



EASTERN AREA
AGENCY ON AGING


Calais Access Center

Open Monday – Friday 8am-4:30pm

MARCH 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 - 3pm: Resource Center Walk-ins
10 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 1pm: Medicare 101	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 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	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 11am: Extended Care Planning Presentation (via Zoom)*
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
9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	 BANKERSLIFE® March Durgin Center Spotlight Sponsor <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/Friday 9-3 for the Resource Center.

*Join Bankers Life on **March 21st at 11am** for an important discussion on Extended Care Planning, the biggest gap in Medicare coverage. While Medicare helps with medical expenses, it does not cover most long-term care needs, leaving many unprepared for the high costs of care. Learn how to plan ahead, protect your assets, and ensure financial security for yourself and your loved ones. Don't leave your future to chance. Zoomed into Calais from our Brewer Durgin 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 March 4, 2025	Breaded Haddock Breaded haddock filet served with lemon parsley rice, and a 4-way veggie medley
Tuesday March 11, 2025	Chicken Tenders Whole grain chicken tenders served with mashed potatoes, peas & carrots
Tuesday March 18, 2025	Roast Beef with Port Jus Roasted Beef in Port Jus served with a roasted root vegetable medley, and broccoli with cheese sauce and a cracker topping
Tuesday March 25, 2025	Shells and Cheese Pasta shells in a creamy cheese sauce, served with peas and carrots
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.