



~SENIOR INFORMATION~

Seniors Helping Seniors, www.seniorshelpingseniorsnh.com, 603-801-1936

Nearest Senior Centers to Bedford, NH:

John O'Leary Adult Center, Merrimack, 603-424-2100

William B Cashin Senior Center, Manchester, 603-624-6536

Nashua Senior Activity Center, Nashua, 603-889-6155

Nearest Senior Day Programs to Bedford, NH:

TLC Medical Day Care for Adults, Concord, 603-224-8171

Vintage Grace, Derry, 603-425-6339

St. John Neuman Day Away Program, Merrimack, 603-880-4689

Easter Seals Adult Day Program, Manchester, 603-621-3558

Bedford Parks & Recreation Department
24 N. Amherst Road, Bedford, 603-472-5242
Website: www.BedfordRecOnline.com