



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

Cinco de Mayo Social

Tuesday, May 5, 2026 at 2:00 p.m.

Sponsored by Hyzen in the Koreatown Galleria
(Activity Room)

Health Talk w/Welbe Health (Chinese)

Wednesday, May 13, 2026 at 2:00 p.m. (Library)

**Mother's Day & May Birthday
Celebration w/Mike & Mandy**

Sponsored by Anthem Blue Cross
& Seoul Medical Group

Thursday, May 14, 2026 at 2:00 p.m.
(Promenade)

**Health Lecture by Purpose Drive
Mobile Physician**

Wednesday, May 20, 2026 at 2:00 p.m. (Library)

API Festival with D.J. Ryan

Sponsored by Welbe Health & LA Hope Church

Thursday, May 28, 2026 at 1:30 p.m. (Promenade)

May Message

"Only mothers can think of the future because
they give birth to it in their children."

~ Maxim Grosky



Welcome the new Président and Vice Président of our Chinese Residents' Club: ~ Katy Fuld (Président) & Anne Hall (Vice Président)

Anne Hall & Katy Fuld

Let's give a warm welcome to the new leadership of our **Chinese Residents' Club** – **Katy Fuld, President, and Anne Hall, Vice President!**

We would also like to extend **our heartfelt thanks to Mr. Wai Bun Ng, our former President**, for his many years of dedication, support, and care for the community. His contributions have truly made a lasting impact.

Katy Fuld and Anne Hall were elected by our Chinese Residents' Club for these roles because of their kindness, strong sense of responsibility, and genuine commitment to others. Many of us already know them as dependable individuals who consistently give their best, and we are excited to see them continue serving our residents in their new positions.

We are delighted to have Katy as President and Anne as Vice President, and we look forward to their leadership and continued positive influence in our community.

CINCO DE MAYO

Ole! It's Cinco de Mayo!

Join us for our **Cinco de Mayo Social**
Sponsored by **HYZEN**
in the **Koreatown Galleria**
Tuesday, May 5, 2026
2:00 p.m. - Activity Room

Come dance, enjoy some coffee and delicious churros, and spend time with friends and neighbors. All are welcome ~ we'd love to see you there!

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.

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

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THURSDAY MAY 14

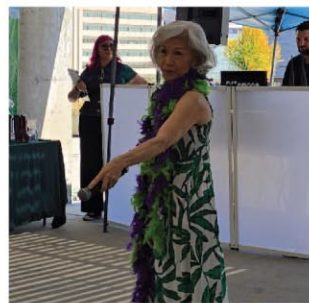
Mother's Day & May Birthday Celebration

with Mike & Mandy
Sponsored by
Anthem Blue Cross & Seoul Medical Group

Thursday, May 14, 2026 at 2:00 p.m. Promenade



Memories in the Making!



THURSDAY, MAY 28
1:30 PM PROMENADE

API FESTIVAL

WITH DJ RYAN

Featuring
LION DANCERS
RAFFLE PRIZES
FREE FOOD

Bring your friends and neighbors!
Everyone is welcome!

SPONSORED BY WELBE HEALTH & LA HOPE CHURCH

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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) 10:00 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) 10:00 NEW! Zumba w/Candace (P) 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 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) 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

31 LOCATION KEY (3SAC) Senior Activity Center (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room	31 LOCATION KEY Cont. (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (P) Promenade Deck	1 	2
3 	4 1:30 pm <i>Cheaper by the Dozen</i> (2003) (3L) 	5 Cinco de Mayo Cinco de Mayo Social - 2:00 p.m. Sponsored by HYZEN in the Koreatown Galleria (3AR)	6 Fruit Art Carving with Sophia 2:00 pm (Library)
10 Mother's Day 	11 1:30 pm <i>Since You Went Away</i> (1944) (3L) 	12 10:00 a.m. Nail Shop w/Jacquie & Saylah Library 	13 Health Talk with Welbe Health (in Chinese) 2:00 p.m. (3L)
17 	18 1:30 pm <i>The Miniver Story</i> (1950) (3L) 	19 API Rehearsal w/DJ Ryan 1:00 p.m. Promenade	14 Mother's Day & May Birthday Party Celebration w/Mike & Mandy Sponsored by Anthem Blue Cross & Seoul Medical Group / 2:00 p.m. (Promenade)
24 	25 Memorial Day Holiday SAC Closed No Movie Today 	20 6:00 p.m. Chinese Resident Birthday Party (4CAF)	15 22 Tropical Bingo Sponsored by CBAS 2:00 p.m. (4CAF)
27 Korean Movie <i>하트맨 Heart Man</i> (2026) 1:30 pm (3L) 	26 10:00 a.m. Nail Shop w/Jacquie & Saylah Library 	21 API Festival w/DJ Ryan Sponsored by Welbe Health & LA Hope Church 1:30 p.m. Promenade	16
30 	27 Korean Movie <i>하트맨 Heart Man</i> (2026) 1:30 pm (3L) 	28 API Festival w/DJ Ryan Sponsored by Welbe Health & LA Hope Church 1:30 p.m. Promenade	23



Pancit (Filipino Noodles) - Philippines

Serves 4

Ingredients:

- 8 oz (about 225g) rice noodles
- 1 lb chicken or pork (thinly sliced)
- 2 cups mixed vegetables (carrots, cabbage, green beans)
- 3-4 tbsp soy sauce
- 2 tbsp oil

Steps:

1. Soak noodles in warm water until soft, then drain
2. Heat oil and cook meat until fully done
3. Add vegetables and cook until slightly tender
4. Add noodles + soy sauce
5. Toss and cook until everything is well mixed and heated through

Tip:

Serve with lemon or calamansi on the side for extra flavor.



Pancit (Fideos Filipinos) - Filipinas

(Para 4 personas)

Ingredientes:

- 225 g de fideos de arroz
- 1 libra de pollo o cerdo (en tiras finas)
- 2 tazas de verduras mixtas (zanahoria, repollo, ejotes)
- 3-4 cucharadas de salsa de soya
- 2 cucharadas de aceite

Preparación:

1. Remoja los fideos en agua tibia hasta que estén suaves
2. Calienta el aceite y cocina la carne hasta que esté bien cocida
3. Agrega las verduras y cocina hasta que estén ligeramente tiernas
4. Añade los fideos y la salsa de soya
5. Mezcla bien y cocina hasta que todo esté caliente

Consejo:

Sirve con limón o calamansi para un mejor sabor.

菲律宾炒米粉 (Pancit) – 菲律宾

(4人份)

材料:

- 225克米粉
- 1磅鸡肉或猪肉 (切薄片)
- 2杯混合蔬菜 (胡萝卜、卷心菜、四季豆)
- 3-4汤匙酱油
- 2汤匙食用油

步骤:

1. 将米粉用温水浸泡至变软，然后沥干
2. 加热油，放入肉类炒至全熟
3. 加入蔬菜，炒至稍微变软
4. 加入米粉和酱油
5. 翻炒至所有材料均匀混合并加热透

步骤:

食用时可搭配柠檬或卡拉曼西 (菲律宾青柠)，风味更佳



판식 (필리핀 볶음면) – 필리핀

(4인분)

재료:

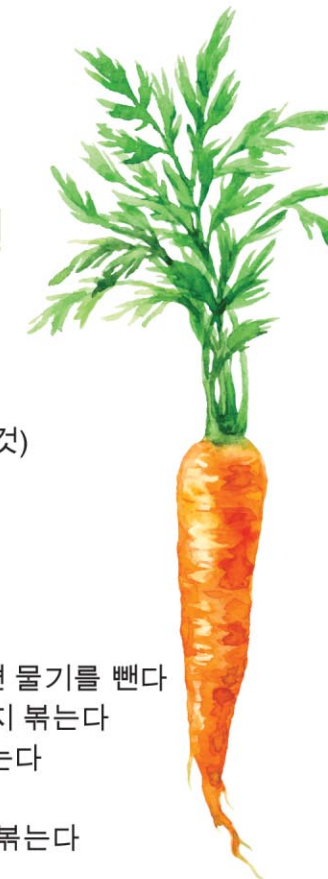
- 쌀국수 225g
- 닭고기 또는 돼지고기 1파운드 (얇게 썬 것)
- 혼합 채소 2컵 (당근, 양배추, 그린빈)
- 간장 3~4큰술
- 식용유 2큰술

조리 방법:

1. 쌀국수를 따뜻한 물에 불려 부드러워지면 물기를 뺀다
2. 기름을 두르고 고기를 완전히 익을 때까지 볶는다
3. 채소를 넣고 살짝 부드러워질 때까지 볶는다
4. 면과 간장을 넣는다
5. 모든 재료가 잘 섞이고 따뜻해질 때까지 볶는다

팁:

레몬이나 칼라만시를 곁들이면 더욱 맛있어요



PURPOSE DRIVEN MOBILE PHYSICIAN

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




Kday_NP003_KR (모델은 실제 가족 사진이 아닙니다.)

부모님을 위한 또 하나의 가족

가족 중에 의사가 있으면 부모님이 더 건강하시다는 이야기...
이제 우리집 이야기입니다.

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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

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)
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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





나성소망교회



예배시간: 주일 오전 11시

예배장소: (본관 4층)
255 S. Hill St. #401
Los Angeles, CA 90012

마스크를 착용하고 거리두기를 하면서 예배할 것입니다

213.550.7377

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섬김 프로그램

1. **자연밥상:** 주일 예배 후
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. **무료안방의료봉사:** 매달 첫 주일 1-3PM
경산한의과대학병원 원장과 기독교한의사 협회
3. **기타교실(Guitar Class):**
목 10:30-11:30AM, 주일 2-3PM
정신건강과 치매예방에 넘버원!
4. **엔젤스합창단(Choir):** 수, 주일 1:00-2:00PM
5. **나성소망한국학교:** 매 주일 오후
1,2,3세 토탈 교육 현장 - 한국어, 영어, 수학, 스토리텔링, 음악, 미술

부속기관

소망수양관
3270 N. Mountain Springs Rd., Pinon Hills, CA 92372 | 213.500.7013

갈릴리 신학대학
255 S. Hill St. #401, Los Angeles, CA 90012 | 213.746.1004

메디케어 65세 이상 신규 가입 및 상담

MEDICARE OPTIONS



- 65세 메디케어 신청 도움이 필요하신분 도와드립니다.
- PART B 보험료 절약 프로그램을 알려드립니다.
- 만성질환 있으신분 맞춤형 플랜 찾아드립니다.
- 치과치료, 안경, 보청기, 침술 치료 필요하신분
- 골프, 탁구, 헬스클럽 등의 혜택이 필요하신분

줄리아 리 Julia W. Lee

Cell: **213.808.2006**
E-mail: Juliawon0713@gmail.com CA Lic. #4095589
4055 Wilshire Blvd. #321, Los Angeles, CA 90020

건강에 관련하여 필요한 혜택을 찾아서 성심성의껏 도와 드리겠습니다.