



ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

SEPTEMBER 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

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)
10:00 **New!** ESL1 Class w/Mary (CL)
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 Yoga & Meditation w/Cesar (3L)
10:00 Zumba w/Candace (P)
10:00 Spanish w/Cesar (3C)
11:00 ESL-2 Class w/Mary (CL)
1:00 English Literacy w/Mary (3CL)
1:30 **New!** ESL-1 Class w/Mary (CL)
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)

SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER



1



2



Fruit Art Carving with Sophia
2:00 pm (Library)

3



4

NATIONAL
HISPANIC
HERITAGE MONTH

5



6



7

Labor Day

Labor Day
Senior Activity Center
Closed



8



Volunteer & Collaborator Meeting
(by Invite Only)
9:00 a.m. (3C)

9



Sound Bath with Welbe Health
2:00 p.m. (3L)

10



11

**Patriot Day /
Rosh Hashanah**
(begins at sundown)



Rummage Sale
9:00 a.m. - 255 South Hill Street Courtyard

12



13



14

1:30 pm
Picnic
(1955)
(3L)



15

10:00 a.m.
Nail Shop w/Jacquie &
Saylah (Library)



16

Health Lecture by
My Place Health by SCAN
2:00 p.m. (3L)



6:00 p.m. Chinese Resident
Birthday Party (4CAF)

17



18



19

20

Yom Kippur
(begins at
sundown)

21

1:30 pm
Un Rayo De Luz
(1960)
(3L)



22



23



24

25

National Hispanic
Heritage Festival Celebration w/
Susie Hansen's Band & Latin Dancers
& Resident Birthday Celebration
Sponsored by SoCalGas & LA Hope Church
1:30 p.m. (Promenade)

26



27



28

1:30 pm
Selena
(1997)
(3L)



29

10:00 a.m.
Nail Shop w/Jacquie &
Saylah (Library)



30

Korean Movie
인천상륙작전
Operation Chromite
(2016)
1:30 pm (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