



Events: Week of May 8, 2023

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

Mon 5/8	2:00 7:30	Residents Council Quarterly/Monthly Meeting (see Agenda p. 6) Program: Barbara Davis , "Leading Men of Westchester – Stage, Film and Television" (see p. 3)	GR GR
Tue 5/9	1:30 8:00	Shopping: Trader Joe's 9:30 - 11:00 / Thornwood 1:00 - 2:15 Class: "Musical Adventures with Michael Boriskin" (subscription) Movie: <i>The Music Room</i> (2018, 1hr 39min). Boy escapes parents' constant fighting by conducting imaginary orchestra in his bedroom.	GR Ch. 970
Wed 5/10	11:30 11:30 5:00 8:00	Trip: Culinary Institute of America, Hyde Park Bell Ringers Spring Concert Party for May Birthdays Movie: <i>The Homecoming</i> (1973, 1hr 54min). In this Pinter play, man brings wife home to family from whom he's been estranged for years.	GR GR Ch. 970
Thu 5/11	7:30 8:00	Movie: <i>Fiddler on the Roof</i> (1971, 2hr 59min). The trials of Jewish peasant Tevye in pre-revolutionary Russia. Movie: <i>POMS</i> (2019, 1hr 19min) Life in a retirement community is not retiring for a group of ladies who decide to form a cheerleading squad.	GR Ch 970
Fri 5/12	5:00 8:00	Shopping: Tarrytown 9:45 - 11:00 / Ossining 1:00 - 2:15 Sip and Snack Movie: <i>Fiddler on the Roof</i> (see Thu 5/11).	GR Ch 970
Sat 5/13	1:00 8:00	Opera: <i>Attila</i> by Giuseppe Verdi (see p.3) Movie: <i>The Meaning of Life</i> (1983, 1hr 48min). The Pythons explore the various facets of life in their typical irreverent fashion	GR Ch 970
Sun 5/14	3:00 8:00	Movie: <i>The Glass Onion, Knives Out</i> (2022, 2h 29min). Famed detective Benoit Blanc travels to Greece for his latest case. Movie: <i>Man on a Wire</i> (2008, 1hr 34min) Philippe Petit captured world attention in 1974 walking a high wire between New York's Twin Towers.	GR Ch. 970

KoH TV Channel 970**Round-the-Clock: Rue des Artistes "Awakening"****3:00 pm.****Mon-Fri, May 8-12: Talk: "Broadway—What's Next?"** Jack Viertel, 2023**Sat-Sun, May 13-14: The World's Greatest Geological Wonders**

Lecture 9: The Ganges Delta –Earth's Fertile Lands

Lecture 10: The Amazon Basin – Lungs of the Planet

4:30 pm: Concert: Empire Trio, 2023**8:00 pm: Movies** as listed above

Deadline for May 15 issue of Spotlight is Wed, May 10, 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 10:15 & 11:15; Wed 10:15
Resistance Bands: Mon, Wed, Fri 12:30
Tai Chi: Tue & Fri 10:00
Water Aerobics: Mon & Tue 10:45
Zumba Gold: Tue 2:00
Bocce or Cornhole: Wed 1:30
(depends 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, 9:00–4:00; Sat, 9:00–3:00

Guest swim Mon-Sat 1:00 – 3:00

Fitness Center & Pool closed 12-1

Pool closed Thu & Fri

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)

On C Level

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 RCR

**May 8 Program:
"Leading Men of Westchester
Stage, Film and Television"**

Beginning with the silent movie stars of the Thanhouser Films Company in New Rochelle (1909–1918) and D. W. Griffith's studios in Mamaroneck (1919–1924), Westchester has been home to some of America's finest actors in film, stage, and television.

You will be amazed at the number of stars who have made Westchester their home, including Douglas Fairbanks, George C. Scott, Eli Wallach, Ossie Davis, Richard Gere, Denzel Washington, and more.

Barbara Davis, Co-Director of the Westchester County Historical Society, is the author/producer of dozens of articles and media presentations chronicling the history and features of Westchester County.

Saturday Opera

After a foray into 20th century Russia, Giuseppe Verdi's *Attila* takes us back to ancient history. Samuel Ramey, Giorgio Zancanaro and Cheryl Studer sing the principal roles, and Riccardo Muti conducts the orchestra and chorus of the Teatro alla Scala, Milano. Join us on **May 13, 1:00 pm**, in the Gathering Room.

**Movie Committee
Asks For Your Help**

Netflix, which has been a major source for our films, is discontinuing all DVD rentals. So we now must find other sources for movies.

We hope you can suggest:

-SERVICES that could replace our Netflix DVD account. So far, we know about CAFEDVD (which looks best, although limited), GAMEFLY and REDBOX. Have you had experience with any of these? Can you suggest other services? Please contact Richard.

-BORROWING: Have you accessed Interlibrary Loans from the wider system beyond Westchester? If so, please call David. (We do borrow from Warner and the Westchester Libraries.)

Have you DVDs that we can borrow? (DVDs with subtitles are preferred. Some BluRay will work in the GR but not on Ch 970.)

Thanks for your ideas about new DVD sources.

To suggest a film title or help choose movies or join the Movie Committee, contact Annette or David or Roberta.

Protect Your Computer from Ransomware & Scareware

An increasing number of Kendal residents seem to fall for scareware and ransomware.

I heartily recommend everyone install the free Browser Guard on their computers. It prevents you from going to a known malicious site. If you are using it to block ads, it will prevent malicious ads that trick some into giving control of their computer to the bad guys. Find Browser Guard here:

<https://www.malwarebytes.com/browserguard>

Joe, Computer Committee

New Resident's Bio Posted

A biography of Gerry M. is now posted on Main Street near the windows opposite the bulletin board.

Save The Date Tuesday, May 16

The Entertainment Committee of the Residents Council is sponsoring a TRIVIA NIGHT!

Starting at 7 pm with refreshments, we will enjoy a few hours of fun and laughs in the Gathering Room! Please come out and join us!

Trips

New Trip: Wed, June 1

Untermeyer Gardens and Enslaved Africans Rain Garden, Yonkers

Untermeyer Gardens, a public park in Yonkers, has 43 acres of formal gardens on a former estate that once had covered 150 acres overlooking the Hudson River. The restoration project created a walled garden of Indo-Persian design, a vista of the river modeled after Villa D'Este in Italy, terraced gardens, "The Temple of Love" rock garden, and other themed planting areas. For photos, see

www.untermyergardens.org

We will also stop nearby at The Enslaved Africans Rain Garden to see the five life-size bronze sculptures by Vinnie Bagwell which honor the enslaved Africans who lived at Philipse Manor Hall in Yonkers.

Lunch will be at Zuppa Restaurant. See www.zupparestaurant.com for menu.

Space Available: Thu, May 18

Bartow-Pell Garden and Grounds Tour, Pelham Bay Park, Bronx

Poison Ivy Alert

Kendal residents who walk the trail to the “top of the hill” (Rockwood Hall foundation) and the Lower (River) Trail are advised of the already rampant growth of poison ivy.

Don’t pull any weeds which often grow next to poison ivy.

Poison ivy is native to the eastern US and eastern Canada and despite its aggressive spread cannot be considered invasive. It’s also not a “poison,” but has a noxious oil that can survive for five years.

Poison ivy is green in the summer and reddish brown in the fall.

Remember the saying: “Leaves of three, let it be.”

Ursula H.

Nurse Practitioner Coverage

Northwell Health has identified two nurse practitioners who are available to Kendal residents. Coverage is at the nurse practitioner’s respective office. Availability is by appointment only, Monday through Friday.

Kendal will provide transportation via a Kendal vehicle for residents seeking care from one of the nurse practitioners:

Monday, Tuesday, Wednesday, Friday
Tess Ann Brown, NP
200 S. Broadway, Suite 106
Tarrytown

Thursdays
Billie Rodovic, NP
777 N. Broadway, Suite 417
Sleepy Hollow

If you are feeling unwell and would like to see a Nurse Practitioner, call the Resident Care Center at x1030. Appointments will only be available through the RCC so that they can coordinate the scheduling of your appointment and transportation.

Lisa Wacht