

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.

Director

Debra Galloway

Information and Referral

Anne Manning

Volunteer Coordinator

Ed Gottmann



SUDBURY SENIOR CENTER

40 Fairbank Road
Sudbury, Massachusetts 01776-1681
(978) 443-3055

<http://senior.sudbury.ma.us>

SUDBURY SENIOR CENTER



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, in our office or in their homes.
- **Community service:** Through our volunteer programs like FISH 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, exercise classes, health and wellness information, nutrition information and meals, computer instruction, travel, recreational activities and much more.

In your home we offer home delivered meals, handyman services, transportation in town and to the doctor, 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. The newsletter is mailed free of charge to all senior-headed households in town thanks to the Friends of Sudbury Seniors. It is also available to out-of-towners by subscription, and on the Senior Center website at <http://senior.sudbury.ma.us>

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

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