




EASTERN AREA
AGENCY ON AGING

Calais Access Point

Open Monday – Friday 8am-4:30pm



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		EAAA Closed	9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9am - 3pm: Resource Center Walk-ins
	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	9am - 3pm: Resource Center Walk-ins	9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9am - 3pm: Resource Center Walk-ins
9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe 1pm: Painting to 60's music	9am - 3pm: Resource Center Walk-ins	9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9am - 3pm: Resource Center Walk-ins
EAAA Closed	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	9am - 3pm: Resource Center Walk-ins 2pm: Caregiver Support Group	9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9am - 3pm: Resource Center Walk-ins
9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Dice with Deb 12pm: Cafe	9am - 3pm: Resource Center Walk-ins	9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9am - 3pm: Resource Center Walk-ins
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 9-3 for Family Caregiver, and Wednesday/Friday 9-3 for the Resource Center.





EASTERN AREA
AGENCY ON AGING

Calais Access Point

Open Monday – Friday 8am-4:30pm



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 January 7, 2025	Pork in Sage Gravy Served with sour cream mashed potatoes, and a California veggie blend
Tuesday January 14, 2025	Meatballs in Marinara Sauce Served with whole wheat penne pasta & Italian green beans
Tuesday January 21, 2025	Pancake 'Breakfast' Whole Grain Pancakes, Scrambled Eggs, Breakfast Sausage, and pears
Tuesday January 28, 2025	Chicken Lo-mein Vegetables & noodles in lo mein style sauce served with a 4-way veggie blend
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.

