

JULY
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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Americans Act through
Baltimore City Health
Dept., CARE Services,
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partner fees, and public
and private sources.

MAYOR BRANDON SCOTT



DIRECTOR'S LETTER

Dear Friends,

We trust you are enjoying Baltimore's steamy summer. We know some find it to be an extra busy time, while others take a more laid back approach. Whatever your speed, you have weeks ahead to make the most of it. We look forward to seeing you on at least one trip!

If you happen to be seeking more "connection" this season, Johns Hopkins is deploying student volunteers to make contact with you in a program called Hearth. A student trained in communication, respecting boundaries, and preserving confidentiality will schedule a weekly phone call with you for about 45 minutes of conversation and connection. Note that this is not a crisis hotline, but rather a program for companionship and friendly, reliable social interaction. The program is free. If you prefer to use a laptop rather than a phone to interact, you can do so.

To participate, please call (443) 470-5485 or email Kevin Gong at kgong@jh.edu.

Wishing you lots of sunny days and tolerable humidity...

Warmly,
Laura

PS Please note, AIM is closed Friday, July 3, in observance of Independence Day.

TRANSPORTATION BY RESERVATION: 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, even if you just need a ride one way.
- * **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 2pm.
- * The minimum appointment time is one hour. If your appointment ends before one hour, please call for pick up, but you may have to wait up to an hour for that return ride.
- * **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. **ALL riders MUST call AIM at 410 889 7915 to reserve your seat at least 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 Mondays 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, JULY 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/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, JULY 10 (call to reserve 7/1)	Boscovs	\$12 (call to reserve 7/1)
MONDAY, JULY 13 (call to reserve 7/1)	Walmart Glen Burnie Hibachi Grill	\$12 (call to reserve 7/1)
FRIDAY, JULY 17 (call to reserve 7/1)	Dutch Market	\$10 (call to reserve 7/1)
MONDAY, JULY 20 (call to reserve 7/1)	Arundel Mills	\$12 (call to reserve 7/1)
FRIDAY, JULY 24 (call to reserve 7/1)	Hazelwood	\$12 (call to reserve 7/1)
FRIDAY, JULY 31 (call to reserve 7/1)	All American Steakhouse/ Dollar Tree	\$10 (call to reserve 7/1)

AIM will pick you up from home to take you on the trip. The day before your chosen trip, we will call you with your exact pick up time.

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***New* HEALTHY HEART AMBASSADOR Program**

The Baltimore City Health Department announces The Healthy Heart Ambassador Program offering self-monitoring, lifestyle coaching, and nutrition education to help adults get and maintain a healthy blood pressure level.



To participate, you be diagnosed with high blood pressure or be on antihypertensive medication, are not at risk for lymphedema, and haven't experienced a recent cardiac event or have atrial fibrillation.

When you sign up, you receive a 4-month program with personalized guidance, tools to track your blood pressure at home, a monthly nutrition education seminar, and two consultations each month.

For more information email irene.conway@baltimorecity.gov

MOVE OR GROOVE ON TUESDAYS!

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

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

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

LINEDANCE: Hampden United Methodist Church
Tuesdays, 10am 3449 Falls Road (\$3 per class)



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

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

Free Estate Planning/Legal Counseling

JULY 6 and JULY 20
AUGUST 3 and AUGUST 17

IN-PERSON, BY APPOINTMENT ONLY

Call the 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.

ST MARY’S OUTREACH CENTER: CALENDAR

— Energy Assistance, New Application opens July 1, 2026

* Economic Action provides services for Homeowner/Renter's Tax Credit Applications

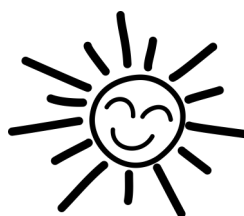
Every Wednesday - 11:00 a.m. - 2:00 p.m./ 3939 Roland Ave, Lower Level

* Ongoing applications for SNAP, Medicaid, SLMB and QMB,

please call for appointment: 410-366-3106.

— Reminder: Redetermination papers should be processed immediately for Medicaid/SNAP to avoid loss of benefits.

Smocbaltimore.org Hours: 9am-4:00pm, Mon-Thurs, by appointment Friday, 9am-2:00pm



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

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PARKVIEW AT TOWSON APARTMENTS FOR RENT

Parkview Apartments, a 55+ community, has apartments available. Located at 20 Dunvale Road in Towson, Parkview has one and two bedroom apartments, laundry, is close to bus routes, and accepts pets. It is an elevator building. Bingo and Eating Together are just two of the programs offered.

For more information call 855-572-2083 or email parkviewtowson@enterpriseresidential.org.