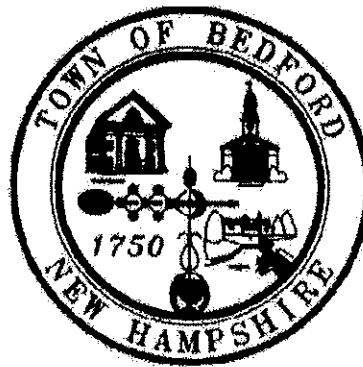


BEDFORD SENIORS... Looking For Something To Do?

BEDFORD ADULT AND SENIORS RESOURCE LIST



The Bedford Adult and Seniors Resource List is a guide for Bedford residents on the many activities, programs and services available to adults and seniors in the community. The newly formed Bedford Adult/Senior Advisory Committee established this list with assistance from the Bedford Parks & Recreation Department and Bedford Public Library. Input regarding additions, corrections, or improvements are welcome and can be directed to Bedford Parks & Recreation at 472-5242. Additional information is available in *Bedford Profiles*, a descriptive list of non-profit organizations serving Bedford published by the Bedford Public Library and available on the web at www.bedford.lib.nh.us/bedpro.html.

BEDFORD ADULT AND SENIORS RESOURCE LIST

CIVIC & VOLUNTEER OPPORTUNITIES

<u>Activity</u>	<u>Resource</u>	<u>Phone</u>	<u>Web</u>
Animal Advocacy/Care	Animal Rescue League	472-3647	www.rescueleague.org
Business Counseling	SCORE	666-7561	www.score-manchester.org
Civic Organizations	Bedford Lion's Club	472-5293	
	Bedford Men's Club	472-5153	www.bedfordmensclub.com
	Bedford Neighbors Club	472-8707	www.bedfordneighbors.com
	Bedford Presbyterian Ladies Circle	472-5841	
	Community Greetings - Newcomers	471-1023	
	Kiwanis Club of Bedford	624-2044	
	Rotary Club of Bedford	472-2799	www.rotarybedfordnh.com
Cinderella Project	Cinderella Project of NH Org.	472-4425	http://thecinderellaprojectofnh.org/
Fire	Bedford Firefighters Association	622-7779	
Library	Friends of The Bedford Library	472-8709	
	Bedford Public Library	472-2300	www.bedford.lib.nh.us/
Police	Bedford Crimeline	472-5173	
Public Interest	Bedford Democratic Party	472-4651	
	Bedford Republican Committee	472-8087	www.bedfordrepublicans.org
	Bedford Taxpayers Association	472-3421	
	Taxpayers for Quality Education	471-0240	www.bedfordtqe.org
School District	Bedford School District	472-3755	www.sau25.net/
Scouting	Boy Scouts	471-0540	
	Cub Scouts	472-6593	
	Girl Scouts	472-2652	
Sports Teams/Clubs	Bedford Babe Ruth Baseball	471-9108	www.bedfordbaberuth.com
	Bedford Basketball League	472-4485	www.bedfordbl.com
	Bedford Friends of Recreation	472-4485	www.bmbl.net
	Bedford Girls Softball	472-5242	
	Bedford Little League Baseball	471-9044	www.bedfordll.com
	Bedford Soccer League	471-6367	www.eteamz.com/bedfordnhsoccer
	Bedford Swim Team	472-8622	
	Bedford Youth Football & Cheerleading	472-6665	www.bedfordjaquars.org
	Bedford Youth Lacrosse Association	472-5613	www.bedfordcannons.org
Town Government	Bedford Town Manager	472-5242	www.bedfordnh.org/
Volunteering	Southern NH Retired & Senior Volunteer Prog.	668-8010	www.seniorcorps.org
Veterans	Veterans of Foreign Wars	472-4637	
	Bushwell American Legion - Post 54	472-4637	www.legion.org
Youth Organizations	Bedford Youth Performing Company	472-3894	www.byperc.org
	Coalition for Bedford Youth	472-3951	

BEDFORD ADULT AND SENIORS RESOURCE LIST

CULTURAL, SOCIAL & RECREATIONAL OFFERINGS

<u>Activity</u>	<u>Resource</u>	<u>Phone</u>	<u>Web</u>
Archery	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Antiques and History	Pulpit Rock Questors	472-8558	
Arts and Crafts	Craftworkers Guild	472-9788	
Athletic Competition	Granite State Senior Games	622-1690	www.nhseniorgames.org
Ballroom Dancing	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Baseball Leagues	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Book Loans	Bedford Library	472-2300	www.bedford.lib.nh.us
Book Review Discussions	Bedford Library	472-2300	www.bedford.lib.nh.us
Bridge Classes	Bedford Women's Club	472-2206	www.bedfordwomensclub.org
Computer Class (Beginners)	Bedford Library	472-2300	www.bedford.lib.nh.us
Conservation	PrimeTime - Catholic Medical Center	663-6333	www.catholicmedicalcenter.org
Cross Country Skiing	Bedford Land Trust	472-5950	http://www.bedfordlandtrust.org
Exercise Class	Bedford Cross Country Ski Club	472-5242	BedfordRecOnline.com
	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
	PrimeTime - Catholic Medical Center	663-6333	www.catholicmedicalcenter.org
Family Cultural Series	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Farmers' Market	Bedford Farmers' Market	472-6663	www.bedfordfarmersmarket.com
Fly Fishing Class	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Foreign Language & Culture	Italian Cultural Society	472-2592	
Gardening	Bedford Garden Club	472-8983	
History	Pulpit Rock Questors	472-8558	
	Bedford Historical Society	668-6423	www.geocities.com/bedfordhistoricalsoc
Luncheons	Bedford Women's Club	472-2206	www.bedfordwomensclub.org
	Bedford Senior Citizen's Club	472-5094	
Museums	Marconi Museum	472-8312	www.marconiusa.org/
Music	Bedford Big Band	471-2950	www.bedfordbigband.com
Picnics	Bedford Senior Citizen's Club	472-5094	
Pilates	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Railroad	Boomers Model Railroad Club	472-3137	www.boomers-it.com
Softball Leagues (Men/Women)	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Singing	Sweet Adelines International	568-2658	
	Bedford Women's Club	472-2206	www.bedfordwomensclub.org
Social and Cultural	St. Elizabeth Seton Women's	472-5410	
Swimming - Town Pool	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Table Tennis	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Tennis	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com
Theater	Bedford Off-Broadway	471-1286	www.bedfordoffbroadway.com
Trips	Bedford Senior Citizen's Club	668-1422	

BEDFORD ADULT AND SENIORS RESOURCE LIST

TV Production	PrimeTime - Catholic Medical Center	663-6333	www.catholicmedicalcenter.org
Veteran's Activities	Bedford Community TV	472-8288	www.bedfordtv.com/
	Bushwell American Legion - Post 54	472-4637	www.legion.org
	Veterans of Foreign Wars - Post 8401	472-4637	
Vidio and Audio Loans	Bedford Library	472-2300	www.bedford.lib.nh.us
Walking Group	Bedford Parks and Recreation	472-5242	BedfordRecOnline.com

EDUCATIONAL PROGRAMS

<u>Activity</u>	<u>Resource</u>	<u>Phone</u>	<u>Web</u>
Adult Education	St. Anselm's College	641-7000	www.anselm.edu
	Granite State College - OLLI	513-1377	www.granite.edu/olli/
	Southern NH Univ. - Adult Advancement	645-9688	
	NH Community Technical College	668-6706	
	Manchester West - Adult School District	624-6390	
	Goffstown High School - Adult Education	497-4841 x356	
Wellness Education	UNH - Manchester	641-4321	
	PrimeTime - Catholic Medical Center	663-6333	www.catholicmedicalcenter.org
	Elliot Senior Health Center	663-7030	www.elliospital.org

HEALTH & HUMAN SERVICES RESOURCES

<u>Activity</u>	<u>Resource</u>	<u>Phone</u>	<u>Web</u>
Adult Care & Services	Easter Seals of NH	623-8863	www.nh.easterseals.com
	The CareGivers, Inc.	622-4948	www.caregiversnh.org
	St. Joseph's Community Srvs - Meals on Wheels	424-9967	www.mealsonwheels.org
Advocacy	Manchester Region Area Cmte on Aging	622-8405	
Alcoholism	AARP of NH	542-8168	www.aarp.org
	Alcoholics Anonymous	622-6967	www.nhaa.net
Health Services	Al-Anon	472-2485	
	American Red Cross - Manchester	624-4307	www.redcrossmanchester.org
	American Cancer Society - Northern New England	472-8899	www.cancer.org
	Catholic Medical Center (CMC)	663-6333	www.catholicmedicalcenter.org
	Elliot Senior Health Center	663-7030	www.elliospital.org
Support/Referral Services	Visiting Nurses Association (VNA)	622-3781	www.manchestervna.org
	ServiceLink	866 634-9412	www.state.nh.us/serviceLink
	NH HelpLine	800-852-3388	www.nhhelpline.org
Transportation	Easter Seals of NH	623-8863	www.nh.easterseals.com
	The CareGivers, Inc.	622-4948	www.caregiversnh.org
Veterans	NH State Veterans Council	624-9230	www.nh.gov/nhveterans
Wellness Resource Center	Prime Time/CMC	663-6333	www.catholicmedicalcenter.org