



BENEFITS AND SERVICES

102 Newtown Road, Groton, CT 06340

CHOICES HEALTH INSURANCE COUNSELING

Get help with Medicare coverage and billing. Appointments at Thrive55+ are every Thursday, 9am to 12pm. Call 860-441-6785 to book an appointment. For immediate assistance, call CHOICES for assistance by phone at 800-994-9422.

TECHNOLOGY CENTER

Open weekdays daily 8:30-11:30 and Monday & Thursday until 3 pm.
Thursday 9-10 am is TECH TALK to discuss current trends and issues. Open to all.
Please call to schedule an appointment for help so you can be best matched up with a volunteer.
860-445-1057
Online Benefit's Check-Up Tuesday's 9am-12pm

BENEFITS COUNSELING

Meet with a benefits counselor to see what you are eligible for. Contact Senior Resources for an appointment - 860-887-3561.

HAIRDRESSER ON SITE

Prices posted on Salon door. **Currently limited hours.** Contact the front desk for appointment time 860-441-6785.

ADDITIONAL SERVICES-

Attorney Mueller— Last Tuesday of the month, 10am-12pm. Walk-Ins welcome. No appointment necessary.
Relator Heather Sawyer— Every other Tuesday, 9am-12pm. No appointment necessary.

Discover Connections:

Discover Connections is an inclusion program designed for individuals 55 and over with varied needs including those persons with beginning to mild cognitive challenges or anyone at risk for social isolation. This class is designed to be offered in a social setting and the activities within the class are planned to be fun and with a purpose.

Contact Tomi Stanley for information 860.441.6782

VNA OF SECT HEALTH SERVICES

Health Counseling and Blood Pressure:

Tuesdays from 11am - 12pm, Fridays from 8:45 - 9:45am. FREE

Foot Care Clinic: By appointment only, 860-441-6785.

People with Diabetes or circulatory issues are not appropriate for this clinic. Cost: \$35.00

COASTAL CAFÉ - Open to the public! Take Out available!

LUNCH 11:15 am – 12:45pm

HOME DELIVERY NOW AVAILABLE:

\$2 per household delivery plus cost of meals.

Please call the front desk for home delivery 860-441-6785

ALZHEIMER'S ASSOCIATION OF CT

SUPPORT GROUP FOR CAREGIVERS

Second Monday of every month at 10:00 am

Call 860-441-6782.

Transportation

We offer transportation services to and from the center Monday-Friday.

We also offer transportation services to medical appointments, shopping stores and the bank. These services run on a limited schedule. See center for a printed schedule.

CT AARP PROGRAMS:

SAFE DRIVING COURSE

Ask at front desk about in person classes.

TAX HELP - in January call for appointments for February - April 860-441-6785

MEET WITH REGISTERED DIETITIAN DEB DOWNES

ONE-ON-ONE THURSDAYS

9:30AM-1:30 PM

First visit: \$20 for one hour

Subsequent visits: \$10/half hour