



Events: Week of February 26, 2024

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

Mon 2/26	7:30	Program: . Dorfman, "Restorative Justice." (see p.3)	GR
Tue 2/27	9:30	Shopping: Tarrytown 9:30 - 11:00 and 1:00 - 2:30	GR Ch 970
	1:30	Class: "Early 19th Century European Art: Landscape Painting: Friedrich, Constable, Turner." (by subscription).	
Wed 2/28	8:00	Movie: <i>IN THE MOOD FOR LOVE</i> (2000, 1h 38m). Neighbors suspecting their spouses' extramarital activities, form a strong but platonic bond.	GR Ch 970
	5:00	Sip and Snack	
Thu 2/29	8:00	Movie: <i>THE SWIMMER</i> (1968, 1h 35m). A man spends a summer day swimming in as many pools as he can all over a quiet suburban town.	GR Ch 970
	7:30	Movie: <i>THE GOLD RUSH</i> (1943, 1h 12m). A prospector goes to the Klondike gold rush and is smitten with a girl in a dance hall. C. Chaplin.	
Fri 3/1	8:00	Movie: <i>PAL JOEY</i> (1957, 1h 51m). Joey Evans, a charming heel, meets a former chorus girl now rich widow, lecherous souls made for each other.	GR Ch 970
	3:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00	
Sat 3/2	5:00	Independent Living Resident Fire Safety Training	GR GR Ch 970
	8:00	Sip and Snack	
Sun 3/3	8:00	Movie: <i>THE MANCHURIAN CANDIDATE</i> (1962, 2h 6m). An American POW is brainwashed as an assassin for a Communist conspiracy.	GR Ch 970
	1:00	Opera: <i>Fidelio</i> by Ludwig van Beethoven (see p.5)	
	8:00	Movie: <i>SOPHIE'S CHOICE</i> (1982, 2h 30m). Sophie, a concentration camp survivor, lives with Nathan, a Jew obsessed with the Holocaust.	Ch 970
	8:00	Movie: <i>DR. STRANGELOVE</i> (1964, 1h 35m). An insane American general orders a bombing attack on the Soviet Union that a room full of politicians and generals try to stop.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon-Fri, Feb 26-Mar 1: Talk: Meet the New Kendal Corp CEO Vassar Byrd, 2024

Sat & Sun, Mar 2-3: Great Courses: The U.S. Constitution Through History

Lecture 17: World War I and the Birth of Free Speech

Lecture 18: The New Deal: The Constitution Transformed

4:30 pm: Concert: "Love Changes Everything," The Kendal Chorale, 2024

8:00 pm: Movies as listed above

Deadline for Mar 4 issue of Spotlight is Wed, Feb 28. Type or print submissions and email to:

Spotlight@kohudres.org or place them with your name in the Spotlight cubby.

Editors: Mimi Abramovitz, Jennifer Gardy, Ursula Hahn, Sally Kellock, Carlisle Spivey

Regular Weekly Activities

Contemporary Issues resumes 2/29	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
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

NEW: Gentle Standing Movement Tue 10-10:30

Tai Chi: **On hold**

Water Aerobics: **On hold**

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: Swimming pool is closed until further notice.

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)

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)
	<u>On C Level</u>
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

**February 26 Program
Prof. David N. Dorfman
“Restorative Justice”**

On Monday evening, Feb. 26, Pace University Law Professor David N. Dorfman returns to discuss an important topic: “Restorative Justice.”

Not just an “alternative to incarceration,” restorative justice sets forth an alternative to the entire criminal system as it has developed in our legal culture.

The restorative justice model involves bringing together the person who was harmed (the “victim”), the person who caused the harm (the “accused”), and community members in a facilitated community conference to discuss what happened, what damage was caused, and how the person who caused the harm can take accountability and repair the harm. It focuses not on punishment, but on “making things right” and reintegrating the accused back into the community with the skills and awareness to make better decisions in the future.

David Dorfman has taught criminal law at the Pace University Law School since 1995 and serves as the faculty advisor to the Pace Criminal Justice Society. Over his long career, he has served as a criminal defense trial attorney. Last fall, he led a Criminal Law Reform course here at Kendal.

**Low Vision Help Committee
Announcements**

Need help with reading Kendal menus or the *Spotlight* or have problems hearing or viewing Zoom broadcasts?

The Low Vision Help Committee may be able to provide a few suggestions about the help that is available to you. For residents with visual limitations, enlarged printed copies of Kendal lunch and dinner menus are available. To receive them, contact Amelia to add your name to the list. You will receive them in your cubby every Wednesday.

If you have hearing and/or vision challenges watching a Zoom broadcast, Stan A., our Zoom master, will try to help you. Email or phone him.

Larger print *Spotlights* are available. Contact Ellen at x1080 or email: eottstadt@kohud.kendal.org.

The Give and Take Table

The Table will open for business on the T level of Mary Powell on March 1 and will disappear on March 7 at 5 pm. As usual, **NO** food, clothing or sharp objects.

The Table looks forward to having visitors

Quilting News

The quilt group (which used to meet on Friday afternoons) will meet on the first and third Wednesdays each month in the Craft Room from 2-4 pm starting on March 6.

All folks who are interested in quilting are welcome to attend.
Questions? Contact Alice C.

Dining News



Nutrition Lecture

Mary Opfer MS, RD, CDN will discuss ***Healthy Eating for Seniors*** on Thursday, March 7, at 3:00 pm in the Gathering Room.

FDR Reservations can once more be made on CATIE.

Fitness Center News

The pool is closed and Water Aerobics on hold until further notice.

Welcome New Residents

Debbie B. & Donna N.
February 27, 2024

Debbie and Donna plan to stay in a guest apartment on February 27; their furniture will arrive the next day from the home they've shared for 28 years in Upper Nyack, NY. They married in 2011 when it became legal for them to do so.

Donna worked at the New York headquarters of Girl Scouts of the USA for 23 years as an environmental educator and program management consultant. She also worked for Girl Scout councils for 7 years as an environmental educator and camp director. Debbie spent 36 years as a department administrator at Columbia University. She also served on a human research review board.

Donna's a birder, a folk guitar player, fly fisherman, reader, hiker, traveler, and movie lover; Debbie is also a hiker, a bridge player, and looks forward to traveling once they transition to Kendal.

Saturday Opera

On **March 2**, we will see a production of Ludwig van Beethoven's *Fidelio* (or *The Triumph of Married Love*) in a 2004 production by Opera Zurich. The two principal roles are sung by Jonas Kaufmann as the imprisoned Florestan and by Camilla Nylund as his faithful and sacrificing wife Leonore. (Those who watched **Jenufa** last week will remember Nylund in that pivotal role.)

In the **Gathering Room** at **1:00 pm**.

Trips

Wait List

Thu, March 7: Hudson River Museum, Yonkers

Short Wait List

Wed, March 13: Yale University Art Gallery, New Haven

Thu, March 21: Museum of the City of NY, NYC

Fran and Jack McL. February 23

Fran and Jack McL. plan to move to their Alida apartment on Friday, February 23 from their condo in Tarrytown. In 2019, they downsized to their condo after raising their three children in Irvington.

The McL.s already know many Kendal neighbors and are quite comfortable with the community. Professionally, Jack worked in the finance department for IBM. Fran went back to work when her youngest was in sixth grade. She worked in the planning department in Westchester County; in addition, she facilitated the county's capital budget.

Both served on community boards. Fran was chair of the planning board for the town of Greenburgh. Jack served as an officer on several boards including the Bronx River Restoration project and the East Irvington Civic Association.

For fun, the McL.s enjoy hiking and world travel.