

KENDAL-ON-HUDSON SPOTLIGHT

September 18, 2017

For more on resident life at Kendal on Hudson, go to www.kohresweb.org

Mon. 9/18	7:30	Doctors – Shopping if possible; check w/ front desk at 9:00 a.m. Program – Susan Antenen, Rockefeller State Park Preserve (See p. 3)	GR
Tues. 9/19	9:45 1:30 2:00 7:30	Shopping in Tarrytown – return at 11:00 a.m. Course – Relations of the Giants: U.S., India and China Shopping in Ossining – return by 3:30 p.m. Movie: <i>The White Sheik</i> (1952; 1 hr., 23 mins.) Alberto Sordi, Giulietta Masina in a comedy, dir. by Fellini.	GR GR
Wed. 9/20	9:15 7:30	Shopping at Ridge Hill – return at 2:30 p.m. Movie: <i>Paris Can Wait</i> (2016; 92 mins.) Alec Baldwin, Diane Lane.	GR
Thurs. 9/21	7:30	Doctors – Shopping if possible; check w/ front desk at 9:00 a.m. Movie: <i>Gone Girl</i> (2014; 149 mins.) Ben Affleck, Rosamund Pike. Crime drama.	GR
Fri. 9/22	9:45 2:00 7:30	Shopping in Thornwood – return at 11:15 a.m. Shopping in Ossining – return at 3:30 p.m. Movie: <i>Talk to Her</i> (2002; 110 mins) . Dir. by Almodovar.	GR
Sat. 9/23	3:00 7:30	Stanley Hart Memorial Reception Movie: <i>To Catch a Thief</i> (1955; 106 mins.) Cary Grant, Grace Kelly in a Hitchcock romantic drama.	GR GR
Sun. 9/24	3:00	One-Woman Play: <i>Once In, Never Out</i> by June Ballinger. (See p. 5.)	GR

KOH-TV, Channel 1970

Round-the-Clock—Rue des Artistes: “Open Lens”

3:00 The Sports Bucket List, Rob Fleder

4:30 Concert: The Cassatt String Quartet

Movies at 8:00 p.m. (corrected listings)

Mon., 9/18 - *Being John Malkovich* (1999, 112 mins.) John Cusak, Cameron Diaz. Comedy, Fantasy.

Tues., 9/19 – *Klute* (1971, 114 mins.) Jane Fonda, Donald Sutherland. Thriller.

Wed., 9/20 – *The White Sheik* - See 9/19.

Thurs., 9/21 – *Paris Can Wait* - See 9/20.

Fri., 9/22 – *Gone Girl* – See 9/21.

Sat., 9/23 – *Talk to Her* - See 9/22.

Sun., 9/24 – *To Catch a Thief* -See 9/23.

Reminder: Deadline for the Mon., Sept. 25 issue of *Spotlight* is Wed., Sept. 20 at 5 p.m. Type or print submissions and email to: spotlight@kohudres.org or place them in the *Spotlight* cubby. Please include your name with each submission, and, when using the cubby, mark submission *Spotlight*.

Editors: *Jane Beers, Peter Bermas, Doris Eder, Claire Limmer, Peggy Pennell, Bill Seligman.*

Regular Weekly Activities

Art Activity (Beginners +)	Sat. 10:00-12:00	ART
Bell Ringing	resumes Oct. 4th	GR
Bridge Group	Wed. 10:30	PDR
Chorus	resumes Sept. 14th	GR
Circle Group	2 nd & 4 th Thurs. 1:30-3:00	RAO
Faith Discussion	Thurs. 10:00	ACR
Fiber Arts Group	2 nd & 4 th Fri., 2-4:00	CRA
French Conversation	Mon. 3:30	Apt. 3211
Meditation	Tues. 9:30-10:30	RAO
Poetry Reading	4 th Wed. 11:00	CL3
Shakespeare	Tues., 4:00	Apt. 3103
Tuesday Morning Club	Tues. 10:00-12:00	PDR

FITNESS ACTIVITIES

ALL CLASSES ARE IN THE FITNESS STUDIO ON T-LEVEL AND ARE SUBJECT TO CHANGE

- Stretch and Balance **Mon.-Fri. 9:00**
- Pilates (Chair) – **Mon. 11:00; Fri. 11:15**
- Pilates (Mat) – **Wed. 11:15, Fri. 10:00**
- Stretch/Strength – **Saturday, 10:00**
- Tai Chi – **Tues. 10:00, Thurs. 11:15**
- Tai Chi (chair) - **Wed 10:15 now held in Clearwater Rec. Room**
- Yoga (Mixed) – **Thurs 9:45**
- High Intensity Barre – **Thurs. 12:00-12:20**
- Zumba Gold – **Thurs, 2:00-2:40**
- (wear sneakers and have water bottle)
- *Please no other swimming during class time.

POOL OPEN

Mon.-Sat., 9:00-3:30 (closed daily for lunch 12:15-1:00)
Lap swim 9:00-10:00
 Please preregister guests when possible at x 1037.

Use of the Fitness Center by anyone other than staff or residents is not permitted under any circumstances.



LOCATIONS

- ACK -- Adirondack Country Kitchen
- ACR -- Admin. Conf. Rm. (on C-Level, nr. Robert Fulton bridge)
- ART -- Art Room
- BIS -- Bistro
- CL3 -- Clermont, 3rd floor lobby
- CLW -- Clearwater
- CRA -- Craft Room West
- FDR -- Formal Dining Room
- FIT -- Fitness Studio (T-Level, nr. pool)
- GR -- Gathering Room
- HUD -- Hudson Room (T-level)
- PDR -- Private Dining Room
- RAO -- Res. Assn. Office (on C-Level, nr. Clermont bridge)
- RCC -- Resident Care Center
- RL -- Residents Lounge
- RUE -- Rue des Artistes
- TER -- Terrace

KENDAL HOURS



Regular Dining: Monday -

Saturday	
Breakfast	8:00-9:30
Lunch	12:00-1:30
Dinner (Bistro)	5:30-7:30
Dinner (FDR)	5:30-6:30

(These are entering hours for dinner.)

Dining: Sunday

Continental Breakfast	8:00-9:30
Brunch	11:30-2:30

(No evening meal service.)

Library: Open 24/7. Librarian on duty in library **Mon.-Fri. 10:00-12:00 and 2:00-4:00.** Browse/borrow 24/7 here and from carousels in elevator lobbies.

Resident Care Center: Open Mon.-Fri., 8:00-4:00. Call x 1030 for appointment, as usual. Sat. 9-1 - for Nurse Practitioner, call x 1000.

Archives: For afternoon appointment to accept your documents and assist you in finding information, contact Beverly Child.

RELIGIOUS SERVICES

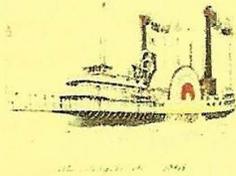
- Catholic Mass:**
- Sundays, 8 am & 12 noon TV channel 285
- Sundays, 11:00 am GR
- Episcopal Evening Prayer: 1st & 3rd Tuesdays, 1:30 pm CLW
- Shabbat Service: 2nd Fridays, 4:30-5:30 pm PDR
- Quaker Meeting: Sundays, 11:00 am ACR

**PARKS MANAGER SUSAN ANTENEN
TO SPEAK, MONDAY, SEPT. 18TH**

Rockefeller State Park Preserve, that wonderful place adjoining Kendal, spans 1,400 acres of woodlands, walking and jogging paths, and equestrian carriage drives. In addition to enjoying this priceless amenity, a number of Kendal residents serve as volunteers for its various community programs.

On **Monday, September 18th**, Parks Manager **Susan Antenen** will present an overview of "What's New in Rockefeller Preserve." We especially encourage newer residents to come and learn more about the Preserve's ecology, management and history.

Named Parks Manager in 2013, Antenen previously worked as a state park naturalist in Vermont and Ohio, oversaw a network of fifty preserves on Long Island, and helped Mongolia to establish a grasslands preservation program.



STEAMBOAT MODELS

Check out two steamboat models built by **Ariel Verdesi**. He hoped to construct models of all four of the steamboats after which our buildings are named, but completed only two, the **Mary Powell** (opposite the front desk), and the **Clermont**, on display on the first floor entrance to that building.

No plans were available for the model of the *Mary Powell*, nor a kit, so Ariel constructed this model using plans for the full-size boat, which he worked down to scale for the model, constructing all from scratch.

The steamboat *Mary Powell* (1861) was a notable American passenger side-wheeler. Sailing the Hudson for over 50 years and known for style, speed, reliability, and good service, she earned the title, *Queen of the Hudson*. She served river towns, plying between lower Manhattan and Kingston during summers.

**"KENDAL CREATES"
NEW SHOW**



Curators seek submission of artwork made by residents and staff including paintings, collages, assemblages, fiber and wearable art—whatever can hang on a wall or fit in a case. Work should not have been previously exhibited on the Rue des Artistes.

Please bring your work to the Art Room tomorrow, **Saturday, Sept. 16th**, between **1:00 and 4:00 p.m.** or on **Sunday, Sept. 17th**, between **10:00 and noon**.

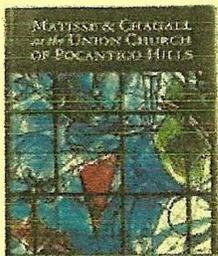
Maximum: three submissions. Work will be curated over the weekend and we will let you know if your work has been chosen. Work is to be picked up on **Monday, Sept. 18th** between **10:00 a.m. and noon**.

If you are unable to bring your submission to the Art Room, call us and we will arrange either to pick it up or have it curated in your apartment. Please remember to put your name, title, medium (oil, collage, etc.), your phone number and apartment number on the back of submitted works. Work need not be framed at this time.

We look forward to seeing your work and promoting Kendal talent. It should be an interesting show. Thank you!

**Mariet van der Heide
Barbara Gochman**

NEW TRIP



Wed., Oct 18 Union Church, Pocantico Hills: An afternoon tour of this small, country stone church, renowned for its stained-glass rose window by Matisse (his last work before he died) and nine stained-glass windows by Chagall, commissioned by Nelson and David Rockefeller in memory of family members. The center aisle is not wheelchair-accessible, but this is a good trip for art lovers and residents with walkers.

Space Available/Short Wait List



Wed., Sept. 27 Walkway over the Hudson, Highland to Poughkeepsie: Stroll at your own pace over the world's longest elevated pedestrian bridge at 1.28 miles—a former railway bridge and now a New York State park at 212 feet over the river, with wonderful scenic views. Participants must be able to walk the entire one-way distance; wheelchair-accessible. Priority will be given to residents who have not already taken this trip.

Wed., Oct. 11 Jacob Burns Film Center Media Arts Lab, Pleasantville: Tour the Burns education center's state-of-the-art film production facilities, ending with a short screening of student films. Facilities include a recording studio, animation studio, soundstage, 60-seat screening room, other studios and editing suites used for classes and programs for students from pre-K through college, adults and emerging and working professionals.

Sign up in the Trips Book in the hall opposite the Computer Room entrance.

RIDES FOR CONCERT LOVERS

The following drivers have volunteered to take music lovers who don't drive to **Friends of Music** concerts at Sleepy Hollow High School from **Oct. 7** through **May 12**. Contact the drivers below promptly if you need a ride:

E. Bromberg 1 space

G. Lowney 3-4 spaces

J. Schloat 3 spaces

R. Sessler 2 spaces

REMINDER RE. DOMESTIC ISSUES

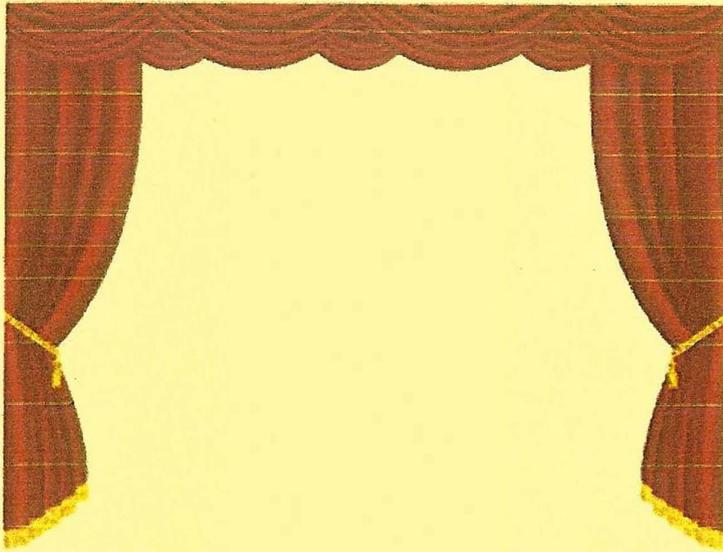
If you wish to participate in the Domestic Issues Program, a few openings still remain. Sign up in the white notebook on the Trips shelf opposite the Computer Room. Next week, the final list of 35 participants will be ready.

Reading materials will be distributed in advance of the first session on Saving America's Neglected Infrastructure, to be held on **Mon., Oct. 9th at 10:00 a.m.** in the **Gathering Room**. Questions? **Contact John Sorice**

RECYCLING CLOTHING

Our monthly Give-and-Take Table does not accept clothes. If you have clothing that no longer meets your needs (or desires), you may bag it and take it to **Ellen Ottstadt's** office on C-level. She will arrange for pickup by an organization that could make use of it. Of course, if you are still driving, a number of local grocery stores and gas stations, as well as consignment stores in the area, also take used clothing, and some of these locations also take shoes.

If you have other questions about recycling, please let me know! Notice posted by **DebWood**.



ONCE IN... NEVER OUT

At 3 p.m. on Sun., Sept. 24th, actress **June Ballinger** will perform in her one-woman show, *Once In . . . Never Out*, the story of her mother's service as a code breaker at Bletchley Park, England, during WW II.

Nancy Annan was part of the elite team that developed Colossus, the world's first electronic computer, which decrypted signals in war intelligence. Like all Bletchley recruits, Nancy signed the Official Secrets Act binding her to absolute secrecy about her war-work. She kept this secret from everyone, including her husband and children, for nearly fifty years. Wartime service at Bletchley was tempered by tragedy in Nancy's subsequent life for, as a mother raising two children in suburban America in the 1950s, she encountered the era's stifling limits on women's roles, without ever being able to reveal her past.

Once In . . . Never Out runs 70 minutes and is followed by a 15-minute talk-back with the audience. Don't miss it!



June Ballinger

KENDAL VIEW ISSUES

If you would like to read up about Kendal in earlier years or to replenish your own collection of *Kendal Views*, here is your opportunity. I will place an entire collection of previous issues for all years since September 2005 in the elevator lobby of the T-level of Mary Powell. They will be there from **Mon., Sept. 18th** until **Friday, Sept. 22nd**. (After that, they go into the recycling bin.)

Joan Oltman



WELCOME A NEWCOMER!

Marilyn Occhiogrosso will be moving to Mary Powell on **September 15th**. Marilyn worked in education in NYC, followed by a career in academic publishing. She has no children but considers two close friends to be her "angel children." She is moving from Ossisining. Please join in welcoming Marilyn to our community.

