



Connecting the 50+ Community in San Diego County



Engaging Socially & Intellectually



Staying Physically Fit & Active



Investing in At-Risk Students



Empowering Seniors in Need

ABOUT SAN DIEGO OASIS

Our mission is to promote successful aging through a three-fold approach: lifelong learning, healthy living and intergenerational community service.

- Current Membership: 50,500
- Membership: Free
- Class Fees: Free - \$20 per class

CLASS CATEGORIES

Arts & Crafts | Business, Financial & Legal
 Exercise & Dance | Health & Wellness
 History & Humanities | Language & Literature
 Personal Enrichment | Science
 Technology | Theatre, Film & Music | Travel

DIVERSITY, EQUITY & INCLUSION

We are committed to diversifying our membership and programs. Learn more on our website under "About/Diversity."

STAY IN TOUCH | SOCIAL MEDIA

Visit our website (SanDiegoOasis.org) to sign up for our weekly emails and stay up to date on all things Oasis! You can also follow us on social media:

- facebook.com/sandiegooasis
- linkedin.com/company/san-diego-oasis
- twitter.com/OasisSanDiego
- youtube.com/user/SanDiegoOasis

CONTACT US

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WE'RE GROWING!

San Diego Oasis is expanding into Rancho Bernardo in June 2023! Visit the website to see the latest information.

BOARD OF DIRECTORS

Julie Derry | Board Chair
 Mark Allan | Board Vice Chair
 Simona Valanciute | President & CEO
 Michael D. Bardin | Secretary
 Jonathan E. Doering | Treasurer
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AWARDS

2022: SD500: Simona Valanciute selected as one of the Most Influential People in San Diego
2022: Generations United's Program of Merit
2020: Public Health Champion award by the County of San Diego's Covid19 Leadership
2019: Impact Awards: North San Diego Business Chamber | Escondido Chamber
2018: NBC Universal Project Innovation Award for Technology Efforts with Older Adults
2017: Program of Distinction by Generations United Award for Tutoring Program
2016: Excellence Awards: KUSI and Torrey Pines Bank

SUPPORT OASIS

There are many ways to support San Diego Oasis! To make a tax-deductible donation or learn about the many ways to give, please visit our website and click on the Donate button or contact Simona Valanciute at (619) 846-3832 or Simona@SanDiegoOasis.org.





SAN DIEGO OASIS: EFFECTING POSITIVE & WIDE-REACHING CHANGE

LIFE-LONG LEARNING

As we age, maintaining a healthy mind is equally as important as maintaining a healthy body. San Diego Oasis works diligently to ensure that adults age 50+ have ample opportunities to pursue both – through vibrant, productive and meaningful activity that stimulates their brain, prevents social isolation, and builds community with members who have similar interests. With over 3,000 classes a year to choose from, we offer classes in three formats: in-person, hybrid, and online.

HEALTH & WELLNESS

Our mission is equally focused on changing the way people experience aging. Staying healthy and fit is crucial to that goal, as it helps prevent or delay diseases such as heart disease, diabetes, or osteoporosis, while also building strength, flexibility, balance, and preventing falls. We bring our members a wide variety of fun, focused classes that help them remain healthy, fit, active and independent for as long as possible.

COMMUNITY SERVICE

• Tutoring Program

Our Tutoring Program impacts at-risk, low-income elementary students by pairing one older adult tutor with a student who meet once a week for one hour – the same team for the entire school year – providing a steady, positive influence. We also gift them books to keep through our book drives. If you are interested in joining or supporting our tutoring program, please contact Kristen Amicone, Director of Intergenerational Programs, at Kristen@SanDiegoOasis.org.

• Bridging the Digital Divide Program

We identify seniors in need who don't have access to technology, are isolated, or who aren't tech-savvy. We provide a free tablet, internet, training, and free classes to learn how to engage through technology. The Digital Divide Program is only available through qualifying partnerships. If interested in supporting us in this important program, please contact David Beevers, North County Manager, at David@SanDiegoOasis.org.

• Volunteering

The knowledge and skills our volunteers bring to Oasis are invaluable and the benefits are mutual. Volunteers have worthwhile experiences when they donate their time and talents to help the staff and faculty function as a community resource. Whether on a regular basis or as-needed, we have a variety of opportunities from which to choose. To learn more, contact Kris Anelli, Office & Volunteer Manager, at Kris@SanDiegoOasis.org.

OUR IMPACT

- 55,000** Volunteer Hours Donated Annually
- 50,500** Members Engaged
- 3,000** Classes and Activities Each Year
- 1,000** Tutors, Mentors, and Volunteers Giving Back
- 1,000** Tablets to Seniors in Need
- 200** Active Instructors
- 35** Years of Advocating for Healthy Aging