



Events: Week of April 10, 2023

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

Mon 4/10	2:00 7:30	Residents Council Meeting (see agenda, p.5) Program: County Executive George S. Latimer , "Westchester County Update" (see p.3)	GR GR
Tue 4/11	1:30 8:00	Shopping: Trader Joe's 9:30 - 11:00 / Thornwood 1:00 - 2:15 Course: "American Musicals and the Pulitzer Prize, Part II": A Chorus Line ; Instructor: Meg Bussert (subscription) Movie: <i>The Inspector General</i> (1949, 1hr 42min). Danny Kaye stars as medicine show schlemiel who ambles into a Russian hamlet that's expecting the czar's <i>Inspector General</i> . Based on Nikolai Gogol play.	GR Ch. 970
Wed 4/12	1:30 5:00 8:00	Trip: David Rockefeller Creative Arts Center at Pocantico Sip and Snack Movie: <i>The Producers</i> (1968, 1hr 30min). Max Bialystock hasn't had a hit in years when he and his accountant come up with a plot.	GR Ch. 970
Thu 4/13	7:30 8:00	Movie: <i>The Outfit</i> (2022, 1hr 45min). After a personal tragedy, a former Savile Row tailor makes beautiful clothes for a mobster family. Movie: <i>Hoop Dreams</i> (1994, 2hr 51min) Two inner-city Chicago kids dare to reach for impossible basketball glory.	GR Ch 970
Fri 4/14	5:00 8:00	Shopping: Tarrytown 9:45 - 11:00 / Ossining 1:00 - 2:15 Sip and Snack Movie: <i>The Outfit</i> (see 4/13).	GR Ch 970
Sat 4/15	1:00 8:00	Opera: <i>The Nose</i> by Dmitri Shostakovich (see p.3) Movie: <i>Dog Day Afternoon</i> (1975, 2hr 4min). Sonny teams up with Sal to rob a New York bank on a scorching-hot summer day.	GR Ch 970
Sun 4/16	3:00 8:00	Concert: Bard College Conservatory of Music Faculty & Students Movie: <i>You Will Meet a Tall, Dark Stranger</i> (2010, 1h 38min). After her husband takes up with a younger woman, Helena consults a psychic to learn what fate has in store for her.	GR Ch. 970

KoH TV Channel 970**Round-the-Clock: Rue des Artistes "Awakening"****3:00 pm.****Mon-Fri, Apr. 10-14: Talk:** "Sing Sing Prison Museum: Building a More Just Society"**Sat-Sun, Apr. 15-16: The World's Greatest Geological Wonders**

Lecture 1: Santorini – Impact of Volcanic Eruptions

Lecture 2: Mount Fuji – Sleeping Power

4:30 pm: Concert: Elizabeth Pitcairn and Students from the Luzerne Music Center, 2023**8:00 pm: Movies** as listed above

Deadline for Apr. 17 issue of Spotlight is Wed, Apr. 12, 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 10:00	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	RCR
	Sun 7:15 pm	
Open Studio:	Sat 10-12	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

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: Fri 10:00 (**no class Tue**)
Water Aerobics: Fri 10:45 (**no class Tue**)
Chair Yoga: Tue 12 noon
Zumba Gold: Tue 2:00
Cornhole: Wed 1:30
Mat Yoga: Thu 12 noon
Mindful Movement & Meditation: Thu 1:15

Please sign in at classes – name & ext.

Staffed Fitness Center

Mon-Fri, 8:30–3:30

Pool: Mon-Fri, 9:00 –4:00; Sat, 9:00-3:00

Guest swim Mon-Sat 1:00 – 3:00

Fitness Center & Pool closed 12-1;

will not open until 1:00 pm on Tue, 4/11

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 am

Drug Take-Back Days: 1st Mon, 9 am – 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; they can be made for 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 pm GR

Quaker Meeting:

Sundays, 11:00 am RCR

Service of Prayers

1st & 3rd Tue. 1:30 pm SUN

Shabbat Services:

2nd & 4th Fri. 4:30 pm RCR

Monday Night Program
George S. Latimer:
“Westchester County Update”

County Executive George S. Latimer returns on **April 10 at 7:30 pm** to give us an update on what’s happening in the County.

Prior to his election in November 2017, Latimer was a member of the NYS Senate for the 37th District. Previously he served on the Rye City Council, in the Westchester County Legislature, and in the New York State Assembly.

Born in Mt. Vernon, he graduated with a B.A. from Fordham and earned a Master’s in Public Administration from NYU’s Wagner School.

By profession, he is a marketing executive with over 20 years at major corporate subsidiaries of Nestle and ITT, with on-site responsibilities for projects with AT&T, IBM, and Shearson Lehman. During that time, he had direct involvement with project development in numerous sites nationwide.

Mixed Media Workshop

In the **Art Studio**
Two Fridays – **April 14 and 21**
10 am to 12 noon

A creative, informative, intuitive and fun approach to art-making. Using a variety of paints, inks, pencils, non-conventional tools, stencils, etc., you will move toward a work that is your creation and that **you** love.

If interested, reserve one of the six spots by calling Ann L

Saturday Opera

Kendal residents, hold on to your nose! Losing it may have unforeseen consequences.

The Nose by Dmitri Shostakovich, based on Nikolai Gogol’s satirical story, will be shown on Saturday, **April 15**, in conjunction with the Frieden/Sprules course on Russian short stories. South African artist William Kentridge designed an eye-popping production for the Metropolitan Opera, as absurd as Comrade Kovalyov’s search for his missing nose.

Join us in the Gathering Room at **1:00 pm** and don’t forget your mask.

Sunday, April 16 Concert
Bard College Conservatory of Music
Faculty & Students

Musicologist Christopher Gibbs, along with Bard College Conservatory of Music faculty and students, will present: "Late Thoughts: Johannes Brahms's Clarinet Quintet." Musicians include Eszter Pokai, clarinet; Chris Nelson and Yangxin Song, violin; Guy Levy, viola; and Raman Ramakrishnan, cello. A reception will follow in the PDR.

Thank You

Our heartfelt thanks to all the kind people of Kendal who gave us support during Donn’s recent hospitalization and recovery. You lifted our spirits with your caring words and innumerable acts of kindness. We are deeply grateful.

Carolyn K.
Donn W.

Walker Users Balance and Function Clinic

Do you use a walker? If so, you are invited to take part in our functional balance clinic

WHEN: Tuesday, 4/11, anytime between 10:00-11:30. No registration needed

WHERE: T-level class studio and Fitness Lobby

WHAT: 9 stations to challenge your balance and core. Spotters at each station (not to be refused, and no challenge performed without a walker)

Cathy DiSomma

Study on Walker Use

Drs. Sharon Wexler and Lin Drury are conducting a study that looks at what people think about using a walker and tests whether a robot bird makes walker use more enjoyable. If you use a walker, you are eligible. If you agree to participate, you will get a robot bird for your walker free of charge and you will be able to keep it after the study is over. If you are interested, please come talk to Drs. Wexler and Drury in the **Private Dining Room:**

April 11, 9:00-11:00 am

April 19, 1:00-3:00 pm

Kim Carpentier

Future Courses – Mark Your Calendars

The Education Committee will sponsor the following courses in the Gathering Room Tuesdays from 1:30 pm - 3:30 pm as noted below. Information and enrollment details on each course will be provided in advance.

May 9, 16, 23

Music: Michael Boriskin, Copland House

June 6, 13, 20, 27

Film: Michael Carter, Sarah Lawrence College

July 11, 18, 25, & Aug. 1

Theater: Kate Farrington, Marymount Manhattan College

Kendal View Seeks Photographs

Kendal View, the magazine by and for residents, is published bimonthly throughout the year. Its Photo Editors would like to invite you to submit a photograph for consideration in an upcoming issue. You can forward your jpg/tiff file to: kvphotoshare@gmail.com and we will be in touch with you. No files will be returned, so be sure to keep a copy. Also, please provide your name, extension, and a sentence or two about the subject of your photo. We look forward to seeing your work!

Pat T.