

RidgePointe News

February 2023

Volume 37 | Issue 2

Mardi
GRAS



Mardi Gras Celebration!

Special Performance

The Blue Ox Jazz Trio

East Lobby 3:00 pm

Friday, February 24th, 2023



February Events

Tuesday, February 7: In-Person Presentation-Doug Ohman *10am MH

"Minnesota from the Road" Hear about some of Minnesota's most interesting regions, including Lake Superior's Arrowhead and Iron Range. Doug is a popular speaker, historian, photographer, and entertaining storyteller. Doug is a popular speaker, historian, photographer, and entertaining storyteller.

Tuesday, February 7: Craft Project- Valentine Cards—free and open to guys and gals *1-3pm Art Room

Thursday, February 9: AARP Driver Refresher Course *12:30– 4:30pm MH

Cost: \$20 AARP Members-\$25 Non-Members, Call Paula to register and for more information: x6280.

Tuesday, February 14: TaylorMarie's Pop Up Store *9am to 1pm MH

TaylorMarie's is a mobile retail store featuring name brand women's clothing and accessories. It is like having an entire department store or boutique at our doorstep! They carry all the great apparel lines: Alfred Dunner, Ruby Road, Erin London, Tribal, Lulu B, Yest, Tulle, and more, along with an impressive display of costume jewelry and scarves. TaylorMarie's will arrive with up to twenty racks of clothing in petite, missy and women sizes.

Tuesday, February 14: Valentine's Day Special Snack at Coffee Chats *9am Atrium

Tuesday, February 14: Art Class with Terri Berg - Spring Flower Scene *1-3pm Art Room

Tuesday, February 14: Tech Class Subject- Security *1pm West Library

Class with Denis Boci Beaird- This class you will learn about security and securing your devices.

For example, you will learn about two step authentication, credit freeze, and secure passwords. In addition, you will be advised about saving passwords.

Tuesday, February 21: In Person Presentation-Mike Henry *10am MH

"The Book of Love" a presentation of clips from more than one hundred of the greatest love song recordings of the 1940s, 50s and 60s. It is the music many people listened to growing up, while dating, and falling in love. Featured artist including Frank Sinatra, Perry Como, Johnny Mathis, Patti Page, The Beatles, Tony Bennet, Elvis Presley, Bing Crosby and many more. In addition to the record clips, Mike shares pictures.

Tuesday, February 21: Birthday Celebration *EL

3:00 pm—HAPPY HOUR: Wine and Appetizers

3:30 pm—Entertainment: Barbara Lee Music Memories, Singer and Guitarist

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

Wednesday, February 22: Tech Class Subject - Online Safety *10am West Library

Class with Denis Boci Beaird- 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.

Friday, February 24: Mardi Gras Celebration *3pm EL

Enjoy Friday afternoon celebrating Mardi Gras at RidgePointe! Blue Ox Jazz Trio will entertain and refreshments and cake will be served.

Tuesday, February 28: Plant Care 101-Potting Party with Caroline Cultivates –15 people limit * 10am MH

Come join Caroline at our very own Plant Care 101 Potting Party. We will focusing on the basics! Attendees will have their choice from a variety of houseplants and receive guidance from Caroline on how to pot them and prepare them for their best life at RidgePointe. Gloves, plants and soil will be provided.

Mardi Gras Celebration

East Lobby

3pm Refreshments and Cake

3:30pm Music



FEBRUARY MOVIES

FRIDAYS 7PM MARION HALL

February 3, 2023: *Blindside*, a couple takes in a homeless teenager and help him navigate the school system and sports transforming their lives. Stars Sandra Bullock.

February 10, 2023: *Carousel* is a musical starring Shirley Jones and Gordon McRae. A carousel barker and a pretty mill worker marry and face hard times.

February 17, 2023: *Mac and Rita* is a comedy starring Diane Keaton. On a bachelorette trip a 30 year old writer becomes her 70 year old aunt.

February 24, 2023: *On Golden Pond* stars Henry Fonda and Katherine Hepburn star in a family story at a New England vacation home. Their daughter visits.

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, February 1 : *How to Tap into Your Awareness* | Yongey Mingyur Rinpoche | TED. Meditation asks you to slip into a state of serene presence. But why does something that sounds effortless often feel so difficult? In this lighthearted invitation, spiritual leader Yongey Mingyur Rinpoche shares three steps to help you accept the ebb and flow of your emotions and learn to meditate anytime, anywhere. ***A Disability-Inclusive Future of Work* | Ryan Gersava | TED.** One billion people worldwide are living with a disability, and too many of them are left unemployed or feeling like they need to hide their conditions due to discriminatory hiring practices, says social innovator and TED Fellow Ryan Gersava. With a focus on healing and disclosure, he created an online school to provide people like him with the technical skills and employment aid they need to thrive. ***How Great Leaders Take On Uncertainty* | Anjali Sud and Stephanie Mehta | TED.** In a constantly changing world, it's impossible for leaders to provide employees with the assurance they want, says Vimeo CEO Anjali Sud. Her solution: lead with humanity and flexibility. In conversation with veteran journalist Stephanie Mehta, Sud discusses her experience connecting remote employees worldwide

Wednesday, February 8: *How Can We Escape Soaring Energy Bills? Stop Using Fossil Fuels* | Tessa Khan | TED. Tessa Khan, asks us to consider the true cost of our reliance on fossil fuels, outlining why the transition to safer, cleaner forms of energy has never been more urgent. ***The Billion-Dollar Pollution Solution Humanity Needs Right Now* | Stacy Kauk | TED.** Could the same mechanism used to accelerate vaccine development work for spurring solutions to the climate crisis? Sustainability innovator Stacy Kauk introduces the billion-dollar fund to supercharge the carbon removal market. ***How the Internet is failing the visually impaired* | Clive Loseby | TEDxLukelyBrook.** Most websites fail to meet the needs of people with disabilities. Clive Loseby has one aim: To Change the World, One Website at a Time. A horrific car accident in 1989 left life-changing injuries and personal experience of the prejudice and challenges that disabled people face daily.

Wednesday 15: *The power of playing with your child* | Jesse Ilhardt | TEDxWrigleyville. Jesse Ilhardt uses her experience as the co-founder and executive director of VOCEL, a teacher, and a mother, to discuss the extraordinary capacity of young children, the power of play and relationships. ***What doesn't kill you makes you stronger* | Martina Meyer | TEDxHWZ. Did you know, that most of the people who have overcome a deeper crisis are stronger in the long result? They grow in different areas of their personality – and develop important skills we actually need in our fast changing world with huge challenge. ***The Power of Silence--Why Shutting Up Is Good For You* | Michael Angelo Caruso | TEDxOcala.** Use quiet to improve relationships, gain respect, and have a rewarding career. Michael teaches people how to be better speakers and presenters, so they can help more people and amp up their careers.**

Wednesday 22: *Are Video Calls the Best We Can Do in the Age of the Metaverse?* | Josephine Eyre | TED. Remote work, while redefining the workplace landscape, seems stuck behind endless video conference calls that hinder free-flowing conversation and collaboration. In the 21st century, is that really the best we can do? Digital anthropologist Josephine Eyre makes the case for embracing the metaverse as an immersive meeting place that could help reignite creativity and communication. ***What a Living Whale Is Worth – and Why the Economy Should Protect Nature* | Ralph Chami | TED.** How much is one living blue whale worth in the fight against climate change? A lot more than you may think, says financial economist Ralph Chami. He explains the value of bringing the language of dollars and cents to conservation – and offers his vision of a new economy that would profit off regenerating nature, not extracting from it. Test your might! • ***Shaolin Spirit* | Shi Heng Yi | TEDxBaiaMare.** A speech that will leave you with many questions to ask yourself. Own your life! Life doesn't get any easier. You are getting stronger! Master Shi Heng Yi (释恒义) is the headmaster of the Shaolin Temple Europe (歐洲少林寺) and takes over in this function the physical as well as the mental training of the novices, disciples and master students of the monastery in Otterberg / Germany.

February Excursions

Thursday, Feb 2: Church Basement Ladies in Plowin' Through

***Depart 10am**

(Rescheduled—List of people transferred from December original sign up sheet.)

Tickets and seating will be arranged in various groups due to rescheduling.

Lunch Cost: On Your Own at Clive's Roadhouse (11am)

The Church Basement Ladies are at it again. In the ninth installment of the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU. **Performance 1pm.**

Thursday, February 9: Eden Prairie Shopping Center

***Depart 11am**

Cost: On Your Own.

Join us for an outing to Eden Prairie Shopping Center. Anchored by top retailers Von Maur, Target, SCHEELS, Kohl's and JCPenney, the center features 100 stores, 21 dining options, and 9 attractions. Have lunch at one of the many restaurants or in the food court. **The RidgePointe van will pick up 2:30pm.**

Thursday, February 16: Minnesota Orchestra Hall: Dvorak's New World Symphony

***Depart 9:50am**

Cost: On Your Own, TICKETS PURCHASED ONLINE.

Don't miss two debuts and a Minnesota Orchestra premiere in this soul-stirring mid February program starring pianist Alexandre Kantorow in Tchaikovsky's Second Piano Concerto, and featuring Dvorak's New World Symphony, conducted by Kazuki Yamada.

Saturday, February 18: Ladies Luncheon at Good Day Café

***Depart 10:15am**

Cost: On your Own.

This is a family-owned and operated Café. Each item on their menu, from English muffins to savory soups to chorizo sausage, is made in-house with fresh ingredients. The Good Day Café meats, vegetables, and cheese are produced in Minnesota. The recipes are intended to invoke a nostalgia for grandma's cooking with a Good Day twist. Reservations at 10:30am.

Thursday, February 23: Minnesota Zoo

***Depart 10:30am, Pick Up at 1:30pm**

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.

First Tuesday Craft Time

February 7th, 1-3pm, Art Room

Make Valentine Cards!

No Sign up Necessary

For The Girls and Guys, Too!

Art Class with Terri Berg

February 14th, 1-3pm, Art Room

Spring Flower Scene

Class Fee: \$28

Pay Instructor

Sign up required!



Love the place you live!

- * Enjoy the freedom that renting offers
 - * Stay Social
 - * Expand your group of friends
 - * Participate in games & fun
(bingo, bridge canasta, 500, cribbage, mahjong, to name a few)
 - * Have fun at RidgePointe's sponsored parties and events
- * Explore the weekly excursions offered
 - * Keep moving with in-person exercise classes
 - * Listen to weekly speakers
 - * Stay curious with book clubs, writing groups, TED talks and more.

*Live in a community where
you matter....A lot.*

Call Paula for more information or
to schedule a tour
952-540-6280 ~ www.funatridge.com