



GROTON SENIOR CENTER

BENEFITS AND SERVICES

CALL FOR AN APPOINTMENT
FOR ANY OF THE FOLLOWING SERVICES 860-441-6785.

CHOICES Health insurance counseling: Get help with Medicare coverage and billing Contact CHOICES for assistance with your Medicare options at 800-994-9422 OR call us at 860-441-6785 for an appointment with CHOICES Counseling. Counselors available the every Thursday from 9am to 12 pm.

Financial Health Check Up: Diana Melville, CLU, ChFC is a retired Financial/Investment Advisor. She will help answer your questions about money management, investments, insurance & more. She is available the 3rd Wednesday monthly, 1– 3p.m.

AARP Tax Help: AARP will be back on Mondays starting in February to help with your taxes.

HEALTH PROGRAM AND SERVICES

Nurse Managed Wellness Clinic

Have the VNA nurse assist you
managing your health.
Every 3rd Wednesday
12 - 1:30 p.m. FREE

VNA of SECT Services: Health Counseling & Blood Pressure

Tuesdays from 11a.m. to noon
Fridays from 8:45- 9:45 a.m.

Foot Care Clinic

Make an appointment
860-441-6785 Cost: \$35

*Diabetes or Circulatory issues are
not appropriate for this clinic.*

MEDICARE SAVINGS PLAN

Monday, November 9th from 10:30 – 11:30am, Classroom A.

ACUPUNCTURE

Monday, November 16th and Monday, December 14th
10:00 am - 12:30 pm. Call 860-441-6785 to make an appointment.
Cost is \$60

HAIRDRESSER

Tuesdays & Fridays 9AM-1PM;
Wednesdays 9AM-3PM Prices posted at Salon.

Massage Therapy

with Licensed Therapeutic Massage Therapist
Wednesdays 2-6p.m.; Thursdays 11-3p.m.; Fridays 10-2p.m.
15 min. - \$10; 30 min. - \$30; 60 min - \$55

GROTON COMMUNITY MEALS

Offering a FREE, hearty meal, with sides of respect & friendship ~ all you need to bring is your appetite!

Community meals are held HERE on the 1st, 2nd, and 4th & 5th Mondays (*when there is an occasional 5th Mon.*)

Community meals on the Third Monday of every month are held at Faith Lutheran church,
625 Poquonnock Rd. Groton 860 445-0483.

Community meals are no longer offered at St. John's Church in Groton.

GROTON SENIOR CENTER 102 NEWTOWN ROAD, GROTON CT 06340