



Events: Week of November 6, 2023

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

Mon 11/6	1:30	Course: Criminal Law Reform. Instructor: Prof. David M. Dorfman. By subscription (see page 3)	GR
	7:30	Program: Llyn Clague Poetry Reading: "Coming of Age at Kendal" (see page 3)	GR
Tue 11/7	9:30	Trip to Polls; no shopping in am; Shopping: Tarrytown 1:00 - 2:30	Ch 970
	8:00	Movie: <i>Great Expectations</i> (2012, 2h 8m). Events change orphaned Pip as he abandons his humble origins for the life of a gentleman.	
Wed 11/8	5:00	Sip and Snack	GR Ch 970
	8:00	Movie: <i>Out of the Past</i> (1947, 1h 37m). Private eye escapes his past to run a gas station in a small town, but his past catches up with him as he returns to the big city.	
Thu 11/9	9:30	Trip: Museum of Natural History & DYOT (depart museum at 2:30)	GR Ch 970
	7:30	Movie: <i>Being There</i> (1979, 2h 10m). After his employer's death, simple-minded, sheltered gardener becomes trusted advisor to powerful tycoon.	
	8:00	Movie: <i>Elaine Stritch</i> (2002, 2h 29m). Elaine Stritch's one-woman show traces her roots from The New School to Broadway star.	
Fri 11/10		Shopping: Thornwood 9:30 - 10:45; Ossining 1:00 - 2:15 & 1:45 - 3:00	GR Ch 970
	5:00	Sip and Snack	
	8:00	Movie: <i>Being There</i> . See Thursday description.	
Sat 11/11	1:00	Opera: <i>Don Carlo</i> by Giuseppe Verdi (see page 3)	GR Ch 970
	8:00	Movie: <i>Mullholland Drive</i> (2001, 2h 27m). After car wreck renders a woman amnesiac, she and friend search for clues and answers across LA.	
Sun 11/12	3:00	Movie: <i>Harvey</i> (1950, 1h 44m). Man's best friend is Harvey, a tall white, invisible rabbit; ensuing debacle as sister tries to have brother committed.	GR Ch 970
	8:00	Movie: <i>In Her Shoes</i> (2005, 2h 10m). Rose breaks off with sister Maggie over indiscretion about Rose's boyfriend. Grandmother Ella, neither sister knew existed, resolves tiff between the sisters.	

KoH TV Channel 970

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

3:00 pm, Mon-Fri, Nov 6-10: Talk: Meet Tarrytown Schools Superintendent, Dr. Raymond Sanchez, 2023

3:00 pm Sat, Nov 11 & Sun, Nov 12: The History of the Supreme Court Part II:

From the Taft Court to the Warren Court

Lecture 21: Five Jim Crow Schools and Five Cases

Lecture 22: The Hearts and Minds of Black Children

4:30 pm: Concert: Music from Copland House, 2023

Deadline for Nov 13 issue of Spotlight is Wed, Nov 8. 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, 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
	Wed/Fri/Sun 7:15 pm	RCR
Open Studio	Sat 10 -12	ART
Poetry Reading	4 th Wed 4:00	CLE3
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,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

Please sign in at classes: name & ext

Pool: Mon-Fri, 9–4, Sat 9–3

Guest Swim: Mon–Sat, 1–3

Fitness Center & Pool are 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)

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

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 pm GR

Quaker Meeting:

Sundays 11:00 am RCR

Service of Prayers

1st & 3rd Tuesday 1:00 pm SUN

Shabbat Services:

2nd & 4th Friday 4:30 pm PDR

Course
Criminal Law Reform
Nov 6, 1:30 pm, Gathering Room

The first class of **Prof. David Dorfman's** course covers bail reform and discovery reform in New York State and nationally and their purported impact(s) on crime rates.

You can still register before the class. The fee for the complete course is \$40, or \$15 for individual classes.

Program
Llyn Clague: "Coming of Age at Kendal"
Nov 6, 7:30 pm, Gathering Room

Llyn Clague, Kendal's own poet-in-residence, returns for his fifth poetry reading. His previous presentations were "Poetry in the Age of Trump;" "Poetry in the Age of Trump-Part II;" "Coming of Age;" and "Unruly Rhythms: Toward a New Poetry."

On Nov. 6, he will read poems from his newest book, *Coming of Age*. Llyn is offering a free copy of the book to every resident who wants one.

Trips

New Trip

Wed, Nov 29: David Rockefeller Creative Arts Center at Pocantico: ***Portraits of Process***.

The exhibition documents the physical realities and personal narratives of contemporary American visual artists through 34 expertly crafted bronze life castings of their hands. The participating artists span boundaries of age, ethnicity, and gender to reveal the powerful common denominator of simple humanity. A docent will lead tour through the exhibition.

Plus van tour of Sleepy Hollow & Tarrytown. This is a half-day trip starting at 12:30 pm. Eat lunch at Kendal.

Short Wait List

Thur, Nov 9: DYOT/Natural History Museum, NYC

Wed, Nov 15.: Cooper Hewitt Museum of Art, NYC

Saturday Opera
Nov 11, 1:00 pm, Gathering Room

We are returning to the great composer Giuseppe Verdi for ***Don Carlo*** with **Placido Domingo, Mirella Freni, Grace Bumbry**, and **Louis Quilico** in a performance by the Metropolitan Opera from 1983.

New Bios Posted

We invite you to read the biographies of **Britt and Arthur V.**, which were just posted by the window across from the Main Street bulletin board.

Welcome Maureen M.
Mary Powell 1202 – September 12, 2023

Maureen moved to Kendal from New York City where she worked for many years in a mid-sized boutique public relations firm with a focus on beauty and cosmetics. She is originally from Edinburgh, Scotland, started her professional career in London, and moved several times between London and New York before deciding she had more options in New York.

Her decision to come to Kendal was the result of friendship with two Kendal residents with whom she visited regularly over the years. She is now looking forward to enjoying all that Kendal has to offer.

Set Your Time Pieces Back!

It's time to set your clocks and watches an hour back before you go to bed on Saturday evening. Enjoy the extra hour of sleep!

Get Ready, Get Set, and Don't Forget the KoH Art Committee Card Sale

All-occasion cards, handmade by Kendal Resident-Artists, go on sale in the Lounge on **Monday through Thursday, November 13-16, from 4:30 to 6:00 pm.**

These lovely collage cards are great for sending a casual note, wishing someone a happy holiday or encouraging a friend to get well soon.

Please bring cash. One card will cost you \$4, but three cards are discounted to \$10.

Need more information?
Contact Gerry.

New Podiatrist Coming to the Resident Care Center

We are pleased to inform you that a new podiatrist will see residents in the Resident Care Center soon. Dr. Gabriel Ross, DPM, does not have a set schedule yet but will be here on the following two days: **Tuesday, November 14, 1 pm-4 pm**, and **Friday, December 1, 1 pm-4 pm**. If you wish to make an appointment, please call the RCC at ext. 1030.

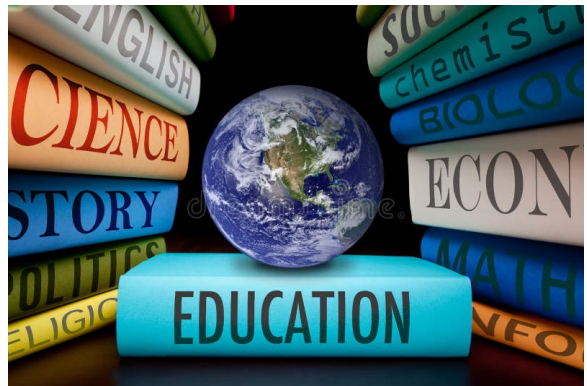
Kim Carpentier
Resident Care Manager

Don't Miss Your Chance to Educate the Education Committee!

The KoH Education Committee recently distributed a survey to assess your interest in courses and talks. The Committee is always on the lookout for your referrals of interesting people who might give presentations and courses for us to enjoy. What are your ideas? What do you want to learn about?

Please take a moment to fill out the survey. If you've lost your copy, additional copies can be found in the wall rack in the Activities Alcove.

Need help? Ask Gerry.



Clothing Collections at Standstill

If you wish to donate new and used clothing, shoes, etc., we still need information on local churches, synagogues and/or social organizations in neighboring towns, which work with the needy directly and do not sell to middlemen.

Also needed are volunteers with cars who are willing to transport donations occasionally.

If you have any leads, call Ursula H, or Maria H.