

RidgePointe News

May 2023

Volume 38 | Issue 5

May 5, 2023 ~2pm

Cinco de Mayo Celebration!



Cinco De Mayo

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Friday, May 5 in 2023, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

By: HISTORY.com Editors

May Events

Tuesday, May 2: Tech Class With Abbey Key (Sign Up Required: Limited to 10 people) 10am MH

Android Phones 101. Just got an Android phone and want to learn how to use it? Let's start with the basics! Topics will include, but are not limited to: email, texting, passwords, WI-FI, settings, photos, GPS & apps. Cell phones and chargers recommended. MUST KNOW your passwords. **No computers or tablets.** 2 hours.

Tuesday, May 2 First Tuesday Craft Time 1pm AR

May 5, Cinco De Mayo Celebration 2pm TBD

Enjoy a margarita and chips and salsa. Location: TBD .

Tuesday, May 9: In Person Travelogue— Susan Brauer 10am MH

Barcelona: Spain's Mediterranean Jewel. Spain's second most populous city, Barcelona, is an autonomous Catalanian community with its own heritage and language. Positioned on the northeast coast of the Mediterranean, it's a city "open to the sea" and buzzes with energy from daylight well into the wee hours of the morning. Join me as we explore the colorful neighborhoods, art museums, parks, and beaches that give Barcelona its beauty and dynamic rhythm. And we can't leave without a visit to some of the extraordinary houses and sites designed and built by architect Antoni Gaudi that make this vibrant city truly stand out.

Tuesday, May 9: Tech Class with Abbey Key (Sign Up Required: Limited to 10 People) MH 1pm

Android Phones 102. Want to take your skills to the next level? Let's learn some tricks and tips for Android! Topics will include but are not limited to: managing your storage, using the cloud, rearranging apps, sharing photos and videos, casting and security. Cell phones and chargers recommended. KNOW your passwords. **No computers or tablets.** 2 hours.

Thursday, May 11: AARP Smart Driver Refresher Course MH 12:30-4:30pm

COST: \$20 for AARP Members ~ \$25 for Non-Members. Contact Paula Rickett to register: Paula Rickett 952-540-6280

Tuesday May 16: In Person Lecture with Mark Canning 10am MH

Embassies: A Look Inside. What goes on inside a U.S. embassy or consulate? Who are the people working there? How do they go about their lives? What do they do for individual Americans, or for the nation as a whole? Mark Canning, who grew up in Minnetonka, spent more than three decades working at US embassies and consulates in Warsaw, Prague, Budapest, Johannesburg, Cape Town, Lusaka, Guangzhou and Seoul. His four children were born and raised overseas. He is retired now and living in the Twin Cities. He will give us an insider's view of diplomatic life and answer all your questions.

Tuesday May 23: In Person Presentation with Doug Ohman 10am MH

Minnesota from the Road Series: Southern Prairie Tour. Travel along with Minnesota photographer and storyteller Doug Ohman as he takes us on another Minnesota road trip. Doug has captured photography images and gathered information on many of the roadside attractions throughout the state. His program promises to be informative, but more importantly, entertaining. Like any good road trip, he will also share his favorite restaurants, cafés and bakeries.

Tuesday, May 23: Birthday Celebration EL

2:30 pm—HAPPY HOUR: Wine and Appetizers

3:00 pm—Entertainment: Liya performs the Violin.

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

Tuesday, Tuesday, May 30 In Person Lecture and Discussion: Jeffrey A. Buchanan, Ph.D.: 10am MH

Depression in Older Adults: Modern life and the global pandemic have taken a toll on the mental health of many Americans, including older adults. Unfortunately, depression often goes undetected and untreated in older people. This presentation will provide an overview of depression as it occurs in older adults. Topics covered will include risk factors for developing depression, negative effects depression, unique symptoms of depression in older people, causes of depression, and treatment options.

MAY MOVIES

FRIDAYS 7PM MARION HALL

May 5: *Elvis* .The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

May 12: *Wild*. Wild is based on a true story. After 3 major losses in her life, a woman with no outdoor experience decides to hike the 2653 mile long Pacific Crest Trail.

May 19: *Up in the Air*. A corporate downsizer, "George Clooney", tries to teach a young coworker the importance of face to face meetings to fire someone.

May 26: *Out of Africa*. An aristocrat (Meryl Streep) travels to Africa to join her husband who has a coffee plantation . She meets a hunter Robert Redford who lives a simple life.

First Tuesday Craft Time

Tuesday, May 2, 1pm

Art Room

Make a Spring Paper Bird

A Fun Free Art Project

No sign up necessary

Art Class with Terri Berg

Tuesday, May 9, 1-3pm

Art Room

Create a unique painting:

A girl enjoying her swing.

Pay Instructor \$28

Sign up Required.

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, May 3: *How to Calm Your Anxiety, From a Neuroscientist* | *The Way We Work*, a TED series. What if you could transform your anxiety into something you can actually use during your work day? *How to Keep Your Hometown from Becoming a Ghost Town* | **John Paget** | TED. The roller-coaster history of Buffalo, New York, Paget reveals the power of sharing your town's "civic story" to spark local revitalization. *The Unexpected Key to Boosting Your Productivity* | *The Way We Work*. Ever wished you could stop procrastinating and just be as efficient as a machine? Since you're a human, that's not going to happen -- but that's OK, says entrepreneur Dan Shipper. Here's how you can use awareness, observation and experimentation to clear your own way to getting more done.

Wednesday, May 10: *The Surprising Psychology Behind Your Urge to Break the Rules* | **Paul Bloom**. We all experience it: that desire to do something wrong just for the sake of it. Whether it's walking on manicured grass or sticking your finger in a friend's ice cream, psychologist Paul Bloom invites us to see the clever, creative and beautiful side of these minor impulses to do bad. He dives into the psychology behind this all-too-human condition -- and proposes that it helps make our world a little more unpredictable and fun. *5 Steps to Building a Personal Brand You Feel Good About* | *The Way We Work*, a TED series. Whether you realize it or not, you have a personal brand, says social entrepreneur Marcos Salazar -- and you have the power to shape what it is. Here's how you can create a brand that captures who you are, who you'd like to be and how you want to make an impact on the world. *How to find your purpose and create a positive impact* | **Alina Bassi** | TEDxESMTBerlin. How to find your purpose in life and be the change you want to see in the world. In this TED talk, Climate Entrepreneur, Alina Bassi explains how she found her purpose in life and makes a change and impact through entrepreneurship.

Wednesday, May 17: *Can we choose to fall out of love?*. Rapper and writer Dessa came up with an unconventional approach to get over heartbreak. She describes how she worked with a neuroscientist to try to get her brain to fall out of love with her ex -- and shares wisdom about romance that she gained along the way. This talk was filmed at TEDxWanChai. *Enough with Race Already, It's Time for a NEW Social Construct* | **Glodean Champion** | TEDxWestMonroe. Our society has gotten so bogged down by the construct of race that we have steered away from love and acceptance. Except race only seems to exist so that racism has space to breathe so what if we put race out of its misery so that together, we can heal and unite the human collective. *The Power of Raising Your Own Human Capital* | **Christina B. Jordan** | TEDxWestMonroe. In this talk, Christina answers your questions on how to gain perspective and create a bountiful second half of living utilizing her signature program, R.A.I.S.E. Relying on her own abilities developed while working in the non-profit sector, she knew she had to raise her own Human Capital. Christina B. Jordan has 20+ years of experience in fundraising and utilizes her invaluable interpersonal skills to build networks and raise millions of dollars for causes she is most passionate about.

Wednesday, May 24: *What making bad art actually feels like* | **Gemma-Louise Walsh** | TEDxStaffordshire University. Gemma-Louise Walsh is a journalist, fiction writer and creative practitioner who suffers with imposter syndrome. She shares her own personal experience of writing (badly) in an effort to help others through the high and lows of the creative process and encourages other creatives to give themselves -permission to make art badly. *The power of words to change your life* | **Helena Escalante** | TEDxFerguson Library. Helena Escalante loves words, and wants to to notice the language you direct at yourself. Helena is a bilingual marketing strategist whose copy and content--in English or Spanish--can sell practically anything. *How to Sidestep Addiction and Save a Billion Lives* | **Tamu Green Ph.D.** | TEDxFolsom. We have the expectation that consumer products that needlessly cause injury and death are never placed on the market, but what do we do if a product began its sales before its harm was known and then addicted its consumers?

Wednesday, May 31: *Throwing Away a Recipe for Life: Journey Towards Becoming My Own Role Model* | **Camilla Hamid**. It's hard taking up space in any room when you don't know how to do it or have someone show you how to do it. A talk about how to become your own role model and learn how to dare being unapologetically oneself. *Artificial Intelligence - The Lesser Known Side* | **Manish Godkhindi** | TEDxUBS. Artificial Intelligence has lately seen a significant rise in its popularity. Manish Godkhindi speaks about the other side of this transformational shift, exploring the negative aspects of Artificial Intelligence and the toll that it is taking on our planet. *Books changed my life* | **Anantha Padmanabhan**. Anantha Padmanabhan talks about how books played an important role and changed his life. His relationship with books started at a very early age where he used to spend most of his free time in his uncle's lending library exchanging books for new ones

May Events

Thursday, May 4: 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.

Thursday, May 11: Minnesota Orchestra- Coffee Concert

Depart 9:50am

Cost: Must Purchase Tickets on Your Own

KAVAKOS, BACH AND BRAHMS: Audience members and Minnesota Orchestra musicians alike are eagerly awaiting this special concert when violinist Leonidas Kavakos returns not only as guest soloist, but also as conductor. As a violinist, Kavakos is known around the world for his crystal-clear tone and ardent musical integrity. He leads the ensemble while playing the solo part in Bach's Violin Concerto No. 1, a work that the composer himself likely performed in house concerts and at social gatherings.

Thursday, May 18: Wildlife Science Center and lunch at Mallards

Depart 10am

Cost: \$12.50 Lunch Cost: On Your Own

See wolves, bears, owls, cougars, and more! The Wildlife Science Center is an education and conservation facility dedicated to the science of saving lives, and inspiring relations with the wild. Mallards is an award winning seafood and Cajun fare restaurant. The menu has a large variety of soups, salads, burgers, seafood and delicious dessert options. Checks made out RidgePointe.

(Mallards Reservations-11am) (Wildlife Science Center-1pm tour)

Saturday, May 20: Ladies luncheon at Ike's Food and Cocktails

Depart 10:35am

Cost: On Your Own.

Ike's Minnetonka offers an experience and taste like no other restaurant in Minnetonka. The restaurant has a steak house inspired menu. In addition, the hamburgers are not your regular pick-of-the-line, they provide you with a great tasting, mouthwatering gourmet burger that will make you come back for more. In addition, Ike's has delicious variety of soups, salads and sandwiches. (Reservations 11am)

Thursday, May 25: Afton Historical Museum and Lunch at Afton House Inn

Depart 10am

Tour Cost: Free, Donations are welcomed. Lunch Cost: On Your Own

Spend the day in beautiful Afton. Start off with lunch at the Afton House Inn Restaurant. The culinary team has a passion for scratch cooking using 100% natural or free range products. The meals are prepared with the highest quality fresh, local + organic ingredients. After Lunch, head over to the Afton Historical Museum for a tour. The Afton Historical Museum was established in 1868 as a congregation church by Reverend Simon Putnam. The structure was used for various purposes throughout the years, such as a town hall, for school plays and as a general community meeting place. Learn about the history of Afton and the surrounding township. After the tour, stop by Selma's Ice Cream Parlor and if weather permitting, browse around the quaint downtown area of Afton. (11am reservations) (1pm Tour: Afton Historical Museum).

Please Note: Museum is a historical structure and requires the use of stairs to enter the building.

AARP Smart Driver Refresher Course

Thursday, May 11, 2023

Marion Hall ~ 12:30 – 4:30 PM

COST: \$20 for AARP Members ~ \$25 for Non-Members

Contact Paula Rickett to register:

Registration is Required.

Paula Rickett 952-540-6280

A decorative border of various colorful chili peppers (green, yellow, orange, red) surrounds the central text area.

April Showers Bring May Flowers!

Rent an apartment at RidgePointe and enjoy our 6 acre campus with an array of mature trees, woods, green spaces, landscaping and individual garden beds for resident use! Who takes care of all this? RidgePointe. No more yard work, mowing, snow removal or building maintenance. We even till the garden beds for you! So come on over to RidgePointe, and live the lifestyle you deserve!

Moving this year?

Take a tour of RidgePointe and see if our community would be a place you would like for your next home. There's no better time than the present to check it out!

Call Paula Rickett ~ 952-540-6280

Schedule your tour today!

www.funatridge.com

paular@pointesliving.com

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