



## Events: Week of March 13, 2023

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

Mon 3/13	2:00 7:30	Monthly Residents Council Meeting (see agenda, page 6) Program: Nathaniel Knight/Edward Kasinec: Ukraine's Peoples Revealed: Early 18 <sup>th</sup> Century Paintings from the National Museum, Stockholm (see page 3)	GR GR
Tue 3/14	1:30 8:00	Shopping: Tarrytown 9:45 - 11:00 / Thornwood 1:00 - 2:15 Class: Weimar Expressionism: From Kandinsky to Moholy-Nagy. Instructor Morgan Ridler, Ph.D. (subscription) Movie: <i>Quartet</i> (2012, 1h 39m). Retired opera singers celebrate Verdi's birthday. Maggie Smith, Tom Courtenay.	GR Ch 970
Wed 3/15	5:00	Sip and Snack Movie: <i>Never Look Away</i> (2018, 3h 9m). Drama loosely based on the life of visual artist Gerhard Richter.	GR Ch 970
Thu 3/16	1:00 7:30 8:00	Trip: Hudson River Museum, Yonkers Movie: <i>Happening</i> (2021, 1h 40m). Adaptation of novel looking back on illegal abortion in France in the 1960s. Movie: <i>Lady Bird</i> (2017, 1h 33m). Lady Bird puts together a plan for her great escape to attend college in New York City.	GR Ch 970
Fri 3/17	1:00 5:00 8:00	Shopping: Mt. Kisco (see page 3) 9:30 - 11:15 / Ossining 1:00 - 2:15 Opera: Bayreuth Centenary Ring: <i>Götterdämmerung</i> , Prologue & Act 1 Sip and Snack Movie: <i>Happening</i> (.2021, 1h 40m). See Thu 3/16.	GR GR Ch 970
Sat. 3/18	1:00 8:00	Opera: Bayreuth Centenary Ring: <i>Götterdämmerung</i> , Acts 2 & 3. Movie: <i>Notes on a Scandal</i> (2006, 1h 32m). Pottery instructor starts illicit affair with teenage student, leading to turmoil for latter and fellow teacher.	GR Ch. 970
Sun 3/19	3:00 8:00	Movie: <i>The Fabelmans</i> (2022, 2h 31m). Coming-of-age story Inspired by Steven Spielberg's childhood. Movie: <i>Remember</i> (2016, 1h 35m). Two friends take revenge on Nazi commander responsible for killing their families during WW II.	GR Ch. 970

## KoH TV Channel 970

## Round-the-Clock: Rue des Artistes "Awakening"

3:00 pm: Mon–Fri, Mar 13-17: The Future of the Global Order: Economics, Geopolitics and Politics, Jeffry Frieden, Ph.D., 2023

3:00 pm: Sat, Mar 18, **repeated**-Sun, Mar 19: The Middle East in the 20<sup>th</sup> Century  
Lecture 17: How 1979 Transformed Iran, Egypt, and Iraq  
Lecture 18: The Iran-Iraq War and a Decade of Horror

4:30 pm: Concert: Kendal Chorale Winter Concert, "Almost Like Being in Love," 2023

8:00 pm: Movies: as listed above

Deadline for Mar 21 issue of Spotlight is Wed, Mar 15, at 5 pm. 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: Jennifer Gardy, Ursula Hahn, Sally Kellock, Peggy Pennell, 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 Sun 7:15	RCR
<b>Open Studio</b>	Sat 10 am-12	ART
<b>Poetry Reading</b>	4 <sup>th</sup> Wed 4:00	RCR
<b>Quilting</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Fri 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**

#### **Fitness Classes**

**Stretch & Balance:** Mon & Wed, 9:30 (Zoom)

**(not on Fri, 3/17)**

**Pilates:** Mon 10:15 & 11:15; Wed 10:15

**Resistance Bands:** Mon, Wed, Fri 12:30

**Tai Chi:** Tue & Fri 10:00

**Water Aerobics:** Tue & Fri 10:45

**Chair Yoga:** Tue 12 noon

**Zumba Gold:** Tue 2:00

**Cornhole:** Wed 1:30

(Fitness Studio classroom)

**Mat Yoga:** Thu 12 noon

**Mindful Movement & Meditation:** Thu 1:15

**Please sign in at classes: name & ext**

**Pool:** Mon-Fri, 9–4, Sat 9–3

**Guest Swim:** Mon–Sat, 1–3

**Fitness Center & Pool closed 12-1:00pm**

## **Library**

Librarian 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

<b>BIS</b>	Bistro
<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 RCR

## **March 13 Program**

### **Ukraine's Peoples Revealed: Early 18<sup>th</sup> Century Paintings From the National Museum, Stockholm**

Join us on Monday evening, March 13, as Prof. Nathaniel Knight shares an amazing trove of early 18<sup>th</sup> century paintings of Ukraine's peoples. An exhibit based in great part on this talk will open at Columbia University in September. Introductory remarks by Edward Kasinec will reveal how this collection was first discovered at the National Museum in Stockholm.

An Oberlin College graduate, Professor Knight holds M.A. and Ph.D. degrees from Columbia. He has been teaching Russian and East European History, Historical Methods, and Western Civilization at Seton Hall University since 1998. He lived in Russia for several years and has written about scientific societies, ethnographic exhibitions and expeditions, and Orientalism.

## **Weekend Opera**

We are almost through the Bayreuth Centenary Ring and will screen the last instalment, ***Götterdämmerung***, again in two parts, on **Friday, March 17, 1:00 pm** (Acts 1 & 2) and **Saturday, March 18, 1:00 pm** (Act 3).

Don't forget to wear a mask.

## **Mt. Kisco Shopping Trip**

The morning shopping trip to Mt Kisco on **Friday, March 17**, stops at Target, Kohls and Michaels Nursery.

## **Trips**

### **Space Available**

**Thur, March 16: Hudson River Museum, Yonkers** (afternoon trip)

### **Short Wait List**

**Wed, March 22: Ukrainian Museum, Stamford, CT**

### **New Trip**

**Wed, April 12: David Rockefeller Cultural Arts Center, Sleepy Hollow** (afternoon trip).

The David Rockefeller Creative Arts Center (DRCAC) is housed in the long-dormant Orangerie on the grounds of the Rockefeller Estate (Kykuit). The Center opened in the fall of 2022 as a year-round rehearsal and performance space for music, art, dance and theater, artists' studio, and gallery.

We will have a docent-led tour of the gallery's first exhibition: "Inspired Encounters: Women Artists and the Legacies of Modern Art." The exhibition comprises 43 modern and contemporary artworks by 22 women artists, new commissions and other mid-20th-century works from Kykuit's permanent collection, including works by Louise Nevelson, Marisol, Lee Bontecou, and Grace Hartigan.

The Orangerie was designed in 1908 for Rockefeller's orange trees after the greenhouse in Versailles.

**Please note:** Those left on the wait list from the Feb. 15 trip to DRCAC will have priority on the April 12 trip.

## Parkinson's Disease Support Group

The next meeting of the Support Group will take place on **Wednesday, March 15, at 11 am** in the Residents Association Office on the C Level.

For more information, please contact David S.

## Macular Degeneration: Causes, Treatment and New Research

KoH's Low Vision Help Committee, under the aegis of the Residents Association, seeks information and help for residents with visual concerns.

Join us in the Gathering Room on **Monday, March 20, at 11:00 am** for a YouTube video presentation about Age-related Macular Degeneration (AMD), current therapies and treatment modalities being developed.

**Resident Sara C.** will then describe her new glasses, which help individuals with low vision view TV programs and movies.

## Extended Transportation Hours

**Starting the week of March 20**, extended transportation service will be offered on Tuesdays and Thursdays from 5-9 pm.

Residents are encouraged to take advantage of these opportunities to eat out, go shopping, get hair/nails done, or take a later train back from the city.

There will be NO trips to/from White Plains, and destinations should be within 10 miles of Kendal.

A sign-up sheet will be at the front desk, and if you have any questions, please get in touch with Briana, ext 1078, or Ellen, ext 1080."

## April Course Announcement "The American Musical and the Pulitzer Prize, Part II"

**Actor, coach, and teacher Meg Bussert** returns for Part II of her course on American Musicals that have won the Pulitzer Prize for Drama.

Musicals to be discussed: *How to Succeed in Business without Really Trying*, *A Chorus Line*, *Sunday in the Park with George*, and *Rent*.

Classes will be held on **Tuesdays, April 4, 11, 18, and 25, from 1:30 to 3 pm** in the Gathering Room.

Tuition: \$40 for all 4 sessions; \$15 for an individual class. Sign-up sheets have been distributed; extra copies are in the wall rack in the Activities Alcove.

For more information, call Fran Kelly, ext 1740.





## From Your Movie Committee

### Did You Know?

- We welcome your suggestions.
- Movies must be on DVDs, have English subtitles, and can be from Netflix, Warner & Westchester Libraries, and from personal collections.
- You can borrow DVDs from our **Leonore Meyer Collection** (Mary Powell 2nd floor) donated by her children.
- DVDs are also available in the Kendal Library.
- Movies are shown in the GR most Thursday nights at 7:30, also on a Sunday each month at 3:00, sometimes with popcorn prepared and served by a team of volunteers.
- Movies are also shown on Ch 970 Tuesdays through Sundays at 8:00 pm thanks to the Movie Committee.
- We welcome anyone interested in joining the Movie Committee. **Note:** You must be willing to help show a movie in the GR (training is provided.)

Suggestions, questions and/or comments?

Please contact any of us by phone, email, a note in our cubby, or stop us in a hall, in the Bistro or after a GR movie:

Annette L., Co-Chair  
 Roberta P., Co-Chair  
 Jo C.  
 Sara C.  
 Hubert H.  
 Lailani M.  
 Richard S.  
 David S.

## New Prayer Books

The Jewish community at Kendal led by **Cantors Mimi F. and Naomi G.** will have new prayer books for Shabbat services. They are "Gates of Prayer" used mostly by Reform congregations. The books were donated as a gift by several residents.

Shabbat services are held on the second and fourth Fridays of each month at 4:30 pm in the Private Dining Room. All residents are welcome to attend.

Eugene D.

## Sleepy Hollow Elections

The League of Women Voters will sponsor a virtual Candidates Forum for the election of Sleepy Hollow's mayor. Incumbent Kenneth Wray and challenger Martin Rutyna will speak and answer questions submitted by the audience in advance.

The forum will be held on **Wednesday, March 15, from 7 to 8 pm**. Pre-register and submit questions by entering the following in your search engine:

[https://us02web.zoom.us/webinar/register/WN\\_PTKEGQVcRoKT-qlPSCarBA](https://us02web.zoom.us/webinar/register/WN_PTKEGQVcRoKT-qlPSCarBA)

