

People growing older . . .

As we age, we want to:

- ★ Stay **healthy** as long as we can
- ★ Continue to **live independently** in our own homes
- ★ Keep our **minds sharp** and clear
- ★ Have **meaningful relationships** with others
- ★ **Be needed** and contribute to community life in a significant way
- ★ Travel and **have fun** in the company of others

At the **Sudbury Senior Center**, we support seniors in meeting all of these needs.



Sudbury Senior Center
40 Fairbank Road
Sudbury, Massachusetts 01776-1681
(978) 443-3055
FAX: (978)443-6009
Email: senior@sudbury.ma.us
We are open Mon-Fri 9AM - 4 PM.
<http://sudburyseniorcenter.org>

Sudbury Senior Center



<https://residentialplaza.com/en/on-august-21st-we-celebrate-national-senior-citizens-day/>

Serving the social,
recreational, health
and educational needs
of older adults
in the community.

Sudbury Senior Center

The Sudbury Senior Center

supports people aged 60 and older and their families through:

- **Advocacy:** We work for legislation to lighten the property tax burden for seniors, and provide supports for independence.
- **Programs:** We offer a wide range of programs to entertain, educate, foster healthy aging, and promote creativity.
- **Information and Resources:** We keep up-to-date on the latest services for seniors, and provide individualized consultations for seniors and their families.
- **Community service:** Through our volunteer programs like Fix-It and Friendly Visitors, we offer seniors a chance to both give and receive service at no cost.

Many of our services are provided **free of cost**. Some request a donation. For those which require a fee, scholarships are often available. There is no membership fee for using the Senior Center.



At the Center we offer lifelong learning, fitness classes, health and wellness education, nutrition information, tech help, travel, recreational activities and much more.

At home and in the community, we offer home delivered groceries and books, repair services, transportation, medical equipment loans, and more!

Who can take part?

Center programs are primarily for people 60 and older, but we also serve younger people and people with disabilities.

People from other towns are welcome to take part, although Sudbury residents are offered the first chance to enroll.

Keep tabs on all the latest events at the Senior Center through the **Sudbury Senior Scene** newsletter. Receive the newsletter via email by subscribing at the Senior Center website. The newsletter is also mailed free of charge to all 70+ households in town. It is also available at the Senior Center and Town offices, and to out-of-towners by subscription, and on the Senior Center website at

<http://sudburyseniorcenter.org>

To learn more, call **978-443-3055** or visit us:

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