



## Events: Week of June 19, 2023

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

Mon 6/19	7:30	Program: Linde Ostro: "Riverkeeper in 2023 - Challenges and Opportunities for the Hudson" (see page 3)	GR
Tue 6/20	1:30	Shopping: Trader Joe's 9:30 - 11:00 / Thornwood 1:00 - 2:15 Course: "The Incomparable Frank Capra:" <b>Mr. Smith Goes to Washington</b> . Instructor: Michael Cramer; subscription.	GR
	8:00	Movie: <b>Big Deal on Madonna Street</b> (1958, 1h 46min). In this Italian farce, a motley quintet of inept small-time thieves attempt burglary of a local pawnshop.	Ch 970
Wed 6/21	10:00	Trip: Walkway Over the Hudson, Poughkeepsie	GR
	5:00	Sip and Snack	Ch 970
	8:00	Movie: <b>Gleaners and I</b> (2000, 1h 22min). Inspired by Jean-François Millet's "Les Glaneuses," filmmaker Agnes Varda strikes out in search of the modern equivalent of Millet's grainfield gleaners.	
Thu 6/22	7:30	Movie: <b>The Tailor of Panama</b> (2001, 1h 49min). In John le Carre's bestselling novel, a disgraced, amoral British spy blackmails a local tailor into stealing secrets from the Panama Canal Commission.	GR
	8:00	Movie: <b>A Cat in Paris</b> (2010, 1h 5 min). Little Zoe discovers her cat Dino moonlighting as companion to Nico, a burglar with a heart of gold.	Ch 970
Fri 6/23	5:00	Shopping: <b>None in morning</b> / Ossining 1:00 - 2:15 & 1:45 - 3:00	GR
	8:00	Sip and Snack Movie: <b>The Tailor of Panama</b> See Thursday.	Ch 970
Sat 6/24	1:00	Opera: <b>La Sonnambula</b> by Vincenzo Bellini (see page 3)	GR
	8:00	Movie: <b>It's a Wonderful Life</b> (1946, 2h 1min). Frank Capra's inverted take on <i>A Christmas Carol</i> stars Jimmy Stewart as George Bailey, a good man who's spent a lifetime not giving up on his dreams.	Ch 970
Sun 6/25	3:00	Movie: <b>Fitzcarraldo</b> (1982, 2h 37min). A rubber baron and genius is intent on building an opera house deep within the Peruvian jungle.	GR
	8:00	Movie: <b>Trading Places</b> (1983, 1h 56min). Streetwise hustler Billy Ray Valentine trades places with wealthy investment executive Louis Winthorpe III as part of a bet.	Ch 970

### KoH TV Channel 970

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

3:00 pm: Mon–Fri, June 19-23: Talk: KoH 2022 Audit Presentation, Jean Eccleston

Sat, June 24, **repeated** Sun, June 25: **The World's Greatest Geological Wonders**

Lecture 19: Antarctica – A World of Ice

Lecture 20: Columbia Glacier -- Unusual Glacier Cycles

4:30 pm: Concert: Avery Ensemble: "1919 and Beyond," 2019

8:00 pm: Movies: as listed above

Deadline for June 26 issue of Spotlight is Wed, June 21, 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, Dianne Schlair, 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 pm	RCR
<b>Open Studio</b>	Sat 10 am-12	ART
<b>Poetry Reading</b>	4 <sup>th</sup> Wed 4:00 .	CLER 3
<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

## Fitness Classes

**Stretch & Balance:** Mon,Wed,Fri 9:30 (Zoom)  
**Pilates:** Mon & Wed 10:15 & 11:15  
**Resistance Bands:** Mon, Wed, Fri 12:30  
**Tai Chi:** Tue & Fri 10:00  
**Water Aerobics:** Mon & 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

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

## Staffed Fitness Center

**Mon–Fri, 8:30–3:30**

**Pool:** Mon-Fri, 9:00–4:00, Sat 9:00–3:00

**Guest Swim:** Mon–Sat, 1:00–3:00

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

## 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 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) On C Level
<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

are 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 pm

GR

### **Quaker Meeting:**

Sundays, 11 am

RCR

### **Service of Prayers:**

1<sup>st</sup> & 3<sup>rd</sup> Tue 1:30 pm

SUN

### **Shabbat Services:**

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

PDR

**June 19 Program: Linde Ostro:  
“Riverkeeper in 2023:  
Challenges and Opportunities  
for the Hudson”**



**Linde Ostro**, Riverkeeper’s Vice President for Development, will discuss current challenges facing the Hudson, from the Indian Point decommissioning to the proposal by the U.S. Army Corps of Engineers to place 13 sea gates around the NY harbor. She will also present opportunities to restore the Hudson and its fish by removing dams on the tributaries, blocking the spread of invasive species, and restoring shallows and wetlands in the Upper River.

Ms. Ostro has more than 25 years of fundraising experience. Prior to joining Riverkeeper, she was Senior VP for Development at the New York Academy of Sciences and Senior Director of Philanthropy for New York at The Trust for Public Land. She has worked in leadership positions at the New York Botanical Garden and the Wildlife Conservation Society. She holds a Ph.D. in Systematics and Ecology from Fordham University.

Please join Ms. Ostro in the **Gathering Room at 7:30 pm.**

## **Trips**

**Space Available:**

**Wed, June 21, 10:00 am:** Walkway Over the Hudson, Poughkeepsie

**Thu, July 13, 9:30 am:** DYOT Drop off at Metropolitan Museum

## **Saturday Opera**

On Saturday, June 24, the audience can watch Amina sleepwalk in Vincenzo Bellini’s opera ***La Sonnambula***. The story has been updated from its original setting in a 19<sup>th</sup> century Swiss village to a studio where the opera is being rehearsed. **Natalie Dessay** and **Juan Diego Flórez** star in a 2009 production directed by Mary Zimmerman and conducted by Evelino Pidò at the Metropolitan Opera.

In the **Gathering Room at 1:00 pm.**

## **Last Call**

Please submit yearbook or high school age photos for upcoming contest. Images must be CLEAR and sharp to be considered. Please place them into **Marian D.’s** cubby or send her an email.

## Wanted

Residents skilled in games like mahjong, poker, scrabble, etc., who are willing to teach beginners on Game Night. Anyone interested may contact **Marian D.**

Looking forward to hearing from you

## Met Live on HD 2023-2024 Season

The Metropolitan Opera's schedule of its Saturday afternoon performances Live in HD is out, and the Trip Committee has selected the following four operas for residents who wish to attend the telecasts at the City Center Cineplex in White Plains:

Sat, **Oct 21**, 2023: *Dead Man Walking*  
Sat, **Jan 27**, 2024: *Carmen*  
(new production)  
Sat, **Mar 9**: *La Forza del Destino*  
Sat, **Apr 20**: *La Rodine*

Residents may register for only two operas unless another opera is not fully subscribed by the deadline for registration. **Please watch for details in a future issue of Spotlight.**

Ursula H.

## Art Committee Request

The Art Committee is looking for old magazines to use in projects. Especially appreciated are art, design, and architecture magazines as well as colorful travel magazines.

Please leave them in the Art Room (C level next to Robert Fulton bridge) on the left window counter.

## Another Reminder to Return Green Food Containers

Independent Living residents and their aides are urged to return the green food take-out containers. The containers are expensive and can be sterilized for repeated use. You will do others a service who wish to use them.

Please leave the containers, along with flatware you may have kept in your apartments, in the coatroom off the lounge where the ATM is located.