



Events: Week of May 29, 2023

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

Mon 5/29		Memorial Day Holiday NO MOVIE	
Tue 5/30	8:00	Shopping: Trader Joe's 9:30 – 11:00, Thornwood 1:00 – 2:15 Movie: <i>Carmen Jones</i> (1954, 1h 48m) After Carmen sets her sights on a pilot-in-training, he leaves his girl, deserts the Army, and kills a man, prompting the couple to flee from justice.	Ch 970
Wed 5/31	10:30 5:00 8:00	Breakfast Retirement Reception for Christine Appel, Dir. of Nursing Sip and Snack Movie: <i>Rent</i> (2005, 2h 15m) The Tony-Award-winning musical set in New York's East Village, stars from the show's original Broadway cast.	GR GR Ch 970
Thu 6/1	11:00 4:00 7:30 8:00	Trip to Untermyer Gardens Steve Fishler Town Hall (see page 3) Movie: <i>Phantom of the Open</i> (2021, 1h 46m) A dreamer and optimist manages to gain entry to the British Open despite being a complete novice. With Mark Rylance. Movie: <i>Antarctica: A Year on Ice</i> (2014, 1h 31m) A documentarian captures the extremes of human and animal existence, as well as the polar landscape's icy beauty.	GR Ch 970
Fri 6/2	10:00 5:00 8:00	Shopping: Tarrytown 9:45 – 11:00, Ossining 1:00 – 2:15 & 1:45 – 3:00 IT Assessment Strategy (see page 3) Sip and Snack Movie: <i>Phantom of the Open</i> (2021, 1h 46m) See Thursday description	GR GR Ch 970
Sat 6/3	1:00 8:00	Opera: <i>La Fille du Regiment</i> , by Gaetano Donizetti (see page 4) Movie: <i>It Happened One Night</i> (1934, 1h 45m). A runaway socialite is en route to NYC to elope. Along the way she meets a crusty newspaperman.	GR Ch 970
Sun 6/4	3:00 8:00	Concert: Jazz Concert (see page 3) Movie: <i>Bergman Island</i> (2006, 1h 23m). A visit with one of cinema's most influential filmmakers, Swedish director Ingmar Bergman.	GR Ch 970

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

3:00 pm: Mon–Fri, May 29–June 2: A Conversation with NY Assemblywoman MaryJane Shimsky

3:00 pm: Sat, June 3, repeated Sun, June 4: **The World's Greatest Geological Wonders**

Lecture 15: Cave of Crystals — Exquisite Caves

Lecture 16: Great Blue Hole — Coastal Symmetry in Sinkholes

3:00 pm: Concert: Musicians of the Met Orchestra, 2022

8:00 pm: Movies: as listed above

Ch 970 is back in operation

Deadline for June 5 issue of Spotlight is Wed, May 31. 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, Dianne Schlair, 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 pm	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	4 th Wed 4:00	CLE 3 rd Flr
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

The Fitness Center and Pool will be closed
Monday May 29. There will also be no classes.

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 & Tue 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 closed 12-1 pm

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 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)
	<u>On C Level</u>
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

Steve Fishler to Hold Kendal Town Hall



On **Thu., June 1, at 4:00 pm**, in the Gathering Room, Steve Fishler will hold a Town Hall. Steve will update us on the happenings at Kendal and answer any questions residents may have.

June 4 Concert, 3 am – GR Jazz for All Generations



On **Sun., June 4, 3:00 pm**, The Jazz Forum All Stars (Freddie Bryant, guitar; Mark Morganelli, trumpet, flugelhorn, and percussion; Eddie Monteiro, midi-accordion and vocals; Tony Jefferson, drums and vocals), joined by the Sleepy Hollow High School Jazz Combo, will entertain us with an afternoon of Jazz for All Generations in the Gathering Room. The program will be followed by a reception in the PDR.

IT Assessment Strategy

Jean Eccleston and the IT Team will discuss the IT Assessment Strategy for the next two years. The program will take place **Fri., June 2, 10:00 am** in the Gathering Room.

A Garden Open House



The Horticulture Committee is pleased to invite you to the Healing Garden, on the C level, for an Open House. The Healing/Clearwater Garden is especially beautiful this time of year. We hope you will join us to explore it and to appreciate its springtime glories. The Open House takes place **Tue., June 6, 3 – 4:30 pm**. Refreshments will be served (rain date: June 8).

A committee member will be near the elevators on C Level and at the doors to the Garden, to direct you. Others will be available to answer questions and to show off the hard work of our Garden volunteers. Come party with us and celebrate the coming of Spring.

Trips

Short Wait List

June 15, Thu.: Hopper House,
Nyack

Space Available

June 21, Wed.: Walkway Over The
Hudson, Poughkeepsie

Saturday at the Opera

We're starting June with a comic work by Gaetano Donizetti, ***La Fille du Régiment***, with the incomparable team of Natalie Dessay and Juan Diego Flórez in a 2008 performance by the Metropolitan Opera directed by Laurent Pelly and conducted by Marco Armiliato.

Join us in the Gathering Room on
Sat., June 3, at 1:00 pm.

No Holiday Transportation

This is a reminder that there will be NO transportation on **Mon., May 29**, due to the Memorial Day Holiday.

The Give-and-Take Table

The Table will open for business on the T level of Mary Powell on **June 1** and will disappear on **June 7** at 5 pm. As usual, NO food, clothing or sharp objects.

The Table looks forward to having visitors.

CELEBRATING
ONE YEAR
BACK IN OPERATION

CO-PILOTS OF KENDAL ON HUDSON

June 1, 2022 - June 1, 2023



SUPPORTING EACH OTHER
DAY AND NIGHT
.. JOIN US ..

Christine Appel Retires

Kendal is 18 years old. Christine Appel, Director of Nursing, has been here 17 of those years. And now she is retiring!

On **Wed., May 31, at 10:30 am**, in the Gathering Room, please stop by to wish her good luck on her well-deserved retirement. There will be a formal program of recognition at 11:00 am.

Reaching Your Elected Officials: A How-To



Kendal residents may wish to communicate with our elected officials. You can phone their offices and leave a message. Here are the principal phone numbers:

President Biden: *Presidential Comment line*: functioning Tuesday through Thursdays from 11 am to 3 pm. Sometimes there is a long wait. With patience, you can leave a personal message with the operator or follow instructions to communicate electronically. **202 456-1111.**

Senators Schumer and Gillibrand and Congressman Lawler: Can be reached through the Congressional Switchboard: **202 224-3121.** There is usually a prompt response. Just ask for your senator or representative by name and you will be connected.

Congressman Michael Lawler has an office in Spring Valley. Messages can be left there: **845 201-2060** or call directly to his Congressional office: **202 225-6506.**

Martin S.

Bulletin Board Guideline Reminders

- The location for residents' short-term personal notices is the bulletin board in the Activities Alcove (located at the west entrance of the GR).
- For all bulletin boards, half-page notices are preferred; trim excess "white space" before posting.
- Notices should be posted no earlier than 14 days before an event, kept up for a maximum of 14 days, and removed by the responsible committee/individual 24 hours after the event.

Everyone's cooperation will be appreciated.

Massage Therapy Now Available at the RCC

Kendal welcomes Elizabeth Lalumia, LMT, a NY State-licensed massage therapist, soft tissue specialist, and Swedish Institute graduate who works privately throughout Westchester County. Elizabeth has designed a special protocol for Kendal and brings her high-end massage services to the RCC starting **Tue., May 30.** She invites you to come relax, recharge, and/or get a knot worked out in a soothing atmosphere in the comfort of the RCC. Contact the RCC (1030) for booking, cost, or more information.