



Events: Week of July 17, 2023

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

Mon 7/17	7:30	Program: Dr. Thomas Frieden , "Covid and Other Pandemics: How to Stop Them." (see p. 3) NO MOVIE	GR
Tue 7/18	1:30 8:00	Shopping: Tarrytown 9:45 – 11:00, Shoprite/Thornwood 1:00 – 2:15 Course: "Shakespeare in the Contemporary World," Instructor: Kate Farrington. Subscription Movie: Amadeus (1984, 2h 40m) Antonio Salieri is the competent court composer to Emperor Joseph II when Mozart arrives at court.	GR Ch 970
Wed 7/19	5:00 8:00	Sip and Snack Movie: West Side Story (1961, 2h 32m) Winner of 10 Academy Awards including Best Picture, this musical is set among the tenements of NYC.	GR Ch 970
Thu 7/20	7:30 8:00	Movie: Wolf Hall, Parts 1&2 (2015, 2h) This historical drama for a modern audience charts Thomas Cromwell's meteoric rise in the court of Henry VIII. Movie: The Man Who Shot Liberty Valance (1962, 2h 3m) A senator returns to his hometown for the funeral of a small-time outlaw.	GR Ch 970
Fri 7/21	10:30 5:00 7:30 8:00	Shopping: Tarrytown 9:45 – 11:00, Ossining 1:00 – 2:15 & 1:45 – 3:00 Talk: Melissa Eisele-Kaplan, PH Patient Experience Group (see p.3) Sip and Snack Movie: Wolf Hall, Pts. 3&4 (2h) Continuing the historical drama (see Thu) Movie: The Pride of the Yankees (1942, 2h 8m) Great American story about great American hero: baseball phenomenon Lou Gehrig.	GR GR GR Ch 970
Sat 7/22	1:00 8:00	Opera: Cavalleria Rusticana by Pietro Mascagni (see p.3) Movie: Romeo & Juliet (1936, 2h 4m) Leslie Howard and Norma Shearer star in this classic production of Shakespeare's famous romantic tragedy.	GR Ch 970
Sun 7/23	3:00 8:00	Movie: Wolf Hall, Parts 5&6 (2h) (see Thu) Movie: The Right Stuff (1983, 3h 13m) NASA's transition from breaking the sound barrier in 1947 to the Mercury astronauts in the 1960s.	GR Ch 970

KoH TV Channel 970

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

3:00 pm: Mon–Fri, July 17 – 21: Program: Talk: "Riverkeeper in 2023: Challenges and Opportunities for the Hudson," Linde Ostro

3:00 pm: Sat, July 22, repeated Sun, July 23: The World's Greatest Geological Wonders

Lecture 27: Iceland – Where Fire Meets Ice

Lecture 28: The Maldives – Geological Paradox

4:30 pm: Concert: Mark Morganelli and the Jazz Forum All Stars, 2023

8:00 pm: Movies: As listed above

Deadline for July 24 issue of Spotlight is Wed, July 19. 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	Fri 3-4:30	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 18 Program:
Dr. Tom Frieden
"Covid and Other Pandemics:
How to Stop Them"**



Dr. Tom Frieden (son of Nancy F.) is former Director of the Centers for Disease Control and Prevention and Commissioner of the New York City Health Department. He currently is President and CEO of Resolve to Save Lives.

Tom will examine what we have learned from the Covid pandemic and other health threats and how to better protect the U.S. and the world. Public health action has resulted in most health improvement over the past 100+ years and is likely to be the means to further improve health, reduce disability, and improve economic productivity in the coming years. Tom will discuss what is needed for more health protection and health progress to occur.

**Attention Potential Residents Council
Candidates**

Residents planning to run for 1 of the 6 open seats on the 2024-2025 Residents Council are reminded to return their Intent to Run forms by Friday, August 4. Information on submitting biographical information will be provided on receipt of the form. Questions? Contact Janet S. or Fran K.



**Hear Phelps Hospital's
Patient Advocate
Friday, July 21 at 10:30 am
in the Gathering Room**

Melissa Eisele-Kaplan, Director of the Patient Experience Group at Phelps Hospital, will tell us about her department, how it operates and how it responds to patients' concerns during their hospital stay.

After her formal talk, Dr. Eisele-Kaplan and a member of her group will be able to talk briefly with a limited number of residents about their personal experiences. Sign-up sheets will be placed in the Activity Alcove off the Gathering Room by Wednesday, July 19. If you are interested, sign up early – space is very limited.

Questions? Call Jennifer G.
The Health & Wellness Committee

Opera

On **Saturday, July 22**, we are returning to *verismo*, a relatively short-lived operatic style, with **Pietro Mascagni's** riveting ***Cavalleria Rusticana***. The story takes place in Sicily and describes how jealousy and the prevailing sense of honor lead to tragedy. The principal roles are sung by **Eva-Maria Westbroek** (Santuzza), **Marcelo Alvarez** (Turiddu), **Ginger Costa-Jackson** (Lola), **George Gagnidze** (Alfio), and **Jane Bunnell** (Mamma Lucia). **David McVicar** directed and **Fabio Luisi** conducted the performance at the Metropolitan Opera in 2015.

Join us at 1:00 pm in the Gathering Room.

TRIPS

New Trip

Aug. 9, Wed.—Noguchi Museum and Socrates Sculpture Park, Long Island City, Queens, NY

The Noguchi Museum was founded and designed in 1985 by Isamu Noguchi (1904-1988) to show his own work. Open air and indoor galleries and sculpture gardens hold the world's largest collection of his sculptures, drawings, models, and designs. His work demonstrates his artistic experimentation: "subtle and bold, traditional and modern." He created sculptures, gardens, furniture, lighting designs, ceramics, and more. He received many honors, medals, and prizes for his contributions to the arts.

Nearby is Socrates Sculpture Park which is an outdoor museum and public park where artists can create and exhibit sculptures and multi-media installations. The current exhibition, "Ebb of a Spring Tide" by Mary Mattingly has large unique sculptures made of steel, found materials, and live plants. The theme is the effect of climate change on the planet, especially in coastal cities like NYC.

Lunch will be at a local restaurant.

Space Available: Aug. 2, Wed.—Franklin D. Roosevelt Library and Museum, Hyde Park, NY.

Being Safe in the Heat:

Here are the steps every resident should take:

- Wear lightweight clothing
- Do not over-exert yourself; this is not the time to engage in intense exercise; if you are a walker, walk indoors.
- **DRINK EXTRA WATER** -- Nothing is more important to your health in extreme temperatures than being well-hydrated. Drink water, not soda, tea, or coffee.
- Wear a hat if you must go outside, even to get into a car or walk across a parking lot to a store.
- Keep your apartment cool -- close blinds and drapes if the sun directly hits the window.

An Easy Way to Say Thank You

We often notice the extra ways someone on staff contributes to our community. We may have the opportunity to say thank you face to face. But if we want their manager to know, and while this is fresh in our minds, we can use a simple email address (thanks to Ryan). Then HR and managers and the staff being complimented will all know. Send your kind words to:

hrcomments@kohud.kendal.org

NOTE: The old email address with underlines between words will still work. And for those who prefer handwritten compliments on paper, the form on the wall near Briana's office will also still work.