



Events: Week of August 7, 2023

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

Mon 8/7	7:30	Program: Mary Jo Ziezel, "The Vibrant Future of the Jacob Burns Film Center" (see p. 3) NO MOVIE	GR
Tue 8/8	8:00	Shopping: Tarrytown 9:45 – 11:00, Shoprite/Thornwood 1:00 – 2:15 Movie: <i>Paris Was a Woman</i> (1996, 1h 15m) Female photographers, artists, writers, designers, and adventurers live in Paris between the wars.	Ch 970
Wed 8/9	10:30 5:00 8:00	Trip: Noguchi Museum and Socrates Sculpture Park, Queens Sip and Snack Movie: <i>White Material</i> (2009, 1h 45m) A tale of a country torn apart by civil war; African soldiers force French nationals to abandon their land.	GR Ch 970
Thu 8/10	7:30 8:00	Movie: <i>Impromptu</i> (1991, 1h 45m) France 1830s, pianist and composer Frederic Chopin is pursued by a determined woman named George Sand. Movie: <i>Pina</i> (2011, 1h 43m) A documentary about Pina Bausch's Tanztheater Wuppertal dance troupe that performs "The Rite of Spring."	GR Ch 970
Fri 8/11	5:00 8:00	Shopping: Shoprite/Elmsford 9:30 – 10:45, Stop & Shop/Ossining 1:00 – 2:15 & 1:45 – 3:00 Sip and Snack Movie: <i>Impromptu</i> (1991, 1h 45m) See Thursday description.	GR Ch 970
Sat 8/12	9:15 1:00 8:00	Shopping: Pleasantville Farmers' Market 9:15 – 10:30. Tarrytown Farmers' Market 9:45 – 11:00 Driver available until 3:00 pm for other trip requests. NO OPERA Movie: <i>Life is Beautiful</i> (1997, 1h 41m). When a Jewish waiter and his son become victims of the Holocaust, he uses humor and imagination to protect them from danger.	Ch 970
Sun 8/13	3:00 8:00	Movie: <i>Little Miss Sunshine</i> (2006, 1h 56m) Convinced their little Olive is beauty queen material, two parents load the rest of the family into a van and embark on a life-altering road trip to a California pageant. Movie: <i>Dexter Gordon</i> (2007, 1h 10m). Three concerts filmed in 1964 highlight the bebop legend's classic style and silky tone.	GR Ch 970

KoH TV Channel 970

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

3:00 pm Mon-Fri, Aug 7-11: Talk: Building the New Croton Dam, 2023

Sat, Aug 12, **repeated** Sun, Aug 13: The World's Greatest Geological Wonders

Lecture 33: Auroras - Light Shows on the Edge of Space

Lecture 34: Arizona Meteor Crater – Visitors from Outer Space

4:30 pm: Concert: Hungarian Music for Two Violins, 2022

8:00 pm: Movies: as listed above

Deadline for Aug. 14 issue of Spotlight is Wed, Aug. 9. 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	Resumes 9/8	BIS
Italian	Resumes 8/31	GR
Meditation	Tue/Thu/Sat 9:15 Sun 7:15 pm	RCR
Open Studio	Sat 10 am-12	ART
Poetry Reading	Resumes 9/27	CLE3
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: Tue & Fri 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 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 7 Program
Mary Jo Ziezel
“The Vibrant Future of the Jacob
Burns Film Center”

As we continue to highlight the historic and cultural setting of KoH, we turn to the Jacob Burns Film Center (JBFC) in Pleasantville.

JBFC opened in 2001 as a nonprofit educational and cultural institution dedicated to presenting the best of independent, documentary, and world cinema; promoting visual literacy; and making film a vibrant part of the community.

In 2021, Mary Jo Ziezel was chosen as JBFC’s Executive Director, following two decades with the American Ballet Theatre. Her Aug 7 presentation will highlight upcoming programming and education initiatives and introduce us to the people behind the JBFC’s dynamic programming (sharing some “sneak peaks”).

Ms. Ziezel holds a BA degree from the University of Wisconsin as well as an MA in Performing Arts Administration/Nonprofit Management from NYU. She is a doctoral candidate in Organization Leadership/Arts Education and Evaluation at Teachers College at Columbia.

September Course Reminder

Prof. Paul Olsen returns on Tuesday afternoons in September for a new course: “Paleo-Astronomy: How the Geological Record of Climate on Earth Unlocks the Chaotic History of the Solar System.”

Tuition is \$45 for all 4 sessions or \$15 per session. Sign-up sheets have been distributed.

Questions?
Call Gerry M. or Fran K.

Kendal Grilling Club

Are you an experienced griller who wants to get a chance to barbeque? Or do you want to learn modern grilling techniques?

With the help of Kendal Dining we will be establishing a Kendal Grilling Club to bring together those interested in the fine art of relaxed outdoor cooking.

If you would like to help organize this interest group, email Peter R.

Trips

Short Wait List Wed. Aug. 9
Noguchi Museum and Socrates
Sculpture Park, Long Island City
Queens

New Trip Thu. Sept. 7
The Bruce Museum, Greenwich, CT

The Bruce Museum's 139-year-old building has been renovated and houses a collection of about 15,000 objects representing the arts and sciences. It was recently voted the best museum in Fairfield County.

Here's a brief sample of its extensive and varied exhibits: Elie Nadelman's sculptures using innovative materials exploring figure, form, and abstraction; paintings from private collections showcasing American modernism; contemporary Black art (1968-2021) showing legacies of slavery, Civil Rights Era, and current themes; "Plexus" installation using multicolor threads; mineral gallery with over 100 unusual and rare crystals; science galleries with fossils, birds, and ecosystems; textile collections, including clothing.

For additional descriptions, see www.brucemuseum.org

We will have a docent tour. Lunch will be at Meli-Melo, a local restaurant.

Trip to Farmers' Markets

Transportation to the Pleasantville and Tarrytown Farmers' Markets is scheduled for Saturday, August 12. A sign-up sheet is at the front desk for all Saturday requests.

The Pleasantville Market trip leaves at 9:15 am from Kendal. Return run is at 10:30 am.

Departure from Kendal for the Tarrytown Market destination is at 9:45 am. The return trip is scheduled for 11:00 am.

A driver will be available until 3:00 pm Saturday afternoon for other trip requests .

From the Alida Puzzlers

The Alida Puzzlers wish to thank anonymous donors for their gifts of new jigsaw puzzles, which will be tackled by-and-by. Each is a new challenge, and we are grateful for the tickling of our brains.

Pace University Registration

Interested in auditing a course this fall at Pace University?

The registration deadline is Friday, August 11. Questions? Phone Fran K.