

Kendal on Hudson SPOTLIGHT

Events: Week of April 8, 2024

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

Mon 4/8	7:30	Program: Bari Pearlman, Documentary Filmmaker (see p. 5).	GR
Tue 4/9	9:30 1:30 8:00	Shopping: Trader Joe's 9:30 - 11:15 / Tarrytown 1:00 - 2:15 Class: "American Musicals That Won the Pulitzer Prize"; instructor Meg Bussert (subscription). Movie: <i>Peter, Paul and Mary: Carry It On</i> (2004, 1h 20m). A documentary covering 43 years of a popular, socially-conscious folk song trio and the part they played in American history.	GR Ch 970
Wed 4/10	9:30 5:00 8:00	Trip: Rockefeller University, NYC Sip and Snack Movie: " <i>The Queen</i> " (2006, 1h 43m). After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted.	GR Ch 970
Thu 4/11	7:30 8:00	Movie: <i>Perfect Days</i> (2023, 2h 4m). Hirayama cleans public toilets in Tokyo, lives his life in simplicity and daily tranquility. Movie: <i>George Gently. DISC 1</i> (2007, 1h 29m). In 1960s Britain, an upstanding detective takes on a dangerous world.	GR Ch 970
Fri 4/12	5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Sip and Snack Movie: <i>The Gay Divorcee</i> (1934, 1h 47m). A woman thinks a flirting man is the co-respondent her lawyer has hired to expedite her divorce.	GR Ch 970
Sat 4/13	1:00 8:00	Opera: <i>X: The Life and Times of Malcolm X</i> (see p.5). Movie: <i>Mommie Dearest</i> (1981, 2h 9m). Depicts the abusive and traumatic adoptive upbringing of Christina Crawford at the hands of her mother, screen queen Joan Crawford.	GR Ch 970
Sun 4/14	3:00 8:00	Movie: <i>Up From The Streets</i> (2019, 1h 44m). A film looking at the culture of New Orleans through the lens of music. Hosted by Oscar nominee and six-time Grammy winner Terence Blanchard. Movie: <i>The Wrong Man</i> (1956, 1h 45m). In 1953 an innocent man named Manny Balestrero is arrested after being mistaken for an armed robber.	GR Ch 970

KoH TV Channel 970

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

3:00 pm: **Mon - Fri, Apr 8-12:** Talk: Planning a CCRC in Sleepy Hollow: A Planner/Landscape Architect's Challenge, Andrew V. Tung, 2024
Sat - Sun, Apr 13-14: Great Courses: "How Churchill Changed the World"
Lecture 5: Churchill and Failure in World War I
Lecture 6: Churchill in War and Peace

4:30 pm: Concert: Piano Four Hands, 2017

Deadline for April 15 issue of Spotlight is Wed, April 10 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 am-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
Gentle Standing Movement:	Thu 10:00
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 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

**Tarrytown's
Rubber Ducky Derby Is Back!
Saturday, April 27, 11 am to 3 pm**



Kendal residents, particularly those with young grandchildren and great-grandchildren, welcome the return of the Tarrytown Rotary Club's Ducky Derby. In this fun event, some 2,000 rubber ducks race down Andres Brook in Patriots Park (straddling Sleepy Hollow and Tarrytown between North Broadway and Washington Street). The event is followed by YMCA Healthy Kids Day with music, games, bouncy-houses, face-painting stations, and food trucks. Costumed ducks are on hand for photos.

Join KoH, one of two Presenting Sponsors, in support of the Ducky Derby. To avoid lines, adopt rubber ducks at Tarrytownrotary.org (website). You can adopt one ducky (\$10), a Six Quack (\$50), or a Tub-o-Ducks (\$100). The grand prize is \$1,500. You need not be present at the event to win Ursula H.

**“Mary Opfer’s Guide
to Macro-nutrients” on CATIE,
Under “Important Documents.”**



TRIPS



New Trip

Thur, May 2 (2 pm show):
Beautiful, WPPAC White Plains

We will go to the White Plains Performing Arts Center (WPPAC) for a live performance of the hit show *Beautiful: The Carole King Musical*. Before she was “hit-maker” Carole King, she was Carole Klein, a spunky young songwriter from Brooklyn, with a unique voice. Starting in her teen years, she wrote chart-topping hits for the biggest acts in music. Then came her own life-changing success with her album “Tapestry”— a number 1 record-holder. “Beautiful” takes you back to Brooklyn where it all began. Featured songs include “You’ve Got a Friend,” “One Fine Day,” “Will You Love Me Tomorrow?” and “Natural Woman.” This was a Tony and Grammy Award-winning musical on Broadway.

Wait List

Wed, April 10: Rockefeller
University, NYC

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

**Beginner Painting: Oil and Acrylic
May 1, 8, 15, 22 -- Wed 2 pm -4 pm**

Only a few spots left! To join call or email Carolyn R.

Try something new, have fun, and learn that you, too, can produce art. No "talent" required!

Class fee is probably \$90 to cover the instructor's fee. It might cost more based on enrollment. Supplies included.

Residents Council Bulletin

Due to the eclipse, the Resident Association quarterly and the Resident Council monthly meetings scheduled for April 8 are postponed until **April 15 at 2:00 pm in the GR.** The quarterly meeting will be held followed by a short break and then the monthly meeting. Residents will receive the agenda for both meetings about a week in advance.

Questions: Jennifer G.

Tuesday, April 9, 1 pm



Another Computer Committee Help Session in the Riverview Conference Room.

Kendal Art Show, "Summer is in the Air," Opens on June 5



Calling Kendal Residents & Staff!

Please contribute your artistic creations to the next show!

We take paintings, relief, collage, drawings, fiber arts, assemblage, and sculpture, including small pieces for the locked display case. We prefer work that's new or not previously shown.

To submit, follow these steps:

- 1. Fri, May 3, 10 - 5 pm: Bring up to three pieces of your artwork to the Art Studio, Mary Powell, Level C. If this is difficult, we can pick it up or curate it at home. (Note: unframed pieces need clean edges. We will mount or mat them at the curator's discretion.) Please label each piece with: Artist's name, Title, Medium, Apt. number (residents), and Phone.**
- 2. Mon, May 6, 10 – 5 pm: Pick up your work. We mark, photograph, and record each selected item.**
- 3. Fri, May 31, 10 – 5 pm: Bring selected work back ready for display.**

Questions? Contact a curator: Peter S. or Birgitta H.

**Monday, April 8 Program
Bari Pearlman,
Documentary Filmmaker**



Our guest speaker is Peabody Award-winning documentary filmmaker Bari Pearlman.

Bari's TV work has appeared on Netflix, HBO, Hulu, Amazon Prime, PBS, CNN, Max, Discovery+, BBC, Channel 4 and more. Her films have been shown theatrically and at prominent film festivals, museums, and cultural institutions around the world. Her talk will include her insights as Director of Hulu's *Jelly Roll: Save Me*, a documentary that follows the meteoric rise of a self-made rapper turned country singer.

Bari's talk was arranged by the Fortnightly Club whose members will be joining us.

**Saturday Opera
Saturday, April 6, 1:00 pm.**



Music fans and history buffs alike will welcome the trailblazing Metropolitan Opera production of *X: The Life and Times of Malcolm X* by Anthony Davis. Described by the NY

Times as “a grand, pageantry treatment of Malcolm X’s life, it has the opportunity to become what it always should have been, an American classic.” Starring Will Liverman, the opera ranges from classical music to modern, swing and jazz.Muriel F.

Please join us in Gathering Room.

Interested in Writing Your Memoir?



Celia Barbour, daughter of Sirkka, has offered to lead an 8-week 90 minute Memoir Writing class [8 students max]. She combines the “Live Writing,” method with scholarly instruction in memoir form, history, and techniques. Class includes formal in-class assignments and well as (optional) homework. Her normal rate is \$250 per person for an 8-week class. But a 4 week sample class to gauge interest and viability is possible.

Ms. Barbour, who holds an MFA in creative non-fiction/memoir from Hunter College, spent 25 years as an editor, journalist, essayist, and author at several major publications. She has edited and coached authors and has written several books.

If interested in participating, please contact Fran K.

**View the Eclipse at Kendal
Monday, April 8, 2:00 pm - 4:00 pm**



Come to the Bistro Lounge on Monday, April 8, from 11:30 am – 1:30 pm to pick up the Special Glasses needed to view the Eclipse (Free, thanks to Jo-Ann R.).

Please be aware that special instructions exist for viewing the Eclipse for safety reasons.

IMPORTANT: PROTECT YOUR EYES

1. Use special eclipse glasses: Pick up 11:30-1:30, Apr 8 in Bistro Lounge

- Always wear **approved eclipse glasses** when looking at the sun.
- Regular sunglasses are **not safe** for viewing the Sun during an eclipse.

2. No Direct Staring:

- **Do not look directly at the sun** without proper protection.
- Even during partial phases, use eclipse glasses or hand-held solar viewers.

3. Safe Alternatives:

- **Pinhole Projector:** Create a simple pinhole projector to view the sun's image safely.
- **Cardboard Box Method:** Make your own eclipse projector using a cardboard box, aluminum foil, and white paper.

Remember: Safety First! Never risk your eyesight.

Ellen Ottstadt,
Director of Resident