



## Events: Week of March 6, 2023

Mon Mar 6	7:30	Program: Jeffry Frieden: "The Future of the Global Order: Economics, Geopolitics, and Politics" (see p. 3)	GR
Tue Mar 7	9:45 1:30 8:00	Shopping: Trader Joe's 9:45-11:15, Thornwood 1:00-2:15 Class: "Origins and Founding of the Bauhaus: Walter Gropius and Bauhaus Manifesto." Instructor: Morgan Ridler, Ph.D. (subscription) Movie: <i>West Side Story</i> (orig.): 1961, 2 hr 33 min. Maria from Puerto Rico seeks a new life in New York City, where she meets Tony	GR Ch 970
Wed Mar 8	10:00 5:00 8:00	Presentation: "Why Would I Need Speech Therapy?" (see p. 3) Sip & Snack Movie: <i>Promised Land</i> , 2012, 1 hr 46 min. Natural gas company wants drilling rights in a small town; schoolteacher mobilizes resistance. Matt Damon, Frances McDormand	GR GR Ch 970
Thur Mar 9	7:30 8:00	Movie: <i>Banshees of Inisherin</i> , 2022, 1 hr 54 min. Two lifelong friends are at an impasse when one abruptly ends their relationship. Movie: <i>Vladimir Vasiliev: Macbeth</i> , 1980, 1 hr, 37 min. Filmed live at Bolshoi Theater, with choreography by legendary Vasiliev	GR Ch 970
Fri Mar 10	9:45 5:00 8:00	Shopping: Tarrytown 9:45-11:15; Ossining 1:00-2:15 Sip & Snack Movie: <i>Ikiru</i> : 1952, 2 hr, 23 min. Bureaucrat seeks meaning in his life after diagnosis of cancer	GR Ch 970
Sat Mar 11	1:00 7:30	Opera: Bayreuth Centenary Ring: <i>Siegfried</i> , Acts I & II. (Act III will be shown on Sunday) Concert: REBEL Early Music Ensemble (see p. 3)	GR GR
Sun Mar 12	2:00 8:00	Opera: <i>Siegfried</i> , Act III. <b>Note time change</b> Movie: <i>Man Who Wasn't There</i> : 2001, 1 hr 56 min. Barber dissatisfied with life finds an opportunity for blackmail. Billy Bob Thornton, Frances McDormand, James Gandolfini	GR Ch 970

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

### KoH TV Channel 970

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

**3:00 pm Mon-Fri:** Talk: "History Revealed: true story of Sojourner Truth's enslaved son"

**Weekend:** The Middle East in the 20th Century

**Sat Mar 11 repeated Sun Mar 12**

Lecture 15: Lebanon's Civil War and Rise of Intolerance

Lecture 16: Terrorism, Islam, and Sayyid Qutb

**4:30 pm: Concert:** The New Camerata Opera, "An Afternoon of Operatic Favorites"

**Deadline for Mar 13 Spotlight issue:** Mar 8, 5 pm. Type or print submissions and email to [Spotlight@kohudres.org](mailto:Spotlight@kohudres.org) or place with your name in Spotlight cubby



### Regular Weekly Activities

Contemporary Issues:	Thu 10 am	ZOOM
Drop-in Art:	Tue & Thu 2-4 pm	ART
Fiber Arts:	2nd & 4th Fri 2-4 pm	CRA
French Conversation	Fri 3-4:30	BIS
Italian:	Thu 11:15 am	GR
Meditation:	Tue/Thu/Sat 9:15 am	RCR
	Sun 7:15 pm	RCR
Open Studio:	Sat 10 am-12 noon	ART
Poetry reading:	4th Wed 4:00 pm	RCR
Quilting	1st & 3rd Fri 2-4 pm	CRA
Spanish:	Fri 11 am	RCR
Tuesday Morning Club:	10-12 pm	GR

Service of Prayers 1st&3rd Tue 1:00 SUN  
Shabbat Services: 2nd&4th Fri 4:30 RCR

### Staffed Fitness Center: Mon-Fri 8:30-3:30

**Center & Pool closed 12-1 daily**

**See p. 4 for special schedule on 3/7**

Stretch&Balance: Mon, Wed, Fri, 9:30 (Zoom)

Cornhole: Wed 1:30

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 Mat

Yoga: Thu 12 noon

Mindful Movement & Meditation Thu 1:15

**Please sign in at classes: name & ext Pool**

**Hrs:** Mon-Fri, 9:00-4:00 & Sat 9-3:00 Guest

~~Mon-Fri 1:00-2:00~~

### LIBRARY

Librarian on duty Mon-Fri, 10-12 and 2-4

Browse/borrow 24/7 from library and carousels in  
elevator lobbies

**Library Catalog:**

[librarycat.org/lib/2blackcats](http://librarycat.org/lib/2blackcats)

### RELIGIOUS SERVICES

Catholic Mass: Sun 12:15 GR

Quaker Meeting: Sun 11:00 RCR

**Drug Take-Back:** 1st Mon, 9-noon  
**Additional Services** call x1030

**LOCATIONS (all in Mary Powell)**

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

**KENDAL DINING**

**[diningcomments@kohud.kendal.org](mailto:diningcomments@kohud.kendal.org)**

**Bistro Monday-**

**Saturday Breakfast** 8:00

am-10:00 am **Lunch** 11:30 am-  
1:30 pm

**Coffee, 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!**

**RESIDENT CARE CENTER**

Open Mon-Fri 8-4 (closed 12:00-1:00)  
call x1030 for appointment

**Services**

**Blood Pressure:** 2nd & 3rd Mon 8-12

**Bloodwork:** Wed from 7:45 am

**March 6 Program, 7:30 in the GR Jeffrey  
Frieden, Ph.D.**

**“Future of Global Order: Economics,  
Geopolitics and Politics”**

Global economics and politics are in flux. The threat of recession and political challenges are unsettling the international economic order. The war in Ukraine and the rise of China are remaking international politics. Events of the next few years will set the tone for international economics and politics for decades to come.

Jeffrey Frieden (son of Nancy F.), Professor of Government and Chair of the Government Department at Harvard, specializes in the politics of international monetary and financial relations. He is the author of several books, and his articles on the politics of international economic issues have appeared in a variety of publications.

**Concert: Saturday, March 11  
7:30 in the Gathering Room**

REBEL Baroque Ensemble will present “Treasures of the High Baroque & Rococo,” with music by Telemann, Bach and more.

Please join us as musicians Matthias Maute (traverso & recorder), Jorg-Michael Schwarz (violin), John Moran (violoncello), and Dongsok Shin (harpsichord) return for their 6th early music concert at Kendal.

### **NEW RESIDENT BIO**

See the bio of Liz L. on the bulletin board for newcomers on Main Street.

**Wednesday, March 8, 10-11 am, GR  
"Why would I need Speech Therapy?  
I speak just fine!"**

Contrary to its title, this presentation focuses on a variety of areas that benefit the aging population. This includes improving or compensating for changes in memory, swallowing, voice, language and executive functioning, as well as providing support for the loved ones and caregivers of those going through these changes. Please come meet our new Speech Therapist, Lauren Frenkel, M.A. CCC-SLP, and learn more about all of the ways Speech Therapy may be helpful for you!

Lisa Wacht

### **Saturday Opera**

The Bayreuth Centenary Ring continues next weekend with *Siegfried*. Because of its length the opera will again be shown on two consecutive days — as was *Die Walküre* — and will be the conclusion of the Ring, *Götterdämmerung*, next weekend.

Dates and times for *Siegfried* are Saturday, March 11, 1:00 pm: Acts I and II; and Sunday, March 12, 2:00 pm: Act III. **Note change in time on Sunday.**

Please meet us in the Gathering Room on  
both days and wear a mask.

## TRIPS

### Short Wait List:

March 9, Thurs. Do-Your-Own-Thing/Met Museum, NYC

### No Wait List:

March 16, Thurs. Hudson River Museum, Yonkers

March 22, Weds. Ukrainian Museum, Stamford, CT

### **Fitness: Special Schedule on March 7**

Balance Challenge will take place from  
10:00-11:30

Swimming pool and Fitness Center will  
not open until 1:00

No water class and no Tai Chi class