



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

Valentine's Bingo
Friday, 2/06/26 at 1:30 p.m.
(Library)

Health Lecture by KDay PACE w/Dr. Rheem
(Korean)
Wednesday, 2/11/26 at 2:00 p.m.
(Library)

Valentine's Day Celebration &
February Resident Birthday Party
w/Tricia & Tracy
Sponsored by The Global Love Church
Friday, 2/13/26 at 2:00 p.m.
(Promenade)

Health Lecture by Purpose Driven
Mobile Physician
(Korean)
Wednesday, 2/18/26 at 2:00 p.m.
(Library)

Lunar New Year Celebration
w/DJ Ryan
Sponsored by SoCalGas
Thursday, 2/26/26 at 1:30 p.m.
(4th Floor Auditorium)

February Message

"In the coldest February,
as in every other month
in every other year,
the best thing to hold
on to in this world
is each other."

~ Linda Ellerbee

Are you a senior with
limited income
looking for *quality,*
affordable housing?



Central Metro Place is a 55-unit affordable senior housing (LIHTC & Section 202) community for seniors

The community provides income eligible seniors, over the age of 62,
with rental subsidy to reduce the monthly rent paid by the applicant.

Central Metro Place

A Retirement Housing Foundation Community
14519 Central Ave., Baldwin Park, CA 91706

562-257-5100

Email: Centralmetroplace@rhf.org

Web: www.RHF.org

504 Coordinator - Foundation Property Management, Inc.
911 N. Studebaker Rd., Long Beach, CA 90815-4900
562-257-5100 Fax: 562-257-5200 TDD: 800-545-1833 Ext. 359
Language Assistance Services: 562-257-5255



Rules of acceptance and participation in the program are the same for everyone, without regard to race, color, creed, national origin, age, gender, sexual orientation or marital status. Central Metro Place does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, our programs and activities.

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 (3AR): 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.

DRUM CIRCLE FOR BEGINNERS W/MYANG SOOK

Thursday (4A): 3:00 - 4:00 p.m.

GUITAR CLASS WITH ANDY

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 (3L): 9:30 a.m. to 11:00 a.m.

1ST CHINESE FCBC

2nd and 4th Saturday, (3L)
1:00 - 5:00 p.m.

THE GLOBAL LOVE'S CHURCH

Monday - Saturday (5DR)
5:00 - 7:00 a.m.
Sunday Services: 11:00 a.m. to 4:00 p.m.

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

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



2026 IS THE YEAR OF THE FIRE HORSE

Lunar New Year Celebration

with DJ Ryan

Thursday, February 26 at 1:30 p.m.

4TH FLOOR AUDITORIUM



Sponsored by

SoCalGas

LOVE, FRIENDSHIP, AND STAYING CONNECTED IN OUR GOLDEN YEARS

February is often called the month of love, but love comes in many forms—friendship, kindness, and caring for one another. At Angelus Plaza, love is seen every day in friendly smiles, shared conversations, and neighbors looking out for each other. As we grow older, staying connected is more important than ever. Friendships help keep our minds active, lift our spirits, and remind us that we are not alone. A short conversation, sharing a meal, or joining a community activity can bring comfort and joy.

Our community is rich in culture, wisdom, and life experience. Many residents have worked hard, raised families, and contributed greatly to society. By spending time together and learning from one another, we honor these experiences and strengthen the bonds that make Angelus Plaza feel like home. February is a wonderful time to reach out—check on a neighbor, invite a friend for a walk, or attend a community program. Small gestures, like a warm greeting or a phone call, can make a meaningful difference.

Staying socially connected also supports our health and well-being. Spending time with others can reduce loneliness, improve mood, and bring a sense of purpose to our daily lives. This month, let us celebrate love in all its forms—love for our friends, our neighbors, our cultures, and ourselves. Together, we can continue to build a caring and supportive community at Angelus Plaza.

황금빛 노년의 사랑, 우정, 그리고 서로의 연결

2월은 흔히 ‘사랑의 달’로 불리지만, 사랑에는 여러 가지 모습이 있습니다. 우정, 친절, 그리고 서로를 돌보는 마음입니다. Angelus Plaza에서는 이웃 간의 미소, 따뜻한 대화, 그리고 서로를 배려하는 모습 속에서 이러한 사랑을 매일 볼 수 있습니다.

나이가 들수록 사람들과의 연결은 더욱 중요해집니다. 우정은 마음을 밝게 하고, 정신을 활기치게 하며, 우리가 혼자가 아니라는 사실을 느끼게 해줍니다. 짧은 대화나 함께하는 식사, 또는 커뮤니티 활동에 참여하는 것만으로도 큰 위로와 기쁨이 될 수 있습니다. 우리 커뮤니티에는 풍부한 문화와 지혜, 그리고 소중한 인생 경험이 담겨 있습니다. 많은 주민들께서 열심히 일하고, 가족을 돌보며, 사회에 기여해 오셨습니다. 서로의 이야기를 나누고 시간을 함께함으로써, Angelus Plaza는 더욱 따뜻한 공동체가 됩니다.

2월은 이웃에게 먼저 다가가기 좋은 시기입니다. 안부를 묻고, 함께 산책을 하거나, 커뮤니티 프로그램에 참여해 보세요. 작은 인사나 전화 한 통이 큰 힘이 될 수 있습니다. 사람들과의 교류는 건강과 정서적 안녕에도 도움이 됩니다. 외로움을 줄이고, 기분을 좋게 하며, 일상에 의미를 더해줍니다. 이번 2월, 친구와 이웃, 문화, 그리고 나 자신을 향한 다양한 사랑을 함께 나누며, 서로를 아끼는 Angelus Plaza 공동체를 계속 만들어 갑시다.

AMOR, AMISTAD Y MANTENERNOS CONECTADOS EN NUESTROS AÑOS DORADOS

Febrero es conocido como el mes del amor, pero el amor tiene muchas formas: la amistad, la bondad y el cuidado mutuo. En Angelus Plaza, vemos este amor todos los días en las sonrisas compartidas, las conversaciones amables y la manera en que los vecinos se apoyan entre sí. A medida que envejecemos, mantenernos conectados se vuelve más importante que nunca. La amistad nos ayuda a mantener la mente activa, eleva nuestro ánimo y nos recuerda que no estamos solos. Una breve conversación, compartir una comida o participar en una actividad comunitaria puede brindar consuelo y alegría.

Nuestra comunidad es rica en cultura, sabiduría y experiencias de vida. Muchos residentes han trabajado arduamente, han criado familias y han contribuido significativamente a la sociedad. Al compartir tiempo juntos y aprender unos de otros, fortalecemos los lazos que hacen de Angelus Plaza un verdadero hogar.

Febrero es un buen momento para acercarnos a los demás: saludar a un vecino, invitar a un amigo a caminar o participar en un programa comunitario. Pequeños gestos, como una sonrisa o una llamada telefónica, pueden marcar una gran diferencia. Mantener conexiones sociales también favorece nuestra salud y bienestar. Pasar tiempo con otros puede reducir la soledad, mejorar el estado de ánimo y dar mayor sentido a nuestra vida diaria.

Este mes, celebremos el amor en todas sus formas: el amor por nuestros amigos, nuestros vecinos, nuestras culturas y por nosotros mismos. Juntos, sigamos construyendo una comunidad solidaria y afectuosa en Angelus Plaza.

黄金岁月中的爱、友谊与彼此关怀

二月常被称为“爱的月份”，但爱有很多种形式——友谊、善意，以及彼此关心。在 Angelus Plaza，我们每天都能看到这样的爱：友好的微笑、温暖的交谈，以及邻里之间的相互照顾。随着年龄的增长，保持联系变得尤为重要。友谊可以让我们保持头脑活跃，提升心情，并提醒我们并不孤单。一次简短的交谈、一起吃顿饭，或参加社区活动，都能带来安慰和快乐。我们的社区拥有丰富的文化、智慧和人生经验。许多居民辛勤工作过、养育过家庭，并为社会作出过重要贡献。通过彼此陪伴和交流，我们不仅尊重这些经历，也让 Angelus Plaza 更像一个温暖的家。

二月是主动关心他人的好时机——问候邻居、邀请朋友散步，或参加社区活动。一个简单的微笑或一通电话，都可能带来很大的改变。保持社交联系也有助于我们的身心健康。与他人相处可以减少孤独感，改善情绪，并为生活带来意义。

这个二月，让我们一起庆祝各种形式的爱——对朋友、邻居、文化，以及对自己的爱。让我们携手继续建设一个关爱、互助的 Angelus Plaza 社区。

BINGO!

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VALENTINE'S BINGO

FRIDAY, FEBRUARY 6
1:30 PM IN THE LIBRARY

FRIDAY,
FEBRUARY
13

Valentine's Day Celebration & February Resident Birthday w/Tricia & Tracy

Sponsored by
The Global Love Church

**2:00 p.m.
Promenade**

**Dance, sing, and celebrate
Valentine's Day while we
honor all our February
Resident Birthdays!**

LA's Health and Wellness Partner

Let us care for all your medical needs.

PIH HEALTH GOOD SAMARITAN HOSPITAL

CARING FOR THE COMMUNITY FOR OVER 140 YEARS

For more information on the PIH Health Angelus Plaza Clinic
call 213.633.4777



ANGELUS PLAZA

A Retirement Housing Foundation® Community

ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

FEBRUARY 2026

All Activities Are Subject to Change.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

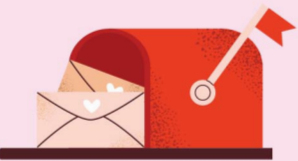
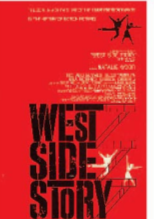
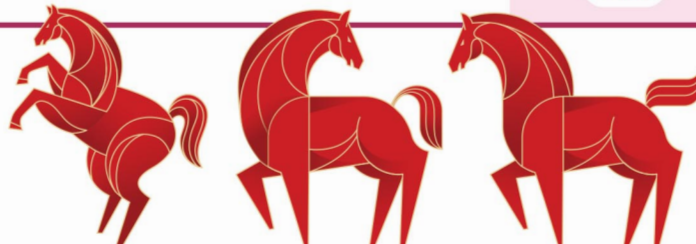
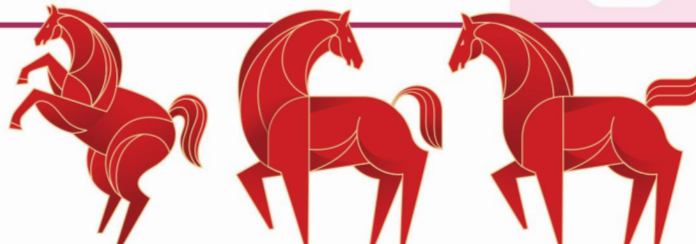
FRIDAY

SATURDAY

DAILY ACTIVITY CLASSES - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

8:00 Tai Chi (3AR) 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 (30A) 9:00 Yoga & Meditation w/Cesar (3L) 10:00 Korean Folk Dance (4CAF) 10:15 Spanish Class w/Anthony (3C) 2:00 NEW! Computer & AI Class w/Rick Chang - Chinese/English (3CL)	7:30 Kung Fu w/Angel (3L) 8:00 Tai Chi (3AR) 9:00 Move with Music w/Cesar (P) 1:00 Chinese Karaoke Club (4A) 1:30 Computer Technology Clinic w/Derek - Korean/English (3CL)	7:30 Chinese Folk Dance w/Angel (3L) 8:00 Tai Chi (3AR) 9:00 NEW! ESL-1 Class w/Mary (CL) 9:00 Yoga & Meditation w/Cesar (3L) 10:15 Spanish Class w/Anthony (3C) 11:00 NEW! ESL-2 Class w/Mary (CL) 1:00 English Literacy w/Mary (3CL) 2:00 Korean Karaoke (4CAF) 3:00 Line Dance for Beginners w/Anna (3AR)	7:30 Kung Fu w/Angel (3L) 8:00 Tai Chi (3AR) 9:00 NEW! Strength &. Stretch w/Cesar (P) 9:00 NEW! Guitar Class w/Andy (4A) 10:00 NEW! Zumba w/Sara (P) 10:00 Korean Folk Dance (3L) 12:00 Korean Worship Dance (3L) 1:00 Computer Technology Clinic w/Derek - Korean/English (3CL) 2:00 Korean-American Art (4A)	8:00 Tai Chi (3AR) 9:00 Balance Exercise w/Cesar (P) 9:00 NEW! ESL-1/Vocabulary Class w/Mary (CL) 10:30 English Conversation w/Alice (3C) 1:00 Project H.A.N.D.S. (3C)	8:00 Tai Chi (3AR) 9:00 Zumba Gold w/Sara (P) 10:00 Korean Choir (4A)
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SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

1	2  Groundhog Day 1:30 pm Romeo + Juliet (1996) (3L) 	3 	4  Fruit Art Carving with Sophia 2:00 pm (Library)	5 	6  Valentine's Bingo 1:30 p.m. (Library) 	7 
8  Superbowl LX	9  1:30 pm My Fair Lady (1964) (3L)	10 10:00 a.m. Nail Shop w/Jacquie & Carlos Library 	11  Senior Care At Your PACE Health Lecture by KDAY PACE w/Dr. Rheem (in Korean) - 2:00 p.m. (3L)	12 	13 Valentine's Day Celebration & February Resident Birthday Party w/Tricia and Tracy - 2:00 p.m. (P) Sponsored by The Global Love Church	14 Valentine's Day 
15 	16  Presidents' Day 1:30 pm Breakfast at Tiffany's (1961) (3L) 	17  Lunar New Year begins Fat Tuesday / Mardi Gras	18 Ash Wednesday Health Lecture by Purpose Driven Mobile Physician (in Korean) - 2:00 p.m. (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF) 	19 	20 	21
22 	23  1:30 pm West Side Story (1961) (3L)	24 10:00 a.m. Nail Shop w/Jacquie & Carlos Library 	25 Korean Movie 감자 Potato (1968) 1:30 pm (3L) 	26  Lunar New Year Celebration w/DJ Ryan Sponsored by SoCalGas 1:30 p.m. (4A)	27 	28 
		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		
						



Lunar New Year Longevity Noodles with Garlic Shrimp
(2 - 3 Servings)

Lunar New Year Meaning:
Long noodles symbolize long life and good fortune

- Ingredients:
- 200 g long wheat noodles
 - 200 g shrimp, peeled
 - 2 cloves garlic, sliced
 - 1 tbsp soy sauce
 - 1 tbsp oyster sauce
 - 1 tsp sesame oil
 - 1 tbsp vegetable oil
 - Green onions (garnish)

Method:
Cook noodles. Stir-fry garlic in oil, add shrimp and cook until pink. Add sauces and noodles. Toss gently. Finish with sesame oil and green onions.



Fideos de la longevidad para el Año Nuevo Lunar con camarones al ajillo.
(2-3 porciones)

Significado del Año Nuevo Lunar:
Los fideos largos simbolizan la longevidad y la buena fortuna.

- Ingredientes:
- 200 g de fideos largos
 - 200 g de camarones pelados
 - 2 dientes de ajo en láminas
 - 1 cucharada de salsa de soja
 - 1 cucharada de salsa de ostras
 - 1 cucharadita de aceite de sésamo
 - 1 cucharada de aceite vegetal
 - Cebollín (decoración)

Preparación:
Cuece los fideos. Saltea el ajo en aceite, añade camarones hasta que estén rosados. Incorpora las salsas y los fideos. Termina con aceite de sésamo y cebollín..



农历新年长寿面配蒜蓉虾
(2-3人份)

农历新年寓意：
长面条象征长寿和好运。

材料:

- 长寿面 200克
- 虾 200克
- 大蒜 2瓣 (切片)
- 酱油 1汤匙
- 蚝油 1汤匙
- 香油 1茶匙
- 食用油 1汤匙
- 葱花 (装饰)



做法:

煮面。热油炒蒜片，加虾炒至变色。加入酱料和面条拌匀。淋香油，撒葱花。



설날을 맞아 마늘 새우를 곁들인 장수 국수
(2 3인분)

설날의 의미:
긴 면은 장수와 행운을 상징합니다.

재료:

- 긴 국수 200g
- 새우 200g
- 마늘 2쪽, 슬라이스
- 간장 1큰술
- 굴소스 1큰술
- 참기름 1작은술
- 식용유 1큰술
- 파 (고명)



조리법:

국수를 삶습니다. 팬에 기름과 마늘을 볶고 새우를 넣어 익힙니다. 양념과 국수를 넣어 가볍게 버무립니다. 참기름과 파로 마무리합니다.



Sangnok Villa

732 S. Bonnie Brae
Los Angeles, CA 90057

Call Us At
213-483-1192

TDD: (800) 545-1833 Ext. 359

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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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*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

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헤리티지 페이스

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집에서, 또는 센터에서 서비스를 받으실 수 있으며, 모든 것을 함께 도와드립니다.
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아프지 말라고 손 잡아주던 그날,
혼자가 아니라는 걸 알았어요.