



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+).

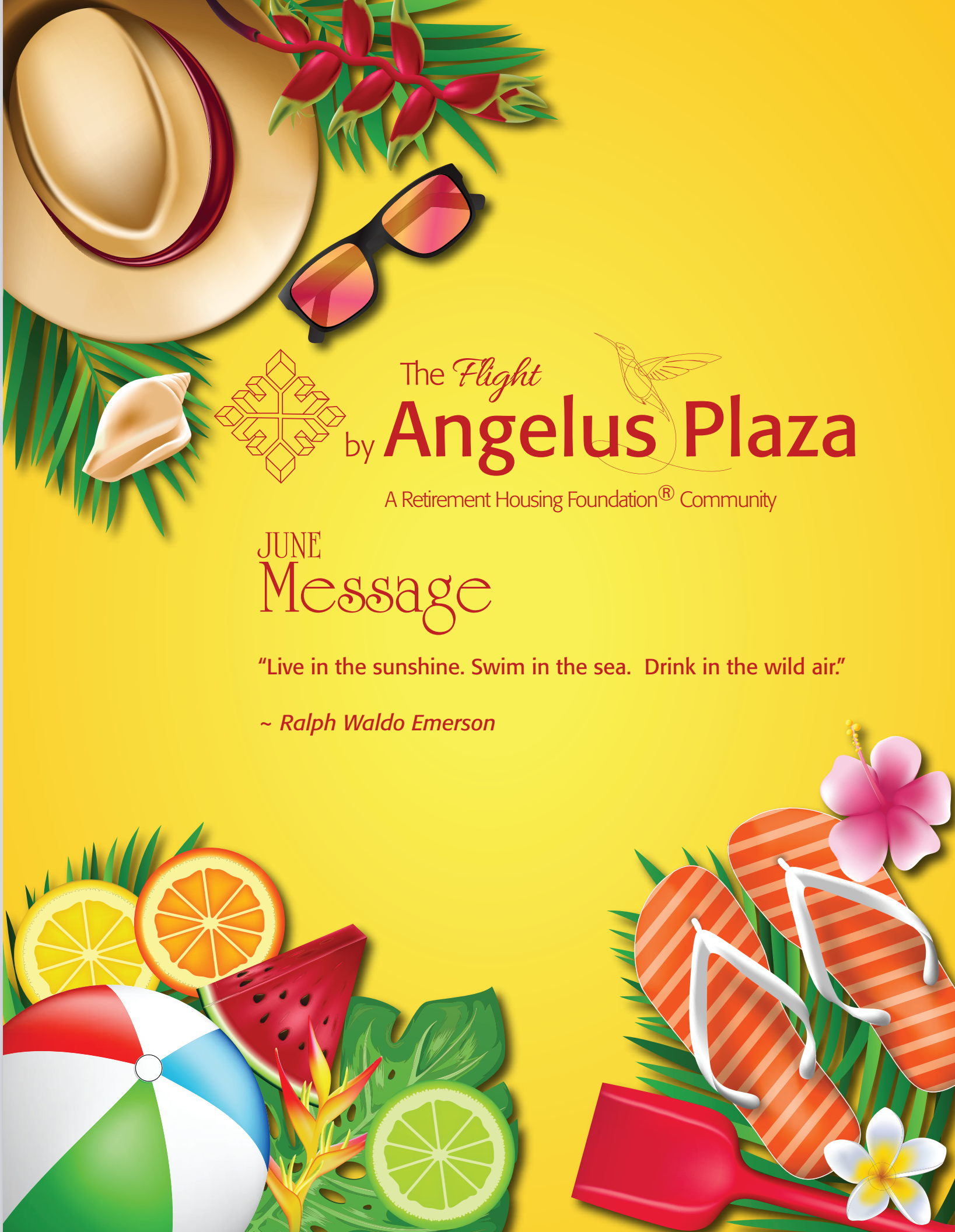
We welcome donations to support programs and services.



**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).

Stuart Hartman
Sr. Vice President of 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

JUNE
Message

"Live in the sunshine. Swim in the sea. Drink in the wild air."

~ Ralph Waldo Emerson



thank you

On behalf of Angelus Plaza residents, the Senior Activity Center would like to express our sincere gratitude to the RHF Charitable Foundation for their generous donation of five (5) 70" flat screen TVs. Each television was installed in our residential community rooms. Our residents now have more access to participating in educational programs hosted by the Senior Activity Center. We are so grateful for the support of the RHF Charitable Foundation, who are committed to helping people, strengthening families and building stronger, healthier and safer communities. Thank you!





FATHER'S DAY WORD SEARCH

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

CAKE
CARD
CELEBRATE
EAT

FATHER
GOLF
GRILL
HAMBURGER

OUTINGS
SHIRT
TIE
YARD

JUNE IS NATIONAL MEN'S HEALTH MONTH

June is always Men's Health Month, and this national observance is intended to raise awareness about health care for men. The focus throughout this month is to motivate men to implement and practice more healthy living decisions, like exercising regularly and eating healthy foods. According to the Centers for Disease Control and Prevention, men in the U.S., on average, live fewer 5 years than women, and are at higher risk of heart disease, cancer and unintentional injuries. During Men's Health Month, men are encouraged to take active control of their health. Below are four noteworthy facts to consider and to focus on improving during the month of June.

First: Men are less likely to seek healthcare than women. There is a culture and media-driven expectation for men to always be strong, and to not show weakness. Unfortunately, some men think that going to the doctor exhibits a form of weakness. 21% of men also admit to having a fear of diagnosis, and instead need to understand that ignoring a medical problem will never make it go away.

Second: Prostrate cancer affects one in nine men. It's important to ensure that at-risk men are screened regularly for prostrate cancer. The earlier this cancer is caught, the more easily it can be contained.

Third: Mental health is one of the most stigmatized issues affecting men. Men can frequently struggle with their feelings, and correspondingly, depression may occur. Men are often hesitant to seek out care. Men are encouraged to talk more about their emotions to promote better mental health.

Fourth: The average man should be making better lifestyle choices to protect his overall health. Men should consider drinking and smoking less, and making healthier choices in the kitchen by including more fruits and vegetables, and consuming less meat and dairy products.

Men's health issues deserve attention, and hopefully throughout and long after June, men will be motivated to not only keep an ongoing conversation about health, but to also take active measures to ensure a healthier life everyday!



JUNIO ES EL MES NACIONAL DE LA SALUD DE LOS HOMBRES

Junio es siempre el Mes de la Salud de los Hombres, y esta celebración nacional tiene como objetivo crear conciencia sobre la atención médica para los hombres. El enfoque a lo largo de este mes es motivar a los hombres para que implementen y practiquen decisiones de vida más saludables, como hacer ejercicio con regularidad y comer alimentos saludables. Según los Centros para el Control y la Prevención de Enfermedades, los hombres en los EE. UU., En promedio, viven menos de 5 años que las mujeres y tienen un mayor riesgo de enfermedad cardíaca, cáncer y lesiones no intencionales. Durante el Mes de la Salud del Hombre, se anima a los hombres a que tomen un control activo de su salud. A continuación se presentan cuatro hechos dignos de mención para considerar y enfocarse en mejorar durante el mes de junio.

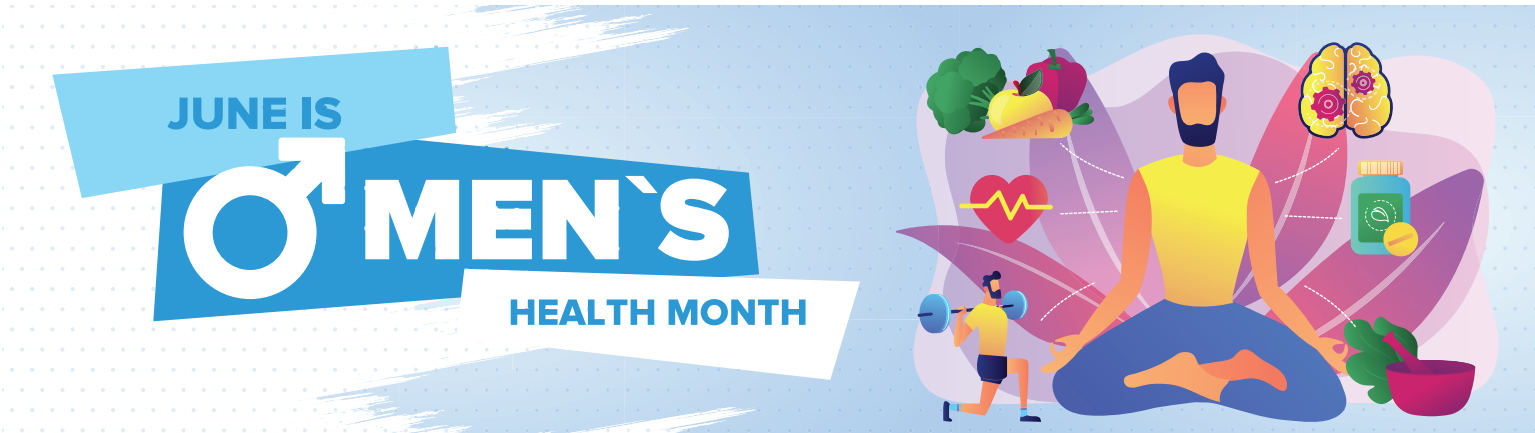
Primero: es menos probable que los hombres busquen atención médica que las mujeres. Existe una cultura y una expectativa impulsada por los medios de comunicación de que los hombres siempre sean fuertes y no muestren debilidad. Desafortunadamente, algunos hombres piensan que ir al médico presenta una forma de debilidad. El 21% de los hombres también admite tener miedo al diagnóstico y, en cambio, debe comprender que ignorar un problema médico nunca lo hará desaparecer.

Segundo: el cáncer de próstata afecta a uno de cada nueve hombres. Es importante asegurarse de que los hombres en riesgo sean examinados periódicamente para detectar el cáncer de próstata. Cuanto antes se detecte este cáncer, más fácilmente se podrá contener.

Tercero: la salud mental es uno de los problemas más estigmatizados que afectan a los hombres. Los hombres pueden luchar con frecuencia con sus sentimientos y, en consecuencia, puede ocurrir depresión. Los hombres a menudo dudan en buscar atención. Se anima a los hombres a hablar más sobre sus emociones para promover una mejor salud mental.

Cuarto: el hombre promedio debería tomar mejores decisiones de estilo de vida para proteger su salud en general. Los hombres deben considerar beber y fumar menos y tomar decisiones más saludables en la cocina al incluir más frutas y verduras y consumir menos carne y productos lácteos.

Los problemas de salud de los hombres merecen atención y, con suerte, durante y mucho después de junio, los hombres estarán motivados no solo para mantener una conversación continua sobre la salud, sino también para tomar medidas activas para garantizar una vida más saludable todos los días.



六月是全国男性健康月

六月始终是男性健康月，这项全国纪念活动旨在提高人们对男性保健的认识。本月的重点是激励男人实施和实践更健康的生活决定，例如定期运动和吃健康食品。根据疾病控制与预防中心（CDC）的数据，美国男性的平均寿命比女性少5年。男性罹患心脏病，癌症和意外伤害的风险更高。在男性健康月期间，鼓励男性积极控制自己的健康。以下是6月值得考虑并着重改善的四个重要事实。

第一：男人比女人更不可能使用医生或医疗保健。有一种文化和媒体驱动的期望，使男人始终坚强不屈。不幸的是，有些人认为去看医生表现出一种软弱。21%的男性也承认害怕诊断，而是需要了解，忽略医学问题永远不会消失。

第二：前列腺癌会影响九分之一的男性。重要的是要确保定期筛查高危男性是否患有前列腺癌。越早发现这种癌症，越容易控制它。

第三：心理健康是影响男性的最受耻辱的问题之一。男人经常会因感情而挣扎，相应地，可能会出现抑郁。男人常常不愿寻求护理。鼓励男人更多地谈论自己的情绪，以促进更好的心理健康。

第四：普通人应该选择更好的生活方式，以保护自己的整体健康。男性应考虑减少饮酒和吸烟，并通过增加水果和蔬菜的摄入量以及减少肉类和奶制品的摄入量来在厨房中做出更健康的选择。

男性的健康问题值得关注，希望在整个六月以及很长的一段时间以后，人们都将被激励不仅继续进行有关健康的话题，而且还将采取积极的措施来确保每天的健康！

6월은 남성 건강의 달입니다.

6월은 남성 건강의 달이며 남성들의 건강 관리에 대한 인식을 높이기 위한 것 입니다. 남성 건강의 달의 초점은 남성들이 더욱 정기적으로 운동도하고, 건강한 음식 섭취를 통하여 건강한 삶을 영위하게 동기를 부여하는 것입니다. 미국 질병통제 예방 센터에 따르면, 미국 남성은 평균적으로 여성보다 5년을 더 짧게 살고 심장병, 암 및 의도치 않은 부상 위험에 더 노출된다고 합니다. 이번 남성 건강의 달을 맞이하여 남성분들에게 더욱 적극적으로 건강을 관리할 것을 권장합니다.

** 6월 한달동안 특별히 고려하고 주목할 4가지 사항을 알려드립니다.

1) 남성들은 여성들에 비해 건강 관리를 적게 받는편 입니다. 남성들의 항상 강해야하고 약한점이 보여지는 것을 싫어하는 문화는 미디어를 통해서도 보여집니다. 불행하게도 어떤 남성들은 의사에게 가는 것 만으로도 그들의 약점을 보인다고도 생각합니다. 남성들의 21%는 건강검진 자체에도 두려움을 느낀다고 합니다. 그러나 문제는 결코 사라지지 않는다는 사실을 알아야 합니다.

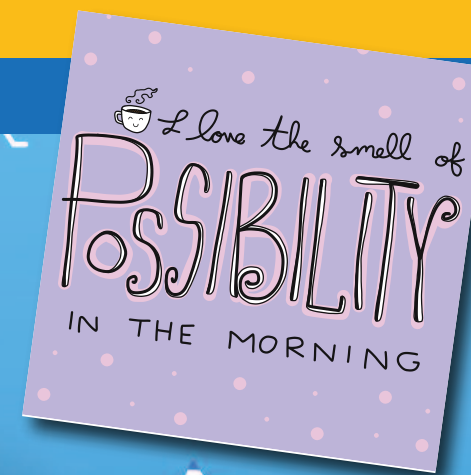
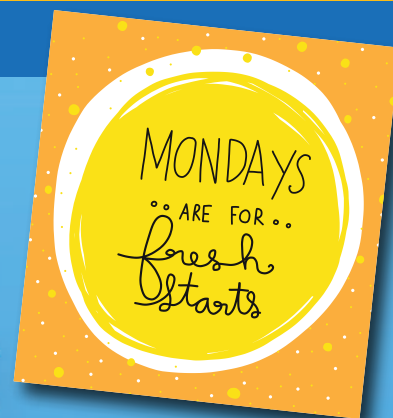
2) 전립선암은 남성 9명중 1명에게 영향을 미치고 있습니다. 전립선 암에 걸릴 확률이 많은 남성들은 정기적으로 전립선암 검사를 하는 것이 중요합니다. 전립선 암은 일찍 발견될 수록 완치가 쉽습니다.

3) 정신 건강은 남성들에게 가장 큰 영향을 미치는 문제중 하나입니다. 남성은 종종 자신의 감정과 씨름 하며 그에 따라 우울증이 발생할 수 있습니다. 남성은 자주 치료를 받는 것도 주저합니다. 남성은 더 나은 정신건강을 위해 자신의 감정에 더 솔직하게 이야기 할 수 있기를 권장합니다.

4) 남성들은 전반적인 건강을 위해서도 더 나은 건강한 생활 방식을 고려해야 합니다. 남성들은 음주와 흡연을 줄이고, 건강을 위하여 과일과 채소를 더 많이 그리고 육류와 유제품을 덜 섭취하는 건강한 선택을 해야 합니다.

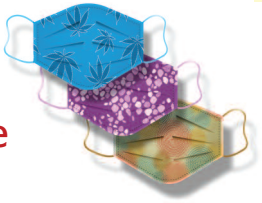
남성들의 건강은 지켜져야 합니다. 금번 6월 남성 건강의 달을 맞이하여, 오랫동안의 생각과 염려에서 벗어나 매일 매일 적극적으로 건강한 삶의 태도를 취하는 삶이 계속 될 것을 권장합니다.

HAPPY FATHER'S DAY!



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

ACTIVITIES CALENDAR

Reminder: Please wear FACIAL MASKS and keep 6 ft social distance when you are outdoors. 		Tai-Chi 8:30 - 9:15 a.m. Move with Music 9:30 - 10:00 a.m.	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Cardio Workout 9:00 - 9:40 a.m. Balance Exercise 9:50 - 10:40 a.m.	Tai-Chi 8:30 - 9:15 a.m. Cardio Workout 9:30 - 10:00 a.m. Body Moves for Better Health 10:15 - 10:45 a.m.	
LA Hope Church services 11:00 am - 12:00 pm	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Tai-Chi 8:30 - 9:15 a.m. Move with Music 9:30 - 10:00 a.m.	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Cardio Workout 9:00 - 9:40 a.m. Balance Exercise 9:50 - 10:40 a.m.	Tai-Chi 8:30 - 9:15 a.m. Cardio Workout 9:30 - 10:00 a.m. Body Moves for Better Health 10:15 - 10:45 a.m.	
LA Hope Church services 11:00 am - 12:00 pm	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Tai-Chi 8:30 - 9:15 a.m. Move with Music 9:30 - 10:00 a.m. Belly Dance w/Dawn 2:00 - 3:00 p.m.	 Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m. Resident Birthday Celebration w/Yasha 2:00 - 3:00 p.m.	Cardio Workout 9:00 - 9:40 a.m. Balance Exercise 9:50 - 10:40 a.m. Line Dance w/Dawn 2:00 - 3:00 p.m.	Tai-Chi 8:30 - 9:15 a.m. Cardio Workout 9:30 - 10:00 a.m. Body Moves for Better Health 10:15 - 10:45 a.m.	
LA Hope Church services 11:00 am - 12:00 pm	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m. Father's Day Celebration 2:00 - 3:00 p.m. Mike & Mindy	Tai-Chi 8:30 - 9:15 a.m. Move with Music 9:30 - 10:00 a.m. Belly Dance w/Dawn 2:00 - 3:00 p.m.	Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.	Cardio Workout 9:00 - 9:40 a.m. Balance Exercise 9:50 - 10:40 a.m. Line Dance w/Dawn 2:00 - 3:00 p.m.	Tai-Chi 8:30 - 9:15 a.m. Cardio Workout 9:30 - 10:00 a.m. Body Moves for Better Health 10:15 - 10:45 a.m.	
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ALL EXERCISE CLASSES AND
CELEBRATIONS ARE OUTDOORS,
AT THE PROMENADE.

ALL CLASSES ARE OPEN TO THE
RESIDENTS OF THE ANGELUS PLAZA ONLY



Serves 4

INGREDIENTS

1 lb. Chicken Breast skinless boneless (sliced)

1 cup Galangal Root (sliced)

2 lemon grass stalks (use the light green bottom part only about 3.5 inches from the bottom)

4 whole Kaffir lime leaves (split into two)

2 cans of coconut milk (13.5 oz per can)

2.5 cups of water (this can be substituted for chicken broth, recommended for richer flavor)

1 cup White mushroom (sliced)

¾ cup lime juice (fresh squeezed)

½ cup Fish sauce (more if needed to TT)

¼ cup cilantro (chopped)

4 ea. Or TT (to taste) Thai chili peppers or can be substituted for red jalapeno chili peppers or serrano chili peppers. Spicy level will vary on the type/quantity of chili pepper used.

½ Tbs of Thai red curry paste OR ½ Tbs of Thai chili paste with soya bean oil.

DIRECTIONS

In a 6 quart pot add coconut milk, water, galangal, lemon grass (crush the stalk so it is slightly broken), and Kaffir lime leaves. Bring the liquids and herbs to a boil and lower the heat. Add the chicken to the pot and bring to a boil. When the chicken is completely cooked and the mushroom and cook for about 2 mins. Now add the chili paste/chili paste with soya bean oil which ever you decide on. Turn off the heat and add your lime juice, fish sauce chili pepper and cilantro. Adjust flavor with lime juice or fish sauce depending on what you like the soup to have more of, sour or salty.

NOTES

Thai food normally have an even balance of all flavors and aromatics accept for the spiciness. Taste the fish sauce first if you never had it before. Each manufacture of fish sauce has a different taste and level of saltiness to it, and usually contains MSG (monosodium glutamate)as it commonly enhances the flavor of this soup. If you are allergic to MSG, DON'T use.

SOPA TAILANDESA DE POLLO CON COCO (TOM KHA GAI)

4 porciones

INGREDIENTES

1 libra de pechuga de pollo deshuesada y sin piel (en rodajas)

1 taza de raíz de galanga (en rodajas)

2 tallos de hierba de limón (use la parte inferior de color verde claro a solo 3,5 pulgadas de la parte inferior)

4 hojas enteras de lima kaffir (partidas en dos)

2 latas de leche de coco (13.5 oz por lata)

2.5 tazas de agua (esto se puede sustituir por caldo de pollo, recomendado para un sabor más rico)

1 taza de champiñones blancos (en rodajas)

¾ taza de jugo de lima (recién exprimido)

½ taza de salsa de pescado (más si es necesario para TT)

¼ de taza de cilantro (picado)

4 ea. O TT (al gusto) chiles tailandeses o se pueden sustituir por chiles jalapeños rojos o chiles serranos. El nivel de picante dependerá del tipo / cantidad de ají utilizado.

½ cucharada de pasta de curry rojo tailandés O ½ cucharada de pasta de chile tailandés con aceite de soja.

DIRECCIONES

En una olla de 6 cuartos, agregue la leche de coco, el agua, la galanga, la hierba limón (triture el tallo para que se rompa un poco) y las hojas de lima kaffir. Hierva los líquidos y las hierbas y baje el fuego. Agregue el pollo a la olla y deje hervir. Cuando el pollo esté completamente cocido y el champiñón y cocine por unos 2 minutos. Ahora agregue la pasta de chile / pasta de chile con aceite de soja, lo que elija. Apague el fuego y agregue su jugo de limón, salsa de pescado, ají y cilantro. Ajusta el sabor con jugo de limón o salsa de pescado dependiendo de lo que te guste que tenga más la sopa, agria o salada.

NOTAS

La comida tailandesa normalmente tiene un equilibrio uniforme de todos los sabores y aromáticos aceptados para el picante. Pruebe primero la salsa de pescado si nunca la ha probado. Cada elaboración de salsa de pescado tiene un sabor y un nivel de salinidad diferentes y, por lo general, contiene MSG (glutamato monosódico), ya que comúnmente realza el sabor de esta sopa. Si es alérgico al glutamato monosódico, NO lo use.



泰式椰子雞湯

此食譜可製作4份)

這個食譜是由阿棟經理創建的。

原料:

1磅雞胸去皮去骨 (切成薄片)

1杯高良薑根 (切成薄片)

2條檸檬草莖 (僅使用淺綠色的底部, 離底部約3.5英寸)

4片完整的非洲黑人石灰葉子 (一分為二)

2罐椰奶

2.5杯水 (可代替雞湯, 建議加濃味)

1杯白蘑菇 (切成薄片)

¾杯檸檬汁 (鮮榨)

½杯魚露

¼杯香菜 (切碎)

4泰國辣椒 (可以代替墨西哥胡椒或塞拉諾辣椒。辣程度取決於所用辣椒的種類/數量)

½湯匙泰國紅咖喱醬或½湯匙泰國辣椒醬和豆油。

方向:

在6夸脫的鍋中, 加入椰奶, 水, 高良薑, 檸檬草 (將莖壓碎, 使其略微破碎) 和非洲黑人石灰葉。將液體和草藥煮沸並降低熱量。將雞肉加入鍋中, 煮沸。當雞肉完全煮熟, 蘑菇和蘑菇煮約2分鐘。現在添加辣椒醬/辣椒醬和大豆油 (您可以自行決定)。關掉火, 加入酸橙汁, 魚露辣椒和香菜。根據您喜歡的湯的酸味或鹹味來調整酸橙汁或魚露的味道。

注意: 泰國食品通常在所有口味上都具有均勻的平衡, 香辛料可以接受芳香劑。如果您以前從未吃過魚醬, 請先品嚐。每種魚露製品都有不同的口味和鹹味水平。幾乎每家泰國餐館都將味精添加到這種湯中。如果您對味精過敏, 請不要使用味精, 以增強這種湯的味道。

태국 코코넛 닭고기 수프 (툼카가이)

4명분

준비물:

닭고기 1 파운드 뼈없는 가슴살 (썰기)

양강근 한컵 (썰기)

레몬잔디 줄기 2개 (밑에서 3.5인치 밝은초록색만 사용)

카피르 라임 잎 4장 (가운데를 반으로 자름)

코코넛 밀크 깡통 2개 (13.5 온스짜리)

물 두컵반 (닭고기 찢한 국물을 대신할수 있음)

하얀 버섯 1컵 (잘라놓기)

라임쥬스 3/4컵 (생 과일로 짜기)

취시소스 반컵 (필요에 따라 조금더)

실란트로 1/4컵 (다지기)

칠리고추 혹은 할라베노나 세라노고추 같은 매운고추 4개

태국식 붉은 카레 반죽덩어리 반 혹은 태국식 매운 카레덩어리에 콩기름 섞은것 반컵

요리방법:

1.5 갈론짜리 냄비에 미리 준비해놓은 코코넛 밀크, 물 혹은 닭고기 국물, 양강근, 레몬 잔디줄기(부스러서) 그리고, 카리프 라임 잎을 넣고 약불에 서서히 끓인다.

여기에 닭고기를 넣고 계속 끓인다.

닭고기가 완전히 익으면 버섯을 넣고 2분간 더 끓인다.

여기에 매운 칠리 덩어리/콩기름 섞은 칠리든 넣고싶은것을 넣는다.

불을 끄고 여기에 라임쥬스 취시소스 매운고추 그리고 다져둔 실란트로를 넣는다.

이때, 라임쥬스, 취시소스 등을 더 넣으면서 각자의 입맛에 맞춘다.

참고:

태국음식은 일반적으로 매운맛을 제외하고 모든 풍미와 향이 균일합니다.

취시소스는 각 만드는 회사에 따라 맛의 차이가 있으므로 취시소스를 한번도 맛보시지 않은 분들은 먼저 이 소스의 맛을 보시기를 권합니다.

MSG 는 거의 모든 태국음식에 사용되고 있으나, 이것에 알러지가 있으신분들은 사용을 하지마세요.

MSG 는 수프의 맛을 돋구는 역할은 하지만 꼭 추천은 하지 않습니다.

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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나성소망교회



담임목사: 김재율

예배시간: 주일 오전 11시

예배장소: 6층 발코니(야외), Activity Center

(마스크를 착용하고 거리두기를 하면서 예배할 것입니다.)

213.500.7377 www.lahopecchurch.com

255 S. Hill St. #401 (본관 4층), Los Angeles, CA 90012

섬김 프로그램

- 자연밥상:** 주일 예배 후
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
- 무료한방의료봉사:** 매달 첫 주일 1-3PM
경산한의과대학병원 원장과 기독교한의사 협회
- 영어교실 (ESL Class):** 월, 수 10:30-11:30am
정신건강과 치매예방에 넘버원!
- 나성소망한국학교:** 매 주일 오후
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부속기관

- 소망수양관**
3270 N. Mountain Springs Rd.
Pinon Hills, CA 92372
213.500.7013
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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.

Novel CoronaVirus (COVID-19) Helpful information



Stay Home to Save Lives



Wash Your Hands



Cover Coughs & Sneezes



Maintain Social Distancing



**Call ahead if you need to
seek medical care, please
call your health care
provider first.**