

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 goals.

Director

Nickole Boardman

Administrative Coordinator

Chery Finley

Assistant Director/ Outreach Coordinator

Jill Dube

Coordinator of Volunteer Programs

Sarah Green Vaswani

Program and Publicity Coordinator

Palig Garabedian



Sudbury Senior Center



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



*Sudbury Senior Center
40 Fairbank Road
Sudbury, Ma 01776-1681
(978) 443-3055
Email: senior@sudbury.ma.us*

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.

Programming: 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 in
many programs.

Keep tabs on all the latest
events at the Senior Center
through the ***Sudbury 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
and is available at the Senior
Center and Town offices and
Library, to out-of-towners by
subscription, and on the
Senior Center website at
www.sudburyseniorcenter.org

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

Sudbury Senior Center

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