

RidgePointe News

April 2023

Volume 38 | Issue 4

April
showers bring
May flowers



April Events

Tuesday, April 4: In-Person Workshop AARP Brain Health

10am MH

Six Pillars of Brain Health: The risk of memory loss and serious cognitive decline advances with age. However, there are many steps we can take to stay mentally sharp and it takes a holistic approach with exercise, learning, stress management, diet and connecting with others. During this workshop we will discuss the six pillars of brain health and play some challenging brain teasers to get our neurons firing.

Tuesday, April 4: First Tuesday Craft Time: Free

1-3pm AR

Create Button Flowers for your desk or table

Tuesday, April 11: In –Person Doug Ohman

10am MH

Minnesota Road Trip series. In this presentation Doug Ohman will focus on his "Southern Prairie Tour". The journey takes us to many fun and historic landmarks in SW Minnesota. He will follow the Minnesota River to New Ulm and eventually end up at the very SW corner of the state. Then, Doug will reverse the journey back to the Twin Cities, hitting many towns along the way, from Fairmont to New Prague.

Tuesday, April 11: Tech Class with Denis: iPad Class Session (10 People Maximum)

11:15am MH

Today's tech class will focus on how to download Apps and how to sync your devices. In addition, we will set up your fingerprint/face ID. Lastly, we will work on making sure your mail is set up on your iPad.

Tuesday, April 11: Art Class with Terri Berg- A Painting Project Creation of Flowers

1-3pm AR

Cost: \$28 Payable at class time and sign up is required. Sign up sheet is located in the Atrium.

In this painting project with Terri, you will create flowers using cake decorating utensils.

Monday, April 17: Don Irwin Piano Performance

3:30pm EL

Don Irwin continues to thrill music connoisseurs across the United States with his unique and innovative one man show. Irwin's passionate show stopping musical prowess creates an atmosphere that is both warm and invigorating; leaving audiences spellbound and overjoyed.

Tuesday, April 18: In-Person Presentation Doris Rubenstein

10am MH

The Boy with Four Names. Doris Rubenstein is an author and her latest book *The Boy with Four Names*. This historical novel is the untold story of Jews who fled Hitler and found refuge in a country they'd never heard of before: Ecuador! *The Boy with Four Names* is based on the experiences of real people as well as Doris's knowledge of Ecuador from when she served there in the Peace Corps. Doris Rubenstein is also well known to readers of the American Jewish World as its long-time Arts Reporter.

Tuesday, April 18: Birthday Celebration

EL

3:00 pm—HAPPY HOUR: Wine and Appetizers

3:30 pm—Entertainment: James Christianson -Piano

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

Tuesday, April 28: In-Person Presentation– Steve and Barb Pieh

10am MH

Enjoy a travelogue to Peru and the remote Amazon Basin Jungle. Learn about the unique animals, plants and amazing changing water levels of this remote part of the world. Steve Pieh and Barb Kern-Pieh will share highlights from their recent trip to the Amazon.

Tuesday April, 25: Tech Class with Denis: Online Safety (10 People Maximum)

11:15am MH

In this class you will learn about internet safety and how to save information online. In addition, the class will demonstrate ways to prevent you from getting hacked.

APRIL MOVIES

FRIDAYS 7PM MARION HALL

April, 7: *A Beautiful Mind* is a true life story of a brilliant mathematician and his difficult journey of self-discovery.

April, 14: *And So It Goes* A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

April, 21: *Eight Below* is a tale about the bonds of friendship and loyalty for three scientists in Antarctica and their beloved sled dogs.

April, 28: *Senior Moment* is about a retired NASA test pilot who loses his drivers license and is forced to take public transportation where he meets someone and learns to really live.

A Small & Mighty Book Group

Do you like to read?

The Small & Mighty Book Group, with interest in mixed genres, has been meeting once a month for 5 months.

They meet from

2:30pm to 3:45pm

on the 2nd Wed of the month.

Wednesday, April 12th is the next meeting.

They are looking to add members!

They would love you to join.

For more info:

Contact Deborah ex. 6468 or Joan 612-845-4491

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, April 5: *How One Small Idea Led to \$1 Million of Paid Water Bills* | Tiffani Ashley Bell | TED. When programmer Tiffani Ashley Bell learned that thousands of people in Detroit were facing water shutoffs because they couldn't afford to pay their bills, she decided to take action – in the simplest, most obvious way possible. It's an inspiring story of how one person with tenacity and an idea can create monumental change – and a demonstration that each of us can find our own way to help the world, even if it means starting without all the answers. ***Ancient Pompeii's Hidden Messages, Preserved in Graffiti* | Jacqueline DiBiasie-Sammons | TED.** Take a graffiti tour through ancient Pompeii with Roman archaeologist Jacqueline DiBiasie-Sammons and discover what 2,000-year-old scribbles from antiquity can teach us about life in modern times. A fascinating reminder of what we leave behind for future generations. ***The Surprising Climate Benefits of Sharing Your Stuff* | Tessa Clarke | TED.** There's something simple we can all do to help the planet – and it's probably not what you think. With one-third of all the food we produce globally each year being thrown away, entrepreneur Tessa Clarke believes that sharing more and wasting less is an underrated solution to the climate crisis. Learn more about how you can join the growing movement reducing waste and building community worldwide.

Wednesday, April 12: *What If Buildings Created Energy Instead of Consuming It?* | Ksenia Petrichenko | TED. Buildings are bad news for the climate -- but they don't have to be. While our structures are currently responsible for a third of global energy consumption and emissions, a future where they create more energy than they produce is possible. Energy policy analyst Ksenia Petrichenko has a three-tiered strategy for thinking differently about buildings, transforming them from passive users to active players in the energy system and bringing us closer to our climate targets. ***What Do Insects Do When Nature Calls?* | Saad Bhamla | TED.** Scientist Saad Bhamla is on a mission to answer a question most people don't think to ask: How do insects pee? Taking inspiration from the incredible "butt flickers" of the glassy-winged sharpshooter, Bhamla presents a fascinating study of the physics behind how bugs take care of business and invites us to be more curious about the seemingly mundane. ***6 myths about the Middle Ages that everyone believes* - Stephanie Honchell Smith.**

Wednesday, April 19: *How to Be a Team Player – Without Burning Out* | *The Way We Work*, a TED series. Collaboration in the workplace is more important than ever – but it's making us less productive in some ways. Here's what collaboration pioneer Rob Cross says is driving us to take on way too much – and how we can reclaim our time and our peace of mind. ***3 Steps of Anxiety Overload – and How You Can Take Back Control* | Lisa Damour | TED .** Anxiety is a normal part of life, so why are we so afraid of it? Psychologist Lisa Damour breaks down how to recognize when anxiety is helpful and when it's harmful, offering simple solutions for calming yourself and taking back control when you feel it slipping away. ***The Fantastically Weird World of Photosynthetic Sea Slugs* | Michael Middlebrooks | TED .** Meet the fantastically colorful and astonishingly adaptable sea slugs that found a way to photosynthesize (or create energy from sunlight) like plants. Diving deep into these often overlooked creatures, invertebrate zoologist Michael Middlebrooks introduces the solar-powered slugs that lost their shells – but gained the ability to directly harness the power of the sun.

Wednesday, April 26: *How Video Games Can Level Up the Way You Learn* | Kris Alexander | TED.2,790 views Mar 10, 2023 #TED #TEDTalks #videogames. Video games naturally tap into the way we learn: they focus our attention and track our progress as we head toward a clear goal. Kris Alexander, a professor of video game design and passionate gamer himself, thinks the same elements should be used in traditional education to cater to different learning styles and engage students across the world, both in-person and online. ***Train for any argument with Harvard's former debate coach* | Bo Seo.** Bo Seo, an author and two-time world debate champion, believes our public conversations are in crisis. To Seo, our arguing skills have collectively atrophied over recent decades, resulting in bad arguments that have caused many people to lose faith in the idea that productive disagreements are even possible. ***How horses changed history* - William T. Taylor.** Explore how the domestication of horses influenced the fate of entire civilizations and dramatically altered human history.

April Excursions

Thursday, April 6: The National Eagle Center (Rescheduled)

Depart 9am

Eagle Center Cost: \$15.00. Lunch Cost: On Your Own—Reads Landing Brewing Company

This National Eagle Center is located on the banks of the Mississippi River in Wabasha. This iconic center is the home to several non-releasable Bald Eagles and a nesting place for hundreds of others who come for the winter. Enjoy a presentation with an Eagle Ambassador. A Naturalist Interpreter will provide an engaging and entertaining presentation. Enjoy lunch before the visit to the National Eagle Center at **Reads Landing** with its diverse menu of fresh salads, flatbreads, burgers, steak and pasta dishes. **(Lunch Reservations 11:00am)**
(Checks made out to RidgePointe) (Two Hour Van Ride) (1pm Presentation with Eagle Ambassador lecture)

Thursday, April 13: Schubert Club Courtroom Concerts-Speaking in Tongues

Depart 10:40am

Cost: Free Concert—Seating is First Come First Serve. Lunch Cost : On Your Own -The Loon Café St.Paul

Speaking in Tongues is four astonishing musicians from four different cultures with four native tongues. Their performances worldwide are as diverse as the group itself. They have toured China and performed at Walker Art Center and the Ordway Center for the Performing Arts. A live recording they made of Gao Hong's Quiet Forest, Flowing Stream toured the U.S. with the Science Museum of Minnesota's Wild Sound exhibit. This concert will be another opportunity to hear Gao Hong who preformed recently at RidgePointe. The concert takes place in the gorgeous courthouse at the historic Landmark Center in St. Paul. Enjoy a late lunch at The Loon Café.**(The Loon Café reservations 1:45 pm)**

Saturday, April 15: Ladies luncheon— Birch's on the Lake Brewhouse and Supper Club

Depart 11am

Cost: On Your Own (11:30 Reservations)

The atmosphere at Birch's on the Lake is unmatched by any in the western suburbs. The view is beautiful and the food is delicious. (A \$5 dollar deposit due at signup. If you are a "no show" on morning of lunch we will keep the deposit. If not, we return your deposit.) Please place check in box or cash in envelope with your name and event listed on envelope.

Thursday, April 20: Minnesota Zoo and Dolphin Training Demonstration

Depart 10:50am

Cost:\$13.95, checks made out to RidgePointe

Lunch: Cost on Your Own.

Enjoy the day at the Minnesota Zoo. Stroll through the lush Tropics Trail where it's warm and humid every day! Enjoy the sights and sounds of the sunny, balmy forests from around the world, and explore an up close look of our Tropical Reef from above and below the water's surface. Dive deep in to the ocean at Discovery Bay. Touch a real-life shark or examine a living tide pool. If you're feeling stressed by the season take a moment to relax and watch the mesmerizing moon jellies. **(Dolphin Training Start Time 1:30pm)**

Thursday, April 27: Minnesota State Capitol Tour- Art and Artists

Depart 10:30am

Cost: \$10— Lunch Cost: On Your Own at The French Hen

See the grand murals, sculptures, and lavish decorations and learn about the elaborate conservation work performed to bring the art back to its original appearance. Hear stories about the artists, learn about the muralist movement in America, and see how the art, architecture, and overall decorative plan harmonize to make the capitol one of the premier public buildings in the United States. Roughly 90 minute tour. Before the tour at the Capitol, Enjoy Lunch at the French Hen. Located in Saint Paul's historic Cathedral Hill. Offering vibrant French and Creole inspired breakfast and lunch. **Tour 1pm (The French Hen Reservations-11:15am)**
(Checks made out To RidgePointe)



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