



Events: Week of February 20, 2023

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

Mon. 2/20	7:30	PRESIDENTS DAY Program: Tom Ruller: "History Revealed: the true story of Sojourner Truth's case to free her son from enslavement" (see p.3)	GR
Tue. 2/21	1:30 8:00	Shopping: Trader Joe's 9:45 -11:15 / Thornwood 1:00 - 2:15 Class: Homer's <i>Iliad</i> , Books 13-18; Dr. Maude Meisel (subscription.) Movie: <i>Grand Illusion</i> (1938, 1h 54m.) Jean Renoir's anti-war masterpiece tells of 2 French soldiers held in a WWI German prison camp.	GR Ch 970
Wed. 2/22	10:00 5:00 8:00	Presentation: "Anatomy of a Fall", by Cathy Di Somma (see p.3) Sip & Snack Movie: <i>Bessie</i> (2013, 2h 15m.) Achieving a popularity previously unknown to blues musicians, Bessie Smith was an imposing performer and a major influence on generations of artists. With Queen Latifah.	GR GR Ch 970
Thu. 2/23	7:30 8:00	Movie: <i>Living</i> (2022, 1h 42m.) In 1950s London a humorless civil servant decides to take time off work to experience life after receiving a grim diagnosis. With Bill Nighy. Movie: <i>Camelot</i> (1967, 2h 58m.) In this Lerner & Lowe musical's film adaptation, England's King Arthur (Richard Harris) forms the Knights of the Round Table and marries fair Guinevere (Vanessa Redgrave.)	GR Ch 970
Fri. 2/24	5:00 8:00	Shopping: Tarrytown 9:45 - 11:00 / Ossining 1:00 - 2:15 Sip and Snack Movie: <i>Sundays & Cybelle</i> (1962, 1h 50m.) Pierre is a former military pilot psychologically devastated by a wartime experience. Isolated, he begins to perk up when he befriends a 12-year-old abandoned urchin.	GR Ch 970
Sat. 2/25	1:00 8:00	Opera: Bayreuth Centenary Ring: <i>Das Rheingold</i> (see p.4) Movie: <i>She's Got to Have It</i> (1986, 1h 24m.) Free-spirited, free-thinking Nola Darling can't seem to choose between a trio of ill-suited suitors.	GR Ch 970
Sun. 2/26	3:00 8:00	Concert: New Camerata Opera (see p.3) Movie: <i>Midnight In Paris</i> (2011, 1h 34m.) Director Woody Allen focuses on an engaged couple whose experiences traveling together in Paris make them begin to question the kind of life they want to live.	GR Ch 970

KoH TV Channel 970**Round-the-Clock:** Rue des Artistes "Awakening"

3:00 pm: Mon–Fri, Feb 20-24: KoH Residents Council Meeting, Feb. 13, 2023

Sat, Feb 25 repeated Sun, Feb 26: The Middle East in the 20th Century

Lecture 11: The Algerian War of Independence

Lecture 12: Middle Eastern Armies and Coup D'etats

5:00 pm: Concert: The Cuatro Puntos Ensemble, 2023

8:00 pm: Movies as listed above

Deadline for Feb 27 issue of Spotlight is Wed, Feb 22 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, Fri 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: Fri 10:45 **(no class Tue)**

Chair Yoga: Tue 12 noon

Zumba Gold: Tue 2:00

Cornhole: Wed 1:30
(Fitness Studio classroom)

Mat Yoga: Thu 12 noon

Mindful Movement & Meditat'n: **(no class)**

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 x1030 for appointment.

Services

Blood Pressure Clinic: 2nd & 3rd Mon, 8-noon

Bloodwork: Wed from 7:45

Drug Take-Back Days: 1st Mon, 9am-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)

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 RCR

Feb. 20 Program:

Thomas Ruller

"History Revealed: the true story of Sojourner Truth's case to free her son from enslavement"

In early 2022, James D. Folts of the NYS Archives uncovered a small cache of documents from Isabella Van Wagenen's (Sojourner Truth) 1828 legal case in Ulster County against Solomon Gedney. Gedney illegally transported Truth's son outside of New York to Alabama where he would remain enslaved.

This presentation commemorating Black History Month will cover New York's gradual abolition of slavery and discuss Truth's successful legal efforts to get her son back to New York. It will also introduce the individuals who helped Truth navigate the legal and power structures of the time to ultimately gain her son's freedom.

Tom Ruller has served as State Archivist since 2014. This government agency preserves and makes available over 33 miles of NY's colonial and state government records, including nearly 10,000 boxes of historical court records.

Anatomy of a Fall Wed. 2/22 at 10-11 am in the GR

Come hear "ANATOMY OF A FALL", a presentation by Cathy DiSomma on fall prevention and what to do if you fall.

Feb. 26 Concert:

New Camerata Opera

Join us on Sunday, Feb. 26, as artists from the New Camerata Opera Company present "An Afternoon of Operatic Favorites" featuring works from *Carmen*, *Rigoletto*, *La Bohème* – and more. The performers are: Kristin Renee Young, soprano; Brooke Larimer, mezzo-soprano; Victor Khodadad, tenor; and Scott Lindroth, baritone. New Camerata's mission is building new audiences for the art form through engaging, exciting, and educational productions. Hailed as "the future of opera," it is one of the most consistently active and present opera companies in New York.

A reception will follow In the Private Dining Room.

Save the Date: Saturday Evening, March 11

On Saturday evening, March 11, the REBEL Baroque Ensemble will present "Treasures of the High Baroque & Rococo" featuring music by Telemann, Bach and more. Please join us at 7:30 pm in the Gathering Room as musicians Matthias Maute (traverso & recorder), Jörg-Michael Schwarz (violin), John Moran (violoncello), and Dongsok Shin (harpsichord) return for their 6th Early Music concert at Kendal.

Saturday Opera

We look forward to the Bayreuth Centenary **Ring**, which caused a stir when the first part of the tetralogy was staged in 1976: setting the story of greed and the quest for power during the Industrial Revolution — very tame in retrospect and considering what some directors have put on stage since then.

Das Rheingold describes the backstory that sets in motion the tale of the eventual destruction of the Gods and the Nibelungs. Director Patrice Chéreau's theatrical concept was realized on stage by the designer Richard Peduzzi, sung by a stellar cast of singers, conducted by Pierre Boulez, and filmed by Brian Large, the preeminent TV director specializing in opera and classical music.

Join us in the Gathering Room on **February 25 at 1:00 pm**, and please wear your mask.

From Jetta G.:

My heartfelt gratitude to all those Kendal friends who sent their well wishes for my recovery from hip replacement surgery. My journey toward well-being is under way. I so appreciate your care and concern and look forward to rejoining our wonderful community.

TRIPS

New Trip

March 22, Wed. Ukrainian Museum, Stamford CT

The Ukrainian Museum and Library in Stamford CT is the oldest cultural institution established by Ukrainians in North America. Established in 1935, it is dedicated to the collection, preservation, and exhibition of artifacts and literature of Ukrainian culture and history. Housed in an elegant former mansion, the collections include fine arts, folk arts, religious arts and rare books. Paintings and sculptures by Ukrainian artists or of Ukrainian themes are on exhibit. The folk art collection consists of embroideries, textiles, kilims, pysanky (Easter eggs), ceramics and folk musical instruments. Religious icons from the 17th to 20th century, photo collections, dolls in traditional dress and more are on exhibit. A docent tour is included. We will have lunch in a local restaurant.

You can view online exhibits of icons, rare books, fine arts, and embroidery at www.ukrainianmuseumlibrary.org.

Those left on the wait list from the September 2022 trip to the Ukrainian Museum will have priority on the March 22 trip.

No Wait List

March 16, Thurs. Hudson River Museum, Yonkers

Short Wait List

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

**Welcome new resident
Carolyn R.**

Feb. 22, 2023

C

Carolyn R. plans to move into her apartment on February 22 from her home in Hastings on Hudson.

Carolyn's comfort with technology systems development and flow charts, and her skill as a technical writer enabled her to work for the Federal Government, the Girl Scouts National Headquarters, Information Security at Chase Bank and Verizon Communications. She worked with the Verizon developers of Fios systems autotechnology to create the user guides for technicians.

She volunteers for a Yonkers-based organization Partners in Education mentoring children of immigrants. The organization's goal is to help them understand personal education options.

Carolyn has two children. One lives in Troy, New York; the other lives in Brooklyn.

She and her mini white poodle look forward to their upcoming move to Kendal.

Meet the Cs.

A new biography of Dale and Cathie C. has been posted on Main Street by the windows opposite the bulletin board.

Be an Adirondack Friend

The Health & Wellness Committee is exploring ways in which we can encourage our Adirondack neighbors to participate in the social and cultural activities of Kendal.

On Friday, February 24 at 3:00 pm in the Private Dining Room.

we are holding an **exploratory meeting** to discuss how we can foster more interaction with and integration of Adirondack residents.

All are welcome. Please come and share your ideas with us.

Beverages and cookies will be provided.

Jennifer G.
Ellen O.