



Events: Week of July 31, 2023

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

Mon 7/31	7:30	Program: Anne Swaim, "Diversity of Westchester Birds: From Eagles to Warblers" (see p. 3)	GR
Tue 8/1	1:30 8:00	Shopping: Tarrytown 9:45 – 11:00 / Trader Joe's 1:00 – 3:00 Final Class: "Shakespeare in the Contemporary World.": Instructor Kate Farrington (subscription) Movie: <i>Surviving Picasso</i> (1996, 2hr 5min). Story of Françoise Gilot, the only lover of Picasso who was able to withstand his ferocious cruelty and move on with her life.	GR Ch. 970
Wed 8/2	10:00 5:00 8:00	Trip: Franklin D. Roosevelt Library & Museum, Hyde Park Sip and Snack Movie: <i>Grumpy Old Men</i> (1993, 1hr 44min). For decades, next-door neighbors John and Max have feuded. When an attractive widow moves in nearby, their bad blood erupts into a high-stakes rivalry.	GR Ch. 970
Thu 8/3	7:30 8:00	Movie: <i>Balzac and the Chinese Seamstress</i> (2002, 1hr 52min). Two college students are sent to a Maoist rehabilitation camp in a remote village to be purged of their Westernized education. Movie: <i>Wes Montgomery: Live in '65</i> (2007, 1hr 18min) This profile shines a light on one of the most unique guitarists in music history.	GR Ch. 970
Fri 8/4	5:00 8:00	Shopping: Thornwood 9:30 -10:45 / Ossining 1:00 -2:15 /1:45 - 3:00 Sip and Snack Movie: <i>Balzac and the Chinese Seamstress</i> (see Thursday)	GR Ch 970
Sat 8/5	8:00	Movie: <i>Plaza Suite</i> (1971, 1hr 54min). This comedy comprises three vignettes, each set in room 719 of NY's Plaza Hotel.	Ch. 970
Sun 8/6	8:00	Movie: <i>Never on Sunday</i> (1960, 1hr 37min). An American scholar in Greece sets about improving the life of the prostitute with whom he is infatuated.	Ch. 970

KoH TV Channel 970**Round-the-Clock: Rue des Artistes "Kaleidoscope"****3:00 pm.**

Mon-Fri, July 31-Aug 4: Talk: "Covid and Other Pandemics: How to Stop Them,"
Dr. Thomas Frieden, 2023

Sat-Sun, Aug 5-6: The World's Greatest Geological Wonders

Lecture 31: Namib/Kalahari Deserts – Sand Mountains

Lecture 32: Siwa Oasis – Paradise amidst Desolation

4:30 pm: Concert: Dixieland Express, Jazz Bank, 2020**8:00 pm: Movies** as listed above

Deadline for Aug 7 issue of Spotlight is Wed, Aug 2, 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, Dianne Schlair, 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	Next session 9/8	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	Next session 9/27	CLE3
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 & 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 (no class 8/1)

Bocce: 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

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 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 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; 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

July 31 Program:

Anne Swaim

“Diversity of Westchester Birds: From Eagles to Warblers”

On July 31, Anne Swaim, Executive Director of the Saw Mill River Audubon in Chappaqua, will present a program featuring beautiful images, sounds, and videos of Westchester birds across the seasons, as well as many different county birding hotspots.

In 1989, Anne began as Staff Naturalist and sole employee of Saw Mill River Audubon. She has served as Executive Director since 2004. Today, she and four staff members, plus dozens of volunteers, maintain eight wildlife sanctuaries, offer over 200 free public programs and field trips annually, and help connect people with nature.

Anne has a B.S. in Environmental Biology from Clarion University and M.Div. from Eastern University. She previously worked for Pennsylvania State Parks and the Pennsylvania Chesapeake Bay Program.

Saturday Opera

Please note that the Opera Committee is going on vacation (in spirit) in August, and there will be no operas in the Gathering Room until September 2.

New Resident's Bio Posted

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

Pace University Course Auditing

Under our partnership with Pace University, KoH residents may audit **one course per semester** with no tuition charge. Information about the specific course offerings and registration procedures for the fall semester will be distributed to cubbies. Questions? Call Fran K.

Trips

Short Wait List: Wed. Aug. 2

Franklin D. Roosevelt Library and Museum, Hyde Park

The Give-and-Take Table

The Table will open for business on the T Level of Mary Powell on **August 1** and will disappear on **August 7** at 5 pm. As usual, NO food, clothing or sharp objects.

The Table looks forward to having visitors.

Welcome Vera S.

Vera S. moved to Mary Powell apartment 1310 on **Friday, July 28**, from her home in Ardsley. She previously lived in Chappaqua, where she raised her three daughters. One lives in Manhattan, the other two in Denver. Each has a young adult child: one girl and two boys.

Vera has a Master's in Social Work and graduated from Westchester Psychoanalytic Institute. She works as a psychoanalyst, using FaceTime to meet with her clients.

Vera enjoys the many courses she takes at the Scarsdale Adult School. She is fluent in Spanish and looks forward to becoming an active member of the Kendal community.

Reminder: Potential Residents Council Candidates

Residents who plan to run for one of the 6 open Council seats this fall are reminded they must submit their Intent to Run form by **Friday, August 4**. Questions? Contact Janet S. or Fran Kelly.