

## PARTNERSHIPS:



Area  
Agency  
on the  
Aging



*National Institute of Senior Centers*

## COMMUNITY PARTNERS:

Mobile Memorial Gardens  
VIVA Health/VIVA Medicare Café  
United Healthcare  
Blue Cross Blue Shield  
The Mind Performance Center  
Somergy of Mobile

Homecare Companions  
Gentiva/Gentiva Hospice  
Beltone  
Alabama Hospice Care  
Palm Gardens Health & Rehabilitation  
Coastal Clinical Research

## FAST FACTS:

**Purpose:** The mission of Via Health, Fitness and Enrichment Center is to promote a healthy, active and independent lifestyle among older adults.

**Facility:** The Via Center is operated by Senior Citizens Services, an organization serving mature adults in the community for more than 43 years. The Via Center is a 42,000 sq. ft. multi-purpose facility with a fitness center, gymnasium, café, auditorium, billiards room, library, art and ceramics studios, computer lab, woodshop, classrooms, card rooms, adult day services, emergency food pantry, and administrative offices.

**Service Population:** Mobile County: membership of 700; 300-400 users daily; 22,000 users annually, including area seniors, business and community groups, church and civic organizations, area schools and city/county government entities.

**Funding:** A private, non-profit organization, funded through United Way, City of Mobile, Mobile Housing Board, Mobile County Commission, South Alabama Regional Planning Commission; Area Agency on Aging, community support, grants, fundraising events and individual donations from area businesses and individuals.

### Via Health, Fitness & Enrichment Center

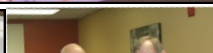
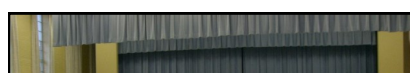
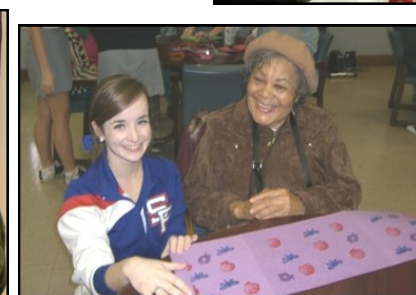
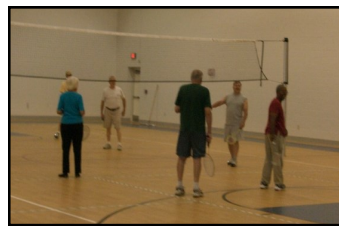
- Fitness - state-of-the art fitness center and gymnasium; fitness classes and activities including Yoga, Pilates, Stretching & Flexing, Fitness Techniques and Silver Sneakers; Pickleball, Badminton and Basketball.
- Enrichment - continuous learning programs; computer training, language, painting, and ceramics
- Recreation - leisure programs designed for socialization; card games, bingo, dancing, and special events
- Health & Wellness - health education, seminars, screenings, consultations and clinics
- Dauphin Street Café - Open to the public Monday - Friday for lunch, the Café offers low-cost hot meals
- Center for Generational Studies - a partnership with the University of South Alabama Programs in Gerontology. Researches /

### Via Community Services

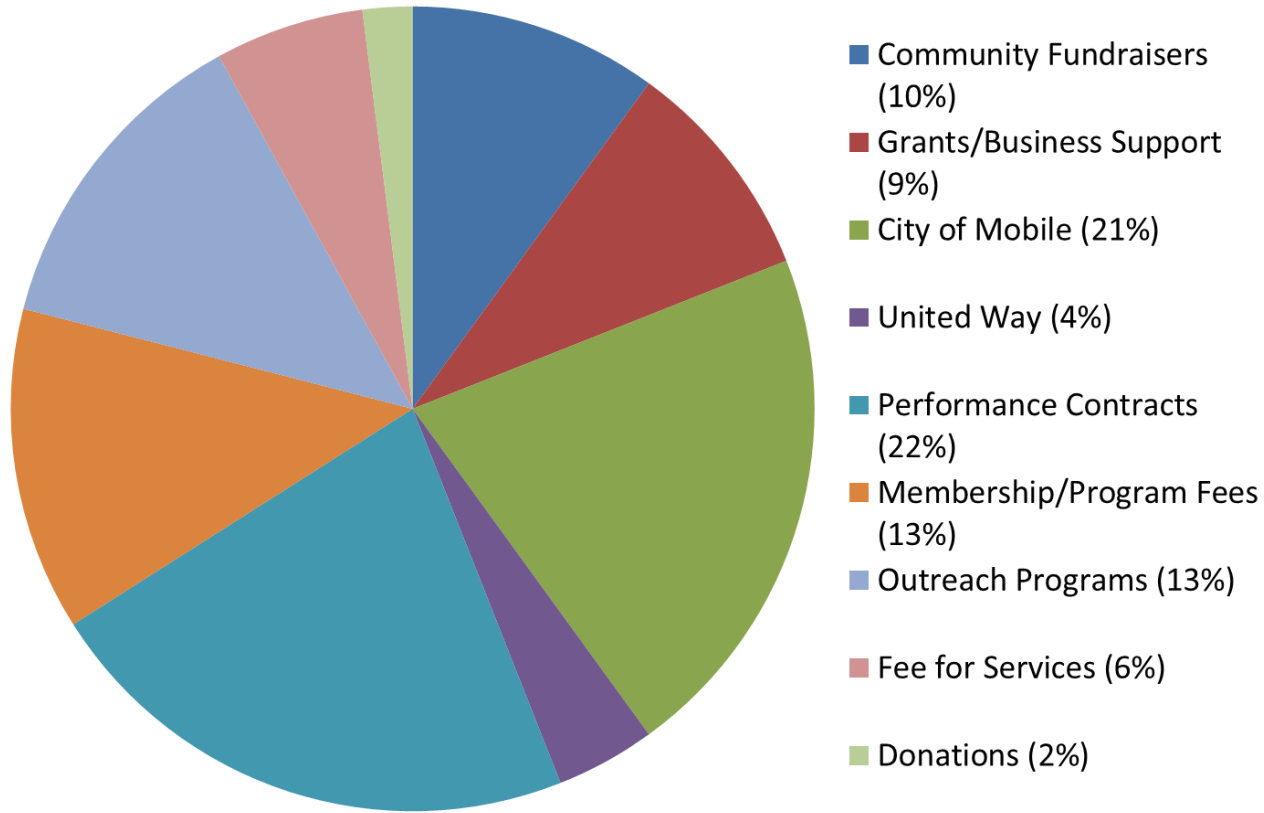
- Grandfriends - supervised daily adult care and meaningful activities for older adults in need of assistance
- Home Care Services - light housekeeping services for disabled and homebound older adults
- Emergency Food Pantry - Non-perishable food items available for emergency situations
- Emergency Resource Center - community shelter for natural and man-made disasters and assistance
- Transportation - daily home to center van transportation
- Information & Referral - resource/information assistance for community services
- Outreach - enrichment, recreation and fitness programming provided to local senior public housing sites
- Veterans Programs - Veterans Day celebration, recreation and socialization programs
- Healthy Living Expo - brings in exhibitors/senior service providers (healthcare, hospitals, insurance, homecare, mobility products, hearing and healing, etc.) to offer free products, services and health and wellness educational opportunities for seniors.

### Via Fundraising/Special Events

- *Corks in the Courtyard* - Features wine tasting, heavy hors d'oeuvres and live music and is held at Legacy Bar & Grill.
- *Bay Bears Bowl for Via* - Individuals and corporate teams meet the BayBears players and enjoy a night of bowling, food and fun.
- *Via BOLT 5K Run/Walk and Fun Run* - Certified course with midtown route, with goody bags, t-shirts and post-race activities
- *Cool White Linen Night* - Elegant event held at the Mobile Country Club with fine food and beverages, auction and live music.
- *Rhythm and Brews* - Features craft beer tasting (and wine), edibles and live music



### Via Center Funding Sources



### Via Center Expenditures

