



ANGELUS PLAZA

A Retirement Housing Foundation[®] Community



ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

JULY 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

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|--|--|--|---|--|--|---|
| 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/Natalie (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 (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 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) 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

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