

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

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



Volunteer Opportunities

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*

Greeters:

Volunteers welcome people who come to the Senior Center & help patrons sign-in if needed, give tours, and help out with whatever tasks are needed.

Fix It: Home Repairs

Volunteers who 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 trips to the grocery store, delivering the food to homebound seniors.

Sand Bucket Brigade

In the winter, volunteers deliver a bucket of sand to Sudbury residents' homes for use on their walkways and driveways.

Technology Help

Volunteers provide technology assistance to seniors with ipads, laptops, and cell phones.

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.

Special Events and 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.

Goodnow to Go

Volunteers bring library materials to/from Goodnow Public Library for residents unable to travel there themselves.

Newsletter Labeling

Volunteers gather at the Senior Center once a month to affix mailing labels to our newsletter. A great opportunity to create new friendships!

Phone Buddies

Volunteers make a weekly phone call to their matched senior, sharing stories and creating a nice friendship.

Kitchen Helper

Help out our meals program with your cooking or cleaning skills!

Community Rides Driver

Drivers take seniors to appointments in their personal vehicles

Become a Volunteer!

Whether you are in your 20's and 30's, are parenting school-age children, are a retiree, or an adult of any age that finds themselves 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 volunteer,
please contact**

~

Sarah Green Vaswani

Coordinator of

Volunteer Programs

978-443-3055