



EASTERN AREA  
AGENCY ON AGING

# Calais Access Point

Open Monday – Friday 8am-4:30pm

# DECEMBER 2024

## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	4 <b>9am - 3pm:</b> Resource Center Walk-ins	5 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	6 <b>9am - 3pm:</b> Resource Center Walk-ins
9	10 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe <b>1pm:</b> Painting to 60's music	11 <b>9am - 3pm:</b> Resource Center Walk-ins	12 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	13 <b>9am - 3pm:</b> Resource Center Walk-ins
16	17 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb <b>12pm:</b> Cafe	18 <b>9am - 3pm:</b> Resource Center Walk-ins <b>2pm:</b> Caregiver Support Group	19 <b>Closed for Staff Day</b>	20 <b>9am - 3pm:</b> Resource Center Walk-ins
23	24 <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb	25 <b>Closed for Christmas</b>	26 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	27 <b>9am - 3pm:</b> Resource Center Walk-ins
30	31 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Dice with Deb	<i>IT'S THE MOST Wonderful Time OF THE YEAR</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 9-3 for Family Caregiver, and Wednesday/Friday 9-3 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 our Calais Access point. You are eligible for a meal if you are one of the below:

- Age 60 or older
- A spouse of and in attendance with someone age 60 or older
- A caregiver to and in 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 December 3, 2024	<b>Beef Steak in Tomato Gravy</b> Ground beef patty in southern-style tomato gravy with mushroom, pepper, and onion rice, served with 4-way veggie blend
Tuesday December 10, 2024	<b>Waffle 'Breakfast'</b> Whole Grain Waffle with Blueberry and Apple sauce, Scrambled Eggs, Breakfast Sausage
Tuesday December 17, 2024	<b>Christmas Holiday Meal: Roast Beef with Port Jus</b> Roasted Beef in Port Jus served with a roasted root vegetable medley, and broccoli with cheese sauce and a cracker topping
Tuesday December 24, 2024	<b>No Café</b>
Tuesday December 31, 2024	<b>No Café</b>
Fees:	<b>BY DONATION ONLY</b> 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.*