



Events: Week of August 21, 2023

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

Mon 8/21	7:30	Program: Barbara Davis, "Leading Ladies of Westchester – Stage, Screen and TV." (see p. 3) NO MOVIE	GR
Tue 8/22	8:00	Shopping: AM: contact front desk/ PM: contact front desk Movie: Moving On (2023, 1h 25m). Estranged friends reunite to get even with Howard, the petulant widower of their recently deceased best friend.	Ch 970
Wed 8/23	2-4 4:00 5:00 8:00	Mr. Softee ice cream truck (see p.4) Sing-along with Deb W. (see p.4) Sip and Snack Movie: An Awfully Big Adventure (1995, 1h 53m). Set in post-WWII England, this bittersweet coming-of-age tale follows a star-struck lass who joins a low-rent theatre troupe led by a cruel, monocled director.	MPowell RL GR Ch 970
Thu 8/24	7:30 8:00	Movie: Turn Every Page (2022, 1h 52m). Follows the iconic Robert Caro and his editor Robert Gottlieb in this chronicle of a unique 50-year professional relationship. Movie: Planet Ocean (2012, 1h 33m). The film explains some of the planet's greatest natural mysteries, while reinforcing how essential it is that mankind learns to live in harmony with our oceans.	GR Ch 970
Fri 8/25	 5:00 8:00	Shopping: Shoprite Thornwood 9:30 – 10:45, Stop & Shop/Ossining 1:00 – 2:15 & 1:45 – 3:00 Sip and Snack Movie: Turn Every Page (2022, 1h 52m). See Thursday's description.	GR Ch 970
Sat 8/26	1:00 8:00	NO OPERA Movie: Daddy Nostalgia (1991, 1h 52m). A daughter discovers the power in forgiveness and reconciliation as she returns home to see her terminally ill father one last time.	Ch 970
Sun 8/27	3:00 8:00	Concert: Liz Queler and Seth Farber (see p.3) Movie: Three Men and a Cradle (1968, 1h 46m). Two bachelors have Their lives turned upside down when an infant houseguest is dropped at their doorstep, apparently the product of a fling by one of them.	GR Ch 970

KoH TV Channel 970

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

3:00 pm Mon-Fri, Aug 21-25: Talk: The Vibrant Future of the Jacob Burns Film Center, 2023
Sat, Aug 26, **repeat** Sun, Aug 27: The World's Greatest Geological Wonders (see p.3)
Lecture 13: Cave of Crystals – Exquisite Caves
Lecture 14: Great Blue Hole – Coastal Symmetry in Sinkholes
4:30 pm: Concert: The Raritan Trio, 2021
8:00 pm: Movies: as listed above

Deadline for Aug. 28 issue of Spotlight is Wed, Aug. 23. 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 2nd & 4th Fri 2-4 CRA
French Conversation **Resumes 9/8** BIS
Italian **Resumes 8/31** GR
Meditation Tue/Thu/Sat 9:15 am RCR
Wed/Fri/Sun 7:15-7:45 pm RCR
Open Studio Sat 10 am-12 ART
Poetry Reading **Resumes 9/27** CLE3
Quilting 1st & 3rd 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: 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

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 – 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)
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 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 21 Program
Barbara Davis
“Leading Ladies of Westchester
Stage, Screen, and TV”**

Beginning with the silent movie stars of the Thanhouser Film Corporation in New Rochelle (1909-1918) and D. W. Griffith’s studios in Mamaroneck (1919-1924), Westchester has been home to some of America’s finest female actors in film, stage, and television.

This presentation will cover the lives and careers of many of these women, as well as the allure of our Westchester communities. You will be amazed at the number of stars who have made Westchester their home, including Billy Burke, Julie Harris, Eartha Kitt, Glenn Close – and many more.

Barbara Davis, Co-Director of the Westchester County Historical Society, is the author/producer of dozens of articles and media presentations chronicling the history and features of Westchester County.

**Great Course Programming
on Channel 970**

On the **weekend of Aug 26/27**, we will conclude the series, “The World’s Greatest Geological Wonders” with two lectures that could not be played earlier in the season (see p.1).

Starting the **weekend of Sept 2/3**, we begin a timely new series, **“History of the Supreme Court,”** which will run through December 30.

The Supreme Court has defined the limits of our speech and actions since its first meeting in 1790.

This 36-lecture series is led by Peter Irons, Emeritus Professor of Political Science at the University of California, San Diego. He earned his undergraduate degree from Antioch College and his M.A. and Ph.D. in Political Science from Boston University. His J.D. is from Harvard Law School, where he served as senior editor of the Harvard Civil Rights-Civil Liberties Law Review.

Sunday Concert

Vocalist Liz Queler and composer/pianist Seth Farber make their Kendal debut on Aug 27. Hailed as a “singer’s singer,” Liz has performed on stages from Carnegie Hall to the Newport Folk Festival. Seth was assistant conductor and keyboardist for the Broadway runs of several musicals and conducted numerous Broadway shows. A reception will follow in the Private Dining Room.

September Course Reminder

On Tues afternoons, Sept 5, 12, 19, and 26, Prof. Paul Olsen returns to teach: ***How the Geological Record of Climate on Earth Unlocks the Chaotic History of the Solar System.*** Tuition: \$45 for all 4 sessions or \$15 per lecture. Sign-up sheets are available in the wall rack in the Activities Alcove. Questions? Contact Gerry M., or Fran K.



Sing-along with Deb

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, just a step away from the Sip and Snack and the Bistro.

New Resident's Bio Posted

A biography of **Mimi A.** is now posted on Main Street, near the windows opposite the bulletin board.

Trips

Waitlist

Thu. Sept. 7: Bruce Museum, Greenwich, CT

Wed. Sept. 13: "Pride of the Hudson" Cruise, Newburgh, NY



Meet Mr. Softee!

On Wednesday August 23, from 2-4 pm, Mr. Softee will be parked in front of the Mary Powell entrance with a truckful of goodies for residents and staff. Pick up your favorite soft ice cream – delicious and free!

