



Groton Senior Center Benefits and Services

102 Newtown Road, Groton, CT 06340

Call for an appointment for any of the following
services 860-441-6785.

CHOICES Health Insurance Counseling

Get help with Medicare coverage and billing. Appointments at the center are every Thursday, 9am to 12pm. Call the Senior Center to book an appointment.

Call immediate assistance, call CHOICES for assistance by phone at 800-994-9422.

VNA of SECT Health Services

Nurse Managed Wellness Clinic: Have the VNA nurse assist you managing your health. Every 3rd Wednesday, 12 - 1:30pm
FREE

Health Counseling and Blood Pressure: Tuesdays from 11am - 12pm; Fridays from 8:45 - 9:45am. FREE

Foot Care Clinic: By appointment only, call 860-441-6785. Persons with Diabetes or circulatory issues are not appropriate for this clinic. Cost: \$35.00

Nutrition Counseling Services

Meet with a Registered Dietitian on weight management, heart healthy eating, diabetes, cancer and more.

First visit - 1 hour \$20

Follow up visit - 1/2 hr \$10

Call 860-441-6785 for appointment.

Keys 2 Memory

A Nurse Practitioner Model practice to diagnose and treat dementia memory disorders.

Call 860- 245-4144 for an appointment.

TECHNOLOGY CENTER

Weekdays are open
daily 8:30-11:30 AND
Monday & Thursday
until 3 pm

Mondays 8:30 - 11 a.m.
free iPad /iPhone help.

Tuesdays 1:00-2:00 p.m.
FREE cell phone help

Hairdresser

Prices are posted on Salon door.
Tuesdays 9am - 1pm
Wednesdays 9am - 3pm
Fridays 9am - 1pm

AARP Programs

Safe Driving Course -

Fourth Friday every other month, 12:15 to 4:15pm. Book class at Senior Center. Bring check made out to AARP to class.

Tax Help - call for appointments starting January for February.

Massage Therapy

Licensed Therapeutic Massage Therapist

Wednesdays 2 - 6pm

Thursdays 11 - 3pm

Fridays 10 - 2pm

15 minutes - \$10; 30 minutes - \$30

60 minutes - \$55

BETTER BREATHING CLUB

American Lung Association offers every third
Thursday
1-2:30 pm

Groton Community Meals

Offering a FREE, hearty meal, with sides of respect& friendship! Mondays at 6pm at the Groton Senior Center. Month of May meals will be held at alternate site.

Benefits Counseling

Need help saving a little extra money? Need help with paying bills? Meet with a benefits counselor to see what you are eligible for.

Every 3rd Wednesday of the month.

Make an appointment at the front desk.