



Events: Week of March 27, 2023

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

Mon 3/27	7:30	Program: Noah Chesnin: "Hudson Canyon: Building Support for a New National Marine Sanctuary" (see p.3) NO MOVIE	GR
Tue 3/28	1:30	Shopping: Tarrytown 9:45 - 11:00 / NEW -Shoprite/Elmsford 1:00 - 2:15 Class: The End of the German Bauhaus, Instructor Morgan Ridler, Ph.D. (subscription)	GR
	8:00	Movie: <i>All Quiet on the Western Front</i> (1979, 2h 30m) A young soldier's experience and distress on the western front during WWI.	Ch 970
Wed 3/29	5:00	Sip and Snack	GR
	8:00	Movie: <i>Method to the Madness of Jerry Lewis</i> (2011, 1h 56m) A look at a living legend through in-depth candid interviews, never-seen film footage.	Ch 970
Thu 3/30	7:30	Movie: <i>Everything Everywhere All at Once</i> (2022, 2h 12m) A flustered immigrant mother is contacted from a parallel universe and told that only she can save the world.	GR
	8:00	Movie: <i>The Nutcracker</i> (1997, 1h 18m) The classic, with Mikhail Baryshnikov and Gelsey Kirkland.	Ch 970
Fri 3/31	5:00	Shopping: Tarrytown 9:45 - 11:15 / Stop&Shop/Ossining 1:00 - 2:15 Sip and Snack	GR
	8:00	Movie: <i>Mrs. Doubtfire</i> (1993, 2h 5m) Limited by court order from visiting his kids, an estranged dad disguises himself to become their nanny.	Ch 970
Sat. 4/1	1130	Trip: Metropolitan Opera HD: <i>Falstaff</i> (see p.4)	GR
	1:00	Opera: <i>Carmen</i> (see p.3)	GR
	8:00	Movie: <i>Man on the Moon</i> (1993, 1h 58m) Jim Carrey gives the performance of his career as the inventive comedian Andy Kaufman.	Ch. 970
Sun 4/2	3:00	Concert: Elizabeth Pitcairn, violin, Barbara Podgurski, piano, and students from the Luzerne Music Center (see p.3)	GR
	8:00	Movie: <i>Gosford Park</i> (2001, 2h 18m) A weekend hunting party turns into a mystery when the host is found dead.	Ch. 970

KoH TV Channel 970

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

3:00 pm: Mon–Fri, Mar 27-31: Talk: Architect Myles Brown on Kendal Renovation, 2023

3:00 pm: Sat, Apr 1, **repeated** Sun, Apr 2: The Middle East in the 20th Century

Lecture 21: U.S., Invasion of Iraq and Its Consequences

Lecture 22: Are Democracy and Islam Compatible?

4:30 pm: Concert: The New York String Sextet, 2023

8:00 pm: Movies: as listed above

Deadline for Apr 3 issue of Spotlight is Wed, Mar 29, 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	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	RCR
Open Studio	Sat 10 am-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

Staffed Fitness Center

Mon–Fri, 8:30–3:30

Fitness Classes

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

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

Resistance Bands: Mon, Wed, Fri 12:30

Tai Chi: Tue & Fri 10:00

Water Aerobics: **no class Tue 3/28, Fri 3/31**

Chair Yoga: Tue 12 noon

Zumba Gold: Tue 2:00

Cornhole: Wed 1:30

(Fitness Studio classroom)

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 12-1pm

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 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

BIS	Bistro
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:	1 st & 3 rd Tue 1 pm	SUN
Shabbat Services:	2 nd & 4 th Fri 4:30pm	RCR

March 27 Program

Noah Chesnin

Hudson Canyon: Building Support for a New Marine Sanctuary

About 100 miles southeast of NYC is the beginning of the Hudson Canyon, the largest submarine canyon along the US's Atlantic Coast. In depth and scale, it rivals the Grand Canyon. Home to hundreds of wildlife species, from giant and threatened whales and dolphins, sharks, and sea turtles, to soaring seabirds and deep-sea corals, it also houses numerous species important to fisheries--tilefish, squid, crabs, flounder, and tunas--and other species important to ecotourism.

Noah Chesnin, Associate Director for the Wildlife Conservation Society's New York Seascape program, has led the organization's work to nominate Hudson Canyon as a National Marine Sanctuary. He served as Chair of the Aquarium Conservation Partnership, a consortium of 26 U.S. aquariums working collaboratively on conservation policy.

April 2 Concert

**Elizabeth Pitcairn, violin;
Barbara Podgurski, piano:
and Luzerne Music Center Students**

Violin virtuoso Elizabeth Pitcairn returns for another musical program also featuring pianist Barbara Podgurski and students from the Luzerne Music Center in upstate New York. Student performers include violinist Chloe Chen, 13, from NYC; oboist Ella Xu, 11, from Poughkeepsie; and violinist Iloa Biagini-Rosenbaum, 13, from Brooklyn. Following the students' presentations, Ms. Pitcairn and Ms. Podgurski will perform works by Vitali, Gershwin, and Vivaldi.

New Great Courses Program to Start Weekend of April 15

The World's Greatest Geological Wonders: 36 Spectacular Sites

This course takes us to the world's most spectacular geological wonders, explains the forces that have formed them, and tells us the stories that have grown up around them. Its goal is to heighten our appreciation for the world in which we live.

Leading the course is Michael E. Wysession, Ph.D., Associate Professor of Earth and Planetary Sciences, Washington University in St. Louis. An established leader in seismology and geophysical education and author or editor of more than 20 science textbooks, he is Chair of the National Science Foundation's Earth Science Literacy Initiative.

The 36 half-hour lectures will be broadcast on both Saturday and Sunday afternoons, from 3 to 4 pm over Channel 970. Look for the schedule on page 1 of Spotlight.

Saturday Opera

Carmen returns to KoH on **Saturday, April 1**, in a performance to be determined (three different productions are available). Cast and venue will be listed on posters on all bulletin boards.

Join us in the Gathering Room at 1pm and don't forget your mask.

Trips

April 26, Trip to Irvington,

Tour the unique, historic River Town of Irvington with a local guide—Pam M. The entire downtown of this 2 square mile village is on the National Register of Historic Places. It has 274 buildings dating between 1850 and 1930. Pam will explain how this village came into being and show us the places of interest including mansions, churches with Tiffany windows, Village Hall, historic industrial buildings now repurposed, and original workers' homes. We will be riding past and briefly stopping at other sites, such as the Octagon House. Midway in our tour, we will stop for lunch at the well-known Michelin Guide-listed Chutney Masala Indian Bistro.

Possible Space Available (Short Wait List)

April 1, Sat.—Metropolitan Opera HD Live Broadcast of *Falstaff*

There might be space available; if you are interested in going, please enter your name on the sign-up sheet in the Trips Book (operas are at the back of the book.) The van leaves Kendal at 11:30 am and returns about 4 pm. Those on the “wish list” are frequently called to fill spaces of cancellations.

April 19, Wed.—Philipse Hall Historical Site

Note from the Trips Committee

If you have any suggestions for a new local trip (within 15 miles of Kendal), the Trips Committee would like to hear from you. Please email Lynn B.

Sleepy Hollow Election Results

Although Kendal residents preferred to keep Ken Wray as mayor, most Sleepy Hollow voters preferred Martin Rutyna, who won the election last Tuesday with 56% of the ballots cast. Village trustees Tom Andruss, Jared Rodriguez, and Denise Scaglione, who were unopposed, were, of course, re-elected.

Democratic Party Primary

Just as we are taking a breath after the village election, our town, Mt. Pleasant, is gearing up for an election in November. The Democratic Party will be soliciting signatures to put candidates on the ballot. The Republican Party which is incumbent, is not now planning to hold a primary.

Martin S., Annette L.

The Give and Take Table

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

The Table looks forward to having visitors.