



EASTERN AREA
AGENCY ON AGING

Calais Access Center

Open Monday – Friday 8am-4:30pm

MARCH 2026

Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9am - 3pm: Family Caregiver Walk-ins (by appointment) 9am: Arthritis Exercise 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	4	5 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	6
9 9:30 am - 12:30 pm Medicare Counseling (by appointment) 1:00pm Medicare101 Class	10 9am - 3pm: Family Caregiver Walk-ins (by appointment) 9am: Arthritis Exercise 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe 1pm: Painting to 60's Music (\$1)	11	12 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	13
16	17 9am - 3pm: Family Caregiver Walk-ins (by appointment) 9am: Arthritis Exercise 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	18	19 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	20
23	24 9am - 3pm: Family Caregiver Walk-ins (by appointment) 9am: Arthritis Exercise 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	25 2pm: Caregiver Support Group	26 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	27
30	31 9am - 3pm: Family Caregiver Walk-ins (by appointment) 9am: Arthritis Exercise 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	1	2 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	3
	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. Donations are gladly accepted to support future programs.

This Access Center is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$270,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



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





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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.

Through the Older Americans Act funding, Eastern Area Agency on Aging is able to offer hot, nutritious meals at the Durgin Center. You are eligible for a meal if you are one of the below:

- Individuals referred by OADS APS.
- Individuals age 60 or older.
- Spouses, of any age, of eligible individuals age 60 or older.
- Volunteers of the Nutrition Services Program who provide services during the meal hours.
- Eligibility also extends to individuals with a disability who are under 60 years of age, provided they live with an Older Individual and accompany them to the community dining site

Lunch is served at 12:00.

Community Café Menu

Tuesday March 3, 2026	Chop Suey Green Beans & Carrots
Tuesday March 10, 2026	Apricot Chicken Vegetable Rice Medley Zucchini & Peas
Tuesday March 17, 2026	Salisbury Steak & Mushroom Gravy Egg Noodles Broccoli
Tuesday March 24, 2026	Pork & Cranberry Gravy Roasted Potatoes Corn & Zucchini
Tuesday March 31, 2026	Chicken Tenders Mashed Potatoes Peas & 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 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 every October.

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