



EASTERN AREA
AGENCY ON AGING


Calais Access Center

Open Monday – Friday 8am-4:30pm

MAY 2025



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	2
5 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	6 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe	7 9am - 3pm: Resource Center Walk-ins	8 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	9
12 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 1pm: Medicare 101	13 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe	14 9am - 3pm: Resource Center Walk-ins	15 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	16
19 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only)	20 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe	21 9am - 3pm: Resource Center Walk-ins	22 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	23
26 EAAA Closed	27 9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 12pm: Cafe	28 9am - 3pm: Resource Center Walk-ins 2pm: Caregiver Support Group	29 9am - 3pm: Medicare Counseling (SHIP) (By Appointment Only) 9am: Arthritis Exercise	30
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.**

Take our Access Center survey! <https://bit.ly/CalaisSurvey25>



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 May 6, 2025	Meatballs in Garlic Sauce Meatballs in a garlic cream sauce, pasta, and a veggie medley
Tuesday May 13, 2025	Sweet and Sour Chicken A sweet and sour sauce with pineapple, jasmine rice, Asian-style veggies, and broccoli
Tuesday May 20, 2025	Beef Steak in Mushroom Gravy Ground beef patty in mushroom gravy with seasoned mashed potatoes, served with a veggie medley
Tuesday May 27, 2025	Pork with Onion Gravy Pork in onion gravy, served with squashed mashed potatoes and green beans
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 who do not meet the eligibility requirements or choose not to complete the registration form can purchase a cafe meal for \$8.

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.

