



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

Fruit Art w/ Sophia
Wednesday, 11/05/25 at 2:00 p.m. (Library)

Meet w/ Dr. Justin Rheem
Thursday, 11/06/25 at 2:00 p.m. (Library) - in Korean only

Veteran's Day Brunch
Thursday, 11/13/25 from 10:00 a.m. to 12:00 p.m.
(3rd Floor Conference Room - by Invitation only)

Volunteer Recognition Event
Tuesday, 11/18/25 at 10:00 a.m.
(Library - by Invitation Only)

**Thanksgiving Celebration & Resident Birthday Party
featuring Mike & Mandy**
Tuesday, 11/25/25 at 2:00 p.m.
Sponsored by Global Love Church
(Promenade)

**November
Message**

"Be thankful for everything
that happens in your life;
it's all an experience"

~ Roy T. Bennett

TOGETHER, WE TRANSFORM LIVES! TOGETHER, WE ARE MAKING A DIFFERENCE!

“Volunteers are not paid - not because they are worthless,
but because they are priceless.”
~ Sherry Anderson



On behalf of the Angelus Plaza Senior Activity Center staff, Angelus Plaza residents and community members, we want to express our sincere gratitude for continued support and generosity to those who served.

A special “Thank You” to our Sponsors:

- So Cal Gas Company
- Fast Recovery Home Health
- PIH Health Good Samaritan Hospital
- Tony & Angie Mini Market
- LA Hope Church by Pastor Kim
- Korean Association by Ms. Yoon Kim
- The Global love’s Church by Pastor John Young Chun
- True Love Church by Pastor Yoo Jung Nyo
- Chinatown Church of Christ by Pastor Jennifer Chen
- Latin-American Club by Irene Braganini.

A special “Thank You” to our devoted Volunteers:

for the countless hours, the energy you’ve shared,
and the compassion you’ve shown.

- So Cal Gas Company Volunteers
- Alice Ramano, Instructor of English Conversation class
- Ana Myung Ahn, Line Dance Instructor
- Myung Sook, Korean Folk Dance instructor
- Bok Lim Kim, Art Instructor
- Ms. Yoon Kim, President of Korean Association
- Ernesto Tabayan, President of LACFAS and Adela R. Secretary of LACFAS
- Irene Braganini, President of Latin-American Club
- Sarah Choi, Organizer of the Thrifty Shop
- Chinese Resident Club by Mr. Wai Bun Ng
- Peter Kim, Guitar Class instructor
- Angel Wang, Chinese Folk Dance Instructor
- David Kim
- Father Eric
- Marisela Gomez
- Katy Fuld
- Lorraine Morland
- Al Dsa and Susan Kroeger
- Saylah Vera
- Mingen Li
- Yee Wong

We couldn’t have done this without you, and we are truly grateful for each of you.
In honor of our Collaborators and Volunteers you are all invited to join us for our

VOLUNTEER RECOGNITION BRUNCH

& our Quarterly Collaborator Meeting on

Tuesday, November 18 at 10:00 a.m.
in the Library (Invitation only).

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

CHINATOWN CHURCH
OF CHRIST

Thursday - 9:30 a.m. to 11:00 a.m.
3rd Floor Library

1ST CHINESE FCBC

2nd and 4th Saturday, 3rd Floor 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

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: 10:00 a.m. to 2:00 p.m.
3rd Floor Library

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

TUESDAY,
NOVEMBER
25

Thanksgiving
Celebration
&
Resident
Birthday
Party

with Mike & Mandy

2:00 p.m.

Promenade

Sponsored by

Global Love Church

Dance, sing, and recognize
Thanksgiving and
honor all our November
Resident Birthdays!

Enjoy Pumpkin Pie with
hot coffee as we come
together in
gratitude and joy!



Memories in the Making!



U	L	D	G	V	L	S	Z	Q	N	G	S	G	A	X	C	K
N	F	Z	A	R	A	O	A	D	N	N	A	T	I	V	E	B
Q	L	Y	C	S	G	W	E	P	U	M	P	K	I	N	L	B
Y	C	L	G	O	G	C	T	T	Y	J	J	A	G	Y	H	K
E	K	I	S	E	I	R	R	E	B	N	A	R	C	E	S	M
Q	K	M	H	E	C	A	T	B	J	S	U	S	B	G	R	I
S	C	A	C	T	C	A	J	B	H	P	R	J	N	E	Y	R
O	I	F	D	M	U	X	S	G	J	E	S	I	U	N	M	G
U	T	U	L	Z	O	O	V	S	V	F	S	L	O	O	Y	L
A	S	E	H	C	Z	Q	M	O	E	S	T	Y	B	B	P	I
U	M	D	X	E	P	I	T	Y	E	R	V	E	O	H	O	P
B	U	I	L	P	T	F	X	L	L	U	O	Q	Z	S	R	Z
K	R	X	D	N	E	T	B	T	A	P	X	L	L	I	P	G
V	D	O	S	L	A	V	S	X	W	P	O	A	E	W	A	J
O	R	W	I	U	J	S	Q	U	A	S	H	X	X	V	O	W
C	O	R	N	U	C	O	P	I	A	J	H	Y	A	U	K	K
U	G	Y	Y	B	N	N	R	E	W	O	L	F	Y	A	M	S

Thanksgiving Word Search

BLESSINGS
CORNUCOPIA
CASSEROLE
DRUMSTICK
CRANBERRIES
FAMILY
FEAST
GOBBLE
GRATEFUL
HARVEST
LEFTOVERS
MAYFLOWER
NATIVE
PILGRIM
PLYMOUTH
PUMPKIN
SQUASH
STUFFING
WISHBONE
YAMS

A Heartfelt Thank You to Our Wonderful Sponsors!

Dear **SoCal Gas**, **LA Hope Church**, **Korean Association**, and **K-Day PACE**,

On behalf of our entire team, we would like to extend our deepest gratitude for your generous support and partnership.

Special thanks to **SoCal Gas** and **LA Hope Church** for sponsoring our **Latin American Heritage Event** — your support helped us celebrate cultural pride, unity, and joy within our community. Residents and guests truly enjoyed Susie Hansen’s Latin Band and Salsa dancers, the delicious tamales, and thoughtful gifts. We also sincerely thank the **Korean Association** and **K-Day PACE** for sponsoring our **Mid-Autumn Festival and Chuseok Celebration**. Thank you, K-Day, for the amazing raffle prizes and rice cakes — our residents had such a wonderful time!

Your contributions made it possible for us to honor these beautiful traditions and bring people together in the spirit of family, gratitude, and togetherness. Your generosity and commitment to cultural enrichment make a meaningful difference. We are truly thankful for your partnership and look forward to celebrating and serving our community together again soon.

With warmest appreciation,
Angelus Plaza Senior Activity Center Team

Meet with **Dr. Justin Rheem**
Thursday, 11/06 at 2:00 p.m.
in the Angelus Plaza Library

오후 2시, 도서관
— 림 저스틴 박사와의 만남

K-day
Senior Care At Your PACE



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

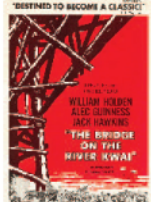
FRIDAY

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) 9:00 Guitar Class (4A) 10:00 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	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		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		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



RECIPE BY
CHEF ANDY
BUILDING A MANAGER

Classic Herb Stuffing with Butter & Sage

Ingredients:

- 1 artisan loaf of rustic bread, cut into cubes and lightly toasted
- ½ cup unsalted butter
- 1 yellow onion, finely diced
- 2 celery stalks, finely chopped
- 2 cups warm chicken or vegetable broth
- 1 tsp fresh sage, finely chopped
- 1 tsp fresh thyme leaves
- Salt & black pepper to taste

Directions:

1. Preheat oven to 350°F (175°C) and grease a medium baking dish.
2. In a large skillet, melt butter and sauté onion and celery until fragrant and tender.
3. Stir in herbs, then combine with bread cubes in a large bowl.
4. Gradually pour in broth until the mixture is evenly moistened.
5. Spoon into the prepared dish and bake for 30–35 minutes, until golden and crisp on top.

Relleño Clásico de Hierbas con Mantequilla y Salvia

Ingredientes:

- 1 pan artesanal rústico, cortado en cubos y ligeramente tostado
- ½ taza de mantequilla sin sal
- 1 cebolla amarilla, finamente picada
- 2 tallos de apio, finamente picados
- 2 tazas de caldo de pollo o vegetal tibio
- 1 cucharadita de salvia fresca, picada
- 1 cucharadita de hojas de tomillo fresco
- Sal y pimienta negra al gusto

Preparación:

1. Precalienta el horno a 175°C (350°F) y engrasa una fuente para hornear.
2. En una sartén grande, derrite la mantequilla y sofríe la cebolla y el apio hasta que estén tiernos y aromáticos.
3. Añade las hierbas y mezcla bien.
4. Combina la mezcla con los cubos de pan en un bol grande.
5. Agrega gradualmente el caldo hasta que el pan quede húmedo pero no empapado.
6. Coloca la mezcla en la fuente preparada y hornea durante 30–35 minutos, hasta que la parte superior esté dorada y crujiente.



奶油鼠尾草香草烤麵包餡

食材:

- 鄉村風手工麵包 1 條 (切成方塊並略烤)
- 無鹽奶油 ½ 杯
- 洋蔥 1 顆 (切細)
- 西芹 2 根 (切丁)
- 雞湯或蔬菜湯 2 杯 (溫熱)
- 新鮮鼠尾草 (Sage) 1 茶匙 (切碎)
- 新鮮百里香葉 1 茶匙
- 鹽與黑胡椒 適量

做法

1. 將烤箱預熱至 175°C (350°F)，在烤盤上輕抹一層奶油。
2. 在大平底鍋中融化奶油，加入洋蔥與西芹炒至香氣四溢、質地柔軟。
3. 加入香草拌勻，然後與麵包塊放入大碗中混合。
4. 分次倒入溫熱的湯汁，攪拌至麵包均勻吸收水分但不濕黏。
5. 將混合物倒入準備好的烤盤中，烘烤 30–35 分鐘，直到表面金黃酥脆即可。



버터와 세이지 향의 클래식 허브 스테핑

재료:

- 바삭하게 구운 시골식 빵 1개 (각둑썰기)
- 무염 버터 ½컵
- 양파 1개 (잘게 다진 것)
- 셀러리 2대 (잘게 썬 것)
- 따뜻한 치킨 또는 야채 육수 2컵
- 신선한 세이지 1작은술 (잘게 다진 것)
- 신선한 타임 잎 1작은술
- 소금과 후추 약간

만드는 법

1. 오븐을 **175° C (350° F)**로 예열하고, 베이킹 접시에 버터를 살짝 발라 준비합니다.
2. 큰 팬에 버터를 녹인 후, 양파와 셀러리를 넣고 향이 나며 부드러워질 때까지 볶습니다.
3. 허브를 넣고 잘 섞은 다음, 빵 조각과 함께 큰 볼에 옮겨 담습니다.
4. 따뜻한 육수를 조금씩 부어가며 고루 촉촉해지도록 섞습니다.
5. 준비된 베이킹 접시에 담고 30~35분간 구워 윗면이 노릇하게 구워지면 완성입니다.



PURPOSE DRIVEN MOBILE PHYSICIAN

213 500 8031
info@PurposeDrivenMP.com
4221 Wilshire Blvd., #170-8
Los Angeles, CA 90010

Kday
Senior Care At Your PACE

부모님을 위한 또 하나의 가족

가족 중에 의사가 있으면 부모님이 더 건강하시다는 이야기...
이제 우리집 이야기입니다.

시니어를 위한 통합 진료 프로그램 케이데이 페이스



7월 1일 새롭게 오픈하여 넓고 깨끗한 공간에서 진료, 재활, 영양 관리,
여가 활동까지 한 곳에서!

케이데이는 24시간 365일 의료진이 대기하고 있어, 만성 질환이나 급성 질환에 대한 응급 상황을 대비할 수 있습니다.
방문 예약 및 등록을 원하시면 전화 주세요. 센터 방문에 도움이 필요하신 경우 교통편을 제공해 드립니다.

상담 문의: (213) 757-2080 TTY: (213) 757-2083

Kday_NP003_KR

(모델은 실제 가족 사진이 아닙니다.)

303 S. Union Ave., Los Angeles, CA 90057

월요일-금요일, 오전 7:30 - 오후 4:00

K-day.com

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

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Call (310) 928-1644 or

Email jeff@commercialconnectivity.com

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

온누리 사랑의 교회

The Global Love's Church

“사랑해요, 감사해요, 함께해요!”

*예배안내

- 주일예배: 오전 11시
- 새벽기도회: 오전 5시 30분 (화-금)

*예배장소

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

*교회 연락처

- Phone: (213)550-7089

- Email: gjohn1017@gmail.com

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

상담문의

888-804-1118

www.heritagepace.org

집에서, 또는 센터에서 서비스를 받으실 수 있으며, 모든 것을 함께 도와드립니다.
삶의 품격을 지켜드리는 따뜻한 동반자

HeritAgePACE



아프지 말라고 손 잡아주던 그날,
혼자가 아니라는 걸 알았어요.