



Events: Week of March 18, 2024

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

Mon 3/18	1:30 7:30	Course: Artificial Intelligence for Seniors w. David Sachs (fully subscribed) Program: Andrew V. Tung, "Planning a CCRC in Sleepy Hollow: A Planner/Landscape Architect's Challenge" (see p. 3).	GR GR
Tue 3/19	7:30 8:00	Shopping: Tarrytown 9:30 - 11:00 and 1:00 - 2:30 Skit Night: "Hams on the Hudson" (see p. 3) Movie: <i>Best in Show</i> (2000, 1h 30m) A look into the highly competitive world of dog shows through the eyes of a group of ruthless dog owners.	GR Ch 970
Wed 3/20	5:00 8:00	Sip and Snack Movie: <i>The Trip to Italy</i> (2014, 1h 48m). Two men have meals in six different places on a road trip around Italy.	GR Ch 970
Thu 3/21	9:30 7:30 8:00	Trip: Museum of the City of New York, NYC Movie: <i>Anatomy of a Fall</i> (2023, 2h 31m). A woman is suspected of murdering her husband; their son faces a dilemma as the main witness. Movie: <i>Holiday</i> (1938, 1h 35m). A young man in love with a rich girl finds that his unorthodox plan to go on holiday is met with skepticism.	GR Ch 970
Fri 3/22	2:30 5:00 8:00	Shopping: Thornwood 9:30 - 10:45 / Ossining 1:00 - 2:15 & 1:45 - 3:00 Mock Fire Drill Sip and Snack Movie: <i>Prisoner of the Mountains</i> (1996, 1h 39m). Two Russian soldiers are taken prisoner by a Moslem hoping to trade them for his son.	FDR GR Ch 970
Sat 3/23	1:00 8:00	Opera: <i>Tales of Hoffmann</i> by Jacques Offenbach (see p. 3). Movie: <i>The Birdcage</i> (1996, 1h 57m). A gay cabaret owner and his companion put up a false front to meet the parents of their son's fiancée.	GR Ch 970
Sun 3/24	3:00 8:00	Concert: Kinga Augustyn, violin; Corrado Ruzza, piano (see p. 3). Movie: <i>Burnt by the Sun</i> (1994, 2h 15m). In the USSR in 1936, the shadows of Stalin's repressions fall on a famous revolutionary hero.	GR Ch 970

KoH TV Channel 970

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

3:00 pm: Mon-Fri, Mar 18-22: Talk: "Welcoming a CCRC in Sleepy Hollow: A Mayor's Challenge"

Sat & Sun, Mar 23-24: Great Courses: The U.S. Constitution Through History

Lecture 23: History in Constitutional Interpretation

Lecture 24: The Unresolved Constitution

4:30 pm: Concert: Steel Drum Band, "Steel Passion", 2016

8:00 pm: Movies as listed above

Deadline for Mar 25 issue of Spotlight is Wed, Mar 20. 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, 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	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: **on hold**

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 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

March 18 Program

Andrew V. Tung

“Planning a CCRC in Sleepy Hollow: A Planner/Landscape Architect’s Challenge”

The third of four talks reflecting on the development of Kendal on Hudson features Andrew V. Tung, Partner of DTS Provident Design Engineering, in the **GR** on **Monday** at **7:30**.

Mr. Tung’s original firm Divney, Tung and Schwalbe was selected to provide the planning and landscape architecture services for Kendal in 1997. Mr. Tung has had over 35 years of experience in environmental planning, regulatory processing, and project management for institutional, corporate, and developer clients.

A registered landscape architect, lawyer, and a LEED-accredited professional, Mr. Tung holds a Bachelor of Arts in Architecture from Yale University, a Master of Landscape Architecture from the University of Virginia, and a Juris Doctorate from Pace University School of Law. He will be introduced by Nick R.

March 19 Skit Night “Hams on the Hudson”

At **7:30 pm** in the **Gathering Room**, there will be five skits by Kendal residents to tickle your funny bone.

Come join us!

Saturday Opera *The Tales of Hoffmann*

On **March 23**, we’ll visit Luther’s Tavern in Nuremberg to listen in on Hoffmann, a student and poet, and his three loves Olympia, Antonia, and Giulietta who represent three facets of the same person Stella. Placido Domingo sings Hoffmann in a Royal Opera House performance in 1981.

Please join us in the **Gathering Room** at **1:00 pm**.

Sunday Concert Kinga Augustyn, violin; Corrado Ruzza, piano

Versatile New York City-based concert violinist and recording artist Kinga Augustyn makes her Kendal debut on Sunday, **March 24** at **3 pm** in the **Gathering Room**.

A graduate of The Juilliard School with both a bachelor and master’s degree, she holds a doctorate from Stony Brook University.

Joining Ms. Augustyn is Corrado Ruzza, an Italian pianist and chamber music faculty member at the Riva del Garda branch of the Bonporti Conservatory.

Their program includes works by Debra Kaye and Johannes Brahms. A reception will follow the concert in the Private Dining Room.

Great Courses Weekend Programming on Channel 970

The weekend of March 30/April 1, we begin a 36-lecture series **Exploring the Roots of Religion**, led by Dr. John R. Hale, Director of Liberal Studies at the University of Louisville. Dr. Hale is an archeologist with more than 30 years of fieldwork experience.

Sites such as Stonehenge, Machu Picchu, the Acropolis, and the Great Pyramids at Giza have captivated the world since their creation. In this course, we will learn why these sites were created, why we are so transfixed by their presence today, and what they reveal about our ancestors and about humanity as a whole. The dynamic force of religious belief – from cave art to intricate burial chambers – offers deep insights into why humans believe in something larger than themselves.

Trips

Wait List

Thu, March 21: Museum of the City of New York, NYC

Wed, April 10: The Rockefeller University, NYC

All Occasion Cards and Matted Art On Sale Wed, March 20 and Fri, March 22 on Main Street 4:30 pm – 6:00 pm

Resident-created Greeting Cards
\$4 each/3 for \$10
Crafts and Founders Art from \$5 to \$20

CASH ONLY, PLEASE

New Collage Course

Birgitta H. offers another of her popular collage courses. It will be held six Thursday mornings: April 4, 11, 18, 25 & May 2, 9 from 10 am to 12 noon. The course is limited to eight participants; beginners are welcome.

For questions or to sign up, call Birgitta.

Solar Eclipse

There will be a total eclipse of the sun on **Monday, April 8 from 2 pm – 4 pm.** This hasn't happened for 100 years! Residents will be informed soon about special viewing glasses. Meanwhile, check out the link below:

[\]https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/](https://science.nasa.gov/eclipses/future-eclipses/eclipse-2024/)