

# Kendal on Hudson SPOTLIGHT

**Events: Week of January 29, 2024**

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

<b>Mon</b> 1/29	<b>7:30</b>	<b>Program: Rebecca M. Bratspies</b> , “The Environmental Justice Chronicles” (see page 3)	<b>GR</b>
<b>Tue</b> 1/30	<b>1:30</b>  <b>8:00</b>	<b>No Shopping</b> <b>Course: “The Age of Revolution: Britain and the Industrial Revolution,”</b> Instructor: <b>Prof. Edward Berenson</b> (by subscription) <b>Movie: <i>Babette’s Feast</i></b> (1987, 1h 43m). French refugee cooks sumptuous meal for 19 <sup>th</sup> c. puritan Danish villagers. Based on Isak Dinesen short story.	<b>GR</b>  <b>Ch 970</b>
<b>Wed</b> 1/31	<b>10:00</b> <b>10:30</b> <b>4:30</b>  <b>8:00</b>	<b>Discussion: Back Pain</b> (see page 3) <b>Hot Chocolate and Cake</b> <b>Art Show Opening and Reception</b> (replaces Sip and Snack at 5 pm)  <b>Movie: <i>An Affair to Remember</i></b> (1955, 1h 55m). Couple falls in love and agrees to meet at Empire State Building in 6 months – but will it happen?	<b>GR</b> <b>RL</b> <b>Rue des Artistes</b> <b>Ch 970</b>
<b>Thu</b> 2/1	<b>7:30</b>  <b>8:00</b>	<b>Movie: <i>Air</i></b> (2023, 1h 51m). Story of sports marketing executive Sonny Vaccaro and how he led Nike in pursuit of basketball great Michael Jordan. <b>Movie: <i>Annie</i></b> (1982, 2h 7m). Spunky orphan is taken in by rich eccentric, much to the chagrin of the cantankerous woman who runs the orphanage.	<b>GR</b>  <b>Ch 970</b>
<b>Fri</b> 2/2	<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>Bull Durham</i></b> (1988, 1h 48m). Fan who has an affair with a minor-league baseball player each season meets an up-and-coming pitcher and the experienced catcher assigned to him.	<b>GR</b>  <b>Ch 970</b>
<b>Sat</b> 2/3	<b>1:00</b>  <b>8:00</b>	<b>Opera: <i>Dialogues des Carmélites</i></b> by Francis Poulenc (see page 4) <b>Movie: <i>Children of a Lesser God</i></b> (1986, 2h 59min). New speech teacher at a school for the deaf falls in love with janitor, a deaf woman speechless by choice.	<b>GR</b>  <b>Ch 970</b>
<b>Sun</b> 2/4	<b>8:00</b>	<b>Movie: <i>The Fabulous Baker Boys</i></b> (1989, 1h 54m). The lives of two brothers, both struggling musicians, change when they team up with a beautiful up-and-coming singer.	<b>Ch 970</b>

### KoH TV Channel 970

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

**3:00 pm:**

**Mon-Fri, Jan 29-Feb 2:** Kendal on Hudson Residents Association Annual Meeting, 2024

**Sat & Sun, Feb 3 & Feb 4: Great Course: The U.S. Constitution through History**

Lecture 9: Constitutional Roots of Sectional Tensions

Lecture 10: Lincoln, the Civil War, and the Constitution

**4:30 pm: Concert:** Pianist Soheil Nasseri, 2024

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

**Deadline for Feb 5 issue of Spotlight is Wed, Jan 31. 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	RCR
	Wed/Fri/Sun 7:15 pm	
<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**

**Tue–Fri, 8:30–3:30**

**All classes are subject to change**

#### Fitness Classes

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

**Pilates:** **cancelled this week**

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

**New: Standing Movement,** Tue, 10:00

**Tai Chi:** **cancelled this week**

**Water Aerobics:** **Thu this week** & 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 ext 1030.

## 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, ext 1000.

**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

**Monday, Jan 29, Program  
Rebecca M. Bratspies  
“The Environmental Justice  
Chronicles”**

CUNY School of Law Professor Rebecca M. Bratspies is an internationally recognized expert on environmental justice, the regulation of new agricultural technologies, and the human right to a healthy environment.

On Jan. 29, she will speak about *The Environmental Justice Chronicles*, a series of environmentally-themed comic books made in collaboration with artist Charlie LaGreca-Velasco, which have brought environmental literacy to a new generation.

Prof. Bratspies teaches classes in property, climate change, environmental justice, administrative law, and environmental law. She is an appointed member of the NYC Environmental Justice Advisory Panel and EPA’s Children’s Health Protection Advisory Committee. A scholar with the Center for Progressive Reform, she is a core member of the Global Network for the Study of Human Rights and the Environment and serves on the editorial board of the International Journal of Law in Context.

**Trips**

Short Wait List

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

Rescheduled from Thu, Feb 22:

**Thu, Mar 7:** Hudson River Museum, Yonkers

Be the first on the Waiting List!

**Wednesday, Jan 31  
Discussion about Back Pain**

As part of KoH’s Rehab Discovery Series, HealthPRO Heritage will lead an interactive discussion about common back pain conditions and the therapy in treating these conditions.

Please join us in the Gathering Room from 10-11 am.

**Additional Transportation  
Evening Hours**

Starting **Wed, Feb 7, and every other Wed**, a driver will be at your service until 9:00 pm. This is in addition to our Tuesday and Thursday evening hours. A registration sheet for Wednesday evening transportation will be added to the sign-up book at the front desk.

Remember, the dates for next month are **Feb 7 and Feb 21**.

## Missing Objects

It has come to my attention that several items have disappeared from the buildings: three needlepoint pillows which decorated chairs and settees in common areas; a gold clock from the Robert Fulton lobby; a carved chess set from the Residents Lounge; and the attachment for a sewing machine from the Craft Room.

Administration is requesting your help in returning them to their rightful places, if you know where these items are now or know someone who may be able to locate them. No questions asked.

These objects were donated by residents and should be returned where all can use and enjoy them.

Thank you. If you have any questions, please contact Ellen at x1080.

## New Art Show Opens

The art show, featuring works by Kendal residents and staff, opens on **Wed, Jan 31**, with a reception on the Rue des Artistes, Level C in Mary Powell, from 4:30-5:30 pm.

**All are Invited to this beloved event!**

## Saturday Opera

On **Feb 2**, we hear Francis Poulenc's tragic *Dialogues of the Carmelites* (*Dialogues des Carmélites*) in a Metropolitan Opera production from 1987.

In the Gathering Room at 1:00 pm.

## Paul Jeffries Returns with New Watercolor Course

**Thursdays**

**Feb 1, 8, 15, 22, 29, and Mar 7**

10:00 am — 12:00 noon

in the Art Studio

The Art Committee is pleased to announce a watercolor course focusing on landscapes, taught by artist Paul Jeffries. Paul's classes have been universally popular at Kendal. His warm, personal, and open approach to art creates a supportive, fun atmosphere, whatever your level. Join us for a memorable learning experience. Beginners are welcome.

Make checks in the amount of \$90 payable to KoH Residents Association, write "Jeffries Class" on the memo line, and deposit in Lynn B.'s cubby.

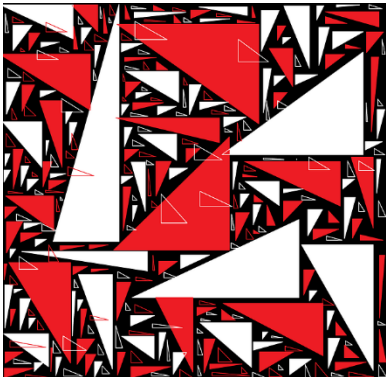
Any questions? Call Lynn.

## Reminder: Collage Course

**Birgitta H.** offers a course on collage on **Wed, Feb 7, 14, 21, and 28**, from 10:00 am to 12:00 noon in the Art Studio.

The class is limited to eight participants on a first-come first-served basis. Beginners are welcome.

To register and ask questions, call or email Birgitta.



## Artificial Intelligence Course

Response to the **Artificial Intelligence** course that will begin in March has been both very swift and strong.

The course is fully subscribed. The Education Committee is creating a wait list in case an additional course can be scheduled, contingent upon the success of the first course and the availability of the instructor.

If you wish to be placed on a wait list, please fill out a registration form and mark it “wait list.” Forms can be picked up from the wall rack in the Mary Powell Activities Alcove, between the Gathering Room and the Residents Lounge.

Place your wait list in Gerry M.’s cubby.

As part of our **Monday Lecture** series, our instructor, **Dr. David Sachs**, will present a lecture on the general topic of artificial intelligence on **Apr 15**, at 7:30 pm, which will be open to all residents.