

Kendal on Hudson SPOTLIGHT

Events: Week of April 22, 2024

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

Mon 4/22	7:30 8:00	Date Change of Planned Program (see page 3) No Movie	
Tue 4/23	1:30 8:00	Shopping: Ridge Hill Mall 10:30—2:45 ; sign up at front desk Class: “American Musicals That Won the Pulitzer Prize (<i>A Strange Loop</i>);” instructor Meg Bussert (subscription). Movie: <i>Coup de Torchons</i> (1981, 2h 8m). Pathetic, humiliated police chief suddenly wants clean slate in life and resorts to drastic means.	GR Ch 970
Wed 4/24	9:15 5:00 8:00	Shore Line Trolley Museum, East Haven, CT Sip and Snack Movie: <i>Le Joli Mai</i> (1963, 2h 45m). Portrait of Paris during May 1962, the first springtime of peace after the ceasefire with Algeria and the first time in 23 years that France was not involved in any war.	GR Ch 970
Thu 4/25	7:30 8:00	Movie: <i>The Holdovers</i> (2023, 2h 13m). Cranky prep school history teacher is forced to stay on campus over the holidays with grieving cook and troubled student. Movie: <i>Top Hat</i> (1935, 1h 41m). American dancer comes to Britain and falls for model who mistakes him for his goofy producer.	GR Ch 970
Fri 4/26	5:00 8:00	Shopping: Thornwood 9:30-10:45 / Ossining 1:00–2:15 & 1:45–3:00 Sip and Snack Movie: <i>Shall We Dance</i> (1937, 1h 49m). Ballet dancer and showgirl fake marriage for publicity purposes, then fall in love.	GR Ch 970
Sat 4/27	1:00 8:00	Opera: <i>Norma</i> by Vincenzo Bellini, with Montserrat Caballé & Jon Vickers Movie: <i>Hannah Arendt</i> (2012, 1h 53m). Life of the philosopher and political theorist who reported on the trial of Adolf Eichmann in Jerusalem.	GR Ch 970
Sun 4/28	8:00	Movie: <i>Barbie</i> (2023, 1h 54m). Barbie and Ken are having the time of their lives in the perfect world of Barbie Land. When they get a chance to go to the real world, they discover the joys and perils of living among humans.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon - Fri, Apr 22-26: Talk: KoH Residents Council April Monthly Meeting, 2024

Sat - Sun, Apr 27-28: Great Courses: “How Churchill Changed the World”

Lecture 9: Churchill as Author and Historian

Lecture 10: The Gathering Storm in Nazi Germany

4:30 pm: Concert: The Bard College Conservatory of Music, 2018

8:00 pm: Movies as listed above

Deadline for April 29 issue of Spotlight is Wed, April 24. 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, Pam Mitchell, Carlisle Spivey

Regular Weekly Activities

Contemporary Issues	Thu 10	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

Gentle Standing Movement: Thu **9:30**

(note change in time this week)

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

Mindful Movement & Meditation: Thu 1:15

Pool: 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 GR

Quaker Meeting:

Sundays, 11:00 am RCR

Service of Prayers

1st & 3rd Tue, 1:00 pm SUN

Shabbat Services

2nd & 4th Fri, 4:30 pm PDR

Notice of Date Change Remembrance of Friends Lost in 2023

The KoH Residents Association invites you to attend the Annual Memorial Service in the **Gathering Room on Tuesday, April 30, at 7:30 pm**. It was moved to avoid conflict with Passover and the seders being held in the PDR.

The Loss Committee will commemorate our friends who passed in 2023 with a short passage on their lives while their picture is projected on the big screen.

Please join us for the ceremony and to contribute your fond memories of those who passed.

Trips

New Trip

Thu, May 23: Vassar College
Frances Lehman Loeb Art Center,
Poughkeepsie

The Loeb Art Center includes a museum and sculpture garden and is a major art repository and exhibition space on the beautiful Vassar campus.

Works from antiquities to contemporary times are on display. The permanent collection consists of

over 22,000 artworks with a significant number of Hudson River School paintings.

The current special exhibition is "Making a Life in Photography: Rollie McKenna." McKenna, a 1940 Vassar graduate, was an architectural and portrait photographer who took iconic portraits of famous artists and writers. We will have a guided tour of the galleries, including the permanent collection.

Lunch will be at Savanna's Trattoria, just outside the campus.

Wait List

Wed, April 24: Shore Line Trolley
Museum, East Haven, CT

Space available

Thu, May 2: *Beautiful*, WPPAC,
White Plains



The Solace Trio in Concert Thursday, April 25, 11 am, in the Gathering Room

A reminder that KoH Marketing will host The Solace Trio on **Thursday morning, April 25**, for future KoH residents on the wait list.

Since space is limited, residents who wish to attend must register in the book at the front desk by April 22.

Interested in Writing Your Memoir?

Final Notice: Celia Barbour has offered to lead an 8-week Memoir Writing class. Limited to 8 residents, the class would meet weekly for 90 minutes per session; the fee is \$250.

If interested, please contact Fran K. by April 22.

Next GreenDrop Pickup

Clothing, shoes, linens and bedding will be picked up on **Tuesday, April 30**, for the benefit of the Purple Heart Foundation. Your bags and boxes marked PH must be **outside Mary Powell on Monday night, April 29**.

Contact Ursula for more info and donation receipt.

Terrace Planters

In the next few weeks, you will begin to see the Kendal terrace coming into bloom. Ten planters are on the terrace, all cared for by members of the Horticulture Committee. One of the planters is a community herb garden, where basil, parsley, rosemary, and lavender (and much more) can be harvested and enjoyed by everyone. The other nine planters contain flowers and/or veggies that were purchased and tended by individuals, and we request that you do NOT pick, pluck from, or prune them, even if there are daisies, or sunflowers, or tomatoes that tempt you.

Ellen L.
Peter S.

