



**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](http://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



**Art Appreciation Day**  
Friday, 8/08/25 at 1:00 p.m. (3rd Floor Library)

**24th Annual Senior Talent Show**  
Mandatory Rehearsal w/DJ Ryan  
Tuesday, 8/19/25 at 1:00 p.m. (4th Floor Auditorium)

**24th Annual Senior Talent Show w/DJ Ryan**  
Sponsored by PIH Health Good Samaritan  
Friday, 8/22/25 at 1:30 p.m. (4th Floor Auditorium)

**Resident Birthday Party w/Mike & Mandy**  
Friday, 8/29/25 at 2:00 p.m.(Promenade)

**August Message**

"This morning,  
the sun endures past dawn.  
I realise that it is August:  
the summer's last stand."

~ Sara Baume



# 24th Annual Senior Talent Show

FOURTH FLOOR AUDITORIUM

FRIDAY  
AUGUST 22 2025  
1:30 PM



Sponsoring Agency:  Good Samaritan Hospital

## Talent Show Prizes

1ST PLACE (GRAND PRIZE) \$650

2ND PLACE \$450

3rd Place \$350

4th Place \$250

## 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

COMMUNITY RULES:

- Must be 55 + years of age • Must live in LA County
- All acts must be 4 minutes or less • Feet must remain firmly on the floor



## Art APPRECIATION DAY

Friday, August 8 at 1:00 p.m. 3rd Floor Library



The Flight / Angelus Plaza Senior Activity Center

### 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.

##### LATIN AMERICAN DANCE CLUB

Sunday (3rd Floor Activity Room)  
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 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

A RETIREMENT HOUSING FOUNDATION® COMMUNITY



## Resident August Birthday Party with Mike & Mandy

Friday, August 29 at 2:00 p.m. - Promenade

Dance, sing and enjoy refreshments as we celebrate all of our August Resident Birthdays!





Celebrating  
World Senior Citizen's Day  
at Angelus Plaza  
August 21, 2025

On August 21st, we celebrate World Senior Citizen's Day — a special time to recognize and appreciate the older adults who have shaped our families, communities, and the world around us.

At Angelus Plaza, we're proud to provide affordable housing for seniors in the heart of Los Angeles. But we don't stop there—our mission is to create a vibrant, supportive community where residents can live with dignity, joy, and connection. That's why we offer a wide range of activity programs designed just for our seniors. From fitness classes and art workshops to tech tutoring, movie nights, and bingo, there's always something engaging and fun to enjoy.

**Our Senior Center Activity team works hard to plan special events and meaningful experiences that help residents stay active, social, and inspired all year long. Let's make World Senior Citizen's Day extra special for our Angelus Plaza residents and community! Join us for Hot Coffee and Pastries on August 21 on the Promenade at 10:00 a.m.! Everyone is welcome!**

Memories in the Making!



Celebrando el  
Día Mundial de las Personas Mayores  
en Angelus Plaza  
21 de agosto de 2025

El 21 de agosto celebramos el Día Mundial de las Personas Mayores, una fecha especial para reconocer y apreciar a los adultos mayores que han moldeado nuestras familias, comunidades y el mundo que nos rodea.



En Angelus Plaza, nos enorgullece ofrecer viviendas asequibles para personas mayores en el corazón de Los Angeles. Pero no nos detenemos ahí: nuestra misión es crear una comunidad vibrante y solidaria donde los residentes puedan vivir con dignidad, alegría y conexión. Por eso, ofrecemos una amplia gama

de programas de actividades diseñados especialmente para nuestros adultos mayores. Desde clases de fitness y talleres de arte hasta tutorías tecnológicas, noches de cine y bingo, siempre hay algo atractivo y divertido para disfrutar.

**Nuestro equipo de Actividades del Centro para Personas Mayores trabaja arduamente para planificar eventos especiales y experiencias significativas que ayuden a los residentes a mantenerse activos, sociables e inspirados durante todo el año. ¡Hagamos que el Día Mundial de las Personas Mayores sea aún más especial para los residentes y la comunidad de Angelus Plaza! ¡iÚnase a nosotros para disfrutar de un café caliente y pasteles el 21 de agosto en el paseo marítimo a las 10:00 a. m.! ¡Todos son bienvenidos!**



Angelus Plaza 庆祝世界老年人日  
2025 年 8月21日

8 月 21 日，我们庆祝世界老年人日，—这是一个特别的日子，旨在表彰和感谢那些塑造了我们家庭、社区和周围世界的老年人。

在 Angelus Plaza，我们很荣幸能够在洛杉矶市中心为老年人提供经济适用房。但我们不止于此，—我们的使命是创建一个充满活力、互相支持的社区，让居民能够有尊严、快乐地生活，并建立联系。因此，我们提供各种专为老年人设计的活动项目。从健身课程和艺术工作坊到技术辅导、电影之夜和宾果游戏，总有一项活动引人入胜、妙趣横生。

我们的老年中心活动团队致力于策划特别活动和有意义的体验，帮助居民全年保持活跃、社交和灵感迸发。

让我们为 Angelus Plaza 的居民和社区打造一个更加特别的世界老年人日！8 月 21 日上午 10:00，歡迎來長廊與我們一起享用熱咖啡和糕點！欢迎大家！



엔젤러스 플라자에서 세계 시니어의  
날 기념하기  
2025년 8월 21일

8월 21일, 우리는 세계 시니어 시민의 날 을 기념합니다 — 우리의 가족, 지역 사회 및 우리 주변의 세계를 형성한 시니어들을 인정하고 감사하는 특별한 시간입니다.



엔젤러스 플라자는 로스앤젤레스 중심부에서 시니어들에게 저렴한 주택을 제공하게 된 것을 자랑스럽게 생각합니다 . 그러나 거기서 멈추지 않고 주민들이 존엄성, 기쁨, 유대감을 가지고 살 수 있는 활기차고 지원적인 커뮤니티를 만드는 것이 우리의 사명입니다.

그렇기 때문에 우리는 시니어만을 위해 고안된 다양한 활동 프로그램을 제공합니다. 피트니스 수업과 미술 워크숍부터 기술 튜팅, 영화의 밤 그리고 빙고에 이르기까지 항상 매력적이고 재미있게 즐길 수 있는 것이 있습니다.

시니어 센터 액티비티팀은 주민들이 일년 내내 활동적이고 사회적으로 영감을 받을 수 있도록 특별 이벤트와 의미있는 경험을 계획하기 위해 열심히 노력하고 있습니다.

엔젤러스 플라자 주민들과 지역 사회를 위해 세계 시니어 시민의 날을 더욱 특별하게 만듭시다! 10 : 00 AM의 프로모나드에서 따뜻한 커피와 제과빵을 맛보십시오! 누구나 환영합니다!







SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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

|                                           |                                      |                                               |                                            |                                               |                                         |                                   |
|-------------------------------------------|--------------------------------------|-----------------------------------------------|--------------------------------------------|-----------------------------------------------|-----------------------------------------|-----------------------------------|
| 8:00<br>Tai Chi (3AR)                     | 7:30 Chinese Folk Dance w/Angel (3L) | 7:30 Kung Fu w/Angel (3L)                     | 7:30 Chinese Folk Dance w/Angel (3L)       | 7:30 Kung Fu w/Angel (3L)                     | 8:00 Tai Chi (3AR)                      | 8:00 Tai Chi (3AR)                |
| 9:00<br>Strength and Stretch w/Cesar (3A) | 8:00 Tai Chi (3AR)                   | 8:00 Tai Chi (3AR)                            | 8:00 Tai Chi (3AR)                         | 8:00 Tai Chi (3AR)                            | 9:00 Balance Exercise w/Cesar (P)       | 9:00 Balance Exercise w/Cesar (P) |
| 10:00<br>Angelus Plaza Choir (4A)         | 9:00 Art Class w/Armando (304)       | 9:30 Zumba w/Sara (3L)                        | 9:00 ESL Class w/Mary (CL)                 | 9:00 Cardio Workout w/Cesar (P)               | 9:00 ESL Class w/Mary (CL)              | 9:00 Zumba Gold w/Sara (P)        |
|                                           | 9:00 Yoga & Mediation w/Cesar (3L)   | 1:00 Chinese Karaoke Club (4A)                | 9:00 Zumba w/Fransini (P)                  | 10:00 Guitar Class (4A)                       | 10:30 English Conversation w/Alice (3C) | 10:00 Korean Choir (4A)           |
|                                           | 10:00 Spanish Class w/Anthony (3C)   | 1:30 Computer Technology Clinic w/Derek (3CL) | 10:00 Yoga & Meditation w/Cesar (3L)       | 12:00 Korean Folk Dance (3L)                  | 1:00 Project H.A.N.D.S. (3C)            | 2:00 Ukelele Class w/David (4A)   |
|                                           | 10:00 Korean Folk Dance (4CAF)       |                                               | 10:00 Spanish Class w/Anthony (3C)         | 1:00 Korean Worship Dance (3L)                | 2:00 Korean Karaoke (4CAF)              |                                   |
|                                           |                                      |                                               | 10:45 Phonics w/Mary (CL)                  | 1:30 Computer Technology Clinic w/Derek (3CL) |                                         |                                   |
|                                           |                                      |                                               | 1:00 English Literacy w/Mary (3CL)         | 2:00 Korean-American Art (4A)                 |                                         |                                   |
|                                           |                                      |                                               | 3:00 Line Dance for Beginners w/Anna (3AR) | 2:30 Calligraphy Class w/Mr. Yoon (304)       |                                         |                                   |

### SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

|    |                                                                                                                                                                  |                                                                                                                                                          |                                                                                                                                                                 |                                                                                      |                                                                                      |                                                                                                                                                                                                                    |    |                                                                                       |    |                                                                                                                                                                                          |    |                                                                                       |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------|
| 31 | LOCATION KEY<br>(3SAC) Senior Activity Center<br>(3L) Library<br>(3CL) 3rd Floor Computer Lab<br>(3C) 3rd Floor Conference Room<br>(3AR) 3rd Floor Activity Room |                                                                                                                                                          | LOCATION KEY Cont.<br>(4A) 4th Floor Auditorium<br>(4CAF) 4th Floor Cafeteria<br>(5WiFi) 5th Floor Lounge<br>(5DR) 5th Floor Dining Room<br>(PD) Promenade Deck |                                                                                      |  |                                                                                                                                                                                                                    | I  |   | 2  |                                                                                                                                                                                          |    |                                                                                       |
| 3  | 4                                                                                                                                                                | 1:30 pm<br><i>Overboard</i><br>(2018)<br>(3L)<br>                     | 5                                                                                                                                                               |  | 6                                                                                    |                                                                                                                               | 7  |  | 8  | <br>Art Appreciation Day<br>1:00 pm (3L)                                                            | 9  |                                                                                       |
| 10 | II                                                                                                                                                               | 1:30 pm<br><i>Spare Parts</i><br>(2015)<br>(3L)<br>                   | 12                                                                                                                                                              | 24th Annual Senior Talent Show<br>1st Rehearsal<br>1:00 pm (4A)                      | 13                                                                                   | Health Lecture by SEEN Health & PACE Program - 2:00 pm (3L)<br>(Presented in Chinese Language)                                                                                                                     | 14 |                                                                                       | 15 |                                                                                                                                                                                          | 16 |  |
| 17 | 18                                                                                                                                                               | 1:30 pm<br><i>A Day Late and A Dollar Short</i><br>(2014)<br>(3L)<br> | 19                                                                                                                                                              | 24th Annual Senior Talent Show<br>2nd Rehearsal w/DJ Ryan<br>1:00 pm (4A)            | 20                                                                                   | Health Lecture by Purpose Driven Physician<br>(in Korean) - 2:00 pm (3L)<br> 6:00 p.m. Chinese Resident Birthday Party (4CAF) | 21 |  | 22 | <br>24th Annual Senior Talent Show/DJ Ryan<br>Sponsored by PIH Heath Good Samaritin<br>1:30 pm (4A) | 23 |                                                                                       |
| 24 | 25                                                                                                                                                               | 1:30 pm<br><i>Major Payne</i><br>(1995)<br>(3L)<br>                   | 26                                                                                                                                                              |                                                                                      | 27                                                                                   | Korean Movie<br>걸캅스<br><i>Miss and Mrs. Cops</i><br>(2019)<br>1:30 pm (3L)<br>                                                | 28 |                                                                                       | 29 | Resident Birthday Party<br>w/ Mike & Mandy<br>2:00 pm (Promenade)<br>                               | 30 |                                                                                       |





RECIPE BY  
**CHEF ANDY**  
BUILDING A MANAGER

**Chilled Coconut-Lime Soup (Asian Fusion)**  
Servings 2-4; Preparation is 15 min

- Ingredients:**
- cup coconut milk
  - 1 cup cold veggie broth (or dashi)
  - 1 small cucumber, diced
  - 1/2 avocado, diced
  - 1/2 cup cold cooked rice noodles (optional)
  - 1 tbsp soy sauce
  - 1 tsp sesame oil
  - 1 tbsp lime juice
  - 1 tsp grated ginger
  - 1 garlic clove, grated
  - 1 tsp honey or agave
  - Chili flakes or sriracha (to taste)
  - Fresh herbs (cilantro, Thai basil, mint)

**Toppings (optional):**  
radish, sesame seeds, peanuts, tofu or chicken

- Instructions:**
1. Whisk all liquids and seasonings in a bowl.
  2. Add cucumber, avocado, and noodles. Mix gently.
  3. Chill 30+ minutes. Serve cold with toppings.

**Sopa fría de coco y lima (Fusión asiática)**  
Raciones: 2-4; Preparación: 15 min

- Ingredientes:**
- taza de leche de coco
  - 1 taza de caldo de verduras frío (o dashi)
  - 1 pepino pequeño, picado
  - 1/2 aguacate, picado
  - 1/2 taza de fideos de arroz cocidos fríos (opcional)
  - 1 cucharada de salsa de soja
  - 1 cucharadita de aceite de sésamo
  - 1 cucharada de jugo de lima
  - 1 cucharadita de jengibre rallado
  - 1 diente de ajo rallado
  - 1 cucharadita de miel o agave
  - Chile en hojuelas o sriracha (al gusto)
  - Hierbas frescas (cilantro, albahaca tailandesa, menta)

**Aderezos (opcionales):**  
rábano, semillas de sésamo, cacahuètes, tofu o pollo

- Instrucciones:**
1. Batir todos los líquidos y condimentos en un bol.
  2. Agrega el pepino, el aguacate y los fideos. Mezcla suavemente.
  3. Refrigerar durante más de 30 minutos. Sirve frío con los ingredientes.

**椰香青柠冷汤 (亚洲融合菜)**  
2-4人份; 准备时间: 15分钟

- 配料:**
- 1杯椰奶
  - 1杯冷蔬菜汤 (或日式高汤)
  - 1根小黄瓜, 切丁
  - 1/2个牛油果, 切丁
  - 1/2杯冷熟米粉 (可选)
  - 1汤匙酱油
  - 1茶匙芝麻油
  - 1汤匙青柠汁
  - 1茶匙姜末
  - 1瓣蒜末
  - 1茶匙蜂蜜或龙舌兰糖浆
  - 辣椒粉或辣椒酱 (适量)
  - 新鲜香草 (香菜、泰国罗勒、薄荷)

**可选配料:**  
萝卜、芝麻、花生、豆腐或鸡肉

- 做法:**
1. 将所有液体和调味料放入碗中搅拌均匀。
  2. 加入黄瓜、牛油果和面条。轻轻搅拌。
  3. 放入冰箱冷藏30分钟或更长时间。佐以配料即可享用。

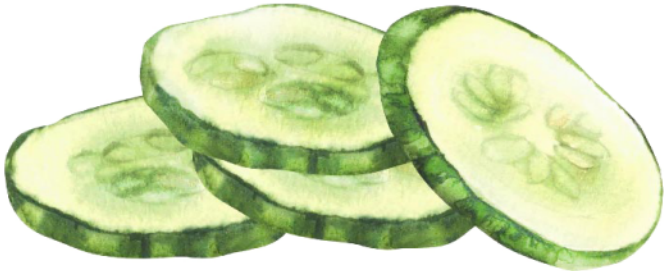
**냉 코코넛 라임 수프 (아시안 퓨전)**  
2-4인분 ; 준비 시간은 15분입니다.

- 재료:**
- 코코넛 밀크 1컵
  - 차가운 채소 육수 1컵 (또는 육수)
  - 깍둑썰기한 작은 오이 1개
  - 깍둑썰기한 아보카도 1/2개
  - 삶아 식힌 쌀국수 1/2컵 (선택 사항)
  - 간장 1큰술
  - 참기름 1작은술
  - 라임 주스 1큰술
  - 간 생강 1작은술
  - 간 마늘 1쪽
  - 꿀 또는 아가베 1작은술
  - 칠리 플레이크 또는 스리라차 (맛을 내기 위해)
  - 신선한 허브 (고수, 타이 바질, 민트)



**토피ング (선택 사항):**  
무, 참깨, 땅콩, 두부 또는 닭고기

- 리방법:**
1. 그릇에 모든 액체와 시즈닝을 넣고 휘젓습니다.
  2. 오이, 아보카도, 국수를 추가합니다. 부드럽게 섞습니다
  3. 30 + 분을 식히십시오. 토피ング와 함께 차갑게 제공하십시오





## 혼자 계신 '어르신'들을 위한 전인적 돌봄 헤리티지 페이스

혼자 계시더라도, 혼자가 아닙니다.  
의료전문가가 가족이 되어 드립니다.

- 전담 의료진 및 병원 연계
- 처방약 집으로 배달
- 의료보조기기 및 장비 제공 (워커, 휠체어 등)
- 샤워 보조, 청소, 세탁 등 홈케어
- 건강식 식사 준비 및 배달
- 병원·센터 교통 지원
- 사회적 교류 및 정서적 프로그램



집에서, 또는 센터에서 서비스를 받으실 수 있으며, 모든 것을 함께 도와드립니다.  
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