



Events: Week of August 14, 2023

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

Mon 8/14	7:30	Program: Tom Laurenson, "Frank Sprague: Inventor, Engineer, Scientist" (see p. 3) NO MOVIE	ON ZOOM
Tue 8/15	8:00	Shopping: Trader Joe's 9:30 – 11:00, Shoprite/Thornwood 1:00 – 2:15 Movie: <i>Little Miss Sunshine</i> (2006, 1h 41m) Convinced their little Olive is beauty queen material, parents load the family into a van and embark on a life-altering road trip to a California pageant.	Ch 970
Wed 8/16	5:00 8:00	August Birthday Party/Sip and Snack Movie: <i>Marlowe</i> (2023, 1h 50m) A gripping 1930s crime thriller centers around a brooding, down-on-his-luck detective: Philip Marlowe.	GR Ch 970
Thu 8/17	7:30 8:00	Movie: <i>Glengarry Glen Ross</i> (1992, 1h 40m) An examination of the vicious machinations behind the scenes at a real estate office. Movie: <i>Young @ Heart</i> (2007, 1h 48m) Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens.	GR Ch 970
Fri 8/18	5:00 8:00	Shopping: No shopping in the morning ; Stop & Shop/Ossining 1:00 – 2:15 & 1:45 – 3:00 Sip and Snack Movie: <i>Glengarry Glen Ross</i> (1h 40m) See Thursday's description	GR Ch 970
Sat 8/19	1:00 8:00	NO OPERA Movie: <i>Percy vs Goliath</i> (2021, 1h 40m) A third-generation farmer is sued by a corporate giant for allegedly using their patented seeds. With few resources to fight the giant legal battle, Percy nevertheless fights all the way to the Supreme Court.	Ch 970
Sun 8/20	8:00	Movie: <i>The Bucket List</i> (2007, 1h 37m) When a corporate mogul and a mechanic wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon – Fri, August 14 – 18: Talk: Diversity of Westchester Birds: From Eagles to Warblers, 2023

3:00 pm: Sat, August 19, **repeated** Sun, August 20: The World's Greatest Geological Wonders
Lecture 35: A Montage of Geologic Mini-Wonders
Lecture 36: Planetary Wonders – Out of This World

4:30 pm: Concert: Sam Decaprio, cello, and Leo Bernsdorf, piano, 2019

8:00 pm: Movies: As listed above

Deadline for August 21 issue of Spotlight is Wed, August 16. 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, 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	Next Session 9/8	BIS
Italian	Next Session 8/31	GR
Meditation	Tue/Thu/Sat 9:15 Sun 7:15 pm	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	Next Session 9/27	CLE
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 & Tue 10:45
Chair Yoga: Tue 12 noon
Zumba Gold: **No Zumba this week**
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

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) <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

**August 14 Program: Tom Laurenson
“Frank Sprague: Inventor, Engineer,
Scientist”
Via Zoom**



On August 14, Tom Laurenson, Outreach Coordinator for The Shore Line Trolley Museum in East Haven, CT, will present the story of an unsung genius, Frank Sprague.

Sprague fathered not only the first practical city-wide trolley system, but also industrial motors, subway and elevated trains, automatic safety controls, and high-speed electric elevators. When he sold his patents to Westinghouse, Otis Elevators, GE, and others, he did not insist that his name be identified with the products he had made possible. Much of the early fame such companies enjoyed was earned for them by Sprague's inventive genius. Except for that reason, his name would be as familiar today as those of Thomas Edison and other prominent American inventors.

Stan A. will send the Zoom link to residents on August 11. Be sure to join this presentation to learn about this unsung genius.

Folk Song Sing-a-Long



How would you like to Sing Folk Songs along with Deb W. on guitar? On **Wednesday, August 23**, come to the **Residents Lounge at 4 pm**, choose a cozy chair, and you'll know you're at the right place to sing — and just a step away from the Sip and Snack and the Bistro.

Trips

Space Available

September 7, Thursday:
The Bruce Museum, Greenwich, CT

New Trip

**September 13, Wednesday:
"Pride of the Hudson" Cruise**

Rain or shine, we will begin our Hudson River adventure at Newburgh and go by Mt. Beacon, Storm King Mountain, the Catskill Aqueduct, and West Point. Relax in the Main Salon or topside, for a narrated tour of the Hudson. You are encouraged to bring your lunch; only light snacks are available on board.

**Celebrate August Birthdays
While You Sip and Snack**

Those who mark August birthdays — and all those who would raise a glass to honor them — are invited to join in with birthday celebration on August 16 in the Gathering Room at the usual Sip & Snack time of 5:00.