



# OC OFFICE ON AGING

## Monthly Newsletter


## JANUARY 2026

### 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](https://officeonaging.ocgov.com)

 **Email:** [AreaAgencyOnAging@occr.ocgov.com](mailto: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!



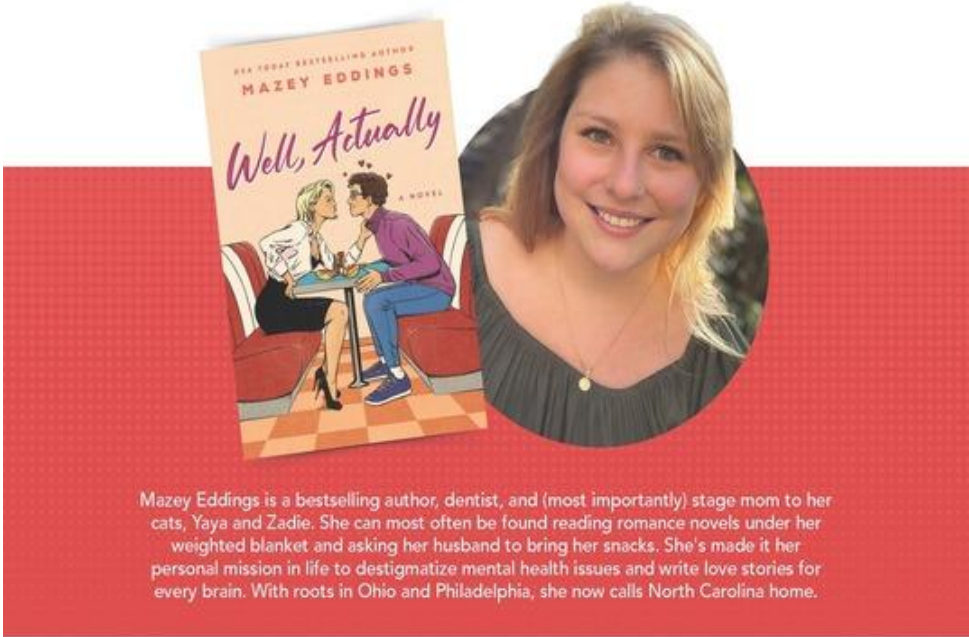
### Updated Office on Aging Brochure

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](#)

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UPCOMING COMMUNITY EVENTS

OC Public Libraries Presents  
BESTSELLING AUTHOR:  
**Mazey Eddings**  
Friday, February 6, 2026 at 6:00 pm  
Tustin Library | 345 E. Main St., Tustin, CA 92780  
Limited complimentary books available, while supplies last.  
Admission does not guarantee a free copy.  
No registration required, all ages welcome. Early arrival suggested.



For more information, call 714-566-3072 or email [ocpl.programs@occr.ocgov.com](mailto: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.



<b>Bestselling</b>	<b>Author:</b>	<b>Mazey</b>	<b>Eddings*</b>
<b>(OC Office on Aging in partnership with OC Public Libraries)</b>			
<b>About:</b> Mazey Eddings is a bestselling author, dentist, and (most importantly) stage mom to her cats, Yaya and Zadie. She's made it her personal mission in life to destigmatize mental health issues and write love stories for every brain. Limited complimentary books available. Admission does not guarantee a free copy. Early arrival suggested. No registration required; all ages welcome.			
<b>When:</b>	February	6,	2026, at 6 p.m.
<b>Where:</b>	Tustin		Library
	345 E. Main St.,	Tustin,	CA 92780
<b>More information:</b> (714) 566-3072 or <a href="mailto:ocpl.programs@occr.ocgov.com">ocpl.programs@occr.ocgov.com</a>			

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**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:** February 10, 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](mailto:ocpl.lagunawoods@occr.ocgov.com)

**OC PUBLIC LIBRARIES PRESENTS**

# A SLICE OF LITERARY ORANGE

**Meet Author**  
**JASON REYNOLDS**



**Monday, February 23 at 6:30pm**


**JASON REYNOLDS** is a #1 *New York Times* bestselling author and MacArthur Fellow, honored with numerous awards including the Newbery, Printz, Coretta Scott King, NAACP Image, and Kirkus Awards. Some of his acclaimed works include *Look Both Ways*, *Ain't Burned All the Bright*, the Track series, *Miles Morales Suspended*, *Stamped*, *Twenty-Four Seconds from Now...*, and *Long Way Down*.

**Clifton C. Miller Community Center**  
300 Centennial Way, Tustin, CA 92780

Limited complimentary books available, while supplies last.  
Admission does not guarantee a free copy.  
No registration required. Early arrival suggested.

For more information,  
call (714) 566-3072 or visit [ocpl.org](http://ocpl.org)

  **Orange County, CA**  
**Public Libraries**  
Orange County, California

 **OFFICE ON AGING**  
ORANGE COUNTY

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**LONG WAY DOWN**  
JASON REYNOLDS



Reynolds\*

**More information:** (714) 566-3072 or [ocpl.programs@occr.ocgov.com](mailto:ocpl.programs@occr.ocgov.com)





# DROP IN TECH HELP

## Mondays 10:00-11:00 am

Need help with the transition to Libby or other Library online services?

Need regular computer help?

Drop in Monday mornings for free tech help.



Orange County, CA  
Public Libraries  
Open Doors. Free Access. Community.

**More information:** (949) 707-2699 or [ocpl.ltk@occr.ocgov.com](mailto:ocpl.ltk@occr.ocgov.com)

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# ADULT COLORING

## FOR ADULTS WITH SPECIAL NEEDS

**Mondays**  
**10:00 am - 12:00 pm**

Coloring time for adults with special needs is a drop-in program for all levels of coloring abilities.

**Free. No registration required.**

**GARDEN GROVE**  
**TIBOR RUBIN LIBRARY**  
11962 Bailey St.  
Garden Grove, CA 92845  
714-897-2594

Monday - Thursday: 10am-7pm  
Saturday: 9am-5pm  
Friday & Sunday: Closed





Orange County, CA  
**Public Libraries**  
Open Doors. Free Access. Community.

@OCPublicLibraries @ocpublib OCPL.org

**Adult Coloring for Adults with Special Needs**

**About:** Coloring time for adults with special needs is a drop-in program for all levels of coloring abilities. This is a free event. No registration required.  
**When:** Mondays, from 10 a.m. - 12 p.m.  
**Where:** Garden Grove Tibor Rubin Library  
11962 Bailey St., Garden Grove, CA 92845  
**More information:** (714) 897-2594

***\*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



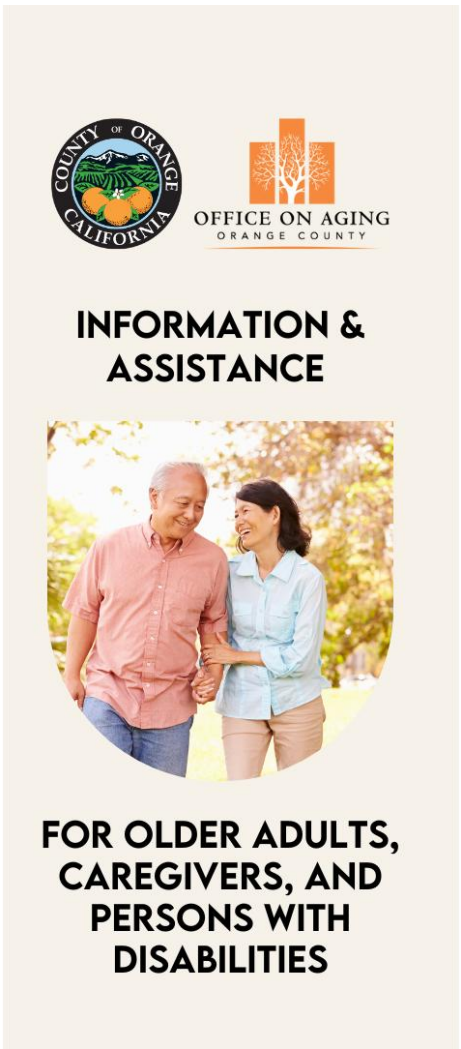
### Aging My Way

The Council on Aging - Southern California created the *Aging My Way* guide to help older adults plan for a fulfilling and secure retirement. This guide offers “thought-provoking” strategies to help older adults take charge of their future.

*Aging My Way* focuses on eight components:

1. Fostering Health and Well-Being
  2. Nurturing Connections with Family and Friends
  3. Pursuing Lifelong Learning
  4. Budgeting for Aging and Retirement
  5. Consider Your Legacy
  6. Assembling & Communicating with Your Care Team
  7. Questions to Consider When Creating Your Plan
  8. Creating your *Aging My Way* Binder
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# RESOURCE SPOTLIGHT



## Orange County Office on Aging Information & Assistance Call Center

As we age, it’s natural to look for trusted information, caring support, and local resources to help navigate the changes that come with aging. Whether you are an older adult, a family member, or a caregiver, knowing where to turn for guidance can bring peace of mind and make a meaningful difference.

The Orange County Office on Aging is here to connect older adults, caregivers, and individuals with disabilities with services and programs designed to support health, independence, and well-being.

Through the Information & Assistance Call Center, older adults can access home-and community-based services such as meal programs, physical and social activities, transportation, caregiver support, and more. Caregivers can find programs that provide respite services, support groups, and educational resources to help balance their caregiving responsibilities with personal well-being. The knowledgeable staff take the time to listen, provide information, and help connect with local resources that best fit the unique needs of each individual.

**📞 Contact the Office on Aging Information & Assistance Call Center today:** (714) 480-6450, Monday-Friday, 8 a.m. to 5 p.m.

**📄 Download the Information & Assistance brochure:**  
[English](#) | [Spanish](#) | [Vietnamese](#) | [Chinese](#) | [Korean](#)

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## GET INVOLVED

### 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:** February 13, 2026, at 9:30 a.m.  
**Where:** 1400 S Grand Ave., Santa Ana, CA 92705; Main Conference Room
- **Executive Committee Meeting**  
**When:** February 27, 2026, at 9:30 a.m.  
**Where:** 1300 S Grand Ave., Bldg. B, Santa Ana, CA 92705

[Learn more about OAAC.](#)

**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.

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## OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on December 2025 service data.





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## 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\_oa