



Events: Week of April 24, 2023

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

Mon 4/24	8:00	No Program Movie: <i>Of Gods and Men</i> (2010, 2h 2m). Under threat by terrorists, Trappist monks in Algeria must decide to leave or stay.	Ch. 970
Tue 4/25	1:30	Shopping: Tarrytown 9:45-11:00 / Thornwood 1:00-2:15 Course: American Musicals and the Pulitzer Prize: “Rent” Instructor: Meg Bussert (subscription)	GR
	8:00	Movie: <i>Chocolat</i> (1988, 1hr 45min). A French woman returns to her childhood home and is flooded by memories, particularly of her servant.	Ch. 970
Wed 4/26	9:45 5:00 8:00	Tour of Historic Irvington Sip and Snack Movie: <i>Mother</i> (1926, 1hr 24min). A mother caught up in the failed 1905 Russian revolt finds her son and husband on opposite sides of a worker's strike. A silent film, from a story by Maxim Gorky.	GR Ch 970
Thu 4/27	7:30 8:00	Movie: <i>Women Talking</i> (2022, 1hr 24min). Isolated religious women grapple with faith when locals are accused of rape and sexual assault. Movie: <i>Center Stage</i> (2000, 1hr 56min). Vying for the American Ballet Company, 12 dance students push their bodies and minds to the limit.	GR Ch 970
Fri 4/28	10:30 5:00 8:00	Shopping: Trader Joe's/Marshalls 9:30-11:00 / Ossining 1:00-2:15 Amenta Emma Update on construction project (link emailed 4/26) Sip and Snack Movie: <i>Women Talking</i> (see 4/27).	Zoom GR Ch 970
Sat 4/29	1:00 8:00	Opera: <i>Lady Macbeth of Mtsensk</i> by Dmitri Shostakovich (see p.4) Movie: <i>The Dead</i> (1987, 1hr 23min). After a convivial holiday dinner, things begin to unravel when a couple addresses some prickly issues concerning their marriage. From a Joyce story.	GR Ch 970
Sun 4/30	8:00	Movie: <i>Big Night</i> (1996, 1h 49min). Despite its superb cuisine, an Italian restaurant run by immigrant brothers verges on bankruptcy.	Ch 970

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

3:00 pm: Mon–Fri, Apr 24–28: Talk: Westchester County Update, George Latimer, 2023

3:00 pm: Sat, Apr 29, repeated Sun, Apr 30: The World's Greatest Geological Wonders

Lecture 5: Erta Ale — Compact Fury of Lava Lakes

Lecture 6: Burgess Shale — Rocks and the Keys to Life

5:00 pm: Concert: Bard College Conservatory of Music, 2023

8:00 pm: Movies: as listed above

Deadline for May 1 issue of Spotlight is Wed, Apr. 26, 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

Tues 4/25: Pool and Fitness Center
do not open until 1 pm

Stretch/Balance: Mon & Wed, 9:30 (Zoom)

No stretch class Fri 4/28

Pilates: Mon 10:15 & 11:15; Wed 10:15

Resistance Bands: Mon, Wed, Fri 12:30

Tai Chi: Tue & Fri 10:00

Water Aerobics: Tue & Fri 10:45

Zumba Gold: Tue 2:00

Bocce or Cornhole: Wed 1:30

(depends on the weather)

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

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 PDR

Residents Association Quarterly Meeting Rescheduled

The next Quarterly Meeting of the Residents Association, originally scheduled for Monday, April 24, at 7:30 pm, will instead be combined with the Residents Council meeting that will be held on **Monday, May 8, at 2:00 pm** in the Gathering Room. There will be no Residents Association meeting on April 24.

Beading Workshop



Thursday, May 11, 3 – 4:30
Art Studio, C-Level Mary Powell

Want to learn how to create a single-strand beaded necklace or bracelet? You can, at this Art Committee workshop.

Bring your own beads or select from available donated ones. Bring a necklace or bracelet that is the length you want to make, if you have one, or a broken one you want to restring.

Resident Caroline P. and Mary B., daughter of resident Marion L., will demonstrate the process and help as you create your own necklace or bracelet.

Limit: 6 people. Sign up by sending an email to: Caroline P.

May 18: Bartow-Pell Mansion Museum in Pelham Bay Park, Bronx



This National Historic Landmark and NYC Landmark is a beautifully restored Greek Revival mansion surrounded by formal gardens. It is located within Pelham Bay Park, the largest park in NYC, with nearly 3,000 acres of forest, marshland, coastline, and Orchard Beach. This landmark country estate is of interest for its architecture, furnished interiors, history, and surroundings.

In 1654, Thomas Pell purchased land from Indigenous people and built a manor house. A descendant, Robert Bartow, bought part of the manor and built the mansion in 1836. In 1888, it was sold to NYC as part of the new Pelham Bay Park. In 1914, the International Garden Club adopted and restored the mansion to its 19th century grandeur, opening it to the public in 1946.

Our trip includes a one-hour docent tour of the grounds and gardens. Bring your lunch—we will have a picnic on the terrace of the mansion.

Wanted: All Your Ideas. Let's Have Fun!

For Games and Activities that would involve our community, what are your preferred nights or days? Times?

Please submit your ideas to
Marian D.

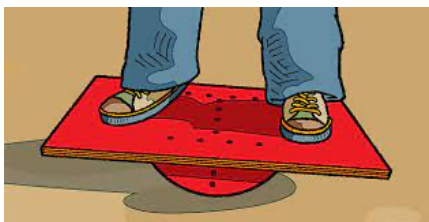
A Portrait of Autism: Artists and Their Works, With Sheila B.

On April 14, The National Institute of Mental Health (NIMH) and the Office of Autism Research Coordination (OARC) hosted their 10th Annual Autism Awareness Month Special Event, A Portrait of Autism: Artists and Their Works. The virtual event featured four artists who talked about how their experiences as autistic individuals have shaped their artistic expression. Key among them was our very own Sheila B. The event included a sampling of their artwork and a Q&A with the artists.

If you missed it, you can find a video recording at:

<https://iacc.hhs.gov/meetings/autism-events/2023/april14/portrait-of-autism.shtml#video> (or check our Residents Website on Monday, April 24).

IT'S BACK!!!! TAKE THE BALANCE CHALLENGE



**WHEN: TUESDAY 4/25, anytime
between 10:00 – 11:30**
WHERE: Fitness Lobby and Studio
**WHAT: 12 manned stations where
you may safely challenge your
balance and posture**

SIGN IN AND START AT STATION #1

**Safety first, please
do not refuse spotting**

Food Scrap Composting

Bins with tightly fitted lids for collecting and transferring food waste are available for purchase for \$10 by Sleepy Hollow residents at Village Hall-Clerk's Office, thanks to a grant from the New York State Department of Environmental Conservation (kits typically retail for \$20). Food waste can be dropped at the Department of Public Works site at 60 Continental Street, in the parking lot across from Village Hall on Beekman Avenue or at the James F. Galgano Senior Center at 55 Elm Street.

Martin S.

Saturday Opera



On **April 29**, we'll witness boredom, debauchery and murder in Dmitri Shostakovich's ***Lady Macbeth of Mtsensk*** performed by the fabulous Eva-Maria Westbroek. Her lover and co-conspirator is sung by Christopher Ventris in a production of the Nederlandse Opera. Mariss Jansons conducts the Royal Concertgebouw Orchestra (2006).

In the Gathering Room at 1:00 pm.
Please wear your mask.