



Events: Week of July 3, 2023

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

Mon 7/3	7:30	Movie: <i>Before Night Falls</i> (2000, 2h 13m) This biopic offers a glimpse into the life of Cuban poet and novelist Reinaldo Arenas, an artist who was vilified for his homosexuality in Fidel Castro's Cuba.	Ch 970
Tue 7/4	7:00	INDEPENDENCE DAY HOLIDAY Transportation Available: Contact front desk Fourth of July Program (see p. 3) No Movie	GR
Wed 7/5	5:00 8:00	Sip and Snack Movie: <i>Rosencrantz and Guildenstern</i> (1990, 1h 97m) Tom Stoppard turns William Shakespeare's tragedy <i>Hamlet</i> topsy-turvy in this witty play featuring trivial characters Rosencrantz and Guildenstern. For Kate Farrington's Shakespeare class. No subtitles.	GR Ch 970
Thu 7/6	2:30 7:30 8:00	Dining Service Open Meeting: Project Refresh Dining Plans. All Residents Invited. Movie: <i>The Lost King</i> (2022, 1h 48m) An amateur historian defies the stodgy academic establishment in her efforts to find King Richard III's remains, lost for over 500 years. Movie: <i>Duke Ellington</i> (2007, 1h 20m) Earliest-known filmed concert by Duke Ellington in 1958.	GR GR Ch 970
Fri 7/7	5:00 8:00	Shopping: Ossining 1:00 – 2:15 & 1:45 – 3:00 Sip and Snack Movie: <i>The Lost King</i> (see Thursday description)	GR Ch 970
Sat 7/8	1:00 8:00	Opera: <i>Le Nozze di Figaro</i> by W.A. Mozart (see p. 3) Movie: <i>HAMLET, Part 1</i> (1996, 2h 38m) Two parts over 2 days; 4 hours total. The Danish prince is driven to madness by his father's death. For Kate Farrington's Shakespeare class.	GR Ch 970
Sun 7/9	8:00	Movie: <i>Hamlet, Part 2</i> (1996, 1h 24m) (see Saturday description)n.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon-Fri, July 3-7: Talk: Quest for a Sustainable World, Narinder Kakar, 2023

Sat-Sun, July 8-9: The World's Greatest Geological Wonders

Lecture 23: Bay of Fundy – Inexorable Cycle of Tides

Lecture 24 Hawaii – Volcanic Island Beauty

4:30 pm: Concert: The Kendal Chorale, "Nothing but Blue Skies From Now On," 2023

8:00 pm: Movies: as listed above

Deadline for July 10 issue of Spotlight is Wed, July 5. 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	Fri 3-4:30	BIS
Italian	Thu 11:15	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 3
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 Center and Pool closed July 4. There will also be no classes.

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 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

July 4 KoH Program

Our KoH celebration of the Fourth of July (**7 pm to 8 pm**), chaired by Muriel F., will be held in the Gathering Room this year. Special doors will be designated for those with wheelchairs or walkers. Ushers Bob K., Janet S., Sally K., Simone T., Shirley M., Dianne M. and Eleanor L. will assist residents to locate seats.

The program features Kendal Singers Jane B., Sylvia H., Ed H., Rema S., David S., Marcy S., Norman S., Jody S., Sofia W. and Deb W., led by Bob S. and accompanied by Linda M.

The Declaration of Independence and Bill of Rights will be read.

In a lively political debate, Maria H., Eugene D. and Jon M. will present proposals about "My first action if I were elected President of the United States." These will be voted on by the audience. Bob A. will compute the tally of votes counted by Roberta P., Marian D., Mimi A. and Jane K.

The program will be followed by fireworks.

Community Fireworks

Posters outside the Gathering Room will list where to view fireworks. Those able to climb to the hilltop of Rockwood Hall are invited to join Rita B. at the park entrance that is opposite Alida by 8:30 pm. Bring flashlights and something lightweight to sit on.

Saturday Opera

Join us for a special treat, Mozart's Marriage of Figaro set in a 52nd floor apartment in Trump Tower. Director Peter Sellars transposes the social conflicts between the upper classes and their servants into a not-so-different 1990s. Sanford Sylvan sings Figaro, Jeanne Ommerle is Susanna, James Maddalena sings the Count, and Jayne West the Countess. Craig Smith conducts the Vienna Symphonic Orchestra and the Arnold Schoenberg Choir.

Share Game Skills With Beginners

Seeking residents to teach Mahjong, Scrabble, Poker and other games. Help beginners learn the skills so they can join other KoH residents during our new Game Night. Let's get everyone active and involved!

Contact Marian D. in cubby or email.

Toward Kendal On Hudson's 20th Anniversary

In May 2025, KoH will mark the 20th anniversary of its formal founding. In preparation for this significant event, the Archives Committee, jointly with the Education Committee, will sponsor talks highlighting such topics as the historic and cultural setting of Kendal and its neighbors, the overall design of Kendal's buildings and grounds, our Quaker ties, the value of lifelong learning, the importance of senior living communities and the continuing care retirement model.

Upcoming Monday night lectures with this theme include:

July 10-- The Old Croton Aqueduct Made NY "The Empire City"

July 24-- Building the New Croton Dam

Aug. 7 -- The Jacob Burns Film Center

Aug. 28 -- Historic Hudson Valley: A Legacy of Preservation + Education

Sept. 18 -- History of the Aaron Copland House (Cortlandt)

Oct. 23 --Sleepy Hollow Lighthouse Restoration Project

Gretchen E., Edward K. or Fran K. welcome suggestions.

Meet Arthur and Bridgitt V.

Britt, as she prefers to be known, and Arthur had their possessions brought to Kendal this past week from their nearby Briarcliff Manor home where they resided for 65 years. However, they plan to take time to set up their apartment and won't start living here until July 1. Arthur's career has been as an ENT surgeon right here at Phelps. One of their two sons followed in his father's footsteps and is an ENT in Wellesley, MA, where he resides with his wife and three children. Their other son, a Medical Engineer, lives comparably nearby in Brooklyn.

Arthur builds large model airplanes and would love to have a wood-working shop at Kendal. Britt's current passion is beadwork and flower arranging.

July Course Reminder

"Shakespeare in the Contemporary World" is our next course, with Kate Farrington as instructor. The sessions will be in the Gathering Room from 1:30 pm to 3:30 pm on Tue, July 11, 18, 25 and Aug 1. Tuition is \$50 for all 4 sessions or \$15 per individual class. Sign-up forms are in the Activities Alcove wall rack. For information, call Fran K. or Gerry M.

Trips

The Trips Committee would like to invite new members.

Would you enjoy leading trips to local places of interest, such as museums, historic sites, rivertowns, gardens, and to New York City? Advance knowledge of trip venues is not needed. Perhaps you would prefer assisting a trip leader while you participate on the trip. This is a good way to learn about the leader's duties and consider becoming one.

If you are interested in becoming a Trips Committee member or a volunteer trip assistant, please contact Marianne B.

Elections Are In The Air

Kendal's Resident Council election season has begun. If you would like to help make our community even better, please consider running for the Council in November.

If you are interested, notify any of the Election Committee members: Harry B., Joe B., Fran K., Annette L., Susan L., Janet S. or Deb W. The Intent to Run forms will be distributed to residents on July 17.

Peggy P.



It is with deep sadness that the Editors announce the death of Peggy P. Peggy was a *Spotlight* editor from May 2007, and served as editor-in-chief for several years. She was a cheerful, skilled, and helpful colleague and dear friend, and she will be sorely missed.

