



EASTERN AREA  
AGENCY ON AGING


# Calais Access Center

Open Monday – Friday 8am-4:30pm

# APRIL 2025



## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>12pm:</b> Cafe	2 <b>9am - 3pm:</b> Resource Center Walk-ins	3 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	4
7 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only)	8 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>12pm:</b> Cafe	9 <b>9am - 3pm:</b> Resource Center Walk-ins	10 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	11
14 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>1pm:</b> Medicare 101	15 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>12pm:</b> Cafe	16 <b>9am - 3pm:</b> Resource Center Walk-ins	17 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	18
21 <b>EAAA Closed</b>	22 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>12pm:</b> Cafe	23 <b>9am - 3pm:</b> Resource Center Walk-ins <b>2pm:</b> Caregiver Support Group	24 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only) <b>9am:</b> Arthritis Exercise	25 <b>1pm:</b> Fall Prevention and Balance Presentation (Zoom)
28 <b>9am - 3pm:</b> Medicare Counseling (SHIP) (By Appointment Only)	29 <b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>12pm:</b> Cafe	30 <b>9am - 3pm:</b> Resource Center Walk-ins	 <b>April Durgin Center Spotlight Sponsor</b> <i>Thank You For Your Support!</i>	
Arthritis Exercise: \$3 drop-in fee at Calais Access Point \$15 per month Zoom from home		Activity Drop in Fee: \$1	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 9-3 for the Resource Center.**

Join us **April 25th at 1pm** as we Zoom in to the Durgin Center's Spotlight Sponsor! FYZICAL Therapy & Balance Centers' Twin City Bangor, Clinical Director, Dr. Renee Moran, PT DPT and Benjamin Smith, Clinic Liaison are thrilled to present a Falls Prevention and Balance Seminar at the Durgin Center. During the seminar, participants will learn how to identify if they have a balance deficiency, learn how we lose our balance and how fall risks are identified.

Take our Access Center survey! <https://forms.gle/WkrQyfTWybUZ5MF96>



849 Main Street, Calais, Maine | 207-454-2215 | eaaa.org





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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 April 1, 2025	<b>Turkey with Cranberry Gravy</b> Served with mashed potatoes, and a 4-way veggie blend
Tuesday April 8, 2025	<b>Shells and Cheese</b> Pasta shells in a creamy cheese sauce, served with peas and carrots
Tuesday April 15, 2025	<b>Pancake 'Breakfast'</b> Whole Grain Pancakes, Scrambled Eggs, Breakfast Sausage, and pears
Tuesday April 22, 2025	<b>Chicken Pot Pie</b> Chicken in gravy with potatoes and veggies, served with broccoli
Tuesday April 29, 2025	<b>Lasagna Rollette</b> Lasagna with a meat sauce and cheese, served with peas & mushrooms
<b>Fees:</b>	<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. <b>*Participants who do not meet the eligibility requirements or choose not to complete the registration form can purchase a cafe meal for \$8.</b>

*Participants need to complete a Community Cafe registration form over the phone or in person at least 2 days in advance of attending their first cafe. After initial registration, participants can RSVP by phone at 207-454-2215 and asking for the Calais Cafe, no later than noon 2 business days prior to the cafe. Reservations are required 2 days ahead per request of the caterer. Cafe registrations need to be completed at the beginning of each fiscal year.*

