



Events: Week of July 10, 2023

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

Mon 7/10	2:00	Monthly KoH Residents Council/Quarterly KoH Residents Association Meetings (Agendas on p. 6)	GR
	7:30	Program: Mavis Cain and Tom Tarnowsky, "How the Old Croton Aqueduct Made NY the Empire City" (See p. 3)	GR
Tue 7/11	1:30	Shopping: Trader Joe's 9:30 – 11:00, Shoprite/Thornwood 1:00 – 2:15 Course: "Shakespeare in the Contemporary World," Instructor: Kate Farrington. Subscription	GR
	8:00	Movie: <i>Yasujiro Osu's Good Morning</i> (1959, 1h 53m) Depicting suburban Tokyo in the 1950s and the ordered social structure of Japanese culture, this film tells the story of two Japanese boys.	Ch 970
Wed 7/12	5:00	Sip and Snack	GR
	8:00	Movie: <i>Amsterdam</i> (2022, 2h 14m) Three WWI veterans find their friendship tested when they become suspects in a murder.	Ch 970
Thu 7/13	9:30	Trip: DYOT/Met Museum, NYC	
	7:30	Movie: <i>Shakespeare in Love</i> (1998, 2h 2m) Shakespeare and a noble-woman, disguised as an actor to get a role, fall into forbidden love.	GR
	8:00	Movie: <i>Gene Kelly: Anatomy of a Dancer</i> (2002, 1h 25m) The life and work of this renowned dance innovator.	Ch 970
Fri 7/14	5:00	Shopping: Tarrytown 9:45 – 11:00, Ossining 1:00 – 2:15 & 1:45 – 3:00	
	8:00	Sip and Snack (Steve Fishler farewell) Movie: <i>Shakespeare in Love</i> (1998, 2h 2m) See Thursday description	GR Ch 970
Sat 7/15	9:15	Farmers Market Van: Tarrytown & Pleasantville Farmers Markets (see p.4)	
	1:00	Opera: <i>Semiramide</i> , by Gioachino Rossini (see. 4)	GR
	8:00	Movie: <i>Othello</i> (1995, 2h 5m) Iago manipulates Othello into seeking revenge against Cassio when he is promoted above him.	Ch 970
Sun 7/16	3:00	Concert: Mark Morganelli and the Jazz Forum All Stars (see p. 3)	GR
	8:00	Movie: <i>We Are the World, the Story Behind the Song</i> (1985, 54m) 1985: Music history is made as some of recording industry's biggest names gather to raise awareness of the hunger epidemic in Africa through music.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon–Fri, July 10 – 14: Program: Independence Day Celebration, 2023

3:00 pm: Sat, July 15, repeated Sun, July 16: The World's Greatest Geological Wonders

Lecture 25: Yellowstone — Geysers and Hot Springs

Lecture 26: Kawah Ijen — World's Most Acid Lake

4:30 pm: Concert: Ulysses Quartet, 2019

8:00 pm: Movies: As listed above

Deadline for July 17 issue of Spotlight is Wed, July 12. Type or print submissions and email to: Spotlight@kohudres.org or place them with your name in the Spotlight cubby.

Editors: Jennifer Gardy, Ursula Hahn, Sally Kellock, Dianne Schlair, Carlisle Spivey

Regular Weekly Activities

Contemporary Issues	Thu 10	ZOOM
Drop-in Art Salon	Tue & Thu 2-4	ART
Fiber Arts	2 nd & 4 th Fri 2-4	CRA
French Conversation	Cancelled 7/14	BIS
Italian	Thu 11:15	GR
Meditation	Tue/Thu/Sat 9:15 Sun 7:15 pm	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	Next Session 9/27	CLE
Quilting	1 st & 3 rd Fri 2-4	CRA
Spanish	Fri 11:00	RCR
Tuesday Morning Club	Tue 10-12	GR

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

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 & Tue 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
Pool: Mon-Fri, 9–4, Sat 9–3
Guest Swim: Mon–Sat, 1–3
Fitness Center & Pool closed 12-1 pm

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

Resident Care Center

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

Services

Blood Pressure Clinic:

2nd & 3rd Mon, 8-noon

Bloodwork: Wed from 7:45 am

Drug Take-Back Days: 1st Mon, 9 am – noon

For additional services, call x1030

Locations

All in Mary Powell except CLE

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

Kendal Dining

Please send comments to:
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

1st & 3rd Tue 1:00 pm SUN

Shabbat Services:

2nd & 4th Fri 4:30 pm PDR

**July 10 Program:
“How the Old Croton Aqueduct Made
NYC the Empire City”
Mavis Cain and Tom Tarnowsky**



During the 1830s, New York City was in dire need of a fresh water supply to combat the steady rise of disease and to fight numerous fires that often engulfed large tracts of businesses and homes.

After numerous proposals, in 1837 a construction of an unprecedented size started under the expertise of John Bloomfield Jervis. The plan was for building a 41-mile aqueduct and dam providing running water from the Croton River to NYC. In 1842, water flowed into above-ground reservoirs at the present sites of the NY Public Library and the Central Park Great Lawn. Though no longer sole supplier of fresh water, the Old Croton Aqueduct continued to provide water to NYC until 1965.

Join us as Mavis Cain and Tom Tarnowsky of the Friends of the Old Croton Aqueduct describe this amazing project so key to making New York the “Empire City.”

**July 10 Residents Council and
Residents Association Meetings:**

The Monthly Council and the Quarterly Association Meetings will be held back to back in the Gathering Room, starting at **2:00 pm on Monday, July 10.**

Assistive-Device Adjustment

Pace Occupational Therapy students will be available for assistive-device (canes, rollators, and walkers) adjustments on Wednesday, **July 12, 10 am to noon**, in the Fitness Lobby on the Terrace level.

Sip, Snack, and Say Farewell



Friday, July 14, will be Steve Fishler’s last KoH day. Please stop by the Sip & Snack between **5:00 – 6:00 pm** to wish him well.

**July 16 Concert:
Jazz Forum All Stars**

The popular Jazz Forum All Stars return to the Gathering Room on **Sunday, July 16, 3:00 pm**, with a fun afternoon of jazz. The group consists of Mark Morganelli (flugelhorn/percussion/trumpet), Roni Ben-Hur (guitar), Tony Jefferson (drums), and Eddie Monteiro (midi-accordion/vocals). A reception in the Private Dining Room follows the concert

New Bio on Main Street

A biography of Majorie G. is now posted on Main Street near the windows opposite the bulletin board.

July Farmers Market Van

Saturday, July 15, 9:15 am, is the day and time for trips to Tarrytown/Pleasantville Farmers Markets. A sign-up sheet is at the front desk. After that, a driver will be available until 3:00 pm for local trips.

The Residents' Herb Garden



Time to start clipping! Enhance your palate with parsley, sage, rosemary, thyme, mint, garlic, onion chives, oregano, lavender, and nasturtium. Nasturtium flowers and leaves are edible. Be adventurous! Add to soup and/or salads for a mustard flavor. The residents' planter, with the sign "Herb Garden," has the dragonfly hovering over the herbs. Please use plant shears or scissors hanging in the planter to harvest herbs. You'll be surprised the health benefits and scent of these herbs.

While enjoying the aromatic plants, consider volunteering to water or weed the herbs. It's very therapeutic. Contact Janet or Maria.

Library News



The Library has started a collection of LP (Large Print) paperback books in the carousel near the elevator on the second floor of Mary Powell. The books have an orange sticker on their spines. The collection is just at the beginning, but hopefully will grow. Any contributions you can make would be very welcome.

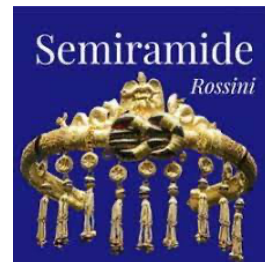
New Pottery Class Set for July



Florence W. will be offering a new, two-part Pottery Course on **Thursday, July 20, and Thursday, July 27, 2 – 4 pm**, in the Art Studio. First session: Make the clay object, your choice. Second session, glaze and paint it. Beginners: this class is especially for you!

The course is limited to 8 people. To reserve a spot, email Florence.

Saturday Opera



And on we go to Gioachino Rossini's ***Semiramide***. Set in ancient Babylon in the reign of the mythic Queen Semiramis, the opera features political scheming, mistaken identity, divine intervention, and blood-thirsty revenge—not to mention one virtuosic vocal display after another. In this Metropolitan Opera performance from 1990 we hear June Anderson, Marilyn Horne and Samuel Ramey in a production by John Copley, conducted by James Conlon. In the Gathering Room on **July 15 at 1:00 pm**.

Trips

New Trip: August 2, Wednesday The Franklin D. Roosevelt Library and Museum, Hyde Park



The FDR Library and Museum, near the Roosevelt's home, tells the dramatic story of the Roosevelt era through interactive exhibits, films, documents, and artifacts. The current special exhibition is on Black Americans, civil rights, and the Roosevelts, 1932-1962. It examines both Franklin and Eleanor's political evolution on racial justice and the racism in politics and culture.

The new permanent exhibits focus on the Great Depression through to the New Deal and WW II. "Fireside Chat" galleries have a radio and period furnishings where you can sit and listen to chat audios. The Map Room recreates FDR's secret White House room for military strategies.

We will have a docent tour. For lunch, you can buy sandwiches, salads, and beverages at Uncle Sam's Canteen or bring a picnic lunch. Indoor and outdoor seating is available.

Short Wait List

Thursday, July 27, Katonah Museum of Art, Katonah

Help the Healing in Clearwater's Garden

Interested in making it possible for a Clearwater patient to enjoy the Clearwater garden for 15 or 20 minutes or more one afternoon during the week? If yes, please contact Gloria L.

Maria H. Wins July 4 Vote

KoH's July 4th celebration drew an enthusiastic crowd to the Gathering Room once again this year. Highlights were songs by the Kendal Singers, reading of the Declaration of Independence by Frank N., and a vote among 3 candidates who answered the question: "If you were elected President of the United States, what's the first thing you would do?"

Maria H. won with 56 votes for her proposal to install term limits for Congress, ratify the Equal Rights Amendment and install Universal Health Care. Eugene D. received 48 votes for his proposal to extend and guarantee voting rights for all citizens. Jon M. drew 12 votes for proposing a National Service draft for all young Americans after high school graduation.

The program was produced by Muriel F. Bob S. directed the Kendal Singers, with accompaniment by Linda M. Bob K. directed the hard-working Ushers, and Art B. was audio-visual director.

A highlighted song was a Salute to Steve Fishler. The last line was "But Steve, there's a problem: We wish you would stay."