

Budget

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.

MSCAB Scholarship Program

Members enjoyed an array of programs due to support from the MSCAB Scholarship Program. During 2016, the MSCAB issued 183 scholarships totaling over \$6,300.

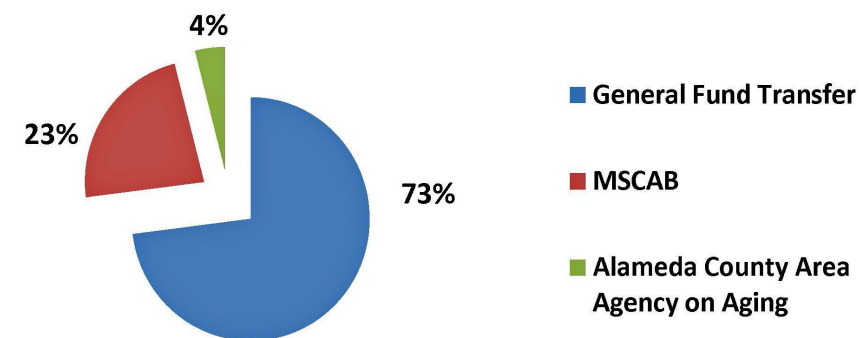
Financial Contribution Breakdown

During 2016, the MSCAB invested \$72,168 toward facility maintenance and capital improvements. The MSCAB raised \$166,988 from fundraising activities and donations, helping to offset program expenses.

Mastick Senior Center Legacy Giving Program

During 2016, over \$29,000 was received from bequests for the express benefit of the Mastick Senior Center.

Mastick Senior Center Funding Sources 2016



Projects

Exterior Dry Rot Repair - This project included replacing 34 windows, three doors, and random dry rot repairs throughout the facility's exterior. This \$49,247 improvement was funded by the MSCAB.

Exterior Stucco Repair - Cracks in the stucco were repaired throughout the facility and the facility's exterior. This \$15,338 improvement was funded by the MSCAB.

Outdoor Fitness Equipment - Six pieces of outdoor fitness equipment were added to the Mastick courtyard for member use. This \$36,954 improvement was funded by cell tower revenue.

Volunteers & Staff

Full-Time = 3

Part - Time = 157 weekly hours

Volunteers = 210 volunteers contributed 25,237.25 hours for a total cost saving of \$535,534 or 13 full-time staff.



Making Connections • Staying Active • Living Well

Annual Report • Calendar Year 2016

Mastick Senior Center, a division of the City of Alameda Recreation and Park Department, provides a well-rounded social recreation program in the areas of health and wellness, education, recreation, and support services resulting in life enrichment opportunities for the growing senior community (50+ population).



People and Programs

Healthy Active Living in 2016

Offering over 100 weekly classes in the areas of education, recreation, and social engagement. Seniors Served:

- 3,657 Mastick Members*
- 135,985 Center Visits**
- 4,505 Bingo Program
- 22,476 Educational Classes (such as Arts, Current Events, Languages, Technology)
- 3,737 Mastick Organic Community Garden Individual Serving Salad Bags
- 21,302 Recreation Classes (such as Dance, Fitness, Pilates, Tai Chi, Yoga, Chair Yoga)
- 13,063 Social Interaction (such as Cards, Games, Puzzles, Special Events)
- 594 Tax Program
- 13,318 Thrift Shop
- 1,120 Day Trips & Travel Program

*Mastick Membership is unduplicated

**Number may include duplicates as based on actual visits to Center



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New Program Offerings in 2016

New programs and activities to keep the program vibrant and members engaged:

- A Brief History of the World in 100 Objects
- Bocce Ball Lessons
- Chair Yoga
- Disc Golf for Seniors and Teens
- Fitness Equipment Orientation
- Make Mobile Devices Easy (Series)
- Peace Corps Experiences
- Tarot Meditation Group
- Transcontinental Railroad
- Travel Your Way
- USA Pickleball Clinic
- U.S. Coast Guard in Alameda



New Day Trip Travel Opportunities in 2016

New and different opportunities are offered to appeal to a diverse and changing demographic:

- Government Island and the U.S. Coast Guard Base Tour
- Kayaking Sausalito
- Sacramento River Cats Minor League Baseball
- San Jose Museum of Quilts and Textiles

Transportation Program & Services

- AARP Smart Driver Program
- Mastick Walking Group (Using Public Transit)
- Paratransit & Transportation Assistance
- Transportation 101

Community Collaborations & Partnerships

Alameda Friendly Visitors, Legal Assistance for Seniors (LAS), and the Health Insurance Counseling and Advocacy Program (HICAP) served clients on-site.

Alameda Family Services (AFS), a human services non-profit, provided case management services designed specifically for seniors on-site at Mastick Senior Center. The Senior Connections Program provided support in the areas of health, housing, in-home support services, food resources and more. In addition, they launched the Actively Aging Support Group to provide a supportive outlet for the aging population. Lastly, the Senior Service Action Team (SSAT), a collaboration of AFS and Mastick Senior Center, is comprised of over 20 community based organizations. The SSAT provided an opportunity for senior service providers to network, coordinate services, learn about programs, and problem solve. These programs were funded in part by a \$25,000 grant from the MSCAB.

Alameda Fire Department provided Blood Pressure Screening twice monthly.

Alameda Hospital provided a Stroke Risk Assessment workshop along with Blood Pressure and Glucose Screening opportunities.

Elders Village and AEC Living provided monthly consumer presentations and sponsored the Annual National Senior Health and Fitness Day in May 2016.

Mercy Retirement Center Brown Bag Program distributed food to seniors twice a month at 17 Alameda County locations. Mastick Senior Center, the designated site in the city of Alameda, distributed 30,000 lbs of food in 2016.

Spectrum Community Services provided the noon meal served Monday through Friday at Mastick Senior Center. During this period, 5,117 meals were served to individuals, age 60 and better.

The Alameda County Area Agency on Aging provided a \$29,000 grant for senior center activities.

The Alameda County Public Health Department provided a weekly Diabetes Support Group and a seven-week Diabetes Workshop.

The Alzheimer's Association facilitated an Alzheimer's Caregiver Support Group which met twice a month to provide support to individuals caring for a loved with Alzheimer's Disease or dementia.



The Osher Lifelong Learning Institute at California State University, East Bay provided intellectually stimulating classes. This program was funded by the MSCAB.

