

RidgePointe News

March 2023 Volume 38 | Issue 2

A St. Patrick's Celebration!

March 16, 2023

4pm East Lobby

Enjoy Celtic traditional tunes and pub-style songs.

Featuring

Legacy



March Events

Tuesday, March 7: In-Person Presentation-Susan Brauer

10am MH

Amazing India is a presentation on a spectacular country famous for its ancient history, diverse culture, and ornate, world-renowned architectural sites such as the Taj Mahal. This country of more than a billion people is a study in contrasts. Cities can overwhelm the senses with crowded sidewalks, chaotic traffic, and constant noise. But look further and you'll also find quiet, leafy parks and gardens to stroll through, intriguing shops and markets filled with colorful textiles, spices, and jewelry, and peaceful churches and temples that calm the spirit. Join Susan Brauer as she takes you on a journey through the cities of the Golden Triangle (Delhi, Agra, and Jaipur.) Join her at a local family's home for a Diwali celebration. Walk along the Arabian Sea on "The Queen's Necklace" in Mumbai, and catch your breath in the small, tranquil village of Siolim in beautiful Goa.

Tuesday, March 14 : In-Person Presentation- Andrew Latham

10am MH

War in Ukraine: In this presentation, Andrew Latham Professor of International Relations and Political Theory, at Macalester College will discuss the war in Ukraine. Specifically, he will discuss the causes of the war, its current course and its likely outcome. He will also speak about the role of the United States in the war, addressing the question of what more (or less) America ought to do to bring that conflict to a just end.

Tuesday, March 14: Birthday Celebration

EL

3:00 pm—HAPPY HOUR: Wine and Appetizers

3:30 pm—Entertainment: Todd Anderson- Classic Cowboy, a Tribute to Cowboys.

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

Tuesday, March 14: Art Class with Terri (More Information to Come)

1pm AR

Thursday, March 16: St. Patrick's Celebration with Legacy

3:30 pm EL

Enjoy St Patrick's Day together with good music, a beverage and an appetizer. **Legacy** is a Celtic traditional music trio that performs tunes and pub-style songs in a way that sets it apart from other bands. Legacy offers a balanced selection of songs (traditional pub, ballad, and contemporary styles) and dance tunes (traditional and stylized arrangements). **Music starts 4pm.**

Tuesday, March 21: Tech Class 1- Online Purchases

10am MH

Class with Denis Boci Beaird: Are you purchasing something online? Let's make sure you do it safely, and securely. You will be taught how to make purchases so you feel comfortable. In addition, we will focus on how to make purchases specifically on your phone and/or tablet device.

Wednesday, March 22: Tech Class Subject - Online Safety

10am MH

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.

Tuesday, March 28: In-Person Presentation- Doug Ohman

10am MH

Up North Minnesota 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.

March Excursions

Thursday, March 2: Mall of America

Depart 11am

Cost: On Your Own

Enjoy the afternoon shopping at Mall of America. The mall has over 500 stores and over 50 restaurants to choose from. Return to RidgePointe at 2:30pm.

Thursday, March 9: The National Eagle Center

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 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 Hours Van Ride)

Thursday, 16: Cafesjian Art Trust Museum

Depart 9:25am

Cost: Admission and Tour is Free. Lunch Cost: On Your Own—Shore 96

A Lasting Friendship: Gerard Cafesjian & Dale Chihuly. This museum holds one of the finest contemporary glass sculpture collections in the world. This inaugural exhibition explores the nearly 30-year friendship between Gerard Cafesjian and Dale Chihuly. Throughout that time, Cafesjian amassed a large collection of the artist's work including multiple large-scale installations. The exhibit will showcase much of the collection while highlighting their exchange of correspondence and ideas. After the tour enjoy a delicious lunch at **Shore 96**. **Shore 96** is known for their yummy burgers, cheese curds, and chicken sandwiches. (Restaurant Reservations 12pm) (Tour Starts 10am)

Saturday, March 18: Ladies luncheon- Smack Shack / North Loop Location

Depart 10:30am

Cost: On Your Own.

Smack Shack is committed to serving sustainable seafood and is known for crab legs, jumbo shrimp, and lobster rolls all served in a fun, casual atmosphere. (Reservations 11am)

Thursday, March 23: Textile Center- A National Center for Fiber Art

Depart 10:25am

Cost: Tour \$10 (Checks Made to RidgePointe)

Lunch Cost: On Your Own- The Market at Malcolm Yards, (Must have credit card.)


Enjoy a guided tour of the McKnight Fiber Artist Fellowship Exhibition at the Textile Center. This tour will include a tour from guides who will explain both the McKnight Exhibition and the History of Textile Center, each section will take ½ hour. All in all, the tour will last about an hour. **The Market at Malcolm Yards** is a unique food hall with 9 separate food concepts. Including a bar with 17 batch cocktails and an innovative self-pour tap wall with beer, wine and non-alcoholic offerings. **Abang Yoli** offers an interpretation of Asian cuisine. **Advellum**, is vegetable focused, offering grilled proteins and plant based options. **Bagu** is influenced with some of the foods you'll see at Japan's fish markets. **Bebe Zito Ice Cream and Burgers** has delicious burgers and unique ice cream and malts. **Delsur** offers Argentinian food. **Joeys Meatballs and Red Sauce Joint** prepares fresh handmade pastas and meatballs. **Momodosa** serves steamed dumplings (MOMO) with fillings of meat and vegetables. **Sunday** is a sandwich and soup style restaurant. **Wrecktangle Pizza** is known for its Detroit style pizza. (Checks made out to RidgePointe)

Thursday, March 30: Minnesota Orchestra a Coffee Concert- Haydn's The Creation

Depart 9:50am

Cost: On Your Own (Must Purchase Tickets on Your Own)

Conductor Paul McCreesh returns to Orchestra Hall after two decades to lead the Minnesota Orchestra, Minnesota Chorale and guest vocalists in Haydn's The Creation—a joyful celebration of new life, community voices and nature, and a perfect musical way to welcome spring.



Lucky You!

RidgePointe has several apartments available right now!

Select a unit for immediate occupancy,
or wait up to 60 days before your rent begins.

(Completed Rental Application and
Security Deposit required)

RidgePointe will be increasing our rental prices
beginning May 1, 2023. If you are thinking
of a move this Spring, take advantage of our
2022 pricing with a lease that
price protects you until April 30, 2024!

As always, the ***RidgePointe Amenities Package***
is included in your rent making your
dollar work even harder.

Call Paula for current pricing,
more information or to schedule a tour.

Paula Rickett ~ 952-540-6280

www.funatridge.com



MARCH MOVIES

FRIDAYS 7PM MARION HALL

March 3 : *Queen Bees* is a comedy. While her house is repaired, Helen temporarily moves into a retirement community. The other residents are not what she expected.

March 10 : *Deep Water Horizon* is a true story of the 2010 oil rig explosion in the Gulf of Mexico. The co-workers band together to stay alive.

March 17 : *Everyone Says I Love You* is a musical comedy. A New York girl sets her father up with a beautiful woman while her step sister gets engaged. Movie features Julia Roberts.

March 24 : *Field of Dreams* is an American sports fantasy drama starring Kevin Costner. A voice tells an Iowa farmer to build a baseball field on his cornfield, at risk of financial hardship. The locals taunt him and call him a lunatic.

March 31 : *A Walk in the Woods* is an American biographical comedy drama film starring Robert Redford. A sixty year old travel writer decides to hike the Appalachian Trail with a high school friend.

First Tuesday Craft Time

March 7th, 1-3pm

Art Room

Create a Small One of a Kind

Gift Box

Limited to 10 People

Sign up is Necessary.

Supplies will be provided

Art Class with Terri Berg

March 14th, 1-3pm

Art Room

Pay Instructor \$28

Sign up Required.

Create a

Unique Painting.

Sample of project located by sign up
area in the Atrium

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, March 1 ***Why Nurses Are Key to Medical Innovation*** | Ben Gran | TED. Nurses represent the front line of health care – from first breaths to last moments, and everything in between. But there's a vital place nurses are missing in action. Ben Gran makes a compelling case for integrating their invaluable insights and experience into health tech. ***How Bad Data Traps People in the US Justice System*** | Clementine Jacoby | TED. Right now, hundreds of thousands of people are "stuck" in the US criminal justice system. They've completed all of their requirements for release, but nobody knows it because the system is run on old databases that don't talk to each other. ***Can We Feed Ourselves without Devouring the Planet?*** | George Monbiot | TED. Farming is the worst thing humanity has ever done to the planet. What's more: the global food system could be heading toward collapse. Detailing the technological solutions we need to radically reshape food production.

Wednesday, March 8 ***Where Does Your Sense of Self Come From? A Scientific Look*** | Anil Ananthaswamy | TED. Our memories and bodies give us clues about who we are, but what happens when this guidance shifts? In this mind-bending talk, science writer Anil Ananthaswamy shares how the experiences of "altered selves" – resulting from schizophrenia, Alzheimer's, foreign limb syndrome or other conditions – shed light on the constructed nature of identity. ***A Socialist Perspective on the Pursuit of Happiness*** | Aaron Bastani | TED. Several crises are set to define the next century – but journalist Aaron Bastani believes we have the technological ability to meet our biggest challenges and create unprecedented levels of prosperity for all. ***The One Question Every Aspiring Leader Needs To Ask*** | Constance Hockaday | TED. What does inclusive leadership look like? Artist and TED Fellow Constance Hockaday shares how the captain of a trans-Atlantic community raft taught her how to voice her hopes and desires, inspiring a vision of possibility for the future. Hockaday calls for mentors everywhere to step up and invites aspiring leaders to answer one crucial question in order to unlock their agency and power.

Wednesday, March 15 ***Hidden Connections That Transcend Borders and Defy Stereotypes*** | Aparna Bharadwaj | TEDGlobal consumer strategist Aparna Bharadwaj shares a fascinating glimpse at under-the-radar affinities that transcend cultures. "There are patterns where you least expect them," she says – and paying attention to them just might bring the world a little bit closer. ***Could Fungi Actually Be the Key to Humanity's Survival?*** | David Andrew Quist | TED. After a billion years of evolution, fungi are masters of invention and resilience. Mycologist David Andrew Quist explores how fungi's innate biointelligence, penchant for collaboration and incredible regeneration abilities can show us new ways to think about complex problems – and may hold the secret to humanity's survival on Earth. ***Is Democracy Doomed? The Global Fight for Our Future*** | Timothy Snyder | TED. If you think democracy is some kind of inevitable, default setting for the world, then you aren't going to have it for very long, says historian and author Timothy Snyder. Learn more about a new approach to democracy that could help create and protect a future of freedom.

Wednesday, March 22 ***How to Recognize Privilege — and Uplift Those Without It*** | Mariam Veiszadeh | TED. Depending on your lot in life, you may see the status quo as a result of unearned privilege or a simple reflection of merit. Backed by statistics and personal stories, lawyer Mariam Veiszadeh offers a much-needed perspective check on the quasi-equality touted in business today, calling for real change in workplace diversity and inclusion that routs out biases rather than replicating them. ***The Secret to Making New Friends as an Adult*** | Marisa G. Franco | TED. To help you find well-rounded and fulfilling friendships, psychologist Marisa Franco discusses science-backed tips on how to make (and keep) friends, like the optimism-inducing "acceptance prophecy" and the shame-reducing "theory of chums." Learn more about the power of platonic love and how it can help you experience the full richness and complexity of who you are. ***Fast food? The true value of Chinese cooking*** | Vincent Yeow Lim | TEDxSydney. As a proud and passionate restaurant owner, Vincent Yeow Lim takes after his father and grandfather in the family tradition of Chinese cooking.

Wednesday, March 29 ***How to Let Go and Trust the Universe*** | Gabby Berstein | Are you constantly comparing yourself to others? Do you feel defeated that you aren't manifesting the life you want? Are you struggling to find gratitude in your everyday life? The Universe is always sending you signs. When you tune in to the energy of gratitude and trust that you are guided, you will manifest your desires effortlessly. ***The Simple Secret of Being Happier*** | Tia Graham | TEDxManitouSpringsa Graham inspires us to make intentional choices about how we spend our time. ***How to do meaningful work without quitting your job*** | Svenja Dietrich | TEDx-Haarlem.. Svenja Dietrich shares her quest to do work that matters to her, revealing three proven, hands-on strategies for spending more time on meaningful work without quitting your job.