

RidgePointe News

January 2024 Volume 40 | Issue 1

*Happy
New Year
and all the
best for
2024!*

January Events

Tuesday, January 2: In Person Speaker– David Jones 10am MH

Mount Rushmore: Carving of an Icon. Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars; those are the statistics behind the carving of Mount Rushmore. Enjoy learning about Mount Rushmore.

Tuesday, January 2: First Tuesday Craft Time 1pm AR

Create a little light for winter. Sign up and description will be posted in the Atrium.

Tuesday, January 9: Tech Class with Abbey Key 10am MH

RidgePointe YouTube Channel: Learn about YouTube and how to navigate the RidgePointe YouTube Channel. You can access our TED Talks and recorded coffee chats on our RidgePointe channel.

Tuesday, January 9: Art Class with Terri 1pm-3pm AR

Cost: TBD . More information to come. Sign up and description will be posted in Atrium.

Tuesday, January 16: In Person Speaker– David Schultz 10am MH

"The Role of Generations in US Politics . Every generation wants a revolution, every generation wants to change the world. But does it? This talk examines the role of generations and generational change and how it affects American politics, including the 2024 elections.

Tuesday, January 16 : Birthday Celebration 3pm EL

3:00pm —HAPPY HOUR IN THE EAST LOBBY: Wine and Appetizers

3:30pm—Entertainment: Singer & Musician. Dale Martell

5:00pm—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 16th.

Wednesday, January 17: Open Studio Mystery Craft Time 1-3pm AR

Tuesday, January 23: In Person Speaker-Gary Hansen 10am MH

Pablo Picasso - 20th Century Prodigious Innovator. Pablo Picasso is considered one of the greatest artists of the 20th century. He was a great innovator and pioneer in the development of Modern Art by his experimentation and the pushing of new boundaries. He along with Georges Braque invented Cubism, which is viewed as the first major new art form of the Modern era. He was also one of the most productive artists of the 20th century, creating over 50,000 works of art. Picasso's works are among the most valuable in the world: of the 100 most expensive paintings ever sold, fourteen are by Picasso, six more than the next highest artist. And, four of the fourteen sold for more than \$100 million. This lecture will provide an overview of Picasso's life and discuss some of his most important works.

Tuesday, January 30: In Person Speaker– Doug Ohman 10am MH

Free to All - Libraries of Minnesota. Enjoy a trip back in time when your small-town library opened your eyes to the big wide world. Doug has photographed most of the historic libraries in Minnesota. He will share pictures, history and stories about these historic places of entertainment and learning. You will journey to many small towns and communities where the library has played a vital role for all of its citizens. Doug will also share his thoughts on the future of traditional libraries in the electronic age.



JANUARY MOVIES

FRIDAYS 7PM MARION HALL



January 5: *The Crew*. Four old wise guy's face eviction from the semi-squalor of the Raj Mahal home on an otherwise posh strip of shore. The crew hatches a seemingly simple scheme to save their retirement residence. A comedy.

January 12: *Money Ball*. Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players. A drama/comedy.

January 19: *The Anchorman*. Ron Burgundy, the top-rated anchorman in 70's San Diego, who finds his position threatened by a hotshot young female journalist. A comedy.

January 26: *Rain Man*. After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance. A drama.

January 16th, 2024

3:30pm East Lobby

Entertainment

Music and Vocals with Dale Martell.

Dale is a professional entertainer from the Minneapolis area. In the 90's, Dale played lead guitar for the Beach Boys. His music is a mix of bluegrass, old-time country, show tunes and jazz!

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, January 3: Democracy Works — *We Just Need Better Leaders* | Lindiwe Mazibuko | TED. Public leader Lindiwe Mazibuko explores how poor leadership failed to deliver a better life for the country's citizens — and shares her mission to cultivate a new generation of ethical leaders who can revitalize democracy in South Africa and beyond. ***The Science Behind How Sickness Shapes Your Mood* | Keely Muscatell | TED.** Your immune system is more socially aware than you think, says social neuroscientist and psychology professor Keely Muscatell. Investigating the interconnectedness of your mood and your inflammatory system, she offers an evolutionary reason as to why being sick may make you feel depressed — and vice versa. ***Can We Hack Photosynthesis to Feed the World?* | Steve Long | TED.** Crop scientist Steve shows how hacking photosynthesis could help feed the world all while reducing climate change.

Wednesday, January 10: *Life on the Frontlines of War Reporting* | Jane Ferguson | TED. Covering global war stories can be hard and thankless — but it's critical work if the rest of us are to understand what's really going on in the world. For nearly two decades, journalist Jane Ferguson has reported on hostilities across Africa and the Middle East, and she's witnessed firsthand the changing face of her profession. ***The Case for a New Great Migration in the US* | Charles M. Blow | TED.** Social progress in the United States often seems to take two steps forward and one step back, with hard-fought civil rights wins countered by a seemingly inevitable backlash. In this spirited talk, writer Charles M. Blow makes the case that history, inverted, suggests a potential path forward. It's an unapologetically provocative proposal that Blow thinks just might spark a real shift toward equality in the US. ***Meet Methane, the Invisible Climate Villain* | Marcelo Mena | TED.** A landfill on fire doesn't only emit a horrid stench — it has devastating consequences for the environment, too. The culprit is methane, an often underestimated greenhouse gas produced in large part by food systems, organic waste and yes, cow burps. Biochemical engineer Marcelo Mena explains the source of this sneaky pollutant, why its emissions need to be cut in half by 2050 — and what you can do to help.

Wednesday, January 17: *A Crash Course in Making Political Change* | Katie Fahey | TED. You don't need political power to make real change, says activist Katie Fahey. She tells the story of how she led a successful movement in Michigan to end gerrymandering — the practice of drawing district lines to favor one political party — and how it all started with a simple social media post. ***The Secret Perks of Driving Electric* | Cynthia Williams | TED.** Electric vehicles need to be more than just eco-friendly — they have to be more chic, convenient and affordable than their gas-powered alternatives, says sustainability leader Cynthia Williams. She explores what it'll take for an electric revolution to succeed in the US, calling on corporations, policy leaders, investors and more to collaborate in unprecedented ways. ***Why we need to understand cults better* | Sarah Edmondson | TEDxPortland.** Sarah Edmondson is an actress who gained notoriety for her role in exposing the NXIVM cult. In 2019, Sarah published *Scarred: The True Story of How I Escaped NXIVM, the Cult that Bound My Life*, an acclaimed memoir chronicling her harrowing experience.

Wednesday, January 24: *The secret to breathing on the moon* | Sarah Cannard | TEDxSydney. The next generation of space exploration is looking to the Moon not only with awe and wonder, but as a site of key resources that we'll need to be able to mine and harness. ***Why we must protect our right to protest* | Miriam Turner | TEDxLondon.** In the UK, our right to protest is under threat, explains Miriam Turner, the Co-Executive Director of Friends of the Earth. Demonstrating has been an integral part of creating change - whether you look at the women's suffrage movement in the early 20th Century or the recent school climate strikes. ***Why we should teach our children to think long-term* | Mara Luther | TEDxHieronymusPark.** We have the capacity and obligation to shift our gaze into the future, to be a "good ancestor".

Wednesday, January 31: *Returning to School Mid-Career? Here's What You Need To Know* | Candice Neveu | TED. Are you thinking of returning to school? Educator Candice Neveu shares three challenges you might face continuing your education mid-career — and three mindset shifts to speed up your learning, improve your confidence and achieve the results you want. ***It's Time To Rethink the Role of First Lady* | Irina Karamanos Adrian | TED.** Irina Karamanos Adrian didn't plan on becoming Chile's First Lady — but she set out to transform the role all the same. She shares how she's fighting gender stereotypes and protecting democracy by shifting political power back to where it belongs: to people who were actually elected. ***AI Is Dangerous, but Not for the Reasons You Think* | Sasha Luccioni | TED.** AI won't kill us all — but that doesn't make it trustworthy. Instead of getting distracted by future existential risks, AI ethics researcher Sasha Luccioni thinks we need to focus on the technology's current negative impacts, like emitting carbon, infringing copyrights and spreading biased information.

January Excursions

Thursday, January 4: Galleria in Edina

Depart: 11am

Spend a winter afternoon shopping at the Galleria. This shopping destination offers high scale stores in fashion, home, beauty and dining. Enjoy a delicious lunch at a restaurant of your choice.

Lunch Cost: On Your Own

(Van Departs Galleria: 2pm)

Thursday, January 11: MIA & Lunch @ French Meadow (15 People Only)

Depart: 10:55am

Private Tour Cost: \$30.00 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

In Our Hands Native Photography, 1890 to Now. Enter into the vivid worlds of Native photography, as framed by generations of First Nations, Métis, Inuit, and Native American photographers themselves. Presenting over 150 photographs of, by, and for Indigenous people, "In Our Hands" welcomes all to see through the lens held by Native photographers. Before the tour, enjoy a delectable lunch at **French Meadow**. This exceptional restaurant prides itself by adhering to a "farm to table" concept; which serves natural, local, and organic food.

(Restaurant Reservations: 11:15am) (Tour: 1pm)

Thursday, January 18: Museum of Russian Art & Lunch at Moscow on the Hill

Depart: 11:30am

Tour Cost: \$12 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Start the excursion with a meal at **Moscow on the Hill**. This unique restaurant specializes in European, Ukrainian and Russian comfort foods. Choose from a variety of options, such as handmade dumplings, beef stroganoff, borsht or chicken kiev. Following lunch, take a private tour at the **Museum of Russian Art**. This Museum is the only major institution in North America devoted entirely to Russian art. This tour will surely inform you on the art, people, and culture of Muscovite Russia, the Russian Empire, the Soviet Union and its former republics.

(Restaurant Reservations: 12pm) (Tour: 2pm)

Saturday, January 20: Ladies Luncheon @ 50's Grill

Depart: 10:35am

Lunch Cost: On Your Own

The 50's Grill is known for their mouthwatering burgers served on homemade buns, made from scratch pies and yummy malts.

(Restaurant Reservations: 11am)

Thursday, January 25: Lunch and Shopping @ General Store of Minnetonka

Depart: 10:45am

Lunch Cost: Own Your Own

Eat lunch and shop at the General Store of Minnetonka. The bistro is known for fresh popovers, delicious soups and sandwiches. The store sells unique gifts, home decor, kitchen gadgets, food products and fun Minnesota souvenirs and gift baskets.

(Restaurant Reservations: 11am)

Saturday, January 27: Stages Theatre and Lunch @ Thirty Bales

Depart: 10:45am

Ticket Cost: \$10.98 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Dragon's Love Tacos: The Musical. Stages Theatre Company brings you a new musical adaptation of the wildly popular, laugh out loud funny, Dragons Love Tacos. Join us for the party of the year, because after all, the only thing Dragons love more than parties, or tacos, is TACO PARTIES! Enjoy lunch at **Thirty Bales**, a neighborhood restaurant in Hopkins. Choose a traditional breakfast option from the menu or go the lunch route. Lunch options include sandwiches, soups, salads and biscuits and gravy, amongst other delicious choices.

(Restaurant Reservations: 11am) (Production Start Time: 1pm)



MAKE THOSE NEW YEAR'S RESOLUTIONS STICK!

Start the year fresh with a change in your lifestyle! RidgePointe's 'social model' of living let's you live the way you deserve! Enjoy card games, Bingo, Art Studio, Wood Shop, Craft Room, numerous Book Clubs, weekly lectures, Instructor-led Exercise Classes, weekly off-site Excursions, on-site resident gardens and so much more! With all your social activities, you may not have time to clean your apartment! No problem! Weekly housekeeping is included in your rent. No kidding! Worried about maintenance? Don't be. Everything is covered right down to your lightbulbs.

Let me guess...you are a self-proclaimed 'homebody'! Excellent. Enjoy your apartment just the way you like it. Our steel and concrete construction give you the quiet you are looking for. And Cable TV is included in the rent for your at home enjoyment!

All food purchases are optional. We offer lunches for \$5.00-\$6.50, and 3 dinners per month are included in your rent. (Additional dinner's are \$15.00).

Oh, by the way, Continental Breakfast is included in your rent!

Give yourself the lifestyle you deserve. Rent ranges from \$1,175-\$3,950. Electric and a \$10 (per month) phone are the only required additions to your rent. With over 30 floor plans to choose from, you are sure to find a new apartment home that is right for you!

So don't wait! Take your New Year's Resolutions to a new level.

Call today to arrange a tour of our outstanding community!

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