



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
Telephone: 562-257-5100
TDD 800-545-1833, ext. 359



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

RESIDENT BIRTHDAY CELEBRATION W/TRICIA & TRACY

September 23, 2021
2:00 to 3:00 p.m.
Promenade

HEALTH & WELLNESS FAIR
Wednesday, September 29
1:00 to 3:00 p.m.

SEPTEMBER Message

"All the months are crude experiments, out of
which the perfect September is made."

~ Virginia Woolf

Clubs at Angelus Plaza

A RETIREMENT HOUSING FOUNDATION® COMMUNITY

DANCE

Latin-American Club
(coming in October)

Sunday
10:00 a.m. - 4:00 p.m.
Activity Room

Chinese Residents Club
(coming in October)

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

Wednesday
1:00 - 3:00 p.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

THE GLOBAL LOVE'S CHURCH

Monday - Sunday
5:00 - 7:00 a.m.
5th Floor Dining Room

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



Angelus Plaza Senior
Activity Center Presents

Health & Wellness Fair

Wednesday, September 29, 2021

3rd floor, Activity Room

1:00-3:00 PM

Healthy
Snacks

Free
Raffles



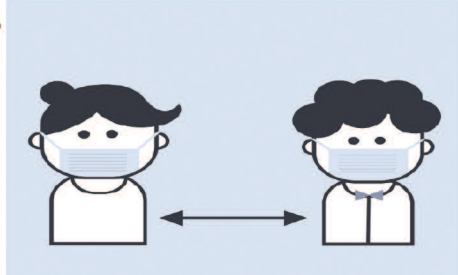
FREE SCREENINGS

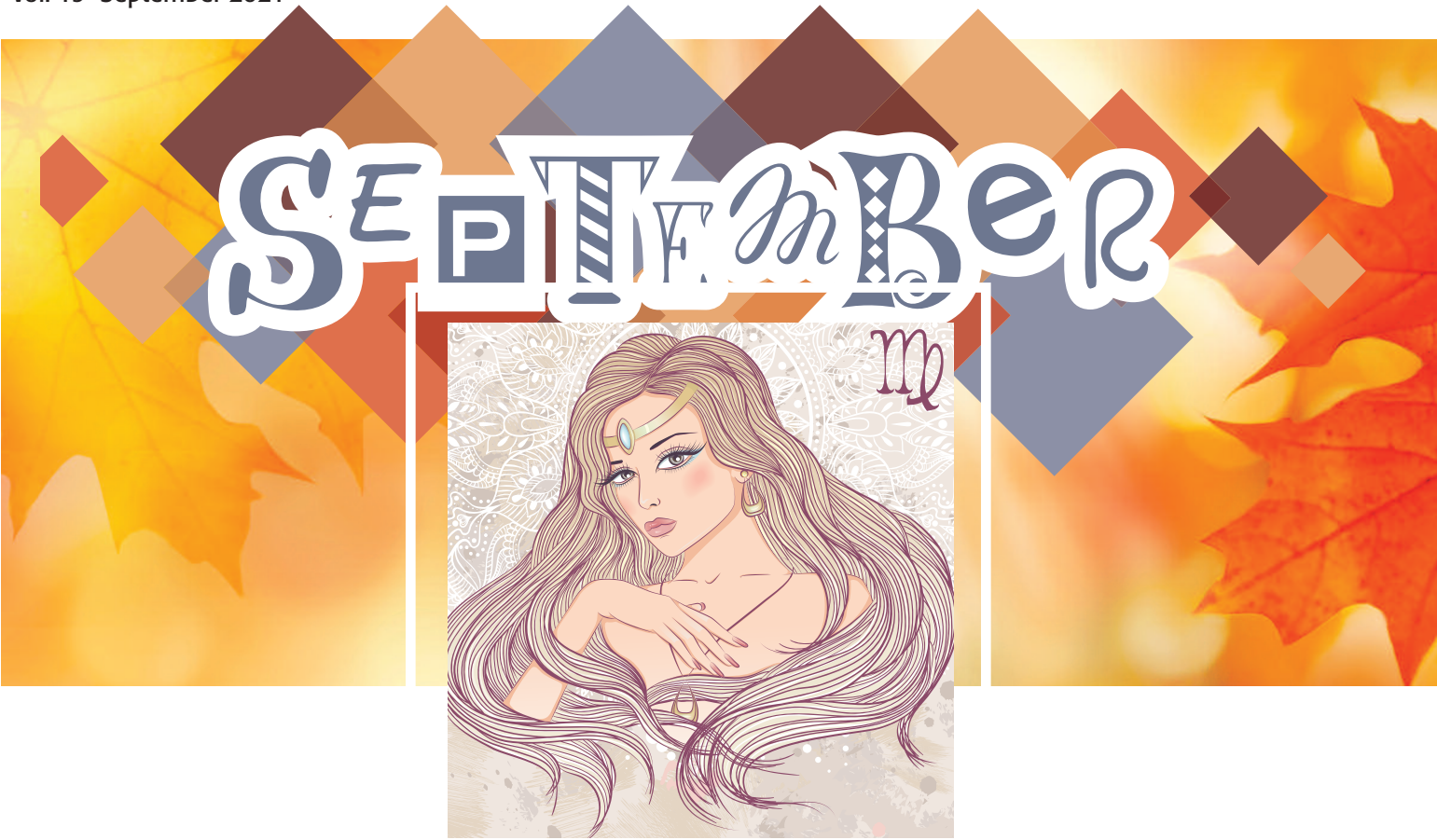
STROKE RISK ASSESSMENT

BODY MASS INDEX (BMI)

FLU SHOOT

BLOOD PRESSURE





INTERESTING FACTS ABOUT SEPTEMBER!

Aster is September’s flower is the late blooming aster, considered the afterthought of the Roman goddess Flora because it blooms later in the season than most flowers. These mid- to late-summer blooms get their name from aster, the Greek word for “star.” There are around 180 species of aster, many found in North America. The flower comes in a variety of colors, including pink, purple, lavender, blue, and red—usually with a yellow center but sometimes centered in black.



Aster is September’s Flower

The sapphire is the birthstone for September. This gem is similar to a diamond in that it’s one of the hardest materials on Earth. Though sapphire means “blue” in Greek, the gemstone comes in nearly all colors except red. And even the blue stones come in different shades—from dark royal blue to light gray-blue. The finest sapphire, however, is a rich, velvety blue. Per gemstone lore, sapphires contribute to mental clarity and lead to financial success.

September Zodiacs Virgo (The Virgin) September 1–22 Libra (The Scales) September 23–30

¡DATOS INTERESANTES SOBRE SEPTIEMBRE!

El aster es la flor de septiembre, es el aster de floración tardía, considerado el último pensamiento de la diosa romana Flora porque florece más tarde en la temporada que la mayoría de las flores. Estas flores de mediados a finales del verano reciben su nombre de aster, la palabra griega para "estrella". Hay alrededor de 180 especies de aster, muchas de las cuales se encuentran en América del Norte. La flor viene en una variedad de colores, que incluyen rosa, morado, lavanda, azul y rojo, generalmente con un centro amarillo pero a veces centrado en negro.

El zafiro es la piedra de nacimiento de septiembre. Esta gema es similar a un diamante en el sentido de que es uno de los materiales más duros de la Tierra. Aunque zafiro significa "azul" en griego, la piedra preciosa viene en casi todos los colores excepto el rojo. E incluso las piedras azules vienen en diferentes tonos, desde azul real oscuro hasta gris azulado claro. El zafiro más fino, sin embargo, es de un azul intenso y aterciopelado. Según la tradición de las piedras preciosas, los zafiros contribuyen a la claridad mental y conducen al éxito financiero.

Zodiacos de septiembre Virgo (La Virgen) 1 al 22 de septiembre Libra (La balanza) 23 al 30 de septiembre



關於九月的有趣事實！

紫菀是九月的花。它是晚開的紫菀，被認為是羅馬女神弗洛拉的事後諸葛亮，因為它比大多數花開得晚。這些仲夏至夏末的花朵得名於紫菀，古希臘語中的“星星”一詞。大約有 180 種紫菀，其中許多是在北美髮現的。這種花有多種顏色，包括粉紅色、紫色、淡紫色、藍色和紅色——通常以黃色為中心，但有時以黑色為中心。



Sapphire is September’s Jewel

藍寶石是九月的誕生石。這種寶石類似於鑽石，因為它是地球上最堅硬的材料之一。雖然藍寶石在希臘語中的意思是“藍色”，但這種寶石幾乎有除紅色外的所有顏色。甚至藍色寶石也有不同的色調，從深寶藍色到淺灰藍色。然而，最好的藍寶石是豐富的、天鵝絨般的藍色。根據對寶石的迷信，藍寶石有助於頭腦清晰並帶來經濟上的成功。

九月生肖
處女座：9月1-22日，天秤座：9月23-30日

9월에 관한 흥미로운 사실들!

9월의 탄생화인 꽃은 로마신화에 나오는 여신 플로라가 나중에 추가한 꽃으로 여겨지는데, 그 이유는 다른 대부분의 꽃들보다 늦게 피기 때문입니다. 한여름에서 늦여름까지 걸쳐 피는 이 꽃의 이름은 그리스어 “별”에서 유래했습니다. 꽃은 180여종이 있으며 대부분 북미대륙에서 찾아볼 수 있고, 분홍, 보라, 연보라, 빨강, 파랑의 다양한 색깔로 피는데 보통은 가운데가 노란색이지만 가끔 검은색인 것도 있습니다.

9월의 탄생석은 사파이어이며, 지구상에서 가장 단단한 물질이라는 점에서 다이아몬드와 유사합니다. 비록 “사파이어”는 그리스 말 “파랑”에서 왔지만, 붉은 색을 제외한 모든 색깔을 지닌 사파이어들이 있습니다. 또한 푸른빛의 사파이어라 하더라도 짙은 감청색에서 연한 회청색까지 다양한 종류가 있습니다. 최상급의 사파이어는 풍부하고 부드러운 푸른 빛을 띕니다. 사파이어는 정신을 맑게 하고 재물운을 불러온다고 믿어져 왔습니다.

9월의 별자리: 처녀자리 (9월1일-22일), 천칭자리 (9월 23일-30일)

BON

WITH

CHIEF ANDY

BUILDING A

MANAGER

APETIT

MEXICAN CHICKEN MOLE

INGREDIENTS FOR MAKING THE “MOLE SAUCE”

- 1 cup Vegetable Oil (2/3*C use for chiles, 1/3* cup for raisin, pineapple and plantain)
- 5 ea. Ancho Chile, 5ea Cascabel Chile, 5ea. Pasilla Chile (seeded)
- ½ cup (each) for Sliced Almond, Crushed Peanut
- 1 cup White Sesame Seeds
- ¼ cup Mexican Oregano (dried)
- ½ tsp Ground (each) Allspice, Anise, Cloves, Cinnamon, Coriander, Cumin, Peppercorn
- 1 cup (each) Raisin, Pineapple (cubed), Plantain (ripe, cubed)
- ¼ cup Masa
- 1 ½C Mexican Chocolate (finely chopped)
- 3 ea. Tomato Roma (chopped)
- 5 ea. Garlic cloves (chopped)
- 1 ea. Med. Size Onion (chopped)
- Brown Sugar and Sea Salt to taste
- 4 cups Chicken Stock
- Chicken (breast, leg, thigh) your choice

DIRECTIONS

In large sauté pan on medium heat, add oil (*2/3 cup and fry the chiles until toasty and crispy. Remove and set aside. Remove all excess oil leaving pan dry. On low to medium heat, dry roast almonds and peanuts (if they are raw). Skip this step if almonds and peanuts are already roasted. In same pan on low to medium heat, dry roast white sesame seeds, oregano, allspice, anise, clove, cinnamon, coriander, cumin and peppercorn. Make sure to not burn. Dry roast until all spices are highly aromatic, then remove from the pan and set aside. In same pan on medium to high heat, cook garlic, onion, raisin, plantain, pineapple and tomato until tender, then add Mexican chocolate, masa and mix all together. Adjust heat to low to medium and cook for 3-5 mins until chocolate is completely melted. Remove from pan and put all ingredients that have been cooked into a blender and blend, adding chicken stock slowly until the sauce is at a nice sauce consistency. While blending the sauce, add brown sugar and salt to taste.
Note: The sauce may need more or less chicken, stock depending upon how watery or thick you want your Mole.

COOKING THE CHICKEN

The chicken can be cooked in a variety of ways for Chicken Mole recipe. It can be boiled with spices and enjoyed with the sauce or it can be marinated with some spices used to make the sauce and oven roasted. It can also be marinated in a nice herbed brine and then deep fried and enjoyed with the sauce. Either way you cook the chicken, it is always delicious when served with the mole sauce. This dish can be garnished with grated “Queso Fresco,” thinly sliced white onion and chopped cilantro. Serve alongside with warm tortilla (flower or corn), Spanish rice and frijoles.



墨西哥巧克力醬雞

- 1杯植物油（2/3杯用於辣椒，1/3杯用於葡萄乾/菠蘿/大蕉）
- 5個 “Ancho” 辣椒， 5個 “Cascabel” 辣椒， 5個 “Pasilla” 辣椒
- ½ 杯杏仁（切片）
- ½杯花生（壓碎）
- 1杯白芝麻
- ¼杯墨西哥牛至乾
- ½ 茶匙 五香粉
- ½ 茶匙茴香粉
- ½ 茶匙 丁香粉
- ½ 茶匙 肉桂粉
- ½ 茶匙 香菜粉
- ½ 茶匙孜然粉
- ½ 茶匙 胡椒粉
- 1杯葡萄乾
- 1杯菠蘿（切成方塊）
- 1杯成熟車前草（切成方塊）
- ¼杯墨西哥玉米麵團（西班牙語叫 masa）
- 1 ½ 杯墨西哥巧克力（切碎）
- 3個羅馬番茄（切碎）
- 5個大蒜瓣（切碎）
- 1個中等大小的洋蔥（切碎）
- 紅糖
- 海鹽
- 4杯雞湯
- 雞肉（您選擇胸、腿或大腿）

煮巧克力醬

在中火的大炒鍋中，加入 2/3 杯油，將辣椒煎至香脆。放在另一個碗裡。擦去平底鍋中所有多餘的油，使其乾燥。在同一個平底鍋中，用中至低火烤乾白芝麻、牛至、多香果、茴香、丁香、肉桂、香菜、孜然和胡椒。確保不要燒焦香料。幹烤，直到所有香料都非常芳香，然後從鍋中取出並放在另一個碗中。在同一個平底鍋中，中火至高火，將大蒜、洋蔥、葡萄乾、大蕉、菠蘿和番茄煮至變軟。然後加入墨西哥巧克力，瑪莎，混合在一起。將熱量調至中低，煮約 3-5 分鐘，直到巧克力完全融化。將所有在攪拌機中煮熟的配料（辣椒、香料、巧克力等）從鍋中取出。打開攪拌機，慢慢加入雞湯，直到我們得到一個很好的醬汁稠度。攪拌醬汁時，加入紅糖和鹽調味。筆記。可能需要更多或更少的雞湯，這取決於您想要巧克力醬的水分或稠度。

煮雞

這款墨西哥巧克力醬雞可以用多種方法烹製您的雞肉。它可以與香料一起煮沸，並與醬汁一起享用。或者它可以用一些香料醃製，用來做醬汁和烤箱烤。它也可以用一種很好的香草鹽水醃製，然後油炸，並與醬汁一起享用。無論您用哪種方式烹飪雞肉，都可以搭配醬汁享用。這道菜可以用磨碎的 Queso Fresco（一種墨西哥奶酪）、切成薄片的白洋蔥和切碎的香菜裝飾。佐以熱玉米餅、西班牙米飯和墨西哥豆。

MOLE DE POLLO MEXICANO
INGREDIENTES PARA HACER LA "SALSA DE MOLE"

- 1 taza de aceite vegetal (2/3 * C para chiles, 1/3 * taza para pasas, piña y plátano macho)
- 5 ea. Ancho Chile, 5ea Cascabel Chile, 5ea. Pasilla Chile (sin semillas)
- ½ taza (cada una) para rebanadas de almendra, maní triturado
- 1 taza de semillas de sésamo blanco
- ¼ taza de orégano mexicano (seco)
- ½ cucharadita molida (cada una) pimienta de Jamaica, anís, clavo, canela, cilantro, comino, pimienta
- 1 taza (cada una) de pasas, piña (en cubos), plátano (maduro, en cubos)
- ¼ taza de Masa
- 1 ½C de chocolate mexicano (finamente picado)
- 3 ea. Tomato Roma (picado)
- 5 ea. Dientes de ajo (picados)
- 1 ea. Medicina. Cebolla tamaño (picada)
- Azúcar Morena y Sal Marina al gusto
- 4 tazas de caldo de pollo
- Pollo (pechuga, pierna, muslo) a tu elección

DIRECCIONES

En una sartén grande a fuego medio, agregue el aceite (* 2/3 taza y fría los chiles hasta que estén tostados y crujientes. Retirar y reservar. Retirar todo el exceso de aceite dejando secar la sartén. A fuego bajo a medio, secar las almendras y los cacahuates (si están crudas). Omite este paso si las almendras y los cacahuates ya están tostados. En la misma sartén a fuego medio o bajo, seque las semillas de sésamo blanco, el orégano, la pimienta de Jamaica, el anís, el clavo, la canela, el cilantro, el comino y el grano de pimienta. para no quemar. Seque hasta que todas las especias estén muy aromáticas, luego retire de la sartén y reserve. En la misma sartén a fuego medio a alto, cocine el ajo, la cebolla, las pasas, los plátanos, la piña y el tomate hasta que estén tiernos, luego agregue el chocolate mexicano , masa y mezcle todo junto. Ajuste el fuego de bajo a medio y cocine durante 3-5 minutos hasta que el chocolate se derrita por completo. Retire de la sartén y ponga todos los ingredientes que se han cocido en una licuadora y mezcle, agregando el caldo de pollo lentamente hasta que la salsa tiene una buena consistencia de salsa. Mientras licúa la salsa, agregue azúcar marrón ar y sal al gusto.
Nota: La salsa puede necesitar más o menos caldo de pollo, dependiendo de qué tan aguada o espesa desee su Mole.

COCINAR EL POLLO

El pollo se puede cocinar de varias maneras para la receta de Chicken Mole. Se puede hervir con especias y disfrutar con la salsa o se puede marinar con algunas especias utilizadas para hacer la salsa y asar al horno. También se puede marinar en una buena salmuera de hierbas y luego freír y disfrutar con la salsa. De cualquier forma que cocines el pollo, siempre queda delicioso cuando se sirve con la salsa de mole. Este platillo se puede adornar con “Queso Fresco” rallado, cebolla blanca en rodajas finas y cilantro picado. Sirva junto con tortilla tibia (flor o maíz), arroz español y frijoles.



멕시코 닭 요리(몰레)

소스 재료

- 1컵: 식용유 (2/3 컵은 고추 튀김용; 1/3은 건포도, 파인애플, 요리용 바나나 볶음 용도)
- 5개 썩: 안 맵고 넓적하고 크고 달달한 마른 고추 (안초 칠레Ancho Chile)
- 동그랗고 안매운 마른 고추 (까스까벨 칠레 Cascabel Chile)
- 길고 까만 약간 매운 고추 (빠씨야 칠레Pasilla Chile)
- ½ 컵: 얇게 저민 아몬드
- ½ 컵: 으갠 땅콩
- 1 컵: 하얀 깨
- ¼ 컵: 말린 오레가노
- ½ 작은 술: 백미후추 가루
- ½ 작은 술: 팔각 가루
- ½ 작은 술: 정향 가루
- ½ 작은 술: 계피 가루
- ½ 작은 술: 말린 후추가루
- ½ 작은 술: 커민 가루
- ½ 작은 술: 후추가루
- 1 컵: 건포도
- 1 컵: 썰은 파인애플
- 1컵: 썰은 요리용 바나나
- ¼컵: 옥수수 가루
- 1 ½ 컵: 다진 초콜릿
- 3개: 잘게 썬 길쭉한 토마토
- 5 쪽: 다진 마늘
- 1 개: 중간 사이즈 양파 다진 것
- 황설탕 약간
- 간 맞추는 소금
- 4컵: 닭 육수
- 원하시는 부위의 닭고기(가슴살이나 넓적다리살)

소스 만드는 방법

볶음 요리용 넓은 냄비를 중불에 올려서 2/3 컵 식용유로 고추를 바삭하게 튀기듯 볶아서 불을 끄고 옆으로 치워두세요.
남은 기름을 없애고 냄비를 닦은 후 중약불로 아몬드와 땅콩(생 땅콩일 경우)을 볶으세요.
같은 냄비에 중약불로 깨, 오레가노, 백미후추, 팔각, 정향, 계피, 고수, 커민 , 후추가루를 넣고 타지 않게 볶으세요.
맛있는 향이 나면 꺼내서 치워두세요.
같은 냄비에 약간 강한 중간불에서 1/3의 식용유와 마늘, 양파, 건포도, 요리용 바나나, 파인애플, 토마토를 넣고 부드럽게 익을 때까지 볶다가 초콜릿, 옥수수가루를 넣고 잘 섞으세요.
불을 중약불로 낮춰서 초콜릿이 완전히 녹을 때까지 3-5분 더 끓이세요.
불을 끄고 모든 재료를 블렌더에 넣고 닭육수와 함께 천천히 섞으면 걸쭉한 소스가 됩니다.
섞을 때 황설탕과 소금으로 입맛에 맞게 간을 맞추세요.
닭육수는 취향에 따라 양을 조절하세요.

닭 요리 방법

닭은 약간의 밀간을 하여 삶아도 좋고, 위에 만든 소스에 재웠다가 오븐에 구워도 좋고, 만든 소스에 재웠다가 튀겨도 좋습니다.
어떤 방법이든 소스와 같이 먹으며 맛있습니다.
마지막으로 닭 위에 소스를 얹고 따뜻한 돌띠아, 스페니쉬 라이스, 콩 요리와 함께 드세요.

Olive Hill Pharmacy

On the 2nd 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



COMMERCIAL CONNECTIVITY SERVICES

www.commercialconnectivity.com



HIGH-SPEED WIFI IN YOUR APARTMENT!
Use all your devices at once without interruption.

公寓內有快速度WiFi!
可以用所有電子設備而不會中斷。

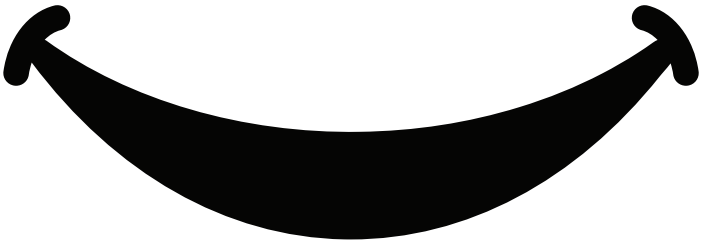
새로운 고속 무선 인터넷을
제한 없이 사용하 실 수 있습니다

Call (310) 990-4147 or
Email jeff@commercialconnectivity.com

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

Advertising Space for You.

Contact
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

섬김 프로그램

- 자연밥상:** 주일 예배 후
발아 현미밥과 풍성한 야채와 과일, 건강식 반찬
- 무료한방의료봉사:** 매달 첫 주일 1-3PM
경산한의과대학병원 원장과 기독교한의사 협회
- 기타교실(Guitar Class):**
목 10:30-11:30AM, 주일 2-3PM
정신건강과 치매예방에 넘버원!
- 엔젤스합창단(Choir):** 수, 주일 1:00-2:00PM
- 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™

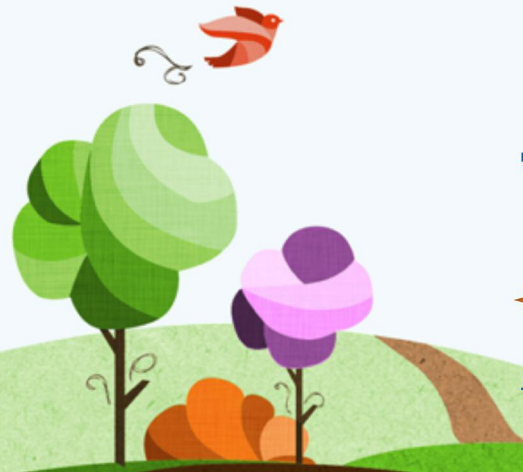
Just as Downtown L.A. is undergoing a spectacular rebirth, PIH Health Good Samaritan Hospital has undergone an amazing transformation of its own. With the Medical Pavilion, we have created a magnificent leading edge facility, which is home to the Frank R. Seaver Ambulatory Surgery Center, Radiation Oncology, 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 or call 1-800-472-2737.



담임목사: 전요한 (213)-550-7089 E. gjohn1017@gmail.com
전도사: 유정녀 (심방) (213)-268-7237. 박은이 (반주) (213)505-3735

예배안내 **주일예배: 오전11시.**
 **새벽기도회(화-토) 5시30분**

교회주소: 255 S Hill St #5th Los Angeles, CA 90012