



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.



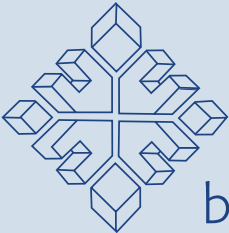
**Notification of
Nondiscrimination on
Basis of Disability Status**

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).

Perry Glenn
Vice President of
Affordable Housing Operations
911 N. Studebaker Road,
Long Beach, CA 90815
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359



*(Happy)
Holidays!*



The *Flight*
by **Angelus Plaza**

A Retirement Housing Foundation® Community

DECEMBER
Message

**"Bless is the season which
engages the whole world in a
conspiracy of love."**

~ *Hamilton Wright Mabie*

HOLIDAY ZUMBA W/HOLLY
Friday, December 3, 2021 - 2:00 p.m.
Location: Promenade

RESIDENT SEASONAL SHOW
Thursday, December 9, 2021 - 2:00 p.m.
Location: 5DR

**HOLIDAY PROGRAM
WITH TRICIA & TRACY**
Thursday, December 16, 2021 - 2:00 p.m.
Location: Promenade

**DECEMBER RESIDENT BIRTHDAY
CELEBRATION WITH YASHA**
Wednesday, December 22, 2021 - 2:00 p.m.
Location: Promenade

Unwrap a Smile with RHF

Toys for RHF Kids



Angelus Plaza

Our residents and staff are helping RHF Charitable Foundation deliver gifts to 1,600 children this holiday season.

Make a donation and receive a special “Gift” as a reminder that you helped bring a smile to an RHF child. Please see your Service Coordinator or Manager to participate.

저희 직원들과 입주자들은 RHF 자선 단체를 도와서 이번 할리데이 시즌에 1,600 명의 아이들에게 장난감을 선물 합니다.

이 자선 단체에 기부 하시고 RHF 아파트에 살고 있는 아이들에 환한 웃음을 선물 한 것을 항상 기억 할 수 있는 특별한 선물을 받으세요. 기부를 원하시는 분들은 쉐비스 코디네이터나 매너저에게 연락하셔서 동참 의사를 알려 주시기 바랍니다.

Nuestros residentes y personal están ayudando a la Fundación Caritativa de RHF a entregar regalos a 1,600 niños en esta temporada Navideña.

Haga una donación y reciba un “Regalo” especial como recordatorio de que ayudó a hacer sonreír a un niño de RHF. Por favor, consulte con su Coordinador/a de Servicios o su Administrador para participar.

我們的居民和員工們正在幫助RHF慈善基金會募捐，在這個季節我們為1,600名兒童提供聖誕禮物。

您的捐贈，我們會給您卡片，致上我們的謝意。這張有意義的感謝卡是致上您為RHF孩子們帶來的微笑。如果您有興趣參與，請諮詢您的社工或物業經理。

Thank you for supporting Toys for RHF Kids!

RHF Charitable Foundation
Stewarding Contributions That Change Lives

Message to our Residents!

“Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness.” (Harold Kushner). We want you to know that we are here for you! We love you and wishing you a prosperous and healthy year!

With love,

Angelus Plaza Staff

Clubs at Angelus Plaza

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

DANCE

Latin-American Club

Sunday - (AR)
10:00 a.m. - 4:00 p.m.

Chinese Residents Club

Monday - Thursday (AR)
12:30 p.m. - 3:30 p.m.

Korean Folk Dance

Monday (4CAF)
10:00 a.m. - 12:00 p.m.

Los Angeles Council Filipino-American Senior Dance Club

Tuesday and Friday (AR)
11:00 a.m. - 2:30 p.m.

MUSIC

Chinese Folk Music

Tuesdays
3:30 p.m. - 5:00 p.m.
Room 313

Korean Chorus

Saturday
10:00 a.m. - 12:00 p.m.
4th Floor Cafeteria

Angelus Plaza Choir by LA Hope Church

Tuesday
11:00 a.m.
4th Floor Dining Room

RECREATION

Billiards (Pool)

Monday - Friday, Activity Room
8:30 a.m. - 4:00 p.m.

Sewing Club

Tuesdays & Thursday, Room 403
9:00 a.m. - 12:00 p.m.

Ping-Pong

Monday, Tuesday, Thursday, Friday
Activity Room
6:00 - 11:00 a.m. / 4:00 - 8:00 p.m.
Wednesday, Saturday, Sunday
6:00 a.m. - 8:00 p.m. (AR)

Latin-American Game Club

Wednesday, Room 313
1:00 p.m. - 4:00 p.m.

Spiritual Services at Angelus Plaza

ANGEL'S CHURCH

Monday- Saturday
5:00 - 7:00 a.m.

Sunday
10:00 a.m.
3rd Floor. Library

THE GLOBAL LOVE'S CHURCH

Monday - Sunday
5:00 - 7:00 a.m. - 5th Floor Dining Room

GRAPEVINE CLUB AT LOS ANGELES

1st Sunday and 2nd Saturday of the Month
5:00 - 10:00 p.m. - 4th Floor, Auditorium

LA HOPE CHURCH SERVICES

Sunday
11:00 a.m. - 4th Floor, Auditorium

JOYFUL CHRISTIAN COMMUNITY CHURCH BIBLE STUDY

2nd Wednesday
10:00 - 11:30 a.m. - 5th Floor Dining Room

YOUNG NAK PRESBYTERIAN CHURCH OF LOS ANGELES BIBLE STUDY

3rd Thursday of the Month
3:00 p.m. - 4th Floor Auditorium



FOUR STEPS TO HOLIDAY FOOD SAFETY:
CLEAN, SEPARATE, COOK, CHILL!

This Holiday Season is a good time to remind ourselves that taking four easy steps to holiday food safety can help protect us and our loved ones from food poisoning:

Wash your hands and surfaces often.

- 1. Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- 2. Wash your utensils, cutting boards, and countertops with hot, soapy water.
- 3. Rinse fresh fruits and vegetables under running water.

Separate: Don't cross-contaminate.

- 1. Use separate cutting boards and plates for raw meat, poultry, and seafood.
- 2. Keep raw meat, poultry, seafood, and eggs separate from all other foods in the refrigerator

Cook to the right temperature.

- 1. Whole cuts of beef, veal, lamb, and pork, including fresh ham (raw): 145°F (then allow the meat to rest for 3 minutes before carving or eating)
- 2. Fish with fins: 145°F or cook until flesh is opaque
- 3. Ground meats, such as beef and pork: 160°F
- 4. All poultry, including ground chicken and turkey: 165°F
- 5. Leftovers and casseroles: 165°F

Chill: Refrigerate promptly.

Never leave perishable food out for more than 2 hours (or 1 hour if exposed to temperatures above 90°F).

- 1. Keep your refrigerator at 40°F or below
- 2. Refrigerate perishable food within 2 hours. Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F

CUATRO PASOS PARA LA SEGURIDAD
ALIMENTARIA DURANTE LAS
FESTIVIDADES:

¡LIMPIAR, SEPARAR, COCINAR, ENFRIAR!

Esta temporada navideña es un buen momento para recordarnos que tomar cuatro sencillos pasos para la seguridad alimentaria de las fiestas puede ayudar a protegernos a nosotros y a nuestros seres queridos de la intoxicación alimentaria:

Lávese las manos y las superficies con frecuencia.

- 1. Lávese las manos durante 20 segundos con agua y jabón antes, durante y después de preparar la comida y antes de comer.
- 2. Lave sus utensilios, tablas de cortar y encimeras con agua caliente y jabón.
- 3. Enjuague las frutas y verduras frescas con agua corriente.

Separado: no contamine de forma cruzada.

- 1. Use tablas de cortar y platos separados para las carnes, aves y mariscos crudos.
- 2. Mantenga las carnes, aves, mariscos y huevos crudos separados de todos los demás alimentos en el refrigerador.

Cocine a la temperatura adecuada.

- 1. Cortes enteros de res, ternera, cordero y cerdo, incluido el jamón fresco (crudo): 145 ° F (luego deje que la carne repose durante 3 minutos antes de cortarla o comerla)
- 2. Pescado con aletas: 145 ° F o cocine hasta que la carne esté opaca
- 3. Carnes molidas, como res y cerdo: 160 ° F
- 4. Todas las aves de corral, incluidos el pollo y el pavo molidos: 165 ° F
- 5. Sobras y guisos: 165 ° F

Enfriar: Refrigere rápidamente.

Nunca deje alimentos perecederos afuera por más de 2 horas (o 1 hora si se exponen a temperaturas superiores a 90 ° F).

- 1. Mantenga su refrigerador a 40 ° F o menos
- 2. Refrigere los alimentos perecederos dentro de las 2 horas. Las bacterias pueden multiplicarse rápidamente si se dejan a temperatura ambiente o en la "Zona de peligro" entre 40 ° F



食品安全四步：
清洗、分離、加熱、冷藏！

這個假期是提醒自己的好時機，採取四個簡單的食品安全步驟可以幫助保護我們免受食物中毒的侵害：清洗、分離、隔離、冷卻和冷藏！

經常洗手和表面。

- 1. 在準備食物之前、之中和之後，用肥皂和水洗手 20 秒。最重要的是在吃之前。
- 2. 用熱肥皂水清洗餐具、砧板和檯面。
- 3. 用流水沖洗新鮮水果和蔬菜。

分開：不要交叉污染食物。

- 1. 對生肉、家禽和海鮮使用單獨的砧板和盤子。
- 2. 將生肉、家禽、海鮮和雞蛋與冰箱中的所有其他食物分開

煮到合適的溫度。

- 1. 將牛肉、小牛肉、羊肉和豬肉，包括新鮮火腿（生）煮至 145°F（然後讓肉在雕刻或食用前靜置 3 分鐘）
- 2. 鮮魚： 145°F 或煮至肉不透明
- 3. 碎肉，如牛肉和豬肉： 160°F
- 4. 所有家禽，包括碎雞肉和火雞： 165°F
- 5. 剩菜和砂鍋菜： 165°F

冷藏：立即冷藏。

- 1. 將冰箱保持在 40°F 或以下
- 2. 在 2 小時內冷藏易腐爛的食物。如果將細菌置於室溫或 40°F 至 140°F 之間的“危險溫度”中，細菌會迅速繁殖。
- 3. 切勿將易腐爛的食物放在外面超過 2 小時（如果室溫超過 90°F，則不要超過 1 小時）。

명절 식품안전 4단계:
씻고, 분리하고, 익히고, 냉장하세요!

연말 명절 시즌은 우리 자신과 사랑하는 사람들을 식중독으로부터 지킬 수 있는 간단한 식품안전 4단계를 되새기기에 좋은 때입니다. 씻고, 분리하고, 익히고, 냉장하세요!

손과 조리대, 식품을 자주 씻으세요.

- 1. 음식 조리전, 조리중, 조리후와 식사전에 손을 비누와 물로 20초간 씻으세요.
- 2. 식기, 도마, 조리대 표면을 따뜻한 비눗물로 씻으세요.
- 3. 생야채나 과일들은 흐르는 물에 씻으세요.

분리하세요-교차오염을 방지하세요.

- 1. 육류, 가금류(닭이나 오리등), 해산물은 각각 다른 도마를 사용하세요.
- 2. 육류, 가금류, 해산물, 달걀은 냉장보관시 다른 음식들과 별도로 보관하세요

적정 온도로 익히세요.

- 1. 덩어리로 된 소고기, 양고기, 돼지고기, 익히지 않은 생햄: 화씨 145도 (이후 썰거나 드시기 전 3분 정도 기다리세요.)
- 2. 지느러미가 있는 생선류: 화씨 145도나 생선살이 불투명해질 때까지
- 3. 소고기나 돼지고기 같은 것: 화씨 160도
- 4. 닭이나 칠면조같은 가금류: 화씨 165도
- 5. 남은 음식이나 캐서롤: 화씨 165도

냉장하세요: 적정 온도에서 보관하세요.

상하기 쉬운 음식은 상온에서 2시간 이상, 화씨 90도 이상에서는 한시간 이상 놔두지 마세요.

- 1. 냉장실 온도를 화씨 40도 이하로 유지하세요.
- 2. 상하기 쉬운 음식은 두 시간 이내에 냉장보관하세요. 세균은 상온이나 화씨 40도에서 140도 사이 “위험기간”에서 매우 빠르게 증식합니다. 상하기 쉬운 음식을 상온에서 2시간 이상 두지 마세요.(화씨 90도 이상에서는 1시간 이상 두시지 마세요.)



ACTIVITIES CALENDAR

The Flight / Angelus Plaza Senior Activity Center



DECEMBER 2021

All Activities Are Subject to Change.

SUNDAY

MONDAY

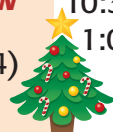
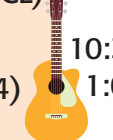
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		LOCATION KEY (3AG) Art Gallery (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Flor Conference Room (3AR) 3rd Floor Activity Room (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5DR) 5th Floor Dining Room (PD) Promenade Deck		7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL)		I 8:30 Cardio Workout (P) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (4CAF)		2 8:30 Tai Chi (P) 9:30 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C) 2:00 Holiday Zumba w/Holly (P)		3 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)		4 	
5 8:00 Zumba Gold with Saida (P) 		6 7:30 Chinese Folk Dance (P) 9:00 Zumba (P) 10:00 Korean Folk Dance (4CAF) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Some Like it Hot</i> (1959) 		7 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)		8 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL)		9 8:30 Cardio Workout (P) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology (3CL) 2:00 Residents Seasonal Show (5DR) 2:00 Korean-American Art (304) 3:00 Line Dance (4CAF) 		10 8:30 Tai Chi (P) 9:30 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C) 		11 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	
12 8:00 Zumba Gold with Saida (P) 		13 7:30 Chinese Folk Dance (P) 9:00 Zumba (P) 10:00 Art Class w/Nate (304) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>The Bishop's Wife</i> (1954) 		14 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)		15 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL)		16 8:30 Cardio Workout (P) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology (3CL) 2:00 Holiday Program w/Tricia & Tracy (P) 2:00 Korean-American Art (304) 3:00 Line Dance (4CAF) 		17 Ugly Sweater Day 8:30 Tai Chi (P) 9:30 Cardio Workout (P) 10:15 Body Moves for Better Health (P) 10:30 English Conversation (3C) 1:00 Project H.A.N.D.S. (3C) 		18 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	
19 8:00 Zumba Gold with Saida (P) 		20 7:30 Chinese Folk Dance (P) 9:00 Zumba (P) 10:00 Art Class w/Nate (304) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>White Christmas</i> (1954) 		21 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)		22 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Resident Birthday Celebration w/Yasha (P) 		23 8:30 Cardio Workout (P) 9:00 Holiday Cider Celebration (3AR) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (4CAF) 		24 Christmas Eve  Closed		25 Christmas  Closed	
Kwanzaa Begins 26 8:00 Zumba Gold with Saida (P) 		27 7:30 Chinese Folk Dance (P) 9:00 Zumba (P) 10:00 Korean Folk Dance (4CAF) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>The Nun's Story</i> (1959) 		28 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)		29 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Hot Chocolate & Cookies (3AR) 1st come, 1st serve 9:00 ESL Class (3C) 10:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL) 		30 8:30 Cardio Workout (P) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (4CAF)		31 New Year's Eve  Closed			

BON APETIT

WITH
CHEF ANDY
BUILDING A
MANAGER



ANDY'S BREAD PUDDING A LA MODE

INGREDIENTS

King's Hawaiian Bread Roll (one pound)
Croissant (4 ea)
Egg (4 ea)
Vanilla Extract (1 tbsp)
Butter (1/2 cup melted)
Rose water (1 tbsp)
Heavy cream (2 cups)
Whole milk (1 cup)
Condense milk (1 can)
Haagen-Dazs Vanilla Ice Cream (enough for 16 servings)

DIRECTIONS

Cut Hawaiian Bread Roll and croissant into bite size cubes. Combine the two and place in a bowl and set aside. Combine eggs, vanilla extract, melted butter, rose water, heavy cream, whole milk, and half a can of the condense milk in a mixing bowl and mix all together. Pour the liquid mixture onto the Hawaiian roll and croissant and let it soak up the liquid. Place the soaked breads in a baking pan 8x8 or a 9x9. Pour over the rest of the condense milk evenly on top of the bread pudding mix. Bake at 325°F for about 35-40 mins. Cut each servings into 4x4 squares, serve on a plate and top it with ice cream.

PUDÍN DE PAN DE ANDY A LA MODA

INGREDIENTES

Rollo de pan hawaiano del rey (una libra)
Croissant (4 cada uno)
Huevo (4 ea)
Extracto de vainilla (1 cucharada)
Mantequilla (1/2 taza derretida)
Agua de rosas (1 cucharada)
Crema espesa (2 tazas)
Leche entera (1 taza)
Leche condensada (1 lata)
Helado de vainilla Haagen-Dazs (suficiente para 16 porciones)

DIRECCIONES

Corte el rollo de pan hawaiano y el croissant en cubos del tamaño de un bocado. Combine los dos y colóquelos en un tazón y reserve. Combine los huevos, el extracto de vainilla, la mantequilla derretida, el agua de rosas, la crema espesa, la leche entera y la mitad de una lata de leche condensada en un tazón y mezcle todo junto. Vierta la mezcla líquida sobre el rollo hawaiano y el croissant y deje que absorba el líquido. Coloque los panes remojados en una bandeja para hornear de 8x8 o 9x9. Vierta el resto de la leche condensada uniformemente sobre la mezcla de budín de pan. Hornee a 325 ° F durante unos 35-40 minutos. Corta cada porción en cuadrados de 4x4, sirve en un plato y cubre con helado.

安迪的麵包布丁

原料：

夏威夷麵包卷（一磅）
羊角麵包（4個）
雞蛋（4個）
香草精（1湯匙）
融化的黃油（1/2 杯）
玫瑰水（1湯匙）
奶油（2杯）
全脂牛奶（1杯）
煉乳（1罐）
香草冰淇淋（1 夸脫）

將夏威夷麵包捲和羊角麵包切成方塊。將麵包混合併放入碗中。在一個單獨的碗中，混合：雞蛋、香草精、融化的黃油、玫瑰水、濃奶油、全脂牛奶和半罐煉乳。倒在麵包上，讓她吸收液體。將浸泡過的麵包放在烤盤上（8 x 8 英寸或 9 x 9 英寸）。把剩下的一罐煉乳倒在麵包布丁混合物上。在 325°F 下烘烤約 35-40 分鐘。將每份食物切成方塊，放在盤子上，然後在上面放上冰淇淋。

앤디의 브레드 푸딩 후식

재료:

킹스 하와이언 롤 빵 (1 파운드)
크로아상 (4 개)
달걀 (4개)
바닐라 추출액 (1 작은 술)
녹인 버터 (1/2 컵)
장미향 물 (1 작은 술)
헤비 크림 (2 컵)
전지 우유 (1 컵)
연유 (1 캔)
하겐 다즈 바닐라 아이스크림 (16 인분 정도의 충분한 양)

- 1) 하와이언 롤 빵과 크로아상을 한 입 크기로 네모나게 잘라서 큰 그릇에 합쳐 놓는다.
- 2) 달걀, 바닐라 추출액, 녹인 버터, 장미향 물, 헤비 크림, 전지 우유, 그리고 연유 반 캔을 잘 섞어 놓는다.
- 3) 2)번의 섞어 놓은 것을 1)번 빵에 부어서 다 스며들 때까지 기다린다.
- 4) 3)의 젖은 빵을 8 인치X 8 인치(20 cm X 20 cm) 오븐 팬이나 9 인치 X 9 인치(23 cm X 23 cm) 팬에 옮긴다.
- 5) 화씨 325도(섭씨 163도)에서 약 35-40분 동안 굽는다.
- 6) 완성된 푸딩은 4인치X 4인치(10cm X 10cm) 로 잘라서 아이스크림을 얹어 낸다.

Olive Hill Pharmacy

On the 2nd Floor of Administration Building

Business Hours

9:30 AM-6:00 PM(Monday-Friday)

Tel:(213)680-2000

올리브힐 약국

관리사무소 건물 2 층에 있습니다

Olive Hill 药店

位于管理办公室的二楼

Tel: (213)680-2000

COMMERCIAL CONNECTIVITY SERVICES

www.commercialconnectivity.com

HIGH-SPEED WIFI IN YOUR APARTMENT!

Use all your devices at once without interruption.

公寓内有快速度WiFi!

可以用所有电子设备而不会中断。

새로운 고속 무선 인터넷을

제한 없이 사용하 실 수 있습니다

Call (310) 990-4147 or

Email jeff@commercialconnectivity.com

CCS is pleased to support the Angelus Plaza Senior Activity Center.

Call us for our

Special Holiday

Advertising Rates

Contact

kira.yakubovich@rhf.org

(213) 623-4352

ext. 311



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.lahopec church.com

섬김 프로그램

1. 자연밥상: 주일 예배 후

발아 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 ներնվ

4. 앤젤스합창단(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



PIH HEALTH GOOD SAMARITAN HOSPITAL: WHERE YOU'LL FIND THE FUTURE OF MEDICINE

We Bring L.A. to Life™

Just as Downtown L.A. is undergoing a spectacular rebirth, PIH Health Good Samaritan Hospital has undergone an amazing transformation of its own. With the Medical Pavilion, we have created a magnificent leading edge facility, which is home to the Frank R. Seaver Ambulatory Surgery Center, Radiation Oncology, physicians' offices and boutique café.

For services closer to home, the Tom Bradley Center for Health Care, operated by PIH Health Good Samaritan Hospital, is located on the second floor at Angelus Plaza in the heart of the historic Bunker Hill area of downtown Los Angeles.

The Center offers services to get you back to health. Our services are designed with you in mind and we strive to serve you as a whole person, meeting your needs with care and excellence.



For more information about the Tom Bradley Center for Health Care

call (213) 633-4777.

For more information and referrals to physicians practicing at PIH Health

Good Samaritan Hospital, go to goodsam.org or call 1-800-472-2737.

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

*담임목사: 전요한

- Phone (213)550-7089

- Email gjohn1017@gmail.com

*심방전도사: 유정녀

- Phone (213)268-7237