

## 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**  
Tia Kelly

**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](http://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.

**NOTE: Some volunteer opportunities are suspended or adjusted during a pandemic.**

## **GOODNOW-TO-GO**

Volunteers bring library materials to/from Goodnow for residents unable to travel.

## **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.

Volunteers can also help out in our on-site kitchen, packaging the food for our home delivered meals.

## **SPECIAL EVENTS/ PROJECTS**

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. Special projects, such as taking photos or writing articles, are also undertaken by volunteers, as needed.

## **TECH HELP**

Volunteers provide technology assistance by phone to seniors with ipads, laptops, and cell phones to learn to use Zoom.

## **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.

## **PHONE BUDDIES**

Volunteers make a weekly phone call to their matched senior, aiding with loneliness and isolation.

**... and much more!**

## **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](mailto:LipkinJ@sudbury.ma.us)

