



OC OFFICE ON AGING

Monthly Newsletter


DECEMBER 2025

WHO ARE WE?

The Orange County (OC) Office on Aging is committed to enhancing the quality of life for older adults in our community. Our mission is to ensure older adults in Orange County can age with dignity and independence while enjoying a high quality of life. We provide comprehensive services, resources, and advocacy to support this goal. For more information, please visit our website or contact us directly:

 **Website:** officeonaging.ocgov.com

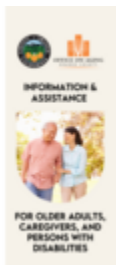
 **Email:** AreaAgencyOnAging@occr.ocgov.com

 **Phone:** (714) 480-6450



Online Resources Directory

Looking for support or services? Our free [Online Resources Directory](#) makes it easy to search for what you need. Find information related to caregiver support, in-home care, legal aid, and more!



Updated Office on Aging Brochure

We have refreshed our information & Assistance brochure to better highlight the services and resources available to older adults, caregivers, and people with disabilities in Orange County. Download it here: [Office on Aging I&A Brochure](#)

UPCOMING COMMUNITY EVENTS



HUNTINGTON BEACH

A MATTER OF BALANCE
8-Session Fall Prevention Program

Participants will learn to:

- ✓ Spot potential fall risks
- ✓ Reduce fear of falls
- ✓ Increase strength and physical activity

January 7 to February 25, 2026
Wednesdays from 1:30-3:30 PM

Huntington Gardens
18765 Florida St.,
Huntington Beach, CA 92648

Register by January 5!

Visit bit.ly/AMOB-HB
or scan the QR code!

SCAN ME!



A Matter of Balance

About: Concerned about falling? *A Matter of Balance* is an **eight-session*** workshop designed to help older adults reduce their fear of falling, identify potential risks, and improve strength and physical activity.

When: Wednesdays, January 7-February 25, 2026, from 1:30-3:30 p.m.

Where: Huntington Gardens

18765 Florida Street, Huntington Beach, CA 92648


Register by: January 5, 2026


Register: bit.ly/AMOB-HB

CRAFTY ADULTS




Winter Diorama


 January 5, 10, 16, 20, 31

 Location varies by date



Crafty Adults

 January 7 @ 10:15 AM

 San Clemente Library

Crafty Adults: Winter Diorama**
(OC Office on Aging in partnership with OC Public Libraries)

About: Meet new friends and make social connections while creating a winter diorama. All supplies provided. No crafting experience required. Space is limited. Please contact the individual library branch for registration details.

When: Various dates throughout January 2026

Details: For times and locations, search "Winter Diorama" in OC Public Libraries' Events Calendar here: [LibCal - Orange County \(CA\) Public Library](#)



Music Appreciation Series: Beginner Ukulele Lessons** (OC Office on Aging in partnership with OC Public Libraries)

About: Music lovers who want to learn how to play the ukulele are invited to spend the morning at the library and enjoy a lesson with instructor Alison Marae. Space is limited. Registration is required.

When: January 13, 2026, at 10 a.m.

Where: Laguna Woods Library
24266 El Toro Road, Laguna Woods, CA 92637

Register: Call (949) 476-4600 or email ocpl.lagunawoods@occr.ocgov.com



Health Insurance Counseling and Advocacy Program (HICAP): Roadmap to Medicare

About: *Roadmap to Medicare* provides an opportunity to learn about Medicare eligibility and enrollment, the different parts of Medicare, coverage options, and the costs associated with those options.

Choose a session to attend:
---Session 1: January 14, 2026, from 5:30-7:30 p.m.

---Session 2: January 31, 2026, from 10 a.m.-12 p.m.
Where: Council on Aging Southern California
2 Executive Circle, Suite 175, Irvine, CA 92614
More information: Call (714) 560-0424 ext. 204
Register: coasc.org/roadmap-to-medicare

OC PUBLIC LIBRARIES PRESENTS

A SLICE OF LITERARY ORANGE

Meet Author

RUTH REICHL

Thursday, January 22 at 6:30pm

RUTH REICHL is recognized as one of the most discerning voices in the food world, with accolades as a bestselling author, revered restaurant critic, and culinary industry influencer. Her icon status stems from groundbreaking roles in food journalism, including lead restaurant critic at the *New York Times* and Editor-in-Chief at *Gourmet* magazine. She is the *New York Times* bestselling author of five memoirs, the cookbook *My Kitchen Year*, and two novels including *The Paris Novel*. She has been honored with six James Beard awards. In 2024, she received the James Beard Lifetime Achievement Award.

Laguna Hills Community Center

25555 Alicia Pkwy, Laguna Hills, CA 92653

Books available for purchase, courtesy of Lido Village Books.
No registration required, all ages welcome. Early arrival suggested.

For more information,
call (714) 566-3072 or visit ocpl.org



Orange County, CA
Public Libraries
Open Minds. Free Access. Unlimited Learning.



This project is funded in part through a grant from the California Department of Aging and administered locally by the Orange County Office on Aging.



Photo credit: Shannon Greer

Meet Author Ruth Reichl**
(OC Office on Aging in partnership with OC Public Libraries)

About: Ruth Reichl is recognized as one of the most discerning voices in the food world. A bestselling author and former Editor-in-Chief of *Gourmet*, she was also the lead restaurant critic at *The New York Times*. She has won six James Beard Awards and received the 2024 James Beard Lifetime Achievement Award. Books available for purchase. No registration required; all ages

welcome. Early arrival suggested.

When: January 22, 2026, at 6:30 p.m.

Where: Laguna Hills Community Center
25555 Alicia Parkway, Laguna Hills, CA 92653

More information: Call (714) 566-3072 or
email ocpl.programs@occr.ocgov.com



**CHRONIC DISEASE
SELF-MANAGEMENT
PROGRAM**

Learn to manage your conditions
and improve your quality of life!

 **January 26 - March 9, 2026***
Mondays, no class on 2/16
*Must attend all classes

 **2:30 - 5 PM**

 **Los Alamitos Community
Center: 10911 Oak St.,
Los Alamitos, CA 90720**

Register by January 22, 2026:
bit.ly/HealthyLivingCDSMP

Chronic Disease Self-Management Program

About: Do you have a chronic condition? Join our **six-session*** workshop to learn how to manage your health and improve your quality of life.

When: Mondays, January 26-March 9, 2026, from 2:30-5 p.m.

Where: Los Alamitos Community Center
10911 Oak Street, Los Alamitos, CA 90720

Register: bit.ly/HealthyLivingCDSMP

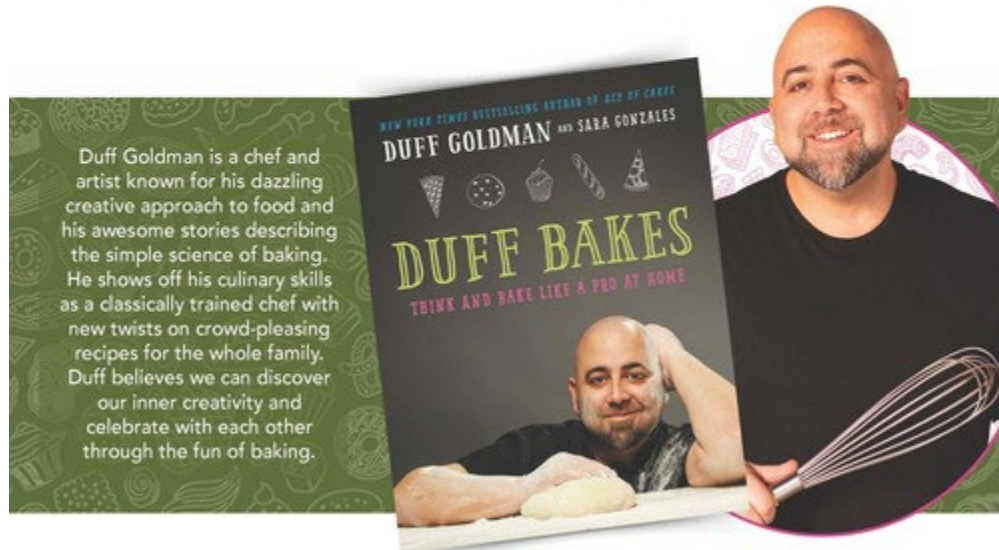
OC Public Libraries Presents

Author Talk and Cooking Demo with Chef & Television Personality **Duff Goldman**

Wednesday, January 28, 2026 at 6:00 pm

Laguna Hills Community Center
25555 Alicia Pkwy, Laguna Hills, CA 92653

Books available for purchase, courtesy of Lido Village Books.
No registration required, all ages welcome. Early arrival suggested.



For more information, call 714-566-3072 or email ocpl.programs@occr.ocgov.com

This project is funded in part through a grant from the California Department of Aging and administered locally by the Orange County Office on Aging.



Author Talk & Cooking Demo with Duff Goldman**
(OC Office on Aging in partnership with OC Public Libraries)

About: Duff Goldman is a chef and artist known for his dazzling creative approach to food and his awesome stories describing the simple science of baking. He shows off his culinary skills as a classically trained chef with new twists on crowd-pleasing recipes for the whole family. Books available for purchase. No registration required; all ages welcome. Early arrival suggested.

When: January 28, 2026, at 6 p.m.

Where: Laguna Hills Community Center

25555 Alicia Parkway, Laguna Hills, CA 92653
More information: (714) 566-3072 or ocpl.programs@occr.ocgov.com

****Participants must attend all sessions.***

*****This project is funded in part through a grant from the California Department of Aging and administered locally by the OC Office on Aging.***

Event information is provided for informational purposes only. The County makes no guarantee as to the accuracy of the event content and assumes no responsibility or liability.

Office on Aging Events Calendar

NEWS



January is Financial Wellness Month

As we age, financial wellness becomes even more important for staying prepared, independent, and maintaining quality of life. Here are a few simple tips to help you stay confident and in control of your financial well-being:

- Create a simple budget
- Review your benefits
- Avoid scams
- Plan for long-term needs

Learn more: bit.ly/NCOAFinance

Want more tips like this? Connect with us on [Facebook](#) and [Instagram](#) for helpful resources, wellness advice, events, and more!



facebook.com/OCOoA



[@oc_oaa](#)

RESOURCE SPOTLIGHT



Legal Services Program

The Legal Services Program offers free legal assistance to older adults (age 60+) in Orange County, regardless of income level. These services help protect your safety, rights, and dignity. Legal help is available in many areas, including:

- Elder Abuse
- Government Benefits
- Health Care Issues
- Powers of Attorney
- Family Law
- Conservatorships
- Consumer Issues

📞 Need legal assistance? Contact the Office on Aging Information & Assistance Call Center to connect with a Legal Service Provider at (714) 480-6450, Monday-Friday, 8 a.m. to 5 p.m.

GET INVOLVED



OAAC Executive Board pictured from left to right: Howard Hart (Vice Chair), Amina Sen-Matthews (Member-at-Large), Ken Higman (Secretary), Rachel Owens (Chair), Sandy Stang (Member-at-Large), William Wong (Member-at-Large); Not Pictured: Crystal Miles (Past Chair)

OAAC Meetings

The OC Older Adults Advisory Commission (OAAC) advises the OC Board of Supervisors through the OC Office on Aging on matters affecting older adults in Orange County. You are invited to attend the upcoming OAAC meetings:

- **OAAC General Meeting**
When: January 9, 2026, at 9:30 a.m.
Where: 1400 S Grand Ave., Santa Ana, CA 92705; CD Main Conference Room
- **Executive Committee Meeting**
When: January 23, 2026, at 9:30 a.m.
Where: 1300 S Grand Ave., Bldg. B, Santa Ana, CA 92705

Please note: Meeting locations are subject to change. For the most up-to-date information, please visit the [OAAC webpage](#), or check our [Facebook](#) or [Instagram](#) before attending.

To learn more about OAAC, visit officeonaging.ocgov.com.

OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on November 2025 service data.

Information & Assistance

979 calls

Transportation

(Non-Emergency Medical & Supportive Services)

11,795 one-way trips

Meals Provided

(Congregate & Home-Delivered)

89,442 meals

Family Caregivers Counseling Services

282 hours

Legal Aid

590 hours

STAY INFORMED

Keep up-to-date with important announcements, events, and community news from the OC Office on Aging by subscribing to this newsletter, following us on social media, visiting our website, or contacting us directly.

Subscribe to Newsletter

 **Facebook:** @OCOoA

 **Instagram:** @oc_ooa