Calais Access Center

EASTERN AREA AGENCY ON AGING

Open Monday – Friday 8am-4:30pm



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **9am - 3pm:** Resource Center Walk-Ins **10am:** Arthritis Exercise **(zoom)**	**2** **9am:** Medicare 101
5	**6** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Café	**7**	**8** **9am - 3pm:** Resource Center Walk-Ins **10am:** Arthritis Exercise **(zoom)**	**9**
12	**13** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Cafe **1:00pm:** Painting to 60's Music **2:30pm:** Caregiver Support Group	**14**	**15** **9am - 3pm:** Resource Center Walk-Ins **10am:** Arthritis Exercise **(zoom)**	**16**
19	**20** **9am - 3pm:** Family Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Cafe	**21**	**22** **9am - 3pm:** Resource Center Walk-Ins) **10am:** Arthritis Exercise **(zoom)**	**23**
26	**9am - 3pm:** Family **27** Caregiver Walk-ins **10am:** Arthritis Exercise **11am:** Dice with Deb $1 **12pm:** Cafe	**28**	**29** **9am - 3pm:** Resource Center Walk-Ins) **10am:** Arthritis Exercise **(zoom)**	**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.*

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:

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- ➔ *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 October 6, 2026	Meatballs with stout sauce, cranberry lentil rice & green beans
Tuesday October 13, 2026	Pork with Rosemary Dijon, sweet potatoes & broccoli
Tuesday October 20, 2026	Meatloaf with tomato glaze, sour cream and herb mashed potatoes, peas & corn
Tuesday October 27, 2026	Waffle with blueberry and apple sauce, sausage, egg scramble, & potatoes
	HAPPY HALLOWEEN
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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