



Capital Senior Center

at Maxcy Gregg Park

2009-2010

Annual Report

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Capital Senior Center

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Columbia, SC 29201

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at Maxcy Gregg Park

Who we are:

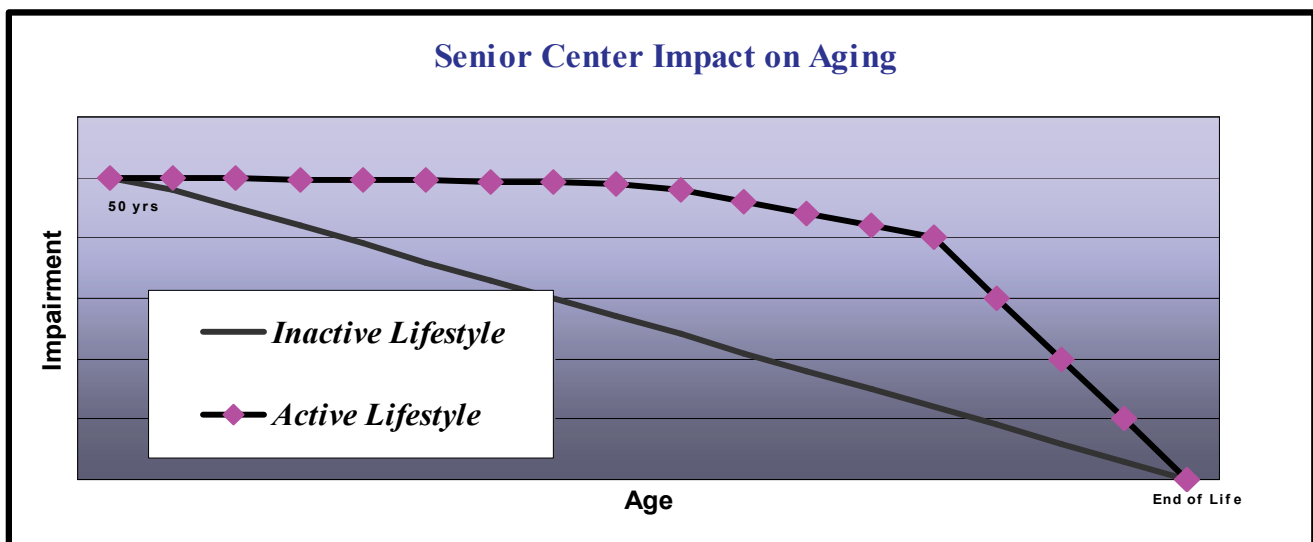
The Capital Senior Center (The Center) opened in 1995. It is a non-profit (501(c)3) organization registered with Secretary of State.

- The Center operates as a senior center as defined by the National Council on Aging, serving as a community focal point for older adults to “reflect their experience and skills, respond to their needs and interests, support their independence and encourage involvement in the community”.

Our Mission:

The mission of CSC is **to help adults, 50 yrs and older, stay physically fit, socially engaged, intellectually stimulated and independent**

- The Center focuses on the six dimensions of wellness:
 1. Physical
 2. Social
 3. Intellectual
 4. Emotional
 5. Vocational
 6. Spiritual
- The premise for the mission is based on research indicating that seniors who participated in senior center activities had 16% fewer impairments to their Active Daily Life (ADL) than seniors who did not.



- It is well documented that an active lifestyle reduces the occurrence of many illnesses such as cancer, Alzheimer's, diabetes and heart related diseases.

CAPITAL SENIOR CENTER, INC.
STATEMENT OF ACTIVITY
For the year ended June30, 2010

| | <u>Unre- stricted</u> | <u>Temporarily Restricted</u> | <u>Total</u> |
|---------------------------------------|---------------------------|-----------------------------------|---------------------|
| REVENUE | | | |
| Program fees | \$ 20,078 | \$ - | \$ 20,078 |
| Rental income | 65,253 | - | 65,253 |
| Memberships | 54,476 | - | 54,476 |
| Activities income | 94,001 | - | 94,001 |
| Miscellaneous income | <u>6,413</u> | <u>-</u> | <u>6,413</u> |
| Total revenue | <u>240,221</u> | <u>-</u> | <u>240,221</u> |
| CONTRIBUTED SUPPORT | | | |
| Richland County | 159,600 | - | 159,600 |
| City of Columbia | 38,000 | - | 38,000 |
| Other | 3,653 | - | 3,653 |
| Fund-raising events | 3,503 | - | 3,503 |
| Organization | 117,462 | - | 117,462 |
| Net assets released from restrictions | <u>7,483</u> | <u>(7,483)</u> | <u>-</u> |
| Total contributed support | <u>329,701</u> | <u>-7,483</u> | <u>322,218</u> |
| Total revenue and contributed support | <u>569,922</u> | <u>-74,383</u> | <u>562,439</u> |
| EXPENSES | | | |
| Program services | 451,315 | - | 451,315 |
| Management and general | 54,968 | - | 54,968 |
| Fundraising | <u>14,503</u> | <u>-</u> | <u>14,503</u> |
| Total expenses | <u>520,786</u> | <u>-</u> | <u>520,786</u> |
| Change in net as- sets | 49,136 | -7,483 | 41,653 |
| NET ASSETS, BEGINNING OF YEAR | <u>1,242,976</u> | <u>7,483</u> | <u>1,250,459</u> |
| NET ASSETS, END OF YEAR | <u>\$ 1,292,112</u> | <u>\$ 7,483</u> | <u>\$ 1,292,112</u> |

What We Do:

Exercise:

- Strong to the Bone
- Stay In Balance
- Pilates
- Yoga
- Zumba
- Tai Chi
- Qi Gong
- Low Impact Aerobics
- Aerobics
- Meditation
- Water aerobics
- Arthritis Foundation Exercise Program

Education:

- Quilting
- Jewelry making
- Spanish I & II
- Literature
- Book Club
- Computer Training
- BG Times

Some of the Groups that Meet Here :

- AARP
- Kiwanis
- Senior Companions
- Palmetto Computer Club
- Camera Club
- Kennel Club
- Jazz Society
- Capital City Jazz Band
- Community Relations Luncheon Club
- Easter Seals
- PAALS Puppy Training
- Columbia Bridge Club
- League of Women Voters
- SCPM
- Sustainable Midlands
- Maxcy Gregg Centennial
- DHEC
- Lt Gov., Office on Aging

Social Engagement:

- Dance—New Years, Spring and Fall
- Weekly Friday Night Dances
- Events—Shag at the Pavilion, Rock and Roll party, Line Dance
- Salsa Socials & Shag Lessons
- Greif Relief
- Fall Festival
- Senior Singles Group
- Coffee and Conversation
- Movies
- Red Hat Society
- Golden Friendship Club
- Canasta and Bridge
- Bingo & Board Games
- 5 Points & Northeast Wheels
- Day trips and travel opportunities

How we serve the community:

- Political forums
- Hot topic lecture series
- Serve as a polling place
- Host meetings for City and County
- Provide low cost space for social events
- Participate in various pilot programs for University of South Carolina, Benedict and Columbia College
- Provide internships and volunteer opportunities for USC and Benedict students
- Seeds of Hope Farmers' Market

Facts and Figures:

Total Program hours per month: 230

Total number of members: 832

Total number of rides provided monthly: 512

Social memberships: \$25 per year

Gym memberships: \$85 per year

Full Fitness membership: \$225 per year