



OC OFFICE ON AGING

Monthly Newsletter


MARCH 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

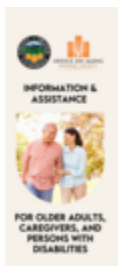
 **Email:** AreaAgencyOnAging@occr.ocgov.com

 **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



OC Public Libraries Presents

CULINARY HISTORY CLASSES

Join OC Public Libraries for a unique culinary experience. Take part in one of our exclusive cooking classes led by Maite Gomez-Rejón of ArtBites and the Hungry for History podcast. Discover culture through flavor in this engaging cooking series, where culinary history comes to life through stories, lectures, and tastings. Don't miss this delicious opportunity to cook, learn, and connect with fellow food and history enthusiasts!

All supplies will be provided. Please contact individual branch for registration details.
All ages welcome but geared toward adult audiences.

POPPING THROUGH THE HISTORY OF POPCORN

From garlands worn by young Aztec girls to honor the rain god Tlaloc to its status as a beloved movie-time treat around the world, popcorn has a fascinating story. Learn who first popped corn, explore early recipes that used it as an ingredient, discover the invention of the popcorn machine, and trace how popcorn became a movie-theater favorite. Participants will enjoy a hands-on activity where you'll create your own unique popcorn mixes to enjoy and take home.

Saturday, April 4 at 2 pm Los Alamitos-Rossmoor Library 12700 Montecito Rd, Seal Beach, CA 90740	Saturday, April 18 at 1 pm Costa Mesa Donald Dungan Library 1855 Park Ave, Costa Mesa, CA 92627
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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.

Culinary History Classes* (OC Office on Aging in partnership with OC Public Libraries)

About: Learn who first popped corn, explore early popcorn recipes, discover the invention of the popcorn machine, and trace how popcorn became a movie-theater favorite. Space is limited.

- **When:** April 4, 2026, from 2-3:30 p.m.
Where: Los Alamitos-Rossmoor Library
12700 Montecito Rd., Seal Beach, CA 90740
Register starting March 30: (562) 430-1048 or ocpl.lar@occr.ocgov.com
 - **When:** April 18, 2026, from 1-2 p.m.
Where: Costa Mesa Donald Dungan Library
1855 Park Ave., Costa Mesa, CA 92627
More information: (949) 646-8845 or ocpl.costamesadd@occr.ocgov.com
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ATTENTION JOB SEEKERS!

THE COUNTY OF ORANGE, IN PARTNERSHIP WITH FOURTH DISTRICT SUPERVISOR DOUG CHAFFEE,
AND BREA MALL, A SIMON CENTER, INVITE YOU TO ATTEND A

CAREER FAIR



APRIL 21, 2026 • 10 AM - 1 PM
BREA MALL
1065 Brea Mall, Brea

Looking for quality employment?

- Connect with top businesses
- Submit resumes directly
- Interview on the spot
- Streamline the job hunt

Free registration and parking.



Register by scanning the QR code or visit
bit.ly/2026CareerFairBrea

QUESTIONS? Contact (866) 500-6587 or info@ocworkforcesolutions.com



This WIOA Title I financially assisted program or activity is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. If you need special assistance to participate in this program, please call (866) 500-6587. TDD/TTY users, please call the California Relay Service at (800) 735-2922 or 711. Please call 48 hours in advance to allow reasonable arrangements to be made to ensure accessibility to this program.

2026 Career Fair - Brea

About: Connect with employers, explore job openings, and take the next step toward your career goals. Bring your resume and dress to impress!

When: April 21, 2026, from 10 a.m. to 1 p.m.

Where: Brea Mall
1065 Brea Mall, Brea, CA 92821

Register: bit.ly/2026CareerFairBrea

“HEALTHY LIVING” WORKSHOP LEADER TRAINING

Help people manage chronic conditions
and improve their quality of life!

For questions or to register,
contact (714) 480-6451 or
Frank.Hernandez@occr.ocgov.com



Register by
April 23, 2026!

 **April 23 - June 16, 2026***
Tuesdays & Thursdays
*Must attend all 16 classes

 **9 AM - 11:45 AM**

 **Online via Zoom***
*Please allow 15 minutes to login

Become a Healthy Living Workshop Leader!



"Healthy Living" Workshop Leader Training

About: Ready to empower others? Become a Healthy Living Workshop Leader and help people manage chronic conditions to improve their quality of life!

When: April 23 - June 16, 2026, Tuesdays & Thursdays, from 9-11:45 a.m.

Where: Online via Zoom

Register by April 23: (714) 480-6451 or Frank.Hernandez@occr.ocgov.com



Spring Gardening Workshop

Plant a Salad

Tuesday, April 28 10:00AM

The UC Master Gardeners will teach us how to plant our own salad!
All materials provided, while supplies last.
Children must be accompanied by an adult.
No registration. Space is limited. Early arrival recommended.

Free compost bags available for pickup courtesy of OC Waste & Recycling, while supplies last.

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.

Spring Gardening Workshop: Plant a Salad

About: The UC Master Gardeners will teach how to plant a salad. All materials are provided while supplies last. Children must be accompanied by an adult. Space is limited, and early arrival is recommended.

When: April 28, 2026, from 10-11 a.m.

Where: Laguna Woods Library (on the patio)
24266 Calle Aragon, Laguna Woods, CA 92637

****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



Pictured from left to right: William Wong (Member-at-Large), Rachel Owens (Chair), and Crystal Miles (Past Chair)

OAAC Members Share Progress and Priorities

At the Orange County Board of Supervisors meeting on March 10, 2026, members of the Older Adults Advisory Commission (OAAC) Executive Committee highlighted key accomplishments from 2025 and shared their goals for 2026. Their remarks reflect ongoing efforts to support and strengthen services for older adults in our community.

👉 [Watch their public comment remarks here](#) (starts at 2:04:00).



April 11 is World Parkinson's Day

Parkinson's is a progressive neurological disorder that affects many older adults, and there is currently no cure. Symptoms can include tremors, stiffness, slow movements, as well as non-movement challenges like depression or sleep problems. Learn the facts and help raise awareness. Your advocacy makes a difference!

👉 [Learn more about Parkinson's.](#)



Share Your Event with Us

Do you have a community event for older adults, caregivers, or adults with disabilities? Use our new [OCCS Event Submission Form](#) to share your event for possible promotion in our newsletter or social media. You can also request an *OC Office on Aging* resource table.

Please note that submitting a request does **not** guarantee County participation or promotion.

👉 [Submit your event here.](#)

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: April 10, 2026, at 9:30 a.m.
Where: 1400 S Grand Ave., Santa Ana, CA 92705; Main Conference Room
- **Executive Committee Meeting**
When: April 24, 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.

RESOURCE SPOTLIGHT

A photograph showing a caregiver, a man with a beard and a blue lanyard, leaning over a table and smiling at two elderly adults, a man and a woman, who are also smiling. The setting appears to be a community center or a care facility. In the background, there is a chalkboard with the word 'MENU' written on it. The Office on Aging logo is visible in the top left corner of the image.

ADULT DAY SERVICES PROGRAM

Supervised daytime care in a safe and welcoming setting


Questions? Contact our Information & Assistance team!

 (714) 480-6450

 Monday-Friday, 8 AM - 5 PM

Adult Day Services Program

The **Adult Day Services Program** provides care and supervision for older adults in a safe, supportive setting during part of the day. Services may include supervised activities like recreation and help with independent living skills. These services are offered at community-based centers, often called *Adult Day Care Centers*.

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

OC OFFICE ON AGING MONTHLY STATISTICS

Numbers are based on February 2026 service data.

Information & Assistance

935 calls

Transportation

(Non-Emergency Medical & Supportive Services)

12,819 one-way trips

Meals Provided

(Congregate & Home-Delivered)

96,528 meals

Family Caregivers Counseling Services

210 hours

Legal Aid

658 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