



EASTERN AREA  
AGENCY ON AGING

# Calais Access Center

Open Monday – Friday 8am-4:30pm



## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	3
6	7 9am: Arthritis Exercise 9am - 3pm: Family Caregiver Walk-ins (by appointment) 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	8	9 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	10
13 9:30am - 12:30pm Medicare Counseling (by appointment) 1pm Medicare 101	14 9am: Arthritis Exercise 9am - 3pm: Family Caregiver Walk-ins (by appointment) 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe 1pm: Painting to 60s Music (\$1)	15	16 <b>Calais Access Center Closed</b>	17
20 <b>Calais Access Center Closed</b>	21 9am: Arthritis Exercise 9am - 3pm: Family Caregiver Walk-ins (by appointment) 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	22 2pm: Caregiver Support Group	23 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	24 12pm: Cornerstone Caregiving Presentation (Virtual via Zoom)
27	28 9am: Arthritis Exercise 9am - 3pm: Family Caregiver Walk-ins (by appointment) 11am: Social Hour and Dice with Deb (\$1) 12pm: Cafe	29	30 9am: Arthritis Exercise 9am - 3pm: Resource Center Walk-ins	
	Arthritis Exercise: \$3 drop-in fee at Calais Access Center \$15/month Zoom from home		Activity Drop-in Fee: \$1	<b>Presentations:</b> Free unless otherwise noted. <b>Donations</b> are gladly accepted to support future programs.

**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 Thursday 9-3 for the Resource Center.**

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.



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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 12pm.

## Community Café Menu

Tuesday April 7, 2026	<b>Mac and Cheese</b> 4-Way Vegetables
Tuesday April 14, 2026	<b>Meatloaf</b> Green Beans Carrots
Tuesday April 21, 2026	<b>Hunter's Stew</b> Roasted Potatoes Broccoli
Tuesday April 28, 2026	<b>Beef Pot Roast with Tomato and Herb Sauce</b> Sweet Potato Broccoli with Cream Sauce
Fees:	<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 calling 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.

