

Medicare One-on-One Appointments

Thursday, January 8, 2026

Thursday, February 5, 2026

Thursday, March 5, 2026

Thursday, April 2, 2026

**10:00 am -11:00 am OR
11:00 am-12:00 pm**



Joining Medicare this year and not sure where to start? Have a question about your Medicare benefits? Your prescriptions? Schedule a one-on-one appointment with a trained volunteer from the **Southwestern CT Agency on Aging (SWCAA)**.

SWCAA is a non-profit whose focus is to help individuals navigate the challenges of aging and disability in the community. Learn from local Medicare counselors how to navigate and understand your Medicare benefits.

By appointment only. The appointment times are 10:00am and 11am. These appointments are the first Thursday of every month.*

*Exception is Thursday, January 8th.

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