



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
Fax (213) 626-0280
TDD (800) 545-1833, Ext. 359
www.angelusplaza.org

~ **The Angelus Plaza Waitlist
is Currently Closed** ~



VOTE
UNITED STATES OF AMERICA

The closest voting center to Angelus Plaza is:

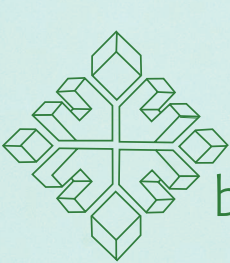
Kenneth Hahn Hall of Administration
500 West Temple, Room 140
Los Angeles, CA 90012
7:00 a.m. to 8:00 p.m.



**Notification of
Nondiscrimination on
Basis of Disability Status**

Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24CFR, Part 8 dated June 2, 1998).

Stuart Hartman
Sr. Vice President of Operations
911 N. Studebaker Road,
Long Beach, CA 90815
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359



The *Flight*
by **Angelus Plaza**
A Retirement Housing Foundation® Community



ST. PATRICK'S DAY
Message

"I say luck is when an opportunity comes along and you're prepared for it.

~ *Denzel Washington*

Breathe Easy Workshop
Wednesday, 3/11
10:30 a.m.

Greystone Mansion Visit
Thursday, 3/12
10:00 a.m.

St. Patrick's Day Dance
with DJ Connection
Tuesday, 3/17
1:30 p.m.

"Wider Circle" Nutritionist Lecture
Monday, 3/23
1:30 p.m.

Good Samaritan Health Lecture
Thursday, 3/26
2:00 p.m.



Senior Fraud Prevention Expo

presented by Wise & Healthy Aging and RHF Charitable Foundation

Wednesday, April 22, 2020
1:30 p.m.
5th Floor Dining Room

- Find out how to protect yourself and be smarter than a scammer
- Learn to spot scams targeted at older adults
- Hear from local, state and federal representatives
- Talk one-on-one fraud prevention experts
- Enjoy bingo games, refreshments and free giveaways
- Win prizes including: flat screen TV, electronics, fans and more
- Residents must be present to win

See your Social Service Coordinator to reserve your seat
or call (213) 623-4352, ext. 309.

防止大年紀人欺詐博覽會

由 Wise & Healthy Aging 和 RHF 慈善基金會 提出

2020年4月22日 (星期三)
下午1:30
5樓餐廳

- 了解如何保護自己並比騙子更聰明
- 學習怎嗎發現針對老年人的騙局
- 聽取市，州和聯邦代表的建議
- 與欺詐專家一對一交談
- 享受 bingo (賓果) 遊戲，茶點和禮物抽獎活動
- 禮品抽獎包括：平板電視，電子產品，風扇等
- 必須參加全覽會才能贏

報名預訂位，找社工
或者打電話 (213)623-4352 分機309.

Exposición Senior de Prevención de Fraude

presentado por Wise & Healthy Aging y RHF Charitable Foundation

Miércoles 22 de abril de 2020
1:30 de la tarde Comedor del quinto piso

- Descubra cómo protegerse y ser más inteligente que un estafador
- Aprenda a detectar estafas dirigidas a adultos mayores
- Escuche a representantes locales, estatales y federales
- Hable uno a uno con expertos en prevención de fraude
- Disfruta de juegos de bingo, refrescos y obsequios gratis
- Gana premios que incluyen: TV de pantalla plana, electrónica, ventiladores y más
- Los residentes deben estar presentes para ganar

Consulte a su Coordinador de servicios sociales para reservar su asiento
o llame al (213) 623- 4352 ext. 309.

속지 말자! 노인 사기 예방 엑스포

스폰서: 와이즈 & 헬씨 에이징과 RHF 자선 재단

2020년 4월 22일 수요일
오후 1시 30분
5층 다이닝 홀

- 사기로 부터 본인을 보호하세요
- 사기 예방법을 배우세요
- 시, 주, 연방을 대표하는 이들을 만나러 오세요
- 사기 예방 전문가와 1대1 상담을 받아보세요
- 빙고게임과, 다양한 다과, 선물 뽑기에 참석하세요
- 선물 뽑기에는 TV, 선풍기등 다양한 제품들이 준비되어 있습니다.
- 끝까지 남아계셔야 선물 뽑기에 참가 하실 수 있습니다.

아파트 소셜 서비스 코디네이터나
(213) 623- 4352 ext. 309로 문의하셔서 자리를 예약하세요.

SPRING Rummage Sale



Table Reservation

We are now accepting reservations for our annual Spring Rummage Sale - Friday, April 10, 2020. Table reservations are \$15 per table (limit 2) (checks and money orders only). If interested in reserving a table, please come to the Angelus Plaza Senior Activity Center Office. Monday through Friday between 9:30 AM to 4:00 PM.



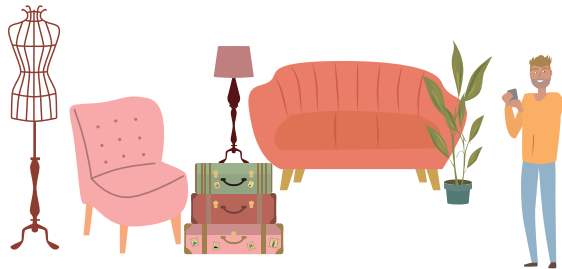
Reserva de mesa de venta de artículos usados de primavera

Ahora estamos aceptando reservas para nuestra Venta anual de artículos usados de primavera: viernes, 10 de abril de 2020. Las reservas de mesa son de \$ 15 por mesa (límite 2) (solo cheques y giros postales). Si está interesado en reservar una mesa, venga a la Oficina del Centro de Actividades Senior de Angelus Plaza. De lunes a viernes, de 9:30 a.m. a 4:00 p.m.



春天的庭院銷售表的預訂

春天庭院舊貨出售是在4月10日2020年，星期五。我們現在正在接受表格的預訂。每桌是\$15(每人不超過2桌)。只接受支票或匯票。如果您想預訂一張桌子，請找活動中心辦公室，星期一至星期五上午9:30至下午4:00。



봄맞이 야드 세일 - 테이블 예약 받습니다!

2020년 4월 10일 금요일 열릴 봄맞이 야드세일에 물건을 파실 분들, 테이블 신청을 받습니다. 한 테이블에 \$15 이며 개인이 받으실 수 있는 최대 테이블 수는 2개 입니다. 수표와 머니오더만 받으니, 이 점 양해 부탁드립니다. 신청은 3층 시니어 액티비티 센터로 해주십시오.

Angelus Plaza Clubs

DANCE

Latin-American Club
Sundays,
10:00 a.m. - 4:00 p.m.
Activity Room

Chinese Residents Club
Monday - Friday,
9 a.m. - 12:00 p.m. Room 404

**Los Angeles Council
Filipino-American
Senior Dance Club**
Tuesdays and Fridays,
11:30 a.m. - 2:30 p.m.
Activity Room

MUSIC

Chinese Resident Chorus
Wednesdays, 5:00 p.m.
Room 313

Korean Chorus
Saturdays, 10:00 a.m.
4th Floor Cafeteria

Mission Choir
Saturdays, 10:00 a.m.
Room 313

RECREATION

Billiard (Pool)
Monday - Friday,
8:30 a.m. - 4:30 p.m.
Activity Room

Sewing Club
Tuesdays & Thursdays
9:30 a.m. - 12:00 p.m. Room 403

Ping-Pong
Wednesdays, 10:00 a.m.
Activity Room

Latin-American Club Game Day
Wednesdays, 1:30 - 4:30 p.m.
4th Floor Cafeteria

Spiritual Services at Angelus Plaza

TUESDAY - FRIDAY SERVICES

5:00 a.m. UNIVERSAL CHRISTIAN MISSION
CHURCH Morning Prayers
- 3rd Floor Library
5:00 a.m. TRUE LOVE PRESBYTERIAN MORNING
PRAYERS - 5th Floor Dining Room

WEDNESDAY SERVICES

10:00 a.m. JOYFUL CHRISTIAN COMMUNITY
CHURCH - 2nd Wed. of Each Month
5th Floor Dining Room
2:30 p.m. GLORY CHURCH FELLOWSHIP
2nd Wed. of Each Month
3rd Floor, Room 313
3:00 p.m. MANDARIN BIBLE STUDY
2nd & 4th Wed. of Each Month
3rd Floor Library

THURSDAY SERVICES

3:00 p.m. KOREAN BIBLE STUDY
3rd Thurs. of Each Month
4th Floor Auditorium
3:00 p.m. - MANDARIN BIBLE STUDY
3rd & 4th Thurs. of Each Month
3rd Floor Library

SATURDAY EVENING SERVICES

4:00 p.m. CATHOLIC MASS
4th Saturday of Each Month
4th Floor Auditorium
6:00 p.m. GRAPE VINE CLUB
2nd Saturday of Each Month
4th Floor Auditorium

SUNDAY SERVICES

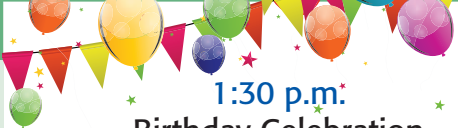
10:00 a.m. UNIVERSAL MISSION
CHURCH SERVICES
3rd Floor Library
10:00 a.m. TRUE LOVE PRESBYTERIAN
CHURCH SERVICES
5th Floor Dining Room
11:00 a.m. LA Hope Church Services
4th Floor Auditorium
6:00 p.m. Grape Vine Club
1st Sunday of Each Month
- 4th Floor Auditorium

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DAILY ACTIVITY CLASSES

7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)	7:00 Lu Toon Chang Exercise (PD)
7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	7:30 Asian Folk Dance (4A)	8:30 Asian Folk Dance (4A)
8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)	8:00 Yuan Ji Dance (PD)
8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	8:30 Kung Fu Exercise (4A)	9:30 Kung Fu Exercise (4A)
9:30 Chair Yoga with Denise (3L)	9:00 Experimental Drawing w/Armando (304)	9:30 Chair Yoga w/Denise (3L)	9:30 Chair Yoga w/Denise (3L)	9:30 Walk Club w/Denise (3L)	9:30 Chair Yoga with Denise (L)
10:00 Zumba (3AR)	10:00 Brain Fitness w/Mary (L)	10:30 Guitar Class (313)	10:30 Guitar Class (313)	10:30 ESL (3C)	10:30 English Conversation (3C)
10:30 Korean Folk Dance (4A)	1:30 Technology Help Clinic (3CL)	12:00 Zumba (3AR)	1:30 Computer Games: Enhance Brain Power (3CL)	1:30 Korean-American Art (304)	10:30 Guitar Class (313)
10:30 ESL (3C)	2:00 Chinese Karaoke (4CAF)	1:30 Tai Chi & Massage (3AR)	1:30 Tai Chi & Massage (3AR)	1:30 Journal Workshop (3CR)	1:00 Project Hands (3C)
2:00 Korean Karaoke (4CAF)	2:00 Calligraphy Class (304)		3:30 Line Dance (3FL)	1:30 Technology Help Clinic (3CL)	
	2:30 Line Dance (3FL)			3:30 Line Dance (3FL)	

SPECIAL EVENTS & OUTINGS

1  Check in by 9:00 a.m.	2  Don't Forget to Vote!	3	4	5	6  9:30 a.m. Coffee Klatch by Forest Lawn, 5th FL	7
8 <i>Daylight Savings Time</i>  Check in by 9:00 a.m.	9	10  1:30 p.m. "Ghostbusters" 2016 (L)	11  10:30 a.m. "Breathe Easy" Workshop by Breathe LA	12  Greystone Mansion Check in by 10:00 a.m.	13	14
15  Check in by 9:00 a.m.	16 <i>St. Patrick's Day</i>  1:30 p.m. St. Patrick's Dance w/DJ Connection! Refreshments served!	17	18  5:00 p.m. Chinese Resident Birthday Party	19 <i>Spring Begins</i>  1:30 p.m. Bingo! (3L)	20  1:30 p.m. 기생충 (L)	21
22  Check in by 9:00 a.m. 1:30 p.m. "Wider Circle" Nutritionist Lecture	23  Check in by 11:00 a.m.  1:30 p.m. "Pride & Prejudice" 2005 (L)	24  1:30 p.m. Birthday Celebration Let's Rock-n-Roll w/Greg!! (5DR) Everyone's Invited!	25	26  2:00 p.m. Health Lecture by Good Samaritan (L)	27  1:30 p.m. 中文電影：港囧 (L)	28
29	30  Check in by 11:00 a.m.  1:30 p.m. "Rogue One" 2016 (L)	31	LOCATION KEY (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room			(4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (PD) Promenade Deck



Oprah Winfrey's Achievements

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

At the heart of everything Oprah Winfrey does, there is a consistent message – that individuals should take personal responsibility for their lives, and to improve the world.

Winfrey is the first African-American woman to own her own production company; a talented actress nominated for an Academy Award in her first movie; television's highest-paid entertainer; producer and actress in her own television specials; and the successful host of a syndicated television talk show that reaches 15 million people a day.

She does all that she can to eradicate child abuse. As a victim herself, Winfrey knows the damage abuse does to young lives, and she was a major force in the drafting, lobbying and passage of the National Child Protection Act, signed into law by President Clinton in 1994. The Act establishes a national registry of child abusers to help employers and those working with children to screen out dangerous people. Winfrey is also a committed philanthropist, providing significant assistance to schools (Morehouse College, Tennessee State University, Chicago Academy of Arts) as well as to the Chicago Public Schools. She also funds battered women's shelters and campaigns to catch child abusers.

Logros de Oprah Winfrey

"Ser agradecido por lo que tienes; terminarás teniendo más. Si te concentras en lo que no tienes, nunca, nunca tendrás suficiente."

En el corazón de todo lo que hace Oprah Winfrey, hay un mensaje consistente: que las personas deben asumir la responsabilidad personal de sus vidas y mejorar el mundo.

Winfrey es la primera mujer afroamericana en poseer su propia compañía de producción; una talentosa actriz nominada a un Premio de la Academia en su primera película; el artista mejor pagado de la televisión; productora y actriz en sus propios especiales de televisión; y el exitoso presentador de un programa de televisión sindicado que llega a 15 millones de personas al día.

Ella hace todo lo que puede para erradicar el abuso infantil. Como víctima misma, Winfrey sabe el daño que causa el abuso a las vidas de los jóvenes, y fue una fuerza importante en la redacción, el cabildeo y la aprobación de la Ley Nacional de Protección Infantil, promulgada por el presidente Clinton en 1994. La Ley establece un registro nacional de abusadores de niños para ayudar a los empleadores y aquellos que trabajan con niños a descartar personas peligrosas. Winfrey también es un filántropo comprometido, brindando asistencia significativa a las escuelas (Morehouse College, Tennessee State University, Chicago Academy of Arts), así como a las Escuelas Públicas de Chicago. También financia refugios y campañas para mujeres maltratadas para atrapar a los abusadores de niños.



奧普拉·溫弗瑞 (Oprah Winfrey)

所做的一切事情的核心都是一個始終如一的信息 – 個人應對自己的生活承擔責任，並改善世界。

溫弗瑞是第一位擁有自己的製作公司的美國黑人婦女；有才華的女演員在她的第一部電影中獲得奧斯卡獎提名；電視收入最高的藝人；製作電視節目的女演員和女演員；並成功舉辦了一個電視聯合脫口秀節目，每天有1500萬人到場。

她盡一切努力消除虐待兒童。溫弗瑞本人是受害者，她知道虐待行為對年輕人的生命造成傷害，因此她是起草，遊說和通過1994年由克林頓總統簽署成為法律的《國家兒童保護法》的主要力量。該法建立了國家登記冊虐待兒童的人，以幫助雇主和與孩子一起工作的人，以篩選出危險的人。溫弗瑞還是一位堅定的慈善家，為學校（MOREHOUSE 大學，田納西州立大學，芝加哥藝術學院）以及芝加哥公立學校提供了大量幫助。她還為受虐婦女庇護所和競選活動提供資金，以抓捕虐待兒童的人。

"오프라 윈프리의 업적"

"당신이 가진 것에 감사할 수록, 더 많은 것을 갖게 될 것입니다. 그러나 가지지 못한 것에 미련을 둔다면, 평생 충분하지 못 한 삶을 살아 가게 될지 모릅니다."

오프라 윈프리는 언제나 일관 된 메시지를 전합니다. 바로 모든 일의 중심에는 개인 본인이 자신의 삶에 대한 책임감을 가져야 세상을 바꿀 수 있다는 메시지 입니다.

윈프리를 칭하는 말들은 많습니다. 본인을 위한 제작 회사를 소유한 최초의 흑인 미국 여성이며 첫 영화에 바로 아카데미상 후보로 지명이 된 재능있는 여배우. 실력있는 엔터테이너. 성공적인 프로듀서. 그리고 하루에 1500 만명이 시청하는 토크쇼의 간판.

그녀는 자신 또 한 피해자였던 아동학대를 근절시키기 위해 최선을 다하는 활동가 이기도 합니다. 아동학대가 자라는 생명들에게 얼마나 큰 영향을 끼치는지 너무나 잘 알고 있던 윈프리는 1994년, 클린턴 대통령이 서명한 전국 아동 보호법의 초안 작성 및 법안 통과를 위해 많은 시간과 에너지를 쏟았으며, 이 법안은 고용인이나 아이들의 부모들이 아동학대자를 간단한 검색만으로 어디에 살고, 무슨 죄를 지었는지 알 수 있도록 도왔습니다.

윈프리는 이에 그치지 않고, 학대당한 여성들을 보호하는 보호소와 학대 가해자들을 유치할 수 있게 하는 여러 캠페인을 만들었으며, 어른들의 보호를 받지 못하는 아이들을 돕기 위해 헌신적으로 봉사하고 노력해 왔습니다. 그에 따른 결과로, 그녀는 미국인들 뿐 만 아니라, 전세계인의 영웅으로 선한 영향력을 끼치고 있습니다.

그녀가 한 말 처럼, 아동학대의 피해자 였던 오프라 윈프리는 본인이 가지지 못한 것에 미련을 두고 집착하지 않았습 니다. 물론 힘에 부칠 만큼 힘든 시간이 었지만, 털고 일어나 되려 작은 것에 소중함을 느끼고 그것을 베풀며 살았고, 그 때문에 그녀는 지금과 같이 수많은 업적을 이룰 수 있었던 것입니다.

작은 것에 감사할 줄 아는 삶이 성공한 삶이라고 그녀는 말합니다. 그리고 그녀는 본인이 나서서 그 메시지를 몸소 실천하고 있습니다. 사소한 것에 소중함을 느낄 줄 아는 이가 더 풍요로운 삶을 살 수 있다는 것. 당신은 어떤 삶을 살았고, 어떻게 살 생각입니까?

Need urgent care?

- Open 24/7, including holidays and weekends
- No appointment necessary
- Timely access to medical care
- May cost less than an emergency department

Mention this ad during your visit and receive one of our deluxe lunch bags!



HealthCare Partners-Los Angeles Urgent Care Clinic
1120 W. Washington Blvd., Los Angeles, CA 90015
213.861.5950
(TTY: 711)



20427 ©2018 HealthCare Partners

Olive Hill Pharmacy

On the 2nd Floor of Administration Building

Business Hours

9:30 AM-6:00 PM(Monday-Friday)

Tel:(213)680-2000

올리브힐 약국

관리사무소 건물 2 층에 있습니다

Olive Hill 药店

位于管理办公室的二楼

Tel: (213)680-2000

True Love Presbyterian Church

참사랑 장로 교회

Morning Prayer

5:30 am

Tuesday – Friday

새벽 기도 오전 5:30

(화요일 ~ 금요일)

Sunday Worship

11:00 am

주일 예배 오전

11:00

tel. 1(213) 268-9355

255 South Hill Street
5th Floor Dining Room

DOWNTOWN L.A.: WHERE YOU'LL FIND THE CITY'S FUTURE

PIH HEALTH GOOD SAMARITAN HOSPITAL: WHERE YOU'LL FIND THE FUTURE OF MEDICINE

We Bring L.A. to Life™

Just as Downtown L.A. is undergoing a spectacular rebirth, PIH Health Good Samaritan Hospital has undergone an amazing transformation of its own. With the Medical Pavilion, we have created a magnificent leading edge facility, which is home to the Frank R. Seaver Ambulatory Surgery Center, Radiation Oncology, physicians' offices and boutique café.

For services closer to home, the Tom Bradley Center for Health Care, operated by PIH Health Good Samaritan Hospital, is located on the second floor at Angelus Plaza in the heart of the historic Bunker Hill area of downtown Los Angeles.

The Center offers services to get you back to health. Our services are designed with you in mind and we strive to serve you as a whole person, meeting your needs with care and excellence.



For more information about the Tom Bradley Center for Health Care call (213) 633-4777.

For more information and referrals to physicians practicing at PIH Health Good Samaritan Hospital, go to goodsam.org or call 1-800-472-2737.

COMMERCIAL CONNECTIVITY SERVICES

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나성소망교회

주일 예배: 오전 11시
담임목사: 김재율
213.550.7377
255 S. Hill St. #401 (본관 4층), Los Angeles, CA 90012

섬김 프로그램

1. 자연발상: 주일 예배 후 발아 헌미밥과 통성현 아채와 과일, 건강식 반찬
2. 무료한방의료봉사: 매달 첫 주일1~3pm 남산당 한의원 김용훈 원장님과 기독한의사 협회
3. 영어교실 (ESL Class): 월 수 10:30~11:30am 정신건강과 치매예방에 참여!
4. 나성소망한국학교: 매 주일 오후 1,2,3세 토달 교육 현장-한국어, 영어, 수학, 스토리텔링, 음악, 미술

부속기관

1. 소망수영관 3270 N. Mountain Springs Rd. Pinon Hills, CA 92372 213.500.7013
2. 길릴리 신학대학 255 S. Hill St. #401, Los Angeles, CA 90012 213.746.1004

New study at USC tests smartphone app to help older adults stay active. Engaging in even modest physical activity improves health and well-being, such as lowering cholesterol and improving mood. USC Division of Occupational Therapy and Front Porch are conducting a research study to develop a physical activity smartphone app designed to help older adults become more physically active. The research team seeks people who are 65–84 years old, own a smartphone, reside in the LA area, and speak English. Compensation for participation is available. To learn more, visit <https://tinyurl.com/sf8glwm> or contact the USC team at jeanine@usc.edu or 323-442-1827.

