



## Growing Older, Growing Together

**BRIDGES: Growing Older, Growing Together** is seeking a few good volunteers, 55 and older, to meet 1 hour per week for 5 weeks with a small group of students from a Sudbury elementary school. Following a tested curriculum, you and a partner will meet each week to share your life experiences with an eager group of students who want to learn from you. These encounters are joyful events for all concerned and have been designed to convey that growing up and growing older are in many ways the same and, yet, are different for each and every one of us.

During each session, the classroom teacher presents a short-lesson. Then, students & seniors have a discussion sharing their life experiences. Together, they do a fun & educational project.

**Class Topics include:**

- Ethnicities, Heirlooms & Traditions
- Schools Then and Now
- Learning from Each Other

**The commitment is small: one hour per week for five weeks.**

**Sessions begin October 20th at the Nixon School.**

**Tuesday from 9:00 – 10:00**

**Thursday from 9:00 – 10:00**

**Friday from 9:00 – 10:00**

Please email [Sudburybridges@gmail.com](mailto:Sudburybridges@gmail.com) with your availability.

**SOME QUOTES ABOUT BRIDGES:**

---

Adolf B. sent along this note: "I came across this quote come from Eleanor Roosevelt, and it struck me as true of Bridges. It is:

***'Age needs the company of youth.'***

And a response from, Bob, another volunteer:

***"Youth needs the company of age."***

---

*"From grandparents [and other older adults], children learn to understand something about the reality of the world, not only before they were born but also before their parents were born.... Experience of the past gives them means of imagining the future."*

Anthropologist Margaret Mead

Register online at <http://sudbury.bridgestogether.org/>

For more information or to participate call Sharon K. Wilkes at (978) 443-3055 or email [SudburyBridges@gmail.com](mailto:SudburyBridges@gmail.com)