



Events: Week of March 4 2024

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

Mon 3/4	1:30 7:30	Course: Artificial Intelligence for Seniors (fully subscribed) with David Sachs Program: Philip Zegarelli, "Welcoming a CCRC in Sleepy Hollow: A Mayor's Challenge" (see page 3)	GR GR
Tue 3/5	1:30 8:00	Shopping: Tarrytown 9:30 - 11:00 and 1:00 - 2:30 Course:: Early 19 th C. European Art: Photography & Realism: Courbet, Daguerre, Manet" Prof. Morgan Ridler (final class, by subscription) Movie: <i>American Splendor</i> (2003, 1h 41m) An original mix of fiction and reality illuminates life of the comic book hero everyman Harvey Pekar.	GR Ch 970
Wed 3/6	5:00 8:00	Sip and Snack Movie: <i>The Enigma of Kasper Hauser</i> (1974, 1h 50) Young Kasper Hauser suddenly appears in Nuremberg in 1828 barely able to walk or talk, and bearing a strange note.	GR Ch 970
Thu 3/7	1:00 3:00 7:00 8:00	Trip: Hudson River Museum, Yonkers Program: Nutrition Seminar: Healthy Eating for Seniors Movie: <i>Killers Of The Flower Moon</i> (2023, 3h 26m) When oil is discovered in the 1920s under Osage Nation land in Oklahoma, Osage people are murdered, one by one, until FBI steps in and unravels the mystery. Movie: <i>A Night At The Opera</i> (1935, 1h 36m) Sly business manager and friends of singers in Italy succeed in America while humiliating their enemies.	GR GR Ch 970
Fri 3/8	5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>House Of Sand and Fog</i> (2003, 2h 6m) Abandoned wife evicted from house starts a tragic conflict with her house's new owners.	GR Ch 970
Sat 3/9	1:00 8:00	Opera: <i>The Gambler</i> by Sergei Prokofiev (see p 5) Movie: <i>After Life</i> (1998, 1h 59m) After death, people have a week to choose only one memory to keep for eternity.	GR Ch 970
Sun 3/10	3:00 8:00	Movie: <i>Oppenheimer</i> (2023, 3h) Story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Movie: <i>Streetcar Named Desire</i> (1951, 2h 2m) Disturbed Blanche DuBois moves in with her sister in New Orleans and is tormented by her brutish brother-in-law while her reality crumbles around her.	GR Ch 970

KoH TV Channel 970

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

3:00 pm:

Mon - Fri, Mar 4-8: Talk: Restorative Justice. 2024

Sat - Sun, Mar 9-10: Great Courses: The U.S. Constitution Through History

Lecture 19: Challenging Jim Crow in the Courts

Lecture 20: The Backlash Against *Brown v. Board of Education*

4:30 pm: Concert: Broadway Cabaret, 2024

8:00 pm: Movies as listed above

Deadline for Mar 11 issue for Spotlight is Wed Mar 6. Type or print submission 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	Thur 10:00	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 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 Wed 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: 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 Hours 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 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

**March 4 Program:
Philip Zegarelli
“Welcoming a CCRC in Sleepy
Hollow: A Mayor’s Challenge”**



On Monday evening March 4, we begin a four-part series reflecting on the development of Kendal on Hudson, which marks its 20th anniversary in 2025.

Born in North Tarrytown, Philip Zegarelli served as Village Trustee from 1974-1979 and twice as Mayor (1979-1987 and 1999-2009).

During his second mayoral term, Sleepy Hollow increased affordable housing on Valley Street, created a new senior center, dealt with the closing of the General Motors plant, helped to foster Ichabod’s Landing, the Phelps Memorial Hospital expansion, and the creation of Kendal on Hudson. In his talk, Mr. Zegarelli will reflect on the various phases of Kendal’s approval and the key issues in each step along the way.

Mr. Zegarelli holds a bachelor’s degree in Political Science and Government from Columbia College, Columbia University. Following his term as Sleepy Hollow Mayor, he served as Briarcliff Manor’s Village Manager until his retirement in 2021.

**April Course Announcement:
“The American Musical and the
Pulitzer Prize, Part III”**



Actor, coach, and teacher, Meg Bussert returns for Part III of her popular course on 10 American Musicals that have won the Pulitzer Prize for Drama. Classes will be Tuesday afternoons, April 9, 16, 23, and 30, from 1:30 to 3:00 pm in the GR. Plays to be discussed: *Next to Normal*, *Hamilton*, and *A Strange Loop*. The final class covers *Broadway Today & Tomorrow*. Tuition: \$40 for all sessions; \$15 for individual classes. Sign-up sheets will be distributed.

**Dining Services & Dining Advisory
Committee – Presentation**



On Thursday, March 7, at 3:00 pm in the GR, Mary Opfer will discuss **Healthy Eating for Seniors**. “Choosing Your Macronutrients: Proteins, Carbs Healthy Fats.” Registered Dietician (RD), Licensed Dietician Nutritionist (CDN) and Culinary Nutritionist Chef, Mary is Asst. Clinical Professor, Pace University, College of Health Professions. Mary’s prior Kendal seminars were: “Mediterranean Diet,” “M.I.N.D. Diet” and “CHOLESTEROL: The Good, the Bad and the Ugly”.

**Welcome
New Residents**

**Kailas D.
Week of March 4**



Kailas D. plans to move to her Alida apartment during the week of March 4 from her daughter Nisha D. R.'s Phillipse Manor home. Delightfully, Kailas's daughter Nisha is married to Kendal resident Aruna R.'s son.

Kailas spent most of her married life in the New Jersey home she shared with her husband Kailas, an accountant for Ciba-Geigy before retiring. Nisha remembers her Mom's early commutes to work across the George Washington Bridge. She'd return home, cook dinner and repeat the routine the next day.

Kailas loves to cook Indian food to share with family and friends. She has written poetry and enjoys knitting, crocheting, films and music.

Kailas spent a recent weekend with Aruna and loved participating in the activities and enjoying the music Kendal offers. She's ready to join our Kendal community.

Rosemary C.

4312 ~ Monday, March 4

Rosemary C. moves to Kendal on Monday, March 4 from the home in Bearsville, NY (near Woodstock) that she bought just before their first child was born 48 years ago.

Rosemary, a math major and teacher, was recruited and trained to teach computer science and programming at IBM's Poughkeepsie headquarters. She became a full-time Mom when her first child was born. When her youngest entered kindergarten, she earned a New York State teaching certificate; she taught math at Kingston High School.

She learned about at Kendal Life Care Communities from a friend living at Kendal at Oberlin. Rosemary was thrilled to discover the Kendal in Westchester as two of her children live nearby.

Rosemary looks forward to meeting new neighbors and participating in the variety of programs and activities offered at Kendal.

Saturday Opera



The Gambler by Sergei Prokofiev. A study in human weakness and the corrupting power of money. Updated performance from 2008, directed by Dmitri Tcherniakov and conducted by Daniel Barenboim.

Join us on **March 9 at 1:00 pm** in the Gathering Room

Trips



Wait List

Thu, March 7: Hudson River Museum, Yonkers

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

Short Wait List

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

Save the Dates - Sleepy Hollow Village Election



Wed., Mar. 14 – 7:30 PM
Sleepy Hollow Village Board Candidates Night. GR

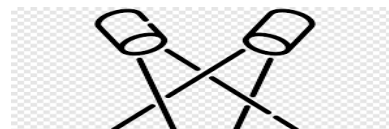
Tues., Mar. 19 – All Day Voting Sleepy Hollow Village Trustees. Bistro Lounge

Lost and Found



Did you know Kendal has a Lost and Found closet behind the Front Desk? Accessible daily between 8:30 am and 4:30 pm when Kendal staff member is present. Many items have been stored for a long time! If you've lost something, check with the Front Desk. If you find something, bring it there.

Available! Paper Copies of SPOTLIGHT



Starting March 1, look for stacks of SPOTLIGHT on each side of the shelf in front of cubbies. Low-vision copies still placed in cubbies. Residents also encouraged to access SPOTLIGHT electronically through Catie and KoH Residents Website.