

Healthy Aging...

The Mastick Senior Center Advisory Board (MSCAB) and the City of Alameda are committed to nourishing the mind, body and spirit of Alameda's senior community.

During the 2015 Calendar Year, seniors were served in the following ways:

141,712*	Center Visits
3,174**	Mastick Members
630	Tax Program
1,210	Trip & Travel Program
4,913	Bingo Program
12,697	Thrift Shop Sales

* Number may represent duplicates as based on actual visits to Center.

* Mastick Membership is unduplicated.

Mastick Senior Center offers a wide range of support services that assist Alameda residents as they age in place. Many of these services are offered in conjunction with the County of Alameda and include: information and referral, consumer presentations, health insurance counseling, legal assistance, and transportation services. Other support services include: notary, dental and podiatry consultation, and tax preparation assistance.

In 2015, the MSCAB authorized funding through FY 2017-18 for the Senior Connections program provided by Alameda Family Services. This program is offered at Mastick Senior Center and provides Alameda seniors with access to much needed case management services.

More than Just a Meal...

As the Center celebrates more than 35 years of service to the community, the nutritional needs of older adults remain an area of focus and importance. The mid-day meal program provides a well-balanced meal, as well as an opportunity for members to socialize.

During 2015, over 5,572 lunches were served to members.

During this time, 30,000 pounds of food were distributed to seniors participating in the Mercy Retirement Brown Bag program offered twice a month at the Mastick site.

In addition, Mastick volunteers planted, nurtured, and harvested greens, herbs, and vegetables providing 3,083 baggies of food to Mastick's members.

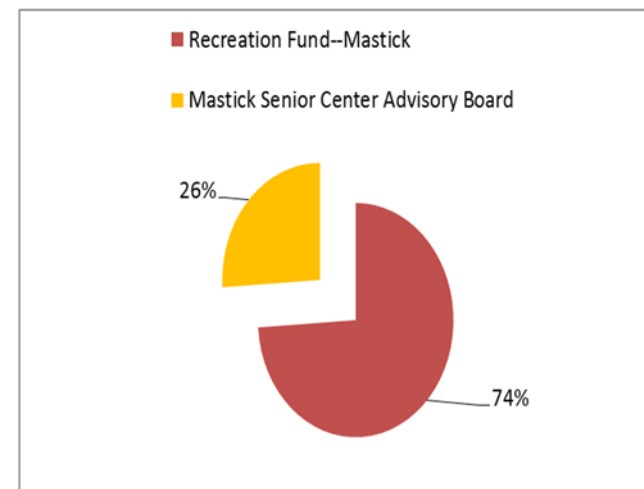
Healthy, Active Living...

Mastick Senior Center is committed to offering a wide range of activities to fulfill intellectual, physical, and social development. During 2015, members engaged in enrichment offerings as follows:

22,542	Fitness Classes (such as Yoga, Fitness, Dance, and Pilates)
23,186	Intellectual Classes (such as Computer, Foreign Language, Current Events, Ceramics, and Quilting)
14,697	Social Interaction (such as Cards & Games, Special Events, and Sing-Along)

Mastick Senior Center Advisory Board (MSCAB)

The MSCAB is the active administrative advisory committee for the Center. The MSCAB is committed to fundraising activities including Bingo, the Thrift Shop, and a direct-mail letter to our membership which help to defray the cost of programs and building maintenance.



During 2015, the MSCAB invested \$44,508 toward facility maintenance and capital improvements. The MSCAB raised \$162,546 from fundraising activities, helping to offset program expenses.

We have appreciated--and enjoyed--many of Mastick's informative programs and fun classes. We've made new friends, and those contacts and friendships enrich our lives. We've shared many events with these friends and look forward to more to come!

Gary and Lola Brown, Members

***Mastick Senior Center
Advisory Board***

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***Volunteers Are Our Secret To
Success...***

Mastick Senior Center is a partnership between the City of Alameda Recreation and Park Department and the senior community. Volunteers serve as the backbone of Mastick Senior Center and successfully ensure its efficient operation six days per week.

207 Volunteers
25,975.75 Volunteer Hours
\$541,724 Cost Savings
Equivalent to 13 Full-Time Staff

Highlights...

- Approved funding for Alameda Family Services, Senior Connections Program, offered at Mastick Senior Center through FY 2017-18.
- Developed a three-year strategic plan with the MSCAB Long Range Planning Committee. Focus areas include: fiscal sustainability, membership, programs and facilities, and volunteers.
- Selected Outdoor Fitness Equipment for installation in the Mastick Courtyard.
- Approved installing two Bocce Ball Courts/Putting Greens in the Courtyard.
- Installed a standard Alameda Recreation and Park Department park sign in the front lawn of Mastick Senior Center.
- Installed exterior foundation vents throughout the Center.
- Removed the dry-rotted Belly Band molding circling the Mastick Social Hall and repaired the entrance overhang.
- Selected a color palette to be used for the exterior painting project.
- Adopted a new logo and tag line.



Making Connections • Staying Active • Living Well

***MASTICK SENIOR
CENTER***

For adults 50 and older



***2015
ANNUAL REPORT***