

Kendal on Hudson SPOTLIGHT

Events: Week of December 18, 2023

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

Mon 12/18	7:30	Program: Karin Limburg , "Fish Whispering: Exploring Environmental Impacts and Life History from Fish Chemistry," (see page 3)	GR
Tue 12/19	6:00 8:00	Shopping: Tarrytown 9:30 – 11:00 and 1:00 – 2:30 Trip: Untermeyer Gardens Holiday Lights, Yonkers Movie: Pennies From Heaven (1981, 1h 48m) During the Great Depression, a sheet-music salesman seeks to escape his dreary life through popular music and an affair with an innocent teacher.	Ch 970
Wed 12/20	10:30 5:00 8:00	Zoom presentation: Lisa Wacht , "Emergency Response System for Independent-Living Residents" (see page 5) Sip and Snack Movie: A Few Good Men (1992, 2h 18m) A military lawyer defends Marines accused of murder. They contend they were acting under orders.	Zoom GR Ch 970
Thu 12/21	7:30 8:00	Movie: The Floating Weeds (1959 1h 59m) The head of a Japanese theatre troupe returns to where he left a son and tries to make up for the lost time, but his current mistress grows jealous. Movie: High Society (1956, 1h 51m) The ex-husband of a socialite about to remarry has 48 hours to convince her that she really still loves him.	GR Ch 970
Fri 12/22	5:00 8:00	Shoprite/Thornwood 9:30–10:45 / Ossining 1:00 – 2:15 & 1:45 – 3:00 Sip and Snack Movie: The Floating Weeds (1959 1h 59m) See Thu's description	GR Ch 970
Sat 12/23	8:00	No Opera Movie: Cool Hand Luke (1967, 2h 7m) A laid-back Southern man is sentenced to two years in a rural prison, but refuses to conform.	Ch 970
Sun 12/24	8:00	Movie: Till the Clouds Roll By (1946, 2h 12m). Biography of songwriter and Broadway pioneer, Jerome Kern.	Ch 970

KoH TV Channel 970

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

3:00 pm Mon – Fri ,Dec 18 – 22: Talk: A Conversation about Currenet Free Speech Controversies, 2023

Sat & Sun, Dec 23 – 24: Lectures: The History of the Supreme Court, Part III: From the Warren Court to the Rehnquist Court
Lecture 33: Burning Flags and Burning Crosses
Lecture 34: Prayer and Abortion Return to the Court

4:30 pm: Concert: Three Aspiring Student Musicians, 2023

8:00 pm: Movies: as listed above

Deadline for Dec 25 issue of Spotlight is Wed, Dec 20. 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 2nd & 4th Fri 2-4 CRA
French Conversation. No Class 12/22 & 12/29
Italian No Class 12/28 GR
Meditation Tue/Thu/Sat 9:15 RCR
Wed/Fri/Sun 7:15 pm
Open Studio Sat 10 am-12 ART
Poetry Reading 4th Wed 4:00PM CLE3
Quilting 1st & 3rd 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: 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
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

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 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 PDR

Dec. 18 Program

Karin Limburg:

Fish Whispering: Exploring Environmental Impacts and Life History from Fish Chemistry

The daughter of Maggie and Peter Limburg, Dr. Karin Limburg is a Distinguished Professor in the Department of Environmental Biology at the SUNY College of Environmental Science and Forestry, in Syracuse.

The Hudson River estuary and watershed have served as a home base of her study. All the same, longstanding interest and work in Sweden expanded her research into the Baltic Sea, the globe's largest anthropogenic dead zone, and into other regions around the world.

In her lecture — **in the Gathering Room at 7:30 pm** — Karin will explain how fish interact with the biogeochemistry of their environments. Many of these interactions are recorded in various parts of their bodies, some for short periods and others for a lifetime. Limburg will introduce us to some of the environmental tracer methods, focusing on case studies of Cape Cod's urbanization; impacts of hydropower dams; and effects of "marine dead zones" on fishes from the Baltic Sea, Gulf of Mexico, and Lake Erie.

Clay Workshop Planned for 2024



Florence W. will be giving a two-part Clay Workshop in January 2024.

The dates are:

Jan 10 2:00 – 4:00 pm

Jan 17 2:00 – 4:00 pm

The workshop is limited to eight participants.

To sign-up or if you have questions, call or email Florence.

French Conversation Takes a Seasonal Holiday



Please note that in observance of the holidays, there will be no French Conversation meeting on Fri, Dec 22 and Fri, Dec 29, 2023.

We will meet again on Fri, Jan 5, 2024.

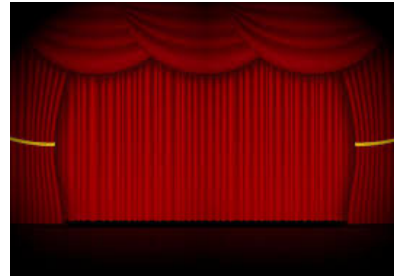
**Welcome John P.
December 18, 2023**

John learned about Kendal several years ago and was impressed by the beauty of its site, and by the opportunities for intellectual stimulation – the residents, the courses, the concerts, lectures, and the ability to join the Spanish and German conversation groups.

He's passionate about gardens and gardening! In fact, it was the glorious garden at a Hartsdale home that convinced him and his wife to buy that home, where he lived for decades, adding flowering trees and shrubs, a collection of dwarf conifers, and a perennial garden. Cooking is another of his pleasures, although less enjoyable now that he's cooking just for himself.

Professionally, John is a psychiatrist and psychoanalyst. One of his special professional interests is the psychoanalytic study of the great novels, a terrific topic for a lecture or seminar at Kendal.

Opera on Hiatus Until 2024



Attention, Kendal opera lovers! The curtain has come down on opera for the last two Saturdays of 2023. But, never fear, it will rise again the first Saturday of 2024. Until then, hum.

**Correction: *Spotlight*, Dec 11:
“Be Prepared for New Year’s Eve”**



In a Dec 11 article on the upcoming New Year’s Eve gala, *Spotlight* incorrectly identified the Glittering Ball lowerer is to be Sylvia H. In actuality, The Glittering Ball will instead be lowered by Annette L.

Bulletin Board Reminders



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Notices, posters, and bulletins for the Main Street and building bulletin boards may be placed only in the designated areas and no earlier than 14 days before a scheduled event or activity. They should contain the name of the sponsoring committee or individual and should be removed 24 hours after the event has taken place by the committee or person who posted it.

Residents' personal notices and flyers regarding outside events should be placed only on the board in the Activities Alcove, on the west side of the Gathering Room (across from the Computer Room).

Zoom for Independent Living Residents: Emergency Response System



Independent-Living Residents are invited to attend a Zoom session hosted by Lisa Wacht, Health Services Administrator, to better understand the Independent-Living emergency response system. The presentation will explain how PETs and Pullcords work, when it is appropriate to use them, and what to expect when you do activate a PET or pullcord.

Ellen Ottstadt will send out a Zoom invitation in advance of the meeting which will be held on **Wed, Dec 20, from 10:30 to 11:30 am**. The session will be recorded and placed on CATIE.

The presentation will be repeated LIVE in February for those who want a refresher.