



**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](http://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).

**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



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

JANUARY  
Message

"January is the  
month for dreaming."  
~ Jean Hersey

**NEW YEAR'S DANCE W/DJ RYAN**  
Thursday, January 6, 2022 - 1:30 p.m.  
Location: Activity Room  
**HEALTH LECTURE W/GOOD SAMARITAN**  
Thursday, January 20, 2022 - 1:30 p.m.  
Location: Library

**RESIDENT BIRTHDAY PARTY**  
Wednesday, January 26, 2022 - 1:30 p.m.  
Location: Promenade

**GALLERY GRAND OPENING**  
Friday, January 28, 2022 - 1:30 p.m.  
Location: Art Gallery 3rd Floor



Thank You to our Sponsors!



Sending a very special “ Thank You” to all our sponsors and donors: Jin Park, Olive Hill Pharmacy, PIH Health Good Samaritan Hospital, LA Hope Church, The Global Love’s Church, Angel’s Church, Grapevine Club at Los Angeles, Sewing Club, Chinese Resident Club, Jeff Scolnick, Commercial Connectivity Services, Wellcare, and to the individuals: Franco Arcebald-resident, Angel Wang-Dance instructor for their generous support and donations towards our Senior Activity Center for Services and Programs here at Angelus Plaza.

From the bottom of hearts, we wish you a very Happy New Year!!!

Sincerely,  
Angelus Plaza Staff

WORD SEARCH



BROTHERHOOD  
I HAVE A DREAM  
SEGREGATION  
CHANGE  
FREEDOM  
MARTIN LUTHER KING  
INTEGRATION  
PEACE

CIVIL RIGHTS  
BLACK AMERICANS  
NONVIOLENCE  
JUSTICE  
ASSASSINATION  
NOBEL PEACE PRIZE  
EQUAL RIGHTS

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

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 and Thursday (AR)  
Mon: 12:30 p.m. - 3:30 p.m.  
Thurs: 12:30 p.m. - 3:00 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**  
Tuesday  
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.

**Thrifty Shop**

Tuesday and 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.  
Wednesdays, Saturdays, Sundays  
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

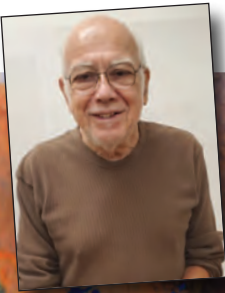
JOYFUL CHRISTIAN  
COMMUNITY CHURCH  
BIBLE STUDY

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

GALLERY GRAND OPENING



FEATURING AN ART EXHIBIT BY ARMANDO

Friday, January 28 at 1:30 p.m.  
Art Gallery will be open through February 25  
1:30 to 3:30 p.m. (except Wednesdays)  
Art Gallery - 3rd Floor





## IT'S A HUG IN A MUG JANUARY IS HOT TEA MONTH

The start of every day for many of us begins with a piping hot cup of brewed tea. It is therefore very fitting that the start of the New Year in January kicks off with National Hot Tea Month. And there is a myriad of choices of delicious teas to choose from to celebrate the beginning of 2022!

Green tea is a traditional favorite of many, and for good reason. Green Tea soothes the soul AND the body because it improves blood flow and lowers cholesterol.



Another celebrated variety of tea is, of course, the famous Earl Grey. Earl Grey tea is considered the perfect blend of flavors - sweet and floral, yet slightly sour. Research has also shown that Earl Grey tea helps prevent heart disease and may assist with weight loss. And how could anyone forget Darjeeling tea... the darling of the East? Darjeeling is the most popular tea variety in the world today and is sure to please nearly every flavor palette because it is neither too bitter nor too sweet.

This month, put down your Coffee and Espresso and pick up a cup of tea! It can improve your health with every delicious sip.

## ES UN ABRAZO EN UNA TAZA ENERO ES EL MES DEL TÉ CALIENTE

El comienzo de cada día para muchos de nosotros comienza con una taza de té bien caliente. Por lo tanto, es muy apropiado que el comienzo del Año Nuevo en enero comience con el Mes Nacional del Té Caliente. ¡Y hay una gran variedad de deliciosos té para elegir para celebrar el comienzo de 2022!

El té verde es un favorito tradicional de muchos, y por una buena razón. El té verde calma el alma y el cuerpo porque mejora el flujo sanguíneo y reduce el colesterol.

Otra variedad célebre de té es, por supuesto, el famoso Earl Grey. El té Earl Grey se considera la combinación perfecta de sabores: dulce y floral, pero ligeramente ácido. La investigación también ha demostrado que el té Earl Grey ayuda a prevenir enfermedades cardíacas y puede ayudar a perder peso. ¿Y cómo podría alguien olvidar el té Darjeeling ... el favorito de Oriente? Darjeeling es la variedad de té más popular en el mundo hoy en día y seguramente complacerá a casi todas las paletas de sabores porque no es ni demasiado amargo ni demasiado dulce.

¡Este mes, deje su café y espresso y tome una taza de té! Puede mejorar su salud con cada delicioso sorbo.



## 杯子中的幸福 一月是热茶月

对我们中的许多人来说，每一天的开始都是从一杯滚烫的泡茶开始的。因此，以全国热茶月作为新年的开始非常合适。还有无数美味的茶可供选择来庆祝2022年的开始！

绿茶是许多人的传统最爱，这是有充分理由的。绿茶可以舒缓灵魂和身体，因为它可以改善血液流动并降低胆固醇。

当然，另一种著名的茶品种是著名的伯爵茶。伯爵茶被认为是口味的完美结合 - 甜味和花香，但略带酸味。研究还表明，伯爵茶有助于预防心脏病，并可能有助于减肥。怎么会有人忘记大吉岭茶，一种来自印度的最爱茶？大吉岭是当今世界上最受欢迎的茶品种，几乎可以满足所有口味，因为它既不太苦也不太甜。

这个月，喝一杯茶，而不是喝咖啡！每一口美味都可以改善您的健康。

## 따스한 차 한잔으로 온 몸을 감싸세요. 1월은 “따뜻한 차의 달”입니다.

따스한 차 한잔으로 하루를 시작하는 여러분은 내년부터 나라에서 정한 “따뜻한 차의 달”에 적합한 분들이십니다. 무수히 많은 종류의 향기로운 차를 선택함으로 새해를 시작하십시오.

녹차는 전통적으로 여러가지 좋은 이유로 사랑받는 차입니다.

혈액순환을 돕고 콜레스테롤은 낮추어서 몸과 영혼을 진정시키는 효과가 있습니다.

다른 유명한 차로 영국 홍차(얼 그레이)가 있습니다. 영국 홍차는 첨가된 꽃향의 달콤함과 약간의 새콤한 맛이 완벽한 조화라고 여겨집니다. 연구 조사에 의하면 홍차가 심장질환을 예방하고 체중감량에도 도움이 된다고 알려져 있습니다.

그리고 어찌 아시아의 사랑이라 불리우는 인도 홍차(다즐링)를 잊겠습니까...? 많이 쓰지도 달지도 않은 인도 홍차의 다양한 향이 현재 전 세계에서 가장 인기가 많은 차 입니다.

1월엔 커피와 에스프레소를 내려 놓으시고 차 한잔 하시길 바랍니다.

한 모금 마실 적마다 여러분의 건강이 좋아질 것입니다.

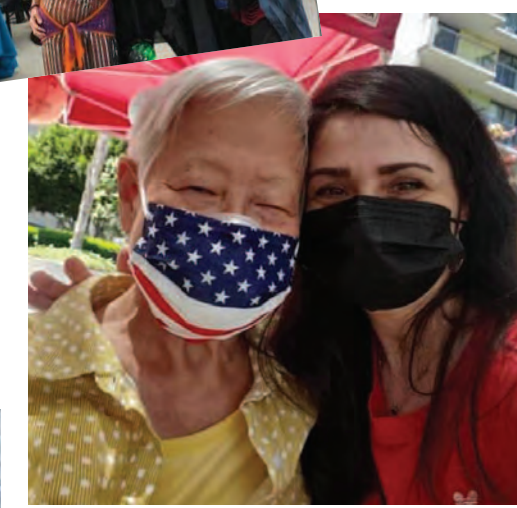
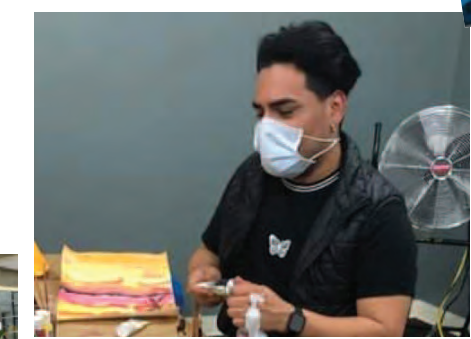


### SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

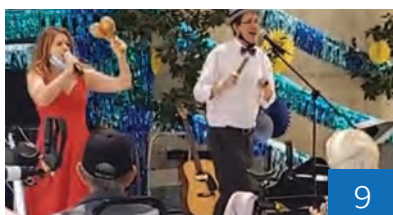
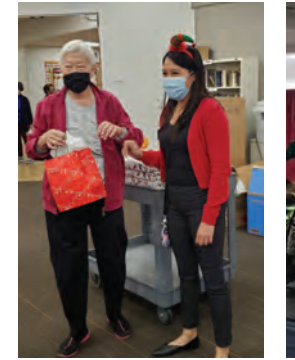
		<b>LOCATION KEY</b> (3AG) Art Gallery (3L) Library (3CL) 3rd Floor Computer Lab (3C) 3rd Floor Conference Room (3AR) 3rd Floor Activity Room (4A) 4th Floor Auditorium (4CAF) 4th Floor Cafeteria (5DR) 5th Floor Dining Room (PD) Promenade Deck				<b>“</b> WINTER IS NOT A SEASON, IT'S A CELEBRATION.  ~ Anamika Mishra		<b>New Year's Day</b>  Closed	
8:00 Zumba Gold with Saida (P) 	<b>2</b> 7:30 Chinese Folk Dance (P) 9:00 Zumba Gold w/Saida(P) 10:00 Korean Folk Dance (4CAF) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Meet Me in St. Louis</i> (1945) 	<b>3</b> 9:00 Thrifty Shop w/Sarah (403) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 2:00 Calligraphy (3AG) 3:00 Belly Dance (3A)	<b>4</b> 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 2:00 Chinese Karaoke (4CAF)	<b>5</b> 8:30 Cardio Workout (P) 9:00 Thrifty Shop w/Sarah (403) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 <b>New Year Dance w/DJ Ryan</b> (3AR) 2:00 Korean-American Art (304) 3:00 Line Dance (3A)	<b>6</b> 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) 	<b>7</b> 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	<b>8</b>		
8:00 Zumba Gold with Saida (P) 	<b>9</b> 7:30 Chinese Folk Dance (P) 9:00 Zumba Gold w/Saida (P) 10:00 Art Class w/Nate (304) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Sorry Wrong Number</i> (1948) 	<b>10</b> 9:00 Thrifty Shop w/Sarah (403) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)	<b>11</b> 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG)	<b>12</b> 8:30 Cardio Workout (P) 9:00 Thrifty Shop w/Sarah (403) 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 (3A) 	<b>13</b> 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 New Year, New You Zumba w/Danny	<b>14</b> 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	<b>15</b>		
8:00 Zumba Gold with Saida (P) 	<b>16</b> <b>Martin Luther King Jr. Day</b> Senior Activity Center will be Closed 	<b>17</b> 9:00 Thrifty Shop w/Sarah (403) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)	<b>18</b> 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 Crafts Corner w/Danny (313) 9:00 ESL Class (3C) 9:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Calligraphy (3AG)	<b>19</b> 8:30 Cardio Workout (P) 9:00 Thrifty Shop w/Sarah (403) 9:15 Balance Exercise (P) 10:30 Guitar Class (3L) 1:00 Korean Worship Dance (3L) 1:30 Computer & Technology (3CL) 1:30 <b>Health Lecture w/Good Samaritan</b> (3L) 2:00 Korean-American Art (304) 3:00 Line Dance (3A)	<b>20</b> 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)	<b>21</b> 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	<b>22</b>		
8:00 Zumba Gold with Saida (P) 	<b>23</b> 7:30 Chinese Folk Dance (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Laura</i> (1944) 	<b>24</b> 9:00 Thrifty Shop w/Sarah (403) 9:00 Art Class w/Armando (304) 9:30 Move with Music (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3A)	<b>25</b> 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 1:30 Computer & Technology Help Clinic (3CL) 1:30 <b>Resident Birthday Celebration w/ Yasha</b> (P) 2:00 Calligraphy (3AG) 	<b>26</b> 8:30 Cardio Workout (P) 9:00 Thrifty Shop w/Sarah (403) 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 (3A)	<b>27</b> 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) 1:30 <b>Gallery Grand Opening</b> (3AG)	<b>28</b> 8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF) 	<b>29</b>		



# 2021 YEAR IN REVIEW



The Flight / Angelus Plaza Senior Activity Center





# Olive Hill Pharmacy

On the 2<sup>nd</sup> 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**



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Call (310) 990-4147 or  
Email [jeff@commercialconnectivity.com](mailto:jeff@commercialconnectivity.com)

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

## Call us for our Special New Year's Advertising Rates

**Contact**  
[kira.yakubovich@rhf.org](mailto:kira.yakubovich@rhf.org)  
(213) 623-4352  
ext. 311





## 나성소망교회

**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](http://www.lahopecchurch.com)

담임목사: 김재율

### 섬김 프로그램

1. **자연밥상:** 주일 예배 후  
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
2. **무료한방의료봉사:** 매달 첫 주일 1-3PM  
경산한의과대학병원 원장과 기독교한의 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





## 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](http://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](mailto:gjohn1017@gmail.com)

**\*심방전도사: 유정녀**  
- Phone (213)268-7237