Calais Access Center

Open Monday - Friday 8am-4:30pm

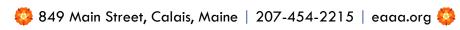


Activities Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	1
4	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Social Hour 12pm: Cafe	9am - 3pm: Resource Center Walk-ins	7 9am: Arthritis Exercise	8
1 pm: Medicare 101	9am - 3pm: Family Caregiver Walk-ins 9am: Arthritis Exercise 11am: Social Hour 12pm: Cafe 1pm: Painting to 60's Music	9am - 3pm: Resource Center Walk-ins	EAAA Closed	15
18			9am: Arthritis Exercise	22
25	-	9am - 3pm: Resource Center Walk-ins 2pm: Caregiver Support Group	28 9am: Arthritis Exercise	29
	Arthritis E \$3 drop-in fee at C \$15 per month Z	Calais Access Point	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.



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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	Meatloaf w/ Tomato glaze Sour Cream Mashed potatoes & 4 way Vegetable blend		
Tuesday	Chicken w/ broccoli and Cheese sauce		
August 12, 2025	Potatoes & green beans		
Tuesday	Rosemary Dijon Pork		
August 19, 2025	Mashed sweet potato & broccoli		
Tuesday	Beef with tomato sauce, Pasta		
August 26, 2025	Green Beans & Carrots		
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 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.

