



# LIVE WELL MOBILE!



January, February & March 2010

### Community Partners

AARP

Atria Senior Living

BlueCross BlueShield of Alabama

Coastal Clinical Research, Inc.

Gulf Coast Exploreum

Humana

Seniors Blue Book

WKRG TV-5

### Memorial Gifts

*Throughout the year, memorial gifts may be made "in lieu of flowers" to remember a special someone in your life, or to acknowledge the death of friends and co-workers. Many individuals and families appreciate the thoughtfulness of this type gift because of its lasting benefit. To make a gift "in memory of" a special person in your life, please call 470-5237 for more information.*

### Sympathy extended to the families of ...

Ruth Childs, Carol Drinkard, & Francis Leon

## Happy New Year!

It's difficult to begin a new year without thinking about the year that's ended. We can't help but think about all that happened during the year... projects completed, milestone birthdays, special occasions, births, deaths, spending valuable time with family and friends ...the list goes on and on. No matter what comes to mind for each of us, we all share one familiar thought ... another year has gone by way too fast!

Via members and staff were very busy the past few months with a variety of activities, fundraisers, and celebrations: In October, Via and Mobile Housing Board staff teamed up to present the second annual "Healthy Harvest Fest Stroll and Roll" for local seniors. The event was held at Central Plaza Towers and offered healthy living information, as well as food, games, music, and door prizes. More than 125 seniors benefitted from the event. Meanwhile, Halloween festivities at the Via Center included a dance complete with costumes, refreshments and door prizes.

During November, several new classes were introduced at the Via Center including two additional yoga classes, an "open" computer lab, and a "Fitness 101" class for beginners. Thanksgiving was celebrated with a Pumpkin Pie Party sponsored by American Foods, Gordon Oaks, and Secure Horizons. Everyone enjoyed a traditional Thanksgiving meal, as well as games, music, and door prizes.

The annual "Brown Bag Christmas" food pantry drive began in November to help provide food and toiletry items for local seniors in need. Thanks to the generosity of individuals, schools, churches and businesses we were able to help more than 80 households with food during the holidays. New this year, the University of South Alabama Gerontology students held a "pet food drive" to benefit those seniors we serve who have pets.

December was bustling with two more annual events – the poinsettia sale and holiday luncheon. The poinsettia sale was a huge success this year, and the flowers were absolutely gorgeous! Special thanks to Donna Ballard for willingness to chair this fundraiser and to encourage sales. Our holiday luncheon was a special treat for everyone attending. As always, the food was delicious, and entertainment was provided by the newly formed "Via Choir" and local favorite, Thom Oglesby...what a nice way to end another memorable year!



(left) Christin Bumstead of Gordon Oaks chats with Bessie McDaniel during the Pumpkin Pie Party; (above) Suzanne Cleveland picks up her poinsettia from Michelle Buchanan; (right) Johnny Ward and Sheila Sears greet members as they arrive for the Via Holiday Luncheon.

## Operation Brown Bag Helps Many During The Holidays



(Above) Bethany Hammock & Ashley Fallo of Alpha Gamma Delta sorority at the University of South Alabama prepared "brown bags" of food and other goodies for local seniors. They also made holiday cards for each person receiving a bag!

As a result of Via's Operation Brown Bag, more than 80 local seniors had food and toiletry items they desperately needed during the holidays. This effort would not have been such a success without the generosity of local churches, schools, businesses and individuals.

*Special thanks to the following contributors:*

Alpha Gamma Delta Sorority / Bethany Hammock & Ashley Fallo

Azalea City Credit Union / Ola Anise

Dr. Norman Berger

Dauphin Way United Methodist Church Children's Ministry Program / Eliese McAllister

Gordon Oaks Health Care Staff

Arlene Mitchell

Moorer YMCA / Cathy Wagner

Smith, Dukes & Buckalew, LLC

St. Luke's Episcopal Church & School / Father Cumbie

UMS -Wright Preparatory School / Tiffany Chapman

University of South Alabama Gerontology Students & Faculty / Carey Driskell

University of South Alabama Nursing Program / Karen Hamilton

Ray Belardinelli

Via Members



(Above) Carey Driskell & Sara McAfee deliver pet food collected by USA's Gerontology Department.

In addition to Operation Brown Bag, Via operates a year-round food pantry. Donations are welcome throughout the year. Anyone interested in organizing or hosting a food drive, please call (251) 470-5224 for more information.

**The need is constant.  
The gratification is instant.**

**American  
Red Cross  
Blood Drive  
to be held at Via!**

**January 27**

**9:00 a.m.  
until  
1:00 p.m.**

**Donors will receive a Red Cross t-shirt, and will be automatically entered into a regional drawing for two Delta airline tickets.**



## Seminars & Screenings

**Hearing Loss: The Silent Epidemic  
January 21; 10:30—11:30 a.m.**

Everyone experiences temporary hearing loss from time to time, but for more than 29 million Americans, the problem is more serious. Join us to learn more about what help is available if you suffer from hearing loss!

**Getting to Know Your Heart  
February 18; 10:30—11:30 a.m.**

Join us to learn more about this vital organ, how it functions and ways to support and maintain good heart health. The different signals of a heart attack for men and women will also be discussed.

**Nutrition: How It Affects Our Life & Wellness as We Age  
March 25; 10:30 — 11:30 a.m.**

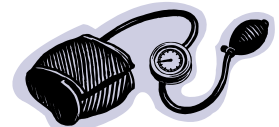
Good nutrition is always important, but as we age it plays an increasing roll in our health and how we feel. Learn about the benefits of good nutritional changes to improve your quality of life.

**Memory Screenings**

**January 22 / February 26 / March 26  
10:00 a.m.—noon**

Consisting of a series of questions and/or tasks, memory screenings are designed to test memory, thinking ability and other mental function. It takes only 15 — 20 minutes to administer. Results are confidential and do not represent a diagnosis.

**Wellness  
Wednesdays**



**February 10; 10:00 a.m.—noon**

Screenings: blood pressure & cholesterol level

Cost: \$3.50 for cholesterol level

**March 10; 10:00 — noon**

Screenings: blood pressure & blood sugar level

Cost: \$2.00 for blood sugar level

**All seminars and screenings will be held at the Via Health, Fitness & Enrichment Center.**

**For more information and to register, please call 470-5224.**

## Special Rates Available For New Fitness Members

With a new year, comes the opportunity for keeping resolutions of exercising more, eating healthier and making other positive lifestyle changes.

Now, and through the end of February, new fitness members are being offered a "limited time only" special membership rate. New members will also receive three complimentary personal training sessions to use within 90 days of joining.

### New Member Rates

Age 50+ ...  
 \$120 year,  
 \$ 60 six months, or  
 \$ 15 monthly debit

Under Age 50 ...  
 \$180 year,  
 \$ 90 six months, or  
 \$ 20 monthly debit

Current members choosing to renew during this time frame, will also enjoy a discounted rate.

### Renewal Rates

Age 50 + ...  
 \$144 year,  
 \$ 72 six months, or  
 \$ 15 monthly debit

Under Age 50 ...  
 \$180 year,  
 \$ 90 six months, or  
 \$ 20 monthly debit



One of our newest activities is pickleball. Those who've tried it, have really enjoyed it!

Pickleball is a game played on a badminton court with the net lowered to 34 inches at the center. It is played with a

## Spotlight on Pickle Ball

perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Join us—Wednesdays at 10:30 a.m. and Thursdays at 1:00 p.m.



## Our Ongoing Classes & Activities

### **NEW!**

#### **Yoga Basics with Deanna** (8 Weeks)

This class has been designed for active seniors in the Explore Yoga program at the Exploreum. New participants are welcome!

Thurs: 3:00-4:00 pm; Starts Jan 21st \$60 fee; students must pre-register at Welcome Center

#### **Mid-Town Yoga at Via** (ongoing)

Beginners are welcome, and modifications are gladly offered for postures not within a student's strength or flexibility levels.

Mon: 5:30-6:30 pm; **FREE to Fitness Members**; \$8 per class for guests

#### **Computer Lab**

Our computer lab is now open to members! Charles Mason will provide one-on-one instruction on how to set up an email account, to use word pad, to save documents and search the internet.

Mon/Wed/Fri: 9:00- 11:00 a.m.

**FREE to members / \$10 for guest**

#### **Fitness 101**

Monday and Wednesday: 6:00 – 6:45 p.m.

Tuesday and Thursday: 9:00 – 9:45 a.m.

**FREE to Fitness members / \$5 for guests**

#### **Introduction to Computers**

Tues: 9:30-11:30 a.m.

#### **Choir**

Mon: 1:00-3:00 p.m.

#### **Jam Session**

Mon: 1:00 - 3:00 p.m.

#### **Painting**

Tues: 10:00-11:30 a.m.

#### **Gentle Yoga**

Mon/Wed/Fri: 1:00 a.m.-noon

#### **Stretching & Flexibility**

Mon/Tues/Thurs: 9:00-9:45 a.m.

#### **Beginner Tai Chi**

Mon: 10:00-11:00 a.m.

Wed: 9:30-10:30 a.m.

#### **Intermediate Tai Chi**

Wed: 10:45-11:45 a.m.

#### **Dancefit**

Mon/Tues/Wed: 6:00-7:00 p.m.

Saturday: 9:00-10:00 a.m.

#### **SilverSneakers® I**

Mon: 8:00-8:45 a.m.

Tu/Th: 8:00-8:45 / 11:00-11:45 a.m.

Tu/Th: 1:15-2:00 p.m.

#### **SilverSneakers® II**

Mon/Wed, 1:15-2:00 p.m.

#### **Advanced Line Dancing**

Tues/Fri: 6:00-8:00 p.m.

#### **Line Dancing for Everyone**

Tues/Fri: 10:30-11:30 a.m.

#### **Beginner Clogging**

Wed: 1:00-3:00 p.m.

#### **Clogging Class & Practice**

Thurs: Lesson 6:00 p.m./Practice 7:00-9:00 p.m.

#### **Ceramics**

Tues/Wed/Thurs: anytime between 9:00 a.m. & 2:30 p.m.

#### **Bingo**

Tues/Thurs; 1:00-3:00 p.m.

#### **Billiards**

Mon-Fri: 8:00 a.m.-8:00 p.m.

#### **Crochet**

Mon: 12:30-2:30 p.m.

#### **Canasta**

Tues/Thurs: 8:30-11:30 a.m.

#### **Pickle Ball**

Wed: 10:30-11:30 a.m.

Thurs: 1:00-2:00 p.m.

#### **Senior's Open 8-Ball Tourney**

East vs. West-January 13 10:00 at the Via Center

### **Afternoon Tea Dances**

1:00—4:00 p.m.

February 5

&

March 5

Music by

Charlie Freeman

### **Cabaret Dances**

7:00—10:00 p.m.

January 15,

February 19

&

March 19

Music by

Thom Oglesby

# Mark Your Calendar

## Events

**Martin Luther King Day Celebration**  
Thursday, January 14  
Time & details to be announced

**Mardi Gras Dance**  
Friday, February 5  
1:00—4:00 p.m.

**Valentines Day "Sweetheart Social"**  
Friday, February 12  
Time & details to be announced

**St. Patrick's Day Celebration**  
Wednesday, March 17  
Time & details to be announced

**Crewe de Grandfriends Annual Mardi Gras Parade**  
Wednesday, February 10  
1:00 p.m.—until

## New Dance Class

**"Grandmother & Me"**  
Dance instructor Nonie Taul will offer this class for grandmothers and children to learn movement, positions and ballet basics in a fun, encouraging environment. Classes start January 5 and will be offered on Tuesdays at 1:30 p.m. & Fridays at 9:30 a.m. Please inquire at the Welcome Center for all the details. Pre-registration is encouraged, and the first class is FREE for Via members!

## Holiday Closings

Martin Luther King Holiday  
January 18

Mardi Gras Holidays  
February 15 & 16

Good Friday  
April 2

## Have You Noticed ...



If you have been to the Via Center lately, you have probably noticed a few changes. We are constantly evaluating what we do—and how we do it—to see if there's room for improvement. Recently we did some "rearranging" to maximize the space we have and to make space available for more, and new, classes!

We moved the Fitness Room to a larger space which offers our members easier access to all the machines. As soon as possible, televisions will be installed in this room.

The former Fitness Room is now a Multi-Purpose Room. It is home to all our Silver Sneakers® classes, and will also be used for several of the new classes we will be offering soon.

Thank you for your patience while we are making improvements to better serve you!

## Via Wish List

- Mardi Gras Throws for Grandfriends Parade
- Yoga Mats
- Hand Weights
- Paints for Ceramics Program
- Door Prizes for Holiday Events
- Pickleball Paddles & Balls
- Funding for Spin Cycles
- Volunteers to Teach Classes
- Our Members to Invite Their Friends to Join
- More Community Partners (cost: \$1200 a year)
- Loan Closet Items (mops, buckets, brooms, floor & bathroom cleansers, hand towels, and wash cloths)



*As part of the "Mitchell Family Reunion," family members decided to do a volunteer project. They spent time together at the Via Center weeding and manicuring bushes in our courtyard. Thanks to them, now it's looking great!*

## Please Remember ...

Senior Citizens Services when making your charitable donations! Did you know that only 36 percent of our funding comes from local governmental resources? Therefore, we rely heavily on fundraising events, membership fees and donations from individuals, like you, in order to continue providing programs and services.

I am proud to make a gift in support of The Generations Foundation to benefit Senior Citizens Services.

\$5    \$10    \$25    \$50    \$100    \$250    \$500    Other \_\_\_\_\_

Please charge my:    MasterCard    VISA    AmEx    I wish to remain anonymous.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

