



## Events: Week of June 5, 2023

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

Mon 6/5	7:30	Program: Narinder Kakar, "Quest for a Sustainable World" (see p.3) <b>NO MOVIE</b>	GR
Tue 6/6	1:30	<b>Shopping: Tarrytown</b> 9:45 - 11:00 / <b>Thornwood</b> 1:00 - 2:15 <b>Course:</b> "The Incomparable Frank Capra," Movie: <i>It Happened One Night</i> . Instructor: Michael Cramer, Subscription	GR
	3:00	<b>Healing Garden Open House</b> (see p. 4)	C-level
	8:00	<b>Movie: Playtime</b> (1967, 2hr 4m). Jacques Tati directs and stars as a Parisian who is befuddled by the changes he sees in Paris.	Ch. 970
Wed 6/7	5:00	<b>Sip and Snack</b>	GR
	8:00	<b>Movie: Mrs. Palfrey at the Claremont</b> (2005, 1hr 48m). Abandoned in a London hotel, an elderly woman has a friendship with a young writer.	Ch. 970
Thu 6/8	7:30	<b>Movie: The Bookshop</b> (2018, 1hr 16m). Free-spirited widow Florence Green follows her lifelong dream by opening a bookshop in a conservative English coastal town in 1959.	GR
	8:00	<b>Movie: Mountain</b> (2018, 1hr 16m). This documentary captures the dizzying rush of ascending and descending the world's tallest peaks.	Ch. 970
Fri 6/9	5:00	<b>Shopping: Thornwood</b> 9:45 - 11:00 / <b>Ossining</b> 1:00 - 2:15/1:45 - 3:00	
	8:00	<b>Sip and Snack</b> <b>Movie: Charade</b> , (1hr 53m) Peter aids recently widowed Regina to recover a fortune hidden by her late husband. With Cary Grant.	GR Ch 970
Sat 6/10	1:00	<b>Opera: Parsifal part 1</b> , by Richard Wagner (see p. 3) <b>Shopping: Pleasantville Farmers Market</b> 9:15 - 10:30 <b>Tarrytown Farmers Market</b> 9:45 - 11:00	GR
	8:00	<b>Movie: Mr. Deed Goes to Town</b> , (1936, 1hr 55m). A small-town tuba player inherits \$20 million, moves to a big city. Sharks begin to circle.	Ch. 970
Sun 6/11	2:00	<b>Opera: Parsifal part 2</b> , by Richard Wagner (see p. 3)	GR
	8:00	<b>Movie: Sunset Blvd.</b> , (1950, 1hr 50m) Running from debt collectors, Joe Gillis stumbles on the mansion of silent-film star Norma Desmond.	Ch. 970

**KoH TV Channel 970**

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

**3:00 pm**

**Mon-Fri, June 5-9:** Talk: Leading Men of Westchester, Barbara Davis, 2023

**Sat-Sun, June 10-11: The World's Greatest Geological Wonders**

Lecture 15 Ha Long Bay – Dramatic Karst Landscapes

Lecture 16: Bryce Canyon – Creative Carvings of Erosion

**4:30 pm: Concert:** Trio Confero, 2023

**8:00 pm: Movies** as listed above

**Deadline for June 12 issue of Spotlight is Wed, June 7 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:** J. Gardy, U. Hahn, S. Kellock, P. Pennell, D. Schlair, C. Spivey

## REGULAR WEEKLY ACTIVITIES

Contemporary Issues	Thu 10:00	ZOOM
Drop-in Art Salon	Tue & Thu 2-4	ART
Fiber Arts:	2 <sup>nd</sup> & 4 <sup>th</sup> 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	
Open Studio:	Sat 10-12	ART
Poetry Reading	4 <sup>th</sup> Wed 4:00	CLE 3 <sup>rd</sup> flr
Quilting	1 <sup>st</sup> & 3 <sup>rd</sup> 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**

## 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**

## RESIDENT CARE CENTER

Open Mon-Fri 8-4 (closed 12-1)

Call x1030 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**



### 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; they can be made for 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, 11:00 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

## **Monday Night Program**

### **“Quest for a Sustainable World”**

**Narinder Kakar** has devoted the last 50 years of his professional career to programs related to sustainable human development and climate change and to education for peacebuilding.

He began his career in 1968 with the UN Development Programme (UNDP). He served the UN in Yemen, Guyana, Turkey, the Maldives, and China, where he inaugurated China's initial deployment of computers after the Cultural Revolution. The Permanent Observer for the UN-mandated University of Peace (UPEACE) to the UN General Assembly, he also teaches at UPEACE in Costa Rica and at Pace University, where he is a Distinguished Fellow. His book *Fulfilling the Sustainable Development Goals* appeared in 2022.

Born in what is now Pakistan, as a child he experienced the partition of India. Mr. Kakar received a Bachelor of Arts from Delhi Polytechnic, where he also earned a diploma in journalism. He holds a Master's degree from Hacettepe University in Turkey. In 1995, he was a social development Research Associate at Harvard.

### **Photo Contest**

#### **Please, No More Photos**

Overwhelming response for Photo Contest. Now we need an artistic friend to decorate and mount the contest photos onto Poster Board. Please contact Marian D.

## **Saturday & Sunday Opera**

### ***Parsifal*, by Richard Wagner**

Due to the length of Wagner's *Parsifal*, the opera will be shown on two consecutive days:

Saturday, June 10, part 1 at 1:00 pm.

Sunday, June 11, part 2 at 2:00 pm.

The most recent Met production by François Girard (2013) was screened in the past. This time you will see Otto Schenk's production from 1993 with Siegfried Jerusalem, Waltraud Meier, Kurt Moll and Bernd Weikl; James Levine conducts. Please join us in the Gathering Room as usual.

### **Kendal Chorale Concert**

#### **Monday June 12**

7:30 pm--Gathering Room

"Nothing But Blue Skies From Now On"  
American Medleys and Songs Featuring  
Vivaldi's "Gloria" with the Kendal MOB

Nell Macdonald, Conductor  
Mark Mitchell, Accompanist

### **Trips**

#### **Short Wait List**

June 15, Thu.: Hopper House, Nyack

#### **Space Available**

June 21, Wed.: Walkway Over the  
Hudson, Poughkeepsie

## **Reminder Healing Garden Open House**

The Horticulture Committee is pleased to invite you to the Healing Garden on **June 6, from 3:00 to 4:30 pm**. The Healing/Clearwater Garden is especially beautiful at this time of year, and we hope you will join us to explore it and to appreciate its springtime glories. Refreshments will be served.

### **Gathering Room Guidelines**

- \* Keep GR aisles and doorways free of any obstructions.
- \* Plan to arrive 5 to 10 minutes before a presentation; fill in the front rows first unless those seats are reserved.
- \* Do not bring liquids into the GR unless they are in *covered containers*. Do not bring food, including ice cream, into the GR.
- \* Turn off your cell phone on entry into the GR.
- \* Note: The extreme right-hand and left-hand walls, as well as the front rows are reserved for walkers. Do not place walkers against the back wall, near the doorways, or along the center aisle.
- \* Seats on the extreme right-hand side of the GR are reserved first for users of scooters/wheelchairs.

## **Request from CAFA**

Are you interested in evaluating resident-donated or loaned art intended to decorate the walls of Kendal? Do you enjoy and are you able to hang pictures?

Then CAFA, the Common Areas Furnishings and Art Committee, would like to hear from you. We need more members willing to help us sort through our art treasures on site and display them where they can be enjoyed by all.

Please email Marilyn B. or call to add your name to our list of willing volunteers. Thank You!

## **Summer Concerts**

At 3:00 pm in the Gathering Room

- June 4: Jazz For All Generations
- June 18: Ciaran Sheehan, tenor; Sue Anderson, piano
- July 16: Jazz Forum All Stars
- August 27: Liz Queler, singer/songwriter; Seth Farber, pianist