



**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**

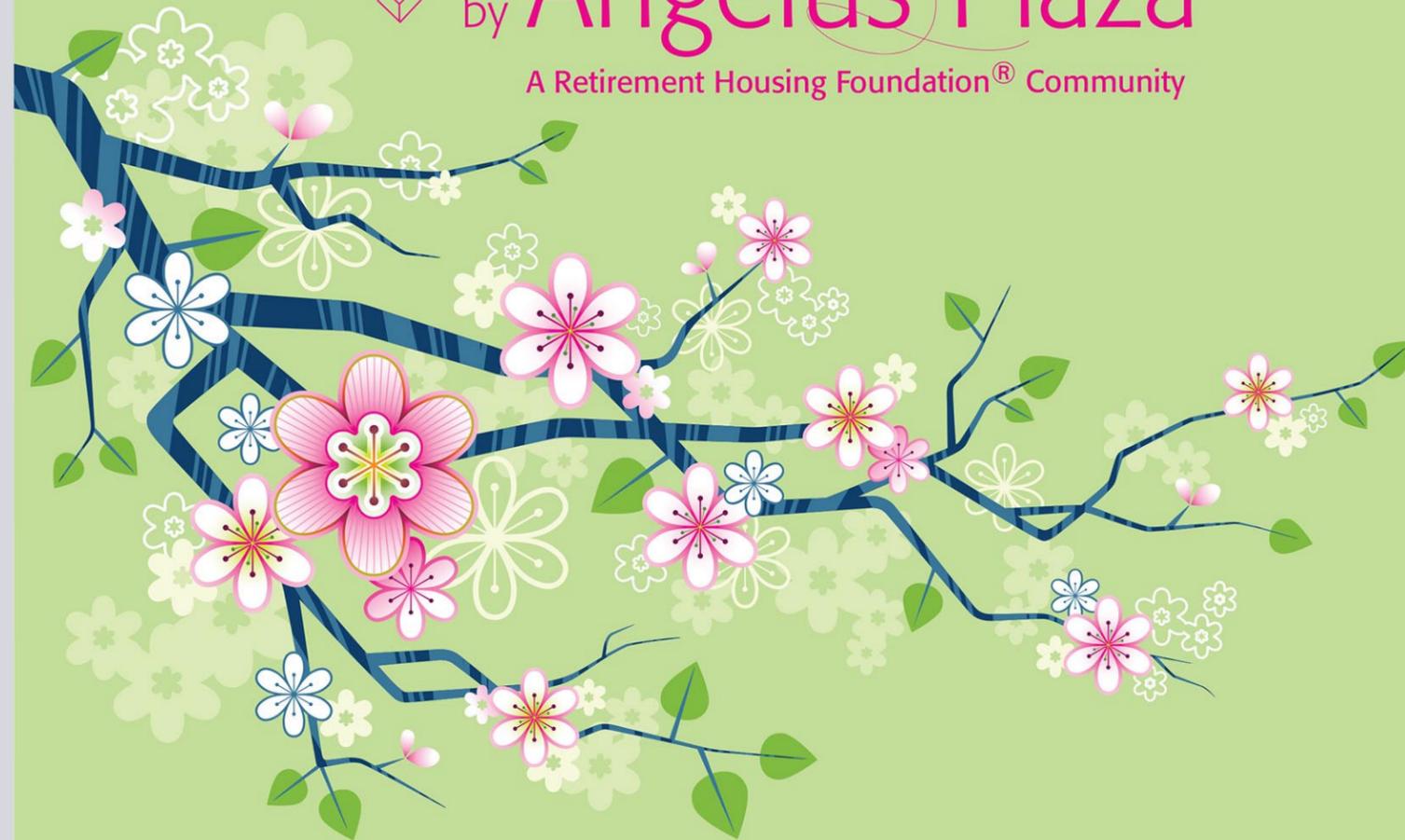
Retirement Housing Foundation does not discriminate on the basis of disability status in the admission or access, or treatment of employment in its federally assisted programs. The person named below has been designated to coordinate compliance with nondiscrimination requirements contained in the Department 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



### **Volunteers & Collaborators Meeting**

Tuesday, March 10, 2026 at 9:00 a.m. (Conference Room)

### **St. Patrick's Day Celebration & Resident Birthday Party w/DJ Ryan**

Sponsored by COWAY

Tuesday, March 17, 2026 at 1:30 p.m. (Promenade)

### **Health Lecture by Purpose Driven Mobile Physician**

(Korean)

Wednesday, March 18, 2026 at 2:00 p.m. (Library)

### **Art Appreciation**

Friday, March 20, 2026 at 1:00 p.m. (Library)

### **St. Patrick's Day Bingo**

Sponsored by Heritage PACE

Friday, March 27, 2026 at 2:00 p.m. (4th Floor Cafeteria)

## March Message

"March brings breezes loud and shrill,  
stirs the dancing daffodil."

~ Sara Coleridge

# Memories in the Making!



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



# Sangnok Villa

732 S. Bonnie Brae  
 Los Angeles, CA 90057

Call Us At  
**213-483-1192**

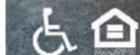
TDD: (800) 545-1833 Ext. 359

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## FIRST MONTH RENT FREE

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TUESDAY,  
MARCH  
**17**

## St. Patrick's Day Celebration & March Resident Birthday Party

with DJ Ryan  
(sponsored by COWAY)

Tuesday, March 17 at 1:30 p.m. (PROMENADE)

Dance, sing, and celebrate St. Patrick's Day while we honor all our March Resident Birthdays!

## CELEBRATING WOMEN WHO INSPIRE OUR COMMUNITY AT ANGELUS PLAZA

In honor of Women's History Month, Angelus Plaza proudly celebrates the women who inspire and strengthen our community every day. Through leadership, creativity, service, and cultural expression, they make Angelus Plaza a true place of belonging.

**Ms. Kim**, President of the Korean Association, exemplifies strong leadership and dedication to community advocacy. **Katy Fuld**, a devoted volunteer and Talent Show winner, brings joy, energy, and a spirit of service. **Ahn Muyng**, Line Dance Instructor, encourages confidence, movement, and connection.

Led by Sandy, the **Sunset Light Dance Team** inspires residents through teamwork and performance. **Bok Lim Kim**, Art Instructor, nurtures creativity and self-expression, while **Angel Wang**, instructor of Kung Fu and Chinese folk dance, promotes strength, balance, and cultural appreciation.

Together, these women make a difference every day. This Women's History Month, we proudly honor their contributions and thank them for inspiring our residents and community.

## CELEBRANDO A LAS MUJERES QUE INSPIRAN A NUESTRA COMUNIDAD EN ANGELUS PLAZA

En honor al Mes de la Historia de la Mujer, Angelus Plaza celebra a las mujeres que inspiran y fortalecen a nuestra comunidad cada día. A través de su liderazgo, creatividad, servicio y expresión cultural, hacen de Angelus Plaza un verdadero lugar de pertenencia.

Ms. Kim, presidenta de la Asociación Coreana, demuestra un firme liderazgo comunitario. Katy Fuld, voluntaria dedicada y ganadora del Talent Show, comparte alegría y espíritu de servicio. Ahn Muyng, instructora de baile en línea, promueve la confianza, el movimiento y la conexión.

El Sunset Light Dance Team, dirigido por Sandy, inspira a los residentes mediante el trabajo en equipo y las presentaciones. Bok Lim Kim, instructora de arte, fomenta la creatividad y la autoexpresión, mientras que Angel Wang, instructora de Kung Fu y danza folclórica china, promueve la fuerza, el equilibrio y la apreciación cultural.

Juntas, estas mujeres marcan una diferencia todos los días. Durante este Mes de la Historia de la Mujer, agradecemos y celebramos sus valiosas contribuciones.

## BE A PART OF THE ANGELUS PLAZA VOLUNTEER TEAM!

Looking for a fun and rewarding way to give back? Angelus Plaza is inviting friendly, enthusiastic volunteers to help brighten our community!

As a volunteer, you'll enjoy:

- Free coffee, copies, and more surprises
- Quarterly brunch gatherings with fellow volunteers
- Special recognition events with gifts to show our appreciation

**Students:** earn volunteer hours.

**Interns:** earn volunteer hours **plus a recommendation letter** for your university.

Make new friends, share your time, and help make Angelus Plaza a place where everyone feels at home. **Come join us—we'd love to have you!**

Sincerely, Senior Activity Team



## Valentine's Day Party



## 致敬激励安吉勒斯广场社区的女性

在妇女历史月期间，安吉勒斯广场自豪地庆祝每天激励并凝聚社区的杰出女性。她们通过领导力、创造力、服务精神和文化表达，让这里成为真正有归属感的家园。

韩裔协会会长 Ms. Kim (金女士) 展现了卓越的领导力和奉献精神。志愿者及才艺表演获奖者 Katy Fuld 为社区带来欢乐与活力。排舞老师 Ahn Muyng 鼓励自信、运动和交流。

由 Sandy 带领的 Sunset Light 舞蹈队 通过团队合作和表演激励居民。美术老师 Bok Lim Kim 培养创造力与自我表达，而教授功夫和中国民族舞的 Angel Wang 推动健康、平衡与文化欣赏。

这些女性每天都在创造积极的改变。妇女历史月之际，我们向她们的贡献致以诚挚的感谢。

## 엔젤러스 플라자 지역사회를 감동시키는 여성들

여성 역사의 달을 맞아 엔젤러스 플라자는 매일 지역사회를 격려하고 강화하는 여성들을 자랑스럽게 기념합니다. 이들은 리더십, 창의성, 봉사, 문화적 표현을 통해 엔젤러스 플라자를 진정한 공동체로 만들고 있습니다.

한인회 회장인 \*\*김 여사(Ms. Kim)\*\*는 헌신적인 리더십으로 공동체를 이끌고 있습니다. 자원봉사자이자 탤런트 쇼 우승자인 \*\*케이티 폴드(Katy Fuld)\*\*는 기쁨과 봉사의 정신을 나눕니다. 라인댄스 강사 \*\*안명(Ahn Muyng)\*\*은 자신감과 소통을 장려합니다.

\*\*샌디(Sandy)\*\*가 이끄는 선셋 라이트 댄스팀은 협력과 공연을 통해 주민들에게 영감을 줍니다. 미술 강사 \*\*복림 김(Bok Lim Kim)\*\*은 창의성과 자기 표현을 키워주며, 쿵푸와 중국 민속무용을 가르치는 \*\*엔젤 왕(Angel Wang)\*\*은 건강과 문화적 이해를 증진시킵니다.

이 여성들은 매일 의미 있는 변화를 만들어가고 있습니다. 여성 역사의 달을 맞아, 우리는 이들의 공헌에 감사드립니다.



## LA's Health and Wellness Partner

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



**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 (304) 9:00 Yoga & Meditation w/Cesar (3L) 10:00 Korean Folk Dance (4CAF) 10:00 <b>NEW!</b> Zumba Gold w/Natalie (P) 10:15 Spanish Class w/Anthony (3C) 2:00 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 ESL-1 Class w/Mary (CL) 9:00 Yoga & Meditation w/Cesar (3L) 10:15 Spanish Class w/Anthony (3C) 11:00 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 Strength & Stretch w/Cesar (P) 10:00 Guitar Class w/Andy (4A) 10:00 <b>NEW!</b> Zumba w/Natalie (P) 12:00 Korean Folk Dance (3L) 1:00 Korean Worship Dance (3L) 1:30 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 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) 2:00 <b>NEW!</b> Ukelele Class w/David (4A)
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**SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER**

1	2 1:30 pm <i>Hidden Figures</i> (2016) (3L)	3 	4  Fruit Art Carving with Sophia 2:00 pm (Library)	5 	6 	7 
8 Daylight Savings Time Begins	9 1:30 pm <i>The Quiet Man</i> (1952) (3L)	10  Volunteers & Collaborators Meeting 9:00 a.m. (Conference Room)	11 	12 	13	14 
15	16 1:30 pm <i>The Luck of the Irish</i> (1948) (3L)	17 <b>St. Patrick's Day</b>  St. Patrick's Day Celebration & March Resident Birthday Party (P) w/DJ Ryan-1:30 p.m. Sponsored by COWAY	18 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 Art Appreciation 1:00 pm (Library)	21
22	23 1:30 pm <i>The Secret Garden</i> (2020) (3L)	24 10:00 a.m. Nail Shop w/Jacquie & Carlos Library	25 Korean Movie <i>사람과 고기</i> <i>People and Meat</i> (2025) 1:30 pm (3L)	26 	27  St. Patrick's March Bingo Sponsored by Heritage PACE 2:00 pm (4CAF)	28 
29 Palm Sunday	30 1:30 pm <i>Pan's Labyrinth</i> (2006) (3L)	31 	<b>LOCATION KEY</b> (3SAC) Senior Activity Center (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room		<b>LOCATION KEY Cont.</b> (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (P) Promenade Deck	



**BON APÉTIT**

RECIPE BY  
**CHEF ANDY**  
BUILDING A MANAGER

**Easy St. Patrick's Day Recipe:  
Colcannon with Irish Sausage**

**Ingredients:**

- 4-5 medium potatoes, peeled and chopped
- 2 tablespoons butter
- 1/2 cup milk
- 1 cup chopped green cabbage or kale
- 8-10 oz Irish sausage (or any mild sausage), sliced
- Salt and pepper to taste
- Optional: chopped green onions or parsley

**Instructions:**

1. Boil potatoes in salted water until soft (15-20 minutes).
2. In a skillet, cook sausage slices until browned and heated through. Set aside.
3. In the same skillet, sauté cabbage or kale with a little butter until tender.
4. Drain potatoes and mash with butter and milk until smooth.
5. Stir in the cooked greens and sausage.
6. Season with salt and pepper. Garnish with green onions or parsley.

**Serving Tip**

Serve warm as a complete meal or as a side dish with soda bread.

**Receta Fácil para el Día de San Patricio:  
Colcannon con Salchicha Irlandesa**

**Ingredientes:**

- 4-5 papas medianas, peladas y cortadas en cubos
- 2 cucharadas de mantequilla
- 1/2 taza de leche
- 1 taza de repollo o col rizada, picado
- 225-280 g de salchicha irlandesa (o cualquier salchicha suave), en rodajas
- Sal y pimienta al gusto
- Opcional: cebollas verdes o perejil picado

**Instrucciones**

1. Hervir las papas en agua con sal hasta que estén suaves (15-20 minutos).
2. En una sartén, cocinar las rodajas de salchicha hasta que estén doradas y bien cocidas. Reservar.
3. En la misma sartén, saltear el repollo o la col rizada con un poco de mantequilla hasta que esté tierno.
4. Escurrir las papas y hacer puré con mantequilla y leche hasta que quede suave.
5. Mezclar las verduras y la salchicha cocida.
6. Sazonar con sal y pimienta. Decorar con cebollas verdes o perejil si se desea.

**Consejo de servicio**

Servir caliente como plato principal o como acompañamiento con pan de soda.

**简单圣帕特里克节食谱：爱尔兰香肠土豆菜  
(Colcannon)**

**材料:**

- 中等土豆 4-5个，去皮切块
- 黄油 2汤匙
- 牛奶 1/2杯
- 青白菜或羽衣甘蓝 1杯，切碎
- 爱尔兰香肠 225-280克 (或任何温和香肠)，切片
- 盐和胡椒适量
- 可选：切碎的葱或欧芹



**做法:**

1. 将土豆放入盐水中煮至软 (约15-20分钟)。
2. 平底锅中煎香肠片至金黄熟透，备用。
3. 同一锅中加入少量黄油，炒熟青白菜或羽衣甘蓝至柔软。
4. 将土豆沥水后加入黄油和牛奶，捣成泥。
5. 加入炒好的蔬菜和香肠，混合均匀。

**食用建议:**

趁热享用，可作为主菜或搭配苏打面包的配菜。

**쉬운 세인트 패트릭 데이 레시피: 아이리시 소시지 콜캐넌**

**재료:**

- 감자 4-5개, 껍질 벗기고 깍둑썰기
- 버터 2큰술
- 우유 1/2컵
- 양배추 또는 케일 1컵, 다진 것
- 아이리시 소시지 225-280g (또는 순한 소시지), 슬라이스
- 소금과 후추 적당량
- 선택 사항: 다진 파나 파슬리



**만드는 법:**

1. 감자를 소금물에 넣고 부드러워질 때까지 삶는다 (15-20분).
2. 팬에 소시지 슬라이스를 갈색이 날 때까지 익힌 후 따로 둔다.
3. 같은 팬에 버터 약간을 넣고 양배추나 케일을 부드러워질 때까지 볶는다.
4. 감자를 물기를 빼고 버터와 우유를 넣어 부드럽게 으갠다.
5. 익힌 채소와 소시지를 넣고 섞는다.
6. 소금과 후추로 간을 하고, 원하면 다진 파나 파슬리로 장식한다.

**서빙 팁:**

따뜻하게 바로 내거나, 아이리시 소다 브레드와 함께 반찬으로 제공하면 좋습니다.



**PURPOSE DRIVEN MOBILE PHYSICIAN**

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



## 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 2<sup>nd</sup> Floor of Administration Building

**Business Hours**  
9:30 AM-6:00 PM (Monday-Friday)  
Tel: (213) 680-2000

# 올리브힐 약국

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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

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

**상담문의**

888-804-1118  
www.heritagepace.org





아프지 말라고 손 잡아주던 그날,  
혼자가 아니라는 걸 알았어요.