00p
Contact: Vicki Gardner @ 802-442-8012

*Walk-Ins Welcome

*Call Ahead for Groups of 6 or More

*Suggested Donation \$6

Bennington Project Independence

614 Harwood Hill; Bennington, VT 05201
Monday - Friday 11:30a - 1:00p
Contact: B.P.I at 802-442-9490

*Adult Day Participants Only

Happy Go Getters

St. Paul's - Christ Our Savior Parish
398 Bonnet Street, Manchester VT 05255
First Wednesday of the Month at 12:00p

*Reservation Required

*Contact Sally Mcmanus at 802-375-9780

*Closed for July

*Suggested Donation \$4-Meal \$2-Dessert

Federated Church of East Arlington

102 Ice Pond Road; Arlington, VT 05250
Tuesday & Thursday 12:00p - 1:00p
Contact: Ilsa Svoboda @ 802-442-8012

*Suggested Donation \$6

Who We Are:

The Southwestern Vermont Council on Aging is a private nonprofit community-based organization whose goal is to support older adults 60 years of age and above in maintaining maximum independence. The Council seeks to be responsive to both older adults who need assistance to remain independent, as well as to the communities in our region who need technical assistance and support to identify an older adult's needs and create solutions.

What We Offer:

Congregate Meals for Older Adults are happening all around Rutland & Bennington Vermont. We provide a hot nutritious meal, a chance to catch up with old friends and make new ones. Most meal sites offer activities, such as a guest speaker during mealtime, or wellness activities. Our goal is to help older adults maintain maximum independence with our community.

Where We Are:

Our meal sites range from community centers and town halls to senior housing complexes, even a fire station. Wherever you are in Southwestern Vermont you will find a place to have a hot meal and good company. Within this brochure you will find listing for all of our locations, as well as addresses, meal days and times and whom to contact if you are looking for more information about the meal site

How We Do It:

All programs are donation based for eligible participants; we suggest a donation that ranges from \$3.50 to \$5.00. If you are not 60 years of age yet, you can still get a meal and will be charged a fee that ranges from \$4.00 to \$6.00 per meal. Please visit our website for eligibility requirements.



143 Maple Street
Rutland, VT 05701
802-786-5991

160 Benmont Ave
Suite 90
Bennington, VT 05201
802-442-5436

The Older Adult's Guide to Dining in Bennington & Rutland

"Socializing with friends and making new ones, always makes meal time more enjoyable"

Senior HelpLine:
1-800-642-5119

Email Assistance:
infoandassistance@svcoa.net

Rutland County

Benson Community Hall

2724 Stage Road; Benson, VT 05743
Second Monday of the Month at 12:00p
Contact: Marcia Anderson at 802-537-2313
*RSVP by 12:00 the Friday Before

Brandon Senior Center

1591 Forestdale Road; Brandon, VT 05733
Monday & Wednesday at 12:00p
Contact: Kathy Mathis at 802-247-3121

Castleton Community Center

2108 Main Street; Castleton, VT 05135
Monday & Wednesday 12:00p-1:00p
Contact: JoAnn Riley at 802-468-3093

Chittenden Town Hall

3 Lower Middle Road; Chittenden, VT 05737
Monday 12:00p - 1:00p
Contact: Marilyn Case at 802-773-6308
*RSVP by Thursday Before

Franklins

25 North Street; Proctor, VT 05765
Second & Fourth Wednesday of the Month
Contact: Elsie Valach at 802-459-3487
*RSVP by Monday Before

Godnick Adult Center

1 Deer Street; Rutland, VT 05701
Monday & Thursday at 12:00p
Contact: Penny Jones at 802-775-0133
*Sign up sheet at Godnick Adult Center

Rutland County Continued

Lookout Tavern

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

Sugar & Spice

40 US Route 4; Mendon, VT 05701
Second Thursday of the Month
Contact: Barbara Capman at 802-775-3957
*RSVP Tuesday Before
*\$6.00 Recommended Donation

West Rutland Town Hall

35 Marble Street
West Rutland, VT 05777
First Wednesday of the Month at 12:00p
Contact: Lisa Harvey at 802-438-2263
*RSVP by the Monday Before

Young at Heart Senior Center

35 Furnace Road; Poultney, VT 05764
Tuesday - Friday 12:00p
Contact: Kathy Hudson at 802-287-9200

Congregate Meals are a great way to enjoy a healthy & hearty meal while meeting people & visiting with friends.

For Current Resident's

Bardwell House

142 Merchants Row; Rutland VT 05701
Monday - Friday at 11:25a
Contact: Penny Jones at 802-775-0133
*Residents Speak with Patti West

Parker House (RAVNAH)

129 Church Street; Rutland, VT 05701
Contact: Sarah Fryer at 802-786-2208
*Twice a Month
*Call for Days & Times



The meal sites listed are partially funded by SVCOA with Older Americans Act Funding, there may be other community meals in your area that are not listed.

