

# Kendal on Hudson SPOTLIGHT

## Events: Week of May 13, 2024

*For more on resident life at Kendal on Hudson go to [www.kohresweb.org](http://www.kohresweb.org)*

<b>Mon</b> 5/13	2:00 7:30	<b>Residents Council Meeting</b> (See Agenda, p. 6) <b>Program: Llyn Clague:</b> "First Symphony" Poetry Reading (see p. 3)	<b>GR</b> <b>GR</b>
<b>Tue</b> 5/14	1:30 8:00	<b>Shopping: Rosedale Nurseries 9:45 – 11:45; 1:00 – 3:00</b> <b>Class:</b> "Declassifying the Classics: Piano Sonata by Aaron Copland," instructor: Michael Boriskin (subscription) <b>Movie: <i>The Godfather</i></b> (1972, 2h 55m) The aging patriarch of an organized crime dynasty transfers control of his empire to his reluctant son.	<b>GR</b> <b>Ch 970</b>
<b>Wed</b> 5/15	11:30 5:00 8:00	<b>Bell Ringers Concert</b> (see p. 4) <b>Sip and Snack</b> <b>Movie: <i>The Last Metro</i></b> (1980, 2h 11m) In occupied Paris, an actress married to a Jewish theater owner must keep him hidden from the Germans while doing both of their jobs.	<b>GR</b> <b>GR</b> <b>Ch 970</b>
<b>Thu</b> 5/16	7:30 8:00	<b>Movie: <i>9 to 5</i></b> (1980, 1h 49m) Three female employees of a sexist, egotistical, lying bigot find a way to turn the tables on him. <b>Movie: <i>The Truman Show</i></b> (1998, 2h 11m) An insurance salesman discovers his whole life is actually a reality TV show.	<b>GR</b> <b>Ch 970</b>
<b>Fri</b> 5/17	5:00 8:00	<b>Shopping: Thornwood 9:30 – 10:45 / Ossining 1:00 – 2:15 &amp; 1:45 – 3:00</b> <b>Sip and Snack</b> <b>Movie: <i>The Woman Next Door</i></b> (1981, 1h 46m) Two ex-lovers wind up living next door to each other with their respective spouses. Forbidden passions ensue.	<b>GR</b> <b>Ch 970</b>
<b>Sat</b> 5/18	1:00 8:00	<b>Opera: <i>Aida</i></b> , by Giuseppe Verdi (see p. 4) <b>Movie: <i>Tales of Hoffman</i></b> (1951, 2h 8m) A poet reflects on three women he loved and lost.	<b>GR</b> <b>Ch 970</b>
<b>Sun</b> 5/19	3:00 8:00	<b>Concert: Metropolitan Opera String Quartet</b> (see p. 3) <b>Movie: <i>Crimson Gold</i></b> (2003, 1h 35m) An Iranian pizza delivery man sees the worst of corruption and social unbalance in his city and is driven to crime.	<b>GR</b> <b>Ch 970</b>

### KoH TV Channel 970

**Round-the-Clock:** Rue des Artistes, "Kaleidoscope"

**3:00 pm:**

**Mon – Fri, May 13 – 17: Talk:** "Flowing Rivers, Starry Skies, and Kindred Worlds: A Hudson River Museum Overview," 2024

**Sat – Sun, May 18 – 19: Great Courses: "How Churchill Changed the World"**

Lecture 15: Turning the Tide Against Hitler

Lecture 16: Churchill and Roosevelt

**4:30 pm: Concert:** Anthony Newman, piano, and Lun Li, violin, 2024

**8:00 pm: Movies** as listed above

**Deadline for May 20 issue of Spotlight is Wed, May 15. Type or print submissions and email to: [Spotlight@kohudres.org](mailto:Spotlight@kohudres.org) or place them with your name in the Spotlight cubby.**

**Editors: Mimi Abramovitz, Jennifer Gardy, Ursula Hahn, Sally Kellock, Pam Mitchell, Carlisle Spivey**

### Regular Weekly Activities

<b>Contemporary Issues</b>	Thu 10	ZOOM
<b>Drop-in Art Salon</b>	Tue & Thu 2-4	ART
<b>Fiber Arts</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 2-4	CRA
<b>French Conversation</b>	Fri 3-4:30	BIS
<b>Italian</b>	Thu 11:15	GR
<b>Meditation</b>	Tue/Thu/Sat 9:15 Wed/Fri/Sun 7:15 pm	RCR
<b>Open Studio</b>	Sat 10 -12	ART
<b>Poetry Reading</b>	4 <sup>th</sup> Wed 4:00	CLE3
<b>Quilting</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wed 2-4	CRA
<b>Spanish</b>	Fri 11:00	RCR
<b>Tuesday Morning Club</b>	Tue 10-12	GR

**Staffed Fitness Center Mon–Fri, 8:30–3:30**

**All classes are subject to change**

#### Fitness Classes

**Stretch & Balance:** Mon,Wed,Fri 9:30 (Zoom)  
**Pilates:** Mon, Wed 10:15 & 11:15  
**Resistance Bands:** Mon, Wed, Fri 12:30  
**Standing Movement:** Thu 10-10:30  
**Tai Chi:** Tue & Fri 10:00  
**Water Aerobics:** Tue & Fri 10:45  
**Chair Yoga:** Tue 12 noon  
**Zumba Gold:** Tue 2:00  
**Bocce:** Wed 1:30  
**Mat Yoga:** Thu 12 noon  
**Mindful Movement & Meditation:** Thu 1:15  
**Pool:** Mon–Fri, 9–4, Sat 9–3  
**Guest Swim:** Mon–Sat, 1–3  
**Fitness Center & Pool closed 12–1**

### Library

Volunteer on Duty Mon-Fri 10-12 & 2-4.  
Browse/borrow 24/7 in library and from  
carousels in elevator lobbies.

#### **Library Catalog:**

[librarycat.org/lib/2blackcats](http://librarycat.org/lib/2blackcats)

### Resident Care Center

Open Mon-Fri 8-4 (closed 12-1)  
Call ext 1030 for appointment.

### Services

#### **Blood Pressure Clinic:**

2<sup>nd</sup> & 3<sup>rd</sup> Mon, 8-noon

**Bloodwork:** Wed from 7:45 am

**Drug Take-Back Days:** 1<sup>st</sup> Mon, 9 am – noon

**For additional services,** call x1030

### Locations

All in Mary Powell except CLE

<b>BIS</b>	Bistro
<b>CLE</b>	Clermont
<b>GR</b>	Gathering Room
<b>PDR</b>	Private Dining Room
<b>RL</b>	Residents Lounge (outside Bistro)
<b>RCC</b>	Resident Care Center (T level) <u>On C Level</u>
<b>ART</b>	Art Studio
<b>CRA</b>	Craft Room
<b>RAO</b>	Residents Association Office
<b>RCR</b>	Riverview Conference Room
<b>SUN</b>	Sunnyside

### Kendal Dining

Please send comments to:

[diningcomments@kohud.kendal.org](mailto:diningcomments@kohud.kendal.org)

### Bistro

#### Monday – Saturday

**Breakfast** 8:00 am-10:00 am

**Lunch** 11:30 am-1:30 pm

**Coffee and Hot Tea** 2:30 pm-3:30 pm

**Dinner** 5:00 pm-7:30 pm

#### Sunday

**Brunch** 11:00 am-1:30 pm

### Formal Dining Room

#### Tuesday – Saturday

**Dinner** 5:00 pm – 7:30 pm

### Reservations

required for waited service at 5:00, 5:30, 6:00  
or 6:30 pm. Use Open Table on Residents  
website or CATIE, or call front desk x1000.

**Please Be on Time!**

### Religious Services

#### **Catholic Mass:**

Sundays, 12:15 GR

#### **Quaker Meeting:**

Sundays, 11:00 am RCR

#### **Service of Prayers**

1<sup>st</sup> & 3<sup>rd</sup> Tue 1:00 pm SUN

#### **Shabbat Services:**

2<sup>nd</sup> & 4<sup>th</sup> Fri 4:30 pm PDR

**May 13 Program  
“First Symphony”  
Llyn Clague, Poet**



Llyn Clague, Kendal’s own poet-in-residence, returns for his sixth poetry reading on Monday evening, May 13.

His previous presentations include *Poetry in the Age of Trump*; *Poetry in the Age of Trump-Part II*; *Unruly Rhythms: Toward A New Poetry*; and *Coming of Age at Kendal*, poems from his newest book. In Monday’s presentation, he borrows from the form of the classical symphony to arrange his work. Don’t miss it!

**May 19 Concert  
Metropolitan Opera String Quartet**

Join us on Sunday afternoon, May 19, for a concert featuring four outstanding musicians from the Metropolitan Opera Orchestra: Annamae Goldstein and Nancy Wu, , violin; Desiree Elsevier, viola; and Leigh Mesh, double bass. Their program includes works by Foumai, Mozart, Dvorak, and Puccini. A reception will follow the concert in the Private Dining Room.

**June Film Course**



Sarah Lawrence College film professor Michael Cramer returns for his third Kendal course on Tues, June 4, 11, 18, and 25. His subject will be John Ford, considered one of the greatest American film directors.

Classes will run from 1:30 to 3:30 pm in the GR. Tuition: \$40 for all four sessions; \$15 per individual session. Movies to be discussed are: *Stagecoach*, *The Grapes of Wrath*, *How Green Was My Valley*, and *The Quiet Man*.

Questions: contact Fran K.

**Trips**



Wait List

Thu, May 23: Loeb Gallery at Vassar College, Poughkeepsie

## A Walking Tour of Rockwood Hall

Join Rockwood docent David Teich on a 2-hour hiking adventure into the past. Explore the remains of Rockwood Hall and its rich history. The former estate of William A. Rockefeller Jr., the site boasts scenic views overlooking the Hudson, lush forests, and remnants of 19th century luxuries. Leashed dogs are welcome.

*Directions:* Use the trail entrance to Rockwood Park opposite Alida (near the flashing stop sign). Go up over the hill then down to the Rockwood Park information Kiosk.

*Do not* go the Park's main entrance.

Bring water and wear comfortable closed-toed shoes. If it rains, the hike may be canceled or postponed. You will be notified by 5:00 pm the day before.

Price: \$4:00 (refundable up 24 hours in advance)

Chick [here](#) to buy tickets or go online at:  
[www.eventbrite.com/e/history-of-rockwood-hall-tickets-877675530137?aff=oddtcreator](http://www.eventbrite.com/e/history-of-rockwood-hall-tickets-877675530137?aff=oddtcreator)

Questions? Contact:  
Mimi A., Bob A.

## Saturday Opera



After a brief hiatus, opera returns to the Gathering Room on **May 18 at 1:00 pm** with Giuseppe Verdi's *Aida*. In this 1989 performance, James Levine conducts the Metropolitan Opera, with Aprile Millo in the title role, and a stellar cast that includes Placido Domingo, Dolora Zajick, Paata Burchuladze, and Sherrill Milnes.

### The Bells Are Ringin'



Gather ye one and all, for a great performance that is sure to ring your chimes. On May 15, 11:30 am, in the Gathering Room, the Bellringers will play in concert, enlivening a spring day and, doubtless, the mood of even the most dour among us.

## **New Recycling Opportunity!**

Drop-off containers await your soft plastic: grocery bags, product wrap, resealable food storage bags, dry cleaning bags, bubble wrap, plastic shipping envelopes.

NO plastic bottles or takeout containers.

NO food residue. Must be clean and dry.

There's one box in each building, on the garage level, near the food-scrap collection chest or closet, close to the elevator or inside the garage door. The list of approved items is posted next to each drop-off container.

### *Partnership With School District*

Not only are we keeping our plastic film out of the trash; we're also helping Washington Irving School earn a FREE NexTrex "Buddy Bench" made from the plastic, to be placed in the schoolyard. The challenge? to collect 1,000 pounds of plastic by June 30th!

### *What Is a Buddy Bench?*

Materials sent out to School District families explained: "A buddy bench is a way for students to signal to others that they need a friend to play with or someone to talk to, allowing other children on the playground to see when someone needs support ..." Buddy Bench = No One Alone.

*Let's Help WI Reach the Finish Line!*  
Washington Irving students, faculty, and parents have already collected 850 pounds of plastic. Now our Kendal plastics can help clear the final hurdle — 1000 pounds of plastic to be reused and turned into a Buddy Bench!



For additional information, contact Teddy P.

### **Message from Masha Turchinsky Director, Hudson River Museum**

It was a pleasure for me to meet so many Kendal residents and to share the story of the Hudson River Museum. I hope the presentation inspires new visits to the Museum. Since a number of people expressed interest in the Junior Docents, I am sharing this link, along with my thanks for their time and consideration:

[www.hrm.org/junior-docent-program/](http://www.hrm.org/junior-docent-program/)

Kind regards to all,  
Masha