



Events: Week of May 6, 2024

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

Mon 5/6	7:30	Program: Masha Turchinsky, "Flowing Rivers, Starry Skies, and Kindred Worlds: A Hudson River Museum Overview" (see p. 3).	GR
Tue 5/7	1:30	Shopping: Trader Joe's 9:30 - 11:30 / Tarrytown 1:00 - 2:15 Class: "The Rite of Spring by Igor Stravinsky," instructor: Michael Boriskin (subscription)	GR
	8:00	Movie: <i>She Said</i> (2022, 2h 9m). Jodi Kantor and Megan Twohey's quest to break the Harvey Weinstein scandal.	Ch 970
Wed 5/8	8:00	Movie: <i>The King's Speech</i> (2010, 1h 58m). The story of King George VI and the speech therapist who helped him overcome his stammer.	Ch 970
Thu 5/9	5:00	KoH 19 th Anniversary Wine and Cheese (see p. 3).	GR
	7:30	Movie: <i>The Iron Lady</i> (2011, 1h 45m). A biographical drama based on the life and career of Margaret Thatcher.	GR
	8:00	Movie: <i>Bob Newhart</i> (1992, 1h 2m). A Bob Newhart concert featuring various sketches.	Ch 970
Fri 5/10	8:00	Bird Walk with Anne Swaim (see p. 3).	
		Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00	
	8:00	Movie: <i>Diva</i> (1981, 1h 57m). Parisian mob killers, a corrupt policeman, an opera fan and others twist their way through a stylish French thriller.	Ch 970
Sat 5/11	Noon	Memorial Service for Deborah O'Keefe (see p. 3).	GR
		NO OPERA	
	8:00	Movie: <i>12 Angry Men</i> (1957, 1h 36m). The jury in a murder trial is frustrated by a lone member who is skeptical.	Ch 970
Sun 5/12	3:00	Movie: <i>Beautiful Game</i> (2024, 2h 5m). Advocates to end homelessness organize a tournament for homeless men to play in.	GR
	8:00	Movie: <i>Divorce Italian Style</i> (1961, 1h 45m). A married Sicilian baron falls in love with his cousin but can't marry her until he gets rid of his wife.	Ch 970

KoH TV Channel 970

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

3:00 pm: Mon-Fri, May 6-10: Talk: "From Phelps Place to Phelps Hospital: One Property, Two Stories," 2024

Sat & Sun, May 11-12: Great Courses: "How Churchill Changed the World"

Lecture 13: Churchill in Power

Lecture 14: Surviving the Nazi Blitz

4:30 pm: Concert: Momento Quartet, 2023

8:00 pm: Movies as listed above

Deadline for May 13 issue of Spotlight is Wed, May 8. 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	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: Wed 10:15 & 11:15 **No classes Mon**

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

Bocce: 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 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:

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 pm GR

Quaker Meeting:

Sundays 11:00 am RCR

Service of Prayers

1st & 3rd Tuesday 1:00 pm SUN

Shabbat Services:

2nd & 4th Friday 4:30 pm PDR

May 6 Program
Masha Turchinsky
“Flowing Rivers, Starry Skies and
Kindred Worlds: A Hudson River
Museum Overview”

In 2020, The Andrew W. Mellon Foundation recognized the Hudson River Museum in Yonkers with an Art Museum Futures Fund for “visionary leadership, distinctive collections, and commitment to community, as well as historically overlooked artists and histories.”

CEO since 2017, Masha Turchinsky directed HRM’s \$14 million capital projects, including the new West Wing opened in 2023. Prior to her HRM appointment, Ms. Turchinsky worked for 19 years at the Metropolitan Museum of Art. As a consultant, she currently serves on the national Board of Directors of ArtTable, dedicated to advancing the leadership of women in the arts.

She holds an Ed.M. in International Educational Development from Columbia Teachers College, an MA in Education from NYU, and a BS in Russian from Georgetown.

Saturday, May 11
Memorial Service

There will be a memorial service for Deborah O’Keefe in the Gathering Room from **12 noon – 1:30 pm**, with a reception to follow. All are welcome!

Thursday, May 9
KoH 19th Anniversary Celebration

A wine and cheese reception to celebrate Kendal’s 19th Anniversary will be held on May 9, from **5 pm - 6 pm in the Gathering Room**. Come out and toast our past 19 years!

Please note, there will be **NO** sip and snack on Wednesday, May 8 or Friday, May 10.

Friday, May 10
Bird Walk with Anne Swaim

On May 10 from 8 am - 10 am, Anne Swaim from the Saw Mill River Audubon Society will lead a bird walk around Rockwood Park. We will meet at the Kendal Pergola (across from the Terrace). Sign-up is in the May section of the Trips Book at the Front Desk. The limit is 15 participants, and we will not be able to accommodate those with walkers at this time. Binoculars will be provided.

A donation of \$5.00 is suggested (checks only, payable to Saw Mill River Audubon Society).

Questions: Linda M. or Sarah P.

Trips

Short Wait List

Thu, May 23: Loeb Gallery at Vassar College, Poughkeepsie

New Resident Biography

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

Book Donations

The Library Committee appreciates the willingness of our residents to donate books to the library; however, we just don't have room to accept very many. We are particularly interested in **relatively new books** which are likely to appeal to many of our residents, as well as large-print ones.

If you have just a few books (up to 5) to donate, please put them in the Donations Bin in the library; if you have more, please call Suzanne A. or Sally K. and they will be happy to look at what you have and take what the library can use.

PLEASE PUT ALL DONATIONS IN THE LIBRARY BIN.

Welcome Carol L. May 7

Carol plans to move into her Robert Fulton apartment on May 6 and 7 from her West Side Manhattan apartment. She and her daughter will stay in a guest apartment overnight; she's thrilled to have her daughter's help to unpack.

Carol worked in the fields of education and publishing. During the 1970s she was hired by The Feminist Press, a publisher originally located at SUNY Old Westbury, where some of the first courses in Women's Studies were developed. She then worked at small and large publishing companies in marketing and distribution, including CBS Educational and Professional Publishing.

Her phone voice became passionate when she identified her most fulfilling and long-term position. She taught high school English to students living in the South Bronx for more than 10 years. She retired in 2011.

Her daughter still lives in Port Washington on Long Island. Her son lives in Salem, Massachusetts.

There's little doubt that Carol is ready to join our Kendal community.