

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 ~

WHAT WE DO

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.

EQUAL HOUSING OPPORTUNITY

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

Vol. 24
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Issue 11

The Flight by Angelus Plaza

A Retirement Housing Foundation® Community

Veterans Day Lunch

By Invitation Only

Thursday, November 5, 2026 at 10:00 a.m.
(3rd Floor Conference Room)

Volunteer Recognition Event

By Invitation Only

Tuesday, November 17, 2026 at 10:00 a.m. (Library)

Thanksgiving Celebration and Resident Birthday Party

with Mike & Mandy

Sponsored by The Global Love's Church

Thursday, November 19
at 2:00 p.m. (Promenade)

November Message

"Gratitude turns what we have into enough."
~A Thanksgiving Proverb



National Latin American Heritage Festival & Mid-Autumn & Chuseok Celebration

















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 MYUNG 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/MYUNG SOOK
Thursday (4A): 3:00 - 4:00 p.m.
1st Thursday (4A)
2nd, 3rd & 4th Thursday (Library)

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
Tuesday and Wednesday (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
By appointment only;
Call Sarah at (424) 603-9678
Tuesday and Thursday (Room 403):

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



Thanksgiving Spirit:

Gratitude, Health & Mental Wellness

Celebrating Thankfulness and Healthy Aging

Thanksgiving is a special time to appreciate our blessings, cherish friendships, and care for our physical and emotional well-being. Gratitude reminds us that happiness often comes from simple moments of kindness, laughter, and togetherness.

Practicing gratitude can reduce stress, improve our mood, and support mental wellness. Taking walks, eating healthy meals, connecting with friends, and participating in community activities help us stay active and positive.

This Thanksgiving, let us celebrate friendship, kindness, and the joy of giving. A grateful heart brings happiness, peace, and a healthier life.

Acción de Gracias: Gratitud, Salud y Bienestar Emocional

El Día de Acción de Gracias es un momento especial para agradecer nuestras bendiciones, valorar las amistades y cuidar nuestra salud física y emocional. Los pequeños gestos de bondad, las sonrisas y la compañía nos llenan de alegría.

Practicar la gratitud puede reducir el estrés, mejorar el ánimo y fortalecer el bienestar mental. Caminar, comer saludablemente, compartir con amigos y participar en actividades comunitarias nos ayuda a mantener una vida activa y positiva.

En este Día de Acción de Gracias, celebremos la amistad, el amor y la generosidad. Un corazón agradecido nos llena de paz, felicidad y bienestar.

感恩节：感恩、健康与心理幸福

感恩节是珍惜生活、感谢亲友、关注身心健康的美好时刻。生活中的小小善意、欢笑和陪伴，都能带给我们温暖与快乐。

常怀感恩之心有助于减轻压力、改善情绪和促进心理健康。每天散步、健康饮食、与朋友交流及参加社区活动，都有助于保持积极、健康的生活方式。

在这个感恩节，让我们珍惜友谊、分享爱心，以感恩的心迎接每一天。感恩的心带来快乐、平安与健康。

추수감사절: 감사와 건강한 마음

추수감사절은 삶의 소중한 순간들을 돌아보고, 주변 사람들에게 감사하며 몸과 마음의 건강을 돌보는 특별한 시간입니다. 작은 친절과 웃음, 함께하는 시간이 우리에게 행복을 줍니다.

감사하는 마음은 스트레스를 줄이고 기분을 좋게 하며 정신 건강에도 도움이 됩니다. 가벼운 산책, 건강한 식사, 친구들과의 교류, 다양한 커뮤니티 활동은 활기찬 생활을 유지하는 데 중요합니다.

이번 추수감사절에는 사랑과 우정을 나누며 감사하는 마음으로 행복한 하루하루를 만들어 갑시다. 감사하는 마음은 건강과 행복의 시작입니다.









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

NOVEMBER 2026

All Activities Are Subject to Change.

DAILY ACTIVITY CLASSES - FREE TO RESIDENTS AND COMMUNITY AGED 62 AND OLDER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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



Asian-Fusion Turkey Stuffing

Serves 8–10 | Prep: 20 minutes | Cook: 35 minutes

Ingredients:

- 8 cups bread cubes
- 1 cup each onion, celery and mushrooms
- 3 garlic cloves
- ½ cup green onions
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp ginger
- ½ tsp black pepper
- 2 cups chicken broth.



Directions:

Preheat oven to 350°F (175°C). Sauté vegetables, garlic and ginger in sesame oil. Mix with bread, green onions, soy sauce and pepper. Gradually add broth.

Transfer to a greased baking dish and bake for 30–35 minutes until golden and the center reaches 165°F (74°C).

Relleno de Pavo Estilo Asiático

8–10 porciones | Preparación: 20 minutos | Cocción: 35 minutos

Ingredientes:

- 8 tazas de pan en cubos
- 1 taza de cebolla, 1 de apio y 1 de champiñones
- 3 dientes de ajo
- ½ taza de cebollín
- 2 cdas. de salsa de soya
- 1 cda. de aceite de sésamo
- 1 cdta. de jengibre
- ½ cdta. de pimienta negra
- 2 tazas de caldo de pollo



Preparación:

Precaliente el horno a 350°F (175°C). Saltee los vegetales, el ajo y el jengibre en aceite de sésamo. Mezcle con el pan, cebollín, salsa de soya y pimienta. Agregue el caldo poco a poco.

Coloque en un molde engrasado y hornee 30–35 minutos hasta dorar y alcanzar 165°F (74°C) en el centro.

亚洲风味火鸡填料

8–10人份 | 准备 20分钟 | 烹饪 35分钟

材料:



- 面包丁8杯
- 洋葱
- 芹菜和蘑菇各1杯
- 蒜3瓣
- 葱½杯
- 酱油2汤匙
- 芝麻油1汤匙
- 姜末1茶匙
- 黑胡椒½茶匙
- 鸡汤2杯



做法：

烤箱预热至175°C。用芝麻油炒香蔬菜、大蒜和姜。加入面包丁、葱、酱油和黑胡椒，逐渐倒入鸡汤拌匀。放入抹油的烤盘，烤30—35分钟至金黄，中心温度达到74°C。

한국어 | 아시안 퓨전 칠면조 스터핑

8–10份 | 准备20分钟 | 烹饪35分钟

재료:

- 빵 8컵
- 양파·셀러리·버섯 각 1컵
- 마늘 3쪽
- 파 ½컵
- 간장 2큰술
- 참기름 1큰술
- 생강 1작은술
- 후추 ½작은술
- 닭 육수 2컵.



만드는 법:

오븐을 175° C로 예열합니다. 참기름에 채소, 마늘, 생강을 볶습니다. 빵, 파, 간장, 후추를 섞고 육수를 조금씩 넣습니다. 기름칠한 오븐 용기에 담아 30–35분간 노릇하게 굽고 중심 온도가 74° C에 도달하도록 합니다.

메디케어 65세 이상
신규 가입 및 상담
MEDICARE OPTIONS

- 65세 메디케어 신청 도움이 필요하신분 도와드립니다.
- PART B 보험료 절약 프로그램을 알려드립니다.
- 만성질환 있으신분 맞춤형 플랜 찾아드립니다.
- 치과치료, 안경, 보청기, 침술 치료 필요하신분
- 골프, 탁구, 헬스 클럽 등의 혜택이 필요하신분



줄리아 리 Julia W. Lee
Cell: 213.808.2006
E-mail: Juliawon0713@gmail.com
CA Lic. #4095589
4055 Wilshire Blvd. #321
Los Angeles, CA 90020

건강에 관련하여 필요한 혜택을 찾아서
성심성의껏 도와 드리겠습니다.



Angelus Mini Market

located right here inside the Angelus Plaza for your convenience. Please visit us and enjoy our store.

엔젤러스 미니 마켓은 주민 여러분의 편리를 위해 엔젤러스 플라자내에 준비된 마켓입니다. 많이 이용해 주시고 사랑해 주십시오.

We have fruits, vegetables, dairy, and Asian food such as rice, barley, noodles, frozen fish, and meat. We also have the toiletries and the health care products in our store.

(213) 617-7910: Tony & Angie
1st Floor of Agape Building
at 255 S. Hill St.

Kday
Senior Care At Your PACE



Kday_NP003_KR (모델은 실제 가족 사진이 아닙니다.)

부모님을 위한 또 하나의 가족

가족 중에 의사가 있으면 부모님이 더 건강하시다는 이야기...
이제 우리집 이야기입니다.

시니어를 위한 통합 진료 프로그램
케이데이 페이스

교통지원 · 식사 · 데이센터 · 주치의 · 스페셜리스트 · 정신건강 · 처방약 · 홈케어 · 응급전화

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

303 S. Union Ave., Los Angeles, CA 90057 | 월요일-금요일, 오전 7:30 - 오후 4:00 | K-day.com

Olive Hill Pharmacy

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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
마스크를 착용하고 거리두기를 하면서 예배할 것입니다
213.550.7377
www.lahopechurch.com

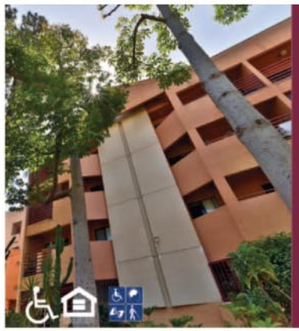
섬김 프로그램

1. 자연밥상: 주일 예배 후
   발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. 무료한방의료봉사: 매달 첫 주일 1-3PM
   경산한의과대학병원 원장과 기독한의사 협회
3. 키타교실(Guitar Class):
   목 10:30-11:30AM, 주일 2-3PM
   정신건강과 치매예방에 넘버원!
4. 엔젤스합창단(Choir): 수, 주일 1:00-2:00PM
5. 나성소망한국학교: 매 주일 오후
   1,2,3세 토탈 교육 현장 - 한국어, 영어, 수학, 스토리텔링, 음악, 미술

부속기관

소망수양관
3270 N. Mountain Springs Rd., Pinon Hills, CA 92372 | 213.500.7013

갈릴리 신학대학
255 S. Hill St. #401, Los Angeles, CA 90012 | 213.746.1004



Sangnok Villa

732 S. Bonnie Brae
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