

## **AGE STRONG! LIVE LONG!**

The Town of Deerfield is updating its list of community supports for seniors.  
Questions? Call Denise Greig at 463 8811 x310.

### **1. TRANSPORTATION**

#### **Lamprey HealthCare - Senior Transportation Program 1 800 582 7214.**

This program offers transportation for senior and disabled Deerfield residents every Tuesday!! Transportation is offered for medical appointments, shopping trips or a monthly recreational trip. It is FREE but if you can afford it, there is a suggested donation of \$3.

Transportation to medical appointments **outside** of the weekly schedule can be made if you call the Lamprey office at least 2 weeks in advance. The Transportation Office will help set up the appointment and transportation at the same time for convenience. Call **1 800 582 7214**.

### **2. NUTRITION**

#### **Deerfield Food Pantry – call Faith at 463 7800.**

The Food Pantry distributes FREE food to eligible seniors; foods include fruits and vegetables, meats and canned/boxed goods. Distribution is the final Friday of the month from 10:00 am to 12 noon from the rear entrance of the Deerfield Community Church, 15 Church Street.

#### **Meals on Wheels Program – call 679 2201.**

Nutritious meals are delivered Monday through Friday to senior and disabled Deerfield residents. If needed, special diets are available. If you can afford it, there is a suggested donation of \$2. (If you cannot, please note The Town of Deerfield gives money to this organization every year).

**Deerfield Farmers' Market.** Fridays (summer), 3:00-6:00 pm, Fairgrounds.

### **3. INFORMATION**

#### **ServiceLink Resource Centers -- call 1 866 634 9412 (toll free).**

ServiceLink offers FREE information referral and assistance for older adults, adults with disabilities and chronic illnesses, and for those who love and care for them. For INFORMATION, call **1 866 634 9412 (toll free)** or go to [www.servicelink.org](http://www.servicelink.org).

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#### **4. LIBRARY**

**Philbrick-James Library, 4 Church Street – call 463 7187.**

The Library offers a wide array of FREE services including large print books, books on tape/CD; video & DVD movies, hi-speed internet and computers. Come enjoy the new books, daily newspapers or one of 17 magazines! The Library also has NH museum passes for the public. Don't forget to ask about TALKING BOOKS, a free service offered by the NH State Library to all NH residents who are physically unable to see, handle or process printed material comfortably.

#### **5. EXERCISE**

**Deerfield Parks & Recreation Department -- call 463 8811 x 305.**

The Town offers programs welcoming seniors including Line Dancing, Living Strong Exercise Program, Yoga and Tai Chi. Look for other events! For more info, call 463 8811 x 305 or go to [www.townofdeerfieldnh.com](http://www.townofdeerfieldnh.com).

**Deerfield Trail Map.** The Town has a wonderful variety of walking trails. A copy of the Guide is available at the Library or go to the town website.

#### **6. SOCIAL EVENTS**

**Just a Sampling!**

**Senior Luncheon – call 463 5761.**

The Senior Luncheon is open to all seniors and is held the second Thursday of the month (March through December) at 12 noon. The Luncheon is held at the Parish Hall of the Deerfield Community Church, 15 Church Street.

**Deerfield Women's Club – call 463 7485.**

This social group is open to all women and it meets the third Tuesday of the month at 12:30 pm. Contact Edie for more information.

**Deerfield Historical Society, Town Hall, fourth Thursday at 7:00 pm.**  
Enjoy guest lectures!

**For local news and events, check out the monthly Communicator or the local online newspaper, The Forum, at [www.forumhome.org](http://www.forumhome.org).**

**NH Bureau of Elderly and Adult Services – call 603 271 4680 or go to [www.dhhs.nh.gov/DHHS/BEAS](http://www.dhhs.nh.gov/DHHS/BEAS).**

**Questions? Call Denise Greig, Welfare Administrator, at 463 8811x310.**