

# Kendal on Hudson SPOTLIGHT

**Events: Week of January 15, 2024**

*For more on resident life at Kendal on Hudson go to [www.kohresweb.org](http://www.kohresweb.org)*

<b>Mon 1/15</b>	<b>7:30</b>	<i><b>Martin Luther King, Jr. Day</b></i> <b>Program: Three Local Leaders</b> , “Where Do Our Philanthropic Dollars Go?” (see page 3)	<b>GR</b>
<b>Tue 1/16</b>	<b>1:30</b>  <b>8:00</b>	<b>Shopping: Tarrytown 9:30 – 11:00 and 1:00 – 2:30</b> <b>Class: “The Age of Revolution: The French Revolution from the Bastille to the Fall of Napoleon”</b> Instructor: Edward Berenson (by subscription) <b>Movie: <i>My Cousin Vinny</i></b> (1992, 2h) Two college-age New Yorkers accused of murder in Alabama call in one of their cousins, a New York loudmouth lawyer with no trial experience, to defend them.	<b>GR</b>  <b>Ch 970</b>
<b>Wed 1/17</b>	<b>5:00</b> <b>8:00</b>	<b>Sip and Snack — and January Birthdays Party</b> <b>Movie: <i>Shoot the Piano Player</i></b> (1960, 1h 32m) A pianist helps his brother escape from two gangsters who retaliate by abducting their kid brother.	<b>GR</b> <b>Ch 970</b>
<b>Thu 1/18</b>	<b>7:30</b>  <b>8:00</b>	<b>Movie: <i>Descendant</i></b> (2022, 1h 49m) A new documentary on activists in Africatown, a Black Alabama community, fighting to reclaim their history. <b>Movie: <i>Meru</i></b> (2015, 1h 39m) Three climbers struggle through obsession and loss as they climb Mt. Meru, a coveted prize in big-wall climbing.	<b>GR</b>  <b>Ch 970</b>
<b>Fri 1/19</b>	<b>5:00</b> <b>8:00</b>	<b>Shoprite/Thornwood 9:30 – 10:45 / Ossining 1:00 – 2:15 &amp; 1:45 – 3:00</b> <b>Sip and Snack</b> <b>Movie: <i>The Long Day Closes</i></b> (1992, 1h 25m) A Liverpool boy comes of age in the 1950s with a loving family and the austere Catholic church.	<b>GR</b> <b>Ch 970</b>
<b>Sat 1/20</b>	<b>1:00</b> <b>8:00</b>	<b>Opera: <i>Billy Budd</i></b> by Benjamin Britten (see page 4) <b>Movie: <i>Topsy Turvy</i></b> (1999, 2h 40m) The 1880s partnership of Gilbert and Sullivan is saved by the writing of “The Mikado.”	<b>GR</b> <b>Ch 970</b>
<b>Sun 1/21</b>	<b>3:00</b> <b>8:00</b>	<b>Concert: Soheil Nasser, Pianist</b> (see page 3) <b>Movie: <i>Cocoon</i></b> (1985, 1h 57m). A group of seniors swim in a pool containing alien cocoons and find themselves energized with youthful vigor.	<b>GR</b> <b>Ch 970</b>

### **KoH TV Channel 970**

**Round-the-Clock: Rue des Artistes “Kaleidoscope”**

**3:00 pm Mon – Fri, Jan 15 – 19: Talk: The Virgin in the Garden: The Making of a Pilgrimage Site in Medieval Venice, 2024**

**Sat & Sun, Jan 20 – 21: Great Courses: The U.S. Constitution through History**  
Lecture 5: The Bill of Rights as a Concession  
Lecture 6: The Rise of Federal Power: Hamilton’s Bank

**4:30 pm: Concert: The Steel Passion Drum Band, 2022**

**8:00 pm: Movies: as listed above**

**Deadline for Jan 22 issue of Spotlight is Wed, Jan 17. Type or print submissions and email to: [Spotlight@kohudres.org](mailto: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

<b>Contemporary Issues</b>	Thu 10	ZOOM
<b>Drop-in Art Salon</b>	Tue & Thu 2-4	ART
<b>Fiber Arts</b>	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 2-4	CRA
<b>French Conversation</b>	Fri 3-4:30.	BIS
<b>Italian</b>	Thu 11:15	GR
<b>Meditation</b>	Tue/Thu/Sat 9:15 Wed/Fri/Sun 7:15 pm	RCR
<b>Open Studio</b>	Sat 10 am-12	ART
<b>Poetry Reading</b>	4 <sup>th</sup> Wed 4:00PM	CLE3
<b>Quilting</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Fri 2-4	CRA
<b>Spanish</b>	Fri 11:00	RCR
<b>Tuesday Morning Club</b>	Tue 10-12	GR

### **Staffed Fitness Center**

**Mon 1/15: No classes; pool closed**

**Tue–Fri, 8:30–3:30**

**All classes are subject to change**

#### Fitness Classes

**Stretch & Balance:** Wed, Fri 9:30 (Zoom)

**Pilates:** Wed 10:15 & 11:15

**Resistance Bands:** 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

**Cornhole:** Wed 1:30

**Mat Yoga:** Thu 12 noon

**Mindful Movement & Meditation:** Thu 1:15

**Pool:** Tue-Fri, 9–4, Sat 9–3

**Guest Swim:** Tue–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](http://librarycat.org/lib/2blackcats)

### Resident Care Center

Open Mon-Fri 8-4 (closed 12-1)

Call ext 1030 for appointment.

### Services

#### **Blood Pressure Clinic:**

2<sup>nd</sup> & 3<sup>rd</sup> Mon, 8-noon

**Bloodwork:** Wed from 7:45 am

**Drug Take-Back Days:** 1<sup>st</sup> Mon, 9 am – noon

**For additional services,** call x1030

## Locations

All in Mary Powell except CLE

<b>BIS</b>	Bistro
<b>CLE</b>	Clermont
<b>GR</b>	Gathering Room
<b>PDR</b>	Private Dining Room
<b>RL</b>	Residents Lounge (outside Bistro)
<b>RCC</b>	Resident Care Center (T level) <u>On C Level</u>
<b>ART</b>	Art Studio
<b>CRA</b>	Craft Room
<b>RAO</b>	Residents Association Office
<b>RCR</b>	Riverview Conference Room
<b>SUN</b>	Sunnyside

## Kendal Dining

Please send comments to:

[diningcomments@kohud.kendal.org](mailto: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**

1<sup>st</sup> & 3<sup>rd</sup> Tue 1:00 pm SUN

#### **Shabbat Services:**

2<sup>nd</sup> & 4<sup>th</sup> Fri 4:30 pm PDR

**Mon, Jan 15 Program  
Where Do Our  
Philanthropic \$\$\$ Go?**



**On Mon, Jan 15, 7:30 pm**, the Local Charities Committee will host a meeting in the Gathering Room. Leaders of three organizations and some helpers will be on hand to tell us about the work they do to fill the needs of local citizens.

We will meet:

- Rachel Sangalang, Rivertowns Village Green (TaSH Farmer's Market)
- Nicole Schneider and Josh Lewis, Foundation for the Public Schools of the Tarrytowns
- "Ranger Sue" and Peter Iskenderian, Rockefeller Parks Manager.

Many of us have found pleasure, beauty, and learning in some of these places. There may be a delightful surprise on Jan 15.

Be sure to attend and learn firsthand how your generous contributions to the Residents Council's Annual Appeal are making a difference in our local community.

**Sun, Jan 21 Concert  
Soheil Nasseri, Pianist**



In 2007, Soheil Nasseri made his Kendal debut as a young, "emerging" pianist. Having earned international acclaim, he returns on **Sun, Jan 21, 3 pm, in the Gathering Room** for his 15th Kendal recital. Nasseri's program includes Mozart's Sonata in B-flat Major K. 570, Schumann's 13 Kinderszenen, and Brahms' Hungarian Dances 1-8.

**With Thanks for Your Kindness**



Dear Kendal Friends:  
Your kind notes of support and encouragement mean so much to me as I recover. I want to let you know how much I appreciate receiving them, and I want to express my THANKS to you!

Ed H.

## **Trips**

### **Thu, Feb 22: Hudson River Museum, Yonkers**



This is an afternoon (half-day) trip.

The Hudson River Museum's new West Wing boasts a dramatic view of the Hudson River and the Palisades. It also offers an opportune setting for its upcoming exhibit: "Rivers Flow/Artists Connect."

Our visit will introduce us to more than 40 exceptional artists who demonstrate their role in recalling and reinforcing our connection with rivers. Just as rivers shape the land and surmount obstacles on their journey to the sea, artists confront barriers and challenges from land access to environmental change. We see rivers with new eyes and a renewed sense of wonder as we consider our own community's rivers and our own responsibility for stewardship. For more information about this and many other current exhibits, visit the museum's website: [www.hrm.org](http://www.hrm.org)

## **Short Wait List**

Wed, Jan 17: New York Historical Society, NYC

Wed, Feb 14: Newington-Cropsey Foundation, Hastings-on-Hudson

**Note:** Do not hesitate to sign up on a wait list. There are almost always cancellations that open up a seat for residents on the wait list.

## **Saturday Opera**

***Billy Budd***, Benjamin Britten's gripping opera of sadism and injustice aboard a British man-o'-war will be shown on **Jan 20**. The libretto is based on the literary masterpiece by Herman Melville and tells of a young seaman, Billy Budd, who is maliciously persecuted by his master-at-arms.

The opera explores universal themes of an individual at odds with society, the corruption of innocence, and the conflict between good and evil.

In the **Gathering Room at 1:00 pm** sharp. Please be on time!

## Where Have All the Pillows Gone? Part II

Last August, Part I of this article was printed in *Spotlight*, bemoaning the fact that three of the beautiful needlepoint pillows done by Ed H. had disappeared from Main Street and the Lounge. After a while, one of Ed's pillows was returned, and an anonymous donor left one other on Main Street making nine pillows left.

Now for Part II: Hold off with that thought that here comes a happy ending, for during the time when all the furniture was removed from the Lounge for the New Year's Eve festivities, six of the nine pillows disappeared, leaving three remaining.

I have searched the area hoping that someone had stashed them away for safekeeping but found nothing. This is so hard to believe in a community that prides itself on the display of residents' art in all the buildings and never has had to worry about their safekeeping. Please return the pillows so we can have a happy ending.

Marilyn B.,  
Chair CAFA

## Great Courses DVDs Now Available in the Library



If you missed one of the Great Courses series on Channel 970 and would like to watch it at your leisure, you can now check it out from the Kendal Library.

Stored in a drawer below the other DVDs, DVD sets can be signed out anytime.

Search "**Great Courses**" in the Library catalog for a complete list: [librarycat.org/lib/2blackcats](http://librarycat.org/lib/2blackcats).

### A Gentle Reminder: A Critical Gathering-Room Guideline



Do not bring food, including ice cream, into the Gathering Room. Do not bring liquids into the Gathering Room unless they are in *covered containers*.