

# Services

## **BLOOD PRESSURE CHECKS**

1st Tuesdays 10:00–11:30 am

## **FOOT CARE**

1st and 2nd Tuesdays

12:30 – 4:30 pm

Pay nurse \$30.00

Call 664-3700 for appt.

## **MASSAGE THERAPY**

Deb Raabole, Certified Massage

Therapist Thursdays 1:00-4:00

Call 645-5086 for appt.

## **MEDICARE ASSISTANCE**

Free State Health Insurance

Assistance Program counseling

Two Fridays 9:30 – 11:00 am

## **SEMCAC SENIOR DINING**

Mon-Fri 11:30 AM Call 664-3703

before 8:00 am for a reservation.

## **AARP Driver Safety Classes**

Members: \$12 Others: \$15

Refresher: Monday August 4

12:30 – 4:30 pm Code: A0804

Refresher: Wednesday July 23

12:30 – 4:30 pm Code: A0723

8-hour Full Course:

Wed/Thu August 13 & 14

5:30-9:30 pm Code: A0813