



# 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 6-7 pm on 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Mondays (when there is an occasional 5<sup>th</sup> 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**