WELLNESS & ENRICHMENT

EAAA offers a variety of wellness and enrichment classes in person and through virtual platforms, including:

- Arthritis Foundation Exercise Program
- Arts and Crafts
- Book Club
- Cards and Games
- Guided Meditation
- Matter of Balance
- Classes/Educational Opportunities
- Simple Yoga
- Tai Chi

It is the mission of Eastern Area Agency on Aging to provide older adults, caregivers and adults with disabilities in Hancock, Penobscot, Piscataquis and Washington counties with the information and access to resources they need to be healthy, engaged and supported in their communities.

THE DURGIN CENTER

The Durgin Center is conveniently located in the Twin City Plaza, 274 State Street, Brewer.

The Durgin Center provides a space for wellness and enrichment activities, social opportunities, and community café. It is accessible for community members to gather and have a cup of coffee or play games.

Visit eaaa.org/durgincenter for a full list of activities and classes.

CONTACT

Phone: (207) 941-2865 or 1-800-432-7812
Fax: (207) 941-2869
Website: eaaa.org
Email: infoeaaa.org
Address: 240 State Street
Brewer, ME 04412

Eastern Area Agency on Aging strives to be the most accessible and convenient support system for older adults, caregivers, and adults with disabilities in Penobscot, Piscataquis, Hancock and Washington counties.
ACGENCY ON AGING
EASTERN AREA

Veteran Directed Care gives Veterans of all ages the opportunity to receive home and community-based services. Veteran Directed Care provides veterans of all ages the opportunity to receive home and community-based services.

Money Minders provides trained volunteers to help older adults organize and sort bills, establish a budget and prepare for emergencies.

Veteran Directed Care.

Medicare is designed to provide medications for people who are eligible. This program is intended and designed to provide necessary medications for Medicare beneficiaries.

Medicare Part D.

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