



Events: Week of October 30, 2023

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

Mon 10/30	10:00	Foreign Policy Discussion: "The Balkans: Toward East or West" (see p. 3)	GR
	7:30	Program: Meet the Candidates for Residents Council (see p.3) NO MOVIE	GR & 970
Tue 10/31	8:00	Shopping: Trader Joe's 9:30 – 11:00 / Tarrytown 1:00 – 2:30 Movie: <i>Le Joli Mai</i> (1963, 2h 45m) A portrait of Paris and Parisians during May 1962, the first springtime of peace after the ceasefire with Algeria.	Ch 970
Wed 11/1	5:00	Sip and Snack	GR
	8:00	Movie: <i>Time Regained</i> (1999, 2h 49m) A lush, elegant epic taking us on a time-swirling trip down the infinitely complex labyrinth that is Marcel Proust's memory lane.	Ch 970
Thu 11/2	7:30	Movie: <i>Last Orders</i> (2002, 1h 49m) Covering nearly half a century in the lives of a group of South London buddies, the film follows four men from their adopted pub to Margate Pier. Take a trip with these mates for the journey of a lifetime.	GR
	8:00	Movie: <i>Bull Durham</i> (1998, 1h 48m) A fan who has an affair with one minor-league player each season meets an up-and-coming pitcher and the experienced catcher assigned to him.	Ch 970
Fri 11/3	5:00	Shopping: Thornwood 9:30 –10:45 / Ossining 1:00 – 2:15 & 1:45 – 3:00	GR
	8:00	Sip and Snack Movie: <i>Last Orders</i> See Thursday's description.	Ch 970
Sat 11/4	1:00	Opera: <i>Faust</i> by Charles Gounod (see p 3)	GR
	8:00	Movie: <i>The Automat</i> (2021, 1h 19m) Documentary about the 20 th century vending machine that offered fresh cooked meals in a commissary-style eatery.	Ch 970
Sun 11/5	3:00	Concert: Music from Copland House (see p.3)	GR
	8:00	Movie: <i>Never on Sunday</i> (1960, 2h 37m) An American scholar in Greece sets about reforming 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, 10/30-11/3: Talk: Meet Tarrytown Schools Superintendent, Dr. Raymond Sanchez, 2023

Sat & Sun, 11/4 & 5: The History of the Supreme Court Pt II, From the Taft Court to the Warren Court:

Lecture 19: The Supreme Court and the Communist Party

Lecture 20: Thurgood Marshall – Lawyer and Justice

4:30 pm: Concert: The Harlem Chamber Players, 2023

8:00 pm: Movies: as listed above

Deadline for Nov 6 issue of Spotlight is Wed, Nov 1. 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, 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	RCR
	Wed/Fri/Sun 7:15 pm	RCR
Open Studio	Sat 10 -12	ART
Poetry Reading	4 th Wed 4:00	CLE3
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

All classes are subject to change.

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: Mon & 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

Pool: Mon-Fri, 9–4, Sat 9–3

Guest Swim: Mon–Sat, 1–3

Fitness Center & Pool closed 12-1 pm

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)

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 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

1st & 3rd Tue 1:00 pm SUN

Shabbat Services:

2nd & 4th Fri 4:30 pm PDR

Oct 30 Program
Meet the Candidates for the
2024-2025 Residents Council

The nine candidates competing for the six open seats on the next Residents Council will present their case for election at 7:30 pm on Mon, Oct. 30, in the Gathering Room. Be sure to bring a pencil or pen to make notes on the program that will be distributed.

Note: You can watch Candidates' Night live on Channel 970 in the comfort of your own apartment, or later in the week when it will be rebroadcast.

Voting will take place on Wed and Thu, Nov. 1 and 2, from 5 to 7 pm in the Residents Lounge. For an absentee ballot, call Ellen Ottstadt.

Saturday Opera
Nov 4

Our November screenings begin with **Charles Gounod's** opera ***Faust*** in a performance by the Vienna State Opera from 1985. The principal roles are sung by Francisco Araiza (Faust), Ruggero Raimondi (Mephisto), and Gabriela Benackova (Marguerite). The director is Ken Russell, the conductor Erich Binder.

See you in the Gathering Room at 1:00 pm.

Foreign Policy Discussion
Monday, Oct 30, 10 am in the GR

Residents are invited to participate in a Zoom lecture sponsored by the Chappaqua Foreign Policy Discussion Group at 10 am on Mon, Oct. 30. April Foley, former U. S. Ambassador to Hungary and chair of the Hungary Foundation, will discuss: "The Balkans: Toward East or West?" Please arrive on time.

Concert, Nov. 5:
Music from Copland House

Internationally acclaimed pianist Michael Boriskin will perform with violin accompaniment in the Gathering Room on Sun, Nov. 5, at 3 pm. Artistic and Executive Director of Copland House since 1998, Boriskin has taught music appreciation courses at Kendal since 2008. A reception will follow in the Private Dining Room.

Playmate wanted:

Claire K. is looking for someone to play Rummikub 2 (Large Number Edition) with. If you are interested call Claire.



Beading Workshop

Fri. Nov. 10, at 10-12 and 1-3

Residents Art Studio, C-Level Mary Powell

Want to learn how to create a single-strand beaded necklace or bracelet? You can, at this Art Committee Workshop. If you can't finish in the morning session (and last time most did not), plan to return after lunch to complete your project.

Bring your own beads or select from available donated ones. You could bring a necklace or bracelet that is the length you want to make, if you have one, or a broken one you want to re-string.

Resident Caroline P. and Mary B., daughter of resident Marion L., will demonstrate the process and help as you create your own necklace or bracelet.

Limit: 6 people. Priority will be given to those who did not take the May 11 workshop. Sign up by sending an email to Caroline or put a note in her cubby.

Give & Take Table

The Give & Take Table opens on Wed. Nov. 1 and closes on Tue. Nov. 7 at 5 pm. No food, clothing or sharps, please!

Another Bird Walk

Anne Swaim from the Saw Mill River Audubon Society will be our guide on another bird walk on Nov. 10. For those without rollators, the walk will be earlier than last time, namely from 8:30-10:00 am. For those with rollators, the viewing will be from 10:00-10:30 am at the street-level pergola opposite the Terrace.

As many as 15 participants may participate in each session and will gather at the pergola.

Suggested donation: \$5/session (checks only, payable to Saw Mill River Audubon Society).

Sign up in the October section of the Trips Book at Front Desk, beginning Nov. 3.

Trips

Space Available

Nov. 15, Wed: Cooper Hewitt Museum, NYC

Short Wait List

Nov. 9, Thu: DYOT/Museum of Natural History, NY

Education Committee Survey

Please take a few minutes to complete the Education Committee survey which has been distributed to residents' cubbies. Your suggestions for speakers and course instructors will be appreciated. Please return the completed survey to Gerry M.