

OUR MISSION

Via Health, Fitness and Enrichment Center promotes a healthy active, independent lifestyle among older adults. For more than fifty years, Via has been a place where older adults come for fitness, enrichment and recreational activities with their peers. We are more than a fitness center; we are a community.



WHAT WE DO

The Via Center provides forty health, fitness and enrichment programs designed to prevent social isolation and improve physical and mental health. These programs are targeted to active, older adults and include fitness classes; group sports, such as pickleball and billiards; a computer lab and library; arts classes; card games, puzzles, and weekly bingo; social activities, such as parties and holiday events; and other education and enrichment programs. These programs keep seniors physically fit and connected to their peers.

Fitness

- Fitness Center
- Pickleball
- Billiards
- Walking Gym

Fitness Classes:

Senior Fit
Stretch and Flex
Tai Chi
Body Sculpting
Line Dancing
Yoga
Stability Ball Training

Enrichment & Recreation

- Educational Seminars
- Computer Lab
- Card Games
- Arts & Ceramics
- Bingo
- Group Trips & Tours
- Puzzles
- Member Events
- Health & Wellness Activities
- Support Groups

The Problem

Nearly a third of all seniors live alone, leaving them vulnerable to social isolation and loneliness. According to the CDC, there is strong evidence that many older adults are socially isolated or lonely in ways that put their health at risk. Studies have found that social isolation increases a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and lack of physical activity.

The Via Center is a place retirees and other older adults can go for exercise, social activities and companionship with their peers to combat social isolation and loneliness.

RESULT

Studies show that increased physical activity in older adults protects against cardiovascular disease, stroke, diabetes and some forms of cancer. It also promotes mental health, delays the onset of dementia, and improves quality of life and social well-being.



FROM THE EXECUTIVE DIRECTOR



Each year as I look back over the work we do at Via, I am proud of all we have accomplished together and grateful for the support of our members, donors, staff, and board of directors. It truly takes a village to keep growing our programs and services to meet the needs of older adults in our community, and I am thankful to be part of this work.

Last year funding from ADECA allowed us to replace lighting in the gymnasium and throughout the building and upgrade HVAC units in the gym. Donations from Bedsole Foundation, Hearin-Chandler Foundation, and Crampton Trust replaced our gym roof, and contributions from members allowed us to renovate the gym flooring. These upgrades transformed our gym and will make Via run more efficiently, saving us money in the future.

While you may notice the changes in our building, you may not see the impact of our work outside of these walls. Other grants and funding allowed us to take wellness programs, food, and cleaning supplies to seniors in income-based housing throughout Mobile County, provide Volunteer Guardians to meet the needs of some of the most vulnerable members of our community, and provide vaccinations for flu, Covid-19, RSV and pneumonia for older adults at risk of serious complications from these viruses.

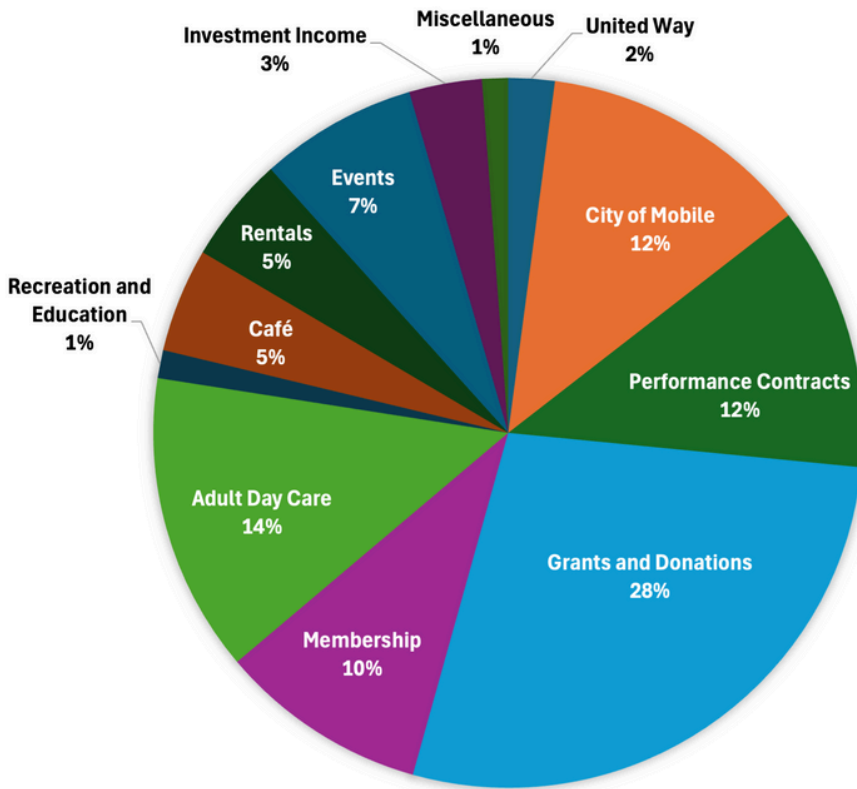
This year we will continue to work on upgrades. We most recently upgraded our WIFI throughout the building. We are installing fans in the gymnasium ceiling to cool the room more efficiently. A grant from the Center of Dementia Respite Institute benefiting our adult day program will allow us to better meet the needs of older adults living with dementia and Alzheimer's.

None of this could happen without our donors and members. Your gifts of time, talent, and treasure make this possible. Thank you for being a partner in this work.

With gratitude,
Deanna Murphy

VIA BY THE NUMBERS

INCOME



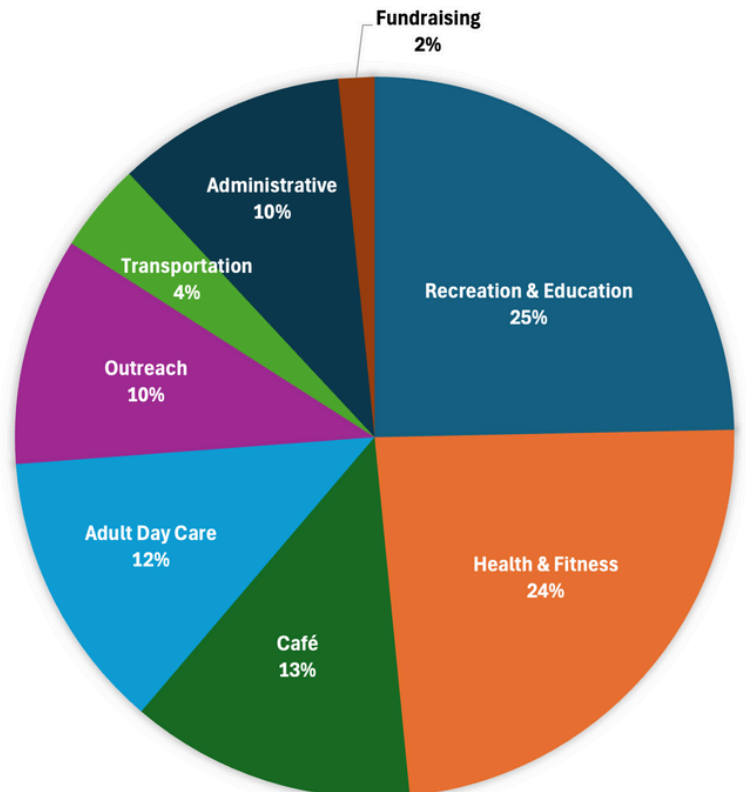
The Via Health, Fitness and Enrichment Center receives funding from grants, performance contracts, special event income, fees for services (membership, café, rentals, adult daycare) and donations from area businesses and individuals. These funds are invested into programs and services to benefit older adults in our community.

To the left you can view the full breakdown of Via Center income for the 2023-2024 fiscal year. A special thanks to all of our donors, members, and volunteers who make this work possible.

Our team works hard to ensure every donation you make goes directly to support seniors. We invest almost 90% of all funding back into programs. The bulk of our funding goes into our fitness, recreation and enrichment programs at Via.

Member fees, grants and donations also support our adult day program, cafe, transportation to and from the center, and our community outreach programs to provide food, health, and wellness programs that support older adults throughout Mobile County.

EXPENSE



PROGRAMS AND SERVICES

HEALTH AND FITNESS

- 2,179 members
- 21,126 hours of fitness classes
- 15,995 hours in the fitness room
- 10,010 hours in the gym
- 2 Pickleball Tournaments
- 10,885 hours of recreation



PROGRAMS AND SERVICES

COMMUNITY NEEDS OUTREACH



- 5,921 Meals Provided - Food Distribution Drives
- 5,777 Health/Education Screenings provided
- 3,261 Adult Day Program Visits
- 179 clients served - Volunteer Guardian Program
- 622 calls through Neighbor to Neighbor
- 25,765 calls through Information and Referrals
- 65,824 hours of Outreach and Education
- 11,648 meals served - Dauphin Street Café
- 325 Vaccines Provided for Flu and Covid-19



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