

TYPE OF SERVICE	SERVICE	TELEPHONE #	CONTACT	
HEALTH CARE	St Joseph Hospital	882-3000		
	SAGE Program of St Joseph Hospital	578-5065		
	<i>Healthy lifestyle group for seniors</i>			
	Senior Adult Mental Health Unit	882-3000		
	<i>Acute, short term, inpatient psychiatric treatment</i>			
	Southern NH Regional Health Program	577-2000		
	<i>55 Plus Senior Membership Program</i>			
	Amherst Rescue Squad	673-7030		
	Home Health & Hospice Care	882-2941		
	Meals on Wheels	883-1459		
	MedCall	1-800-210-9000		
	<i>Physician referral & health education</i>			
	Milford Medical Center	673-5623		
	New Hampshire Dental Society	225-5961		
	Eye Care Help Line	1-800-222-3937		
	Hearing Aids Help Line	1-800-521-5247		
	Living at Home Senior Care	603-456-6060		
	Right at Home In Home Care and Assistance	603-216-9296		
	Amherst Yoga and Reiki	603-716-0111	Kathy MacKinnon	
Bright Star Care	603-770-3263	Tammy Ham		
Chiropractor	603-889-5400	Dr. Victor Bazzani		
Nurse Practitioner	603-249-8883	Wendy Wright NP		
Physical Therapy	603-672-5125	Kurt Bergeon MSPT		
Rehab Equipment Assoc.	603-645-6098	Ellen Malloy		
FINANCIAL & LEGAL	Elder Planning Advisors of New Hampshire	1-800-370-7166		
	<i>Planning for financial security in retirement</i>			
	New Hampshire Legal Assistance	1-800-562-3174		
	The Legal Advice & Referral Center	1-800-639-5290		
	Social Security Administration	880-0295		
CULTURAL & EDUCATION	Currier Gallery of Art	669-6144		
	Rivier Institute for Senior Education (RISE)	888-1311		
	Souhegan High School Community			
	<i>Education Program</i>	673-9940		
SOCIAL & RECREATION	Hampshire Hills Sports & Fitness Club	673-7123		
	Nashua YMCA	882-2011		
	<i>Program for Active Older Adults</i>			
GENERAL SUPPORT	Nashua Senior Center	889-6155		
	American Association of Retired Persons (AARP)	224-6095		
	Informational & Referral of Greater Nashua	883-9330		
	<i>A general information help line</i>			
	NH Division of Elderly & Adult Services	883-7726		
INSURANCE AGENCY	Brian LaBonte Insurance Agency	603-589-1017	Brian LaBonte	