



2022

Annual Report

2022 was a great year for San Antonio Oasis! With the majority of our participants returning, we are back in full force. Oasis provided over 1,000 educational classes and our membership has now grown to over 27,000 members. Our largest volunteer program, the Intergenerational Tutoring Program, was able to once again flourish in 2022. Oasis has received additional funding through several grants enabling us to further expand the number of tutors and at-risk children we serve.

The one thing that we have all learned over the past couple of years is the importance of social connections. Oasis provides older adults the opportunity to find purpose through social connections, relevance and a continuous investment in cognitive and physical health. Oasis provides these opportunities through lifelong learning, technology education, healthy aging and purposeful volunteering.

Decreasing social isolation is a major goal of Oasis and one of our programs, Silver Connect, took 415 calls in 2022 from older adults who just needed someone to connect with. Additionally, we have added several new programs to include Tai Chi for Arthritis and Fall prevention, additional walking tours, and our travel program is thriving with an overwhelming response to day trips and overnight travel.

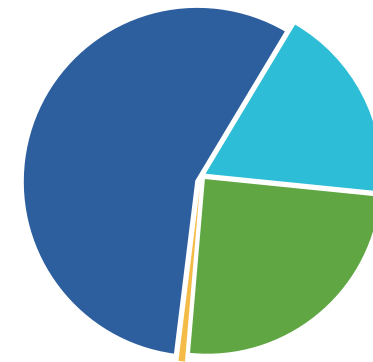
We appreciate your support of our organization and look forward to continuing our mission to promote healthy aging through lifelong learning, active lifestyles and volunteer engagement. **Find Your Oasis!**



Brenda Schmachtenberger
Executive Director
San Antonio Oasis

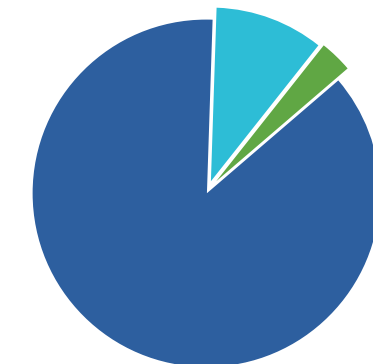
San Antonio Oasis 2022 Impact & Financials

232 Volunteers
12,733 Volunteer Hours
14,427 Class Enrollments
1,832 Participants



Revenue | \$941,652

- \$532,871 Grants & Other Contributions
- \$234,281 In-kind Contributions
- \$169,638 Program Revenue
- \$4,862 Other



Expenses | \$846,611

- \$735,330 Program Expenses
- \$85,502 General & Administrative
- \$25,779 Fundraising



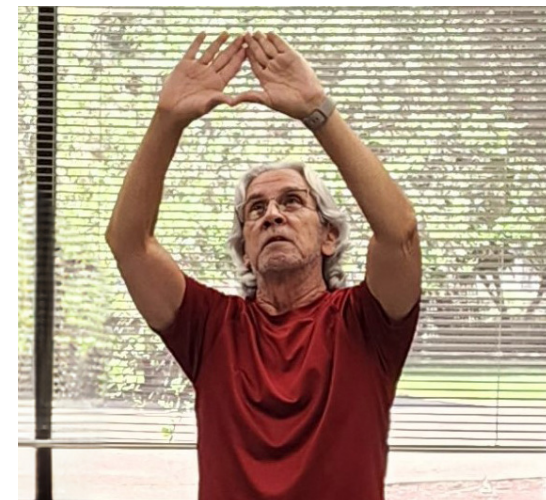
To read more stories from Oasis centers across the country or to see our National Impact, please visit annualreport.oasisnet.org or scan the QR code with your phone camera.

A Gentle Approach to Mind-Body-Spirit Health

Taking care of mind, body, and spirit is a core mission of Oasis. It's also at the heart of what San Antonio Oasis instructor Fred Chavez has taught in his classes for over 17 years.

Overall, Fred teaches ten different types of courses for Oasis, including Matter of Balance, Brain Savers, and Qigong. These classes address balance issues, fall prevention, and ways to keep the brain healthy. He has acquired several certifications that allow him to teach these specialized classes.

The first class Fred taught at Oasis was Tai Chi for Arthritis. He has been a **Tai Chi instructor for over 20 years and is a registered yoga instructor.**



"I feel teaching is something I was called to do," he says. "I enjoy all the classes. Each one is different, but I blend them together. **I combine mindfulness and positive psychology into many of our classes.**"

Qigong is a gentle mind/body exercise focused on inner awareness and intention while practicing specific postures and movements, breathing techniques, visualization, meditation, and relaxation.

"Qigong includes some traditional Chinese medicine, which treats the entire person and focuses on mind and energy work," Fred explains.

Tai Chi is a form of Qigong. Fred has been fascinated with Tai Chi since his first class as a student 30 years ago, where he learned the art and principles of Tai Chi. He says the benefits are far-reaching.

"Tai Chi improves balance to prevent falls. It also helps with the mind-body connection. **Sequencing and repetition improve memory and increase cognitive functioning.** Tai Chi also can help people destress."

He says many people come to his classes without knowing what they are about. Qigong is one of those classes. Fred is a medical Qigong practitioner and an acupressure practitioner. "I teach a method that uses an acupressure point to calm you down when faced with anxiety," Fred says.

Students enjoy Fred's classes so much that some have followed him from class to class for the past 17 years. Some of the classes, including the Qigong class, have wait lists.

"One woman took my class on a dare and now takes every class I teach," Fred says.



He says class participants encourage one another, especially when they realize "age is just a number."

"Through these classes, students feel better and think more positively. I know what these classes have done for me. **I'm almost 70 and am doing what I love.**"

Fred left a successful career as a financial planner to teach full-time after watching his clients retire and feel lost with no purpose. "They became more sedentary and weren't using their brains. When people reach retirement age, most tend to stop. Then their cognitive function and physical abilities deteriorate quickly. That's why Tai Chi movements are important for senior adults. And socialization after retirement is also important to keep the brain healthy."

Fred practices what he preaches. He takes as many classes at Oasis as he can when he is not teaching. Recently, one of these classes was Zen Calligraphy. "I'm terrible at art, but it's fun and opens me up to other art classes. **It's healthy for my brain because I'm learning something new and making new friends.**"

To offer an "Oasis sampler," Fred often travels to different senior centers to teach one-hour classes.

"The administrators and people at Oasis are wonderful," he says. "They really listen and are open to presentation topics. I truly enjoy teaching and have been able to introduce lots of classes not there before. **My number one rule in any class is that we will have fun. I make it a safe and fun place to be.**"

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