RidgePointe News

October 2023 Volume 38 | Issue 10



October Events

Tuesday, Oct. 3: In Person Speaker - Mike Henry

10:00am MH

More Moments to Remember. Mike Henry is back to share his entertaining expertise on music. This new program explores hit records of the 1950s and 60s. This will be done in three fun segments: One Hit Wonders, Classic County Crossovers, and the Golden Age of Folk Music.

Tuesday, Oct. 3: First Tuesday Craft

1:00-3:00pm AR

Cost: Free

Create your personal mask for Halloween. Ideas and supplies will be provided by Ellen Anderson.

Tuesday, Oct. 10: In Person Speaker -Henry Berman

10:00am MH

Egypt and the Legacy of the Arab Spring. Egypt's civilization dates back thousands of years. Often called the Cradle of Arab Civilization, it experienced the 2011 Arab Spring like a shock wave. Sixty years of authoritarian military rule disappeared after weeks of massive street protests. A new constitution was written. Democratic elections were held. What has happened to this pivotal state since then? Why did Egypt's experience seem to embody the false hopes for democracy in the Middle East?

Tuesday, Oct. 10: Piano Performance Don Irwin

1:30pm EL

RidgePointe is excited to have Don Irwin join us for another spectacular performance. He not only plays the piano with exceptional skill he is quite a story teller and has the audience completely enthralled.

Wednesday, Oct. 11: Oktoberfest Celebration

1:30-2:45pm AT

Join our Oktoberfest Celebration including musical entertainment from a traditional polka band-*Richie Yourkovich & Polkarioty.* Enjoy beer, root beer and a pretzel while listening to toe tapping polka music.

Tuesday, Oct. 17: In Person Speaker- Joe Amato

10:00am M

Thinking and Writing Self: A Matter of Truths or Stories. Resident Joe Amato will discuss his two new books. This will be a philosopher's talk. After asking whether self is one or many, he will outline self as body. We will conclude with a discussion on whether we know ourselves more with truths or stories.

Tuesday, Oct. 17: Art Class with Terri

1:00-3:00pm AR

Cost: TBD

Decorate a fall charger to brighten your apartment. More details to come and sign-up will be in Atrium

Tuesday, Oct. 17: Birthday Celebration

2:30pm — HAPPY HOUR IN THE EAST LOBBY: Wine and Appetizers

3:00pm—Entertainment: Liva Violinist

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

Tuesday, Oct. 24: Tech Class with Abbey Key

10:00am MH

APPS FOR iPhones & iPads. Explore the world of apps within the App Store. Topics include searching for apps, downloading apps, where to find them on the phone after download, moving them around the screen, app clusters, usage and removal of unnecessary ones. 1 hour class. iPhone & iPad users only.

Tuesday Oct. 31: In Person Speaker-Doug Ohman

10:00am MH

Urban Gems: Minneapolis Tour. Staying close to home and exploring our back yard can be the best of all road trips. Minneapolis is so rich in history, beauty and culture that you will be sure to learn so much from historian Doug Ohman on this incredible tour.

Tuesday, Oct. 31: Halloween Costume Party

2:00-3:00pm EL

Enjoy cake and refreshments. Show off your costume in the parade. Happy Halloween!



OCTOBER MOVIES

FRIDAYS 7PM MARION HALL



October 6: Good Luck and Good Night. This movie takes place during the early days of broadcast in 1950's America. It chronicles the real-life conflict between Edward R. Murrow and Senator Joseph McCarthy. A drama.

October 13: Snow Dogs. When a Miami dentist inherits a team of sled dogs, he's got to learn the trade or lose his pack to a crusty mountain man. A comedy.

October 20: Top Gun: Maverick. After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. An adventure drama.

October 27: Hanging Up. Three successful, slightly manic adult sisters must come to grips with their elderly dad's declining health - even though none of them are close to him, decisions must be made. A comedy.



Happy Halloween!



Eat Drink & Be



Scary!



Enjoy cake & refreshments.

It's time for the costume parade.



October 31st at 2pm-3pm





TED Talks Wednesdays at 1pm on Channel 991

Wednesday, October 4: How to Hack Your Brain When You're in Pain | Amy Baxter | TED. Researcher and physician Amy Baxter unravels the symphony of connections that send pain from your body to your brain, explaining practical neuroscience hacks to quickly block those signals. Her groundbreaking research offers alternatives for immediate pain relief — without the need for addictive opioids. The Molecular Love Story That Could Help Power the World | Olivia Breese | TED. The key to revolutionizing the world's energy I and scape may lie in an unlikely love story, says energy innovator Olivia Breese. She details the fateful marriage of a green electron and a water molecule — a powerful source of carbon-free, sustainable energy — and calls for universal investment in this potentially transformative resource. The First-Ever Cargo Ship Powered By Green Fuel | Morten Bo Christiansen | TED. The shipping industry is vital to the global economy, but it's also a huge contributor to the climate crisis. Morten Bo Christiansen, a leader of the energy transition for the global shipping company A.P. Moller—Maersk, talks to TED's Lindsay Levin about the launch of the first-ever cargo ship powered by green methanol, the industry's urgent need to shift away from fossil fuels — and what it could all mean for people's pockets.

Wednesday, October 11: The "Adjacent Possible" – and How It Explains Human Innovation | Stuart Kauffman | TED. From the astonishing evolutionary advances of the Cambrian explosion to our present-day computing revolution, the trend of dramatic growth after periods of stability can be explained through the theory of the "adjacent possible," says theoretical biologist Stuart Kauffman. Tracing the arc of human history through the tools and technologies we've invented, he explains the impact human ingenuity has had on the planet – and calls for a shift towards more protection for all life on Earth. . Why You Should Stop Setting Goals (Yes, Really) | Emmanuel Acho | TED. In athletics, in business, in life, everyone sets goals. But that's not the way to excel, according to former NFL player Emmanuel Acho, now an author and TV sports analyst. Here's what he says to do instead. Why your phone battery gets worse over time - George Zaidan. Explore the science of why single-use and rechargeable batteries die, and find out why recycling batteries can be challenging.

Wednesday, October 18: How "Digital Twins" Could Help Us Predict the Future | Karen Willcox | TED. From health-tracking wearables to smartphones and beyond, data collection and computer modeling have become a ubiquitous part of everyday life. Advancements in these areas have given birth to "digital twins," or virtual models that evolve alongside real-world data. Aerospace engineer Karen Willcox explores the incredible possibilities these systems offer across engineering, climate studies and medicine, sharing how they could lead to personalized medicine, better decision-making and more. The Dream of Digital Ownership, Powered by the Metaverse | TED. Technologist Yat Siu believes the "open metaverse" – a decentralized version of the internet also known as web3 – is laying the foundation for a freer, fairer, more prosperous society. In a future-focused talk, he explores the transformative possibilities of web3, from enabling digital ownership and the creator economy to providing a much-needed update to capitalism. The Beauty of Building With Mud and Trash | Vinu Daniel | TED. What if we could use waste to create resilient and sustainable buildings? Bringing out the beauty of the dirt beneath our feet, climate-responsive architect Vinu Daniel shares how he and his team are giving local and discarded materials (think: mud, plastic and used tires) a second life by using them to create dreamlike homes, schools and other public spaces.

Wednesday, October 25: How to design workplaces & cities for women | Virginia Santy | TEDxMileHigh. In this thought-provoking talk, Virginia Santy shares how designing an office for women sparked an even greater conversation: What if we built whole cities and economies for women? . The AI-Powered Tools Supercharging Your Imagination | Bilawal Sidhu | TED. How is AI changing the nature of human imagination and creativity? Through a mind-bending tour of new techniques he's been tinkering with, creative technologist Bilawal Sidhu shows how anyone can use AI-powered tools — like 3D scans that let you redesign the physical world in real time — to expand the possibilities of artistic expression, often within just minutes. What the Fossil Fuel Industry Doesn't Want You To Know | AI Gore | TED. Nobel Laureate AI Gore looks at the two main obstacles to climate solutions and gives his view of how we might actually solve the environmental crisis in time. You won't want to miss his searing indictment of fossil fuel companies for walking back their climate commitments — and his call for a global rethink of the roles of polluting industries in politics and finance.

October Excursions

Thursday, Oct. 5: Apple Jacks Orchard

Cost: Optional, \$8.00 (for Apple Orchard Admissions)

Depart: 10:00am- Return: 1:45pm

Lunch: Cost On Your Own

Voted the best apple orchard in Minnesota. Apple Jacks is located in Delano. Enjoy browsing through the Apple Market, Gift Shop, Bakery, and having lunch at the Café or the Snackery Grill. You have the option to pay a fee of \$8.00 to access to U-pick Field, Farm Ball, Gaga Ball, Corn Maze, and Corn Pit. Have lunch at Apple Jacks Café or their Snackery Grill and enjoy options such as Chicken Wild Rice Soup, Chili and Cheese, Sloppy Jacks (our signature bbq pulled pork sandwich), Creamy Mac n' Cheese, Hot Dogs, and Chili Cheese Dogs. No admission fee to visit the Bakery, Gift Shop, Café, and Apple Market.

Thursday, Oct. 12: Downtown Hudson Wisconsin/ Lunch Restaurant is Your Choice

Depart: 10:00am

Lunch Cost: On Your Own

Spend the day exploring downtown Hudson. Enjoy the antique stores, and specialty shops. One unique antique store is *Abigail Page Antiques*. This unusual shop has a consortium of dealers who sell pop-culture relics, consignment furniture and home decor. Another fun shop to explore is *Seasons Gallery which* carries an alluring array of pottery, glass, jewelry, paintings and metalwork from 130 artists. Eat at one of the delectable restaurants downtown Hudson, such as: Barkers Bar and Grill or San Pedros Café. Lunch is your choice today.

Thursday, Oct. 19: Ames Center and Lunch at Clive's Roadhouse

Depart: 10:25am

Ticket Cost: \$32.47(Checks Made Out To RidgePointe)

Lunch Cost: On Your Own

The Church Basement Ladies: A Mighty Fortress Is Our Basement. Synopsis: It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. Through it all these "bulwarks never failing" stand strong in their faith and in their friendships. Enjoy lunch before the production at Clive's Roadhouse. Clive's features an outstanding, tasty and diverse menu of casual American comfort food. (Restaurant Reservations 11am) (Production Start Time 1pm)

Saturday, Oct. 21: Ladies Luncheon at Fat Pants Brewery

Depart: 11:30am

Enjoy a yummy lunch at Fat Pants Brewery in Eden Prairie. The menu includes: salads, burgers, flat bread pizza. (Reservations 12pm)

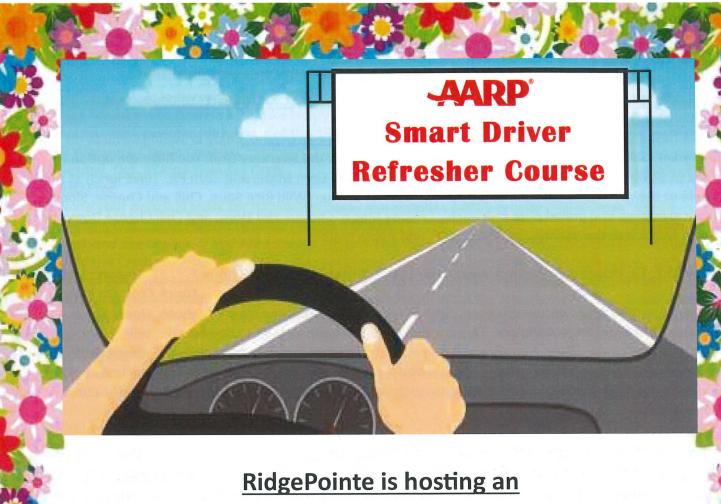
Thursday, Oct. 26: Minnesota History Center /Lunch at Downtowner WoodFire Grill

Depart: 10:30am

Tour Cost: \$10.00 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Enjoy a 30-minute guided tour, followed by unlimited self-guided museum exploration. A member of the museum staff will greet our group with their museum access buttons and maps, ensuring a hassle-free admission with no waiting. The Guide will offer a brief, entertaining overview of our landmark building, and escort your group to the current featured exhibit Minnesota's Greatest Generation where they will highlight not-to-be-missed objects from Minnesota's fascinating past. Other exhibits currently on display are **The Life & Art of Charles M. Schulz** and **Our Home: Native Minnesota**. Enjoy lunch before History Center at the Downtowner Woodfire Grill . The menu has sandwiches , salads, pizza and burgers. **(Reservations 11am)(Tour 1pm)**



AARP Smart Driver Refresher Course!

The course is designed to help make you more aware of safety considerations of the roads that you travel every day. You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

When: Thursday, November 9th from 12:30 pm to 4:30 pm (4 hour course)

Where: RidgePointe ~ Marion Hall

Cost: \$25.00 ~ \$20.00 for AARP members

Registration Required ~ Contact Paula Rickett at (952) 540-6280