

# RidgePointe News

January 2023

Volume 37 | Issue 1

## Chinese Lunar New Year

### The Year of the Rabbit !



#### FUN FACTS ABOUT CHINESE NEW YEAR.

- \* Chinese New Year Day begins on January 22, 2023. Celebration of Chinese New Year traditionally lasts 16 days.
- \* It is said this year will bring a significant shift in energy because we move out of the year of the Tiger and into a gentle and patient Chinese zodiac sign, the Rabbit.
- \* Chinese New Year is thought to date back to the Shang Dynasty in the 14th century B.C. under Emperor Wu of Han (140–87 B.C.), when the tradition of carrying out rituals on the first day of the Chinese calendar year began.
- \* Some examples of lucky foods to eat are: potstickers, spring rolls/ egg rolls, noodles, tangerines and mandarins, fish, lucky candy, Buddha's Delight (vegetarian stir fry), and Tang Yuan Rice Balls.
- \* There are 12 Chinese zodiac signs, in the following order: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. Each sign is named after an animal, and each animal has its own unique characteristics.
- \* The year of the Rabbit represents peace, prosperity, good luck and vigor.
- \* Each zodiac year is associated with one of the five elements: metal, wood, water, fire, and earth. The element that represents 2023 is water.

# January Events

## Tuesday, January 3: In Person Presentation- David Jones

\*10am MH

**Charles Lindbergh: Triumph, Tragedy and Controversy.** In 1927, Charles Lindbergh became the first pilot to fly solo from New York to Paris. This feat made him one of the biggest celebrities of his time. However, his life following the flight was filled with tragedy and controversy. Join us to explore the complicated life of a complex man.

## Tuesday, January 3: Craft Class- Paint Rocks

\*1pm AR

## Tuesday, January 10: In Person Presentation- Joe Amato

\*10am MH

**Honoring Our Family Legacy Through The Stories We Tell.** Joe is a long-time resident and retired professor of History and Rural and Regional Studies. He has also published several books. Joe will stress ways to develop, and personalize your family history through stories and tales of migration and immigration.

## Tuesday, January 10: Art Class with Terri Berg (Cost : \$28 Payable to Instructor )

\*1pm AR

Create a Spoon and Fork Painting.

## Tuesday, January 17: In Person Presentation- Andrew Latham

\*10am MH

**China and Taiwan.** In this presentation, Professor Andrew Latham will discuss a range of issues related to the conflict between China and Taiwan. He will pay particular attention to the historical roots of the conflict; the nature of the current crisis in cross-strait relations; the prospects for war between Taiwan and the mainland; and the past, present and future role of the United States in the conflict.

## Tuesday, January 17: Tech Class with Denis Boci- Beaird

\*1pm Library

**iPad Class Session #1-**iPad Tech Questions. Ask Denis about your iPad questions. This will be the time to ask up to 3 questions per person in class.

## Tuesday, January 17: Birthday Celebration

\*EL

3:00 pm—HAPPY HOUR: Wine and Appetizers

3:30 pm—Entertainment: Valeriy Saakian— Accordion Player

5:00 pm—Birthday Meal—Is your birthday in January ? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on January 17th.

## Friday, January 20: Gao Hong Performance

\*3pm EL

We are honored to have Gao Hong join us at RidgePointe. She is a Chinese performer and composer and a master of the pear-shaped lute, the pipa. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

## Tuesday, January 24: In Person Presentation- Susan Brauer

\*10am MH

Discover Santiago (Chile), the capital of Chile, is a tale of two cities. The downtown area and its surrounding barrios with broad, pedestrian-friendly boulevards, small cobblestoned side streets, and grand Spanish architecture, herald back to the city's colonial past. In contrast, Las Condes—the city's commercial hub—offers contemporary design and a sleek skyline that includes the 64-floor Gran Torre Santiago—the tallest building in South America.

## Tuesday, January 31: Tech Class with Denis Boci -Beaird

\*10am Library

**iPad Class Session #2** - Today's 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. Class with Denis Boci-Beaird: Founder at I Know Nothing Tech IKNT - We Make IT Click!

# January Excursions

**Thursday, Jan 5: Asian Mall**

**\*Departure 11:00am**

**Lunch Cost: On Your Own**

This recently opened Asia Mall is the first of its kind in Minnesota. This unique mall holds several restaurants, a large Asian grocery store and food stands. Enjoy this new experience, walk around, shop and eat at any restaurant of your choice.

**Thursday, Jan 12: Tuttle's Bowling with Pat**

**\*Departure 10:30pm**

**Lunch and Bowling Cost: On your Own**

Start the New Year out with a fun afternoon at Tuttle's. Bowlers and spectators are welcomed. After the strikes and spares are earned, enjoy lunch at Tuttle's. Guests are welcome to order individually off of our restaurant menu with individual bills.

**Thursday, Jan 19: Ikea**

**\*Departure 11:00am**

**Cost: On Your Own**

Spend the afternoon exploring and shopping at Ikea. Shop for kitchen goods, vases, pillows, curtains, fabric, picture frames, artwork, lighting, dishes, kitchen utensils, rugs and more. Ikeas has two dining areas. The main self-serve cafeteria-style restaurant serves prepared foods, featuring its famous Swedish meatballs, at discounted prices. The bistro cafe has grab-and-go options, like hot dogs, usually located by the checkout area.

**Saturday, Jan 21: Ladies Luncheon— Jimmy's Kitchen and Bar**

**\*Departure 10:30am**

Jimmy's serves market-fresh fish and seafood, top-quality Angus beef steaks, roasted baby- back ribs, pasta, and hand-crafted burgers and sandwiches.

**Thursday, Jan 26: Matinee Movie**

**\*Departure Time and Movie Theater To Be Determined**

**Ticket Purchase: On your Own.** Enjoy an afternoon at the movies. More information to come.

## Chinese New Year Celebration!

January 20th, 2023 East Lobby

2:15pm- Enjoy a Chinese Appetizer and Musical Performance.

### Take an Art Class

with

**Terri Berg**

Create a Spoon and Fork Painting  
January 10 at 1pm : In the Art Room

Class Fee \$28

Pay Instructor

### AARP Smart Driver Refresher Course

Thursday, February 9, 2023

Marion Hall ~ 12:30 – 4:30 PM

COST: \$20 for AARP Members ~

\$25 for Non-Members

Register now space is limited

Call Paula to Register: X-6280



## Still Shoveling?

**Not at RidgePointe! Residents are making the most of the winter with fun events, socializing and food options available.**

**Move today and begin living the lifestyle you deserve!**

**34 Floor Plans**

**Meals Available**

**Housekeeping Included**

**Cable TV Included**

**Full Calendar of Events and Fun**

**Don't Wait! Call Paula today to learn more or  
to schedule a tour of our great community**

**Paula Rickett 952-540-6280**

**[www.funatridge.com](http://www.funatridge.com)**

Friday, January 20, 2023

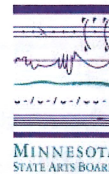
**2:15pm Chinese New Year Appetizer**

**3pm Performance Gao Hong**

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## **JANUARY MOVIES**

**FRIDAYS 7PM MARION HALL**



**Jan. 6 *A Trip to Bountiful*.** A woman with no shortage of spirit sets out on a trip to visit her childhood home.

**Jan. 13 *Sister Act*.** When a singer sees her mobster boyfriend commit murder, she is put in a convent for witness protection.

**Jan. 20 *The Company Men*.** A young executive at a large company is on the fast track to the top. Sudden lay offs force him to redefine his life.

**Jan. 27 *My Best Friends Wedding*.** A romantic comedy. When a woman's long-time friend reveals he is engaged, she realizes she loves him. She sets out to get him, with only days before the wedding. (Julia Roberts)

## **TED Talks** Wednesdays at 1pm on Channel 991

Wednesday, January 4 **5 Lessons on Building an Emissions-Free City | Heidi Sørensen | TED.**

Confronting climate change makes for better cities and a better quality of life, says Heidi Sørensen, director of the climate agency for the city of Oslo, Norway. **A New Social Contract for Global Climate Justice | Huma .Yusuf | TED.** Huma Yusuf shares a vision for global climate diplomacy where the countries responsible for pollution pay reparations for the damage they've caused, while developing countries bring forward a clean, green future. **A Virus-Resistant Organism – and What It Could Mean for the Future | Jason W. Chin | TED** What if we could use the power of DNA to create a sustainable, circular economy? In a talk about breakthrough science, synthetic biologist Jason W. Chin describes his team's work rewriting the genetic blueprint of cells to create a virus-resistant organism – the largest synthetic genome ever made and a first step towards reimagining what life can become.

Wednesday, January 11 **.We Need Leaders Who Boldly Champion Inclusion | June Sarpong | TED .**

We know diversity, equity and inclusion (DEI) boosts creativity and profits, but progress has been slow: today, nearly 90 percent of Fortune 500 CEOs are white males. It's time for leaders to become "rock stars" of inclusion -- and that starts with pushing through discomfort to forge new connections. **Listening to the brain: A functional cure for epilepsy | David Garrett | TEDxSydney.** David J Garrett reveals the latest project he and his team have developed which sits within the brain and can detect the activity of individual neurons with incredible precision. Working towards a function cure of drug-resistant epilepsy this device will have the capacity to warn someone if their brain was heading towards a seizure state. **Why people love watching sports | Kate Fagan | TEDxBoston.** Kate shares surprising historical sporting headlines and describes the elements that are missing in the way media covers women's sports today. At the highest levels of sportscasting and journalism, Kate recognizes the disconnects in the way we share these stories--in airtime, in content, in context.

Wednesday, January 18 **. The Danger and Devotion of Fighting for Women in Afghanistan | Tamana Ayazi and Kat Craig | TED.** The women of Afghanistan are being persecuted under Taliban rule, but they're not standing down. Filmmaker Tamana Ayazi chronicles the harrowing reality of one women's rights advocate -- Zarifa Ghafari, Afghanistan's youngest female mayor -- in her documentary "In Her Hands." **Robert Waldinger shares Secret to Happiness | Robert J. Waldinger | TEDxBoston.** Robert Waldinger interview by John Werner on how to get and stay satisfied in your every day life. A live conversation with Robert Waldinger MD who conducts the world's longest scientific study on well-being and he'll share research-based findings on how we can all achieve a lifetime of happiness. **How to talk to the worst parts of yourself | Karen Faith | TEDxKC.** People researcher and empathy trainer Karen Faith found it easier to welcome strangers than the strange parts of herself, until a breakthrough moment changed that for good. In this honest and funny talk, she shares the story for everyone who struggles with self-acceptance.

Wednesday, January 25 **. The importance of pain on the path to resilience | Scott Greenberg | TEDxTemecula.**

Sometimes the pressure to cheer up actually holds you down. With a little more presence in your pain, you may find the very inspiration you need to bounce to new heights. While a graduate film student at NYU, he was diagnosed with cancer. Inspired by his grandmother, a "Schindler's List" Holocaust survivor, he beat the disease and went on to run a marathon., **The Magic of Connection | Gael Gordon | TEDxNelson.** A true workplace story showcasing the magical power of connection, and the many lives that can be profoundly impacted when we take courage to truly connect and be fully present to those around us. Gael is a lover of life and one that says 'Yes' to opportunities without knowing the outcomes or what it entails. **Reimagining the actual value of your time | Brian Nelson-Palmer | TEDxWhiting.** The less of a thing you have, the more valuable it becomes. Brian Nelson-Palmer challenges us to reimagine our everyday decisions through his unique approach on understanding the value of our personal time. "Time is the currency of your life, spend it wisely."