



## Events: Week of March 20, 2023

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

<b>Mon</b> <b>3/20</b>	<b>7:30</b>	<b>Program: Brent D. Glass</b> , "Sing Sing Prison Museum: Building a More Just Society" (see p. 3)	<b>GR</b>
<b>Tue</b> <b>3/21</b>	<b>1:30</b>	<b>Shopping: Trader Joe's</b> 9:30 - 11:00 / <b>Thornwood</b> 1:00 - 2:15 <b>Class: Dessau Bauhaus: Architecture, Industrial Design, Photography</b> Instructor Morgan Ridler, Ph.D. (subscription)	<b>GR</b>
	<b>8:00</b>	<b>Movie: <i>A Touch of Class</i></b> (1973, 1h 46m). Romantic comedy about a pair of clandestine lovers.	<b>Ch</b> <b>970</b>
<b>Wed</b> <b>3/22</b>	<b>9:30</b>	<b>Trip: Ukrainian Museum</b> , Stamford, CT	<b>GR</b>
	<b>5:00</b>	<b>Sip and Snack</b>	<b>Ch</b>
	<b>8:00</b>	<b>Movie: <i>Abacus: Small Enough to Jail</i></b> (2017, 1h 30m). The saga of the owners of a Chinatown bank.	<b>970</b>
<b>Thu</b> <b>3/23</b>	<b>7:30</b>	<b>Movie: <i>Nanny</i></b> (2022, 1h 29m). A rich family's nanny is forced to confront a secret that could shatter her American Dream.	<b>GR</b>
	<b>8:00</b>	<b>Movie: <i>Beat the Devil</i></b> (1953, 1h 29m). On their way to Africa are a group of rogues seeking riches.	<b>Ch</b> <b>970</b>
<b>Fri</b> <b>3/24</b>	<b>10:30</b>	<b>Shopping: Tarrytown</b> 9:45 - 11:15 / <b>Ossining</b> 1:00 - 2:15 <b>Presentation: Architect Myles Brown on Kendal Renovation</b>	<b>GR</b>
	<b>5:00</b>	<b>Sip and Snack</b>	<b>GR</b>
	<b>8:00</b>	<b>Movie: <i>Bay of Angels</i></b> (1963, 1h 19m). Vacationing in Nice, a problem gambler meets a banker who's just as enamored of casinos as she.	<b>Ch</b> <b>970</b>
<b>Sat.</b> <b>3/25</b>	<b>1:00</b>	<b>Opera: <i>Khovanshchina</i></b> by Modest Mussorgsky (see p. 3)	<b>GR</b>
	<b>8:00</b>	<b>Movie: <i>The Life and Death of Peter Sellers</i></b> (2004, 2h). A biopic that reveals the true nature of the iconic British comedian.	<b>Ch.</b> <b>970</b>
<b>Sun</b> <b>3/26</b>	<b>3:00</b>	<b>Concert: New York String Sextet</b> (see p. 3)	<b>GR</b>
	<b>8:00</b>	<b>Movie: <i>Love in the Afternoon</i></b> (1957, 2h 10m). A middle-aged playboy is fascinated by the daughter of a detective hired to entrap him.	<b>Ch.</b> <b>970</b>

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

**3:00 pm: Mon–Fri, Mar 20-24:** "Residents Association Monthly Meeting, March 13, 2023

**3:00 pm: Weekend: The Middle East in the 20<sup>th</sup> Century**

**Sat, Mar 18, repeated Sun, Mar 19:**

Lecture 19: The First Gulf War in Kuwait

Lecture 20: A Path through Oslo to Arab-Israeli Détente

**4:30 pm: Concert: "Treasures of High Baroque and Rococo,"**

Rebel Baroque Ensemble, 2023

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

Deadline for Mar 27 issue of Spotlight is Wed, Mar 22, at 5 pm. 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, Peggy Pennell, Carlisle Spivey*

## Regular Weekly Activities

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

### **Staffed Fitness Center**

**Mon–Fri, 8:30–3:30**

#### **Fitness Classes**

**Stretch & Balance:** Mon & Wed, 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:** **There will be no water aerobics this week.**

**Chair Yoga:** Tue 12 noon

**Zumba Gold:** Tue 2:00

**Cornhole:** Wed 1:30

(Fitness Studio classroom)

**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 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](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

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

**March 20 Program**  
**Brent D. Glass**  
**Sing Sing Prison Museum:**  
**“Building a More Just Society”**

Brent D. Glass is Executive Director of the Sing Sing Prison Museum and Director Emeritus of the Smithsonian National Museum of American History.

A national leader in the preservation, interpretation, and promotion of history, he is a public historian who pioneered influential oral history and material culture studies, an author, TV presence, and international speaker on cultural diplomacy and museum management.

On Monday evening, March 20, Mr. Glass will talk about plans for the Sing Sing Prison Museum, the location where complex and compelling stories of incarceration are shared on the grounds of one of America’s most historic active prisons.

**Don’t Forget: Update Your PCP  
With the RCC**

Recently, several residents have decided to change their primary care physicians (PCP). The Resident Care Center (RCC) would like it if you would let them know who your current PCP is. They want to make sure they update it in your file. The RCC’s extension is 1030.

**March 26 Concert:**  
**The New York String Sextet**

For their first Kendal appearance, the New York String Sextet will perform two special pieces: *Verklärte Nacht* by Arnold Schoenberg, and String Sextet No. 2 in G Major op. 36 by Johannes Brahms.

The sextet consists of Xiao-Dong Wang and Ming-Feng Hsin, violin; Ramon Carrero-Martinez and Nardo Poy, viola; and David Heiss and Joel Noyes, cello. A reception will follow in the Residents Lounge.

Residents arrive early and be seated by 2:50 pm. Once all seats have been taken and the concert has begun, new arrivals will be directed to the Private Dining Room where the concert will be shown on the large screen.

**Opera**

After marathon Wagner, we are returning to Russian opera in the form of Modest Mussorgsky’s ***Khovanshchina*** on Saturday, March 25. Nicolai Ghiaurov and Vladimir Atlantov sing the principal roles, and Claudio Abbado conducts this 2009 performance by the Vienna State Opera. Please join us in the Gathering Room at 1:00 pm—and please wear your mask.

## **Trips**

### **No Wait List (Space Available)**

**Wed, March 22: Ukrainian Museum, Stamford, CT**

### **New Trip**

**Wed, April 19:** Trip to Philipse Manor Hall Historic Site

Phlipse Manor Hall Historic Site in Yonkers was the Philipse family home for four generations. It was reopened in Nov. 2022 after a \$20 million renovation. The manor house was built in three stages between the 1680s and 1750s and once included over 200,000 acres. It is beautifully restored, with new exhibits. The renovation makes it fully accessible.

The exhibits have interactive elements, including augmented reality experiences, touch, smell, and sound: you can hear languages spoken in the colonial period—Munsee, Dutch, and KiKongo.

The cultural diversity of early colonial-era life in New York and the nation's path to independence are depicted. The complex history that took place in the manor house site involves the Dutch Philipse family, the indigenous people previously living on the land, and the enslaved Africans whose work allowed the Philipse family to prosper.

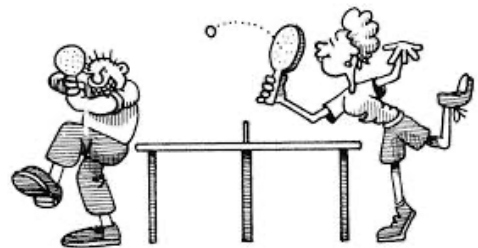
The Philipse family, Loyalists during the Revolution, were forced to flee to England. Confiscated, their home had several later owners before becoming Yonkers Village Hall and City Hall. In the early 1900s century, it was preserved and donated to New York State as a historic site.

### **An Invitation From Steve Fishler: A Kendal Renovation Update**

I am pleased to invite you to a presentation by our architect Myles Brown of Amenta Emma regarding our upcoming renovation project. The session will be held in the Gathering Room on Friday, March 24, at 10:30 am. Myles will review where we have been, where we are now, and where we are going. The presentation will be taped and shown later on Channel 970. I hope that you can join us.

Steve

### **Wanna Play Ping Pong?**



Looking for someone to play ping pong with? There is a sign-up sheet in the Hudson Room where the ping-pong table is located. Sign up!

## **Welcome, Gale W.**

Gale W. is moving from the home she and her late husband built in Yorktown Heights in 1962 to Kendal. Gale grew up in Croton, so she knows the River Towns very well. She has no close family nearby. Since her attentive nieces and nephews are spread across the US, she was looking to find where she could age in place, feeling secure. In selecting Kendal she feels confident she will be well taken care of, no matter what the future holds.

Gale held several jobs in the health field. Her favorite was as manager of a cardiology office. She takes pride in being very well organized and having a great sense of humor. A voracious reader, she's known for always having a book in hand. Baking is another favorite pastime. Who wouldn't want to have her for a best friend!

## **Returning Packages? Important News to Know**



When returning packages to Amazon, do NOT choose the "no box or label needed" options. UPS does NOT pick up these packages from Kendal, as they are intended to

be dropped off IN STORE. Please choose the "UPS Drop-off Points" option or contact Briana if you need assistance with your return.

Briana Giuliano

## **Transportation Hours Expand!**



Transportation hours on Tuesdays and Thursdays will be extended from 5-to-9 pm, starting the week of March 20. We encourage residents to take advantage of these opportunities to go to a restaurant, shopping, get your hair/nails done, or take a later train back from the city.

Destinations should be within 10 miles of Kendal. NO trips will go to/from White Plains. A sign-up sheet is at the front desk. If you have any questions, please get in touch with Briana or Ellen.

## **BINGO**

Throughout the upcoming year, Resident Services will offer social activities/events. Our first one will be BINGO on Tuesday, March 21, at 7:00 pm in the Gathering Room. Please come and join in the fun! There will be refreshments and prizes! If you have any ideas for future events, please get in touch with Ellen or Briana.