



EASTERN AREA
AGENCY ON AGING

Calais Access Point

Open Monday – Friday 8am-4:30pm



FEBRUARY 2025

Activities Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 3 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) | 4 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe | 5 9am - 3pm: Resource Center Walk-ins | 6 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise | 7 9am - 10:30am: Resource Center Walk-ins 1:30pm - 3pm: Resource Center Walk-ins |
| 10 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) | 11 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe 1pm: Painting to 60's music | 12 9am - 3pm: Resource Center Walk-ins | 13 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise | 14 9am - 3pm: Resource Center Walk-ins |
| 17 EAAA Closed | 18 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe | 19 9am - 3pm: Resource Center Walk-ins | 20 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise | 21 9am - 3pm: Resource Center Walk-ins |
| 24 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) | 25 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe | 26 9am - 3pm: Resource Center Walk-ins 2pm: Caregiver Support Group | 27 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise | 28 9am - 3pm: Resource Center Walk-ins |



American Heart Month

On February 7, join us as we wear red and help raise awareness of women's cardiovascular disease.

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.**



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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 Feb. 4, 2025 | Chicken Tenders Whole grain chicken tenders served with mashed potatoes, peas & carrots |
| Tuesday Feb. 11, 2025 | Shells and Cheese Pasta shells in a creamy cheese sauce, served with peas and carrots |
| Tuesday Feb. 18, 2025 | Waffle 'Breakfast' Whole Grain Waffle with blueberry and apple sauce, scrambled eggs, breakfast sausage |
| Tuesday Feb. 25, 2025 | Smothered Chicken Smothered chicken thighs with garlic parsley mashed potatoes and California blend veggies |
| 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.