

Community Services Directory

Updated February 17, 2021

Health care

●	St Joseph Hospital	882-3000
●	SAGE Program of St Joseph Hospital <i>Healthy lifestyle group for seniors</i>	578-5065
●	Senior Adult Mental Health Unit <i>Acute, short term, inpatient psychiatric treatment</i>	882-3000
●	Southern NH Regional Health Program <i>55 Plus Senior Membership Program</i>	577-2000
●	Amherst Rescue Squad	673-7030
●	Home Health & Hospice Care	882-2941
●	Meals on Wheels	883-1459
●	MedCall <i>Physician referral & health education</i>	1-800-210-9000
●	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

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Health care continued

●	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 and legal

●	Elder Planning Advisors of New Hampshire <i>Planning for financial security in retirement</i>	1-800-370-7166	
●	New Hampshire Legal Assistance	1-800-562-3174	
●	The Legal Advice & Referral Center	1-800-639-5290	
●	Social Security Administration	880-0295	

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Cultural and educational

- **Currier Gallery of Art** 669-6144
- **Rivier Institute for Senior Education (RISE)** 888-1311
- **Souhegan High School Community Education Program** 673-9940

Social and recreation

- **Hampshire Hills Sports & Fitness Club** 673-7123
- **Nashua YMCA** 882-2011
Program for Active Older Adults

General support

- **Nashua Senior Center** 889-6155
- **American Association of Retired Persons (AARP)** 224-6095
- **Informational & Referral of Greater Nashua** 883-9330
A general information help line
- **NH Division of Elderly & Adult Services** 883-7726

Insurance agency

- **Brian LaBonte Insurance Agency** 603-589-1017 Brian LaBonte