



**Angelus Plaza Senior Activity Center** 

A Retirement Housing Foundation<sup>®</sup> 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 ~

# WHAT WE DO

Located in the heart of Downtown L.A.'s Historic Bunker Hill District, Angelus Plaza is the largest affordable housing community for older adults in the nation. The Plaza and its Senior Activity Center opened in 1980. Five high-rise towers house a diverse community of 1400 adults with an average age of 82. The six-story Senior Activity Center provides a variety of supportive services, programs, and amenities. We collaborate with outside organizations, volunteers, and senior clubs to provide activities for older adults living downtown and surrounding areas. The Senior Activity Center serves approximately 8,000 older adults monthly. Our programs emphasize ongoing education, a healthy and active lifestyle, multi-cultural understanding, and intergenerational involvement. Our programs are free, and open to all seniors (age 55+).

We welcome donations to support programs and services.



# 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).

Yuri Escandon, VP
Affordable Housing Operations
Retirement Housing Foundation
911 N. Studebaker Road,
Long Beach, CA 90815
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359





# VOLUNTEER SPOTLIGHT KATY FULD, BUILDING D RESIDENT, A VOLUNTEER AT SENIOR ACTIVITY CENTER

Katy became a volunteer at the Senior Activity Center as soon as she moved to Angelus Plaza in 2021. She is passionate, reliable, energetic and always willing to help to others. Katy makes herself available at any time when we need help with translations during our health lectures and our special events. She loves to participate in different activities and encourages other residents and guests to come. Her energy and enthusiasm elevates the spirit of other people. In Taiwan, her home country, Katy professionally performed on stage and hosted multiple concerts and shows. These days, Katy continues to participate in our dance shows, in the monthly Chinese Resident Birthday Parties and our Annual Senior Talent Show. In 2022, Katy won1st place in our Senior Talent Show and is a recipient of a Certificate of Participation in 2023. We greatly appreciate Katy for all that she does for Angelus Plaza and our community. Thank you, Katy, for your support and dedication!



# EMPLOYEE SPOTLIGHT MARIBEL MEDINA, ACTIVITY ASSISTANT

Maribel has been a member of the Angelus Plaza team since 2021. She started as a temporary employee for the administration office and in April 2022, when the Activity Assistant position became available, Maribel joined our Senior Activity Department team. She has brought a wealth of knowledge and positivity to our Senior Activity Center (SAC)! She is friendly and easy to work with, and has a great work ethic. She is the perfect example of the "above and beyond employee". Maribel always demonstrates the ability to take on a new project while also meeting her day-to-day goals. She provides outstanding customer service to our residents and guests, helps with the registration for the shopping shuttle trips, updates class schedules, creates the flyers for special events and successfully hosts special events. It is a pleasure to have Maribel as a part of our team. Thank you, Maribel for your amazing performance!



# CLUBS AT ANGELUS PLAZA

# DANCE

# **CHINESE RESIDENTS CLUB**

Monday (3AR): 1:00 p.m. - 3:00 p.m. Thursday (3AR): 1:00 p.m. - 3:00 p.m.

# KOREAN FOLK DANCE

Monday (4A) 10:00 a.m. - 12:00 p.m.

# LATIN-AMERICAN CLUB

Sunday (3AR) 12:30 p.m. - 4:30 p.m.

# LOS ANGELES COUNCIL FILIPINO-AMERICAN SENIOR DANCE CLUB

Tuesday and Friday (3AR) 11:00 a.m. - 2:30 p.m.

# MUSIC

ANGELUS PLAZA CHOIR BY LA HOPE CHURCH Sunday (4A)

10:00 a.m. and 1:00 p.m.

# CHINESE FOLK MUSIC

Tuesday (Room 313) 3:30 p.m. - 5:00 p.m.

# **KOREAN CHORUS**

Saturday (4A) 10:00 a.m. - 12:00 p.m.

# RECREATION / SOCIAL

BILLIARDS (POOL)

Monday to Friday (3AR) 8:30 a.m. - 4:00 p.m.

# KOREAN ASSOCIATION CLUB

Monday to Friday (Room 410) 9:30 a.m. - 11:30 a.m.

# LATIN-AMERICAN GAME CLUB

Wednesday (4CAF) 1:00 p.m. - 4:00 p.m.

# PING-PONG

Monday to Friday (3AR) 6:00 - 11:00 a.m. / 4:00 - 8:00 p.m. Saturday, Sunday (3AR) 6:00 a.m. - 8:00 p.m.

# THRIFTY SHOP

Tuesday and Thursday (Room 403) 9:00 a.m. - 12:00 p.m.

# SPIRITUAL SERVICES AT ANGELUS PLAZA

# ANGEL'S MISSION CHURCH

Monday - Saturday 5:00 - 7:00 a.m. Sunday: 10:00 a.m. 3rd Floor, Library

# CHINATOWN CHURCH OF CHRIST

Thursday - 9:30 a.m. to 11:00 a.m. 3rd Floor, Room 313

# **1ST CHINESE FCBC**

2nd and 4th Saturday, Library 1:00 - 5:00 p.m.

# THE GLOBAL LOVE'S CHURCH

Monday - Saturday 5th Floor Dining Room 5:00 - 7:00 a.m. Sunday Services 11:00 a.m. to 4:00 p.m.

# GRAPEVINE CLUB AT LOS ANGELES

1st Sunday / 2nd Saturday 5:00 to 10:00 p.m. 4th Floor, Auditorium

# GLORY CHURCH OF JESUS CHRIST

3rd Wednesday / 2:30 to 4:00 p.m. Library

# JOYFUL CHRISTIAN COMMUNITY CHURCH BIBLE STUDY

2nd Wednesday - 9:00 -11:30 a.m. 5th Floor, Dining Room

# LA HOPE CHURCH SERVICES

Sunday - 11:00 a.m. 4th Floor, Auditorium

# SHALOM ISRAEL AMERICA BY LA ONNURI CHURCH

1st Saturday of the Month and 4/24, 10/16, 12/18 10:00 a.m. - 2:00 p.m., Library

# ST. BASIL KOREAN CATHOLIC CHURCH

3rd Saturday - 10:00 a.m. to 2:00 p.m. 3rd Floor, Library

# TRUE LOVE CHURCH

Daily, 5:00 - 6:00 a.m. Sunday: 10:0 a.m. to 2:00 p.m. 245 S. Hill St., Blding-C, Community Rm

# YOUNG NAK PRESBYTERIAN CHURCH OF LOS ANGELES BIBLE STUDY

3rd Thursday of the Month 3:00 p.m. - 4th Floor, Auditorium



A RETIREMENT HOUSING

FOUNDATION® COMMUNITY

Vol. 22 April 2024





# **Angelus Mini Market**

located right here inside the Angelus Plaza for your convenience. Please visit us and enjoy our store.

엔젤러스 미니 마켓은 주민 여러분의 편리를 위해 엔젤러스 플라자내에 준비된 마켓입니다. 많이 이용해 주시고 사랑해 주십시오.

We have fruits, vegetables, dairy, and Asian food such as rice, barley, noodles, frozen fish, and meat. We also have the toiletries and the health care products in our store.

(213)617-7910: Tony & Angie

Located on the First Floor of the Agape Building at 255 South Hill Street.







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Call (310) 928-1644 or Email jeff@commercialconnectivity.com

CCS is pleased to support the Angelus Plaza Senior Activity Center.





Wellbe Bingo!

# **SO CAL GAS**



**THURSDAY May 30** 1:30 p.m. **Promenade** 

**SPONSORED BY** 

# Looking for dancers and singers. Please register for your API Festival performance by Monday, April 22. Please call us at

(213) 623-4352, ext. 4023, or in person at our 3rd floor Senior Activity Center. After the registration is completed, all performers must be available for rehearsals; otherwise, they will be eliminated from the program.

> 1st Rehearsal: Monday, May 20 at 9 a.m., Promenade 2nd Final Rehearsal: Monday, May 27 at 9 a.m., Promenade

Memones in the Making!



First Place Art Winner: Jung H. Lee



Second Place Art Winner:



Fourth Place Art Winner: Angela Kim





**ACTIVITIES CALENDAR** 

The Flight / Angelus Plaza Senior Activity Center



# **APRIL 2024**

All Activities Are Subject to Change.

**SUNDAY** 

MONDAY

**TUESDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

**SATURDAY** 

# **DAILY ACTIVITY CLASSES**

8:15 Zumba Gold with Saida (P)



7:30 Chinese Folk Dance (P)

8:30 Tai Chi (3AR)

9:00 Zumba Gold w/Saida (P)

Art Class w/Armando (304) Spanish Class w/Anthony (3C)

10:00 Korean Folk Dance (4CAF)

Computer Class w/Roy (3CL)

7:30 Kung Fu (P)

8:30 Tai Chi (3AR)

9:30 Move w/Music w/Andy (P)

Chinese Karaoke Club (3L) 1:30 Computer Technology

Clinic w/Joanna (3CL) 4:35 Middle Eastern Dance w/Danny (3AR)

7:30 Chinese Folk Dance w/Angel (P)

Kung Fu w/Angel (P)

9:00 ESL Class (CL)

9:00 Zumba w/Fransini (P)

Yoga & Meditation w/Cesar (3L) 10:00 Spanish Class w/Anthony (3C) 10:00

Computer 101 w/Mary (3CL) 1:00

3:00 Line Dance for Beginners w/Anna (3AR)

8:30 Tai Chi (3AR)

Cardio Workout w/Cesar (P)

Korean Worship Dance (3L)

Computer Technology Clinic w/Joanna (3CL)

2:00 Korean-American Art (304)

3:00 Latin Dance w/Anita (3AR)

8:30 Tai Chi (3AR)

9:00 Balance Exercise w/Cesar (P)

9:00 ESL Class w/Mary (CL)

10:30 English Conversation w/Alyce (3C)

1:00 Project H.A.N.D.S. (3C)

Korean Karaoke (4CAF)

8:15 Zumba Gold with Saida (P)

10:00 Korean Chorus (4CAF)

# FOR OUTINGS & SHOPPING SHUTTLES, PLEASE REGISTER BY CALLING (213) 623-4352, EXT. 4023 OR IN PERSON AT THE SENIOR ACTIVITY CENTER, 3RD FLOOR

**April Fools Day** 

1:30 p.m. "Gone With The Wind. Part 1" (1939) (3L)







3:00 p.m. Art Class w/Nate (304)





(Promenade)

1:30 p.m. "Gone With The Wind, Part 2" (1939) (3L)



Check-In by 9:00 a.m. Costco (3SAC)



3:00 p.m. Art Class w/Nate (304)

Check-In by 9:00 a.m. 99 Ranch Market (3SAC)



9:00 a.m. to 3:00 p.m.

Annual Rummage Sale 255 South Hill Street, Courtvard

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1:30 p.m. "Picnic" (1955) (3L)

GAIU

Check-In by 9:00 a.m. Gaju (3SAC)

(3C)



6:00 p.m. Chinese Resident Birthday Party (4CAF)

Walmart >

Check-In by 9:00 a.m. Walmart (3SAC)

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Korean Movie 12.12: The Day 서울의 봄 1:30 p.m. (3L)



Earth Day / Passover begins at sundown

1:30 p.m. "Le Samourai" (1967) (3L)

1:30 p.m.

(1953) (3L)

Costco

1:30 p.m. (3L)

Korean Movie Love Reset 30일



alleria

M.A.R.K.E.T Check-In by 9:00 a.m. Galleria (3SAC)

1:30 .m. Health Lecture by PIH-5DR

(4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge

(5DR) 5th Floor Dining Room

(PD)

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28

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"From Here To Eternity"



DAISO JAPAN

Check-In by 9:00 a.m.

Costco (3SAC)

Check-In by 9:00 a.m. Daiso (3SAC)

**LOCATION KEY** (3SAC) Senior Activity Center

Library (3L)3rd Floor Computer Lab (3CL)

3rd Floor Conference Room (3AR) 3rd Floor Activity Room

4th Floor Auditorium

Promenade Deck



255 South Hill St., Los Angeles, CA 90012 • Phone: (213) 623-4352 • Angelus Plaza.org

Please like us on Facebook. https://www.facebook.com/AngelusPlaza



# THAI CRISPY MUSSELS OMELET (HOY TOD)

# THE BATTER:

(for simpler easy batter mix, you can substitute for Thai Gogi Tempura flour)

This batter makes about 2 serving 4oz per serving

- ½ cup Rice
- ½ cup tapioca
- 1/2 tbsp. cornstarch
- ½ tsp baking powder
- ½ tsp white pepper
- ½ tsp salt
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 cup to as need cold water to make a thin slurry batter
- ½ tsp MSG (optional)

# **INGREDIENTS:**

- New Zealand Green Mussels (1 box-32oz) (remove shell and blanch in boiling water for 20 sec. and set aside)
- Shelled whole Egg (2 per serving)
- Bean Sprouts (12oz bag) 6oz per serving
- Green onion (1 bunch) cut 1 ½-inch length long
- Cilantro (1 bunch)
- Sriracha Chili Sauce (as needed)
- Mae Ploy Sweet Chili sauce (as needed)
- Vegetable oil of choice or Lard (as needed)

# **INSTRUCTION:**

Mix the entire batter ingredient together and set aside in a bowl (need 4oz ladle) Pre-heat your nonstick frying pan on low to med. heat. Add your oil and let it get a little hot. Ladle in your 4oz batter mix and fry for about 2 mins. Add your green mussels in the middle of the batter and spread around the batter until the bottom is golden brown. Once the batter is golden brown crack in the eggs on top of the mussel and break the whole egg around. Let the egg slightly cook for about 30 secs. then flip the whole thing over and cook the other side. Add in the cut green onion (1/2 cup) and bean sprouts (6oz) on top. Once the bottom is golden brown, flip the whole omelet over and let bean sprouts cook for about 30 sec. Then remove onto a plate and serve with the Sriracha and Sweet Chili sauce. Garnish with Cilantro.

# TORTILLA DE MEJILLONES CRUJIENTES TAILANDESES (HOY TOD)

# LA MASA:

(para una mezcla de masa más simple y fácil, puede sustituirla por harina tailandesa Gogi Tempura) Esta masa rinde aproximadamente 2 porciones de 4 oz por porción

- 1/4 taza de arroz
- 1/4 taza de tapioca
- 1/2 cucharada de fécula de maíz
- 1/2 cucharadita de levadura en polvo
- 1/2 cucharadita de pimienta blanca
- 1/2 cucharadita de sal
- 1/2 cucharadita de cebolla en polvo
- 1/2 cucharadita de ajo en polvo
- 1 taza de agua fría según sea necesario para hacer una masa fina
- 1/2 cucharadita de glutamato monosódico (opcional)

# **INGREDIENTES:**

- Mejillones verdes de Nueva Zelanda (1 caja de 32 oz) (retire la cáscara y blanquee en agua hirviendo durante 20 segundos y reserve)
- Huevo entero sin cáscara (2 por porción)
- Brotes de soja (bolsa de 12 oz) 6 oz por porción
- Cebolla verde (1 manojo) cortada de 1 ½ pulgada de largo
- Cilantro (1 manojo)
- Salsa de chile Sriracha (según sea necesario)
- Salsa Mae Ploy Sweet Chili (según sea necesario)
- Aceite vegetal de elección o Manteca de cerdo (según sea necesario)

# INSTRUCCIÓN:

Mezcle todo el ingrediente de la masa y déjelo a un lado en un tazón (necesita un cucharón de 4 oz) Precaliente su sartén antiadherente a fuego lento a medio. Agrega tu aceite y deja que se caliente un poco. Vierta su mezcla de masa de 4 oz y fría durante aproximadamente 2 minutos. Agregue sus mejillones verdes en el medio de la masa y extiéndalos alrededor de la masa hasta que el fondo esté dorado. Una vez que la masa esté dorada, rompa los huevos encima del mejillón y rompa todo el huevo. Deje que el huevo se cocine ligeramente durante unos 30 segundos, luego voltee todo y cocine el otro lado. Agregue la cebolla verde cortada (1/2 taza) y los brotes de soja (6 oz) encima. Una vez que el fondo esté dorado, dale la vuelta a toda la tortilla y deja que los brotes de soja se cocinen durante unos 30 segundos. Luego retira a un plato y sirve con la salsa Sriracha y Sweet Chili. Adorne con cilantro.

# 泰式貽貝煎餅

這個麵糊大約可以做2份

# 麵糊

- 1/4 杯 米飯
- ¼ 杯 木薯粉
- ½ 湯匙 玉米澱粉
- 1/2 茶匙 泡打粉
- ½ 茶匙 白胡椒
- ½ 茶匙鹽
- ½ 茶匙 洋蔥粉
- 1/2 茶匙 大蒜粉
- 1 杯 依需求冷水製成稀漿狀麵糊
- ½ 茶匙 味精(可選)

# 原料:

- 紐西蘭青口貝(32盎司);去殼,在沸水 中燙20秒,備用
- 雞蛋 (每份2個)
- 豆芽(12盎司袋裝,每份6盎司)
- 蔥(1束);切1½吋長
- 香菜(1束)
- 是拉差辣椒醬
- 梅波羅甜辣醬
- 選用植物油或豬油

# 烹飪說明:

將全部麵糊成分混合在一起,放在碗中(需要4盎司長柄勺),用低至中火預熱不沾煎鍋。添加油並讓它變得有點熱。 用湯匙舀入4盎司的麵糊混合物,煎約2分鐘。將綠色貽貝放入麵糊中間,然後鋪在麵糊周圍,直到底部呈現金黃色。 一旦麵糊呈金黃色,將雞蛋打在貽貝頂部,然後將整個雞蛋打碎。讓雞蛋稍微煮約30秒。然後把整個東西翻過來,煮 另一面。在上面加入切好的蔥(1/2杯)和豆芽(6盎司)。一旦底部呈現金黃色,將整個煎蛋捲翻過來,讓豆芽煮約 30秒。然後盛入盤中,搭配是拉差醬和甜辣椒醬。用香菜裝飾。

# 태국식 바삭한 홍합 오믈렛 (Hoy Tod)

## 바주.

(더 간단하고 쉬운 반죽 믹스를 위해 태국 고기 튀김 가루로 대체할 수 있습니다)이 반죽은 1인 4온스씩 약 2인분을 만듭니다

- 1/4컴
- 1/4컴 타피오카
- 1/2컵 옥수수 전분
- 1/2큰술 베이킹파우더
- 1/2작은술 흰 후추
- 1/2작은술 소금
- 1/2작은술 양파 가루
- 1/2작은술 마늘 가루
- 1/2작은술 물근 반죽을 만들기 위해 필 요에 따라 찬물
- 1/2작은술 MSG (선택 사항)

# 새뇨:

- 뉴질랜드 초록홍합 (1박스-32oz) (껍질을 벗기고 끓는 물에 20초 동안 데쳐서 따로 보관)
- 달걀 (1인2개)
- 쑥주 (12온스 봉지) 1인 6 온스씩
- 파 (1 묶음) 1 & 1/2 인치 길이로 자름
- 고수 (1 묶음)
- 스리라차 칠리 소스 (필요한 만큼)
- 매 플로이(Mae Ploy) 스위트 칠리 소스 (필요 한 만큼)
- 식물성 기름 또는 라드 (필요에 따라)

# 요리법:

반죽 재료 전체를 함께 섞어 그릇에 따로 보관합니다(4 온스국자 필요) 눌어붙지 않는 프라이팬을 약한 불로 예열합니다. 기름을 넣고 약간 뜨거워지도록 두십시오. 국자로 4온스의 믹스를 넣어 약 2분 동안 튀김니다. 반죽 중앙에 녹색 홍합을 넣고 바닥이 황금빛 갈색이 되도록 익혀줍니다. 반죽이 황금빛 갈색으로 익으면 홍합 위에 계란을 깨어 터트려서 반죽 전체에 넓게 펴 바릅니다. 계란을 약 30초 동안 살짝 익힌 다음 뒤집 어서 반대쪽도 익게합니다. 그 위에 자른 파(1/2컵)와 숙주나물(6 온스)을 넣습니다. 바닥이 황금빛 갈색이 되면 오믈렛을 통째로 뒤집은 후에 숙주를 약 30초 동안 익힙니다. 다 익으면접시에 옮겨 담고 스리라차와 스위트 칠리 소스와 함께 제공합니다. 고수로 장식하십시오.



# Our Services Include

Mobile Physician Services Skilled Nursing Services Physical & Occupational Therapists Medical Social Workers Care Giver Coordination

4221 Wilshire Blvd,, #170-8, Los Angeles, CA 90010 (818) 245-5367

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소중한 가족의 마지막 순간까지 저희 오렌지 호스피스가 사랑으로 함께 하겠습니다.

어디서 호스피스 서비스를 받나요?

환자가 현재 거주하는 곳으로 전문팀이 방문해 서비스를 제공하고, 필요한 의료용품 및 의햑품을 공급해 드립니다.

호스피스 비용 부담은?

호스피스 비용은 메디케어에서 전액 지원함으로 환자의 부담은 전혀 없습니다. 또한 조제약이나 의료기구, 장비 등도 호스피스에서 제공됩니다.

한국어 상담 562.237.3298

> 엔젤레스 플라자 담당 팀장이 방문하여 친절하게 상담해 드립니다.

# Where can we receive hospice services?

Our specialized team will visit the patient at their current residence to provide services and supply all necessary medical equipment and medications.

# Who pays for hospice care?

Hospice expenses are fully covered by Medicare, ensuring no financial burden on the patient. Additionally, prescription medications, medical equipment, and room charges are also provided by hospice services.

**Orange Hospice will lovingly** be by your side, for every special moment until the very end.

Orange : Hospice 주7일 24시간 여러분과 함께합니다. T. 714.790.0594

# PIH Health Good Samaritan Hospita

# We're Here for You.

Let us safely care for all your medical needs.

For more information on the PIH Health Angelus Plaza Clinic call 213.633.4777.



**PIHHealth.**org

# **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 2층에 있습니다

# Olive Hill 药店

位于管理办公室的二楼

Tel: (213)680-2000



