



# GROTON SENIOR CENTER

## BENEFITS AND SERVICES

Accredited by   
National Institute of  
Senior Centers

**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.

**AARP Tax Help:** AARP available starting in February to help with your taxes.

**AARP Safe Driving Course** - Fourth Friday of each month from 12:15 to 4:15 pm.

### 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.*

#### **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

#### **Keys 2 Memory**

A Nurse Practitioner Model practice to diagnose/treat dementia memory disorders.  
Call 860-245-4144 for appointments

#### **GROTON COMMUNITY MEALS**

Offering a FREE, hearty meal, with sides of respect & friendship ~ just bring your appetite!  
**Mondays at 6pm at the Groton Senior Center .**

**GROTON SENIOR CENTER 102 NEWTOWN ROAD, GROTON CT 06340**