



## Events: Week of March 11, 2024

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

Mon 3/11	2:00 7:30	Residents Council Meeting (agenda attached, page 6) Program: L. Bradford Perkins, "Building a CCRC in Sleepy Hollow: A Designer's Challenge" (see page 3)	GR GR
Tue 3/12	9:30 8:00	Shopping: Trader Joe's 9:30 - 11:30 / Tarrytown 1:00 - 2:30 Movie: <i>Peter, Paul and Mary; Carry It On</i> (2004, 1h 20m). Documentary of socially-conscious folk song trio.	Ch 970
Wed 3/13	10:00 5:00 8:00	Trip: Yale University Art Gallery, New Haven, CT Sip and Snack (March Birthday Celebration) Movie: <i>Gold Rush</i> (1924, 1h 35m). Klondike prospector Charlie Chaplin meets dance hall girl. Guess what happens.	GR Ch 970
Thu 3/14	7:30	Meet the Candidates for Sleepy Hollow Village Board (see page 3). No movies	GR
Fri 3/15	2:30 5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 <b>Mock Fire Drill</b> Sip and Snack Movie: <i>Rosenwald</i> (2015, 1h 35 m). Rosenwald's work with Booker T. Washington to build thousands of schools for African-American children.	FDR GR Ch 970
Sat 3/16	1:00 8:00	Opera: <i>Turandot</i> by Giacomo Puccini (see page 4) Movie: <i>Jackie Robinson</i> (2016, 2h). Interview with his family and rarely seen photos and film footage.	GR Ch 970
Sun 3/17	3:00 8:00	Movie: <i>Killer of the Flower Moon</i> (2023, 3h 26m). Oil discovery on Osage Nation land in the 1920s leads to murder of the indigenous population. Movie: <i>Match Point</i> (2005, 2h 4m). Former tennis pro falls for actress who is dating his friend and soon-to-be brother-in-law.	GR Ch 970

**KoH TV Channel 970**

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

**3:00 pm: Mon-Fri, Mar 11-15:** KoH Independent-Living Apartments: Resident Fire Procedures, 2024

**Sat & Sun, Mar 16-17: Great Courses: The U.S. Constitution Through History**

Lecture 21: The ERA and the Battle over Women's Rights

Lecture 22: Conservatism, Christianity, and the Court

**4:30 pm: Concert:** The Omni Piano Quartet, 2019

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

Deadline for Mar 18 issue of Spotlight is Wed, Mar 13. 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, Carlisle Spivey**

### Regular Weekly Activities

Contemporary Issues	Thu 10:00	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	RCR
	Wed/Fri/Sun 7:15 pm	
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 11:00	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

**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 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:**

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**

### 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 11 Program:  
L. Bradford Perkins  
“Building a CCRC in  
Sleepy Hollow:  
A Designer’s Challenge”**

The second of four talks about the development of Kendal on Hudson features **L. Bradford Perkins**, co-founder and chairman of Perkins Eastman, a design firm specializing in schools, hospitals, senior living, and mixed-use urban developments that bring people together.

Mr. Perkins’ career spans 50 years and includes projects in more than 30 countries. Author of nine books and over 100 articles covering all aspects of architecture and design, he has lectured at more than 20 colleges and universities and currently serves on the faculty of Cornell’s College of Architecture, Art and Planning.

Mr. Perkins holds a BA from Cornell, a B. Arch. from Cornell and The City College of New York, and an MBA from Stanford University. He will be introduced by **Philip Monteleoni**, his former Perkins Eastman associate.

**In the Gathering Room at 7:30 pm.**



**March 14: Meet the Candidates  
for Sleepy Hollow Village Board**

This month, six candidates are running for three open trustee positions on the Sleepy Hollow Village Board.

Incumbents **Lauren Connell** and **Patrick Sheeran** are running on the Transparent Accountable Government line. **James McGovern**, **James Husselbee** and **Matthew Presseau** are running on the Unite Sleepy Hollow line. **Charles Zekus** is running on the We the People line.

Come meet the candidates in the **Gathering Room at 7:30 pm.**

Then be sure to vote on Tuesday, March 19. **Polling will take place all day in the Private Dining Room.**

**Note:** The ballot will also include a referendum asking voters whether our village elections should be changed from March to November, beginning in 2025, to coincide with Election Day nationwide.

**New Residents’ Bios Posted**

We invite you to read Meg A. and Greg L.’s biographies, which are posted on Main Street, near the window opposite the main bulletin board.

## **Trips**

### **New Trip:**

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

This is a rare opportunity to tour The Rockefeller University's private 16-acre campus (York Ave. and 66th St). The university's 26 buildings house a community of world-renowned scientists who conduct leading-edge research in biological and biomedical science and train the next generation of researchers.

Rockefeller's "air rights" over the FDR Drive allowed a major expansion of the campus. The campus has extraordinary architecture and landscaping, breathtaking views of the East River and Queensboro Bridge, and an art collection including works by Alexander Calder, Chuck Close, and Frank Stella.

We will tour Founders Hall featuring an exhibit of the University's 26 Nobel Prize-winning scientists, see its current historical exhibition, walk through research laboratories, and see the impressive Esplanade and Caspary Hall. Lunch will be on campus.

### **Short Wait List:**

**Wednesday, March 13:** Yale University Art Gallery, New Haven, CT

**Thursday, March 21:** Museum of the City of New York

## **Saturday Opera**

On **March 16**, we witness what the icy princess ***Turandot*** in Giacomo Puccini's opera has in mind for her suitors. With **Eva Marton, Leona Mitchell** and **Placido Domingo** in an over-the-top production by **Franco Zeffirelli** for the Metropolitan Opera, conducted by **James Levine** in 1989.

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

## **Free Skin Cancer Screening**

**Hudson Dermatology** will offer free skin cancer screening for Kendal residents on **Thursday, March 21, from 1-4 pm, in the Resident Care Center by appointment only**. Please call the Resident Care Center, ext 1030, to make an appointment.

## **Print Magnifier in Library**

An Acrobat HD Ultra Enhanced Vision machine has been donated to the Kendal library. It is located on the shelf across from the desk next to the public computer. Its basic function (magnifying documents onto a screen) is very simple, and desk volunteers can show residents how to use it.

The Library Committee is pleased to offer this new service for low-vision readers.

## Movie Committee News

We are delighted to be working with the new and improved Channel 970. Great advantages are clearer pictures, supported software and hardware, and the potential to provide more services.

The new procedures are still being worked out, so please overlook any “bumps in the road” while we learn.

One change: if a DVD doesn't start (this may sometimes happen) you will see a page with explanations, and in that case an episode of *Midsummer Murder* will play instead of the scheduled movie.

If you are interested in helping us play movies in the GR, DVDs or streaming, we would appreciate your assistance.

Meanwhile, keep your movie suggestions coming. If you have DVDs to lend us (they must have English subtitles), please let us know.

Many thanks,  
Annette  
Roberta



## Computer Committee Help Session

The committee will host a help session on **Thursday, March 14, at 12:30 pm**, in the Riverview Conference Room.

Bring your phone or computer with your questions at that time.

## Alerting All Kendal Artists! New Art Show is Opening June 5

Start thinking now about what to submit for our next show. More details to follow.

**What's accepted:** Painting, drawing, collage, sculpture, photography, relief, assemblage and fabric arts, and small objects for the vitrine. *Works not shown before are preferred.*

**Who are the artists:** All original work must be created by a Kendal resident or a member of the Kendal staff.

**When:** On May 3, submit up to 3 pieces for selection.

Any questions? Contact the curators, Peter S. and Birgitta H.

# Kendal on Hudson Residents Council Meeting

2:00 pm Monday, March 11, 2024 – Gathering Room

## Agenda

### Welcome

Hildegarde Gray, Chair

Moment of Silence

Declaration of a Quorum

Remembrance of Residents Deceased since February 12, 2024

Welcome to New Residents since February 12, 2024

### Council Business

Approval of Minutes of RC Meeting on February 12, 2024

### Reports

Chair's Report

Hildegarde G.

Treasurer

Jeff O.

Investment Committee

Bob K.

Annual Appeal

Gene D.

Residents Association Consultation Committee

Chris M.

CEO's Report

Ellen O. for Jean E.

Council Members' and Residents'

Questions and Comments

Chair's Closing Remarks

Hildegarde G.

Kendal Query

Maria H.

Adjournment

### Next Meeting

April 8, 2024 Residents Council Monthly Meeting following the Association 1st Quarter Meeting