



ANGELUS PLAZA

A Retirement Housing Foundation® Community

ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center

NOVEMBER 2025

All Activities Are Subject to Change.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

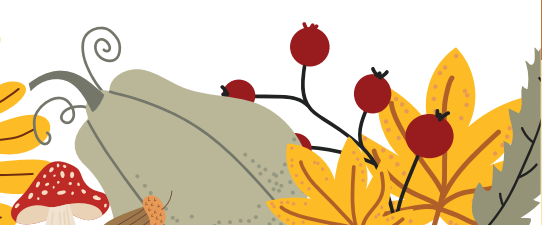
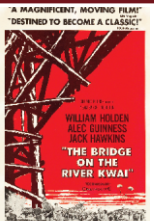
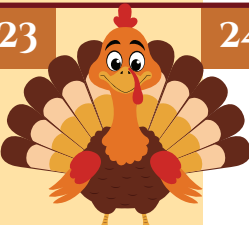
FRIDAY

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 & Meditation w/Cesar (3L) 10:00 NEW! Zumba Gold w/Marisa (P) 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 (P) 1:00 Chinese Karaoke Club (4A) 1:30 Computer Technology Clinic w/Derek (3CL) 3:00 NEW! Taekwondo (L)	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) 10:15 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 (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)	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

30		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			
2	Daylight Savings Time Ends	3	1:30 pm <i>Pearl Harbor</i> (2001) (3L) 	4	Election Day 	5	 Fruit Art with Sophia 2:00 pm (Library)	6	 Meet with Dr. Justin Rheem (L) 2:00 p.m - (in Korean)	7		8	
9		10	1:30 pm <i>The Bridge on the River Kwai</i> (1957) (3L) 	11	Veteran's Day  Senior Activity Center Closed	12	 Health Lecture by SEEN Health & PACE Program - 2:00 p.m. (3L) (Presented in Chinese Language)	13	 Veteran's Day Brunch 10:00 a.m. (3C) by Invitation Only	14	 Be grateful	15	
16		17	1:30 pm <i>An Old-Fashioned Thanksgiving</i> (2008) (3L) 	18	 Volunteer Recognition Event 10:00 a.m. (Library) by Invitation Only 	19	Health Lecture by Purpose Driven Physician (in Korean) - 2:00 p.m. (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF)	20		21	 HAPPY Thanksgiving	22	
23		24	1:30 pm <i>A Harvest Homecoming</i> (2023) (3L) 	25	 Thanksgiving Celebration & Resident Birthday Party w/Mike & Mandy - 2:00 p.m. (P) Sponsored by Global Love Church	26	Korean Movie 無名 <i>Nameless</i> (2025) 1:30 pm (3L) 	27	Thanksgiving Day  Senior Activity Center Closed	28	 Senior Activity Center Closed	29	