



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 ~**



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

Sound Bath with Welbe Health
Wednesday, September 9, 2026 at 2:00 p.m. (Library)

Rummage Sale
Friday, September 11, 2026 at 9:00 a.m.
255 South Hill Street Court Yard

Health Lecture by My Place Health by SCAN
Wednesday, September 16 at 2:00 p.m. (Library)

**National Hispanic Heritage Month Festival Celebration
with Susie Hansen's Band & Latin Dancers
& Resident Birthday Celebration**
Sponsored by SoCalGas and LA Hope Church
Friday, September 25 at 1:30 p.m. (Promenade)

September Message
"All the months are crude experiments,
out of which the perfect September is made."
~ Virginia Woolf

Memories in the Making!



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.

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

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

RUMMAGE SALE

Come shop, browse, and find great treasures!
Date: 9:00 AM
Date: Friday, September 11, 2026
Time: 9:00 AM
Location: 255 South Hill Street - Courtyard
Interested in Becoming a Vendor? Registration is required.
Please contact Jacquie: (213) 623-4352, Ext. 4022

벼룩시장

좋은 물건과 보물을 찾아보세요!
날짜: 2026년 9월 11일 (금요일)
시간: 오전 9:00
장소: 255 South Hill Street - 안뜰 (Courtyard)
매트 자야와 안뜰 (Courtyard)
판매자로 참여하시겠습니까?
사전 등록이 필요합니다.
문의: Jacquie: (213) 623-4352, 내선

旧货义卖会

欢迎前来选购, 发现超值好物!
日期: 2026年9月11日 (星期五)
时间: 上午9:00
地点: 255 South Hill Street - 庭院
想成为摊主吗? 需要提前报名、请联系
需要提报名。请联系 Jacquie: (213) 623-4352, 分机 4022

VENTA DE GARAJE

¡Venga a comprar y descubra grandes ofertas y tesoros!
Fecha: Viernes, 11 septiembre le 2026
Lugar: 255 South Hill Street
¿Le interesa ser vendedor? Se quiere ha requiere inscripción.
Comuniquese con Jacquie: (213) 623-4352, Ext. 4022

CELEBRATE HISPANIC HERITAGE MONTH!

Every year from September 15 through October 15, the United States celebrates National Hispanic Heritage Month, honoring the history, culture, and contributions of Hispanic and Latino communities. The celebration begins on September 15 because several Latin American countries celebrate their Independence Day during this time.

At Angelus Plaza Senior Activity Center, we are proud to continue our annual tradition by celebrating our Latin American Festival on Friday, September 25, 2026. This special event is generously sponsored by SoCalGas and LA Hope Church.

Residents and guests will enjoy live music by Susie Hansen's Band, Latin dancers, delicious free tamales, raffle prizes, birthday celebrations, and the opportunity to connect with friends and neighbors. More than a celebration, this festival brings our community together through culture, friendship, and fun. We look forward to celebrating with you!

一起庆祝西班牙裔传统月!

每年9月15日至10月15日, 美国都会庆祝全国西班牙裔传统月 (National Hispanic Heritage Month), 向西班牙裔和拉丁裔社区的历史、文化以及他们所作出的贡献致敬。之所以从9月15日开始, 是因为许多拉丁美洲国家在这个时期庆祝独立日。

在 Angelus Plaza Senior Activity Center, 我们很自豪能够延续每年的传统, 并于 2026年9月25日星期五 举办拉丁美洲文化节。本次特别活动由 SoCalGas 和 LA Hope Church 热心赞助。

居民和来宾们将享受 Susie Hansen乐队的现场音乐、拉丁舞蹈表演、美味的免费玉米粽 (Tamales)、抽奖活动、生日庆祝活动, 并有机会与朋友和邻居们欢聚交流。这不仅仅是一场庆祝活动, 更是一个通过文化、友谊和欢乐凝聚社区的特别时刻。

期待与大家一起欢庆, 共度美好时光!

CELEBREMOS EL MES DE LA HERENCIA HISPANA!

Cada año, del 15 de septiembre al 15 de octubre, Estados Unidos celebra el Mes Nacional de la Herencia Hispana, reconociendo la historia, la cultura y las importantes contribuciones de las comunidades hispanas y latinas. La celebración comienza el 15 de septiembre porque varios países de América Latina celebran su Día de la Independencia durante este período.

En Angelus Plaza Senior Activity Center, nos enorgullece continuar con nuestra tradición anual y celebrar nuestro Festival Latinoamericano el viernes 25 de septiembre de 2026. Este evento especial es generosamente patrocinado por SoCalGas y LA Hope Church.

Los residentes y visitantes podrán disfrutar de música en vivo de Susie Hansen's Band, bailes latinos, deliciosos tamales gratis, rifas, celebraciones de cumpleaños y la oportunidad de compartir con amigos y vecinos. Más que una celebración, este festival reúne a nuestra comunidad a través de la cultura, la amistad y la diversión. ¡Esperamos celebrar con ustedes y compartir juntos este día tan especial!

히스패닉 문화유산의 달을 함께 축하해요!

매년 9월 15일부터 10월 15일까지 미국에서는 히스패닉 문화유산의 달 (National Hispanic Heritage Month)을 기념하며, 히스패닉 및 라틴계 커뮤니티의 역사, 문화, 그리고 다양한 공헌을 기립니다. 이 기념 기간이 9월 15일에 시작되는 이유는 여러 라틴아메리카 국가들이 이 시기에 독립기념일을 맞이하기 때문입니다.

Angelus Plaza Senior Activity Center에서는 매년 이어오고 있는 전통을 자랑스럽게 이어가며, 2026년 9월 25일 금요일에 라틴아메리카 페스티벌을 개최합니다. 이번 특별 행사는 SoCalGas와 LA Hope Church의 따뜻한 후원으로 마련됩니다.

주민과 방문객들은 Susie Hansen's Band의 라이브 음악, 라틴 댄스 공연, 맛있는 무료 타말레, 경품 추첨, 생일 축하 행사를 즐기며 친구와 이웃들과 함께 소중한 시간을 보낼 수 있습니다. 이 축제는 단순한 행사를 넘어, 문화와 우정, 즐거움을 통해 우리 모두를 하나로 이어주는 특별한 시간입니다. 여러분과 함께 즐겁게 축하할 수 있기를 기대합니다!

Angelus Plaza Senior Activity Center
NATIONAL HISPANIC HERITAGE MONTH
Festival with SUSIE HANSEN's Band & Latin Dancers

Sponsored by
SoCalGas
and
LA Hope Church

Raffles!
TICKET \$5.00

Resident Birthday Celebration
09/25/2026 | 1:30 PM

FREE! Tamales

Promenade

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

PIH HEALTH

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



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

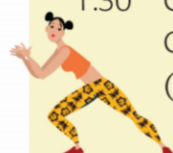
SATURDAY

DAILY ACTIVITY CLASSES - FREE TO RESIDENTS AND CO

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)

ED 62 AND OLDER

w/Angel (3L)
(3AR)
& Stretch w/Cesar (3AR)
Class w/Andy (4A)
w/Ana (P)
Folk Dance (3L)
Worship Dance (3L)
ter Technology Clinic
k- Korean/English (3CL)
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 CO



1



2



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

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)

13



14

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



15

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



16



Health Lecture
My Place Health by SC
2:00 p.m. (3L)
6:00 p.m. Chinese Reside
Birthday Party (4CAF)

20

Yom Kippur
(begins at
sundown)

21

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



22



23



27



28

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



29

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



30

Korean Movie
인천상륙작전
Operation Chromite
(2016)
1:30 pm (3L)



ED 62 AND OLDER



4

**NATIONAL
HISPANIC
HERITAGE MONTH**

5



11

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



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

12



18



19

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

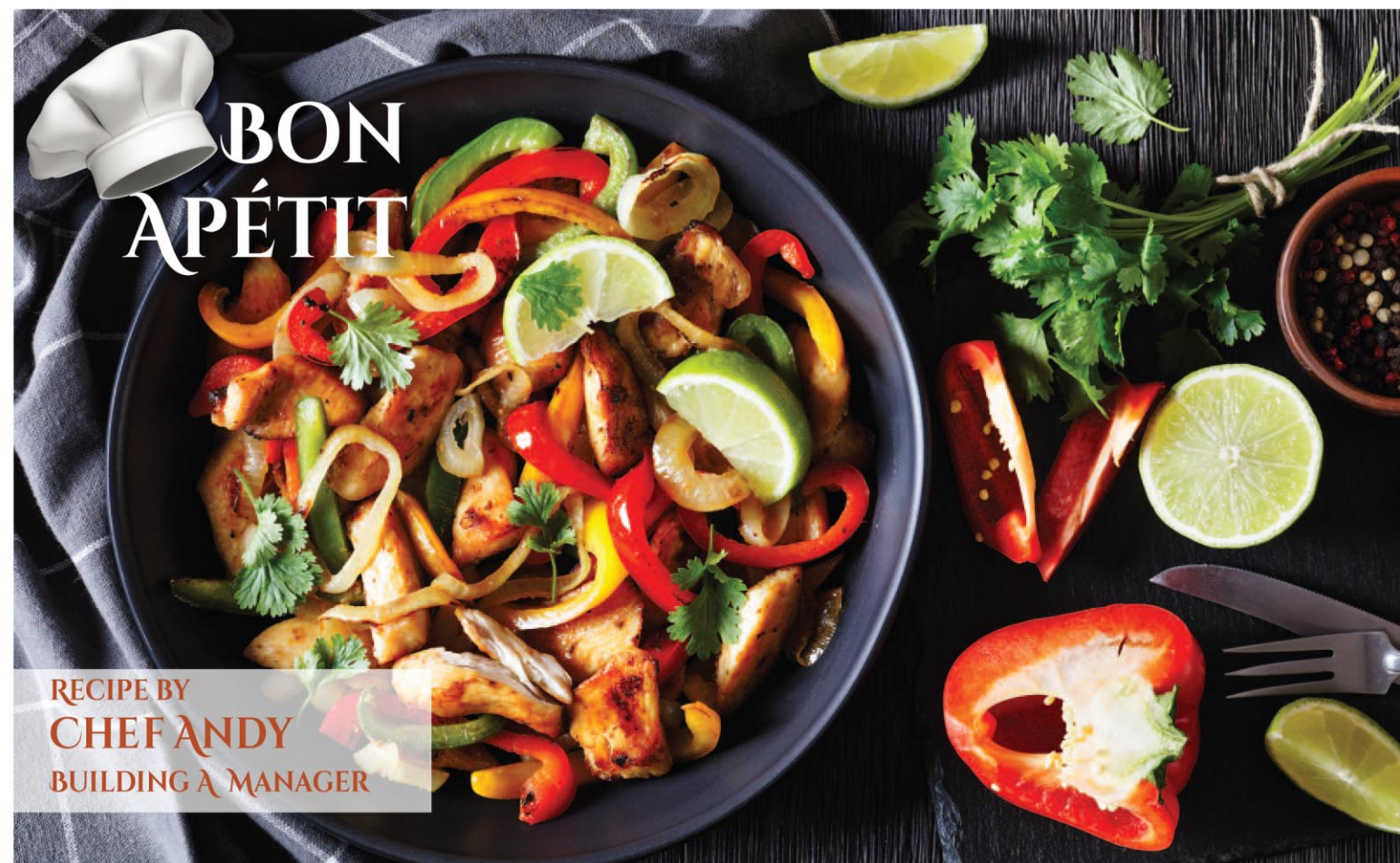


KEY

or Activity Center
ry
loor Computer Lab
loor 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



Chicken Fajitas

Ingredients:

- 2 chicken breasts, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 2 tbsp olive oil
- 1 tsp chili powder
- 1 tsp paprika
- ½ tsp garlic powder
- Salt & pepper to taste
- Flour tortillas
- Lime wedges (optional)



Directions:

Heat oil in a skillet over medium-high heat. Season chicken with spices and cook until browned. Add peppers and onions and sauté until tender-crisp. Serve in warm tortillas with a squeeze of fresh lime.

Enjoy!



Fajitas de Pollo

Ingredientes:

- 2 pechugas de pollo en tiras
- 1 pimiento morrón en tiras
- 1 cebolla en tiras
- 2 cucharadas de aceite de oliva
- 1 cucharadita de chile en polvo
- 1 cucharadita de paprika
- ½ cucharadita de ajo en polvo
- Sal y pimienta al gusto
- Tortillas de harina
- Limón (opcional)

Preparación:

Caliente el aceite en un sartén. Cocine el pollo con los condimentos hasta que esté dorado. Agregue el pimiento y la cebolla y cocine hasta que estén tiernos pero crujientes. Sirva en tortillas calientes con un poco de limón.

¡Buen Provecho!

鸡肉法士达 (Chicken Fajitas)

食材:

- 2块鸡胸肉 (切条)
- 1个甜椒 (切条)
- 1个洋葱 (切条)
- 2汤匙橄榄油
- 1茶匙辣椒粉
- 1茶匙红椒粉
- ½茶匙蒜粉
- 盐和黑胡椒适量
- 面饼 (Tortillas)
- 青柠 (可选)



做法 :

锅中加热橄榄油, 将鸡肉与调料炒至熟透。加入甜椒和洋葱翻炒至微脆。搭配温热的面饼, 挤上青柠汁即可享用。

祝您用餐愉快!



치킨 파히타

재료:

- 닭가슴살 2개(얇게 썰기)
- 파프리카 1개(채 썰기)
- 양파 1개(채 썰기)
- 올리브오일 2큰술
- 칠리파우더 1작은술
- 파프리카 가루 1작은술
- 마늘가루 ½작은술
- 소금, 후추
- 토르띠야
- 라임(선택)

만드는 방법:

팬에 기름을 두르고 닭고기를 양념과 함께 익힙니다. 파프리카와 양파를 넣어 아삭하게 볶습니다. 따뜻한 토르띠야에 닭고기와 라임을 곁들여 드세요. 맛있게 드세요!



ANGELUS PLAZA
SENIOR ACTIVITY CENTER

Wellness with **Welbe Health**

SOUND BATH HEALING

Relax. Restore. Rejuvenate.

SOUND BATH HEALING
09/09/26 2:00 PM | LIBRARY
Join us for a relaxing Sound Bath Healing session.

사운드 배스 힐링
9월 9일 오후 2시 | 도서관
편안한 사운드 배스 힐링 세션에 함께해 보세요.

SESIÓN DE SANACIÓN CON BAÑO DE SONIDO
9 de septiembre 2:00 p. m. | En la biblioteca
Acompáñenos en una relajante sesión de sanación con baño de sonido.

Take time for yourself. Your well-being matters.



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



HIGH-SPEED WIFI IN YOUR APARTMENT!

Use all your devices at once without interruption.

公寓內配有高速WiFi
一次性使用所有設備而不會中斷。

아파트의 고속 무선 인터넷
중단없이 모든 장치를 한 번에 사용하십시오.

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: 김재율

예배시간: 주일 오전 11시

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

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1. 자연밥상: 주일 예배 후
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. 무료안방의료봉사: 매달 첫 주일 1-3PM
경산한외과대학병원 원장과 기독한의사 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

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