



ANGELUS PLAZA

A Retirement Housing Foundation® Community



ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

OCTOBER 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 Yoga & Meditation w/Cesar (3L)
10:00 Korean Folk Dance (4CAF)
10:00 Zumba Gold w/Ana (P)
10:00 ESL1 Class w/Mary (CL)
1:30 Art Class w/Armando (304)
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 Yoga & Meditation w/Cesar (3L)
10:00 Zumba w/Candace (P)
10:00 Spanish w/Cesar (3C)
1:00 ESL-2 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/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 (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)



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



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



4

5

1:30 pm
Ghost
(1990)
(3L)



6



7



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

8

Mid-Autumn Festival &
Chuseok Celebration w/DJ Ryan
Sponsored by K-Day Pace
& Love First Church
1:30 p.m. (Promenade)

9



10



11



12

Columbus
Day

1:30 pm
Terror by Night
(1946)
(3L)



13

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



14

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

15



16



17

18

19

1:30 pm
Innocent Lies
(1995)
(3L)



20



21

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



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

22



Health & Wellness Fair
1:30 p.m. (Promenade)

23



24

25



26

1:30 pm
Frankenstein
(1931)
(3L)



27

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



28

Korean Movie
왕과 사는 남자
The King's Warden
(2026)
1:30 pm (3L)



29



Halloween Dance & Residents'
Birthday Celebration w/DJ Ryan
1:30 p.m. (Promenade)

30



31

Halloween

