



## Events: Week of May 1, 2023

*For more on resident life at Kendal on Hudson go to [www.kohresweb.org](http://www.kohresweb.org)*

Mon 5/1	7:30	Program: Robert Sand, "What Is Justice?" (see p.3) <b>NO MOVIE</b>	<b>ZOOM</b>
Tue 5/2	8:00	<b>Shopping: Tarrytown 9:45 - 11:00 / Shoprite Thornwood 1:00 – 2:15</b> <b>Movie: <i>The Good Liar</i></b> (2019, 1h 49m). A con man sets his sights on his latest mark: recently widowed Betty is worth millions and he means to take it all. But as the two draw closer, the plot thickens.	<b>Ch 970</b>
Wed 5/3	1:00 5:00 8:00	<b>Trip: Theater trip to see "Miss Saigon", White Plains</b> <b>Sip and Snack</b> <b>Movie: <i>Ticket to Paradise</i></b> (2022, 1h 45m). Love is in the air as Lily prepares to wed a local guy and her friend finds herself falling for a doctor. But Lily's parents are coming to stop the festivities.	<b>GR</b> <b>Ch 970</b>
Thu 5/4	7:30 8:00	<b>Movie: <i>A Man Called Otto</i></b> (2022, 2h 6m). Otto no longer sees purpose in his life. He is ready to end it all, but his plans are interrupted when he meets a lively family and quick-witted Marisol. <b>Movie: <i>Moneyball</i></b> (2011, 2h 13m). The true story of Billy Beane, a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's.	<b>GR</b> <b>Ch 970</b>
Fri 5/5	5:00 8:00	<b>Shopping: Ridge Hill Mall 9:30 – 12:00/ Ossining 1:00 - 2:15</b> <b>Sip and Snack</b> <b>Movie: <i>A Man Called Otto</i></b> See description on Thursday.	<b>GR</b> <b>Ch 970</b>
Sat. 5/6	1:00 8:00	<b>Opera: <i>Le Nozze di Figaro</i></b> by Wolfgang Amadeus Mozart (see p. 4) <b>Movie: <i>Hotel Rwanda</i></b> (2004, 2h 2m). Amid savage tribal fighting that butchers hundreds of thousands of people, one ordinary hotel manager has the courage to save more than 1,000 helpless refugees.	<b>GR</b> <b>Ch 970</b>
Sun 5/7	3:00 8:00	<b>Concert: Empire Trio</b> (see p. 3) <b>Movie: <i>Father of My Children</i></b> (2009, 1h 51m). When a man who seems to have everything takes his own life, the question on everyone's mind is, why? But underneath the surface, trouble is brewing.	<b>GR</b> <b>Ch 970</b>

**KoH TV Channel 970**

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

**3:00 pm: Mon–Fri, May 1-5 : Talk: Broadway – What's Next? Jack Viertel, 2023**

**3:00 pm: Sat, May 6, repeated Sun, May 7: The World's Greatest Geological Wonders**

Lecture 7: The Grand Canyon – Earth's Layers

Lecture 8: The Himalayas – Mountains at Earth's Roof

**4:30 pm: Concert: Johnny Morris Jazz All Stars, 2016**

**8:00 pm: Movies: as listed above**

**Deadline for May 1 issue of Spotlight is Wed, April 26, at 5 pm. Type or print submissions and email to: [Spotlight@kohudres.org](mailto: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 <sup>nd</sup> & 4 <sup>th</sup> Fri 2-4	CRA
French Conversation	Fri 3-4:30	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	4 <sup>th</sup> Wed 4:00	(see p.4)
Quilting	1 <sup>st</sup> & 3 <sup>rd</sup> 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 10:15 & 11:15; Wed 10:15

**Resistance Bands:** Mon, Wed, Fri 12:30

**Tai Chi:** Tue & Fri 10:00

**Water Aerobics:** Tue & Fri 10:45

**Zumba Gold:** Tue 2:00

**Bocce or Cornhole:** Wed 1:30

(depending on the weather)

**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, 9–4, 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](http://librarycat.org/lib/2blackcats)

## RESIDENT CARE CENTER

Open Mon–Fri 8-4 (closed 12-1)

Call ext 1030 for appointment.

## Services:

**Blood Pressure Clinic:** 2<sup>nd</sup> & 3<sup>rd</sup> Mon, 8-noon

**Bloodwork:** Wed from 7:45 am

**Drug Take-Back Days:** 1<sup>st</sup> Mon, 9 am – noon

**For additional services, call x1030**

## LOCATIONS

All in Mary Powell

<b>BIS</b>	Bistro
<b>GR</b>	Gathering Room
<b>PDR</b>	Private Dining Room
<b>RL</b>	Residents Lounge (outside Bistro)
<b>RCC</b>	Resident Care Center (T level)
	<u>On C Level</u>
<b>ART</b>	Art Studio
<b>CRA</b>	Craft Room
<b>RAO</b>	Residents Association Office
<b>RCR</b>	Riverview Conference Room
<b>SUN</b>	Sunnyside

## KENDAL DINING

Please send comments to:

[diningcomments@kohud.kendal.org](mailto: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 pm GR

**Quaker Meeting:** Sundays, 11:00 am RCR

**Service of Prayers:** 1<sup>st</sup> & 3<sup>rd</sup> Tue 1:30 pm SUN

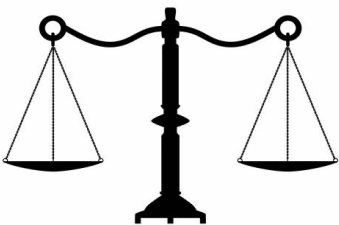
**Shabbat Services:** 2<sup>nd</sup> & 4<sup>th</sup> Fri 4:30 pm RCR

**May 1 Program, 7:30 pm on ZOOM**  
**Robert Sand**  
**"What Is Justice?"**

Robert Sand, son of former Kendal residents Ann and Leonard Sand, is a professor and founding director of the Center for Justice Reform at Vermont Law and Graduate School (VLGS).

Before joining the faculty on a full-time basis, he served for 15 years as the elected state's attorney (DA) for Windsor County, VT. At VLGS, he started the restorative justice program including both a Master of Arts and a Professional Certificate in Restorative Justice. He has extensive trial and appellate experience and is a Fellow of the American College of Trial Lawyers.

In his talk, Robert will compare and contrast conventional responses in the criminal legal system with restorative responses and ask the Kendal audience to explore their own understanding and perception of what makes a just response. In preparation for the talk, be sure to read the case, "An Introductory Problem," distributed to residents' cubbies. Stan A. will send a Zoom invitation to residents over the weekend.



**May 7 Concert, 3:00 pm in the GR**  
**Empire Trio**

Formed in 2012, the Empire Trio is a uniquely talented classical crossover ensemble that has performed in over 350 venues in the U.S., Canada, and the UK.

The trio consists of soprano Erin Shields, baritone Adam Canady, and pianist/violinist David Shenton. Their May 7 program, "You Raise Me Up," will be a tribute to the music of Josh Groban, Dion, and Andrea Bocelli.

A reception will follow in the Private Dining Room.

**Save the Date**

Newly elected Sleepy Hollow Mayor Martin Rutyna will visit Kendal on Monday, May 15. Please join us in the Gathering Room at 11 am to meet the new mayor and hear about his plans for the village.

**From the Resident Care Center**

We are making a list of residents who are interested in receiving the current COVID booster on June 7, here at Kendal. This will be administered by Hudson Pharmacy. If you are interested please call the Resident Care Center at ext. 1030 to sign up.

Thank you,  
Kim Carpenter

## **Trips**

### **SHORT WAIT LIST (Possible Space Available)**

**May 10: Culinary Institute of America (CIA), Hyde Park**



### **Fun Contest!!**



**Can you be identified from your High School or College photo?**

Please submit a copy to me for a fun contest!

We will see how many Kendal residents can pick you out!

### **Prizes!**

Place copies in Marian D's cubby or send email.

## **An Invitation**

MaryJane Shimsky, our new Assemblywoman, invites Kendal residents to contact her at her Tarrytown office, 303 South Broadway. She would like to hear constituents' ideas and to answer questions about legislation in Albany. Phone 914 631-1605 to set up an appointment.

### **New Location Poetry Reading**

The Poetry Reading group is meeting in a new location. It now is in the third floor elevator lobby of Clermont (same day and time.)

## **Saturday Opera**

May will be rung in with Mozart's ***Le Nozze di Figaro*** in a Peter Sellars production. This time, the action takes place in a penthouse apartment in Trump Tower on Fifth Avenue. Hold on to your hats!

The principal roles are sung by Sanford Sylvan, Jeanne Ommerle, James Maddalena and Jayne West. The performance is directed by Sellars, conducted by Craig Smith, and recorded at the Austrian ORF studio as part of the 1990 Vienna Festival Weeks.

## **The Give and Take Table**

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

The Table looks forward to having visitors.

### **May 1st from 10 am-1 pm in the Crafts Room**

An Instructor from the Weaving Center will teach a class on warping looms.

Weavers only please, we'll need the space.