



ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center

SEPTEMBER 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

8:00 Tai Chi (3AR) 9:00 Strength and Stretch w/Cesar (3A) 10:00 Angelus Plaza Choir (4A)	7:30 Chinese Folk Dance w/Angel (3L) 8:00 Tai Chi (3AR) 9:00 Art Class w/Armando (304) 9:00 Yoga & Mediation w/Cesar (3L) 10:00 Korean Folk Dance (4CAF) 10:15 Spanish Class w/Anthony (3C)	7:30 Kung Fu w/Angel (3L) 8:00 Tai Chi (3AR) 9:30 Zumba w/Sara (3L) 1:00 Chinese Karaoke Club (4A) 1:30 Computer Technology Clinic w/Derek (3CL)	7:30 Chinese Folk Dance w/Angel (3L) 8:00 Tai Chi (3AR) 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) 8:00 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) 2:30 Calligraphy Class w/Mr. Yoon (304) 3:00 NEW! Latin Dance (3AR)	8:00 Tai Chi (3AR) 9:00 Balance Exercise w/Cesar (3AR) 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)	8:00 Tai Chi (3AR) 9:00 Zumba Gold w/Sara (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

	1 Labor Day Senior Activity Center is Closed	2 	3 	4 Hate & Crime Prevention w/ LAPD 1:30 pm (5DR)	5 	6
7 Grandparents Day	8 1:30 pm <i>The Last Time I Saw Paris</i> (1954) (3L) 	9 NATIONAL HISPANIC HERITAGE MONTH	10 Health Lecture by SEEN Health & PACE Program - 2:00 pm (3L) (Presented in Chinese Language)	11 	12 Resident Birthday Party w/Tricia & Tracy 2:00 pm (Promenade) 	13
14 	15 1:30 pm <i>A Farewell to Arms</i> (1932) (3L) 	16 	17 Health Lecture by Purpose Driven Physician (in Korean) - 2:00 pm (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF)	18 	19 	20
21 	22 Rosh Hashanah (begins at sundown) Fall Begins 1:30 pm <i>His Girl Friday</i> (1940) (3L) 	23 	24 Korean Movie 수학여행 <i>School Excursion</i> (1969) 1:30 pm (3L) 	25 	26 Latin American Heritage Festival w/Susie Hansen Latin Band & Dancers Sponsored by So Cal Gas & LA Hope Church 1:30 pm (Promenade)	27
28	29 1:30 pm <i>Too Many Husbands</i> (1995) (3L) 	30 Volunteer & Collaborator Meeting (by Invite Only) 9:00 a.m. (3C)		LOCATION KEY (3SAC) Senior Activity Center (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room		LOCATION KEY Cont. (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (P) Promenade Deck