



**Angelus Plaza Senior Activity Center**  
A Retirement Housing Foundation® Community  
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~ 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).

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



FEBRUARY  
Message

"Though, February is short, it is filled with lots of love and sweet surprises."  
~ Charmaine J. Forde

LUNAR NEW YEAR  
BEGINS FEBRUARY 12

The Chinese New Year also called the Spring Festival, or the Lunar New Year, falls on a different date every year due to the lunar-solar calendar. It begins on the second new moon after the winter solstice and is one of the most important holidays in Chinese culture. The celebration lasts fifteen days as many citizens feast with their family and honor their ancestors. The 2021 Chinese New Year is on February 12th, commencing the year of the Ox. The Chinese New Year celebrations begin eight days before the New Year. Days before the New Year, Chinese families will clean out their houses to “sweep away the bad luck” of the preceding year and to invite more good luck to their households. There is also an array of red paper decorations and paint in doors and window frames. The short time span before the New Year is a moment for families to begin a new start, which can be symbolized by getting a haircut, paying off debts, or buying new clothes.

During the three-day holiday of Seolnal (Korean New Year), people all over Korea travel to their hometowns to spend time with their family. Similar to the Chinese New Year, South Korea follows the Lunar New Year and the date for the beginning of the New Year changes according to the solar-lunar calendar. In South Korea, children wish their elders a happy new year by dressing up in hanbok, traditional Korean clothing, and bowing deeply to the floor while reciting “saehae bok mani badeuseyo,” translating to “Please receive a lot of luck in the New Year.” Afterwards, elders will reward this gesture by giving the children money in luck bags.

Tteokguk, which is a traditional Korean soup with rice cakes, is eaten on the New Year to recognize the aging of one year. A serving of Jeon which is a special Korean type of pancake is also eaten. There are several folk games played on the Korean New Year, such as Yunnori, a traditional Korean game involving sticks; or, men and boys will fly kites called Yeon.

The celebration of the New Year symbolizes new hope and new beginnings for a prosperous new year.

EL AÑO NUEVO CHINO  
COMIENZA EL 12 DE FEBRERO

El Año Nuevo chino, también llamado Festival de Primavera, o Año Nuevo Lunar, cae en una fecha diferente cada año debido al calendario lunar-solar. Comienza en la segunda luna nueva después del solsticio de invierno y es una de las fiestas más importantes de la cultura china. La celebración dura quince días mientras muchos ciudadanos festejan con su familia y honran a sus antepasados. El Año Nuevo chino 2021 es el 12 de febrero, comenzando el año del Buey. Las celebraciones del Año Nuevo chino comienzan ocho días antes del Año Nuevo. Días antes del Año Nuevo, las familias chinas limpiarán sus casas para “barrer la mala suerte” del año anterior e invitar más suerte a sus hogares. También hay una variedad de adornos de papel rojo y pintura en puertas y marcos de ventanas. El breve período de tiempo antes del Año Nuevo es un momento para que las familias comiencen de nuevo, que puede simbolizarse cortándose el pelo, saldando deudas o comprando ropa nueva.

Durante las vacaciones de tres días de Seolnal (Año Nuevo coreano), personas de toda Corea viajan a sus lugares de origen para pasar tiempo con su familia. Al igual que en el Año Nuevo chino, Corea del Sur sigue al Año Nuevo Lunar y la fecha para el comienzo del Año Nuevo cambia de acuerdo con el calendario solar-lunar. En Corea del Sur, los niños les desean a sus mayores un feliz año nuevo vistiéndose con hanbok, ropa tradicional coreana, y haciendo una profunda reverencia al suelo mientras recitan “saehae bok mani badeuseyo”, que se traduce como “Por favor, reciba mucha suerte en el año nuevo”. . . Posteriormente, los mayores premiarán este gesto entregando a los niños dinero en bolsas de la suerte.

Tteokguk, que es una sopa tradicional coreana con tortas de arroz, se come en el Año Nuevo para reconocer el envejecimiento de un año. También se come una porción de Jeon, que es un tipo especial de panqueque coreano. Hay varios juegos folclóricos que se juegan en el Año Nuevo coreano, como Yunnori, un juego tradicional coreano que involucra palos; o, hombres y niños volarán cometas llamadas Yeon.

La celebración del Año Nuevo simboliza una nueva esperanza y un nuevo comienzo para un próspero año nuevo.



The Flight / Angelus Plaza Senior Activity Center

農曆新年

2月12日是農曆新年，牛年。年獸，是一個在元宵節吃燈籠的怪物中國傳說中遠古時代會在過年前出現的一頭怪物。有一年，“年獸”跑到一村作惡，被一家門口晾的大紅色衣服嚇跑；到了另一村，又被燈光嚇走；到了另一處，也被打掃的人嚇跑。於是，人們開始了解“年獸”的弱點，牠怕聲音、怕紅色、怕火光、也不喜歡整潔的環境，所以每至年末歲首，人們就在家門口大掃除、貼紅聯、放鞭炮、掛紅燈，又在院子裡燒柴禾、攏旺火，用菜刀剁菜肉來發出聲音，以嚇走“年獸”，使牠不再禍害人們。人們慶幸打敗“年獸”，於是敲鑼打鼓，互稱“恭喜”，便是“過年”一詞的由來。如今，正月初一被稱為“春節”。

幸運的牛

顏色：藍色，黃色，綠色

數字：1，4

花：鈴蘭和幸運竹

吉祥的方向：東，東南

財富方向：西北

愛的方向：南

구정

2월 12일 시작

한국의 설날에는 3일간의 연휴기간 동안 많은 사람들이 가족들과 함께 시간을 보냅니다. 중국의 춘절과 날짜는 같지만, 문화는 다른 점들이 많습니다. 예를 들어, 요즘에는 많이 입지 않지만 예전에는 거의 모든 사람들이 한복을 입고 만나 웃어른들에게 절을 하며 “새해 복 많이 받으세요” 라고 안부를 전합니다. 그럼 이 것을 들은 이는 상대방에게 용돈을 주며 복을 전달합니다.

또 다른 한국의 설날 문화는 떡국입니다. 떡국을 먹는 행위는 나이가 든다라는 뜻을 의미 하는데 이는 적어도 200년 전부터 행해지던 나이 셈법입니다. 떡국을 먹고 나면, 가족끼리 팀을 나눠 윷놀이를 하거나 바람부는 곳을 찾아 연을 날립니다. 윷놀이는 중국, 몽골, 일본등에서 비슷한 게임들이 있는데, 한국에서는 고려시대 쫄 부터 시작된 것으로 알려져 있습니다.

한국에서는 설날, 중국에서는 춘절 (봄의 명절), 몽골에서는 차강사르, 싱가포르에서는 칭게이 퍼레이드, 베트남은 Tết 등으로 여러 아시아 나라에서 음력설을 세고 있는데, 일본은 동아시아에서 거의 유일하게 음력설을 세지 않는 나라중 하나입니다. 많은 나라들이 다른 문화로 양력설 혹은 음력설을 세는데, 어쨌든 모두들 새해를 축하하고 축복한다는 의미는 같습니다.

그런 마음으로, 여러분 모두 새로운 희망과 새로운 시작으로 이번 신축년을 맞이 하시길 바랍니다.

## VALENTINE'S DAY

Valentine's Day first began as St. Valentine's Day, a serious celebration of the Christian Saint Valentinus. February 14th first became associated with romantic love during the High Middle Ages when the European cultural tradition of courtly love flourished. In 18th century England, this day of love evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering candy and sending sentimental Valentine's Day cards. Surprise someone special on the 14th with a Valentine gift, thought or treat and bring a happy smile to their face.



## 情人節

情人節最早從聖情人節開始，這是對基督教徒聖瓦倫蒂努斯的慶祝活動。歐洲中世紀的宮廷愛情傳統盛行，2月14日第一次與浪漫愛情聯繫在一起。在18世紀的英格蘭，愛情的這一天演變成一個場合，戀人通過獻花，提供糖果和發送多情的情人節賀卡表達彼此的愛意。14日送上情人節禮物，讓特別的人感到驚喜，想一想或請客，並給他們的臉上帶來幸福的微笑。

## DÍA DE SAN VALENTÍN

El día de San Valentín comenzó como St. San Valentín, una seria celebración del San Valentín cristiano. El 14 de febrero se asoció por primera vez con el amor romántico durante la Alta Edad Media, cuando floreció la tradición cultural europea del amor cortés. En la Inglaterra del siglo XVIII, este día del amor se convirtió en una ocasión en la que los enamorados expresaban su amor entre sí al regalar flores, ofrecer dulces y enviar tarjetas sentimentales de San Valentín. Sorprenda a alguien especial el día 14 con un regalo de San Valentín, un pensamiento o un regalo y llévele una sonrisa feliz a la cara.



## 발렌타인 데이

발렌타인 데이는 크리스천 세인트 발렌티 누스를 진지하게 기념하는 성 발렌타인 데일로 처음 시작되었습니다. 2월 14일은 궁중 사랑의 유럽 문화 전통이 번성했던 중세 시대에 처음으로 낭만적인 사랑과 연관되었습니다. 18세기 영국에서 사랑의 날은 연인들이 꽃을 선물하고 사탕을 제공하며 감성적인 발렌타인 데이 카드를 보내 서로에 대한 사랑을 표현하는 계기로 발전했습니다. 발렌타인 데이 선물, 생각 또는 치료로 14일 특별한 사람을 놀라게 하고 행복한 미소를 지으십시오.

## FEBRUARY IS AMERICAN HEART MONTH

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk. Educate yourself learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

## FEBRERO ES EL MES AMERICANO DEL CORAZÓN

El corazón humano es responsable de bombear sangre por todo nuestro cuerpo, suministrar oxígeno y nutrientes y eliminar toxinas y desechos. Con un peso de entre 8 y 12 onzas, el corazón es un órgano poderoso dividido en cuatro cámaras que trabajan juntas para bombear sangre hacia adentro y hacia afuera. El corazón obtiene sangre oxigenada de los pulmones y la bombea al resto del cuerpo. Lo hace contrayéndose a un ritmo rítmico, alrededor de 60 a 80 veces por minuto, gracias a células eléctricas llamadas "marcapasos". Cuando el corazón deja de realizar su función normal, se puede implantar un dispositivo médico también llamado marcapasos para ayudar al corazón.

La enfermedad cardíaca ocurre cuando las arterias que van al corazón se obstruyen. La enfermedad cardíaca puede afectar a todos, pero hacer un balance de sus riesgos de salud, actividades y dieta previos puede ayudarlo a reducir su riesgo. Infórmese sobre los factores de riesgo de enfermedades cardíacas, las formas en que puede prevenirlas y las opciones de estilo de vida que pueden ayudarlo a mantenerse saludable.

## 2月是美國心臟月

人的心臟負責泵送我們整個身體的血液，提供氧氣和營養，並清除毒素和廢物。心臟重達8到12盎司，是一個強大的器官，分為四個腔室，這些腔室共同工作以抽血和抽水。心臟從肺部吸收含氧的血液，並將其泵送到身體的其他部位。通過稱為“起搏器”的電芯，它以有節奏的速度收縮，每分鐘約60-80次。當心臟停止執行其正常功能時，可以植入也稱為起搏器的醫療設備來輔助心臟。

當導致心臟的動脈阻塞時，就會發生心臟病。心臟病會影響到每個人，但是盤點之前的健康風險，活動和飲食習慣可以幫助您降低風險。教育自己，了解心臟病的危險因素，預防方法以及可以幫助您保持健康的生活方式選擇。

## 2 월은 미국 심장의 달입니다.

인간의 심장은 우리 몸 전체에 혈액을 공급하고 산소와 영양분을 공급하며 독소와 노폐물을 제거하는 역할을 합니다. 무게가 8 ~ 12 온스 인 심장은 4 개의 방으로 나뉘어있는 강력한 기관으로 함께 작동하여 혈액을 안팎으로 펌핑합니다. 심장은 폐에서 산소가 공급된 혈액을 받아 나머지 신체 전체로 펌핑합니다. 이것은 "페이스 메이커 (pacemakers)"라고 불리는 전기 세포 덕분에 분당 약 60-80 번의 리드미컬 한 속도로 수축함으로써 이루어집니다. 심장이 정상적인 기능을 수행하지 못하는 경우 심장을 보조하기 위해 심장 박동기라고도 하는 의료 기기를 이식 할 수 있습니다.

심장병은 심장으로 이어지는 동맥이 막힐 때 발생합니다. 심장병은 모든 사람에게 영향을 미칠 수 있지만 이전의 건강 위험, 활동 및식이 요법을 고려하면 위험을 줄이는데 도움이 될 수 있습니다. 심장 질환의 위험 요소, 예방할 수 있는 방법, 건강을 유지하는 데 도움이 되는 생활 방식 선택에 대해 스스로 교육하십시오.

WISHING YOU ALL A HAPPY VALENTINE'S DAY!



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

### SELF-CARE SELF-LOVE CALENDAR ACTIVITIES

"Our greatest glory is not in never falling, but in rising every time we fall."  
~ Confucius

Eat Healthy

1

Stay Hydrated

2

Dance Like Nobody's Watching

3

Read What You Love

4

Listen to Classical Music

5

6

7

Do Yoga

8

Meditate

9

Watch a Movie

10

Video Call Best Friend

11

Lunar New Year  
Do Self-Foot Massage

12

13

"Life is 10% what happens to you and 90% how you react to it."  
~ Charles R. Swindoll

14

President's Day

15

Mardi Gras

16

Aromatherapy

17

Bake Something Fun

18

Play a Board Game

19

20

Happy Valentine's Day

Cook for Fun

Herbal Tea Party for Two

21

Shop On-Line

22

Laundry Day

23

Make Handmade Pizza

24

Do Breathing Exercises

25

Have a Zoom Family Dinner

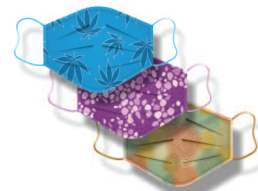
26

27

"꽃을 보고 좋아하면 꽃이 기분이 좋습니까? 내가 기분이 좋습니까? 내가 기분이 좋습니다. 행복도 내가 만들고 불행도 내가 만드는 것입니다."  
By 베플스님

28

**Reminder:**  
Please wear Facial masks and keep 6ft social distance when you are outdoors.



春節快樂,萬事如意!  
祝大家新年身體健康!

El amor es esa espléndido disparo de humanos la vitalidad, la actividad suprema que la naturaleza permite a nadie para salir de sí mismo hacia alguien más.  
~ Jose Ortega y Gasset

"What lies behind us and what lies before us are tiny matters compared to what lies within us."  
~ Ralph Waldo Emerson



## HONORING BLACK HISTORY, CREATIVITY, AND ACCOMPLISHMENTS

Black History Month, also known as African-American History Month, honors a rich history and gets special recognition throughout the month of February. This month-long observation offers us the opportunity to reflect upon the long neglected creativity, culture, accomplishments, and history of Black Americans in every field of endeavor.

The month of February was selected because it is the same month during which Negro History Week was initially observed. The original 7-day celebration began in 1926 when Dr. Carter G. Woodson, an African-American history professor at Howard University (also known as the “Father of Black History”), began to promote the idea of recognizing prominent African-American events, personalities, and achievements. That week coincided with the birthdays of both the influential African-American social reformer Frederick Douglass (born 2/14), who became a national leader of the abolitionist movement, and President Abraham Lincoln (born 2/12), who thought slavery was unjust, prosecuted the Civil War, and vigorously supported the 13th Amendment abolishing slavery (passed January 31, 1865). The Black History celebration grew larger, and by 1970, the entire 28 days of February were dedicated to honoring the hard work and sacrifices made of the African-American community.

Despite an often difficult history, Black Americans have overcome their hardships, and make countless indelible contributions to our culture. The theme for this year’s celebration is “The Black Family: Representation, Identity and Diversity.”

Today, Black History Month is also celebrated in Canada, the U.K., Germany, and the Netherlands. This special recognition advances the discussion of Black people, and it encourages the year-round study and celebration of their amazing achievements and contributions.

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## 馬丁·路德·金

“黑人歷史月”的故事開始於一九一五年，其時距離美國憲法第十三條修正案廢除奴隸制已經過去了半個世紀。一九一五年九月，畢業於哈佛的歷史學家卡特·G·伍德森和著名的黑人部長傑西·E·穆蘭發起成立了“美國黑人生活和歷史研究協會”，致力於美國黑人歷史的研究和黑人文化的推廣，這個協會就是“美國非洲裔生活和歷史研究協會”。1926年，協會選定在2月的第2週舉辦“黑人歷史週”活動，適逢亞伯拉罕·林肯總統和廢奴主義活動家弗雷德里克·道格拉斯的誕辰紀念日。這次活動了引發了美國全國範圍內學校和社區的響應，美國各地紛紛建立歷史俱樂部，開展歷史講座以及舉辦慶祝活動。

在之後的幾十年裡，美國各地的市長們開始對“黑人歷史週”的舉辦進行官方的確認。到了60年代後期，得益於民權運動的興起和黑人自身的覺醒，“黑人歷史週”在許多大學校園裡發展成了“黑人歷史月”。一九七六年，美國總統杰拉爾德·福特正式承認“黑人歷史月”，他呼籲美國人“利用這個機會紀念美國黑人在美國整個歷史進程的每一個為之奮鬥的領域中往往被忽視的成就”。從那時起，歷屆美國總統每年都會指定2月為“黑人歷史月”，並且對歷史月的主題進行確認。

## 마틴 루터 킹 주니어

오늘의 미국을 건설한 위대한 미국인 중의 한명, 마틴 루터 킹 주니어 박사 (Dr. Martin Luther King Jr.)를 기념하는 날이 1월에 있습니다. 그는 수백년 동안 이루지 못 했던 미국의 인종 평등을 위해 여러 활동을 했던 대표적인 비폭력 인권 운동 지도자였습니다. 그의 활동들은 언제나 희망적이고, 사랑, 박애, 평화 그리고 자유를 상징했습니다. 이에 1964년, 그는 노르웨이 오슬로에서 노벨 평화상을 수여받았고, 1968년 테네시주 멤피스에서 피살당했습니다. 그의 나이 불과 39세, 그가 뿌린 밑 거름으로 우리는 지금의 시대를 살아가고 있습니다. 그의 희생을 다시한번 생각해보는 1월이 되길 바랍니다.

마틴 루터 킹 주니어 박사의 명언모음:

- “어둠으로 어둠을 몰아낼 수는 없습니다. 오직 빛으로만 할 수 있습니다. 증오는 증오로 몰아낼 수 없습니다. 오직 사랑만이 그것을 할 수 있습니다”
- “믿음이라는 것은 계단 끝이 암흑으로 보이지 않을때도 첫 걸음을 내딛을 수 있는 용기입니다”
- “결국 우리의 기억에 남는 것은, 적들의 말이 아닌, 친구의 침묵이 될 것입니다”
- “날지 못한다면 뛰십시오. 뛰지 못한다면 걸으십시오. 걷지 못한다면 기십시오. 무엇을 하던 가장 중요한 것은, 앞으로 나아가야 한다는 것입니다”
- “용서는 가끔 발생하는 행위가 아니라, 지속적으로 우리가 지녀야 할 태도입니다”
- “옳은 일을 하기에 적합한 시기라는 것은 없습니다. 바로 지금이 적기입니다”
- “우리가 중대한 일에 대해 침묵하는 순간, 우리 삶의 종말은 시작됩니다.”
- “어둠 속에서만 별을 볼 수 있습니다”
- “진정한 리더는 합의를 찾는 사람이 아니라, 합의를 만들어 내는 사람입니다”
- “이 세상에서 가장 위험한 것은 고집스러운 무지와 양심적인 우둔함 이다”



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