



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



Fruit Art Carving w/Sophia
Wednesday, 1/7/26 at 2:00 p.m. (Library)

**New Year's Dance
& Resident's Birthday Party
w/DJ Ryan**
Thursday, 1/22/26 at 1:30 p.m. (Activity Room)

Health Lecture by Purpose Driven Physician
Wednesday, 1/24/26 at 2:00 p.m. (Library)

**January
Message**

"I love beginnings. If I were in charge of calendars, every day would be January 1."

~ Jerry Spinelli



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

THURSDAY,
JANUARY
22



**New Year's Dance
& Resident's Birthday Party
with DJ Ryan**

**1:30 p.m.
Activity Room**



**Dance, sing, and celebrate
the New Year while we
honor all our January
Resident Birthdays!**



NEW YEAR RESOLUTIONS FOR OLDER ADULTS

AT ANGELUS PLAZA

The New Year is a wonderful time for older adults to set small, meaningful goals that support health and happiness. Simple intentions—like staying active, being social, and trying new hobbies—can make a big difference.

At Angelus Plaza, we make it easy to keep your resolutions. Our Daily Activities offer gentle exercise, arts and crafts, music programs, social groups, and wellness classes. These activities help strengthen the body, lift the spirit, and keep the mind engaged.

Please check our Newsletter, Daily Activity Calendar on pages 6–7 and join our classes!

Every new year is a fresh opportunity to stay active, make new friends, and enjoy life’s small victories.



ANGELUS PLAZA 어르신들을 위한 새해 목표

새해는 어르신들이 건강과 행복을 위해 작고 의미 있는 목표를 세우기에 좋은 시기입니다. 매일 조금씩 걷기, 사람들과 교류하기, 새로운 취미를 시도해 보는 작은 실천들이 큰 변화를 가져올 수 있습니다.

Angelus Plaza에서는 이러한 목표들을 쉽게 실천할 수 있도록 다양한 데일리 액티비티를 제공하고 있습니다. 가벼운 운동, 공예, 음악 프로그램, 사회적 모임, 웰니스 수업 등이 어르신들의 활기찬 삶을 돕습니다.

6–7페이지의 데일리 액티비티 캘린더를 확인하시고, 꼭 참여해 보세요!
새해는 새로운 즐거움과 활력을 찾을 수 있는 또 하나의 기회입니다.

PROPÓSITOS DE AÑO NUEVO PARA PERSONAS MAYORES

EN ANGELUS PLAZA

El Año Nuevo es un excelente momento para que las personas mayores establezcan metas pequeñas y significativas que promuevan bienestar y felicidad. Mantenerse activo, socializar y explorar nuevos pasatiempos puede mejorar mucho la calidad de vida.

En Angelus Plaza, nuestras Actividades Diarias hacen que cumplir estos propósitos sea fácil y divertido. Ofrecemos ejercicio suave, manualidades, música, grupos sociales y clases de bienestar diseñadas para apoyar una vida activa y saludable.

Por favor consulte nuestro Calendario de Actividades Diarias en las páginas 6–7 y únase a nuestras clases. Cada nuevo año es una oportunidad para mantenerse activo, conocer nuevas personas y disfrutar cada día.

ANGELUS PLAZA 长者的新年目标

新的一年是长者为自己设定简单又有意义的小目标的好时机。无论是保持活动、增加社交、还是尝试新的兴趣，这些小行动都能带来积极变化。

在 Angelus Plaza, 我们的每日活动课程可以帮助您轻松实现这些目标。这里有轻运动、手工艺、音乐课程、社交活动和健康讲座, 让您的身心保持活力。

请查看第 6–7 页的每日活动日历, 欢迎参加我们的课程!

每一年都是继续成长、结交朋友、享受生活的好机会。

Memories in the Making!



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

NEW YEAR'S DAY RESOLUTIONS WORD SEARCH

EXERCISE
FAMILY
FINANCE
GOALS
GROWTH
HEALTH
HOBBIES
IMPROVEMENT
LEARN
PROGRESS
REFLECTIVE
SLEEP

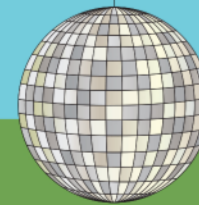


ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR
The Flight / Angelus Plaza Senior Activity Center



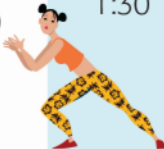
JANUARY 2026

All Activities Are Subject to Change.

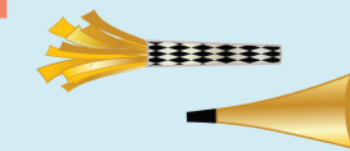
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



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) 
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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 	7  Fruit Art Carving with Sophia 2:00 pm (Library)	8 	9 	10 
11	12 1:30 pm Casablanca (1942) (3L) 	13 10:00 a.m. Nail Shop w/Jacquie & 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/Jacquie & Carlos Library 	28 Korean Movie 감독: #황병국 Yadang: The Snitch (2025) 1:30 pm (3L) 	29 	30  HAPPY NEW YEAR!	31



Asian-Fusion Winter Beef Stew

Ingredients:

- 1 lb beef stew meat
- 1 tbsp oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 tbsp fresh ginger, grated
- 2 carrots, sliced
- 2 potatoes, cubed
- 1 cup mushrooms, sliced
- 3 cups beef broth
- 2 tbsp soy sauce
- 1 tbsp oyster sauce (optional)
- 1 tsp sesame oil
- Green onions for garnish



Instructions:

1. Heat oil in a pot and brown the beef.
2. Add onion, garlic, and ginger; cook until fragrant.
3. Add carrots, potatoes, and mushrooms; stir to combine.
4. Pour in beef broth, soy sauce, and oyster sauce.
5. Simmer on low for 45–60 minutes until beef is tender.
6. Finish with a splash of sesame oil and garnish with green onions.

Estofado de Res de Invierno con Fusión Asiática

Ingredientes:

- 450 g de carne de res para estofado
- 1 cucharada de aceite
- 1 cebolla picada
- 3 dientes de ajo picados
- 1 cucharada de jengibre fresco rallado
- 2 zanahorias en rodajas
- 2 papas en cubos
- 1 taza de champiñones en rodajas
- 3 tazas de caldo de res
- 2 cucharadas de salsa de soya
- 1 cucharada de salsa de ostras (opcional)
- 1 cucharadita de aceite de sésamo
- Cebollines picados para decorar

Instrucciones:

1. Calienta el aceite en una olla y dora la carne de res.
2. Agrega la cebolla, el ajo y el jengibre; cocina hasta que desprendan aroma.
3. Añade las zanahorias, las papas y los champiñones; mezcla bien.
4. Vierte el caldo de res, la salsa de soya y la salsa de ostras.
5. Reduce el fuego y cocina a fuego lento durante 45–60 minutos, hasta que la carne esté suave.
6. Finaliza con un chorrito de aceite de sésamo y decora con cebollines.

1月食谱：亚洲融合风味冬季牛肉炖菜

材料:

- 炖牛肉 450克
- 食用油 1汤匙
- 洋葱 1个，切碎
- 大蒜 3瓣，切碎
- 生姜 1汤匙，磨碎
- 胡萝卜 2根，切片
- 土豆 2个，切块
- 香菇或蘑菇 1杯，切片
- 牛肉高汤 3杯
- 酱油 2汤匙
- 蚝油 1汤匙（可选）
- 香油 1茶匙
- 葱花（装饰用）



做法:

1. 锅中加油，将牛肉煎至表面微焦。
2. 加入洋葱、大蒜和生姜，炒至香味四溢。
3. 加入胡萝卜、土豆和蘑菇，翻炒混合。
4. 倒入牛肉高汤、酱油和蚝油，煮沸。
5. 转小火炖 45–60 分钟，直到牛肉变得软嫩。
6. 最后淋上少许香油，撒上葱花即可。게 나오면 완성입니다.

1월 레시피: 아시안 퓨전 겨울 소고기 스투

재료:

- 소고기 스투용 고기 450g
- 식용유 1큰술
- 양파 1개, 다진 것
- 마늘 3쪽, 다진 것
- 생강 1큰술, 간 것
- 당근 2개, 슬라이스
- 감자 2개, 깍둑썰기
- 버섯 1컵, 슬라이스
- 소고기 육수 3컵
- 간장 2큰술
- 굴소스 1큰술 (선택)
- 참기름 1작은술
- 대파, 고명용



조리 방법 :

1. 냄비에 기름을 두르고 소고기를 갈색이 될 때까지 볶습니다.
2. 양파, 마늘, 생강을 넣고 향이 날 때까지 볶습니다.
3. 당근, 감자, 버섯을 넣어 가볍게 섞어 볶습니다.
4. 육수, 간장, 굴소스를 넣고 끓입니다.
5. 약불로 줄여 45–60분 동안 고기가 부드러워질 때까지 끓입니다.
6. 마지막에 참기름을 살짝 넣고 대파를 고명으로 올려 완성합니다.



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

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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



아프지 말라고 손 잡아주던 그날,
혼자가 아니라는 걸 알았어요.

상담문의

888-804-1118

www.heritagepace.org

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

HeritAgePACE