





EASTERN AREA  
AGENCY ON AGING

# Calais Access Point

Open Monday – Friday 8am-4:30pm



## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>8am - 4:30pm:</b> Resource Center Walk-ins
4 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only)	5 <b>8am - 4:30pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	6 <b>8am - 4:30pm:</b> Resource Center Walk-ins	7 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	8 <b>8am - 4:30pm:</b> Resource Center Walk-ins
11 <b>Closed for Veterans Day</b>	12 <b>8am - 4:30pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	13 <b>8am - 4:30pm:</b> Resource Center Walk-ins	14 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	15 <b>8am - 4:30pm:</b> Resource Center Walk-ins
18 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only)	19 <b>8am - 4:30pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	20 <b>8am - 4:30pm:</b> Resource Center Walk-ins	21 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	22 <b>8am - 4:30pm:</b> Resource Center Walk-ins
25 <b>8am - 4:30pm:</b> Medicare Counseling (SHIP) (By Appointment Only)	26 <b>8am - 4:30pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	27 <b>8am - 4:30pm:</b> Resource Center Walk-ins	28 <b>EAAA Closed</b> <i>HAPPY Thanksgiving</i> 	
Arthritis Exercise: \$3 drop-in fee at Calais Access Point \$15 per month Zoom from home			Presentations: Free unless otherwise noted	

**Do you have questions about available resources and would prefer a friendly face-to-face conversation?**  
**Walk-in hours are Tuesday/Thursday 8-4:30 for Family Caregiver, and Wednesday/Friday 8-4:30 for the Resource Center.**



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Through the Older Americans Act funding, Eastern Area Agency on Aging is able to offer hot, nutritious meals at the Durgin Center. You are eligible for a meal if you are one of the below:

- Age 60 or older
- A spouse of and attendance with someone age 60 or older
- A caregiver to and attendance with someone age 60 or older
- An adult with a disability
- A volunteer under age 60 who provides services during meal hours

Lunch is served at 12:00.

## Community Café Menu

Tuesday November 5, 2024	<p style="text-align: center;"><b>Meatballs in Garlic Sauce</b></p> <p style="text-align: center;">Meatballs in a roasted garlic sauce, bowtie pasta, and a veggie medley</p>
Tuesday November 12, 2024	<p style="text-align: center;"><b>Fiesta Pork Bowl</b></p> <p style="text-align: center;">Seasoned pork with southwest brown rice and cheese sauce, served with 4-way veggie blend</p>
Tuesday November 19, 2024	<p style="text-align: center;"><b>BBQ Pulled Chicken</b></p> <p style="text-align: center;">BBQ pulled chicken breast, with seasoned potatoes and green beans</p>
Tuesday November 26, 2024	<p style="text-align: center;"><b>Thanksgiving Holiday Meal</b></p> <p style="text-align: center;">Turkey with all the fixings: gravy, stuffing, mashed potatoes, squash, and peas.</p>
Fees:	<p style="text-align: center;"><b>BY DONATION ONLY</b></p> <p style="text-align: center;">There is no obligation to contribute; if you would like to contribute, the recommended donation is \$7 per meal. The donation is confidential and will not be linked directly to you. All donations are reinvested into the program to expand services to more people.</p>

*Participants must complete a one-time registration phone call for the Community Café prior to joining. To register please call 207-941-2865. After registration participants can RSVP for each Café they wish to attend. Reservations must be made no later than noon two business days before the Community Café. Please note we ask for such early RSVP as the caterer for these meals needs time to prepare our delicious meals ahead of time.*

