



Angelus Plaza Senior Activity Center
A Retirement Housing Foundation® Community
255 South Hill Street
Los Angeles, CA 90012

Phone (213) 623-4352
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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
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The *Flight*
by **Angelus Plaza**

A Retirement Housing Foundation® Community

MARCH
Message

"March comes in like a lion
and goes out like a lamb."
~ English Proverb

**ST. PATRICK'S DAY
DANCE W/DJ RYAN**
Thursday, March 17
1:30 p.m.
Location: Promenade

**ST. PATRICK'S DAY
ZUMBA W/DANNY**
Friday, March 18
2:00 p.m.
Location: Promenade

**RESIDENT'S
BIRTHDAY PARTY
WITH YASHA**
Thursday, March 24
2:00 p.m.
Location: Promenade

Chinese New Year Celebration at Angeles Plaza



Valentine's Day Celebration at Angeles Plaza



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 (AR)
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 (AR)
6:00 - 11:00 a.m. / 4:00 - 8:00 p.m.
Wednesday, Sunday
5:00 a.m. - 8:00 p.m. (AR)
Saturday
6:00 a.m. - 8:00 p.m. (AR)

LATIN-AMERICAN GAME CLUB
Wednesday (AR)
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



NATIONAL WOMEN'S HISTORY MONTH

The designation of March as National Women’s History Month can be traced back to the early 20th century when women were becoming increasingly active and more vocal in steering their own course towards voting rights, fair pay, improved working conditions, and equality of representation under the law. In 1975, the United Nations first began celebrating International Women’s Day on March 8 as this was the same year that had been designated as International Women’s Year. Following the 1975 U.N. celebration of International Women’s Day, the Education Task Force of the Sonoma County Commission on the Status of Women planned and executed a “Women’s History Week” celebration in 1978 to correspond with the world-wide celebration of International Women’s Day. In 1980, the National Women’s History Project (now the National Women’s History Alliance) successfully lobbied for national recognition of this week. Their efforts resulted in President Jimmy Carter issuing the first Presidential Proclamation of National Women’s History Week in 1980.

Finally, President Bill Clinton designated by proclamation the entire month of March as Women’s History Month in 1995. This comprehensive period of recognition provided an opportunity to celebrate women’s invaluable contributions to our society and to the world itself. Women have always made history in war and peace, inside and outside the home, and contributed mightily to society, science, literature, art, education, health, service, advocacy, labor, social reform and every other human endeavor. The 1995 Clinton Proclamation boldly asserts,

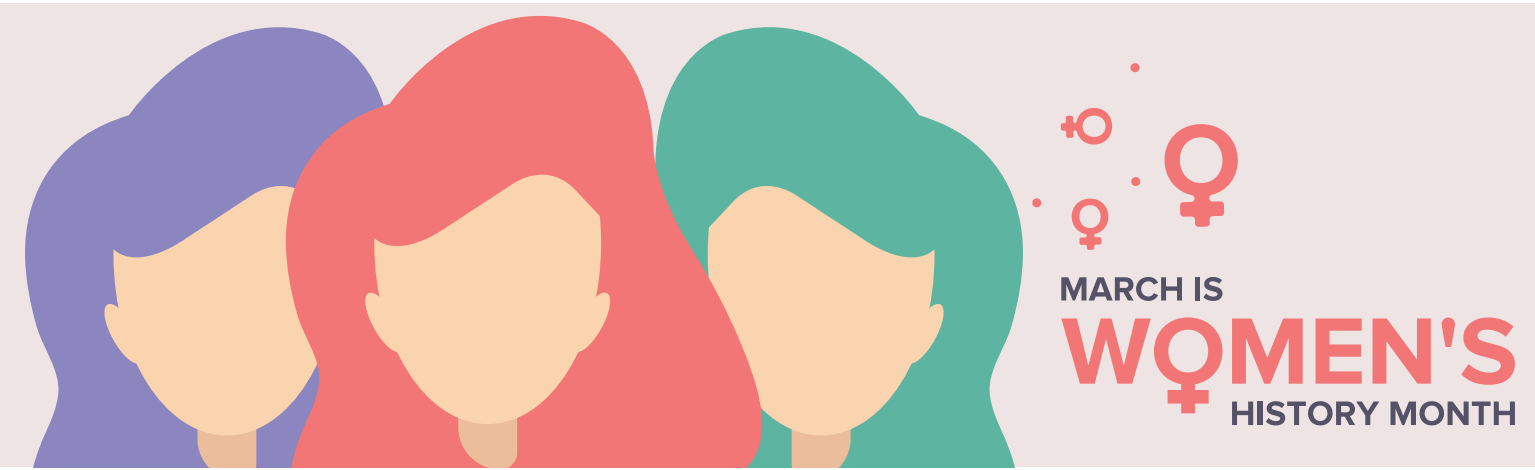
“On this occasion, we celebrate the lives of women too long missing from our history books. We listen to the voices of women too long absent from our national memory. Most important, we look forward to a day when society need not remind itself to note the extraordinary accomplishments of women. We dream of a time when, in passing the lessons of this generation from teacher to student, from parent to child, we tell a story of women and men working side-by-side. We will say that it took all people, striving together, to build a just and compassionate world of liberty, charity and peace.”

MES NACIONAL DE LA HISTORIA DE LA MUJER

La designación de marcha como el Mes Nacional de la Historia de la Mujer se remonta a principios del siglo XX, cuando las mujeres se estaban volviendo cada vez más activas y más vocales en la dirección de su propio camino hacia el derecho al voto, salarios justos, mejores condiciones de trabajo e igualdad de representación ante la ley. En 1975, las Naciones Unidas comenzaron a celebrar el Día Internacional de la Mujer el 8 de marzo, ya que este era el mismo año que había sido designado como el Año Internacional de la Mujer. Después de la celebración del Día Internacional de la Mujer en 1975 por parte de la ONU, el Grupo de Trabajo de Educación de la Comisión sobre la Condición Jurídica y Social de la Mujer del Condado de Sonoma planificó y ejecutó una celebración de la "Semana de la Historia de la Mujer" en 1978 para corresponder con la celebración mundial del Día Internacional de la Mujer. En 1980, el Proyecto Nacional de Historia de la Mujer (ahora la Alianza Nacional de Historia de la Mujer) presionó con éxito para el reconocimiento nacional de esta semana. Sus esfuerzos dieron como resultado que el presidente Jimmy Carter emitiera la primera Proclamación Presidencial de la Semana Nacional de la Historia de la Mujer en 1980.

Finalmente, el presidente Bill Clinton designó por proclamación todo el mes de marzo como el Mes de la Historia de la Mujer en 1995. Este amplio período de reconocimiento brindó la oportunidad de celebrar las invaluable contribuciones de las mujeres a nuestra sociedad y al mundo mismo. Las mujeres siempre han hecho historia en la guerra y la paz, dentro y fuera del hogar, y han contribuido poderosamente a la sociedad, la ciencia, la literatura, el arte, la educación, la salud, el servicio, la defensa, el trabajo, la reforma social y todos los demás esfuerzos humanos. La Proclamación Clinton de 1995 afirma audazmente:

“En esta ocasión, celebramos la vida de mujeres desaparecidas durante demasiado tiempo de nuestros libros de historia. Escuchamos las voces de las mujeres demasiado tiempo ausentes de nuestra memoria nacional. Lo que es más importante, esperamos el día en que la sociedad no necesite recordarse a sí misma para notar los logros extraordinarios de las mujeres. Soñamos con un tiempo en el que, al pasar las lecciones de esta generación de maestro a alumno, de padre a hijo, contemos una historia de mujeres y hombres trabajando codo con codo. Diremos que se necesitó de todas las personas, luchando juntas, para construir un mundo justo y compasivo de libertad, caridad y paz”.



全國婦女歷史月

行进 被指定為全國婦女歷史月。早在 20 世紀，女性就變得越來越積極、更有發言權，她們將自己的道路導向投票權、公平薪酬、改善工作條件和法律規定的平等代表權。1975年，聯合國於 3月8日開始慶祝國際婦女節。同年 1975年被指定為國際婦女年。1978年，索諾瑪縣實施了“婦女歷史週”，以配合全球慶祝國際婦女節。1980年，全國婦女歷史項目（現為全國婦女歷史聯盟）成功遊說國家承認這一週。他們的努力導致吉米·卡特總統於 1980 年發布了第一個總統公告全國婦女歷史週。

1995年，比爾·克林頓總統宣布整個 3月為婦女歷史月。這提供了一個慶祝女性對我們社會和世界本身的寶貴貢獻的機會。婦女總是在戰爭與和平中創造歷史，在家庭內外，為社會、科學、文學、藝術、教育、健康、服務、宣傳、勞動、社會改革和其他一切人類事業做出了巨大貢獻。1995年克林頓宣言大膽斷言：

“在這個場合，我們慶祝在我們的歷史書中消失太久的女性的生活。我們傾聽在我們國家記憶中久違了的女性的聲音。最重要的是，我們期待有一天社會不需要提醒自已注意女性的非凡成就。我們夢想有一個時代，在將這一代人的經驗從老師傳給學生、從父母傳給孩子的過程中，我們講述一個男女並肩工作的故事。我們會說，所有人齊心協力，共同建設了一個公正而富有同情心的自由、慈善與和平的世界。”

전국 여성역사의 달

3 월 전국 여성역사의 달로 지정한 것은, 여성들이 투표권 , 공정임금, 노동환경 개선, 법률적 평등을 요구하며 자주적인 목소리를 점점 높여가던 20세기 초반으로 거슬러 올라갑니다. 1975년, 유엔은 3월 8일을 세계 여성의 날로 정해 기념하기 시작했고 1975년은 또한 세계 여성의 해로 지정된 해이기도 합니다. 1975년 유엔이 세계 여성의 날을 기념하기 시작한 이후, 소노마 카운티 여성 지위 위원회 교육팀은 1978년, 세계적으로 여성의 날을 기념하는 추세에 맞춰 “여성역사주간”을 계획하고 시행했습니다. 1980년, 전국 여성 역사 프로젝트(현 전국 여성역사 연합)의 로비로 이 주간은 전국적으로 확대되었습니다. 그들의 노력으로, 1980년 지미 카터 대통령은 최초로 여성역사 주간을 공식적으로 선포 하였습니다.

마침내, 1995년 빌 클린턴 대통령이 3월 전체를 여성역사의 달로 지정하여 선포하였습니다. 이 포괄적인 기간에, 우리는 여성들이 우리 사회와 세상전체에 행해 온 소중한 기여를 기리는 기회를 얻습니다. 여성들은 전시에나 평화시에나, 가정 안팎에서 항상 역사를 만들어왔고, 사회, 과학, 문학, 예술, 교육, 보건, 공공서비스, 옹호, 노동, 사회 개혁과 다른 모든 방면에서 대단한 기여를 해 왔습니다 . 1995년 클린턴 선언은 담대히 주장합니다.

“ 이번 기회에, 우리는 너무나 오래 우리 역사책에서 빠져있었던 여성들의 삶들을 기린다. 우리는 우리 국가적 기억에서 너무나 오래 빠져있었던 여성들의 목소리를 듣는다. 가장 중요한 것은, 우리가 더이상 여성들의 위대한 업적을 따로 정해서 상기하도록 할 필요가 없는 사회를 고대한다는 것이다. 우리는 이 세대의 교훈들이 사제간에, 부모자식간에 전해짐으로써, 우리가 나란히 평등하게 일하는 남녀를 이야기하는 때를 꿈꾼다. 우리는 정의롭고 인정이 넘치는, 자유, 박애, 평화의 세계를 만드는 데 모든 사람들이 힘써 노력해왔다고 말할 것이다. “

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Fat Tuesday 7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	Ash Wednesday 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Danny (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	8:30 Tai Chi 9:00 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)	8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
8:00 Zumba Gold with Saida (P)	7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>There is no Business Like Show Business (1954)</i>	7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba w/Danny (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	8:30 Tai Chi 9:00 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)	8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
Daylight Savings Time begins 8:00 Zumba Gold with Saida (P)	7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 9:00 Craft's Corner w/Danny (311) 10:00 Korean Folk Dance (4CAF) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Citizen Kane (1941)</i>	7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	Purim (begins at sundown) 7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	St. Patrick's Day 8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) St. Patrick's Party w/DJ Ryan (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304)	8:30 Tai Chi 9:00 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) Special St. Patrick's Day Zumba w Danny (P)	8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
Spring begins 8:00 Zumba Gold with Saida (P)	7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 10:00 Art Class w/Nate (304) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Ma Rainey's Black Bottom (2020)</i>	7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	8:30 Tai Chi (P) 9:00 Cardio Workout (P) 9:00 Thrift Shop w/Sarah (403) 9:45 Balance Exercise (P) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) Birthday Party w/Yasha (P) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	8:30 Tai Chi 9:00 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)	8:00 Zumba Gold with Saida (P) 10:00 Korean Chorus (4CAF)
8:00 Zumba Gold with Saida (P)	7:30 Chinese Folk Dance (P) 8:30 Tai Chi (P) 9:00 Zumba Gold w/Saida (P) 10:00 Korean Folk Dance (4CAF) 2:00 Seated Yoga (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Popcorn (3L) <i>Shack Out On 101 (1955)</i>	7:30 Kung Fu (P) 8:30 Tai Chi (P) 9:00 Art Class w/Armando (304) 9:00 Thrift Shop w/Sarah (403) 9:30 Move with Music (P) 1:30 Computer & Tech Clinic (3CL) 2:00 Chinese Karaoke (4CAF) 3:00 Belly Dance (3AR)	7:30 Chinese Folk Dance (P) 8:30 Kung Fu (P) 9:00 ESL Class (3C) 9:00 Zumba (P) 2:00 Calligraphy Class (304) 3:00 Line Dance w/Vivian (4CAF)	8:30 Tai Chi (P) 9:00 Thrift Shop w/Sarah (403) 10:30 Guitar Class (4CAF) 1:00 Korean Worship Dance (3L) 1:30 Computer & Tech Clinic (3CL) 2:00 Korean-American Art (304) 3:00 Line Dance (3AR)	LOCATION KEY (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	EAT DRINK -AND BE- Irish

BON APETIT

WITH
CHEF ANDY
BUILDING A MANAGER



CORNER BEEF AND CABBAGE

INGREDIENTS

- 10-12# beef brisket
- Coriander 1 tsp
- Peppercorn 1 tsp
- Mustard seeds 1 tsp
- Anise seeds ½ tsp
- Bay leaves Whole 5 ea.
- Green cardamom seeds 1 tsp
- All spice berry 1tsp
- Ginger Fresh Sliced. 1 thumb of ginger
- Dry Cloves bud ½ tsp
- Spice bag (option)
- Sea salt 2 tbsp.

DIRECTIONS

Combine all spices in a spice bag (option). Place the brisket in a roasting pan and cover with water just to cover the brisket. Place the spice bag in with the brisket and sprinkle the salt on top of the brisket. Cover roasting pan first with plastic food wrap and then cover it with foil (tightly seal). Place in over at 350° for about 4 hours.

Recommendation: place a larger pan under the roasting pan to catch any drippings that may occur if the roasting pan is not sealed tightly. Cabbaged can be cooked with the leftover water from the brisket. Remove the brisket from the pan and let it stand/dry for about 25 mins before slicing.

Serve hot with some leftover juice from the brisket.

¡CARNE EN LATA Y COL!

INGREDIENTES

- 10-12 # pechuga de res
- Carne en lata Especies
- Cilantro 1 cucharadita
- Grano de pimienta 1 cucharadita
- Semillas de mostaza 1 cucharadita
- Semillas de anís ½ cucharadita
- Hojas de laurel Enteras 5 ea.
- Semillas de cardamomo verde 1 cucharadita
- Todas las bayas de especias 1 cucharadita
- Jengibre fresco en rodajas. 1 pulgar de jengibre
- Brote de clavo seco ½ cucharadita
- Bolsa de especias (opción)
- Sal marina 2 cucharadas.

DIRECCIONES

Combine todas las especias en una bolsa de especias (opcional). Coloque la pechuga en una asadera y cubra con agua solo para cubrir la pechuga. Coloque la bolsa de especias con la pechuga y espolvoree la sal sobre la pechuga. Cubra la asadera primero con envoltura de plástico para alimentos y luego cúbrala con papel de aluminio (sellado herméticamente). Colóquelo a 350 ° durante aproximadamente 4 horas.

Recomendación: coloque una fuente más grande debajo de la fuente para asar para recoger cualquier goteo que pueda ocurrir si la fuente para asar no está sellada herméticamente. El repollo se puede cocinar con el agua sobrante de la pechuga. Retire la pechuga de la sartén y déjela reposar/secar durante unos 25 minutos antes de cortarla.

Sirva caliente con un poco de jugo sobrante de la pechuga.



咸牛肉和卷心菜（爱尔兰餐）

原料

- 10到12磅牛腩
- 香菜（1茶匙）
- 胡椒粉（1茶匙）
- 芥菜籽（1茶匙）
- 茴香籽（½ 茶匙）
- 月桂叶（5整片叶子）
- 绿豆蔻种子（1 茶匙）
- 所有香料浆果（1茶匙）
- 生姜新鲜切片。（1英寸姜）
- 干丁香芽（½ 茶匙）
- 小网袋（可选）
- 海盐（2汤匙）。

方向

将所有香料混合在网袋中（可选）。将牛腩放入烤盘中并用水覆盖（牛腩必须全部在水下）。将香料与牛腩一起放入，然后将盐撒在牛腩上。首先用塑料食品包装覆盖烤盘，然后用箔纸覆盖（密封）。350°放置约4小时。建议：在烤盘下方放置一个更大的烤盘，以接住烤盘密封不严时可能出现的水滴。卷心菜可以用牛腩剩下的水煮。从锅中取出牛腩，在切片前静置/干燥约 25分钟。

与牛腩中的一些剩余汁一起趁热食用。

콘 비프와 양배추!

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- 후추 1 작은 술
- 겨자씨 1 작은 술
- 카다멈(카르다뭉)씨 1 작은 술
- 올스파이스 베리 1 작은 술
- 팔각 씨 ½ 작은 술
- 마른 정향 ½ 작은 술
- 바닷 소금 2 작은 술
- 월계수 잎 5개
- 생강 엄지만한 크기 얇게 썰은 것
- 향신료 주머니(선택 사항)

지도

모든 양념을 향신료 주머니(선택 사항)에 넣으세요. 양지머리를 로스팅팬에 넣고 고기가 잠길 만큼 물을 넣으세요. 향신료 주머니를 양지머리와 함께 넣고 고기위에 소금을 살짝 뿌려주세요. 로스팅팬을 먼저 플라스틱 랩으로 덮고, 그 위에 알루미늄 호일로 육수가 새지 않도록 단단히 묶듯이 덮어주세요. 오븐에 넣고 화씨 350도에서 4시간 요리합니다.

*혹시 알루미늄 호일이 느슨해지면 기름이 넘칠지도 모르므로 로스팅팬 밑에 커다란 그릇을 바쳐서 요리하시길 권해 드립니다. 양배추는 고기가 다 익은 후의 육수로 익히세요. 팬에서 양지머리를 옮기고 말리듯이 25분간 뜸 들인 후에 자르세요. 고기는 남은 육수를 적셔서 따뜻하게 드세요.

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발아 현미밥과 풍성한 야채와 과일, 건강식 반찬

2. 무료한방의료봉사: 매달 첫 주일 1-3PM

경산한의과대학병원 원장과 기독교한의사 협회

3. 기타교실(Guitar Class):

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4. 앤젤스합창단(Choir): 수, 주일 1:00-2:00PM

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- 주일예배: 오전 11시

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*예배장소

- 255 S Hill St 본관 5층 Los Angeles, CA 90012

*담임목사: 전요한

- Phone (213)550-7089

- Email gjohn1017@gmail.com

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