



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

Independence Day & Resident Birthday
Celebration with DJ Ryan
Thursday, July 2, 2026 at 1:30 p.m.
Promenade

Wellness Workshop w/Esther
by Through Peace
Thursday, July 9 at 1:30 p.m.
Promenade

Art Appreciation Day
Friday, July 17, 2026 at 1:30 p.m. (Library)

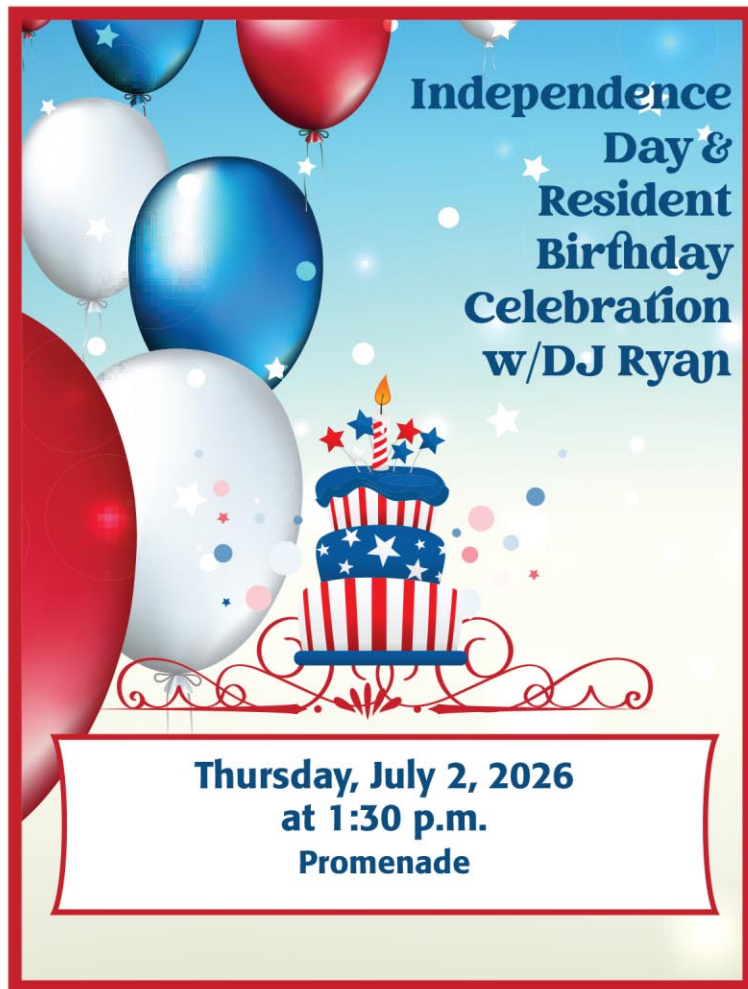
Bingo with CBAS
Thursday, July 23, 2026 at 2:00 p.m.
(4th Floor Cafeteria)

Movie Night Under the Stars
Movie: *Roman Holiday*
July 24, 2026 at 4:00 p.m. (Library)

July Message

"Liberty, when it begins to take root, is a plant of rapid growth"

~ George Washington



Independence Day & Resident Birthday Celebration w/DJ Ryan

Thursday, July 2, 2026 at 1:30 p.m. Promenade



through peace

wellness day

THURSDAY, JULY 9TH

1:30PM-3:30PM

ANGELUS PLAZA PROMENADE
255 S HILL ST, 90012

Flower Pot Planting
화분 심기
Siembra en maceta
花盆种植

Chair Yoga
의자 요가
Yoga en silla
椅子瑜伽

Arts & Crafts
미술 공예
Manualidades
手工艺术

Join us for a day to care for our minds and bodies. Refreshments will be provided! Everyone is welcome!

다과가 제공됩니다! ¡Habrà refrigerios! 提供茶点!



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
- No Application Fees
- 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.

Spiritual Services at Angelus Plaza

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



Art Appreciation Day

Friday, July 17

1:30 p.m. in Library

"A work of art which did not begin in emotion is not art."

25th Annual Senior Talent Show

Calling All Talent!

Please Sign Up Now! (Use Sign Up Sheet Below)

REHEARSALS:
1ST REHEARSAL:
 Tuesday, August 11
 at 1:00 p.m. -
 4th Floor Auditorium
2ND MANDATORY REHEARSAL (with DJ Ryan):
 Tuesday, August 18
 at 1:00 p.m.
 4th Floor Auditorium

REGISTRATION IS NOW OPEN!

Sign up by July 23 at the Activities Desk in the Senior Activity Center, 3rd Floor, with Saylah in person or by phone at (213) 623-4352, ext. 4011.

PIH HEALTH

AUGUST 21 2026
FRIDAY 1:30 PM

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

Memories in the Making!



Sponsoring Agency:



SENIOR TALENT SHOW 2026 REGISTRATION FORM

**ALL REGISTRATION FORMS MUST BE RECEIVED
 BY THURSDAY, JULY 23, 2026**

MAIL OR RETURN TO:

ANGELUS PLAZA SENIOR ACTIVITY CENTER
 255 South Hill St., Los Angeles, CA 90012
 Attention: Saylah, Program Assistant

Name: _____
 (Please print name)

Address: _____

Phone #: _____

Name of Song or Dance: _____

Music Format (Please circle):

CD YouTube Link USB Other

Please send link to Kira.Boonyaratsuntron@rhf.org

Performance Duration (4 minutes or less) _____

Memories in the Making!



LA's Health and Wellness Partner

Let us care for all your medical needs.

PIH HEALTH GOOD SAMARITAN HOSPITAL

CARING FOR THE COMMUNITY
 FOR OVER 140 YEARS



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














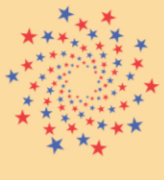















SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

DAILY ACTIVITY CLASSES - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

<p>8:00 Tai Chi (3AR) 10:00 Angelus Plaza Choir (4A)</p> 	<p>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/Natalie (P) 2:00 Computer & AI Class w/Rick Chang - Chinese/English (3CL) 4:00 Golden Groovers w/Rick & Katy (3AR)</p> 	<p>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)</p>	<p>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) 10:15 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)</p>	<p>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)</p> 	<p>8:00 Tai Chi (3AR) 9:00 Balance Exercise w/Cesar (P) 10:30 English Conversation w/Alice (3C) 1:00 Project H.A.N.D.S. (3C)</p> 	<p>8:00 Tai Chi (3AR) 9:00 Zumba w/Ana 10:00 Korean Choir (4A)</p>
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SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

<p>LOCATION KEY (3SAC) Senior Activity Center (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room</p>		<p>LOCATION KEY Cont. (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5WiFi) 5th Floor Lounge (5DR) 5th Floor Dining Room (P) Promenade Deck</p>		<p>1  Fruit Art Carving with Sophia 2:00 pm (Library)</p>	<p>2  Independence Day Celebration & Resident Birthday Party w/DJ Ryan 1:30 p.m. (Promenade)</p>	<p>3  Senior Activity Center Closed</p>	<p>4  Independence Day</p>
<p>5</p>	<p>6 1:30 pm <i>At War With The Army</i> (1950) (3L) </p>	<p>7 </p>	<p>8  Welbe Health Sound Bath with Welbe Health 2:00 p.m. (3L)</p>	<p>9  Wellness Workshop by Through Peace 1:30 p.m. (Promenade)</p>	<p>10 </p>	<p>11 </p>	
<p>12</p>	<p>13 1:30 pm <i>Yankee Doodle Dandy</i> (1942) (3L) </p>	<p>14 10:00 a.m. Nail Shop w/Jacquie & Saylah Library </p>	<p>15  Health Lecture by My Place Health by SCAN - 2:00 pm (3L) (Presented in Korean Language) 6:00 p.m. Chinese Resident Birthday Party (4CAF)</p>	<p>16  Bingo by CBAS 2:00 p.m. (4CAF)</p>	<p>17  Art Appreciation Day 1:30 p.m. (Library)</p>	<p>18 </p>	
<p>19 </p>	<p>20 1:30 pm <i>An American in Paris</i> (1951) (3L) </p>	<p>21 10:00 a.m. Nail Shop w/Jacquie & Saylah Library </p>	<p>22 </p>	<p>23  Bingo by CBAS 2:00 p.m. (4CAF)</p>	<p>24  Movie Night Under the Stars <i>Roman Holiday</i> (1953) 4:00 p.m. (Library)</p>	<p>25</p>	
<p>26</p>	<p>27 1:30 pm <i>Seven Brides for Seven Brothers</i> (1954) (3L) </p>	<p>28 </p>	<p>29 Korean Movie <i>귀신경찰 Thunderstruck Cop</i> (2025) 1:30 pm (3L) </p>	<p>30  ★ 250th ★ Anniversary</p>	<p>31 </p>		



BBQ Honey Garlic Chicken Skewers

Ingredients:

- 2 lbs chicken breast, cut into cubes
- 1/4 cup BBQ sauce
- 2 tbsp honey
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 red bell pepper, cut into chunks
- 1 onion, cut into chunks
- Salt and pepper to taste
- Skewers



Directions:

1. Mix BBQ sauce, honey, garlic, and olive oil in a bowl.
2. Add chicken and marinate for at least 30 minutes.
3. Thread chicken, peppers, and onions onto skewers.
4. Grill over medium heat for 10–12 minutes, turning occasionally.
5. Brush with extra BBQ sauce while grilling.
6. Serve hot and enjoy!

Perfect for a simple and festive 4th of July cookout!

Brochetas de Pollo BBQ con Miel y Ajo

Ingredientes:

- 900 g de pechuga de pollo en cubos
- 1/4 taza de salsa BBQ
- 2 cucharadas de miel
- 2 dientes de ajo picados
- 1 cucharada de aceite de oliva
- 1 pimiento rojo en trozos
- 1 cebolla en trozos
- Sal y pimienta al gusto
- Palitos para brochetas



Instrucciones:

1. Mezcle la salsa BBQ, la miel, el ajo y el aceite de oliva.
2. Marine el pollo durante al menos 30 minutos.
3. Inserte el pollo, el pimiento y la cebolla en las brochetas.
4. Cocine a la parrilla a fuego medio durante 10–12 minutos, volteando ocasionalmente.
5. Unte más salsa BBQ mientras cocina.
6. Sirva caliente y disfrute.

蜂蜜蒜香烧烤鸡肉串

材料:

- 900克鸡胸肉 (切块)
- 1/4杯烧烤酱
- 2汤匙蜂蜜
- 2瓣蒜 (切碎)
- 1汤匙橄榄油
- 1个红甜椒 (切块)
- 1个洋葱 (切块)
- 盐和胡椒适量
- 烧烤签



做法:

1. 将烧烤酱、蜂蜜、蒜末和橄榄油混合。
2. 放入鸡肉腌制至少30分钟。
3. 将鸡肉、甜椒和洋葱串在烧烤签上。
4. 中火烧烤10至12分钟，并适时翻面。
5. 烧烤过程中刷上额外的烧烤酱。
6. 趁热享用！

바비큐 허니 갈릭 치킨 꼬치

재료:

- 닭가슴살 900g (각득썰기)
- 바비큐 소스 1/4컵
- 꿀 2큰술
- 다진 마늘 2쪽
- 올리브오일 1큰술
- 빨간 파프리카 1개
- 양파 1개
- 소금, 후추 약간
- 꼬치



만드는 방법:

1. 볼에 바비큐 소스, 꿀, 마늘, 올리브오일을 섞습니다.
2. 닭고기를 넣고 30분 이상 재워 둡니다.
3. 닭고기, 파프리카, 양파를 꼬치에 꽂습니다.
4. 중간 불에서 10~12분간 굽고 중간중간 뒤집어 줍니다.
5. 굽는 동안 바비큐 소스를 추가로 발라줍니다.
6. 따뜻할 때 맛있게 드세요!

Wellness with Welbe Health

SOUND BATH healing

Sound Bath Healing – July 8, 2:00 PM, Library
Join us for a relaxing Sound Bath Healing session.

声音疗愈
7月8日 下午2:00, 图书馆
欢迎参加轻松舒缓的声音疗愈体验活动。

사운드 배스 힐링
7월 8일 오후 2시, 도서관
편안한 사운드 배스 힐링 세션에 함께하세요.

Sanación con Baño de Sonido
8 de julio, 2:00 p. m., Biblioteca
Únase a nosotros para una relajante sesión de sanación con baño de sonido.



Angelus Plaza
Senior Activity Center

MOVIE NIGHT ROMAN HOLIDAY

FRIDAY, JULY 24 AT 4:00 PM, IN THE LIBRARY

Release year: 1953

Director: William Wyler

Starring: Audrey Hepburn, Gregory Peck, Eddie Albert

Studio: Paramount Pictures

Awards: 3 Academy Awards (including Best Actress)



FREE DRINKS / FREE FOOD




Kday_NP003_KR (모델은 실제 가족 사진이 아닙니다.)

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

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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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

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.lahopec church.com

담임목사: 김재율

섬김 프로그램

1. 자연밥상: 주일 예배 후 발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. 무료안방의료봉사: 매달 첫 주일 1-3PM 경산한외과대학병원 원장과 기독교의사 협회
3. 기타교실(Guitar Class): 목 10:30-11:30AM, 주일 2-3PM 정신건강과 치매예방에 넘버원!
4. 앤젤스합창단(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!