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
Telephone: 978-443-3055
Fax: 978-443-6009
http://sudburyseniorcenter.org
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