



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



Meet Your Dr. of Acupuncture by K-Day
Thursday, 12/04/25 at 2:00 p.m. (Library)

Xmas Bingo
Friday, 12/05/25 at 1:30 p.m. (Library)

**5th Annual Resident
Seasonal Show w/DJ Ryan**
Thursday, 12/11/25 at 1:30 p.m. (4th Floor Auditorium)

**Holiday Concert & Resident Birthday Party
Celebration w/Tricia and Tracy**
Friday, 12/19/25 at 2:00 p.m. (4th Floor Auditorium)

**December
Message**

"The future lies before you,
like a field of fallen snow;
be careful how you tread it,
for every step will show."

~ Unknown

Our residents and staff are helping RHF Charitable Foundation Deliver gifts to 1,500 children this holiday season.

Make a donation and receive a special “Gift” as a reminder that you helped bring a smile to an RHF child. Please see your service Coordinator or Manager to participate.

天使公寓的租戶和員工們正在幫助RHF慈善基金會 在募捐,在這個季節我們為1,500名兒童提供聖誕禮物。

您的捐贈,我們會給您卡片,致上我們的謝意。這張有意義的感謝卡是致上您為RHF孩子們帶來的微笑。如果您有興趣參與,請諮詢您的經理。



Unwrap a Smile with RHF

Toys for RHF Kids

Thank you for supporting Toys for RHF Kids!



RHF Charitable Foundation
Stewarding Contributions That Change Lives

Nuestros residentes y personal están ayudando a la Fundación Caritativa de RHF a entregar regalos a 1,500 niños en esta temporada Navideña.

Haga una donación y reciba un “Regalo” especial como recordatorio de que ayudó a hacer sonreír a un niño de RHF. Por favor, consulte con su Coordinador/a de Servicios o su Administrador para participar.

저희 직원들과 입주자들은 RHF 자선 단체를 도와서 이번 할리데이 시즌에 1,500명의 아이들에게 장난감을 선물합니다.

이 자선 단체에 기부하시어 RHF 아파트에 살고 있는 아이들에게 환한 웃음을 선물 한 것을 항상 기억할 수 있는 ‘특별한 선물’을 받으세요.

기부를 원하시는 분들은 빌딩 매니저에게 연락하셔서 동참 의사를 알려주시기 바랍니다.



Celebrating Melesia’s Retirement & 40+ Years of Dedication!

Melesia has been such a valued and beloved part of the Maintenance Department at Angelus Plaza and the RHF family.

She joined Angelus Plaza back in 1982, and over the years she has worked in many different roles within the maintenance team — always with dedication, heart, and a strong work ethic.

Everyone who has worked with Melesia knows how responsible, reliable, and detail-oriented she is.

She has brought a wealth of experience and knowledge that

has guided the team for decades. As a supervisor, she has always supported her staff, encouraged them, and made sure they had everything they needed to do their best work.

Melesia, thank you for your incredible commitment, kindness, and hard work throughout all these years.

We will miss you deeply, and we wish you a joyful, relaxing, and well-deserved retirement!

Warmly,
Angelus Plaza Team

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

Christmas Bingo!

Friday,
December 5th
1:30 p.m.
in the Library





Memories
in the
Making!



Our Volunteers are the Heart of our Mission.

WE CELEBRATE YOU AND THE IMPACT YOU CREATE EVERY DAY.



Holiday Concert & December Resident
Birthday Party w/Tricia & Tracy

Friday, 12/19 at 2:00 p.m.
in the 4th Floor Auditorium

5TH ANNUAL RESIDENT
SEASONAL SHOW
W/DJ RYAN

Thursday,
12/11

1:30 p.m.
4th Floor
Auditorium

Exciting Raffle Prizes
including a Grand
Prize!

Enjoy Hot Chocolate
with marshmallows,
and Hot Coffee
w/Pastries.



ANGELUS PLAZA

A Retirement Housing Foundation® Community

ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

DECEMBER 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 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)
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 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)

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

	1 1:30 pm <i>Santa Claus</i> (1985) (3L) 	2 	3  Fruit Art Carving with Sophia 2:00 pm (Library)	4  Meet Your Dr. of Acupuncture by K-Day - 2:00 p.m. (3L)	5  Xmas Bingo 1:30 p.m. (3L)	6 
7 	8 1:30 pm <i>Elf</i> (2003) (3L) 	9 10:00 a.m. Nail Shop w/Jacquie & Carlos Library 	10 	11  5th Annual Resident Seasonal Show w/DJ Ryan - 1:30 p.m. (4A)	12 	13 
14  Hanukkah (begins at sundown)	15 1:30 pm <i>Dr. Seuss' How The Grinch Stole Christmas</i> (2000) (3L) 	16 	17  Health Lecture by Purpose Driven Physician (in Korean) - 2:00 p.m. (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF)	18 	19  Holiday Concert & Resident Birthday Party Celebration w/Tricia & Tracy - 2:00 p.m. (4A)	20 
21 	22 1:30 pm <i>It's A Wonderful Life</i> (1946) (3L) 	23 10:00 a.m. Nail Shop w/Jacquie & Carlos Library 	24 Christmas Eve 	25 Christmas Day <i>Merry Christmas</i> Senior Activity Center Closed	26 Kwanzaa 	27 
28 	29 1:30 pm <i>Trading Places</i> (1983) (3L) 	30 	31 New Year's Eve 	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



Holiday Fruit Cake

Ingredients:

- 1 cup mixed dried fruits (raisins, cranberries, cherries, etc.)
- ½ cup orange juice (or water)
- ½ cup spiced rum
- ½ cup sugar
- ½ cup butter (softened)
- 2 eggs
- 1 ½ cups all-purpose flour
- 1 tsp vanilla extract
- ½ tsp cinnamon (optional)



Instructions:

1. Preheat oven to 350°F (175°C). Grease and line a loaf pan.
2. In a small pot, simmer dried fruits in orange juice for about 5 minutes. Let cool.
3. In a bowl, cream butter and sugar until light. Add eggs and vanilla; mix well.
4. Add flour, baking powder, and cinnamon. Mix until smooth.
5. Fold in the cooled fruit mixture (with any remaining juice).
6. Pour into the pan and bake for 40–50 minutes, or until a toothpick comes out clean.
7. Cool before slicing.

Pastel de Frutas Navideño

Ingredientes:

- 1 taza de frutas secas mixtas (pasas, arándanos, cerezas, etc.)
- ½ taza de jugo de naranja (o agua)
- ½ taza de ron con especias
- ½ taza de azúcar
- ½ taza de mantequilla (suavizada)
- 2 huevos
- 1 ½ tazas de harina de trigo
- 1 cucharadita de polvo de hornear
- 1 cucharadita de extracto de vainilla
- ½ cucharadita de canela (opcional)



Preparación:

1. Precalienta el horno a 350°F (175°C). Engrasa y cubre un molde para panqué con papel encerado.
2. En una olla pequeña, hierva las frutas secas con el jugo de naranja durante unos 5 minutos. Deja enfriar.
3. En un tazón, bate la mantequilla y el azúcar hasta que quede una mezcla ligera y cremosa.
4. Agrega los huevos y la vainilla; mezcla bien.
5. Añade la harina, el polvo de hornear y la canela. Mezcla hasta obtener una masa suave.
6. Incorpora la mezcla de frutas enfriada (junto con el jugo restante).
7. Vierte la mezcla en el molde y hornea durante 40–50 minutos, o hasta que al insertar un palillo salga limpio.
8. Deja enfriar antes de cortar y servir.

节日水果蛋糕

食材:

- 1 杯混合干果 (葡萄干、蔓越莓、樱桃等)
- ½ 杯橙汁 (或水)
- ½ 杯香料朗姆酒
- ½ 杯糖
- ½ 杯黄油 (软化)
- 2 个鸡蛋
- 1½ 杯普通面粉
- 1 茶匙泡打粉
- 1 茶匙香草精
- ½ 茶匙肉桂粉 (可选)



做法:

1. 预热烤箱至 350°F (175°C)，在长方形烤盘内抹油并铺上烘焙纸。
2. 将干果和橙汁放入小锅中，小火煮约 5 分钟，然后放凉。
3. 在碗中将黄油和糖搅打至松软。加入鸡蛋和香草精，搅拌均匀。
4. 加入面粉、泡打粉和肉桂粉，搅拌至顺滑。
5. 拌入冷却的果料混合物 (连同剩余果汁一起)。
6. 倒入烤盘中，烘烤约 40–50 分钟，直到插入牙签后拔出干净为止。
7. 放凉后再切片享用。

홀리데이 과일 케이크

재료:

- 혼합 건과일 1컵 (건포도, 크랜베리, 체리 등)
- 오렌지 주스 ½컵 (또는 물)
- 스파이스 럼 ½컵
- 설탕 ½컵
- 버터 ½컵 (실온에 부드럽게)
- 달걀 2개
- 중력분(밀가루) 1 ½컵
- 베이킹파우더 1작은술
- 바닐라 엑스트랙 1작은술
- 계피가루 ½작은술 (선택사항)



만드는 방법:

1. 오븐을 350° F (175° C)로 예열하고, 파운드 케이크 틀에 버터를 바르고 종이 포일을 깔아주세요.
2. 작은 냄비에 건과일과 오렌지 주스를 넣고 약 5분간 약불에서 끓인 뒤 식혀둡니다.
3. 큰 볼에 버터와 설탕을 넣고 크림처럼 부드럽게 저어줍니다.
4. 달걀과 바닐라 엑스트랙을 넣고 잘 섞습니다.
5. 밀가루, 베이킹파우더, 계피가루를 넣고 고르게 섞습니다.
6. 식힌 과일 혼합물을 (남은 주스와 함께) 반죽에 넣고 가볍게 섞습니다.
7. 준비한 틀에 반죽을 붓고 40~50분 정도 굽거나, 이쑤시개를 찔러 깨끗하게 나오면 완성입니다.
8. 완전히 식힌 후 잘라서 드세요.



Today
Senior Care At Your PACE

12/4 오후 2시 도서관
박민수 한의사와의 만남

**Meet with Acupuncturist
Dr. Minsu Park**

Dec 4th Thursday
at 2:00 PM
in the Angelus Plaza
3th floor Library



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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중단없이 모든 장치를 한 번에 사용하십시오.

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



아프지 말라고 손 잡아주던 그날,
혼자가 아니라는 걸 알았어요.

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

상담문의

888-804-1118

www.heritagepace.org

HeritAgePACE