



Events: Week of July 24, 2023

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

Mon 7/24	7:30	Program: Marc Cheshire: "Building the New Croton Dam" (see page 3) No movie	GR
Tue 7/25	1:30 8:00	Shopping: Thornwood/ShopRite 9:30 – 10:45 Course: "Shakespeare in the Contemporary World." Instructor: Kate Farrington (subscription). Movie: <i>The Letter</i> (1940, 1h 35m). Bette Davis as an adulteress using her sexual wiles to escape a murder conviction. Based on the play by Somerset Maugham.	GR Ch 970
Wed 7/26	5:00 7:30	Sip and Snack (please note change in venue) Program: Dr. Thomas Frieden: "Covid and Other Pandemics: How to Stop Them." (See page 3, postponed from 7/17)	PDR GR
Thu 7/27	10:00 7:30 8:00	Trip: Katonah Museum of Art, Katonah Movie: <i>Women in Love</i> (1970, 2h 11m). Two sisters wooed by best friends in this critically acclaimed adaptation of the novel by D.H. Lawrence, set in 1920s England. Movie: <i>Midnight Cowboy</i> (1969, 1h 53m). To earn cash as a freelance sex stud and work toward his dream of becoming a kept man, hayseed hustler Joe Buck heads to New York City, where he meets con man Ratso Rizzo.	GR Ch 970
Fri 7/28	5:00 8:00	Shopping: Tarrytown 9:45 – 11:00, Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>Women in Love</i> (See Thursday).	GR Ch 970
Sat 7/29	1:00 8:00	Opera: <i>The Cunning Little Vixen</i> by Leoš Janáček (see page 4) Movie: <i>Richard III</i> (1955, 2h 39m). Laurence Olivier stars as England's storied ruling monarch in one of Shakespeare's greatest historical dramas.	GR Ch 970
Sun 7/30	8:00	Movie: <i>The Comedians</i> (1967, 2h 32m). Famous couple Elizabeth Taylor and Richard Burton team up in this drama based on Graham Greene's novel.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon–Fri, July 24–28: Talk: How the Old Croton Aqueduct Made New York the Empire City, 2023

Sat, July 29, repeated Sun, July 30: The World's Greatest Geological Wonders

Lecture 29: The Dead Sea – Sinking and Salinity

Lecture 30: Salar de Uyuni – Flattest Place on Earth

4:30 pm: Concert: Ariel Horowitz, violin, and Eri Kang, piano, 2019

8:00 pm: Movies: as listed above

Deadline for July 31 issue of Spotlight is Wed, July 26, at 5 pm. 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	RCR
	Sun 7:15 pm	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	next session 9/27	CLE3
Quilting	1 st & 3 rd Fri 2-4	CRA
Spanish	Fri 11:00	RCR
Tuesday Morning Club	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: Tue & 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

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

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:

1st & 3rd Tue 1:30 pm

SUN

Shabbat Services:

2nd & 4th Fri 4:30 pm

PDR

July 24 Program
Marc Cheshire
“Building the New Croton Dam”

Two weeks ago, we learned about the construction of the 41-mile Old Croton Aqueduct which provided running water from the Croton River to NYC from 1842 until 1965.

Croton-on-Hudson Village Historian Marc Cheshire will tell us about the building of the new Croton Dam, an engineering marvel. For 14 years (1892-1906), as many as 1,000 workers used more than 500 pieces of heavy machinery, 745,000 barrels of cement, 100,000 tons of coal, and an incalculable quantity of locally quarried stone to build the dam.

The Croton Dam is said to be the third largest hand-hewn structure in the world after the Great Pyramid of Giza and the Great Wall of China. Mr. Cheshire will describe the construction process from selecting the site to laying the last stone.



July 26 Program
Dr. Thomas Frieden
**“Covid and Other Pandemics:
How to Stop Them”**

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

Tom will review what has been 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 improvements over the past century and is expected to further improve health, reduce disability and boost economic productivity in the future. He will discuss what is needed for more health protection and progress to occur.

**Reminder: Potential Residents
Council Candidates**

A letter inviting residents to consider running for a seat on the 2024-2025 Residents Council has been distributed. Intent to Run forms are due from prospective candidates by Friday, August 4. Information on submitting biographical information will be provided on receipt of the form. Questions? Contact Janet S. or Fran K.

Wanted

Three brave souls who are tired of saying, "I can't make art, I have no talent."

The first three to respond will be the lucky ones to meet me in the Art Studio on July 24 at 3 pm for adventure, fun and more.

Jane H.



Trips

Short Wait List

Thurs, July 27: Katonah Museum of Art, Katonah

Space Available

Wed, Aug 2: FDR Library and Museum, Hyde Park

Wait List

Wed, Aug 9: Noguchi Museum & Socrates Sculpture Park, Long Island City, Queens

Saturday Opera

On **July 29**, we will see ***The Cunning Little Vixen*** by Czech composer Leoš Janáček, the last opera before August vacation. Cunning, quick and sharp characterize the little fox mother, who represents Nature. She loses her life when confronted with the cruelty of humans who no longer live in harmony with Nature.

The singers known to American audiences are Isabel Bayrakdarian, Quinn Kelsey, Judtih Christin, Dennis Petersen, and Kevin Langan. Laurent Pelly is the director, Seiji Ozawa conducts the co-production of the Teatro del Maggio Musicale Fiorentino and the Saito Kinen Festival Matsumoto from 2009.

In the Gathering Room at 1:00 pm.