

# Kendal on Hudson SPOTLIGHT

**Events: Week of October 23, 2023**

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

<b>Mon</b> <b>10/23</b>	<b>7:30</b>	<b>Program: “Preserving Our History: The Sleepy Hollow Lighthouse Renovations,”</b> Stephen Tilly & Jonathan Walko (see page 3)	<b>GR</b>
<b>Tue</b> <b>10/24</b>	<b>1:30</b> <b>8:00</b>	<b>Shopping: Tarrytown 9:30 – 11:00; 1:00 – 2:15</b> <b>Class: “The Mystery Genre,”</b> <b>CLASS CANCELED</b> <b>Movie: <i>Gentleman’s Agreement</i></b> (1947, 2h) A journalist assigned to write a series on anti-Semitism decides to pose as Jewish, and soon discovers what it is to be a victim of religious intolerance.	<b>Ch 970</b>
<b>Wed</b> <b>10/25</b>	<b>10:00</b> <b>11:00</b> <b>5:00</b> <b>8:00</b>	<b>Talk: Safety in Your Home</b> (See page 6) <b>Trip:</b> Neuberger Museum of Art, SUNY Purchase <b>Sip and Snack</b> <b>Movie: <i>The Europeans</i></b> (1979, 1h 30m) Fall 1850: two European visitors arrive at the dour Mr. Wentworth’s. A Merchant-Ivory production.	<b>GR</b>  <b>GR</b> <b>Ch 970</b>
<b>Thu</b> <b>10/26</b>	<b>10:30</b> <b>7:30</b>  <b>8:00</b>	<b>Meeting with Lisa Wacht on medical care changes</b> (see page 6) <b>Movie: <i>Midsomer Murders</i></b> (1997, 1h 30m) Veteran detective chief inspector and his sergeant investigate murders in Oxfordshire. <b><i>The Barnes Collection</i></b> (2012, 56m) The story of Dr. Albert Barnes and his art collection, with works by Picasso, Cezanne, and other masters.	<b>ZOOM</b> <b>GR</b>  <b>Ch 970</b>
<b>Fri</b> <b>10/27</b>	<b>10:00</b> <b>5:00</b> <b>8:00</b>	<b>Shoprite/Thornwood 9:30 – 10:45 / Ossining 1:00 – 2:15 &amp; 1:45 – 3:00</b> <b>KoH Budget Presentation</b> (See page 3) <b>Sip and Snack</b> <b>Movie: <i>Maria, Full of Grace</i></b> (2004, 1h 41m) A pregnant Colombian teen becomes a drug mule to make desperately needed money for her family.	<b>ZOOM</b> <b>GR</b> <b>Ch 970</b>
<b>Sat</b> <b>10/28</b>	<b>1:00</b> <b>8:00</b>	<b>Opera: <i>I Vespri Siciliani</i></b> by Giuseppe Verdi (see page 5) <b>Movie: <i>Aguirre: The Wrath of God</i></b> (1972, 1h 35m) The ruthless and insane Don Lope de Aguirre leads a 16 <sup>th</sup> century search to find El Dorado.	<b>GR</b> <b>Ch 970</b>
<b>Sun</b> <b>10/29</b>	<b>3:00</b> <b>8:00</b>	<b>Concert: Harlem Chamber Players</b> (see page 3) <b>Movie: <i>In the Footsteps of Marco Polo</i></b> , (2008, 1h 30m) A chronicle of the journey of two ordinary guys as they set out to follow Polo’s historic route.	<b>GR</b> <b>Ch 970</b>

## KoH TV Channel 970

**Round-the-Clock:** Rue des Artistes “Kaleidoscope”

**3:00 pm: Mon-Fri Oct 23-27:** Talk: “A Virtual Tour Through the 19th Century Lyndhurst Mansion,” Edward Peducci, 2023

**Sat repeated Sun Oct 28-29: “The History of the Supreme Court, Part II: From the Taft Court to the Warren Court”**  
Lecture 15: “Beyond the Reach of Majorities”  
Lecture 16: Pearl Harbor and Panic

**4:00: Concert:** Chamber Players of the Greenwich Symphony, 2023

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

**Deadline for Oct. 30 issue of Spotlight is Wed, Oct. 25. 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: Jennifer Gardy, Ursula Hahn, Sally Kellock, Carlisle Spivey**

## Regular Weekly Activities

**Contemporary Issues** **Canceled 10/26**  
**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** **Canceled 10/27**  
**Italian** **Canceled 10/26**  
**Meditation** Tue/Thu/Sat 9:15 RCR  
Wed/Fri/Sun 7:15 pm RCR  
**Open Studio** Sat 10 am-12 ART  
**Poetry Reading** 4<sup>th</sup> Wed 4:00 CLE3  
**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

### **Staffed Fitness Center**

**Mon–Fri, 8:30–3:30**

**All classes are subject to change.**

### 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 & 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

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

## Resident Care Center

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

Call ext 1030 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

**BIS** Bistro  
**CLE** Clermont  
**GR** Gathering Room  
**PDR** Private Dining Room  
**RL** Residents Lounge (outside Bistro)  
**RCC** Resident Care Center (T level)

### On C Level

**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](mailto: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**

1<sup>st</sup> & 3<sup>rd</sup> Tue 1:00 pm SUN

### **Shabbat Services:**

2<sup>nd</sup> & 4<sup>th</sup> Fri 4:30 pm PDR

**Oct 23 Program  
The Sleepy Hollow  
Lighthouse Renovations  
Stephen Tilly & Jonathan Walko**



The lighthouse aided navigation of the Hudson River from its inception in 1883 until its deactivation in 1965. It sat vacant until 1974 when ownership was transferred to Westchester County.

Westchester County hired the firm of Stephen Tilly, Architect to guide the Lighthouse's most comprehensive restoration. Repairs to address years of cracking and damage to the structure's base, both above and below the waterline, are almost finished. Full restoration of all interior and exterior surfaces is nearly complete, along with the modern addition of electric power and lighting.

Join us on **Mon, Oct 23, 7:30 pm, in the Gathering Room**, as Stephen Tilly, Principal, and Jonathan Walko, Project Manager, take us through this project to restore one of our favorite local landmarks.

**Sun, Oct 29 Concert  
Harlem Chamber Players**

The Harlem Chamber Players is an ethnically diverse collective of professional musicians dedicated to bringing high-caliber, affordable, accessible live music to people in the Harlem community and beyond.

Join us on **Sun, Oct 29, 3:00 pm, in the Gathering Room** as this string quartet performs music by Joseph Bologne, Florence Price, Frederick Tillis, and Jessie Montgomery. Performers include: Ashley Horne and Claire Chan, violin; William Framton, viola; and Wayne Smith, cello.

A reception will follow in the Private Dining Room.

**Oct 27  
Annual KoH Budget Presentation**



The annual Budget Presentation will be given **Fri, Oct 27 from 10 am to 12 pm via Zoom**. The Zoom link will be sent out next week.

**Reminder:**  
**Criminal Law Reform Course**

On Mon, Nov 6, 20, 27 and Dec 4, Pace Law School Prof. David N. Dorfman will lead a Criminal Law Reform course from 1:30 to 3:30 pm in the Gathering Room. Topics include bail reform and discovery reform; the movement to shrink and close prisons and jails; police use of advanced technology in investigations; and the advent of the "Progressive Prosecutor." Tuition: \$40 for all 4 sessions or \$15 per class. Sign-up sheets may be found in the wall rack in the Activities Alcove (opposite the Computer Room). Questions: call Gerry M.

**A Conversation about Medical Care Changes at Kendal**

Lisa Wacht will facilitate a Zoom meeting for Independent Residents on **Thu, Oct 26, at 10:30 am**, to provide additional information and an opportunity for Q&A on the changing relationship with Northwell Health and its impact on Kendal residents.

**Residents Council Election Reminders**

**Candidates Night:** Mon., Oct 30, 7:30 pm in the GR and Channel 970.  
**Voting:** Wed/Thu, Nov 1 & 2, from 5 to 7 pm in the Residents Lounge. If you need an absentee ballot, contact Ellen Ottstadt, X1080.

**A Welcoming Committee Thank You**

A big thank you from the Welcoming Committee to several volunteers & staff members who helped us make the Activity Fair happen:

- Shelley R.: publicity & artwork
- Peter S.: table & door signs
- Peter R., Michael R., Mike K., Uriel S., Diane M.: setup
- Kendal staff Jorge & Christie for setting up the reception in the Private Dining Room
- Co-chairs Jo-Ann R., Cynthia F. & Iris S., and Committee members Marianne B., Barbara K., Bob K., Pam M., Aruna R., & Bobbie R.

**KoH Art Committee All-Occasion Note Cards Sale**

Revive the old-fashioned art of note-writing! Send a thank-you, heartfelt "get well" wishes, or a word of encouragement to a friend or family member.

From Mon, Nov 13 through Thu, Nov 16, from 4:30 to 6:00 pm, the Art Committee will be selling resident-artists-made collage note cards for all occasions at their table in the Lounge. One card for \$4, or three cards for \$10. Cash only, please.

## Collage Class with Birgitta

The ever-popular Collage Class with Birgitta H. will once again be starting up in November. But be sure to sign up *before* Oct 26. Enrollment will be limited to eight students.

Classes will be Thursdays, Nov 2, 9, 16, 30, and Dec 7 and 14. Hours are: 10:00 am to noon. Email Birgitta directly or put a note in her cubby.

### Oct 21 Saturday Opera

On October 28, we will travel to 13<sup>th</sup> century Sicily for *I Vespri Siciliani*, by Giuseppe Verdi. The opera's story is loosely based on an historical event described in a medieval tract of 1282 and takes place in and around Palermo during the French occupation.

We'll see a production from the Teatro Comunale Bologna, in which the principal roles are sung by Susan Dunn, Leo Nucci, Veriano Luchetti, and Bonaldo Giaiotti. The performance was directed by Luca Ronconi and conducted by Riccardo Chailly.

See you in the **Gathering Room at 1:00 pm.**

## Trips

### New Trip

**Wed, Nov 15:**

### **Cooper Hewitt, Smithsonian Design Museum**

The Cooper Hewitt, Smithsonian Design Museum, in NYC (91st St.) is devoted to contemporary as well as historical design. Its diverse design collection is housed in the former Andrew Carnegie Mansion (circa 1900). The current special exhibition "A Dark, A Light, A Bright: The Designs of Dorothy Liebes" features the work of this textile designer, weaver, and color authority who had a profound influence across many fields of design. Liebes (1897–1972) helped shape American tastes in interiors, industrial design, fashion, and film. We will have a docent tour of this exhibit at 1:00 pm. Another exhibition of interest is the "Immersion Room," a collection of wall coverings and an interactive opportunity to project your own design.

You can have lunch in the museum's café before the 1:00 pm tour.

### Short Wait List

Oct. 25, Wed: Neuberger Museum of Art, SUNY Purchase

### Space Available

Nov. 9, Thu: DYOT, Museum of Natural History, NYC

**Welcome Dorothy L.  
Robert Fulton – Oct 19, 2023**

Dorothy L. did her homework before signing her contract to move to Kendal from her Manhattan apartment. She organized a special committee to do the necessary research of nearby CCRCs. Kendal was the second of seven Life Care Communities she visited. It came out on top because residents are educated, accomplished, and welcoming and there's easy access to Manhattan.

Dorothy taught business management at CUNY's Staten Island campus for 30 years. She's active in a variety of Activity Groups: French conversation, a reading group in criminal justice, and teaching English as a second language.

Once she's settled in her Kendal apartment, she looks forward to returning to her hobbies . . . making beaded jewelry and creating origami. Dorothy's transition to Kendal will be eased because she knows a few Kendal residents. Please welcome her.

**Come Learn About  
Safety in Your Home**

**Wed, Oct 25, 10:00 – 11:00 am, in the Gathering Room**, Joseph Salvadore, Director of Rehabilitation, will be holding a group conversation on home modifications for safety, including proper room/apartment set-up, tips and recommendations for furniture, minimizing clutter, proper lighting, and the use of assistive devices and adaptive equipment. All are welcome!

**Food Scraps Collection Program  
Now Accepting New Members  
No Previous Experience Needed**

*Looking for More Information?*

A "How To Do It" info sheet?

Need answers to specific questions?

Want to talk to a program leader  
about your particular  
situation/preferences?

*Ready to Join the Program?*

Schedule a one-on-one consultation  
with a program leader?

Need a food scrap collection kit?

Compostable bags?

Location of closest collection site?

**Post your request or question  
on our new food scraps email:  
[foodscraps@kohudweb.org](mailto:foodscraps@kohudweb.org)**