



Events: Week of April 3, 2023

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

Mon 4/3	7:30	Program: Lisa Anderson: "The Arab Uprisings a Decade on: Where Are We Now?" (see page 3) No movie	ZOOM
Tue 4/4	1:30	Shopping: Tarrytown 9:45 - 11:00 / Thornwood 1:00 - 2:15 Class: "American Musicals and the Pulitzer Prize, Part II" Instructor Meg Bussert (subscription)	GR
	8:00	Movie: <i>Strawberry & Chocolate</i> (1993, 1h 50 m). Set during the Cuban Revolution, bond between conservative David and his cultivated, gay, anti-Castro neighbor Diego is examined.	Ch 970
Wed 4/5	5:00	Sip and Snack Movie: <i>Calendar Girl Murders</i> (1984, 1 h 32 m). Pinup calendar selling like hotcakes leads to murder of the 12 gorgeous models.	GR Ch 970
Thu 4/6	7:30	Movie: <i>Argentina 1985</i> (2022, 2h 20 m). True story of heroic efforts of citizen group to prosecute military junta for crimes against humanity.	GR
	8:00	Movie: <i>Russian Ballet Highlights</i> (2006, 58m).	Ch 970
Fri 4/7	5:00	Shopping: Ridge Hill Mall 9:30 - 11:30 / Ossining 1:00 - 2:15 Sip and Snack	GR
	8:00	Movie: <i>Jerry Maguire</i> (1996, 2h 19 m). After years of successfully navigating shark-infested sports management, Jerry Maguire experiences crisis of conscience.	Ch 970
Sat 4/8	1:00	Opera: <i>La Fanciulla del West</i> by Giacomo Puccini (see page 3) .	GR
	8:00	Movie: <i>Two in the Wave</i> (2010, 1h 32 min). Absorbing relationship between French New Wave's Francois Truffaut and Jean-Luc Godard.	Ch 970
Sun 4/9	8:00	Movie: <i>Chariots of Fire</i> (1981, 2h 4 m). Two very different runners, a Jewish Cambridge University scholar and a rigid Presbyterian missionary, compete in the 1924 Olympic Games.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon–Fri, Apr 3-7: Talk: Ukraine's Peoples Revealed: Early 18th Century Paintings From the National Museum, Stockholm, 2023

3:00 pm: Sat, Apr 8, **repeated** Sun, Apr 9: The Middle East in the 20th Century
Lecture 23: Taking Stock of Progress in the Middle East
Lecture 24: After the Arab Spring

5:00 pm: Concert: Mark Morganelli Jazz Forum All-Stars Trio, 2018

8:00 pm: Movies: as listed above

Deadline for Apr 10 issue of Spotlight is Wed, Apr 5, 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, Peggy Pennell, 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	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	4 th Wed 4:00	RCR
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, 9:30 (Zoom)

Pilates: Mon 10:15 & 11:15; Wed 10:15

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

Cornhole: Wed 1:30

(Fitness Studio classroom)

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 12-1:00pm

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 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

BIS	Bistro
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 RCR

April 3 Program on ZOOM

Lisa Anderson:
“The Arab Uprisings a Decade On:
Where Are We Now?”

Special Lecturer and James T. Shotwell Professor of International Relations Emerita at the Columbia University School of International and Public Affairs, **Lisa Anderson** served as Provost and then President of the American University in Cairo from 2008-2016.

Dr. Anderson was Dean of the Columbia School of International and Public Affairs from 1997-2007. She has served on the Columbia faculty since 1986 and has also taught at Princeton and Harvard universities.

Dr. Anderson has lectured at Kendal numerous times. This presentation will be held via **ZOOM**. Residents will receive the link from Stan Amberg on Sunday, April 2, with a reminder on Monday, April 3.

April Course Reminder

**“The American Musical
and the Pulitzer Prize, Part II”**

Actor, coach, and teacher **Meg Bussert** returns for Part II of her course on American musicals that won the Pulitzer Prize for Drama.

Musicals to be discussed are *How to Succeed in Business Without Really Trying*, *A Chorus Line*, *Sunday in the Park With George*, and *Rent*.

Classes are held in the Gathering Room starting on **Tuesday, Apr 4**, and continue on **Apr 11, 18, and 25, from 1:30 to 3 pm**.

It's not too late to register. Tuition: \$40 for all 4 sessions; \$15 for an individual class.

For more information, call Fran K.

Saturday Opera

On **Saturday, April 8**, we will be transported to the “Wild West” with Giacomo Puccini's ***La Fanciulla del West*** (The Girl of the West), based on the 1905 play *The Girl of the Golden West* by American playwright David Belasco.

Join us in the Gathering Room at 1:00 pm and wear a mask (no pun intended).



Trips

Wed, Apr 26: Tour of Irvington.
Short Wait List.

Note: Even if there is a long wait list for a trip, do not hesitate to add your name to the list. Popular trips are often repeated, and those residents on the wait list have priority on the repeat trip.

Reminder

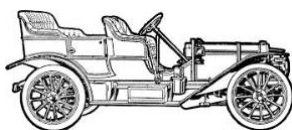
Extended Transportation Hours

Extended transportation service is now being offered on Tuesdays and Thursdays from 5 - 9 pm.

You are encouraged to take advantage of these opportunities to eat out, go shopping, get hair/nails done, or take a later train back from the city.

There will be NO trips to/from White Plains, and destinations should be within 10 miles of Kendal.

A sign-up sheet is available at the front desk. If you have any questions, please contact Briana, ext 1078, or Ellen, ext 1080.



Change in Clothing Donations (GreenDrop Pick-up)

GreenDrop has informed us that effective April 1, the National Foundation of the Blind will be replaced by the **Purple Heart Service Foundation** as beneficiary of clothing donations from our area.

The mission of the Purple Heart Service Foundation is to enhance the quality of life of Purple Heart recipients and other honorably discharged veterans and their families.

If you wish to donate to the new recipient organization, GreenDrop continues to pick up your bag(s) on Thursday mornings. **Pick-ups must be scheduled before 5 pm on Wednesdays** and will be confirmed to the donors. Blank receipts are available upon request.

Please call Ursula H. with the number of bags to be picked up no later than any given Wednesday.

It's best to **place closed bags and boxes marked PH** (for Purple Heart) by the curb outside Mary Powell's main entrance on **Wednesday night (on the left as you leave the building).**