SEPTEMBER 2021

Action In Maturity, Inc.

Serving Baltimore City Seniors since 1973

Action In Maturity
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MAYOR BRANDON SCOTT

DIRECTOR'S MESSAGE

Dear Friends,

Are you enjoying the changing colors of the new season? We certainly are, and ready to welcome autumn and all its changes.

Speaking of changes, here is some news that might help us feel that we are taking back something from the pandemic… in-person activities are resuming on September 14: yoga, line dance, and quilting. Yoga and Line Dance are particularly helpful in making you stronger and preventing falls. All three activities will take place Tuesdays at St. Thomas Aquinas Church on Roland Avenue. See page 4 for more details. If you are new to any of these gatherings, please don't hesitate to call us here at AIM and we will answer all your questions.

On the trip front, please note we are making a special **Saturday** trip to the Waverly Farmer's Market this month. Join in with your coupons!

And on a final note of change: if you haven't called AIM recently, you might not know that Barbara Bolden has taken on the Transportation Coordinator role. She has not lost a step assuming all her new duties. Congratulations, Miss Barbara!

Cheers, Laura

PS. Please note we are closed Monday, September 6 in observance of Labor Day.

TRANSPORTATION BY REQUEST: SCHEDULING YOUR RIDE

To get access to the TBR program, first you must be an AIM member. The cost to join is $15 per year. Enroll by phone or call for an application.

* Simply call AIM's office at 410-889-7915 at least six (6) business days prior to your appointment to schedule your ride. We will make every effort to accommodate your schedule. AIM drives from 8:30a-3:30pm.
* After you arrive at your appointment, the driver will depart. However, when you are ready to be picked up (or, if possible, about 15 minutes before your appointment is over), call AIM and we will send a driver back to you.
* When you reserve your ride, the coordinator will tell you the fee. Please pay the driver when you enter the car. We accept credit, cash, check, or money order.

$3 WEDNESDAY GROCERY SHUTTLES

Several grocery stores along the Loch Raven corridor are available for shopping: Weis, Giant, ALDI, Dollar Store, Shoppers, Walmart, Target, and many shops in Towson Marketplace. ALL return trips are 12:30pm. Please limit purchases to 2 grocery bags.

LOCATION	PICK UP
Stadium Place	10:00 AM
Woodbourne Woods	10:00 AM
Belvedere Green	10.00 AM
Kirkwood House	10:00 AM
Walker Co-op/Mews	10:10 AM

If you live in a residence not listed above, please call AIM at 410 889 7915 one (1) day in advance to be added to the pick up schedule.

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

- When you get your newsletter, pick your trip(s) immediately.
- Call AIM at 410 889 7915 to make your reservation.
- Send in your payment to confirm reservation and seat. Seating will be assigned on a first paid basis. Call in your reservation first!

NOTE: Payments to confirm reservations are expected promptly. If we do not receive payment, we cannot hold your seat. **Cancellations less than twenty-four (24) hours prior to the trip without a substitution rider, will NOT be refunded.**

Prices are for round trip transportation ONLY.

DATE	LOCATION AND FIRST PICK UP *MOYO = Meal On Your Own*		TRIP COST
Friday, September 3	Dutch Market, Cockeysville Pick up 10:00 am	MOYO	$7
Saturday, September 11	Waverly Farmers Market, E 32rd St Pick up 9:00 am	MOYO	$9
Monday, September 13	Bingo World, Brooklyn Pick up 9:00 am	MOYO	$12
Friday, September 17	KentMorr Crab Restaurant, Stevensville Pick up 10:00 am	MOYO	$14
Friday, September 24	Maryland Live/Arundel Mills Pick up at 10:00 am	MOYO	$12
Monday September 27	Walmart Fallston/Texas Roadhouse Restaurant Pick up 10:00 am	MOYO	$10

YOGA ✦ LINE-DANCE ✦ QUILTING

AIM can host in-person classes at last… We are thrilled to welcome back Sheila Abrams Jones and AIM quilters for face to face time. In addition, we would like to introduce a new yoga instructor, Margee Greenberg. Ms Greenberg has been practicing yoga for over 40 years and more recently earned her 200 hour teaching certificate. She will offer floor and chair yoga to AIM members and you will enjoy hearing about her yoga practice philosophy and focus.

ALL SESSIONS START TUESDAY, SEPTEMBER 14

WHERE: St. Thomas Aquinas Church, 3700 Roland Ave.

WHEN: Tuesdays 10:00 AM

YOGA Fee: $3 per class LINE-DANCE Fee: $3 per class

NEXT STEPS: No need to sign up or call in advance. Just come on over to the church and enter through the side door. There is no fee to join the quilters. If you have any questions, please call AIM at 410 889 7915.

LEGAL SERVICES

Free Estate Planning/Legal Counseling

Monday September 13 2021
Monday September 27, 2021

IN-PERSON, BY APPOINTMENT ONLY
Call AIM office to schedule, 410-889-7915

An attorney is available to prepare wills, advance medical directives, and power of attorney documents, all free of charge. You must be a Baltimore City resident age 60 and over.

ST MARY'S OUTREACH CENTER'S SWEET SEPTEMBER

St. Mary's Outreach Center has honey for My Groceries to Go clients... making for a sweet September. Grab the SMOC list of 20 things you can do with honey at either of the similarly sweet one-day clinics listed below:

ENERGY ASSISTANCE (OHEP) September 8, 10am-4pm at RolandVue Towers, 3939 Roland Avenue

TAX CREDIT FOR RENTERS & HOMEOWNERS (OHEP) September 15, 10am-4pm at RolandVue Towers 3939 Roland Avenue

Interested in volunteering? SMOC is seeking volunteers to help with office and client work. Flexible schedule and a feel-good way to spend free time. Just call 410 366 3106.

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Thank you for your generous contributions!