



Events: Week of December 25, 2023

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

Mon 12/25	8:00	Merry Christmas! Movie: <i>A Christmas Carol</i> (2005, 1h 9m). Charles Dickens' iconic ghost story, in which Ebenezer Scrooge experiences a dark night of the soul - past, present and future.	Ch 970
Tue 12/26	8:00	Shopping: Tarrytown 9:30 - 11:00 / Tarrytown 1:00 - 2:30 Movie: <i>Harold and Maude</i> (1971, 1h 31m). Young, rich, obsessed with death, Harold is changed forever when he meets lively septuagenarian Maude at a funeral.	Ch 970
Wed 12/27	5:00 8:00	Sip and Snack Movie: <i>Thelma and Louise</i> (1991, 2h 10m). Two best friends set out on an adventure, but it soon turns into a terrifying escape from the police as the two women flee punishment for crimes they committed.	GR Ch 970
Thu 12/28	7:30 8:00	Movie: <i>Good Bye, Lenin</i> (2003, 2h 1m). To protect his fragile mother from a fatal shock after a long coma, a young man must keep her from learning that her beloved East Germany, as she knew it, is gone. Movie: <i>Broadway Melody of 1940</i> (1940, 1h 42m). The job, a career breakthrough, is supposed to go to dancer Johnny Brett, but a mix-up gives it to his partner. With Fred Astaire.	GR Ch 970
Fri 12/29	5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>Good Bye, Lenin</i> (See Thursday's description.)	GR Ch 970
Sat 12/30	1:00 8:00	Special Movie Screening of <i>The Threepenny Opera</i> (see p.3) Movie: <i>Silent Movie</i> (1976, 1h 27m). A film director and his strange friends struggle to produce the first major silent feature film in 40 years.	GR Ch 970
Sun 12/31	8:00	New Year's Eve Celebration NO MOVIE	GR

KoH TV Channel 970

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

3:00 pm: Mon-Fri, Dec 25-29: Talk: Pace University Students: For the Love of Food, 2023

Sat & Sun, Dec 30-31: NEW: Great Courses: The U.S. Constitution Through History

Lecture 1: America's Founding Ideas

Lecture 2: Failures at Early American Governments

4:30 pm: Concert: Holiday Concert, 2021

8:00 pm: Movies as listed above

Deadline for Jan 1 issue of Spotlight is Wed, Dec 27. 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	Canceled 12/29	BIS
Italian	Canceled 12/28	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

Mon 12/25 – Fitness Center & Pool closed. No classes

Tue 12/26 – Fitness Center closed. POOL OPEN

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 **no class 12/26**

Water Aerobics: Tue & Fri 10:45

Chair Yoga: Tue 12 noon **no class 12/26**

Zumba Gold: Tue 2:00 **no class 12/26**

Cornhole: Wed 1:30

Mat Yoga: Thu 12 noon **no class 12/28**

Mindful Movement & Meditation: Thu 1:15

Pool: Mon-Fri, 9–4, Sat 9–3

Guest Swim: Mon–Sat, 1–3

Fitness Center & Pool are 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) **Closed 12/25**

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 pm GR

Quaker Meeting:

Sundays 11:00 am RCR

Service of Prayers

1st & 3rd Tuesday 1:00 pm SUN

Shabbat Services:

2nd & 4th Friday 4:30 pm PDR

Pace University Auditing Program Spring Semester 2024

Under our partnership with Pace University, Kendal residents may audit one course per semester tuition-free. Pace is offering a number of courses for the spring semester, which will run from Jan 22 through May 10. Information about the courses, along with the registration form, is available on the shelf in the Activities Alcove (opposite the Computer Room). Registration deadline is Friday, Jan 5. Questions? Contact Fran.

Attention! Former Levittown Residents

Prof. Edward Berenson, who recently spoke about his forthcoming book on "Levittown International," would like to meet with Kendal residents who have had some relationship with a Levittown community. He will be here on Tue, Jan 2, and can meet with residents at the conclusion of his history class—3:30 pm in the Gathering Room. Interested? Please contact Fran.



Resident Care Center Notice

The Resident Care Center will be closed for Christmas on Monday, Dec. 25. We will also be closed for New Year's Day on Monday, Jan. 1. If you have an emergency please press your PET. We hope everyone has a happy and healthy holiday.

Thank you,
Kim

Special Screening of *The Threepenny Opera*

The Threepenny Opera is not an opera but a play with music. The Opera Committee will show the classic film version directed by **G.W. Pabst**, which had its premiere in Berlin in Feb 1931 during the Weimar Republic, and was banned by the newly elected Nazi Party in Aug 1933. The negative was restored in recent years.

Please join us in the Gathering Room on **Sat, Dec 30**, at 1:00 pm sharp.

New Bio Posted

We invite you to read the biography of Vera S. which has just been posted by the window across from the Main Street bulletin board

TRIPS

New Trip

Wed, Jan 17: New York Historical Society, NYC

There is a lot to see in this museum. A partial list of current exhibitions includes: "Running for Civil Rights: The NY Pioneers Club, and the History of the NY Marathon"; "Kay WalkingStick and the Hudson River School of Landscape Painting"; "Acts of Faith: Religion and the American West"; "Holiday Express: a collection of Toys and Trains"; "Knickerbocker Santa: celebrating 200 years of the poem 'Twas the Night before Christmas."

Visit a gallery with over 100 Tiffany lamps, all illuminated. See a recreation of the Oval Office. There are two 30-minute films shown alternately on the half-hour which you might enjoy.

The museum restaurant Cafe 77 is a good choice for a quick lunch on your own.



Kendal Winter Show Reminder to Artists

Kendal Residents and Staff are invited to submit up to three works of art to be selected for the Winter Show. Bring your original art to the Art Studio (C Level, Mary Powell Building) on **Fri, Jan 5 between 1 - 4 pm.**

Be sure to label each piece with:

- **Artist's name**
- **Title**
- **Medium**
- **Artist's apartment number (residents) or Title (staff), and**
- **Phone number**

Your submissions will be returned on **Mon, Jan 8. Please pick up your work from the Art Studio between 10 - noon on that day.**

Selected works for the show will be identified and photographed.

Return the artwork selected for the show on Jan 26 by noon. The show will open on Wed Jan 31.

Have questions? Can't get your art to the Studio? Contact the curators:

- Peter Sibley
- Birgitta Hockstader



Image: Freepik.com