



ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center



OCTOBER 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)	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)
9:00 Strength and Stretch	8:00 Tai Chi (3AR)	8:00 Tai Chi (3AR)	8:00 Tai Chi (3AR)	8:00 Tai Chi (3AR)
w/Cesar (3A)	9:00 Art Class w/Armando (304)	9:00 Zumba w/Sara (3L)	9:00 ESL Class w/Mary (CL)	9:00 Cardio Workout w/Cesar (P)
10:00 Angelus Plaza Choir (4A)	9:00 Yoga & Meditation w/Cesar (3L)	1:00 Chinese Karaoke Club (4A)	9:00 Zumba w/Fransini (P)	10:00 Guitar Class (4A)
	10:00 NEW! Zumba Gold w/Marisa (P)	1:30 Computer Technology Clinic w/Derek (3CL)	10:00 Yoga & Meditation w/Cesar (3L)	12:00 Korean Folk Dance (3L)
	10:00 Korean Folk Dance (4CAF)		10:15 Spanish Class w/Anthony (3C)	1:00 Korean Worship Dance (3L)
	10:15 Spanish Class w/Anthony (3C)		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)
				3:00 NEW! Latin Dance (3AR)

8:00 Tai Chi (3AR)	8:00 Tai Chi (3AR)
9:00 Balance Exercise w/Cesar (P)	9:00 Zumba Gold w/Sara (P)
9:00 ESL Class w/Mary (CL)	10:00 Korean Choir (4A)
10:30 English Conversation w/Alice (3C)	2:00 Ukelele Class w/David (4A)
1:00 Project H.A.N.D.S. (3C)	
2:00 Korean Karaoke (4CAF)	

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	LOCATION KEY Cont. (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (P) Promenade Deck	1 Yom Kippur (begins at sundown)  Fruit Art with Sophia 2:00 pm (Library)	2 	3  Rummage Sale 9:00 a.m. to 3:00 p.m. 255 South Hill Courtyard	4
5	6 1:30 pm <i>Casablanca</i> (1942) (3L) 	7 	8  Mid-Autumn Festival & Chuseok Celebration w/DJ Ryan 1:30 pm (4th Floor Auditorium)	9	10 	11
12	13 Columbus Day 1:30 pm <i>An American in Paris</i> (1951) (3L) 	14	15 Health Lecture by Purpose Driven Physician (in Korean) - 2:00 pm (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF) 	16 	17  Art Appreciation Day 1:00 pm (L)	18 
19	20 1:30 pm <i>Mrs. Miniver</i> (1942) (3L) 	21 	22  Health & Wellness Fair - 1:30 pm (5DR) Sponsored by PIH Good Samaritan Hospital AGA Life & Health Insurance Fast Recory Home Health	23	24 TRICK OR TREAT	25
26	27 1:30 pm <i>Gigi</i> (1958) (3L) 	28 	29 Korean Movie 예수의 생애 <i>King of Kings</i> (2025) 1:30 pm (3L) 	30 	31 Halloween HALLOWEEN Dance Party & Resident Birthday Celebration w/DJ Ryan 1:30 pm (Promenade) 	