

APRIL  
2026

www.actioninmaturity.org



# Action In Maturity, Inc.

Serving Baltimore City Seniors since 1978

Action In Maturity  
2601 N. Howard St  
Suite 150  
Baltimore, MD  
21218  
Tel: (410)889-7915  
Mon-Fri 8am-4pm

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AIM is a 501 c3  
organization funded by  
Title III of the Older  
Americans Act through  
Baltimore City Health  
Dept., CARE Services,  
MTA, member and  
partner fees, and public  
and private sources.

MAYOR BRANDON SCOTT



## DIRECTOR'S LETTER

Dear Friends,

“Health is wealth.” How often have we heard that one? Of course it is a cliché, but it’s a solid one. Maintaining one’s physical, mental, and emotional health is important at any age. For older adults, it is especially important. Please take a moment to reflect on your own approach to all three aspects of your health. These days, it’s called “self-care.” Do you do some gentle exercise regularly? See the doctor when you need to? Eat a balanced diet? Are you spending some free time with people you enjoy? Investing even a little bit in yourself can go a long way to enriching your life and improving your well-being.

AIM seeks to fill in a gap when it comes to socializing or getting out for medical care or fresh food. By all means, please join an AIM trip (see Page 3.. and note the mini trip to the BMA on April 22). Or join the grocery shuttle that is scheduled with your building and see how much better you feel. Or, call us to reserve a ride to a medical appointment. We look forward to seeing you.

By the way: if your emergency contact information has changed, or if you weren’t able to give us that information when you joined AIM, but have it available now, please call us at 410-889-7915 with the name and phone number of that person. Thank you.

Warmly,  
Laura

PS Please note, AIM is closed Friday, April 3 in observance of Good Friday.

### TRANSPORTATION BY REQUEST: SCHEDULING YOUR RIDE

To get access to the TBR program, first you must be an AIM member.

- \* **Reservation required. Please call AIM’s office at 410-889-7915 at least ten (10) business days prior to your appointment.** We know that lead time seems long, but this is the price we pay for being excellent, affordable, and in demand.
- \* The driver will pick you up from home 30 minutes before your appointment time. When you are ready to be picked up, call AIM and we will send a driver back.
- \* When you reserve your ride, the coordinator will tell you the fee, calculated at a per-mile radius rate (under two miles = \$5). Please pay the driver when you enter the car or call AIM to pay by phone (pay by phone only if ride is over \$15). We accept cash, check, Zelle, or money order. Fees are calculated as round trip only.
- \* **Medical appointments are always given FIRST priority for rides. At times, AIM may contact you to reschedule your non medical ride.**
- \* AIM only drives to non-work destinations and does not pick up after 3pm.
- \* The minimum appointment time is one hour. If your appointment ends before one hour, please call, but you may have to wait up to an hour for pick up.
- \* **Prepayment is NOT required for this program (only required for group trips)**

### **\$3 WEDNESDAY GROCERY SHUTTLES**

The shuttle stops at Walmart and other grocery stores and banks at the Nottingham location. Return trip is 12:30pm. Please limit purchases to two (2) bags, or what you can carry. A second bus will do more pick ups if first bus is full. **ALL wheelchair riders MUST call AIM at 410 889 7915 to reserve your seat at lest 24 hours in advance.**

<u>LOCATION</u>	<u>PICK UP</u>
Stadium Place	10:00 AM
Woodbourne Woods	10:10 AM
Belvedere Green	10.10 AM
Kirkwood House	10:15 AM
Walker Co-op/Mews	10:15 AM



If you do not live in a residence listed above, you may still be eligible for pickup from your home. Please call AIM at 410 889 7915 on or before Tuesdays to see if you can be part of the route. Not all zip codes can be included.

*Should I tip my driver? Tips are neither required nor requested. However, if you wish to acknowledge excellent service by your driver, you are more than welcome to offer a tip.*

# BUS TRIPS: HOW TO MAKE YOUR RESERVATION

Please call with your reservation starting WEDNESDAY, APRIL 1.  
 Please call 410 889 7915. Let us know if you are a wheelchair rider. Thank you.

◇ Trips must be paid for in advance. Please call to tell us your trip choices before you mail payment. If you simply mail in the payment without calling , your request will not be honored. Bus fees are not refundable. You can pay by phone if over \$15. Or, check/money order/Zelle (to [aim@actioninmaturity.org](mailto:aim@actioninmaturity.org)/Cash App (to \$Actioninmaturity)).

◇ Venue admissions fees and meals are not included with Bus Fee.

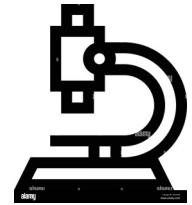
DATE	LOCATION AIM will call with pick up time	BUS FEE (meals on your own) ALL FEES MUST BE PAID IN ADVANCE
FRIDAY, APRIL 10 (call to reserve 4/1)	Miss Toyas	\$10 (call to reserve 4/1 )
MONDAY, APRIL 13 (call to reserve 4/1)	Quarterfields/Walmart	\$12 (call to reserve 4/1)
FRIDAY, APRIL 17 (call to reserve 4/1)	Dutch Market	\$10 (call to reserve 4/1)
MONDAY, APRIL 20 (call to reserve 4/1)	All American Steakhouse/Dollar Tree	\$12 (call to reserve 4/1)
WEDNESDAY, APRIL 22 (call to reserve 4/1)	*MINI TRIP* Baltimore Museum of Art (maximum 6 riders)	\$10 (call to reserve 4/1)
FRIDAY, APRIL 24 (call to reserve 4/1)	White Marsh Mall/Boscov	\$12 (call to reserve 4/1)

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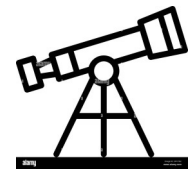
## VOLUNTEERS WANTED at MD SCIENCE CENTER

The Maryland Science Center is seeking volunteers in the following areas: lobby ambassador, kid's room assistant, IMAX usher, Planetarium, ticket agent, IT, and informal educators.

The minimum commitment required is at least five hours per week. All volunteers will receive training. Perks include free onsite parking. After six months of service, volunteers receive a full one-year membership for four to the Science Center.



For more information or to sign up, please contact Betsy Wright at 410-545-5940.




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## MOVE OR GROOVE ON TUESDAYS!

No need to sign up in advance.  
If you have questions just call AIM  
at 410 889 7915.

**YOGA:** Tuesdays, 10am, Hampden Library,  
3641 Falls Rd (No Fee)

**QUILTING & NEEDLECRAFTS:** 1st and 3rd Tuesdays,  
Hampden United Methodist Church  
3449 Falls Road (No Fee)

**LINEDANCE:** Hampden United Methodist Church  
3449 Falls Road (\$3 per class)



Please note, AIM does not provide transportation to these activities.

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# LEGAL SERVICES (AT KESWICK, 700 W 40TH ST.)

## Free Estate Planning/Legal Counseling

APRIL 3 and APRIL 20  
MAY 4 and MAY 18

### IN-PERSON, BY APPOINTMENT ONLY

Call AIM office to schedule, 410-889-7915  
You will meet the attorney at Keswick’s Wise & Well Building, 700 W. 40th St.

An attorney is available to prepare wills, advance medical directives, and power of attorney documents, all free of charge. (fee to register your will is \$5). To qualify, you must be a Baltimore City resident and at least 60 years old.

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## ST MARY’S OUTREACH CENTER: CALENDAR

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REMINDER: Energy Assistance Applications due June 30, 2026  
REMINDER: Applications for Homeowners/Rental Tax Credit due October 1, 2026.

### April 2, 3838 Roland Ave Social Room

Story Circle: 10:30am-11:00am      Life’s Conversation: 2pm-3pm

### April 8, 3838 Roland Ave Social Room

Dance the Stress Away: 10am-11am      Crochet Club: 1pm-2pm

### April 10, Discover Baltimore Tour (\$30.00)

Bus leaves 3939 Roland Avenue at 10am sharp. Return time is 1:00pm

St Mary’s Outreach Center    410-366-3106    Smocbaltimore.org

Hours: 9am-430pm

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E-mail: aim@actioninmaturity.org  
Zelle: aim@actioninmaturity.org  
CashApp: \$Actioninmaturity  
You can join AIM by phone, online, or we can mail  
you an application.

## AIM Staff

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Calvin Jones  
Michael Jones  
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Louis Law  
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Al Murray  
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## AIM DONORS — THANK YOU!

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LINDA THOMPSON

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## TITLE VI Attestation

*AIM is committed to ensuring that no person shall, on the grounds of race, color, or national origin, as provided by Title VI of the Civil Rights Act of 1964 and the Civil Rights Restoration Action of 1987, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity, whether those programs and activities are federally funded or not. AIM's Title VI Manager is responsible for initiating and monitoring Title VI activities, preparing required reports, and other responsibilities as required by Title 23 Code of Federal Regulations (CFR) Part 200, and the Title 49 CFR Part 21. Any rider wishing to submit a formal complaint with regard to violation of his or her civil rights can print out and complete the Title VI Complaint Form; simply call 410 889 7915 to request one, or download it from [www.actioninmaturity.org/title-vi-formal-declaration](http://www.actioninmaturity.org/title-vi-formal-declaration). AIM can provide translation of this declaration and the complaint form upon request.*