

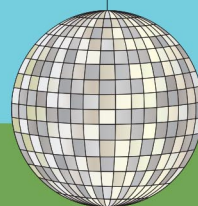


ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center



JANUARY 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)
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 Korean Folk Dance (4CAF)
10:15 Spanish Class w/Anthony (3C)



7:30 Kung Fu w/Angel (3L)
8:00 Tai Chi (3AR)
9:00 Move with Music (P)
1:00 Chinese Karaoke Club (4A)
1:30 Computer Technology
Clinic w/Derek (3CL)

7:30 Chinese Folk Dance w/Angel (3L)
8:00 Tai Chi (3AR)
9:00 ESL Class w/Mary (CL)
9:00 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)
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 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)
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)

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



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 New Year's Day



2



3

4

5

1:30 pm
Ocean's 11
(1960)
(3L)



6

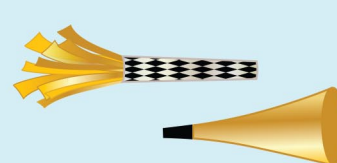
★ Auld Lang Syne ★

7



Fruit Art Carving with Sophia
2:00 pm (Library)

8



9

2026

10

11

12

1:30 pm
Casablanca
(1942)
(3L)



13

10:00 a.m.
Nail Shop
w/Jacque &
Carlos
Library



14



15

16

17



18



19

Martin Luther King Jr. Day



Senior Activity Center Closed

20



NEW YEAR'S
RESOLUTIONS

21

Health Lecture by
Purpose Driven Physician
(in Korean) - 2:00 p.m. (3L)



6:00 p.m. Chinese Resident
Birthday Party (4CAF)

22



New Year's Party &
Resident Birthday Party Celebration
w/DJ Ryan
1:30 p.m. (Activity Room)

23



24

25

26

1:30 pm
Selma
(2014)
(3L)



27

10:00 a.m.
Nail Shop
w/Jacque &
Carlos
Library



28

Korean Movie
감독: #황병국
Yadang: The Snitch
(2025)
1:30 pm (3L)



29



30

HAPPY
NEW YEAR!

31