



Events: Week of May 22, 2023

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

Mon 5/22	7:30	Program: Christopher Borsari, "Reflections on My Superintendency" (see p. 3)	GR
Tue 5/23	1:30 8:00	Shopping: Horticulture Committee Trip to Home Depot 9:45 (see p.3) / Thornwood 1:00 - 2:15 Class: "Musical Adventures with Michael Boriskin – New Composers" (subscription) Movie: <i>Hero</i> (2002, 1hr 39min). The Qin king has long been obsessed with conquering China, which makes him the target of three assassins.	GR Ch. 970
Wed 5/24	11:00 4:00 5:00 8:00	Talk: "Live Well: A Proactive and Wholistic Approach" (see p. 3) Opening Reception for Legacy Art Show, Rue des Artistes, C-level Sip and Snack Movie: <i>The Lady Eve</i> (1941, 1hr 43min). A seductive gold-digger and her father set out to fleece the socially inept heir to a brewery fortune.	GR GR Ch. 970
Thu 5/25	7:30 8:00	Movie: <i>The Whale</i> (2022, 1hr 57min). Racked with guilt over abandoning his family and grieving the loss of the gay lover he left them for, Charlie is eating himself to death. Movie: <i>Globe Trekker Argentina</i> (2004, 1hr) A veteran adventurer leads a fascinating tour of Argentina.	GR Ch. 970
Fri 5/26	5:00 8:00	Shopping: Tarrytown 9:45 -11:00 / Rosedale Nursery 10:15 –11:15 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>The Whale</i> (see Thu 5/25).	GR Ch 970
Sat 5/27	1:00 8:00	Opera: <i>The Pearl Fishers</i> by Georges Bizet (see p. 3) Movie: <i>Les Miserables</i> (2012, 2hr 37min). Musical version of Victor Hugo's epic tale, set in the bloody era of the French Revolution.	GR Ch. 970
Sun 5/28	8:00	Movie: <i>A Little Romance</i> (1979, 1hr 50min) An American teenager living in Paris meets and falls in love with a local.	Ch. 970

KoH TV Channel 970**Round-the-Clock: Rue des Artistes "Awakening"****3:00 pm.****Mon-Fri, May 22-26: Talk: "What is Justice?", Robert Sand, 2023****Sat-Sun, May 27-28: The World's Greatest Geological Wonders**

Lecture13: Cave of Crystals – Exquisite Caves

Lecture14: Great Blue Hole – Coastal Symmetry in Sinkholes

4:30 pm: Concert: Jazz for All Generations, 2022**8:00 pm: Movies** as listed above**Ch. 970 temporarily down -- Movies will be shown in GR some nights -- check CATIE**

Deadline for May 29 issue of Spotlight is Wed, May 24, at 5 pm. Type or print submissions and email to: Spotlight@kohudres.org or place them with your name in the Spotlight cubby.

Editors: J. Gardy, U. Hahn, S. Kellock, P. Pennell, D. Schlair, C. 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	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 th Wed 4:00	CLE 3 rd flr
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
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

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 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

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; 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

**Monday Night Program
Christopher Borsari
"Reflections on My Superintendency"**

The Board of Education of the Union Free School District of the Tarrytowns appointed Christopher Borsari as Superintendent in July 2016. After seven years, he will be retiring from his position at the end of this school year.

Prior to becoming Superintendent, he served eight years as principal of Byram Hills High School in Armonk. Earlier, he was principal of Sleepy Hollow Middle School. He received his Master's Degree in Education from Manhattanville College and his Bachelor's Degree in History from the University of Virginia.

Chris Borsari has spoken at Kendal over the years. Please join us on **May 22 at 7:30 pm** in the GR when he returns to reflect on his superintendency.

Saturday Opera

The Metropolitan Opera's season used to end in May, so we'll show its colorful Penny Woolcock production of *The Pearl Fishers* by Georges Bizet on **May 27**. It features the radiant soprano Diana Damrau, tenor Matthew Polenzani, baritone Mariusz Kwiecien, and bass Nicolas Testé. The conductor is Gianandrea Noseda. Please join us in the Gathering Room at **1:00 pm**.

Reminder

There will be **NO** transportation on **Monday, May 29**, due to the Memorial Day Holiday.

**Trip to Home Depot
for Gardeners: a Change**

The Horticulture Committee will sponsor a trip to Home Depot for residents who wish to purchase plants to beautify their patios or for Terrace gardeners. The date for this excursion is next **Tuesday, May 23**. The van will make only one trip, leaving from the main entrance at 9:45 am (the later trip has been cancelled). If you wish to come along, please sign up as soon as possible with your name and contact info in the Trips book at the main desk. Remember, the van only seats 12, so sign up now!

"Live Well: A Proactive and Wholistic Approach"

Join Us! The Therapy Department welcomes you to a presentation by KoH's Director of Rehabilitation Therapy Anthony Brestolli. In this first re-installment of our Discovery Series, we will be reviewing physical, cognitive/emotional and environmental factors affecting our health and wellness, and discussing proactive interventions to help optimize our day-to-day lives. **Wednesday, May 24; 11 am – 12 pm** in the Gathering Room.

Resident Care Center Closed

The Resident Care Center will be closed on **Monday, May 29**, for Memorial Day. If you have any emergencies, please press your PET.

Thank you,
Kim Carpentier

Trips

New Trip: Wed, June 21

Walkway Over the Hudson,
Poughkeepsie

The Walkway Over the Hudson, providing spectacular views, is a pedestrian bridge spanning 1.28 miles and standing 212 feet above the river. This steel cantilever truss bridge was originally a railroad bridge, opened in 1889, connecting Poughkeepsie (east bank) and Highland (west bank). Our walk will start on the west side of the bridge at the Welcome Center in Ulster. Historic markers and signs along the way describe the landmarks in view. It's an easy walk, but if you get tired, there are benches on the walkway. The van will pick us up on the Poughkeepsie side where we will have lunch.

Space Available: Thu, June 15

Hopper House, Nyack

Very Short Wait List: Thu, June 1

Untermeyer Gardens, Yonkers

COVID Booster Sign-up

A sign-up for the COVID booster clinic will be held on **Tuesday, May 23**, from 9:00 – 11:00 am and 2:00 – 4:00 pm, in the bistro lounge. Please stop by to get an appointment. Hudson Pharmacy will be here on **Wednesday, June 7**, in the afternoon, and all day **Friday, June 9**, for IL residents to receive their booster.

If you have any questions, please call Ellen x1080 or Briana x1078.

Welcome New Neighbors

Michael and Barbara K. are looking forward to moving to Kendal from their home in Bedford on **Thursday, May 25**. Each time they came to a marketing event at Kendal they became more certain this was the perfect place for them. They were impressed with the friendly residents and staff and the quality of the programs they attended. They both enjoy the same activities, namely tennis, book club, fitness and music, and they plan to take advantage of the many activities Kendal offers.

Michael is a physician and Barbara has her master's degree in counseling. One of her favorite volunteer jobs was teaching ESL. They have one daughter living with her family in Manhattan, and their other children live in Delaware and Maryland. After a most enjoyable time meeting some residents, the Ks. are looking forward to meeting you!

KoH's Secret Garden

Did you know that there is an enclosed garden on C-level, accessible through the entrance to Clearwater? Right now, there is a spectacular patch of iris blooming on the east side. By Memorial Day, red, white and pink peonies will be in full glory. The garden is maintained by Horticulture Committee members and is open to all Kendal residents. We recommend strolling around it or sitting under the umbrella-topped tables.