



EASTERN AREA
AGENCY ON AGING



Calais Access Point

Open Monday – Friday 8am-4:30pm



NOVEMBER 2024

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8am - 4:30pm: Resource Center Walk-ins
4 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only)	5 8am - 4:30pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	6 8am - 4:30pm: Resource Center Walk-ins	7 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	8 8am - 4:30pm: Resource Center Walk-ins
11 Closed for Veterans Day	12 8am - 4:30pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	13 8am - 4:30pm: Resource Center Walk-ins	14 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	15 8am - 4:30pm: Resource Center Walk-ins
18 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only)	19 8am - 4:30pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	20 8am - 4:30pm: Resource Center Walk-ins	21 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	22 8am - 4:30pm: Resource Center Walk-ins
25 8am - 4:30pm: Medicare Counseling (SHIP) (By Appointment Only)	26 8am - 4:30pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	27 8am - 4:30pm: Resource Center Walk-ins	28 EAAA Closed <i>HAPPY Thanksgiving</i> 	
Arthritis Exercise: \$3 drop-in fee				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	Meatballs in Garlic Sauce Meatballs in a roasted garlic sauce, bowtie pasta, and a veggie medley
Tuesday November 12, 2024	Fiesta Pork Bowl Seasoned pork with southwest brown rice and cheese sauce, served with 4-way veggie blend
Tuesday November 19, 2024	BBQ Pulled Chicken BBQ pulled chicken breast, with seasoned potatoes and green beans
Tuesday November 26, 2024	Thanksgiving Holiday Meal Turkey with all the fixings: gravy, stuffing, mashed potatoes, squash, and peas.
Fees:	BY DONATION ONLY 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.

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.

