

RidgePointe News

August 2023

Volume 37 | Issue 8

Ice Cream Social



RidgePointe's Annual Ice Cream Social

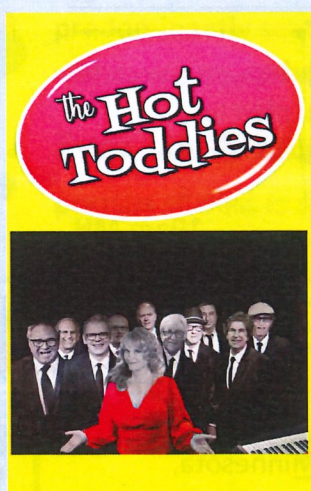
Wednesday, August 2nd, 2023

5:00pm-7:00pm

Hot Dog, Chips & Pop \$5

Ice Cream Sundaes Free

The Hot Toddies Performance @ 6pm



August Events

Tuesday, August 1st: In Person Presentations-Susan Brauer

10am MH

Amsterdam: City of Secrets. Today, Amsterdam is often called one of the most liberal and religiously tolerant cities in the world. Looking back on its history, we get a glimpse of the crooked path it had to take to get there. We will discuss historical and hidden tunnels, apartments and secret museums. One example of a hidden sanctuary is called *Our Lord in the Attic*. The history of *Our Lord in the Attic Museum* (*Museum Ons' Lieve heer op Dolder*) is interesting because it is well-preserved and a beautiful example of one of the clandestine sanctuaries.

Tuesday, August 8th: In Person Presentation-Gary Hansen

10am MH

Art History Lecture Series Modern Art - Love It or Hate It. Modern Art tends to evoke strong feelings on the part of the general public, as well as the art appreciating public - generally, they seem to either love it or hate it - there appears to be little by way of a "middle ground". So, what is "Modern Art"? How is it defined? What were its antecedents? And, what are its many manifestations? The purpose of this lecture is to explore and answer these questions, and to learn about the various "isms" that constitute Modern Art today. We will view numerous works of modern art genres and discuss the milieu in which they were created, as well as the artists who created these works.

Tuesday, August 8th: In Person Tech Class with Abbey.

1pm MH

Printing. Not sure how to print documents? Topics will include printing from a computer and printing from a phone. In addition, learn how to print documents out on our library printer using your device. Android and iPhones accepted. 1 hour class. Limit 20 people. Sign up required.

Tuesday, August 8th: Craft Time: Create a unique bookmark.

1pm AR

Tuesday, August 15th: A Plant Potting Party with Caroline

10am MH

Another fun class with Caroline. Learn about the Bonsai tree. Have fun and plant your own Bonsai tree. The Bonsai trees, soil, and pots are included and yours to keep. **Limited to ten people.** Sign up required.

Tuesday, August 15: Birthday Celebration

EL

3:00 pm—HAPPY HOUR: Wine and Appetizers

3:30 pm—Entertainment: John and Dave Musical Duo. Piano and guitar singing duo.

5:00 pm—Birthday Meal—Is your birthday in August? If so Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price in August.

Tuesday, August 22: In Person Presentation- Marguerite Ragnow

10am MH

Tulips, Chocolate & Silk: How Perspective Affects History. An image in a book seems to be a pretty static thing; once printed it is there for all to see. It is often assumed that everyone looking at that image will see the same thing, and understand the same things about it and what it represents. However, that is often not the case. We see this in media reports of the same event on a daily basis. But how does that apply to our understanding of history in the premodern world? Through a discussion of photographs taken of the illustrations and artifacts in the James Ford Bell Library at the University of Minnesota, Curator Dr. Marguerite Ragnow will offer some insights that may shed new light on how we view history.

Tuesday, August 29: In Person Presentation- Henry Berman

10am MH

Iran at a Crossroads: Recent domestic disturbances highlight that their totalitarian government has lost the support of its citizens. The Supreme Leader is 84 years old and in bad health. Crippling economic sanctions from the West are driving them more and more into the arms of Russia and China. What does the future have in store for Iran?

AUGUST MOVIES

FRIDAYS 7PM MARION HALL

August 4th: *The Iron Lady*. A biographical drama film based on the life and career of Margaret Thatcher, a British politician who was the longest-serving Prime Minister of the United Kingdom of the 20th century and the first woman to hold the office.

August 11th: *The Straight Story*. An old man makes a long journey by lawnmower to mend his relationship with an ill brother.

August 18th: *Air*. Follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan.

August 25th: *2001 Space Odyssey*. After uncovering a mysterious artifact buried beneath the Lunar surface, a spacecraft is sent to Jupiter to find its origins.

Exercise Classes MWF

Time and Format Changes

- **Chair Yoga: 8:40am-9:30am:** A chair is used as a prop to assist the student with this yoga class. Class will be formatted with some standing poses as well as some seated.
- **Express Exercise: 9:40am-10:15am:** A class welcomed to both men and women. A predominantly seated exercise class with a short standing balance sequence, lightweight use and resistance equipment strength training.
- **Ever Wellness: 10:45am-11:30am:** A cardio, balance, and strength training class. Cardio portion of class is done standing, while the strength training is done seated.

Upcoming Excursion

Theater in the Round: Arsenic and Lace

Sunday, September, 10 at 2pm

Sign Up and Payment Due by Aug 14th, 2023

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, August 2nd: *A 3-Step Guide to Believing in Yourself* | Sheryl Lee Ralph | TED. Sheryl Lee Ralph is a force, delivering iconic performances both on stage and screen. But she didn't always know if she'd make it big. In a lively talk sparkling with actionable advice, she shares how her struggles taught her what it takes to believe in herself – and how we can all find the self-confidence to keep moving forward. ***Why Are We So Bad at Reporting Good News?* | Angus Hervey | TED** Why is good news so rare? In a special broadcast from the TED stage, journalist Angus Hervey sheds light on some of the incredible progress humanity has made across environmental protection, public health and more in the last year, making the case that if we want to change the story of humanity this century, we have to start changing the stories we tell ourselves. "When we only tell the stories of doom, we fail to see the stories of possibility," says Hervey.

***Are solar panels worth it?* - Shannon Odell.** Explore how solar units can help you save money on energy costs, and the most common challenges of switching to solar power.

Wednesday, August 9th: *Why Iranians are cutting their hair for 'women, life, freedom'* | Sahar Zand | TEDxLondonWomen. Growing up in Iran, British-Iranian journalist and filmmaker Sahar Zand dreamed of being a man. Her childhood logic told her that was the only way to escape the restrictions that women in Iran face. She's on a mission to uncover why hope is dangerous to authoritarian regimes, like the Islamic Republic of Iran. The answer? "Hope is angry; it's defiant; it's dangerous. Hope is right now, firmly standing its ground on the streets of Iran, chanting "women, life, freedom". ***The Disappearing Computer: An Exclusive Preview of Humane's Screenless Tech* | Imran Chaudhri | TED.** In this exclusive preview of groundbreaking, unreleased technology, former Apple designer and Humane cofounder Imran Chaudhri envisions a future where AI enables our devices to "disappear." He gives a sneak peek of his company's new product.

***How to Solve the Education Crisis for Boys and Men* | Richard Reeves | TED.** While studying inequality and social mobility, Richard Reeves made a surprising discovery: in some countries, like the US and UK, boys are drastically lagging behind girls across many academic measures. He explains why these struggles in school are indicative of the larger crises facing boys and men – and outlines how society could thoughtfully tackle these challenges to work towards a more inclusive, equitable future.

Wednesday, August 16th : *The Next Global Superpower Isn't Who You Think* | Ian Bremmer | TED. Who runs the world? Political scientist Ian Bremmer argues it's not as simple as it used to be. With some eye-opening questions about the nature of leadership, he asks us to consider the impact of the evolving global order and our choices as participants in the future of democracy. ***How Wireless Energy From Space Could Power Everything* | Ali Hajimiri | TED.** Ali Hajimiri explains the principles behind wireless energy transfer and shares his far-out vision for launching flexible solar panels into space in order to collect sunlight, convert it to electrical power and then beam it down to Earth. Learn how this technology could power everything – and light up our world from space. ***Can We Recreate the Voice of a 3,000-Year-Old Mummy?* | David M. Howard | TED.** Drawing on his work reconstructing the vocal tract of an ancient Egyptian priest, speech scientist David M. Howard shares three evolutionary wonders of human speech – and the importance of nurturing your own voice in an increasingly noisy world.

Wednesday, August 23rd : *The Natural Building Blocks of Sustainable Architecture* | Michael Green | TED. If we're going to solve the climate crisis, we need to talk about construction. The four main building materials that humans currently use – concrete, steel, masonry and wood – have a heavy environmental impact, but what if we had a fifth option? Architect Michael Green proposes an entirely new, natural medium inspired by the structure of trees and plants. Learn more about the carbon-sequestering solution to our construction conundrum that's laying the groundwork for a truly sustainable future. ***Why is Marie Antoinette so controversial?* - Carolyn Harris.** Marie Antoinette became a symbol for the evils of excess— but was she a wasteful queen or a convenient scapegoat? You decide. ***A Powerful New Neurotech Tool for Augmenting Your Mind* | Conor Russomanno | TED.** In an astonishing talk and tech demo, neurotechnologist Conor Russomanno shares his work building brain-computer interfaces that could enable us to control the external world with our minds.

Wednesday, August 30th: *Why Thinking About Death Helps You Live a Better Life* | Alua Arthur | TED. As a death doula, or someone who supports dying people and their loved ones, Alua Arthur spends a lot of time thinking about the end of life. In a profound talk that examines our brief, perfectly human time on this planet, she asks us to look at our lives through the lens of our deaths in seeking to answer the question: "What must I do to be at peace with myself so that I may live presently and die gracefully?" ***School Is Just the Start. Here's How to Help Girls Succeed for Life* | Angeline Murimirwa | TED.** Education activist and 2023 Audacious Project grantee Angeline Murimirwa knows the power of educating girls. ***War, AI and the New Global Arms Race* | Alexandr Wang | TED.** Alexandr Wang. He explores why data will be the secret weapon in this uncharted landscape and emphasizes the need to consider national security when developing new tech – or potentially face all-out AI warfare.

August Excursions

Thursday, August:3 Circus Juventas- Lunch at Famous Dave's

Depart 10:25am

Ticket Cost: \$18.50 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Excalibur: Circus Juventas is a renowned performing arts circus school for youth dedicated to inspiring artistry. The summer production Excalibur is about the legend of King Arthur. A sword pulled from stone. A prophecy fulfilled. With tales of chivalrous knights, secrets, romance, betrayal, and an ancient lineage rediscovered, join Circus Juventas as we dive into the world of Arthurian legends.

Lunch reservations 11am. Production start time 1pm.

Thursday, August 10: Abdullah Candy Factory and Squash Blossom Farms

Depart 9:30am

Abdallah Candies manufacturers over 200 varieties of chocolates and candies. Pick and pack your favorites fresh from the candy case or choose from favorite Chocolate Assortments. Have lunch at Squash Blossom Farms in Oronoco, MN. Squash Blossom Farm is a real farm, with gardens, chickens, goats and donkeys. The farm is an historic 1910 farmstead, lovingly restored and revitalized using permaculture techniques.

Cost for Lunch at Squash Blossom Farm- a set menu: \$21.48 (Checks made out to RidgePointe)

Soup (2 options : Chicken Corn Chowder or Tuscan Potato-Kale with Andouille sausage, Bruschetta, made with our own wood-fired sourdough , bread and garden tomatoes. Dessert, berry crisp or bars/cookies and Lemonade or water.

Thursday, August 17: Mystic Lake

Depart 10:30am

Cost: On Your Own

Try your luck at Mystic Lake for a day of gambling and Bingo. Remember, the RidgePointe van leaves the casino at 2:45pm.

Saturday, August 19: Ladies Luncheon at 5-8 Club

Depart 10:25am

Lunch Cost: On Your Own

In 1928, at the height of Prohibition, the 5-8 Club originally opened in Minneapolis as a speakeasy serving beer and liquor illegally, along with a light food menu to its thirsty patrons. Today, this iconic restaurant is known for its Juicy Lucy, a delicious cheese stuffed burger. The menu is filled with delicious options like wings, chili and salads. ***Please note: 5-8 Does NOT Take Reservations– we will arrive at opening to get seating.**

Thursday, August 24: Minnesota State Fair

Depart 8am– Leave Fair 2:30pm

Cost: Pay at the Gate

The Great Minnesota Get-Together. The Minnesota State Fair offers about 70 different unique foods on a stick. A cherished end-of-summer tradition, the Great Minnesota Get-Together welcomes 2 million guests annually to a world-class showcase of agriculture, entertainment, food, art, science and industry.

Thursday August 31: Westwood Hills Nature Center lunch at Kips Irish Pub

Depart 10:30am

Cost Nature Center and Lunch: \$28

Start with an interesting introduction from a naturalist explaining the mission of Westwood Hills Nature Center and what makes this center unique. Take a 30 minute guided walk around the nature center and experience a short viewing of some of their specials animals, such as their raptures. Enjoy a meal at Kips Irish Pub and restaurant. Choose from a set menu: a burger, Racheal or Reuben, fish and chips or vege-burger. Tea, coffee or soda are included with the meal.

Nature Center 11am –12:15pm. Restaurant Reservations 12:45pm.

Treat Yourself



& the lifestyle you deserve

*Unable to attend the Ice Cream Social?
That's okay!*

RidgePointe's social model of Independent Living offers endless opportunities for residents to get involved. We

keep our calendar full of fun events, activities, and excursions. Make the most of our in-person exercise program, van service, tech classes, lectures, presentations, resident-run clubs, and so much more at no cost to you.

Check out the **"Amenities"** tab on www.funatridge.com for a complete list.

There is something for everybody!

See if RidgePointe is a good fit for you.

Give us a call at **952-540-6200** to schedule a tour today!