

# Kendal on Hudson SPOTLIGHT

## Events: Week of April 15, 2024

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

<b>Mon</b> 4/15	2:00 7:30	<b>Resident Assn. Quarterly and Residents Council Monthly Meeting</b> Program: “Artificial Intelligence 101,” Prof. David Sachs (see p.3).	<b>GR</b> <b>GR</b>
<b>Tue</b> 4/16	9:30 1:30  8:00	<b>Shopping: Tarrytown 9:30–11:00 &amp; 1:00-2:30</b> <b>Class:</b> “American Musicals That Won the Pulitzer Prize ( <i>Hamilton</i> )”, instructor Meg Bussert (subscription). <b>Movie:</b> <i>The Manchurian Candidate</i> (1962, 2h 6m). An American POW in the Korean War is brainwashed as an unwitting assassin for an international Communist conspiracy.	<b>GR</b>  <b>Ch 970</b>
<b>Wed</b> 4/17	5:00 8:00	<b>April Birthday Party</b> <b>Movie:</b> <i>Les Paul, Chasing Sound</i> (2007, 1h 30m). The name Les Paul is synonymous with the electric guitar. He was a player, inventor, and recording artist.	<b>GR</b> <b>Ch 970</b>
<b>Thu</b> 4/18	7:30  8:00	<b>Movie:</b> <i>Past Lives</i> (2023, 1h 45m). Twenty years after being wrested apart, two deeply connected childhood friends are reunited for one fateful week and confront notions of love and destiny. <b>Movie:</b> <i>George Gently. DISC 1</i> (2007, 1h 29m). In 1960s Britain, an upstanding detective takes on a dangerous world.	<b>GR</b>  <b>Ch 970</b>
<b>Fri</b> 4/19	5:00 8:00	<b>Shopping: Thornwood 9:30-10:45 / Ossining 1:00–2:15 &amp; 1:45–3:00</b> <b>Sip and Snack</b> <b>Movie:</b> <i>Swing Time</i> (1936, 1h 43m). Roguish gambler/dancer “Lucky” Garnett is challenged by his fiancée’s father to come up with \$25,000 to prove he’s worthy of her hand.	<b>GR</b> <b>Ch 970</b>
<b>Sat</b> 4/20	1:00 8:00	<b>Opera:</b> <i>La Forza del Destino</i> by Giuseppe Verdi (see p.3). <b>Movie:</b> <i>Lincoln</i> (2012, 2h 30m) Abraham Lincoln struggles with the carnage of the Civil War while fighting with his cabinet over emancipation.	<b>GR</b> <b>Ch 970</b>
<b>Sun</b> 4/21	3:00 8:00	<b>Concert:</b> The Raritan Trio (see p. 4) <b>Movie:</b> <i>The Ship Sails On</i> (1983, 2h 8m). In 1914 a ship leaves Italy to scatter the ashes of a famous opera singer. A lovable, bumbling journalist chronicles the event.	<b>GR</b> <b>Ch 970</b>

### KoH TV Channel 970

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

**3:00 pm:** **Mon - Fri, Apr 15-19:** Talk: Approving a CCRC in Sleepy Hollow: An Environmentalist’s Challenge, 2024.

**Sat - Sun, Apr 20-21: Great Courses: “How Churchill Changed the World”**

Lecture 7: Churchill as Chancellor of the Exchequer

Lecture 8: The Rise of Tyranny in the 1930s

**4:30 pm: Concert:** “Steel Passion” Steel Drum Band, 2024.

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

Deadline for April 22 issue of Spotlight is Wed, April 17. 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, Pam Mitchell, 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 Wed/Fri/Sun 7:15 pm	RCR
<b>Open Studio</b>	Sat 10 -12	ART
<b>Poetry Reading</b>	4 <sup>th</sup> Wed 4:00.	CLE3
<b>Quilting</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Wed 2-4	CRA
<b>Spanish</b>	Fri 11:00	RCR
<b>Tuesday Morning Club</b>	Tue 10-12	GR

## **Staffed Fitness Center Mon-Fri 8:30-3:30**

**All classes are subject to change**

### Fitness Classes

<b>Stretch &amp; Balance:</b>	Wed, Fri 9:30 (Zoom)
<b>Pilates:</b>	Wed 10:15 & 11:15
<b>Resistance Bands:</b>	Mon, Wed, Fri 12:30
<b>Gentle Standing Movement:</b>	Thu 10:00
<b>Tai Chi:</b>	Tue & Fri 10:00
<b>Water Aerobics:</b>	Tue & Fri 10:45
<b>Chair Yoga:</b>	Tue 12 noon
<b>Zumba Gold:</b>	Tue 2:00
<b>Cornhole:</b>	Wed 1:30
<b>Mat Yoga:</b>	Thu 12 noon
<b>Mindful Movement &amp; Meditation:</b>	Thu 1:15
<b>Pool:</b>	Mon-Fri, 9-4, Sat 9-3
<b>Guest Swim:</b>	Mon-Sat, 1-3
<b>Fitness Center &amp; Pool closed</b>	<b>12-1 pm</b>

### 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 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](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 x1000.

**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

2<sup>nd</sup> & 4<sup>th</sup> Fri 4:30 pm PDR

**April 15 Program  
Prof. David Sachs  
Artificial Intelligence 101**

Artificial Intelligence summons a utopia for some, a dystopia for others. It provides a range of applications with the potential to transform how we work and how we live our daily lives. While many of these transformations are exciting, like self-driving cars, virtual assistants, or wearable devices in the healthcare industry, they also pose many challenges.

On Monday, April 15, Prof. David Sachs will discuss the many wonderful ways people are using A.I., as well as the many challenges it poses. Be sure to bring your questions!

David Sachs has been an Associate Dean and Professor of Information Technology in Pace's Seidenberg School of Computer Science and Information Systems since 1984. His current academic interests focus on online learning, social media, artificial intelligence, and telehealth initiatives. He earned a BA in Philosophy from Colgate, an MA in English from NYU, and an EdD in Educational Administration from Columbia University Teacher's College.

**Michael Boriskin  
Music Appreciation Course**

Famed pianist Michael Boriskin returns on Tue, May 7, 14, and 21 for another exciting music course. With the theme, "Declassifying the Classics," he will discuss Igor Stravinsky's *Rite of Spring*; Aaron Copland's *Piano Sonata*; and Mozart's *Piano Concerto in D Minor*. Tuition: \$50 for the full course; \$20 for an individual session. Classes will run from 1:30 pm-3:30 pm in the Gathering Room. Sign-up sheets have been distributed. Questions? Call Fran K.

**Saturday Opera**



Please join us on **April 20** for Verdi's ***La Forza del Destino*** with Leontyne Price, Giuseppe Giacomini, Leo Nucci, and Bonaldo Gialotti. James Levine conducts the Metropolitan Opera Orchestra in a performance from 1984.

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

## Raritan Trio Concert Sunday, April 21 at 3:00 in the GR



Formed in January 2019 at the Mason Gross School of the Arts, Rutgers University, the trio consists of pianist Alexander Bui, violinist Yu Ouyang, and cellist Li Pang.

The artists combine their individual cultures and personalities to create wonderful music together. Making their third Kendal appearance, the trio will perform works by Mozart and Dvorak.

## Interested in Writing Your Memoir?



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 would be \$250. If interested, please contact Fran K. by April 15.

## New Resident Biography

A biography of **Mary S.** has been posted on the small bulletin board on Main Street. Please enjoy reading it and welcome Mary.

## Trips

### Wait List

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



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





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

KoH Marketing will host The Solace Trio on Thursday morning, April 25, for members of our waitlist.

This nationally recognized trio performs rarely heard masterpieces of the chamber music repertoire. Its members – April Johnson (violin), Peter Seidenberg (cello), and Tomoko Uchino (piano) – also serve as faculty members of Hoff-Barthelson Music School in Scarsdale.

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