ANGELUS PLAZA

A Retirement Housing Foundation® Community

ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center

NOVEMBER 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 (3AR) 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 (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 (3AR) 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 (3AR) 10:00 Guitar Class w/Andy (4A) 10:00 Zumba w/Ana (3AR) 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 (3AR) 10:00 Korean Choir (4A)
SPECIAL MONTHLY EVENTS - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER						
1 Daylight Saving Time Begins	2 Day of the Dead 1:30 pm *Miracle on 34th Street* (1947) (3L) Free Popcorn!	3 Election Day	4 Fruit Art Carving with Sophia 2:00 pm (Library)	5 Veterans Day 10:00 a.m. Veteran's Day Lunch (3C) By Invitation Only	6	7
8	9 1:30 pm *Some Like it Hot* (1959) (3L) Free Popcorn!	10 10:00 a.m. Nail Shop w/Jacquie & Saylah (Library)	11 Veteran's Day Veteran's Day Senior Activity Center Closed	12	13	14
15	16 1:30 pm *Indiana Jones and the Kingdom of the Crystal Skull* (2008) (3L) Free Popcorn!	17 10:00 a.m. Volunteer Recognition Event (3L) By Invitation Only	18 Health Lecture by My Place Health by SCAN 2:00 p.m. (3L) 6:00 p.m. Chinese Resident Birthday Party (4CAF)	19 2:00 p.m. Thanksgiving Celebration & Residents' Birthday Party w/Mike & Mandy (P) Sponsored by The Global Love's Church	20	21
22	23 1:30 pm *Mrs. Harris Goes to Paris* (2022) (3L) Free Popcorn!	24 10:00 a.m. Nail Shop w/Jacquie & Saylah (Library)	25 Korean Karaoke 한국 노래방 Every Wednesday at 2:00 p.m. (4CAF)	26 Thanksgiving Thanksgiving Day Senior Activity Center Closed	27 HAPPY Thanksgiving Thanksgiving Day Senior Activity Center Closed	28
29	30 1:30 pm *The Great New Wonderful* (2005) (3L) Free Popcorn!					

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