



**Coot**  
*by Prudie Hall*

***Tuesday, April 23***



# April Birthdays !

**23. Lee Hefner, Grace Tompos**

**25. Fran Cooper**

**28. Ann Fuller, Jan Larsen, Linda Marshall**

**30. Linda Grashoff**

# **Fox & Fell Tuesday Dinner**

## **SOUP**

**Italian Vegetable Beef  
Soup**

**Butternut Squash &  
Apple Soup**

## **SALADS**

**Garden Salad  
Fire & Ice Salad**

## **DESSERT**

**Chilled Pears  
Bread Pudding**

# **Fox & Fell Tuesday Dinner**

## **ENTREES**

**Cajun Catfish**

**Steak Au Poivre**

**Cashew & Vegetable Curry**

## **ACCOMPANIMENTS**

**Corn**

**Sauteed Garlic Kale**

**Dirty Rice**

# **The Langston**

## **Open Monday - Saturday**

- **Langston meal hours, Mon. - Sat.**  
**Breakfast. 7:30 am - 9:30 am**  
**Lunch. 11:30 am - 1:30 pm**  
**Dinner. 4:45 pm - 6:30 pm**
- **Carry-out is available throughout the meal service.**
- **Open between meals with limited menu and beverages until 4:30 pm.**



**News from the  
Recycling Committee:  
Paper Recycling**

**Come for an update at the  
table by the windows.**

**Mon - Fri, April 22-26  
Heiser Lounge**

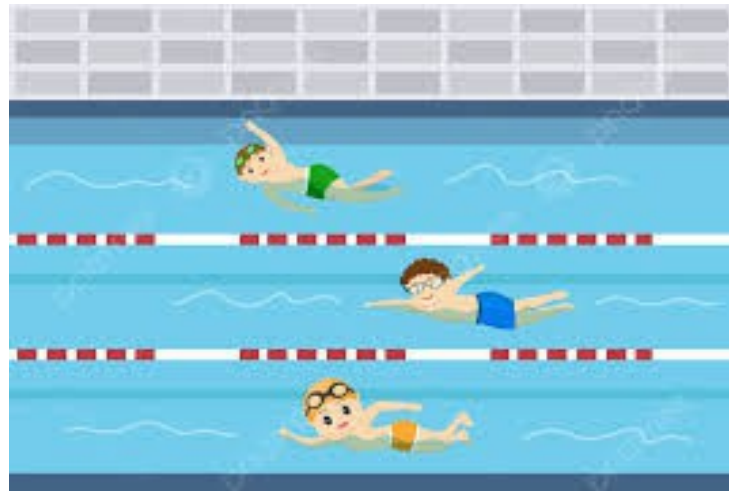
# Water Aerobics with Sara



**Sunday, Tuesday, Thursday 8:30 am  
Lap Pool**

# **POOL MONITOR times for TUESDAY**

**10:30-11:30am & 2:30-3:30 pm**





Effective  
**April 9, 2024**



## New Fitness Classes

- **A variety of various levels of Yoga**
- **Additional Chair classes with variations**
- **New Staffing programs**

Find schedules for all fitness classes under the **Activities** section of the **Bulletin Board** in a tray – until the **KORA** site is fixed.

# **Grief Support Group**

**Facilitated by Melissa Thompson, MSW  
Sponsored by Social Services**

**Open to all who are struggling with loss.  
No preregistration required.  
Please contact Kim P. with questions.**

**Tuesday, Apr 23, 10am to 11am  
Green Room**



**Arbor Day 2024**

***Celebrating the American Chestnut***

**Presentation**

**“Chestnuts in America”**

**Dr. Greg Miller**

**Tues., April 23, 10:00 am**  
**Auditorium**





# Arbor Day 2024

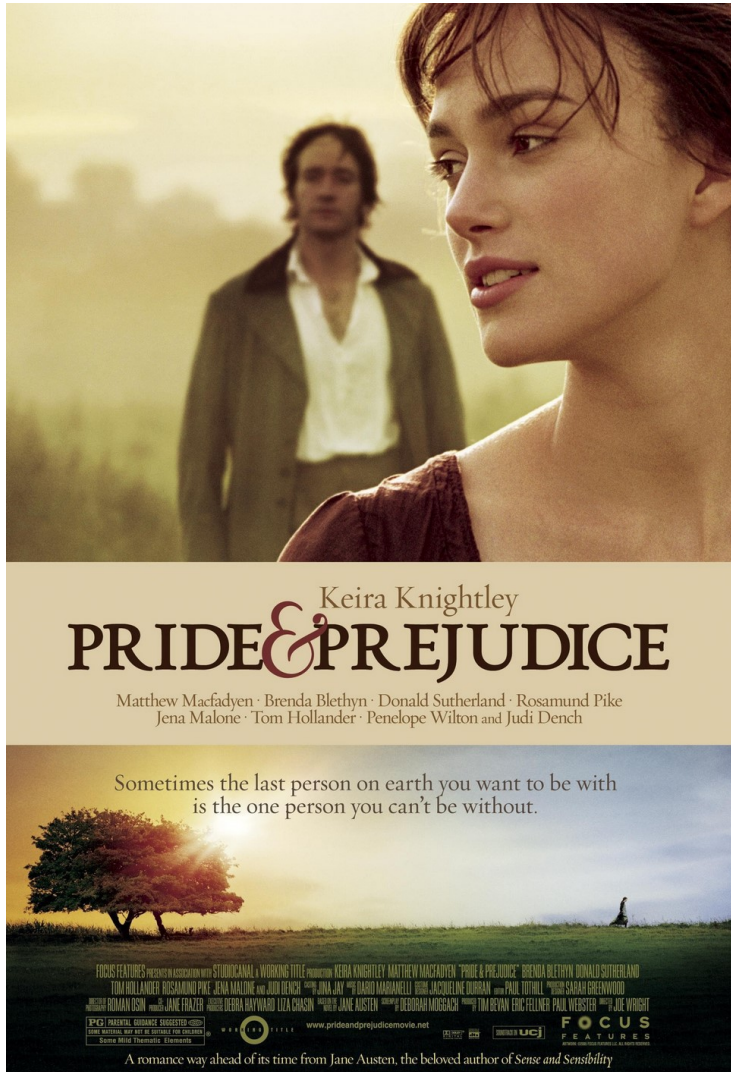
## *Celebrating the American Chestnut*

### Wildflower Hill events

- 1:00 Chestnut Walk  
(wear hiking clothes)
- 2:00 Chestnut planting

**Tues., April 23, afternoon  
Perimeter Path, between  
Lots 4 and 5**





# Tuesday Movies

## *Pride and Prejudice*

2005

Apr. 23, 1:00 pm

WSSCC 921

# UU Kendal Gathering



***Liberating Love:  
A Community Conversation***

**with Mary Grigolia  
Tues., Apr. 23, 2:00 pm  
Crossroads Room**



# Square Dancing & *Contradancing*

No partner needed

Tuesdays at 4

Heiser Auditorium



# Dancing with your Rollator



**Tuesdays – 5:00**  
**Auditorium**



# SOLO DINERS



**Tuesday, April 23**  
**5:30 pm in the Den**

*Sign up on the list by the open boxes.*

**Was ? Sie sprechen  
Deutsch ? !**



**Wunderbar !**

**Dann kommen Sie zum  
Deutschtisch!**

**Dienstags um 5:30 Uhr  
Fox & Fell**



**Tuesday Night Bridge**  
**6:30 - 8:00 p.m.**  
**In the Green Room**





## **Talk on Artistic Upcycling**

**Filigree from Oil Barrels in Haiti**

**Joel Ross from Beyond Borders**

**Tues., April 23, 7:15 pm**

**Heiser Aud. & KOTV**

# Afternoon Exchange with Seth Vilensky



~~New time~~

**Wednesday, April 24, 3:00 pm**  
**Auditorium and KOTV**



# ***Kendal Song Swap***

**Sing a song  
or just listen.**

***Wednesday, April 24, 7 pm***

**Auditorium**



# **Oberlin Conservatory**

**Arts & Sciences Chamber  
Collective, Chamber Orchestra**

**Directed by the Verona Quartet**

**Wed., April 24, 7:30**

**Finney Chapel**

***Sign up for the Kendal bus.***

# **Stay in Shape with Table Tennis**



***Wednesday, Friday and Sunday***  
**10:00 a.m. to noon in Heiser Auditorium**



**Presentation on  
the Environment**

- **Excerpt from *Mosaic for Earth***
- **Excerpts from an SSAFE meeting  
(Senior Stewards Acting for the  
Environment)**

**Thurs., April 25, 7:00 pm  
Heiser Aud. & KOTV**

# **Cognitive Issues Discussion Group**



**Meets every month, 4th  
Friday, to support residents,  
their families & friends with  
changing cognitive abilities.**

**Friday, April 26, 10:30am  
Education Center Training Room**

# Pet Meet & Greet

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**Say hello to some Kendal  
fur friends & their people.  
(Enjoy some fuzz therapy!)**



**Fri., April 26, 11:15 am  
Heiser Lounge**

# Oberlin College Artist Recital Series



## Silkroad Ensemble

### *Uplifted Voices*

**Friday, April 26, 7:30**

**Finney Chapel**

***Sign up for Kendal bus***

**Tickets by phone**

**800-371-0178**



# **Call for Nominees!**

**The KORA Leadership Development and  
Nominations Committee seeks your  
nominees for the  
2025 KORA Council and LDNC.  
Deadline – May 15.**

**Find Nomination Forms & Information  
under the KORA Bulletin Board.**

# **Fabulous Finds!**

## **Kendal Resale Shop**



**Designer 8-oz ceramic mug with shelf to hold tea bag and black rubber slot to secure string and label. Fun Fabulous Find for \$4!**

**Open Wed-Sat, 11-5.  
Donations: 24/7**

# Kendal Library Returns

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Return your  
Kendal Library  
books and DVDs  
to our convenient  
new return box.

*Note: only for  
Kendal Library  
materials.*







WKAO



WKAO

To email inquiries or requests for  
**WKAO**  
please use address  
**wkao@kao.kendal.org**