



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

Resident's Birthday Party w/Tricia and Tracy
Friday, August 7, 2026 at 2:00 p.m.
Promenade

Sound Bath with Welbe Health
Wednesday, August 12, 2026 at 2:00 p.m.
Library

25th Annual Senior Talent Show w/DJ Ryan
Sponsored by PIH Health
Friday, August 21 at 1:30 p.m.
4th Floor Auditorium

August Message

**"Use what talents you possess; the woods would be very silent
if no birds sang there except those that sang best."**

~ Henry Van Dyke

Angelus Plaza
Senior Activity Center
Presents:
25th
Annual Senior Talent Show

Sponsored by 

FRIDAY, AUGUST 21, 2026 at 1:30P.M
4TH FLOOR AUDITORIUM

Talent Show Prizes
1st Place Grand Prize-\$800
2nd Place-\$600
3rd Place-\$350
4th Place-\$250

제25회 시니어 탤런트 쇼. 21일 금요일 오후 1시 30분, 4층에서 열립니다. 시니어들을 위한 다양한 쇼를 즐겨보세요. 과연 누가 최우수상을 차지하게 될까요? 네 명의 수상자가 있습니다.

El 25.º Concurso Anual de Talentos para Personas Mayores. Viernes, Agosto 21 a la 1:30 p. m. en el 4.º piso. Disfrute de un espectáculo de variedades a cargo de personas mayores. ¿Quién se llevará el gran premio? Habrá cuatro ganadores.

第25届年度老年才艺表演。21日星期五下午1:30，四楼。敬请欣赏一场专为老年人打造的综艺节目。谁将捧走大奖？共有四位获奖者。



Sangnok Villa

732 S. Bonnie Brae
Los Angeles, CA 90057

Call Us At
213-483-1192
TDD: (800) 545-1833 Ext. 359

Affordable Housing in the Heart of Koreatown

NOW LEASING

FIRST MONTH RENT FREE

- 1 Bedroom Apartments
- Utilities Included
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- On-Site Laundry
- Korean Manager On-Site

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.

GOLDEN GROOVERS WITH RICK & KATY

Monday (3AR): 4:00 - 5:00 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 - 7:45 a.m. / 9:00 - 10:45 a.m.
4:30 - 8:00 p.m.
Saturday, Sunday (3AR):
6:00 - 7:45 a.m. / 9:00 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

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

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

LOVE FIRST CHURCH

Sunday - 11:00 a.m. - 12:30 p.m.
245 South Hill Street
1st Floor Community Room

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

Angelus Plaza
Senior Activity Center

Resident
Birthday
Celebration

with
Tricia and Tracy

Friday, August 7th
at 2pm
On the Promenade

August is National Family Fun Month

August is National Family Fun Month, a great time to enjoy simple moments together. Go for a walk, have a picnic, cook a meal, play games, or watch a movie. Spending quality time with family reduces stress, improves communication, strengthens relationships, and creates lasting memories. Make time to laugh, connect, and have fun this month!

八月是全國家庭娛樂月

庭欢乐月 八月是全国家庭欢乐月，是与家人共度美好时光的好机会。一起散步、野餐、做饭、玩游戏或看电影。与家人共度高质量时光可以减轻压力、改善沟通、增进感情，并创造美好的回忆。这个月，抽出时间一起欢笑、交流，享受家庭乐趣吧！



Agosto es el Mes Nacional de la Diversión Familiar

Mes Nacional de la Diversión en Familia Agosto es el Mes Nacional de la Diversión en Familia, un momento perfecto para disfrutar de los pequeños momentos juntos. Salgan a caminar, hagan un picnic, cocinen, jueguen o vean una película. Pasar tiempo de calidad en familia reduce el estrés, mejora la comunicación, fortalece los lazos y crea recuerdos inolvidables. ¡Este mes, hagan tiempo para reír, compartir y divertirse juntos!

8월은전국 가족 나들이의 달입니다

전국 가족 즐거움의 달 8월은 전국 가족 즐거움의 달입니다. 가족과 함께 소중한 시간을 보내기에 좋은 시기입니다. 산책을 하거나, 피크닉을 즐기고, 함께 요리하거나, 게임을 하거나,

영화를 보세요. 가족과 함께하는 시간은 스트레스를 줄이고, 의사소통을 향상시키며, 가족 간의 유대를 강화하고, 오래도록 기억에 남을 추억을 만들어 줍니다. 이번 달에는 함께 웃고, 소통하며, 즐거운 시간을 보내세요!

Memories in the Making!



Family Fun Word Search

BEACH
BONDING
FAMILY
FUN
GAMES
LAUGHTER
SUMMER
TOGETHER
TRADITIONS

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

LA's Health and Wellness Partner

Let us care for all your medical needs.

PIH HEALTH GOOD SAMARITAN HOSPITAL

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FOR OVER 140 YEARS



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 Zumba Gold w/Ana (P) 2:00 Computer & AI Class w/Rick Chang - Chinese/English (3CL) 4:00 Golden Groovers w/Rick & Katy (3AR)	7:30 Kung Fu w/Angel (3L) 8:00 Tai Chi (3AR) 9:00 Move with Music w/Cesar (3AR) 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 Zumba w/Candace (P) 10:00 New! Spanish for Beginners w/Cesar (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 (3AR) 10:00 Guitar Class w/Andy (4A) 10:00 Zumba w/Ana (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 (3AR) 10:30 English Conversation w/Alice (3C) 1:00 Project H.A.N.D.S. (3C)	8:00 Tai Chi (3AR) 9:00 Zumba w/Ana 10:00 Korean Choir (4A)
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SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

30	31	1:30 pm <i>Gigi</i> (1958) (3L)		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				
2	3	1:30 pm <i>Viva Las Vegas</i> (1964) (3L)		4	5	 Fruit Art Carving with Sophia 2:00 pm (Library)	6	7	 BIRTHDAY Resident Birthday Party w/Tricia and Tracy 2:00 p.m. (Promenade)	8	
9	10	1:30 pm <i>Paris When It Sizzles</i> (1964) (3L)		11	12	10:00 a.m. Nail Shop w/Jacquie & Saylah (Library)  1:00 p.m. Talent Show 1st Rehearsal (4A)	 Welbe Health Sound Bath with Welbe Health 2:00 p.m. (3L)	13	14	 SUMMER	15
16	17	1:30 pm <i>Swing Time</i> (1936) (3L)		18	19	1:00 p.m. Talent Show Final Rehearsal w/DJ Ryan(4A) 	 6:00 p.m. Chinese Resident Birthday Party (4CAF)	20	21	 25th Annual Senior Talent Show w/DJ Ryan Sponsored by PIH Health 1:30 p.m. (4A) 	22
23	24	1:30 pm <i>Crazy on the Outside</i> (2010) (3L)		25	26	10:00 a.m. Nail Shop w/Jacquie & Saylah Library 	Korean Movie 내 이름은 <i>My Name</i> (2026) 1:30 pm (3L) 	27	28		29
											



One-Pan Chicken Sausage & Veggies

Ingredients:

- 4 chicken sausages, sliced
- 2 zucchini, sliced
- 1 bell pepper, chopped
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- Italian seasoning, salt & pepper

Instructions:

1. Heat oven to 425°F (220°C).
2. Toss everything with oil and seasonings.
3. Bake 20–25 minutes, stirring once.
4. Serve with rice, pasta, or bread.



Salchichas de pollo con verduras al horno

Ingredientes:

- 4 salchichas de pollo, en rodajas
- 2 calabacines, en rodajas
- 1 pimiento, picado
- 1 taza de tomates cherry
- 2 cucharadas de aceite de oliva
- Condimento italiano, sal y pimienta

Instrucciones:

1. Precalienta el horno a 220°C.
2. Mezcla todo con el aceite y los condimentos.
3. Hornea de 20 a 25 minutos, removiendo una vez.
4. Sirve con arroz, pasta o pan.



一盘烤鸡肉香肠蔬菜

食材:

- 鸡肉香肠 4 根 (切片)
- 西兰花 2 杯
- 甜椒 1 个 (切块)
- 西葫芦 1 个 (切片)
- 洋葱 1 个 (小, 切块)
- 土豆 2 杯 (对半切)
- 橄榄油 2 汤匙
- 蒜粉 1 茶匙
- 红椒粉 1 茶匙
- 意式香料 1 茶匙
- 盐 ½ 茶匙、黑胡椒 ¼ 茶匙

做法:

将所有食材与橄榄油和调料拌匀, 放入 220°C 烤箱烤 30–35 分钟, 中途翻拌一次。



원팬 닭 소시지 & 채소

재료:

- 닭 소시지 4개(슬라이스)
- 브로콜리 2컵
- 파프리카 1개(작은)
- 애호박 1개(슬라이스)
- 작은 양파 1개(썰기)
- 감자 2컵(반으로 자르기)
- 올리브오일 2큰술
- 마늘가루 1작은술
- 파프리카가루 1작은술
- 이탈리아 시즈닝 1작은술
- 소금 ½작은술, 후추 ¼작은술

조리법:

모든 재료를 오일과 시즈닝에 버무린 뒤 220°C 오븐에서 30~35분 굽고 중간에 한 번 섞어주세요.

Angelus Plaza Senior Activity Center

Wellness with **Welbe Health**

SOUND BATH healing

Sound Bath Healing – August 12, 2:00 PM, Library
Join us for a relaxing Sound Bath Healing session.

声音疗愈
8月12日 下午2:00, 图书馆
欢迎参加这场令人放松、舒缓身心的声音疗愈活动。

사운드 베스 힐링
8월 12일 오후 2시, 도서관
편안한 사운드 베스 힐링 세션에 함께해 보세요.

Sesión de sanación con baño de sonido
12 de agosto a las 2 p. m., en la biblioteca
Acompáñenos en una relajante sesión de sanación con baño de sonido.

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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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



나성소망교회



담임목사: 김재울

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

www.lahopecchurch.com

섬김 프로그램

1. **자연밥상**: 주일 예배 후
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. **무료한방의료봉사**: 매달 첫 주일 1-3PM
경산한의원대학병원 원장과 기독한의사 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 토달 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

Advertising Rates for Space

Please call Kira at

(213) 623-4352,

EXT. 4025

for more details!