



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

Vol. 24
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Issue 10

The Flight
by **Angelus Plaza**
A Retirement Housing Foundation® Community

Mid-Autumn Festival & Chuseok Celebration w/DJ Ryan
Sponsored by K-Day PACE & Love First Church
Thursday, October 8, 2026 at 1:30 p.m. (4th Floor Auditorium)

Health & Wellness Fair
Thursday, October 22, 2026 at 1:30 p.m. (Promenade)

Halloween Dance & Residents' Birthay Celebration w/DJ Ryan
Thursday, October 29 at 1:30 p.m. (Promenade)

October Message
"October is a symphony of permanence and change."
~Bonaro W. Overstreet

Health Today
Brighter Tomorrow

Angelus Plaza
A Retirement Housing Foundation Community

Senior Activity Center

HEALTH & WELLNESS FAIR

Healthy People ♥ Happier Tomorrows

Thursday, October 22, 2026
1:30 PM – 3:30 PM

255 S. Hill Street, Promenade
LA, CA 90012

Blood Pressure
Glucose Testing

Ask the Doctor

Flu Shot
PT/OT assessment

Fitness with Cesar

Raffle Prizes

Goodie Bags

Thank you to our Sponsors!

Good Samaritan Hospital

AltaMed PACE

wellcare

myPlace Health

through peace

SEEN HEALTH

Fast Recovery Home Health Care, Inc.

United Healthcare

아메리츠 헬스케어 ALLMERITS HEALTHCARE

Clever Care HEALTH PLAN

Center for Health Care Rights

sag Special Service for Groups, Inc.

day Senior Care At Your PACE

시니어 센터 LOS ANGELES ADULT DAY CARE HEALTH CENTER

scan HEALTH PLAN

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH hope. recovery. wellbeing.

For More Information:
Call (213) 623-4352 Ext 4023 or visit us at the Senior Activity Center at 255 S. Hill St. 3rd floor
www.AngelusPlaza.org

A Healthier Community Together!

Live Well
Age Well

Move More

Eat Well

Stay Connected

Live Happier

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.

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.

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

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

Good Food
Great Culture
Stronger Community!

Mid-Autumn Festival
and
Chuseok Celebration

Music • Culture • Friendship • Community

with DJ Ryan!

ENGLISH
Mid-Autumn Festival & Chuseok Celebration
Thursday, October 8, 2026
1:30 PM
4th Floor Auditorium
with DJ Ryan!

한국어
추석 및 중추절 축제
2026년 10월 8일 (목요일)
오후 1시 30분
4층 대강당
DJ Ryan과 함께합니다!

中文
中秋節暨秋夕慶祝活動
2026年10月8日 (星期四)
下午 1:30
4樓禮堂
特別邀請 DJ Ryan!

ESPAÑOL
Festival del Medio Otoño y Celebración de Chuseok
Jueves, 8 de octubre de 2026
1:30 PM
Auditorio del 4.º piso
¡Con DJ Ryan!

One Community • Many Cultures • A Brighter Tomorrow

Angelus Plaza 25th Senior Annual Talent Show Memories



A heartfelt thank you to PIH Health Good Samaritan Hospital for generously sponsoring our 25th Annual Senior Talent Show! We also extend our sincere appreciation to our incredible judges and wonderful volunteers for sharing their time, energy, and support. Together, you helped make this milestone celebration a memorable and joyful day for our seniors.



1st place winner: Drum Circle by Myung Sook



2nd place winner: Ana Line Dance Group



3rd place winner: Lotus Light by Katy Fuld



4th place winner
Inhwa Park



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



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)
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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 	51:30 pm <i>Ghost</i> (1990) (3L) 	6 	7  Fruit Art Carving with Sophia 2:00 pm (Library)	8Mid-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 <i>Terror by Night</i> (1946) (3L) 	1310:00 a.m. Nail Shop w/Jacquie & Saylah (Library) 	14  Sound Bath with Welbe Health 2:00 p.m. (3L)	15 	16 	17 
18	191:30 pm <i>Innocent Lies</i> (1995) (3L) 	20 	21Health 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 	261:30 pm <i>Frankenstein</i> (1931) (3L) 	2710:00 a.m. Nail Shop w/Jacquie & Saylah (Library) 	28Korean Movie 왕과 사는 남자 <i>The King's Warden</i> (2026) 1:30 pm (3L) 	29  Halloween Dance & Residents' Birthday Celebration w/DJ Ryan 1:30 p.m. (Promenade)	30 	31 Halloween 



BON APÉTIT

RECIPE BY
CHEF ANDY
BUILDING A MANAGER

Easy Pumpkin Maple Soufflé

Ingredients:

- 1 cup pumpkin purée
- 2 eggs
- ¼ cup maple syrup
- ½ tsp cinnamon
- ½ tsp vanilla



Directions:

Mix everything until smooth. Pour into greased ramekins. Bake at 350°F (175°C) for 20–25 minutes until puffed and set. Serve warm.

南瓜枫糖舒芙蕾

材料:

- 南瓜泥1杯
- 鸡蛋2个
- 枫糖浆¼杯
- 肉桂粉½茶匙
- 香草精½茶匙

做法 :

将所有材料搅拌均匀，倒入抹油的小烤碗中。以 175°C (350°F) 烤20—25分钟，至蓬松定型即可。趁热享用！

Soufflé Fácil de Calabaza y Maple

Ingredientes:

- 1 taza de puré de calabaza
- 2 huevos
- ¼ taza de jarabe de maple
- ½ cdta. de canela y
- ½ cdta. de vainilla

Preparación:

Mezcle todos los ingredientes. Vierta en moldes pequeños engrasados y hornee a 350°F (175°C) durante 20–25 minutos, hasta que esté esponjoso. Sirva caliente.

단호박 메이플 수플레

재료:

- 단호박 퓨레 1컵
- 달걀 2개
- 메이플 시럽 ¼컵
- 계피가루 ½작은술
- 바닐라 ½작은술



만드는 법:

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



Halloween Word Search

- COSTUME
- BROOMSTICK
- CANDY
- CAUDRON
- GHOST
- HAUNTED
- HOCUS POCUS
- MAGIC
- MOOM
- MUMMY
- OCTOBER
- PUMPKIN
- SCARECROW
- SCARY
- SPOOKY
- TREAT
- TRICK
- VAMPIRE
- WEREWOLF
- WITCH

T	X	X	T	Y	K	O	O	P	S	X	O	Y	C	Y	M	S
R	I	T	K	C	I	T	S	M	O	O	R	B	D	X	L	D
I	F	Q	D	W	M	C	G	Y	S	D	L	Y	I	N	B	A
C	H	M	O	U	O	H	V	U	L	B	G	B	N	U	A	E
K	Y	B	D	M	O	C	C	D	E	T	N	U	A	H	Z	C
J	Z	M	A	T	N	O	O	F	Y	M	C	R	B	W	C	G
P	V	G	G	Z	P	G	C	S	L	R	C	M	E	R	P	V
K	I	F	H	S	I	O	C	O	T	O	A	C	E	Y	A	U
C	N	X	U	O	E	E	Z	A	S	U	W	C	N	P	H	X
S	R	C	P	O	S	R	B	T	U	T	M	E	S	Q	C	R
B	O	Y	Q	O	M	T	I	P	A	L	U	E	R	Q	T	E
H	T	I	Z	F	P	W	U	P	C	E	D	M	K	E	I	B
G	A	O	E	Y	G	M	L	Z	M	J	R	R	R	S	W	O
P	Q	Z	M	K	P	U	H	V	R	A	K	T	O	X	A	T
H	W	M	G	K	B	Q	F	D	V	K	V	Y	V	N	O	C
X	U	J	I	I	G	N	S	C	A	R	E	C	R	O	W	O
M	C	N	W	N	Z	H	F	F	L	B	W	J	N	O	B	L



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

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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: 김재울

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.lahopecchurch.com

섬김 프로그램

1. **자연밥상**: 주일 예배 후
밭아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. **무료한방의료봉사**: 매달 첫 주일 1-3PM
경산한의과대학병원 원장과 기독교한의사 협회
3. **기타교실(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



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