



Events: Week of September 18, 2023

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

Mon 9/18	10:00 7:30	Foreign Policy Presentation, "Autocracy vs. Democracy" (see p. 3) Program: Anthony J. Czarnecki, "Copland in Cortlandt: Fanfare for an Uncommon Man" (see p. 3)	GR GR
Tue 9/19	1:30 8:00	No Shopping Class: Paleo-Astronomy: "Ice Ages and the Serbian Meteorologist": Instructor Paul Olsen (subscription) Movie: <i>Billy Liar</i> (1963, 1h 38m) Young man in northern England, living in a fantasy world, alienates everyone around him. Tom Courtney.	GR Ch 970
Wed 9/20	5:00 8:00	Sip and Snack Movie: <i>Grand Budapest Hotel</i> (2014, 1h 39m) Owner of an aging hotel, tells of his years as lobby boy in the hotel's glorious years.	GR Ch 970
Thu 9/21	7:30 8:00	Movie: <i>Descendants</i> (2022, 1h 49m) Descendants of slaves sent illegally to Alabama in 1860 seek justice when a ship's remains are discovered. Movie: <i>Kings of Pastry</i> (2009, 1h 27m) For winners of the Meilleur Ouvrier de France, the prize is a dream — and an obsession.	GR Ch 970
Fri 9/22	10:00 4:00 5:00 8:00	Shopping: Thornwood 9:30 – 10:45 / Ossining 1:00 – 2:15 & 1:45 – 3:00 Presentation: Final design for Project Refresh (see p. 5) Philanthropy Committee Program: "YOU Make the Difference" Sip and Snack Movie: <i>Tea with Dames</i> (2018, 1h 24m) Judi Dench, Eileen Atkins, Joan Plowright, & Maggie Smith reminisce over tea.	ZOOM GR GR Ch 970
Sat 9/23	1:00 8:00	Opera: <i>Madama Butterfly</i> by Giacomo Puccini (see p. 4) Movie: <i>Ladies in Lavender</i> (2004, 1h 44m) A stranger from the sea steals his rescuers' hearts.	GR Ch 970
Sun 2/24	8:00	Movie: <i>One Wonderful Sunday</i> (1947, 1h 48m) A couple in war-ravaged Tokyo — one dejected, one optimistic — look for work, lodging, & entertainment.	Ch 970

KoH TV Channel 970

Round-the-Clock: Rue des Artistes, "Kaleidoscope"

3:00 pm Mon-Fri Sept 18-22: Talk – The Tamizdat Project: Banned Books from the Former Soviet Union and Eastern Bloc, 2023

3:00 pm Sat, Sept 23, **repeated** Sun, Sept 24: The Supreme Court: Part 1 (no subtitles):

"From the Constitutional Convention to World War I" (no subtitles)

Lecture 7: "A Small, Pleasant-Looking Negro"

Lecture 8: The Civil War Amendments

4:30 pm: Concert: Momenta Quartet, 2023

8:00 pm: Movies: as listed above

Deadline for Sept. 25 issue of Spotlight is Wed, Sept 20. 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, Dianne Schlair, 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

Fitness Classes

Stretch & Balance: Mon, Wed, Fri 9:30

(No class this week)

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

Resistance Bands: Mon, Wed, Fri 12:30

Tai Chi: **No Tai Chi this week.**

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

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 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 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

Sept. 18 Program
Anthony J. Czarnecki
“Copland in Cortlandt: Fanfare for
an Uncommon Man”



This year marks the 25th anniversary of the opening of Copland House as both a musical heritage site and a residential retreat for promising composers.

Located in the town of Cortlandt, Copland House honors the legacy of composer-conductor Aaron Copland (1900-1990). It is the only home of an American composer designated as a U.S. National Historic Landmark.

Join us in the **Gathering Room at 7:30 pm** as local historian Anthony J. Czarnecki gives a richly-illustrated retrospective on this international celebrity who made his home in Westchester County for 30 years.



Sept. 18
Foreign Policy Discussion



Residents are invited to participate in a series of lectures on current international issues sponsored by the Chappaqua Foreign Policy Discussion Group. The first lecture, “Autocracy vs. Democracy,” will be broadcast in the **Gathering Room, 10–11:30 am, Mon., Sept. 18**. Guest speaker is Kenneth Roth, former executive director of Human Rights Watch, and now visiting faculty, School of Public and International Affairs at Princeton University. No sign-up is required. Please arrive on time.

Kendal Philanthropy:
YOU Make the Difference

Please join us in the **Gathering Room at 4 pm, Fri., Sept. 22**, for a special presentation on how your support of the Charitable Fund Annual Appeal impacts the lives of local neighbors, Kendal staff, and residents. See the faces behind your generosity, hear their stories, and chat with some after the presentation during the Sip ‘n Snack social. Your generosity truly makes a difference!
Caroline P.

Saturday Opera



In our musical travels around the world we visit Japan next and listen to Giacomo Puccini's ***Madama Butterfly***, sung by then 39-year-old **Mirella Freni**. Her cad of a lover is **Placido Domingo**, and the role of Suzuki is sung by **Christa Ludwig**.

This is a film, not a recording of a live performance, of the 1974 production by **Jean-Pierre Ponnelle**, **Herbert von Karajan** conducting the Vienna Philharmonic Orchestra.

Join us in the **Gathering Room** on **Sat., Sept. 23, at 1:00 pm.**

Adirondack Art Exhibit

The Adirondack Art class will be holding an exhibit of their work on Friday, September 29th from 10am-12pm in the Country Kitchen in Adirondack. The exhibit is open to all residents and staff and refreshments will be served.

2023 Residents Council Election



Bios of candidates for the 2024–2025 Residents Council will be distributed on **Mon., Sept. 25**. Voting will take place from **5–7 pm on Wed., Nov. 1** and **Thurs., Nov. 2** in the **Residents Lounge**.

Expect to be away on the two election days? Please contact Ellen Ottstadt for an Absentee Ballot. Questions? Contact Janet S.

Passport Services Coming Soon to Sleepy Hollow



The Westchester County Mobile Passport Unit comes to Sleepy Hollow **Sat., Sept. 30, 10 am–2 pm, in the parking lot on Beekman Ave., across from Village Hall.** Get a new passport or renew an old one! For more information, please visit: www.westchesterclerk.com

Collegium Starts Anew!



Collegium, a Life Long Learning program at Westchester Community College, is accepting new members. Dedicated to serious study and social exchange among members, it was founded by Kendal's own Edith L. Classes begin on **Oct. 11, and are scheduled for Wed. and Fri. for 6 weeks.**

Interested? Please call the Collegium Office at 914-606-6748.

TRIPS

Good News



The new van is here! Our trips will now have "first class" comfortable seating for all. The ride will add to the enjoyment of the trip, no matter how far we go.

Space Available

Thurs., Oct. 19: The Dorsky Museum of Art, SUNY, New Paltz

Refresh Project Design Unveiled



On Fri., Sept. 22, there will be a Zoom presentation from 10 am – 12 pm, where the architects from Amenta Emma will discuss the final design for the Kendal Refresh Project.

Ellen Ottstadt will send the Zoom links for the presentation to residents' e-mails on Wednesday, September 20.

Join us to learn the exciting plans. (Please plan to sign in about 10 minutes early so we can start on time.)

The presentation will be streamed in the Riverview Conference Room for those that do not use Zoom. Please note that this will not be interactive.

Channel 970 Status

Yes, it's true: your TV Committee is making substantial progress in creating a means for improving the quality and reliability of Channel 970. This has reached the point where a group of tech-oriented residents is learning and testing a modern replacement for the 15-year-old system that runs the channel.

Once we complete training and successfully replicate the current schedule and content with the new equipment — a process that will take several months and is being tested on Channel 971 — we will begin exploring possibilities for incorporating additional technologies into the system. This could expand ways for residents to access Channel 970 content on devices in addition to their TV sets. We will be posting you on developments as they occur.

An additional note — as the Computer and Movie committee members work on this project, we invite residents with software programming, network communications, and computer hardware experience, past or current, to join us in this effort to improve one of Kendal's unique community assets.

Phishing-on-the-Hudson

Opening email these days is almost as dangerous as crossing a highway in traffic. It's essential to keep your eyes open for phishing tricks. All email scams try to catch you off guard. So if you get an email urging you to act quickly to prevent a financial catastrophe or to get a reward, **STOP**. Take a while to catch your breath and think. Look for the following signs that indicate you may be scammed:

1. The email is **not addressed to you** by name but to "Customer" or maybe to no one in particular.
2. Check the email address from which the email originated. It's usually in the upper left-hand corner of your screen. If the **sender's address looks fishy**, the email is suspicious.
3. **Appeals to greed**. You did not win the Irish sweepstakes or any gift. Don't click to find out further information.
4. **Appeals to fear**. If you are worried about a surprise charge on your credit card, contact your bank or credit card company directly, NOT using the link provided in the email.
5. Convinced you have received a phony communication? **DELETE** it. This may not be enough, so you should look in your trash folder and delete the contents.

Ellen Ottstadt