Calais Access Center

EASTERN AREA AGENCY ON AGING

Open Monday – Friday 8am-4:30pm



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	**3** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Café	**4**	**5** **9am - 3pm:** Resource Center Walk-Ins **10am:** Arthritis Exercise **(zoom)**	**6**
9	**10** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Café **2:30pm:** Caregiver Support Group	**11** *EAAA is closed* *Happy Veterans Day*	**12** **9am - 3pm:** Resource Center Walk-Ins **10am:** Arthritis Exercise **(zoom)**	**13**
16	**17** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **11am-1pm:** *Volunteer Open House* **12pm:** Cafe	**18**	**19** **10am:** Arthritis Exercise **(zoom)**	**20**
23	**24** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Cafe	**25**	**26** *EAAA is closed* *Happy Thanksgiving*	**27** *EAAA is closed*
30				
	Arthritis Exercise: $3 drop-in fee at Calais Access Center $15/month Zoom from home		Activity Drop-in Fee: $1	**Presentations:** Free unless otherwise noted. ***Donations*** *are gladly accepted to support future programs.*

Wellness programs are made possible through federal funding under the Older Americans Act (OAA), participant fees, and voluntary contributions. To discuss options or join the prioritized waitlist if capacity is full, please contact: Karleen Kennedy-Wright, Wellness Coordinator, at 941-2865 or kkennedywright@eaaa.org.

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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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 November 3, 2026	Beef patty with shredded white cheddar, sour cream mashed potatoes, and green beans
Tuesday November 10, 2026	Apricot Chicken with vegetables rice and broccoli
Tuesday November 17, 2026	Waffle with blueberry and apple sauce, sausage, egg scramble and potatoes
Tuesday November 24, 2026	Waffle with blueberry and apple sauce, sausage, egg scramble, & potatoes
	Happy Thanksgiving
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 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.



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