A Retirement Housing Foundation® Community

The Flight / Angelus Plaza Senior Activity Center

MAY 2021

All Activities Are Subject to Change.



CELEBRATING CINCO DE MAYO! HAPPY MOTHER'S DAY!



THURSDAY

SATURDAY FRIDAY

ACTIVITIES CALENDAR

WEDNESDAY



SUNDAY

Monday, 5/10 at 2:00 p.m. Mother's Day Concert w/Mike & Mindy (Promenade)

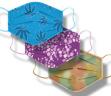
Friday, 5/28 at 2:00 p.m.

Resident Birthday Celebration w/Yolly (Promenade)



Reminder:

Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors.



ALL EXERCISE CLASSES ARE OUTDOOR, AT THE PROMENADE. ALL CLASSES ARE OPEN TO THE

RESIDENTS OF THE ANGELUS PLAZA ONLY

LA Hope Church services (Promenade) 11:00 am - 12:00 pm **Zumba Gold** (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

MONDAY

Tai-Chi (Promenade) 8:30 - 9:15 a.m. Move with Music (Promenade) 9:30 - 10:00 a.m.

TUESDAY

Zumba Gold (Promenade)

9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

Cinco de Mayo

Cardio Workout (Promenade) 9:00 - 9:40 a.m. **Balance Exercise** (Promenade) 9:50 - 10:40 a.m.

Cardio Workout

Tai-Chi (Promenade) 8:30 - 9:15 a.m. **Cardio Workout** (Promenade) 9:30 - 10:00 a.m. **Body Moves for Better Health** (Promenade) 10:15 - 10:45 a.m.

Mother's Day

LA Hope Church services (Promenade) 11:00 am - 12:00 pm **Zumba Gold** (Promenade) 9:00 - 9:45 a.m.

10:00 - 10:40 a.m.

Tai-Chi (Promenade) 8:30 - 9:15 a.m. **Move with Music** (Promenade) 9:30 - 10:00 a.m.

Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

Tai-Chi (Promenade) **Cardio Workout** 8:30 - 9:15 a.m. (Promenade) **Cardio Workout** (Promenade) 9:00 - 9:40 a.m. 9:30 - 10:00 a.m. **Balance Exercise Body Moves for Better Health** (Promenade) (Promenade) 10:15 - 10:45 a.m. 9:50 - 10:40 a.m.

Armed Forces Day ARMED DAY ★

22

29

16

LA Hope Church services (Promenade) 11:00 am - 12:00 pm **Zumba Gold** (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

Tai-Chi (Promenade) 8:30 - 9:15 a.m. **Move with Music** (Promenade) 9:30 - 10:00 a.m.

Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

(Promenade) 9:00 - 9:40 a.m. **Balance Exercise** (Promenade) 9:50 - 10:40 a.m. **Cardio Workout**

20

8:30 - 9:15 a.m. **Cardio Workout** (Promenade) 9:30 - 10:00 a.m. **Body Moves for Better Health** (Promenade) 10:15 - 10:45 a.m. Tai-Chi (Promenade)

LA Hope Church Services (Promenade) 11:00 am - 12:00 pm

Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m. Nemorial Day

We are Closed

Tai-Chi (Promenade) 8:30 - 9:15 a.m. **Move with Music** (Promenade) 9:30 - 10:00 a.m.

Zumba Gold (Promenade) 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

(Promenade) 9:00 - 9:40 a.m. **Balance Exercise** (Promenade) 9:50 - 10:40 a.m.

8:30 - 9:15 a.m. **Cardio Workout** (Promenade) 9:30 - 10:00 a.m.

Tai-Chi (Promenade)

Body Moves for Better Health (Promenade) 10:15 - 10:45 a.m.