



EMPOWERS.  
GUIDES.  
PROVIDES.

Services and  
Support for Seniors



## community meals



CVAA is a nonprofit organization that empowers seniors to live well. We work with seniors and caregivers, offering guidance and providing the support and services they need, when they need them. With the help of our community partners and volunteers, we serve over 10,000 seniors. Established in 1974, we are known as *the* resource for seniors in the Champlain Valley (Addison, Chittenden, Franklin, and Grand Isle counties).



Seniors attending CVAA community meals feel more independent, are less lonely, have more energy, and are more satisfied with life. And best of all, they laugh more frequently. Join us.



802 865 0360

senior helpline

1 800 642 5119

[www.cvaa.org](http://www.cvaa.org)

WELCOMES

GATHERS

UNITES



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## About Our Programs

Community meals programs welcome seniors to more than 70 different locations, including an ever growing number of restaurants.

Seniors enjoy affordable meals at locations that vary from very small rural gatherings to senior centers, churches, senior housings, service organizations, schools, and culinary arts programs.

Seniors are excited to learn about our unique restaurant ticket program which allows seniors to eat at a variety of times in an intimate setting with a friend. Anyone, age 60 and older can attend our programs.

**“It’s very nice for seniors to get together and share a good meal. The most important thing to me is the opportunity to socialize and take part in the activities. I’m very happy to be there.” – Shirley**

## Why Attend a Community Meal

Staying socially engaged is one of the most important things you can do for yourself. It can increase your mental alertness, improve your emotional well being and help you stay physically healthier.

Activities at community meals provide opportunities to remain active and engaged. Programs include health and fitness, educational topics, nutrition, computer classes, and art classes in addition to traditional activities such as crafts and card games.

## Special Events

A large variety of special events are offered throughout the year. These events include picnics, live music, dancing, raffles, and auctions, to name a few.

## Discover Our Senior Dining Trail

CVAA is your passport to friendly and affordable meals at many locations near you.

## Volunteer Opportunities

Volunteers bring vitality, extra hands and talent that support our programs and staff. We are always looking for volunteers of any age. Volunteering is part of a positive reinforcing circle: you nourish yourself while nourishing others.

## Donations

There is a suggested donation for our meals programs. These donations are used to help offset the cost of the meals.

## Contact Us to Learn More

CVAA can provide you with more information, such as calendars and menus. We can also introduce you to our staff or refer you to places and activities of interest to you.