

Kendal on Hudson SPOTLIGHT

Events: Week of April 1, 2024

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

Mon 4/1	1:30 7:30	Course: Artificial Intelligence for Seniors (final class) with David Sachs Program: Peter Iskenderian and Susan Sewenz: “Rockefeller State Park Preserve: A Treasure in Every Season” (see page 3)	GR GR
Tue 4/2	9:30 8:00	No Shopping; van will transport residents to Primary Election voting Movie: <i>Hotel Du Nord</i> (1938, 1h 23m) A nearly fatal gunshot separates a young couple, but, amid a panorama of characters, love has the final say.	Ch 970
Wed 4/3	11:00 5:00 8:00	Sandra Sindaco, Therapeutic Recreation, “The Importance of Volunteers” Sip and Snack Movie: <i>The Conversation</i> (1974, 1h 53) A secretive surveillance expert has qualms when he suspects the couple he is spying on will be murdered.	GR GR Ch 970
Thu 4/4	7:30 8:00	Movie: <i>American Fiction</i> (2023, 1h 57m) Frustrated Black novelist writes a satire of "Black" books, only to have it be mistaken for serious literature. Movie: <i>The Secret Life of Walter Mitty</i> (1947, 1h 50m) A clumsy day-dreamer gets caught up in a sinister conspiracy.	GR Ch 970
Fri 4/5	11:00 5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Program: Meet Sleepy Hollow Mayor Martin Rutyna (see page 3) Sip and Snack Movie: <i>Sidewalks of New York</i> (2001, 1h 47m) A romantic comedy about the joys and woes of six Manhattanites looking for love.	GR GR Ch 970
Sat 4/6	1:00 8:00	Opera: <i>La Bohème</i> , by Giacomo Puccini (see page 3) Movie: <i>Treasure of Sierra Madre</i> (1948, 2h 29m) Two down-on-their-luck Americans in 1920s Mexico convince an old prospector to help them find gold.	GR Ch 970
Sun 4/7	3:00 8:00	Concert: “Steel Passion” Steel Drum Band (see page 4) Movie: <i>The Lady With The Dog</i> (1960, 1h 29m) Among the nobility of the Russian Empire, a man and a woman — both married — fall in love.	GR Ch 970

KoH TV Channel 970

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

3:00 pm:

Mon - Fri, April 1-5: Talk: Solar Eclipse Briefing, 2024

Sat - Sun, April 6-7: Great Course: “How Churchill Changed the World”

Lecture 3: Churchill, the Edwardian Titan

Lecture 4: Churchill’s Rise to the Admiralty

4:30 pm: Concert: Kinga Augustyn, violin and Corrado Rua, piano, 2024

8:00 pm: Movies as listed above

Deadline for April 8 issue of Spotlight is Wed, April 3. 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	RCR
	Wed/Fri/Sun 7:15 pm	
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: Wed, Fri 9:30 (Zoom)

Pilates: Wed 10:15 & 11:15

Resistance Bands: Mon, Wed, Fri 12:30

Standing Movement: Thu 10-10:30

Tai Chi: Tue & Fri 10:00

Water Aerobics: Tue & Fri 10:45

Special water class w Carol: 4/4, 10:45

Chair Yoga: Tue 12 noon

Zumba Gold: ~~Canceled~~

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 ext 1030 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

April 1 Program

“Rockefeller State Park Preserve: A Treasure in Every Season”

Having learned about Kendal on Hudson’s beginnings more than 20 years ago — from the site selection, through the approval process with the Village, the planning, design, and landscaping — we have a better understanding of Kendal’s unique setting.

On Monday evening, **April 1, at 7:30 pm**, in the **Gathering Room**, come learn more about a very important aspect of our unique surroundings: Rockefeller State Park Preserve and Rockwood Hall. Park Manager Peter Iskenderian and his associate, Susan Sewenz (“Ranger Su”), will describe why Rockefeller State Park is, indeed, “A Treasure in Every Season.”

Friday, April 5

Meet Mayor Martin Rutyna 11 am in the Gathering Room

Martin Rutyna assumed office as Mayor of the Village of Sleepy Hollow in April 2023. Join us at 11 am on Friday morning, April 5, when Mayor Rutyna returns to discuss the challenges facing the village and his vision for the future.

Saturday Opera

Multi-tasking rarely has the desired effect, and important information gets jumbled; therefore, apologies are in order for the confusing notice last week.

La Bohème by Giacomo Puccini will be shown on **April 6** at the usual time of **1:00 pm**. This is a filmed version with **Anna Netrebko** and **Rolando Villazon**, produced by Unitel and German and Austrian public broadcasters.

Please join us in the Gathering Room.

Course: Beginner Painting Using Oil or Acrylic

If you’ve always (or even sometimes) longed to pick up a brush and create a masterpiece, but have not a clue about how to start, there’s an art course beginning in May that is right up that particular alley.

It will be taught by Erin Carney in four Wednesday sessions: May 1, 8, 15, and 22. Maximum enrollment is 10, the price \$90. However, if there are fewer students, the cost will go up.

Bring your friends! Supplies are included.

TRIPS

Wait List

Wed, April 10: Rockefeller University, NYC

Short Wait List

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

Steel Passion Steel Drum Concert – Sunday, April 7, 3 pm



Steel Passion, the steel drum band of Christ Church in Tarrytown, returns for another lively concert on Sunday, **April 7, at 3 pm in the Gathering Room.** The popular band plays in the “island” style of the Caribbean. Its music ranges from calypso to pop and from jazz to classical. Be prepared for a good time!

The Give and Take Table

The Table will open for business on the T level of Mary Powell on **April 1 and will disappear on April 7** at 5 pm. As usual, **NO** food, clothing or sharp objects.

The Table looks forward to having visitors.

Election Do’s and Don’ts from the Advocacy Committee

Now in election season, we want to remind you of regulations relating to political activity in light of our tax-exempt status. As a 501(c)(3) tax-exempt organization, KoH is not permitted to engage in political campaign activity, but residents can. No such activity, including, but not limited to, soliciting contributions, or endorsing or opposing a particular candidate or political party, should mention or refer to Kendal. The use of the Kendal name is forbidden. There is also a prohibition on using Kendal resources.

That said, residents in their own name may engage in such activities *without* any disclosure they are Kendal residents. They may use the cubbies to communicate directly with other named residents; however, they cannot generally use the cubbies for mass mailing to the residents. While residents can hold political meetings on a by-invitation basis in their apartments, they should not involve fund-raising, which has been an intense focus by the IRS. A more detailed description of prohibited and permissible political activity can be found in the first section of the "green book," beginning on page 15 (2/15/20 edition), which is given to residents upon arrival.

April 2: Presidential Primaries

Tuesday, April 2, is Presidential Primary Day. We do not actually vote for the candidates themselves, but for a slate of electors in the Electoral College who will vote for your nominee. There's no need to appear at the polls if you have already mailed in an absentee ballot. If you have *not* mailed an absentee ballot **and** are registered, there will be Kendal vans to take you to Philipsburg Manor, where we vote on election days.

Questions: Can't remember if you mailed in your ballot? Phone the Board of Elections at (914) 995-5700. Do not worry about voting twice accidentally. The ballot computer won't let you. Early voting takes place up until Saturday, March 30; the closest poll is the Joseph Caputo Community Center in Ossining.

Annette L.

And the Winners Are . . .

March 19 was the village Election Day. Winners were:

- Patrick Sheeran, TAG* Party
- Lauren Connell, TAG* Party
- James R Husselbee, Unite Sleepy Hollow Party

(*Transparent, Accountable Government Party)

In addition, the Referendum to change Sleepy Hollow village election day to November as of 2025 passed with a resounding Yes.

From the Channel KOH970 Committee

We are delighted to announce that Channel 970 has been using its new digital system since January with better quality and reliability. As with all new systems, there can be problems which we would like to know about when they happen. So, we need the help of residents to identify and report any issues encountered while viewing. Please send an email to Ch970@kohudres.org when you have an issue, and — so that we may resolve issues as quickly as possible — provide the following information as best you can:

1. Did you tune into 970 before the program started? If so, do you remember hearing music and seeing the Art still photos before the program? Did the video and/or audio stop when the show started?
2. If you started watching the program after it had started, around what time was that? Was it missing audio or video when you tuned in, or was there another issue (what)?
3. If sound was the issue, did you try turning up the volume?
4. Did you try switching to 971 which, currently, simulcasts 970? If so, was the issue the same?
5. When was the next time you tuned to 970?
6. What did you watch or try to watch then? Did you experience the same problem?

Thank you for your help.