



EASTERN AREA  
AGENCY ON AGING

# Calais Access Center

Open Monday – Friday 8am-4:30pm

# AUGUST 2025



## Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	1
4	5	6	7	8
	<b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Social Hour <b>12pm:</b> Cafe	<b>9am - 3pm:</b> Resource Center Walk-ins	<b>9am:</b> Arthritis Exercise	
11	12	13	14	15
<b>1pm:</b> Medicare 101	<b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Social Hour <b>12pm:</b> Cafe <b>1pm:</b> Painting to 60's Music	<b>9am - 3pm:</b> Resource Center Walk-ins	<b>EAAA Closed</b>	
18	19	20	21	22
	<b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Social Hour <b>12pm:</b> Cafe	<b>9am - 3pm:</b> Resource Center Walk-ins	<b>9am:</b> Arthritis Exercise	
25	26	27	28	29
	<b>9am - 3pm:</b> Family Caregiver Walk-ins <b>9am:</b> Arthritis Exercise <b>11am:</b> Social Hour <b>12pm:</b> Cafe	<b>9am - 3pm:</b> Resource Center Walk-ins <b>2pm:</b> Caregiver Support Group	<b>9am:</b> Arthritis Exercise	
	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

**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.**

Joke of the Month:

“Where do rainbows go when they've been bad?”

To prism, so they have time to reflect on what they've done.



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





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

- Age 60 or older
- A spouse of and in attendance with someone age 60 or older
- A caregiver to and in attendance with someone age 60 or older
- An adult with a disability
- A volunteer under age 60 who provides services during meal hours

Lunch is served at 12:00.

## Community Café Menu

Tuesday August 5 2025	<b>Meatloaf w/ Tomato glaze</b> <b>Sour Cream Mashed potatoes &amp; 4 way Vegetable blend</b>
Tuesday August 12, 2025	<b>Chicken w/ broccoli and Cheese sauce</b> <b>Potatoes &amp; green beans</b>
Tuesday August 19, 2025	<b>Rosemary Dijon Pork</b> <b>Mashed sweet potato &amp; broccoli</b>
Tuesday August 26, 2025	<b>Beef with tomato sauce, Pasta</b> <b>Green Beans &amp; Carrots</b>
Fees:	<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 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 at the beginning of each fiscal year.*

