

Volunteers enjoy:

- Flexible hours & making their own schedule
- Having no minimum or maximum time commitment
- Choosing volunteer opportunities that fit their interests
- Meeting interesting people in our community
- Being part of a valued team
- Feeling good about making a difference

Director
Debra Galloway

Administrative Coordinator
Chery Finley

Outreach Specialist
Ana Cristina Oliveira

Program Coordinator
Sharon Wilkes

Receptionist
Jean Taylor

Support Group Facilitator
Anne Manning

Volunteer Program Coordinator
Janet Lipkin



Sudbury Senior Center
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
(978) 443-3055
FAX 978-443-6009
<http://sudburyseniorcenter.org>

Become
a
Valued
Volunteer
at the
Sudbury Senior
Center



40 Fairbank Road
Sudbury, Massachusetts
01776-1681

Telephone: 978-443-3055
sudburyseniorcenter.org

VOLUNTEER OPPORTUNITIES AWAIT YOU...

F.I.S.H. (Friends in Service Helping) Drivers

Volunteer drivers provide rides to medical, dental, and therapy appointments for any Sudbury resident **when their family and friends are not available to take them.**

FIX-IT: IN-HOME REPAIRS

Volunteers that are handy help Sudbury seniors with minor home repairs and maintenance so that they can continue to live independently and safely.

FRIENDLY VISITORS

Volunteers make weekly visits to Sudbury seniors who cannot get out to socialize.

GROCERY SHOPPERS

Volunteer shoppers make weekly visits to the store and assist seniors in putting away the groceries.

SAND BUCKET BRIGADE

Volunteers deliver a bucket of sand to Sudbury residents' homes for use on their walkways and driveways.

HOME DELIVERED MEALS

Volunteers deliver a hot mid-day meal to seniors who cannot get out. The volunteer also checks on the well-being of the senior recipient.

SPECIAL EVENTS

Volunteers help out at special events at Sudbury's Senior Center. Roles could include setting-up, cleaning-up, serving, and/or decorating for the event.

BAKED GOODS PICK-UP

Volunteers, on an assigned weekday, pick up surplus baked goods at a local store and transport them to the Senior Center kitchen.

BECOME A VOLUNTEER

Whether you are in your 20's and 30's, are parents of school-age children, are an early retiree, or an adult of any age that finds him/herself with some spare time, the Senior Center could use your help!

We work to make volunteering easy and convenient so that it fits into your lifestyle and schedule, and meshes with your interests. We can use your help whether you are looking to provide this community service on a weekly basis or only a few times a year.

If you'd like to apply to become a volunteer, please contact:

Janet Lipkin
Volunteer Program
Coordinator
978-639-3223

LipkinJ@sudbury.ma.us

.....and more!!!

