



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
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The *Flight* by Angelus Plaza

A Retirement Housing Foundation® Community

OCTOBER Message

"In the entire circle of the year
there are no days so delightful
as those of a fine October."

~ Alexander Smith

**LATIN AMERICAN
HERITAGE CELEBRATION**
Friday, October 8, 2021 - 1:30 p.m.
Promenade

RUMMAGE SALE
Friday, October 22, 2021 - 8:30 a.m.
255 S. Hill St. Courtyard

**RESIDENT BIRTHDAY CELEBRATION
AND HALLOWEEN DANCE**
Thursday, October 28, 2021 - 1:30 p.m.
Promenade

Angelus Plaza Senior Activity Center
Fall Rummage Sale
Friday, October 22
8:30 to 11:30 a.m.
255 Hill St., Courtyard

Want to clean out your closets,
sell your art or handmade goods?
Reserve your table for \$15

Come to the Activity Center office, 3rd Floor to register as a vendor.
Any questions, call (213) 623-4352, ext. 308

HALLOWEEN DANCE& COSTUME CONTEST and BIRTHDAY CELEBRATION!
Join us on Promenade for our annual Halloween celebration on Thursday, October 28 from 1:30-3:30pm. Dance with everyone’s favorite, DJ Ryan. Wear your most creative costume for a chance at prizes! It will be a spooky-good time! As always, admission is free and all are welcome.

CONCURSO DE DANZA Y DISFRAZ DE HALLOWEEN
Únase a nosotros en la sala de Promenade del 3er piso para nuestra celebración anual de Halloween el jueves, 28 de Octubre, de 1:30 a 3:30 pm. ¡Baila con el DJ favorito de todos, DJ Ryan. Usa tu disfraz más creativo para tener la oportunidad de ganar premios! Como siempre, la entrada es gratuita y todos son bienvenidos.

萬聖節舞蹈和服裝比賽
10月28日（星期四），中午1:30到下午3:30，
加入我們的三樓舞廳，參加我們的萬聖節慶祝活動。由DJ Ryan 跳舞。如果你穿著服裝，就有機會贏得獎品。免費入場，歡迎大家。

할로윈 댄스 와 코스튬 콘테스트
10월 28 일 수요일 오후 1:30 - 오후 3:30에 3층 액티비티룸에서 해마다 여는 할로윈 행사를 합니다. DJ Ryan의 음악을. 창의적인 의상을 착용하시면 상품을 타실수도 있습니다! 언제나 그렇듯이 입장은 무료이며 모두 환영합니다.

DANCE
Latin-American Club
Sunday
10:00 a.m. - 4:00 p.m.
Activity Room

Chinese Residents Club
Monday - Thursday
12:30 p.m. - 3:30 p.m.
Activity Room

Los Angeles Council Filipino-American Senior Dance Club
Mondays and Friday
11:00 a.m. - 2:30 p.m.
Activity Room

MUSIC
Chinese Resident Beijing Opera
2nd & 4th Tuesday
2:00 p.m. - 5:30 p.m.
Library

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

Latin-American Club Game Day
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

LA HOPE CHURCH SERVICES
Sunday
11:00 a.m.
4th Floor, Auditorium

JOYFUL CHRISTIAN COMMUNITY BIBLE STUDY
2nd Wednesday
10:00 - 11:30 a.m.
5th Floor Dining Room

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



NATIONAL LATIN-AMERICAN HERITAGE MONTH

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.

Angelus Plaza Senior Activity Center invites residents and community members, family & friends, to Celebrate Latin-American Heritage Month at the Promenade on October 8, 2021 at 1:30 PM. Music, Dance, Free Food, Giveaways and much more fun! The admission is Free!



MES NACIONAL DE LA HERENCIA LATINOAMERICANA

Cada año, los estadounidenses celebran el Mes Nacional de la Herencia Hispana del 15 de septiembre al 15 de octubre,

celebrando las historias, culturas y contribuciones de los ciudadanos estadounidenses cuyos antepasados vinieron de España, México, el Caribe y América Central y del Sur.

La observación comenzó en 1968 como Semana de la Herencia Hispana bajo el mandato del presidente Lyndon Johnson y fue ampliada por el presidente Ronald Reagan en 1988 para cubrir un período de 30 días que comienza el 15 de septiembre y termina el 15 de octubre. Se promulgó como ley el 17 de agosto de 1988. sobre la aprobación de la Ley Pública 100-402.

El día 15 de septiembre es significativo porque es el aniversario de la independencia de los países latinoamericanos Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. Además, México y Chile celebran sus días de independencia el 16 y 18 de septiembre, respectivamente. Además, el Día de la Raza o Día de la Raza, que es el 12 de octubre, cae dentro de este período de 30 días.

Angelus Plaza Senior Activity Center invita a los residentes y miembros de la comunidad, familiares y amigos a celebrar el Mes de la Herencia Latinoamericana en el Promenade el 8 de octubre de 2021 a la 1:30 p.m. Música, baile, comida gratis, sorteos y mucha más diversión. ¡La entrada es gratuita!



全國拉丁美洲月

每年，美國人都會在 9 月 15 日至 10 月 15 日慶祝全國西班牙裔月。我們慶祝祖先來自西班牙、墨西哥、加勒比地區以及中南美洲的美國公民的歷史、文化和貢獻。

慶祝活動於 1968 年在林登·約翰遜總統的領導下開始，1988 年由羅納德·裡根總統擴大，為期 30 天，從 9 月 15 日開始，到 10 月 15 日結束。它於 1988 年 8 月 17 日頒布成為法律。

9 月 15 日這一天意義重大，因為它是拉丁美洲國家哥斯達黎加、薩爾瓦多、危地馬拉、洪都拉斯和尼加拉瓜的獨立紀念日。此外，墨西哥和智利分別在 9 月 16 日和 9 月 18 日慶祝獨立日。此外，10 月 12 日的哥倫布日（在西班牙語中也稱為 Día de la Raza）也屬於這 30 天。

天使公寓活動中心邀請租戶和社區成員、家人和朋友一起慶祝拉丁美洲月。2021 年 10 月 8 日下午 2:00 玻璃房旁。將有音樂、舞蹈、免費食物、贈品和更多樂趣！入場免費！

라틴 아메리카 문화유산의 달

매년 미국에서는 9월 15일부터 10월 15일까지를 라틴아메리카 문화유산의 달로 지내면서 스페인, 멕시코, 캐리비안 지역과 중남미계 미국인들의 역사, 문화, 업적을 기념합니다. 이것은 1968년 린든 존슨 대통령때 히스패닉 문화유산 주간으로부터 시작하여 1988년 레이건 대통령 시절에 9월 15일에서 10월 15일까지 30일간으로 확대되었고 1988년 8월 17일에 Public Law 100-402 법으로 제정되었습니다.

9월 15일은 라틴 아메리카 국가 코스타리카, 엘살바도르, 과테말라, 온두라스, 니카라과의 독립기념일이라는 점에서 중요한 날입니다. 또한 멕시코는 9월 16일, 칠레는 9월 18일이 독립기념일입니다. 컬럼버스 데이 혹은 Día de la Raza인 10월 12 일도 이 문화유산의 달에 포함되어 있습니다.

9월 15일은 라틴 아메리카 국가 코스타리카, 엘살바도르, 과테말라, 온두라스, 니카라과의 독립기념일이라는 점에서 중요한 날입니다. 또한 멕시코는 9월 16일, 칠레는 9월 18일이 독립기념일입니다. 컬럼버스 데이 혹은 Día de la Raza인 10월 12 일도 이 문화유산의 달에 포함되어 있습니다.

앤젤러스 플라자 시니어 액티비티 센터는 아파트와 지역주민 분들, 가족, 친구분들을 10월 8 일 오후 1:30시에 사무실 건물 옥상 Promenade에서 열리는 라틴 아메리카 문화유산의 달 행사에 초대합니다.

음악, 춤, 무료 음식들, 선물들과 함께 신나게 즐겨보세요! 입장료는 무료입니다!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
LOCATION KEY (3AG) Art Gallery (4A) 4th Floor Auditorium (3L) Library (4CAF) 4th Floor Cafeteria (3CL) 3rd Floor Computer Lab (5DR) 5th Floor Dining Room (3C) 3rd Floor Conference Room (PD) Promenade Deck (3AR) 3rd Floor Activity Room						
Reminder: Please wear FACIAL MASKS and keep 6 ft social distance. 						
8:00 Zumba Gold with Saida (P) 	7:30 Chinese Folk Dance (P)  9:00 Zumba with Danny (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Refreshments (3L)	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)	7:30 Chinese Folk Dance (P)  8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba w/Danny (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Crafts Corner w/Danny (313)	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 (3A)	8:30 Tai Chi (P)  9:00 Art Class w/ Armando (304) 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) LATIN AMERICAN HERITAGE CELEBRATION	8:00 Zumba Gold with Saida (P) 
8:00 Zumba Gold with Saida (P) 	Columbus Day Indigenous Peoples' Day  7:30 Chinese Folk Dance (P) 9:00 Zumba with Danny (P) 10:00 Painting w/Ceramics (304) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Refreshments (3L)	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)	7:30 Chinese Folk Dance (P)  8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba w/Danny (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Crafts Corner w/Danny (313)	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 (3A)	8:30 Tai Chi (P)  9:00 Art Class w/ Armando (304) 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)	8:00 Zumba Gold with Saida (P) 
8:00 Zumba Gold with Saida (P) 	7:30 Chinese Folk Dance (P) 9:00 Zumba with Danny (P) 10:00 Pumpkin Carving (304) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Refreshments (3L) 	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)	7:30 Chinese Folk Dance (P)  8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba w/Danny (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Crafts Corner w/Danny (313)	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 (3A)	RUMMAGE SALE  8:30 Tai Chi (P) 9:00 Art Class w/ Armando (304) 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)	8:00 Zumba Gold with Saida (P) 
Halloween 	7:30 Chinese Folk Dance (P) 9:00 Zumba with Danny (P) 2:00 Korean Karaoke (4CAF) 2:00 Movie & Refreshments (3L) 	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)	7:30 Chinese Folk Dance (P)  8:30 Kung Fu (P) 9:00 ESL Class (3C) 10:00 Zumba w/Danny (P) 1:30 Computer & Technology Help Clinic (3CL) 2:00 Crafts Corner w/Danny (313)	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) October's Birthdays & Halloween Dance (3P)  2:00 Korean-American Art (304)	8:30 Tai Chi (P)  9:00 Art Class w/ Armando (304) 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)	8:00 Zumba Gold with Saida (P) 

BON
APETIT

WITH
CHEF ANDY
BUILDING A
MANAGER

ROASTED BUTTERNUT
SQUASH SOUP

INGREDIENTS

- 1 Lg. butternut squash 3-6 lbs.
- 3 cloves garlic (minced)
- ½ cup olive oil
- ½ stick of unsalted butter (cubed or sliced)
- 1 whole shallot (chopped)
- 5 cups of Chicken or Vegetable broth
- ½ cup brown sugar (can sub. for ½ cup maple syrup) add to taste
- ¼ tsp of ground nutmeg
- ¼ tsp of ground cinnamon
- Pinch salt
- 4 qt. pot
- Upright/counter top Blender
- 6-8 in. sautéed pan

DIRECTIONS

Pre heat oven at 350° F. Cut the squash in half and remove the seeds. Place the squash on a roasting pan (no need to peel the skin) drizzle some (save some for the garlic and shallots) olive oil onto the squash. Sprinkle a pinch of salt onto the squash and roast until slightly caramelized. Remove from oven (the squash should be tender and easily scooped out with a spoon. Set aside for blender.

Sautéed the garlic and shallot with the remaining olive oil in a high to med. heat (do not brown the garlic). Just enough to sweat it. Add the cinnamon and nutmeg. Mix and remove from heat. All the ingredients (butternut, garlic, shallot nutmeg and cinnamon) will go into the blender and add enough of the broth to blend to get a smooth constancy. Now add the blended ingredients and the rest of the broth into the pot on med to high heat and bring to a slight boil. Turn off the heat and add the butter and stir until butter is melted. Adjust with salt if desired. Garnish with a sprig of parsley or Roasted pumpkin seeds.



- SERVIDOR DE SOPA DE CALABAZA ASADA 4 (8 OZ)
- 1 Lg. calabaza butternut 3-6 lbs.
 - 3 dientes de ajo (picados)
 - ½ taza de aceite de oliva
 - ½ barra de mantequilla sin sal (en cubos o en rodajas)
 - 1 chalota entera (picada)
 - 5 tazas de caldo de pollo o vegetales
 - ½ taza de azúcar morena (se puede sustituir por ½ taza de jarabe de arce) agregar al gusto
 - ¼ de cucharadita de nuez moscada molida
 - ¼ cucharadita de canela molida
 - Pizca de sal
 - 4 cuartos de galón maceta
 - Licuada vertical / de mostrador
 - Sartén salteada de 6-8 pulg.

Precalienta el horno a 350 ° F. Corta la calabaza por la mitad y quita las semillas. Coloque la calabaza en una bandeja para hornear (no es necesario pelar la piel) rocíe un poco (excepto para el ajo y las chalotas) de aceite de oliva sobre la calabaza. Espolvoree una pizca de sal sobre la calabaza y ase hasta que esté ligeramente caramelizada. Retirar del horno (la calabaza debe estar tierna y se debe sacar fácilmente con una cuchara. Reservar para la licuadora. Sofreír el ajo y la chalota con el aceite de oliva restante a fuego medio. Caliente (no dore el ajo). Lo suficiente para sudar. Agrega la canela y la nuez moscada. Mezclar y retirar del fuego. Todos los ingredientes (nuez, ajo, chalota, nuez moscada y canela) irán a la licuadora y agregarán suficiente caldo para mezclar para obtener una consistencia suave. Ahora agregue los ingredientes mezclados y el resto del caldo en la olla a fuego medio a fuego alto y deje hervir ligeramente. Apague el fuego y agregue la mantequilla y revuelva hasta que la mantequilla se derrita. Ajústelo con sal si lo desea. Adorne con una ramita de perejil o semillas de calabaza tostadas.



烤胡桃南瓜湯（4份）

- 1個胡桃南瓜（3到6磅）
- 3瓣大蒜（切碎）
- ½杯橄欖油
- ½ 棒無鹽黃油（切成方塊或切片）
- 1個小蔥（切碎）
- 5杯雞肉或蔬菜湯
- ½ 杯紅糖（或用 ½ 杯楓糖漿代替）
- ¼茶匙肉荳蔻粉
- ¼茶匙肉桂粉
- 撒少許鹽
- 4夸脫鍋
- 攪拌機
- 炒鍋（6 到 8 英寸）

在 350°華氏度下預熱烤箱。將南瓜切成兩半並取出種子。將南瓜放在烤盤上（無需剝皮）。將一些橄欖油淋在南瓜上（留一些橄欖油用於大蒜和青蔥）。在南瓜上撒一點鹽，烤至微棕色。從烤箱中取出（南瓜應該很嫩，用勺子很容易舀出來）。

用剩餘的橄欖油在高至中火（烹飪不到 2 分鐘）中炒大蒜和青蔥。加入肉桂和肉荳蔻。混合併遠離熱源。

將所有成分（胡桃、大蒜、蔥肉荳蔻和肉桂）放入攪拌機中。添加足夠的肉湯混合以獲得平滑的穩定性。現在將混合的原料和其餘的肉湯加入鍋中，用中火到高火。煮沸。關掉爐子，加入黃油。攪拌至黃油融化。用一枝歐芹或烤南瓜籽裝飾。

구운 땅콩호박 스프 만들기 (4인분, 8온스)

- 재료
- 큰 땅콩호박 한개. 3-6 파운드
 - 으깬 마늘 3쪽
 - 올리브 오일 반컵

무염버터 스틱 반 개 (각둑썰거나 저며 썬 것)
샬롯 양파 1개 (다진 것)
닭고기나 야채육수 5컵
갈색설탕 반컵(혹은 메이플 시럽 반컵으로 대체가능)-원하면 맛내기 용으로 첨가
넛멕(육두구)가루 4분의 1 티스푼
계피가루 4분의 1 티스푼
소금 한 꼬집
4쿼트 크기 냄비
주방용 블렌더
6-8인치 볶음용 프라이팬

조리법
오븐을 화씨 350도로 예열한다. 땅콩호박을 반으로 잘라서 씨를 제거한다. 구이용 팬에 호박을 올린 후, 올리브 오일 일부를(일부는 마늘과 샬롯용으로 남겨둔다) 껍질을 벗기지 않은 호박 위에 뿌린다. 소금 한 꼬집을 호박위에 흩뿌리고 연한 갈색이 될 때까지 굽는다. 호박이 부드러워져서 손가락으로 쉽게 떠낼 수 있을 때까지 구운 후 오븐에서 꺼낸다. 블렌더에 갈기 위해 따로 놔둔다.남은 올리브 오일을 프라이팬에 두르고 샬롯과 마늘을 센불이나 중간불 정도에서 물기가 나을 정도로만 볶는다. (마늘이 갈색이 될 때까지 볶으면 안된다). 계피와 넛멕가루를 뿌린 후 섞어서 불에서 내린다.

모든 준비된 재료들(땅콩호박, 샬롯, 마늘, 계피와 넛멕가루)을 블렌더에 붓고 준비된 육수를 부드럽게 갈릴 정도로 첨가하여 간다. 간 재료와 나머지 육수를 냄비에 붓고 센불이나 중간불에서 살짝 끓을 정도로 가열한다. 불을 끄고 버터를 첨가한 후 버터가 녹을 때까지 젓는다. 기호에 따라 소금을 첨가하고 파슬리 줄기나 구운 호박씨로 장식한다.

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2. 무료한방의료봉사: 매달 첫 주일 1-3PM

경산한의과대학병원 원장과 기독교한의 협회

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