



EASTERN AREA  
AGENCY ON AGING

# Calais Access Center

Open Monday – Friday 8am-4:30pm



## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Family Caregiver Walk-ins (by appointment) <b>11am:</b> Social Hour and Dice with Deb (\$1) <b>12pm:</b> Cafe	6	7 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Resource Center Walk-ins	8
11 <b>9:30am - 12:30pm</b> Medicare Counseling (by appointment) <b>1pm</b> Medicare 101	12 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Family Caregiver Walk-ins (by appointment) <b>11am:</b> Social Hour and Dice with Deb (\$1) <b>12pm:</b> Cafe <b>1pm:</b> Painting to 60s Music (\$1)	13	14 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Resource Center Walk-ins	15
18	19 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Family Caregiver Walk-ins (by appointment) <b>11am:</b> Social Hour and Dice with Deb (\$1) <b>12pm:</b> Cafe	20 <b>2pm:</b> Caregiver Support Group	21 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Resource Center Walk-ins	22 <b>12pm:</b> Cornerstone Caregiving Presentation (Virtual via Zoom)
25 <b>Calais Access Center Closed</b>	26 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Family Caregiver Walk-ins (by appointment) <b>11am:</b> Social Hour and Dice with Deb (\$1) <b>12pm:</b> Cafe	27	28 <b>9am:</b> Arthritis Exercise <b>9am - 3pm:</b> Resource Center Walk-ins	29
	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.

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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 Thursday 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 12pm.

## Community Café Menu

Tuesday May 5, 2026	<b>Turkey Pot Pie with corn and zucchini</b>
Tuesday May 12, 2026	<b>Chicken Meatballs with tomato cream sauce, orzo cream sauce and Scandinavian vegetable blend</b>
Tuesday May 19, 2026	<b>BBQ Pork Rib Patty with roasted sweet potato, corn hash and broccoli</b>
Tuesday May 26, 2026	<b>Salisbury Steak with creamy mushroom gravy, noodles and broccoli</b>
<b>Fees:</b>	<p><b>BY DONATION ONLY*</b></p> <p>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></p>

*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.*

