

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 ~**

**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



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

Independence Day Dance Celebration
w/ DJ Ryan
Thursday, 7/03/25 at 1:30 p.m. (Promenade)

Health Lecture by
SEEN Health & PACE Program
(in Chinese)
Wednesday, 7/09/25 at 1:30 p.m. (3rd Floor Library)

Hate & Crime Prevention
Workshop w/ LAPD
Wednesday, 7/09/25 at 1:30 p.m.
(5th Floor Dining Room)

Art Gallery Exhibit by Bok Lim Kim
Thursday, 7/10/25 at 1:30 p.m. (3rd Floor Art Gallery)

Resident Birthday Party w/Yasha
Friday, 7/11/25 at 2:00 p.m.(Promenade)

Health Lecture by
Purpose Driven Physician (in Korean)
Wednesday, 7/16/25 at 1:30 p.m. (3rd Floor Library)

Classic Film Friday - Mrs. Harris Goes to Paris
Friday, 7/18/25 at 3:00 p.m. (Library)

Quamag Sale
Friday, 7/25/25 at 9:00 a.m. to 3:00 p.m.
(255 South Hill Street, Front Courtyard)

July Message

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."

~ Roald Dahl

24th Annual Senior Talent Show

Calling All Talent!

REHEARSALS:
1ST REHEARSAL:
Tuesday, August 12
at 1:00 p.m. - 4th Floor
(Auditorium)
2ND MANDATORY REHEARSAL (with DJ Ryan):
Tuesday, August 19
at 1:00 p.m.
4th Floor Auditorium
REGISTRATION IS NOW OPEN!
Sign up by July 31 at the Activities Desk with Maribel in person or by phone at (213) 623-4352, ext. 4023 or with Danny at (213) 623-4352, ext. 4011.

Please Sign Up Now!
(Use Sign Up Sheet Below)



AUGUST 22 2025
1:30 PM

Sponsoring Agency:  Good Samaritan Hospital

SENIOR TALENT SHOW 2025 REGISTRATION FORM

ALL REGISTRATION FORMS MUST BE RECEIVED
BY THURSDAY, JULY 31, 2025

MAIL OR RETURN TO:
ANGELUS PLAZA SENIOR ACTIVITY CENTER
255 South Hill St., Los Angeles, CA 90012
Attention: Danny, Program Assistant

Name: _____
(Please print name)

Address: _____

Phone #: _____

Name of Song or Dance: _____

Music Format (Please circle):
CD YouTube Link USB Other

Please send link to Daniel.Sanchez@rhf.org

Performance Duration _____



Independence Day Dance Celebration

with DJ Ryan

Thursday, July 3 at 1:30 p.m.
(Promenade)

Music, Dance, Raffle Prizes and refreshments!
Come and join us!

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.

KOREAN FOLK DANCE BY MYANG SOOK
Thursday (3L): 12:00 - 1:00 p.m.

KOREAN WORSHIP DANCE
Thursday (3L): 1:00 - 2:00 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 CHORUS BY LA HOPE CHURCH
Sunday (4A): 10:00 a.m. and 1:00 p.m.

GUITAR CLASS BY LA HOPE CHURCH
Thursday (4A): 10:00 - 11:00 a.m.

KOREAN CHOIR
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.

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

ANGELUS CHURCH
Sunday - 9:00 a.m. - 1:00 p.m.
Building B South - Community Room

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 Library

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
1st Thursday / 2:30 to 4:00 p.m.
3rd Floor 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
11:00 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

Resident July Birthday Party

with Yasha
Friday, July 11
at 2:00 p.m. - Promenade
Celebrate July birthdays with live music by Yasha, donuts and coffee



Rummage Sale

Friday, July 25
starts at 9:00 a.m. to 3:00 p.m.
255 South Hill St. Front Courtyard



Please call the Senior Activity Center Office at (213) 623-4352, ext. 4023, or stop by the 3rd Floor to register as a vendor with Maribel.

Preventing Heat Stroke in Older Adults

Why Older Adults Are at Greater Risk

As temperatures rise during the summer months, older adults are more susceptible to heat-related illnesses like heat stroke. Aging reduces the body's ability to regulate temperature, and certain medications or chronic health issues can increase vulnerability. Heat stroke is a serious medical emergency that requires immediate attention. Avoiding direct sun, staying in cool environments, and wearing breathable clothing are important preventive steps.

Warning Signs of Heat Stroke

- Confusion or disorientation
- Dizziness or fainting
- Hot, dry skin (no sweating)
- Rapid heartbeat or breathing
- Nausea or vomiting
- Headache
- Muscle cramps or weakness
- Unconsciousness (in severe cases)

Heat Safety Tips for Seniors

1. Drink plenty of water – Aim for 6–8 glasses per day.
2. Avoid outdoor activities during peak heat (11 AM – 4 PM)
3. Wear light, loose-fitting clothing
4. Stay in air-conditioned or shaded spaces
5. Use cool showers or damp cloths to lower body temperature
6. Check on others and ask for help if needed

Memories in the Making!



预防老年人中暑的建议

为什么老年人更易中暑?

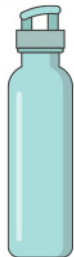
随着夏季气温升高，老年人更容易发生与高温相关的疾病，如中暑。衰老会降低身体调节温度的能力，某些药物或慢性健康问题可能增加易感性。中暑是一种严重的医疗紧急情况，需要立即处理。避免直晒阳光、待在凉爽的环境中、穿透气的衣物是重要的预防措施。

中暑的警示症状:

- 意识混乱或定向障碍
- 头晕或昏厥
 - 皮肤干热（无出汗）
 - 心跳或呼吸急促
 - 恶心或呕吐
 - 头痛
 - 肌肉抽筋或虚弱
 - 昏迷（严重情况下）

简单的安全措施:

1. 多喝水——每天目标为 6 至 8 杯。
2. 避免在高温时段（上午 11 点至下午 4 点）进行户外活动。
3. 穿轻便、宽松、浅色的衣物。
4. 待在空调或有阴凉的地方。
5. 使用凉水淋浴或湿毛巾来降低体温。
6. 检查他人并在需要时寻求帮助。cdc.gov+1tasty.co+1



노인의 열사병 예방

노인들이 더 큰 위험에 처해 있는 이유

노인들은 여름철 기온이 상승함에 따라 열사병과 같은 열 관련 질병에 더 취약합니다. 노화는 신체의 온도 조절 능력을 감소시키고 특정 약물이나 만성 건강 문제는 취약성을 증가시킬 수 있습니다. 열사병은 즉각적인 조치가 필요한 심각한 의료 응급 상황입니다. 직사광선을 피하고, 서늘한 환경에 머물고, 통기성이 있는 옷을 입는 것은 중요한 예방 조치입니다.

열사병의 경고 신호

- 혼란 또는 방향 감각 상실
- 현기증 또는 실신
- 덥고 건조한 피부(땀을 흘리지 않음)
- 빠른 심장 박동 또는 호흡
- 메스꺼움 또는 구토
- 두통

- 근육 경련 또는 쇠약
- 무의식(심한 경우)

안전을 유지하기 위한 간단한 단계

1. 물을 많이 마신다 – 하루에 6-8잔을 목표로 하십시오.
2. 최고조에 달하는 더위 (오전 11시 – 오후 4시) 동안 야외 활동을 피하십시오.
3. 가볍고 헐렁한 옷을 입으십시오.
4. 에어컨이 가동되거나 그늘진 공간에 계십시오.
5. 시원한 샤워를 하거나 젖은 천을 사용하여 체온을 낮추십시오.
6. 주위 사람들을 살펴보고 필요한 경우 도움을 요청하십시오.





ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center



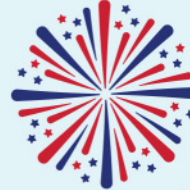
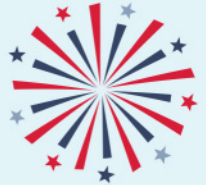
JULY 2025
All Activities Are Subject to Change.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DAILY ACTIVITY CLASSES - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

9:00 Strength and Stretch w/Cesar (3A) 10:00 Angelus Plaza Choir (4A)	7:30 Chinese Folk Dance w/Angel (3L) 8:30 Tai Chi (3AR) 9:00 Art Class w/Armando (304) 9:00 Yoga & Meditation w/Cesar (3L) 10:00 Zumba Gold w/Saida (P) 10:00 Spanish Class w/Anthony (3C) 10:00 Chair Strength & Stretch w/Cesar (3A) 10:00 Korean Folk Dance (4CAF)	7:30 Kung Fu w/Angel (3L) 8:30 Tai Chi (3AR) 9:30 Move w/Music w/Saida (P) 1:00 Chinese Karaoke Club (4A) 1:30 Computer Technology Clinic w/Derek (3CL)	7:30 Chinese Folk Dance w/Angel (3L) 9:00 ESL Class w/Mary (CL) 9:00 Zumba w/Fransini (P) 10:00 Yoga & Meditation w/Cesar (3L) 10:00 Spanish Class w/Anthony (3C) 10:45 Phonics w/Mary (CL) 1:00 English Literacy w/Mary (3CL) 3:00 Line Dance for Beginners w/Anna (3AR)	7:30 Kung Fu w/Angel (3L) 8:30 Tai Chi (3AR) 9:00 Cardio Workout w/Cesar (P) 10:00 Guitar Class (4A) 12:00 Korean Folk Dance (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer Technology Clinic w/Derek (3CL) 2:00 Korean-American Art (4A) 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/Alice (3C) 1:00 Project H.A.N.D.S. (3C) 2:00 Korean Karaoke (4CAF)	9:00 Zumba Gold w/Anita (P) 10:00 Korean Choir (4A) 2:00 Ukelele Class w/David (4A)
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SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

 LOCATION KEY (3SAC) Senior Activity Center (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room		1 10:00 a.m. Nail Shop w/Jacquie & Maribel Library	2 	3  Independence Day Celebration w/DJ Ryan 1:30 pm (Promenade)	4 Independence Day Senior Activity Center Closed	5
6	7 1:30 pm <i>Jumanji</i> (1995) (3L)	8  Sing Along with Yolly 2:00 pm (3L)	9 Hate & Crime Prevention Workshop w/LAPD 1:30 pm (5DR) Health Lecture by SEEN Health & PACE Program - 1:30 pm (3L) (Presented in Chinese Language)	10  Art Exhibit Art Gallery Exhibit by Bok Lim Kim 1:30 pm (3rd Floor Art Gallery)	11  Resident Birthday Party w/Yasha 2:00 pm (Promenade)	12
13	14 1:30 pm <i>Fun With Dick and Jane</i> (2005) (3L)	15 10:00 a.m. Nail Shop w/Jacquie & Maribel Library	16 Health Lecture by Purpose Driven Physician (in Korean) - 1:30 pm (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF)	17 	18 Classic Film Friday 3:00 pm (Library) <i>Mrs. Harris Goes to Paris</i> 	19
20	21 1:30 pm <i>Hairspray</i> (2007) (3L)	22  Sing Along with Yolly 2:00 pm (3L) 	23 	24 	25  Rummage Sale - 2:00 pm (255 South Hill Street, Front Courtyard)	26
27	28 1:30 pm <i>The Getaway</i> (1941) (3L)	29 	30 Korean Movie 맹진사택 경사 <i>A Happy Day of Maeng Jin-sa</i> (1962) 1:30 pm (3L)	31 	LOCATION KEY Cont. (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (PD) Promenade Deck 	

RECIPE BY
CHEF ANDY
BUILDING A MANAGER

Easy Ice Cream Bread

Ingredients:

2 Ingredients – No Mixer Needed!

- 1 cup of melted ice cream (any flavor you like – vanilla, chocolate, strawberry, etc.)
- 1 ½ cups self-rising flour (If you don't have self-rising flour, see note below.)

Optional Add-ins:

- Chocolate chips, nuts, sprinkles, or fruit pieces

Instructions:

1. Preheat your oven to 350°F (175°C). Grease a standard loaf pan.
2. In a mixing bowl, combine the melted ice cream and self-rising flour. Mix until just combined. Do not overmix.
3. If desired, fold in optional add-ins like chocolate chips or fruit.
4. Pour the batter into the prepared loaf pan and smooth the top.
5. Bake for 35–40 minutes, or until a toothpick inserted in the center comes out clean.
6. Let it cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Serving Tips:

Slice and enjoy plain, toasted with butter, or topped with a scoop of more ice cream!

Pan de Helado Fácil

Ingredientes:

2 Ingredientes – ¡No necesitas batidora!

- 2 tazas de helado derretido (del sabor que prefieras: vainilla, chocolate, fresa, etc.)
- 1 ½ tazas de harina leudante

4 Ingredientes adicionales:

- Chispas de chocolate, nueces, chispas o trozos de fruta

Instrucciones:

1. Precalienta el horno a 175 °C (350 °F). Engrasa un molde para pan estándar.
2. En un tazón, mezcla el helado derretido y la harina leudante. Mezcla hasta que se integren. No mezcles demasiado.
3. Si lo deseas, incorpora ingredientes adicionales como chispas de chocolate o fruta.
4. Vierte la masa en el molde preparado y alisa la superficie.
5. Hornea durante 35-40 minutos, o hasta que al insertar un palillo en el centro, este salga limpio.
6. Deja enfriar en el molde durante 10 minutos y luego transfiere a una rejilla para que se enfríe por completo.

Consejos Para Servir:

Córtalo y disfrútalo solo, tostado con mantequilla o con una bola de helado encima.

簡易冰淇淋麵包

原料:

2 種食材 — 無需攪拌機!

- 2 杯融化的冰淇淋 (任何您喜歡的口味：香草、巧克力、草莓等)
- 1.5 杯自發粉

製作方法：

1. 將烤箱預熱至 350°F (175°C)。在標準麵包烤盤上塗抹油脂。
2. 在攪拌盆中，將融化的冰淇淋和自發粉混合。攪拌至剛好混合。不要過度攪拌。
3. 如果需要，可以加入巧克力碎或水果等可選配料。
4. 將麵糊倒入準備好的麵包烤盤中，抹平表面。
5. 烘烤 35–40 分鐘，或直到插入中心的牙籤取出時乾淨為止。
6. 讓它在鍋子裡冷卻10分鐘，然後轉移到網架上完全冷卻。

食用小貼士：

切片享用，可以直接享用，也可以塗上奶油烤一下，或是在上面再加一球冰淇淋！

쉬운 아이스크림 빵

2가지 성분 – 믹서기가 필요하지 않습니다!

재료:

- 녹인 아이스크림 (바닐라, 초콜릿, 딸기 등 원하는 맛) 1컵
- 셀프 상승 밀가루 1 ½컵

선택적 추가 가능: 초콜릿 칩, 견과류, 스프링클 또는 과일 조각

요리법:

1. 오븐을 350° F (175° C)로 예열합니다. 표준 빵 팬에 기름을 바릅니다.
2. 믹싱 볼에 녹인 아이스크림과 셀프 상승 밀가루를 섞습니다. 과도하게 섞지 마시고 고루 잘 섞어 주십시오.
3. 원하신다면 원하는 경우라면 초콜릿 칩이나 과일 등을 넣고 가볍게 섞으세요.
4. 준비한 빵틀에 반죽을 붓고 윗면을 평평하게 만듭니다.



5. 35-40분 동안 굽거나 중앙에 꽂은 이쑤시개가 묻어나오지 않을 때까지 굽습니다.
6. 팬에서 10분 동안 식힌 다음 와이어 랙으로 옮겨 완전히 식힙니다.

서빙 팁:

얇게 썰어 플레인으로 즐기거나, 버터를 발라 토스트하거나 아이스크림 한 스푼을 얹어 드세요!





전문가가 가족이 됩니다

헤리티지 페이스는 어르신들의 삶이
'익숙하고 따뜻한 공간'에서 계속될 수 있도록 함께합니다.

'센터'에 오시지 못해도 괜찮습니다.
헤리티지 페이스는 '어르신 택'으로 직접 찾아갑니다.

따뜻한 목욕, 정성 어린 식사, 안전한 일상까지
어르신들의 집이 곧 돌봄의 공간이 됩니다.

헤리티지 페이스 상담 신청
전화: 888-804-1118
[한국어 상담 가능]

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



HIGH-SPEED WIFI IN YOUR APARTMENT!

Use all your devices at once without interruption.

公寓內配有高速WiFi
一次性使用所有設備而不會中斷。

아파트의 고속 무선 인터넷
중단없이 모든 장치를 한 번에 사용하십시오.

Call (310) 928-1644 or

Email jeff@commercialconnectivity.com

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

UMBRELLA HOSPICE CARE

323 272 3648
323 272 3680
PatientCare@UmbrellaHospiceCare.com
4221 Wilshire Blvd #170-14
Los Angeles CA 90010

- 전문 간호사 방문
- 작업 및 물리치료
- 소셜 워커
- 케어기버 코디네이션
- 전문 개인 도움 서비스

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*예배안내

- 주일예배: 오전 11시

- 새벽기도회: 오전 5시 30분 (화-금)

*예배장소

- 255 S Hill St 본관 5층 Los Angeles, CA 90012

*교회 연락처

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