



## **About The Strafford County Public Health Network**

The Strafford County Public Health Network exists to improve the health, wellness, and quality of life for all individuals in Strafford County. It is one of 13 networks across the State of New Hampshire that work together to align multiple public health priorities into one integrated system. The Strafford County Public Health Network is representative of Dover, Rochester, Durham, Somersworth, Barrington, Farmington, Milton, Lee, Strafford, New Durham, Rollinsford, Middleton, Madbury, and the University of New Hampshire. The Strafford County Public Health Network is located at Goodwin Community Health and online at [scph.org](http://scph.org). To join the PHAC, and for more information about the Strafford County Public Health Network, including a list of contacts, please visit [scphn.org](http://scphn.org)

# **Community Resource Guide for Strafford County**

**Budget friendly ideas for indoor and outdoor family fitness,  
exercise classes, healthy food access, and free community trails**



Updated: October 2017

## **Resources Sorted by Town:**

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# Barrington

## FOOD ACCESS RESOURCES

### Barrington Community Food Pantry

<http://www.barringtonfoodpantry.org/>

105c Ramsdell Ln

(lower level of library, next to recreation center)

603-664-0233

barringtonfp@gmail.com

info@barringtonfoodpantry.org

Thursdays: 6-7:30pm

Residents only ☒ Income restrictions ☒

### Barrington Community Garden

Behind Calef's Country Store and Barrington Post Office  
(Off Rt. 9)

603-664-6098

cronda@hotmail.com

## FREE COMMUNITY TRAILS

### Barrington Conservation Commission

[www.barringtonconcom.org](http://www.barringtonconcom.org)

603-664-5798

crawford@myfairpoint.net

Family trails, hikes and land conservation

### Winnie the Pooh Trail

245-263 Franklin Pierce Hwy, Barrington, NH 03825

Hiking, walking, recreation

### **Stonehouse Pond**

Near 165 Rt. 9

Hiking, walking, fly fishing

### **Barrington Town Forest**

Swain Rd.

Hiking, walking, recreation

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Barrington Recreation Department**

105 Ramsdell Ln

603-664-5224

Mon-Fri: 8am-4pm

Adult, Youth and Family Programming and Classes

### **Swain's Lake**

Young Road

Swimming, boating, fishing

## **RESOURCES FOR CHILDREN**

### **Barrington Youth Association**

[www.byanh.org](http://www.byanh.org)

276 Smoke Street

T-ball, baseball, softball

# **DOVER**

## **FOOD ACCESS RESOURCES**


### **Dover Farmers Market**

550 Central Ave, Chamber of Commerce

June-September, Wednesdays: 2:15-6pm

SNAP & Market Match

No Cost 

Low Cost/ Discount 

## Seacoast Area Mobile Market (SAMM) ▲

<http://seacoastlocal.org/samm/>

SNAP and Market Match\*

Dover Housing (Central Towers)

Across from Henry Law Park, Henry Law Ave.

July- September, Wednesdays: 11:00-11:30am

Dover Housing (Waldron Towers)

3 Green St. (out back/access road)

July- September, Wednesdays: 12:00-12:30pm

Strafford County Complex

July- September, Thursdays: 11am-12:30pm

## Dover Friendly Kitchen ●

5 Hale St.

dfkdovernh@gmail.com

Tuesday and Thursday: 5-6pm

## Community Action Partnership Food Pantry ●

[www.straftfordcap.org](http://www.straftfordcap.org)

61 Locust Street, Suite 240

McConnell Center

603-460-4237

Mon, Tues, Wed, and Fri: 9am-3pm

Photo ID and Household Income Required ☒

## Community Action Partnership Summer Meals ●

<http://www.straftfordcap.org/programs/food-a-nutrition>

603-516-2339

multiple locations

No Cost ●

Low Cost/ Discount ▲

## **Dover Food Pantry, First Parish Congregational Church** ●

1 Silver St  
603-749-4235  
Tuesdays: 3-5pm; Thursdays: 9-11am  
Residents only ☒

## **Our Daily Bread/St Joseph's Church Food Pantry** ●

180 Locust St  
603-742-4837  
office@assumptiondovernh.org  
Tues and Wed: 9-11:50pm; Saturdays: 9- 11:50am  
Call ahead ☒ Residents only ☒

## **Dover Meals on Wheels** ▲

Café by the River (Waldron Towers)  
603-692-4211  
Mon, Tues, Thurs, and Fri: 11:30am-1pm  
Age restriction (60+) ☒ Application at first visit ☒

## **FREE COMMUNITY TRAILS**

### **Dover Community Trail** ●

Watson Rd to Fisher St  
Biking, Walking, and Commuting

### **County Farm Cocheco River Loop Trial** ●

Begins near Strafford County Complex  
County Farm Cross Rd  
Biking, Hiking  
[Trail Map](#)

### **Henry Law Park and Cochecho River Walk**

Henry Law Avenue

Trail, playground, green space, canoe launch, skate park

### **Bellamy River Wildlife Management Area**

<http://www.wildlife.state.nh.us/maps/wma/bellamy.html>

Old Garrison Rd

Trails, winter recreation

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Community Senior Center**

61 Locust Door #1

603-516-6436

Monday-Friday: 9am-3pm

Walking groups, community meals, fitness classes, outings

### **Dover Ice Arena**

110 Portland Ave

603-516-6060

Mon-Fri: 8am-10pm, Sat-Sun: 7:30am-10pm

Public skating on designated days

Rentals available ☒

### **Dover Indoor Pool**

6 Henry Law Ave

603-516-6441

Hours vary per season

Swim lesson, open pool, and fitness classes



### **Jenny Thompson Outdoor Pool** ▲

140 Portland Ave

603-516-6085

June-Labor Day

Summer camps, competitive and recreational swim

### **McConnell Fitness Center and Butterfield Gym**



61 Locust St Door #3

603-516-6401

Mon-Fri: 7am-9pm; Sat-Sun: 9am-4pm

Zumba, yoga, strength, open gym

Day or Monthly passes available

### **Bellamy Park Disc Golf Course** ●

<http://bellamyparkdiscgolf.weebly.com/>

Bellamy Rd

Open to public, bring equipment

### **Hilton Park** ●

Route 4

Playground, green space

### **Joe B. Riverwalk, Public Gardens** ●

<http://www.joeparksgarden.org/>

Access at 400 Central Ave and Chestnut St.

### **New Hampshire Children's Museum** ▲

<https://www.childrens-museum.org/>

6 Washington St

603-742-2002

Hours vary throughout year

No Cost ●

Low Cost/ Discount ▲

### **Indoor Ascent**

<http://indoorascent.com/>

47 Broadway, Dover, NH 03820

603-742-7848

Rock Climbing

Hours Vary

## **MEDICAL RESOURCES**

### **Community Partners Mental Health Services**

50 Chestnut St

603-516-9300

Services residents of Strafford County

All insurances accepted

### **Wentworth Health Partners Great Bay Mental Health**

[www.greatbaymentalhealth.com](http://www.greatbaymentalhealth.com)

15 Old Rollinsford Rd., Suite 302

603-742-9200

Monday-Friday: 8am-5pm

### **Families First Mobile Health Van**

Mental Health Counseling

603-422-8208 (x1)

Located at Strafford County Courthouse

Mondays: 8:30-11am

Dover Train Station, 33 Chestnut St

1<sup>st</sup> and 3<sup>rd</sup> Wed each month: 9-11am

## **Wentworth Douglass Hospital**

789 Central Ave

603-742-5252

Community Health and Wellness Classes

<http://www.wdhospital.com/wdh/staying-well/event>

## **RESOURCES FOR CHILDREN**

### **Seymour Osman Community Center**

<http://www.dhasocc.org/>

40 Hampshire Circle

603-749-6692

Elementary After School Program, Monday-Friday: 3-6pm

Middle School Program, Monday-Friday: 2:45-6pm

# **DURHAM**

## **FOOD ACCESS RESOURCES**

### **Cornucopia Food Pantry**

<http://www.cornucopia.unh.edu/>

The Waysmeet Center (United Campus Ministry)

15 Mill Rd

603-862-1165

Summer (Jun-Aug) Tuesdays: 4-5:30pm

Academic Year (Sept-May) Tues: 4-5:30pm; Fri: 12-2pm

Community dinners co-hosted with Organic Garden

Club(Sept-May): Monthly, Second Friday: 6-7pm

### **St Thomas More Food Pantry**

6 Madbury Rd

603-868-2666

No Cost 

Low Cost/ Discount 

Thursdays: 4-6pm

ID Required ☒

### **Durham Farmers Market** ▲

10 Old Piscataqua Rd

June-September, Mondays: 2:15-6pm

SNAP & Market Match

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Durham Parks and Recreation Department**

<https://www.ci.durham.nh.us/recreation>

2 Dover Rd

603-817-4074

recreation@ci.durham.nh.us

Classes on weekdays and weekends

Fitness, yoga, outdoor trails and recreation

For youth, adult and community

### **University of New Hampshire Outdoor Pool** ▲

5 Edgewood Rd

603-862-2677

Hours vary by season

## **FREE COMMUNITY TRAILS**

### **College Woods** ●

UNH campus, behind football field

Recreation, hiking, bird watching, xc skiing

### **Sweet Trail** ●

<http://www.greatbaypartnership.org/mapsweet.html>

Longmarsh Rd.

Hiking, snowshoeing

No Cost ●

Low Cost/ Discount ▲

### **Adams Point Wildlife Management Area** ●

<http://www.wildlife.state.nh.us/maps/wma/adams-point.html>

Adams Point Rd.

Walking, animal watching

### **Wagon Hill Farm** ●

[https://www.ci.durham.nh.us/boc\\_conservation/wagon-hill-farm](https://www.ci.durham.nh.us/boc_conservation/wagon-hill-farm)

Rt. 4

Daily: 8am-dusk

walking, kayaking, sledding, snowshoeing

## **RESOURCES FOR CHILDREN**

### **Oyster River Youth Association**

<https://oryarec.org/>

603-868-5150

[programs@oryarec.org](mailto:programs@oryarec.org)

recreational sports programs

open to Durham, Lee, and Madbury

# **FARMINGTON**

## **FOOD ACCESS RESOURCES**

### **Community Action Partnership Outreach Food Pantry** ●

[www.traffordcap.org](http://www.traffordcap.org)

527 Main St

603-460-4313

No Cost ●

Low Cost/ Discount ▲

Mon, Wed, and Fri: 8:30am-12pm  
ID/Income required ☒

### **Seacoast Area Mobile Market** ▲

<http://seacoastlocal.org/samm/>

422 Main St. (Goodwin Library)

July-September; Fridays: 5-6pm

SNAP and Market Match\*

### **Interfaith Food Pantry** ●

400 Main St (First Congregational Church)

603-755-4816

Last Saturday of the month: 9:30-10:30am  
(Except Aug)

### **Grace Community Church Food Pantry** ●

9 Mechanic St

603-332-9689

Thursdays: 9:30-11:00am

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Farmington Parks and Recreation Department**

531 Main St

603-755-2405

Senior Activities, bingo, Youth Programs, after school

### **Farmington Five-Hundred Boys and Girls Club**

603-755-2311

[info@farmington500.org](mailto:info@farmington500.org)

Youth athletic teams

Archery, baseball, basketball, football, soccer, softball,  
volleyball, golf

## **FREE COMMUNITY TRAILS**

### **Farmington Recreational Rail Trail** ●

No Cost ●

Low Cost/ Discount ▲

Chestnut Hill Rd and Rt. 125 Intersection to Davidson  
Rubber Plant off Rt. 11  
Hiking, biking, winter sports

### **Mount Blue Job**

First Crown Point Rd  
Hiking and recreation

### **Abbotts Grant Town Forest**

Old Bay Rd.  
Walk, picnic

## **LEE**

### **FOOD ACCESS RESOURCES**

#### **Wilkinson Memorial Food Pantry of Lee Congregational Church**

17 Mast Rd  
603-659-2861

1<sup>st</sup> and 3<sup>rd</sup> Monday of each month: 6-7pm  
serves Durham, Lee, Madbury, Nottingham, and  
Newmarket

Photo ID and Household Income Required ☒

#### **Lee Farmers Market**

Corner of Mast Rd and Recycle Center Rd  
Old Lee Firestation  
esawtelles@aol.com  
603-659-9329

June-September; Thursdays: 3-6 pm

### **INDOOR AND OUTDOOR FAMILY FITNESS**

#### **Little River Park**

No Cost 

Low Cost/ Discount 

39 North River Road  
Playground, baseball field, picnic, basketball hoops,  
multiuse field, and trails

### **Lee Town Forest**

Multiple points of access (Lee Public Library, Mast Rd, etc)  
Hiking, winter activities, fields, canoe launch, fishing

### **DeMeritt Hill Farm**

<http://demeritthillfarm.com/>

20 Orchard Way

603-868-2111

info@demeritthillfarm.com

walking trails, fruit picking, hayrides, picnic, special events

## **MADBURY**

### **INDOOR AND OUTDOOR FAMILY FITNESS**

#### **Demerritt Park Field**

12 Route 155

Soccer, baseball, recreation, trails, picnic

#### **Tibbetts Field**

25 Route 155

Soccer field, recreation, trails

### **FREE COMMUNITY TRAILS**

#### **Kingman Farm Trail**

Route 155


Biking, hiking, winter activities

Dog friendly ☒

#### **Pudding Hill Town Forest**

Pudding Hill Rd and Evans Road

No Cost 

Low Cost/ Discount 



# MIDDLETON

## FREE COMMUNITY TRAILS

### Ellis R. Hatch Wildlife Management Area

Multiple Access Points  
Kings Highway  
Fishing, recreation, hiking

### Piper Mountain

Access Rd  
Hiking, recreation

# MILTON

## FOOD ACCESS RESOURCES

### McKenzie's Farm

<https://www.mckenziesfarm.com/>


71 NE Pond Rd  
603-652-9400  
May-Nov; Mon-Sun: 9am-6pm  
pick your own fruits, farmstand, events

## INDOOR AND OUTDOOR FAMILY FITNESS

### Milton Town Beach

<http://www.miltonnh-us.com/parks.php>

No Cost 

Low Cost/ Discount 

852 White Mountain Highway  
603-652-7308  
call for hours  
swimming, picnic

### **Recreation Department**

<http://www.miltonnh-us.com/parks.php>  
recreation@miltonnh-us.com  
603-652-4501 x 8  
Youth soccer, camp

## **FREE COMMUNITY TRAILS**

### **NH Farm Museum Trails** ● ▲

<http://farmmuseum.org/>  
info@farmmuseum.org  
603-652-7840  
1305 White Mt Hwy  
50 Acres of trails for hiking  
Hours vary per season

### **Teneriffe Mountain Reserve** ●

<https://miltonnhgetoutdoors.wordpress.com/2015/05/27/tenerife-mountain-reserve/>  
Teneriffe Rd.  
170-acre forest reserve with 1.6 mile trail  
hiking, rare plant species

### **Moose Mountain Reservation** ●

<https://www.forestsociety.org/property/moose-mountains-reservation>  
Parking at end of New Portsmouth Rd.  
8 Miles of trails  
hiking, winter activities

# NEW DURHAM

## FOOD ACCESS RESOURCES

### New Durham Food Pantry

5 Main St

603-817-0372

Saturdays: 9-10am

Proof of residency/ID Required ☒

## INDOOR AND OUTDOOR FAMILY FITNESS

### New Durham Recreation Department

<http://newdurhamnh.myrec.com/info/default.aspx>

4 Main Street

603-859-5666

bingo, youth soccer, recreation

### New Durham Town Beach

South Shore Rd.

Swimming, boating

## FREE COMMUNITY TRAILS

### Caverly Mountain


Caverly Rd. off Kings Highway

Hiking, snowmobile/ATV, snowshoe

# ROCHESTER

## FOOD ACCESS RESOURCES

No Cost 

Low Cost/ Discount 

### **Rochester Farmers Market** ▲

Rochester Commons, South Main St  
June-September; Tuesdays: 3-6pm  
SNAP/EBT & Market Match

### **Emmanuel Advent Christian Church Food Pantry** ●

24 Eastern Ave  
603-332-5355  
emmanuelchurch@emmanuelacc.net  
Food Pantry: Thursdays: 10:30am-12pm, call for appt.  
Community Dinners: 2<sup>nd</sup> & 4<sup>th</sup> Friday each month: 5:30pm

### **Gerry's Food Pantry** ●

150 Wakefield Street, Suite 5  
603-330-3468  
gerrysfoodpantry@metrocast.net  
Monday and Friday: 1-3:15pm  
Wednesday: 10am-3:15pm  
Rochester, E. Rochester, Gonic, and Farmington  
Residents only ☑

### **Grace Community Church Food Pantry** ●

57 Wakefield St.  
603-332-9689  
Last Saturday of each month: 3:45-5pm

### **Joseph's Storehouse Food Pantry** ●

<http://www.josephsstorehouse.com/welcome>  
124 Milton Rd  
603-994-1076  
Third Saturday each month: 9am-12pm

### **Revolution Church Food Pantry** ●

87 Lowell St  
603-332-0212  
Fridays: 5:15-6:45pm  
Last Mon day each month: 10-11am, check day

### **Rochester Fellowship Soup Kitchen** ●

34 South Main St.  
603-332-4170

### **Salvation Army Soup Kitchen** ●

10 Olde Farm Lane  
603-332-2623  
Monday, Wednesday and Friday: 12-1pm

### **Rochester Meals on Wheels** ▲

77 Olde Farm Ln  
603-332-0831  
Mon, Tues, Thurs, and Fri: 11:30am-1pm  
Age restriction (60+) ☒ Application at first visit ☒

### **Salvation Army Food Pantry** ●

10 Olde Farm Lane  
603-332-2623  
Monday, Wednesday, and Friday: 9am-2pm

### **First Church Congregational, UCC Food Pantry** ●

63 South Main St  
603-332-1121  
Monday-Friday: 8am-2pm

### **Community Action Partnership Summer Meals** ●

<http://www.straffordcap.org/programs/food-a-nutrition>  
603-516-2339  
multiple locations

## **FREE COMMUNITY TRAILS**

### **Gonic Trails** ●

Mt. Isinglass Recreational Area  
Rochester Neck Rd  
603-332-4120  
Hiking, walking, winter recreation, biking, swimming

Dog friendly ☒

### **William H Champlin, Jr Forest Trails** ●

Route 108, across from Sky Haven airport

Hiking, walking, winter recreation

### **Pickering Ponds** ●

374 Pickering Road Gonic

603-332-4120

Green space/easy to moderate 2 mile loop trail

Hiking, bird watching, winter recreation

Dog friendly ☒

### **Rochester Common** ●

Route 108/South Main St

603-332-4120

Walking loop (3 loops=1 mile), sports field, playground

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Rochester Recreation Center and Arena**

[www.rochesterrec.com](http://www.rochesterrec.com)

150 Wakefield Street, Suite 1 (Rec Center)

63 Lowell St. (Ice Arena)

603-332-4120

Youth, adult, family, senior programs, ice skating

### **Hanson Pines** ●

4 Yeagley Way

603-332-4120

Outdoor pool, playground, basketball courts, trails

### **Squamagonic Recreation Area** ●

Gravel drive between 51 and 53 Hansonville Rd

Wilderness, 18 hole disc golf course

### **Community Center Tennis Courts** ●

150 Wakefield St

For school and public use

No Cost ●

Low Cost/ Discount ▲

Dawn to dusk, Spring-Fall


### **Rochester Community Center**

150 Wakefield St

Youth, Adult, Senior and Family Programs

Indoor basketball courts, karate

### **Other Outdoor Pool Locations**

1. *East Rochester Pool*   
Green Street/Cochecho Ave, Rochester
2. *Gonic Pool*   
Railroad Ave at Gonic School, Gonic

### **YMCA of Strafford County**

<http://www.graniteymca.org/locations/strafford-county>

603-332-7334

35 Industrial Way, Rochester NH 03867

Youth, Adult, Senior and Family Programs

## **MEDICAL RESOURCES**

### **Frisbie Memorial Hospital**

<https://www.frisbiehospital.com/events/>

Community Health and Wellness Classes

11 White Hall Rd

(603) 332-5211

### **Catholic Charities of NH**

<https://www.cc-nh.org/counseling>

Mental Health Counseling Services

23 Grant St

603-332-7701

### **Families First Mobile Health Van**

No Cost 

Low Cost/ Discount 

Mental Health Counseling  
Located at Salvation Army  
10 Olde Farm Ln  
Monday and Wednesday: 12pm-2pm

### **Community Partners**

Mental Health Counseling  
25 Olde Farm Rd  
603-516-9300

## **RESOURCES FOR CHILDREN**

### **Rochester Youth Soccer Association**

<http://rysa-nh.com/>  
info@rysa-nh.com  
youth travel and recreational soccer programs

### **Rochester Girls Softball League**

<http://leaguelineup.com/welcome.asp?url=rochestergsl>  
softball teams and tournaments

### **Roger Allen Baseball**

<http://rogerallenbaseball.website.siplay.com/>  
rogerallenbaseball@gmail.com  
youth baseball teams

## **ROLLINSFORD**

## **FOOD ACCESS RESOURCES**

### **Seeds of Faith Food Pantry**

<https://seedsoffaithnh.org/food-pantry/>  
1 Front Street, Suite 160  
603-969-2235  
SOFoodpantry@gmail.com  
Mondays: 10am-12pm



### **Seacoast Eat Local Winter Farmers Market**

<http://seacoasteatlocal.org/find-local-food/our-winter-farmers-market/>

141 Rollins Rd

Nov-April, Saturdays: 10am-2pm (check website for dates)

SNAP & Market Match

### **FREE COMMUNITY TRAILS**

#### **Scout Landing Trails** ●

Begins at boat launch off Front St

### **INDOOR AND OUTDOOR FAMILY FITNESS**

#### **Rollinsford Free Public Ice Skating Rink** ●

Roberts Rd, next to fire department

Seasonal, no rentals available

#### **Community Yoga Class** ●

603-516-2665

3 Front Street

Rollinsford Pubic Library

Thursdays: 6:45-8pm

Bring yoga mat ☒

## **SOMERSWORTH**

### **FOOD ACCESS RESOURCES**

#### **Somersworth Farmers Market** ▲

311 Route 108

Goodwin Community Health

Mondays: 3-6pm

SNAP & Market Match

#### **House of Hope Soup Kitchen and Food Pantry** ●

6 Sullivan Sq

No Cost ●

Low Cost/ Discount ▲

Berwick ME 03901  
207-698-9944  
Available to Somersworth residents  
Monday, Tuesday, and Thursdays: 4:30-7pm

### **Community Food Pantry** ●

176 West High Street  
603-692-2907  
Director-Pat Vachon  
Mon: 10am-12pm; Wed: 6-8pm; Thurs: 3-5pm

### **Somersworth Meals on Wheels** ▲

Senior Delite Café  
25 Bartlett Ave  
603-692-4211  
Mon, Tues, Thurs, and Fri: 11:30am-1pm  
Age restriction (60+) ☒ Application at first visit ☒

### **Women, Infant and Children (WIC)** ●

<http://goodwinch.org/services/wic/>  
311 Rt. 108 (Goodwin Community Health)  
603-332-4358

### **Community Action Partnership Summer Meals** ●

<http://www.straftordcap.org/programs/food-a-nutrition>  
603-516-2339  
multiple locations

## **MEDICAL RESOURCES**

### **Goodwin Community Health**

311 Route 108 - 603-749-2346

- WIC Enrollment and Benefits  
Nutrition counseling and breastfeeding support  
<http://goodwinch.org/services/wic/>  
603-332-4358

- Behavioral Health Program  
<http://goodwinch.org/services/behavioral-health/>

## INDOOR AND OUTDOOR FAMILY FITNESS

### Parks and Recreation Committee

603-692-4262

Youth athletic programs (soccer and basketball)

### Noble Pines Park

30 Noble St

Playground, splash pad, baseball field, basketball court, picnic

### Flanagan Community Center

9 Bartlett Ave

603-692-2864

Community events, open gym

### Rochester Running Club

<http://www.rochesterrunners.com/weekly-runs/>

### Malley Farms Field

70 Malley Farm Field Rd

Baseball, recreation, walking trails

## FREE COMMUNITY TRAILS

### Willand Pond Trails

<http://www.seacoastnh.com/travel/scenic-walks/willand-pond/>

Route 108 across from Strafford Farms Restaurant  
trails, fishing

# STRAFFORD

## FOOD ACCESS RESOURCES

### Third Baptist Church ●

30 Strafford Rd

603-664-7750

Food Pantry: Thursdays: 8-10am

Income restrictions ☒

Soup Kitchen: Wednesdays: 5-6:30pm

## INDOOR AND OUTDOOR FAMILY FITNESS

### Bow Lake Beach ●▲

Water St.

Swimming, picnic, kayak, boat launch up the road

Free to Town of Strafford Residents

Small fee to non-residents during summer lifeguard hours

## FREE COMMUNITY TRAILS

### Isinglass River Conservation Reserve ●

<http://www.isinglassriver.us/recreation-and-access.html>

Multiple points of access

Walking trails, fishing, paddling

### James H. Edgerly Jr Town Forest ●

Off Parker Mt Rd

Walking Trails

### **Big River Lot- Town Forest**

First Crown Point Rd

Hiking, recreation

### **McCabe Lot- Town Forest**

Evans Mt Rd

Hiking, recreation

### **Parker Mountain**

Parker Mt Rd

Hiking, recreation

## **RESOURCES FOR CHILDREN**

### **Strafford Recreational Sports**

[www.leaguelineup.com/Strafford](http://www.leaguelineup.com/Strafford)

Youth Athletics

# **Strafford County Wide**

## **INDOOR AND OUTDOOR FAMILY FITNESS**

### **Geo Caching**

[https://www.geocaching.com/local/default.aspx?state\\_id=30](https://www.geocaching.com/local/default.aspx?state_id=30)

County Wide locations/sites

Youth Adventure Hunt

## **RESOURCES FOR CHILDREN**

### **Girl Scouts**


<http://www.girlscoutsgwm.org/>

multiple troops throughout Strafford County

leadership development, adventure

### **Boy Scouts**

No Cost 

Low Cost/ Discount 

<http://nhscouting.org/>

603-625-6431

info@nhscouting.org

service, leadership, outdoor adventure

## ADAPTIVE RESOURCES

Resource specifically for individuals with disabilities

### FREE COMMUNITY TRAILS

#### Wheelchair Accessible Walking Trails

Farmington Recreational Trail – Strafford County

Dover Community Trail – Dover, NH

### INDOOR AND OUTDOOR FAMILY FITNESS

#### Adaptive sports and recreation- UNH- Durham

<http://nepassage.org/>

Northeast Passage

121 Technology Drive, Suite 161

603-862-0070

[northeast.passage@unh.edu](mailto:northeast.passage@unh.edu)

Adaptive Sports and Recreation program

Recreational Therapy program

#### Special Needs Support Center (SNSC)

<http://snsc-uv.org/activities/>

603-448-6311

[info@snsc-uv.org](mailto:info@snsc-uv.org)

SNSC offers diverse activities and social opportunities for people of all ages with special needs.

#### Special Olympics

<http://sonh.org/>

603-624-1250

sports and competition for children and adults with  
intellectual disabilities

### **Howie's Field of Dreams**

<http://www.howiesfieldofdreams.com/>

195 Chestnut Hill Rd, Rochester, NH

howiesfieldofdreams@gmail.com

adaptive baseball for players age 5-20 with physical or  
mental challenges

## **RESOURCES FOR CHILDREN**

### **Zebra Crossing**

[www.zebra-crossings.org/](http://www.zebra-crossings.org/)

61 Locust St. Dover, NH

603-312-2052

Outdoor programs for children with chronic disease

No Cost 

Low Cost/ Discount 