



## Events: Week of March 25, 2024

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

Mon 3/25	7:30	Program: Nicholas A. Robinson, "Approving a CCRC in Sleepy Hollow: An Environmentalist's Challenge" (see p. 3).	GR
Tue 3/26	8:00	Shopping: Tarrytown 9:30 - 11:00 and 1:00 - 2:30 Movie: <i>The Turandot Project</i> (2000, 1h 27m). In 1997 Zubin Mehta conducts and Zhang Yimou directs Puccini's "Turandot" in Florence; a year later they give nine performances in Beijing.	Ch 970
Wed 3/27	10:00 5:00 8:00	Dept. of Rehabilitation presentation: "Falls and Balance" (see p. 4). Sip and Snack Movie: <i>Shall We Dance?</i> (2004, 1h 46m). A comedy in which a bored Japanese lawyer sees a beautiful instructor and tries ballroom dancing.	GR GR Ch 970
Thu 3/28	7:30 8:00	Movie: <i>Shirley</i> (2023, 1h 57m). Shirley Chisholm, the first Black woman elected to Congress, makes a trailblazing run for President in 1972. Movie: <i>Jack Reacher</i> (2012, 2h 10m). Tom Cruise aids a homicide investigator on a case involving a military sniper and a mass shooting.	GR Ch 970
Fri 3/29	5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>California Split</i> (1974, 1h 48m). When a casual gambler befriends a professional one, both descend into the sleazy gambling world.	GR Ch 970
Sat 3/30	1:00 8:00	Opera: <i>La Bohème</i> (see p. 3). Movie: <i>The Jerk</i> (1979, 1h 34m). A sheltered country boy leaves his family to experience life in the big city, where his naiveté is tested.	GR Ch 970
Sun 3/31	8:00	Movie: <i>Stalag 17</i> (1953, 2h). After two GIs are killed while escaping from a German POW camp, the barracks black marketeer is suspected.	Ch 970

### KoH TV Channel 970

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

3:00 pm: Mon-Fri, Mar 25-29: Talk: "Planning a CCRC in Sleepy Hollow: A Designer's Challenge," 2024

Sat & Sun, Mar 30-31: Great Courses: How Winston Churchill Changed the World

Lecture 1: Churchill and the Muse of History

Lecture 2: Young Churchill

4:30 pm: Concert: The Avery Ensemble in Concert, 2018

8:00 pm: Movies as listed above

Deadline for Apr 1 issue of Spotlight is Wed, Mar 27. 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: Mimi Abramovitz, Jennifer Gardy, Ursula Hahn, Sally Kellock, Pam Mitchell, Carlisle Spivey

## Regular Weekly Activities

Contemporary Issues	Thu 10	ZOOM
Drop-in Art Salon	Tue & Thu 2-4	ART
Fiber Arts	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 2-4	CRA
French Conversation	Fri 3-4:30	BIS
Italian	Thu 11:15	GR
Meditation	Tue/Thu/Sat 9:15 Wed/Fri/Sun 7:15 pm	RCR
Open Studio	Sat 10 -12	ART
Poetry Reading	4 <sup>th</sup> Wed 4:00	CLE3
Quilting	1 <sup>st</sup> & 3 <sup>rd</sup> Wed 2-4	CRA
Spanish	Fri 11	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 (**no class 3/25, 3/27**)

**Resistance Bands:** Mon, Wed, Fri 12:30

**Gentle Standing Movement:** **on hold**

**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 (**no class 3/28**)

**Mindful Movement & Meditation:** (**no class 3/28**)

**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](http://librarycat.org/lib/2blackcats)

### Resident Care Center

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

Call x1030 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 pm GR

**Quaker Meeting:**

Sundays 11:00 am RCR

**Service of Prayers**

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

**Shabbat Services:**

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

**March 25 Program**  
**Nicholas A. Robinson**  
**“Approving a CCRC in Sleepy Hollow: An Environmentalist’s Challenge”**

The final presentation on Kendal’s creation and development features Nicholas A. Robinson, former chair of the Village of Sleepy Hollow Planning Board.

When the Kendal Corporation applied to the Village of Sleepy Hollow for permission to build a CCRC on the Phelps Hospital property, Nick was serving on the Village Planning Board. He played a key role in the ultimate approval, applying his considerable expertise on environmental issues to the process.

Nick Robinson is the University Professor on the Environment and Gilbert and Sarah Kerlin Distinguished Professor of Environmental Law Emeritus at Pace University in White Plains.

**Saturday Opera**  
***La Bohème***

Although our winter has ended, it’s still freezing in the Paris of *La Bohème* by Giacomo Puccini, starring Anna Netrebko and Rolando Villazon in a filmed production released in 2008. The conductor is Bertrand de Billy.

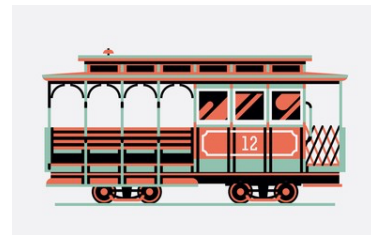
Please join us in the **Gathering Room** at **1:00 pm**.

**New Trip**

**Wednesday, April 24: Shore Line Trolley Museum, East Haven, CT**

Take an unforgettable ride aboard an historic electric trolley through three miles of woods and salt marshes. The trolley operator will give commentary at points along the route. On the return route we’ll leave the trolley at the train yard for a guided tour of part of the collection housed in the car barns. The museum, operating since 1945, has a collection of nearly 100 vintage transit vehicles, some built as early as 1893. One car, after 10 years of service in New York, was shipped to Vienna, Austria, as Marshall Plan aid and is now back in the museum’s collection. Also in the collection is a PATH train that survived 9/11.

This is the oldest continuously operated suburban trolley line in the U.S., beginning in 1900. The electric railway is a National Historic District, and the guided tour gives us a glimpse into the brief moment in the past when trolleys were the main method of public transportation. Following our trolley ride and tour of car barns and visitor center, we will have lunch at the Twin Pines Diner.



## **Trips**

### Wait List

**Wed, April 10:** The Rockefeller University, NYC

Note: Do not hesitate to sign up on a wait list, even if it is long. A popular trip is likely to be repeated, and those on the wait list will be given priority.

### **Dept. of Rehabilitation Presentation on Falls and Balance**

Join us for a short presentation on **March 27 at 10:00 am** in the **GR** on the Intrinsic and Extrinsic Fall Factors. You'll learn what are common indicators for falls and what can be done to reduce the risk of falling. The presentation will be followed by a free balance screening to determine your own overall fall risk potential.

### **New Health Program**

The Health and Wellness Committee invites you to a presentation by Sandra Sindaco, Health Services Director of Therapeutic Recreation and Community Volunteers, to be held on Wednesday, **April 3 at 11:00 am** in the **GR**.

Sandra will share the goals of her department and discuss how volunteers are vital to its success. We are hopeful that those who attend will consider ways that they can share their own talents and skills as volunteers in our Health Center neighborhoods.



### **New Resident Bios**

New biographies of **Carol and Philip M.** have been posted on the small bulletin board on Main Street. Please enjoy reading them and welcome them.

### **Great Courses Weekend Programming on Ch. 970 “How Winston Churchill Changed the World”**

This 24-lecture series follows Winston Churchill's career from the early 1900s, to its peak in the 1940s, and to his last time as prime minister in the 1950s.

Leading the course is Michael Sheldon, Professor of English at Indiana State University. A three-time winner of the Theodore Dreiser Distinguished Research/Creativity Award, Prof. Sheldon earned his doctorate at Indiana University. Author of six biographies, he has lectured on Churchill at the National WWII Museum and the International Churchill Society.

The course will be shown from 3 pm to 4 pm on Saturday and Sunday afternoons beginning the weekend of March 30/31.

**Education Committee  
Course Schedule  
Tuesday afternoon on-site courses  
for spring/summer 2024  
are as follows:**

April 9, 16, 23, 30:

Meg Bussert: American Musicals That Won the Pulitzer Prize III (sign-up sheet has been distributed)

May 7, 14, 21:

Michael Boriskin: Music appreciation

June 4, 11, 18, 25:

Michael Cramer: Film (Director John Ford)

July 9, 16, 23, 30

Kate Farrington: Theater (topic to be announced)

Questions?

Contact Fran K.

**Collage Course openings**

Birgitta H's new collage course will begin on Thursday, April 4, from 10 am to 12 noon. Lessons continue on April 11, 18, 26, and May 2 and 9. There are still a few places available, and beginners are welcome. For questions or to sign up, call or email Birgitta.

**New Handy Guide on the Residents Website — and Beyond**

*Kendal Residents'*

**Handy  
Guide**

*To shops and services.  
Selected by and for  
Residents.*

Thanks to all the residents, there's a brand-new Handy Guide section on the Residents Website, created from suggestions and reviews by *you!* Now, when you click on the Handy Guide headline on the menu bar, up comes first, a listing of the categories of shops, restaurants, and services in our area. Find the one you are looking for, click on it, and POP!, up comes the listing. And there's a "go back" button, too: the orangey little circle with the up arrows in the right-hand corner of the screen. Know of a shop or service you think should be added? Send its information—and do include your comments—to:  
Editor Margaret Ann R.  
And if you're looking for a printed copy, you'll find it in the library.