Bennington County

Bennington Cafe

124 Plesant Street
Bennington, VT 05201

Meals: Mon–Fri, 11:30 AM–1 PM

Walk-ins welcome. Call ahead for groups of 6 or more.

Contact: Vicki Gardner 802-442-8012
Suggested donation: $6

Bennington Project Independence

614 Harwood Hill
Bennington, VT 05201

Meals: Mon–Fri, 11:30 AM–1 PM

Adult Day Participants Only
Contact: B.P.I 802-442-9490

Happy Go Getters

St. Paul's – Christ Our Savior Parish
398 Bonnet Street
Manchester, VT 05255

Meals: First Wednesday each month, 12PM *Closed for all of July*

Reservation required.
Contact: Sally McManus 802-375-9780
Suggested donation: $4 meal; $2 dessert

Federated Church of East Arlington

102 Ice Pond Road
Arlington, VT 05250

Meals: Tuesday & Thursday, 12–1 PM

Contact: Ilsa Svoboda 802-442-8012
Suggested donation: $6

Who We Are

The Southwestern Vermont Council on Aging is a nonprofit organization dedicated to helping adults aged 60 and older age with dignity, independence and quality of life. It provides support to older adults in need and assists communities in identifying their needs and developing solutions.

What We Offer

We offer Congregate Meals for older adults in Rutland and Bennington, Vermont, providing hot nutritious meals and opportunities for socializing. Most meal sites include activities like guest speakers or wellness events, aiming to help older adults maintainindependence within the community.

Where We Are

Meal sites are located at community centers, town halls, senior housing, and fire stations. Each offer hot meals and companionship. This brochure lists all locations with addresses, meal days, times, and contact information for inquiries.

How We Do It

All programs are donation based for eligible participants; we suggest a donation that ranges from $3.50 to $6.00. 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.

SOUTHWESTERN VERMONT COUNCIL ON AGING
Celebrating Over 50 Years of Service

The Older Adult's Guide to Dining

in Bennington & Rutland

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

All meal sites require a reservation by 10 AM, at least 2 business days before, unless otherwise listed.

160 Benmont Ave, Suite 90
Bennington, VT 05201

143 Maple Street
Rutland, VT 05701

HelpLine: 1-800-642-5119
www.svcoa.org

Rutland County

Benson Community Hall
2724 Stage Road
Benson, VT 05743

Meals: Second Monday each month, noon

RSVP by noon the Friday before the meal.
Contact: Marcia Anderson 802-537-2313

Brandon Senior Center
1591 Forestdale Road
Brandon, VT 05733

Meals: Brunch once a month
Lunch every Friday
Dinner once a month

Call for more information.
Contact: 802-247-3121

Castleton Community Center
2108 Main Street
Castleton, VT 05135

Meals: Monday & Wednesday
Noon–1 PM

Contact: 802-468-3093

Chittenden Town Hall
3 Lower Middle Rd
Chittenden, VT 05737

Meals: Monday, noon–1 PM

RSVP the Thursday before the meal.
Contact: Marilyn Case 802-773-6308

Rutland County

Franklins
25 North Street
Proctor, VT 05765

Meals: Second & fourth Wednesday each month

RSVP the Monday before the meal.
Contact: Elsie Valach 802-459-3487

Godnick Adult Center
1 Deer Street
Rutland, VT 05701

Meals: Monday & Thursday, noon

Sign-up sheet at Godnick Adult Center.
Contact: Ashley or Emily 802-773-1853

Lookout Tavern
2910 Killington Road
Killington, VT 05751

Meals: Wednesday, noon

Walk-ins only.
Contact: Gerrie Russell 802-422-4248

Sugar & Spice
40 US Route 4
Mendon, VT 05701

Meals: Second Thursday each month

RSVP by Tuesday before the meal.
Contact: Anne Ladabouche 802-797-8012
$6.00 recommended donation

Rutland County

West Rutland Town Hall
35 Marble Street
West Rutland, VT 05777

Meals: First Wednesday each month, noon

RSVP the Monday before the meal.
Contact: Lisa Harvey 802-438-2263

Young at Heart Senior Center
35 Furnace Road
Poultney, VT 05764

Meals: Tuesday–Friday, noon

Contact: 802-287-9200

For Current Residents

Bardwell House
142 Merchants Row
Rutland, VT 05701

Meals: Monday–Friday, 11:25 AM

Residents speak with Patti West.
Contact: Penny Jones 802-775-0133

Parker House (RAVNAH)
129 Church Street
Rutland, VT 05701

Meals: Twice a month
Call for days & times

Contact: Sarah Fryer 802-786-2208

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.