

RidgePointe News

November 2023 Volume 39 | Issue 11



What are you
thankful for?

RidgePointe Residents Are Thankful For:

Family Companionship Togetherness

Healthy Family Friends Frozen Yogurt **RidgePointe Van**

Pie **RIDGEPOINTE** House Cleaning A Good Laugh

Food **Birthdays** Music *Card Games*

Birds Good Health Minnesota Drink

Fun Times Coffee **Gathering Together**

November Events

Friday, November 3: Piano Performance- Martha Dalager 2:30pm EL

Enjoy a special piano performance from Martha Dalager. Martha is the daughter of our very own resident, Elaine Dalager. We look forward to Martha's recital.

Tuesday, November 7: In Person Speaker- Doug Ohman 10:00am MH

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

Tuesday, November 7: First Tuesday Craft Time 1:00pm AR

Holiday Box Art with Carol Alberts. Just in time for the holiday season, create unique holiday boxes out of wrapping paper.

Thursday, November 9: AARP Smart Driver 4 Hour Refresher Course 12:30pm-4:30pm MH

Cost: \$25.00 for non-members & \$20.00 for AARP members.

Registration is required. Contact Paula Rickett at X-6280.

Friday, November 10: Tribute to our Veterans 1:30pm EL

Let us gather together to honor our veterans before Veteran's Day on November 11. Though their service to our nation is a debt that can never be repaid, this small ceremony is to say "thank you" for defending our freedom. Enjoy a short musical performance by trumpet player, Riley Helgeson. He will be accompanied by a pianist.

Tuesday, November 14: In Person Speaker- Marguerite Ragnow 10:00am MH

Lions, and Tigers, and Unicorns – Oh My! In a world where medieval unicorns and mermaids represented the familiar as much as cats and horses, early modern Europeans often had difficulty making sense of the many new species they encountered on their travels around the world. Nevertheless, they approached all of these creatures with curiosity and wonder. Join Dr. Marguerite Ragnow, curator of the James Ford Bell Library at the University of Minnesota, for a look into this fascinating history of strange beasts and beasties.

Tuesday, November 14: Art Class with Terri 1:00pm-3:00pm AR

Cost: TBD . More information to come.

Tuesday, November 21: In Person Speaker– Scott Nelson 10:00am MH

Get Social with Nature! Step into a world of wonder with "Get Social with Nature," a captivating monthly video series on YouTube. Join volunteer Scott Nelson as he takes us on a visual journey, showcasing the breathtaking beauty of **New England**. Immerse yourself in the magic of nature, one frame at a time.

Tuesday, November 21: Birthday Celebration 2:30pm EL

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

3:00pm—Entertainment: Paula Lammers –Pianist and Singer

5:00pm—Birthday Meal—Is your birthday in November? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on November, 21st.

Tuesday, November 28: Tech Class with Abbey Key 10:00am MH

Phone Calls / Contacts / Texting for Android. Learn the three basics of the phone. 1.) How to make and receive phone calls, how to block callers, navigation and using the keypad while on a call. 2.) How to create, edit and delete a contact. 3.) How to create a text, send a text to multiple people, adding photos, G-board



NOVEMBER MOVIES

FRIDAYS 7PM MARION HALL



November 3: Lincoln Lawyer. A lawyer defending a wealthy man begins to believe his client is guilty of more than just one crime.

November 10: Necessary Roughness. Due to NCAA sanctions, the Texas State University Fightin' Armadillos must form a football team from their actual student body, with no scholarships to help, to play their football schedule.

November 17: The Butler. As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.

November 24: Victor Victoria. A struggling female soprano finds work playing a male female impersonator, but it complicates her personal life.



Honoring Our Veterans

November 10, 2023

1:30pm, East Lobby

Trumpet & Piano Duet

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, November 1: *An Extreme Weather Report From America's Weatherman* | Al Roker | TED. It's not just you: the weather is getting worse. And if there's one person who would know, it's "America's weatherman," Al Roker, who's spent decades reporting live from some of the worst storms and natural disasters in history. He explains how we can each take action to address climate change and work towards a more sustainable, hopeful future for generations to come. ***An Economy Powered by Sun and Wind — It's Almost Here* | Kala Constantino | TED.** With some of the highest energy bills in Southeast Asia and extreme weather to match, the Philippines experiences the climate crisis – and climate activism – as a part of daily life. Clean energy advocate Kala Constantino highlights how people across the country are coming together to transform policies, power and the economy as the island nation maps out its green revolution. ***The Simple Solution to Fast Fashion* | Josephine Philips | TED.** When you value your existing clothes instead of chasing the latest trends, you help reduce waste and protect our planet for generations to come. Learn more about the impacts of what you wear – and the incredible power of repairing your clothes.

Wednesday, November 8: *Are We the Last Generation — or the First Sustainable One?* | Hannah Ritchie | TED. The word "sustainability" gets thrown around a lot these days. But what does it actually mean for humanity to be sustainable? Environmental data scientist Hannah Ritchie digs into the numbers behind human progress across centuries, unpacking why the conventional understanding of sustainability is misleading and showing how we can be the first generation of humans to actually achieve it. ***How I Found Myself — by Impersonating Other People* | Melissa Villaseñor | TED.** Ever think you'd hear Sandra Bullock, Britney Spears and Dolly Parton in one TED Talk? Here they are, courtesy of "Saturday Night Live" star Melissa Villaseñor. She shares the life lessons of a comedian – complete with celebrity impressions – and reminds us to embrace all of our voices, even if they're a little silly. ***CRISPR's Next Advance Is Bigger Than You Think* | Jennifer Doudna | TED.** You've probably heard of CRISPR, the revolutionary technology that allows us to edit the DNA in living organisms. Biochemist and 2023 Audacious Project grantee Jennifer Doudna earned the Nobel Prize for her groundbreaking work in this field -- and now she's here to tell us about its next world-changing advancement.

Wednesday, November 15: *The diagnostic odyssey of a rare genetic disease* | Dina Zielinski | TEDxCluj. The Human Genome Project was completed 20 years ago, providing a map that has been the foundation of major advances in our understanding of human genetics. A key finding of the HGP is that every one of us shares more than 99% of our DNA. ***Can the US and China Take On Climate Change Together?* | Changhua Wu | TED.** Climate change doesn't care about ideological divides, says policy analyst and China expert Changhua Wu. Here's what she says the US can learn from the progress China has made on the clean energy revolution – and why collaboration instead of competition is the key to avoiding climate catastrophe. ***Birds Aren't Real? How a Conspiracy Takes Flight* | Peter McIndoe | TED.** Peter McIndoe isn't a fan of birds. In fact, he has a theory about them that might shock you. Listen along to this eye-opening talk as it takes a turn and makes a larger point about conspiracies, truth and belonging in divisive times. .

Wednesday, November 22: *Does More Freedom at Work Mean More Fulfillment?* | Sarah Aviram | TED. Leader Sarah Aviram shares practical wisdom from research conducted while working remotely in 12 different countries, she reveals the real challenges that hybrid work policies can't fix – and shows how to truly thrive at your job no matter where you get it done. ***This Country Runs on 98 Percent Renewable Energy* | Ramón Méndez Galain | TED.** Uruguay today produces 98 percent of its electricity from renewable sources (and even exports extra energy to neighboring countries). Uruguay's former secretary of energy, Ramón Méndez Galain, explains how they pulled off this unprecedented shift – and shares how any other country can do the same.

Wednesday, November 29: *How to Solve the World's Biggest Problems* | Natalie Cargill | TED. Sometimes the world's biggest issues can seem so intractable that meaningful change feels impossible. But what if the answer has been right in front of us all along? What if the answer is actually throwing money at the problems? In this thought-provoking talk, philanthropic advisor Natalie Cargill shares what might happen if we came together to spend 3.5 trillion dollars on fixing the world. And, yes, she also has a plan for where to get the money from. ***Ethical dilemma: What makes life worth living?* - Douglas MacLean.** Life on your planet depends entirely on Nuronium for normal cognition. Unfortunately, its source has been compromised and you are now at risk of extinction. Scientists have found an alternate energy source, Polixate, but it can't sustain cognition and would mean the loss of people's creativity. So, what shall it be: extinction or life without culture? Douglas MacLean explores this classic dilemma.

November Excursions

Thursday, November 2: Mystic lake

Depart: 10:30am

Cost: On Your Own

Try your luck at Mystic Lake for a day of gambling and Bingo. Remember, the RidgePointe van leaves the casino at 2:45pm.

Thursday, November 9: Sidekick Theatre- *The Marvelous Wonderettes* lunch@ Snuffy's **Depart: 10:30am**

Cost: \$ 27.00 (Checks Made Out to RidgePointe)

Lunch Cost: Own Your Own

Enjoy a musical comedy filled with 1950's and 60's music. The Sidekick Theatre is a beautiful theatre located at the Minnesota Heritage Center in Bloomington. No stairs, but the theater has sloped floors in the auditorium. Open seating.

(Lunch Reservations at 11:00am) (Doors open at 12:30pm and Production Start Time 1:00pm)

Thursday, November 16: Wayzata High School Theatre Department -*Cinderella*

Depart: 3:40pm

Cost: Free (20 People Maximum)

The beloved fairy tale is brought to new life onstage in this updated version of the classic musical.

Saturday, November 18: Ladies Luncheon & Shaung Cheng

Depart: 10:30am

Shuang Cheng (meaning Twin Cities) Restaurant has been in business and a part of Dinky Town since 1990. Their menu offers a wide variety of Cantonese Food items along with a long list of Fresh Seafood selections.

(Restaurant Reservations 11am)

Saturday, November 25: Chanhassen Dinner Theatres –*Jersey Boys*

Depart: 12:20pm

Cost:\$82.68 (Checks Made Out to RidgePointe)

Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of *Best Musical* at both the Tony Awards® and Olivier Awards®, Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Ticket price includes is your choice of entrée, warm bread & butter, and coffee, tea or milk.

(Production Start Time at 1:00pm)

Thursday, November 30: Guided tour at Walker Art Center and lunch @ Cardamom

Depart: 10:30am

Tour Cost: \$18.00(Checks made Out to RidgePointe) Lunch Cost: On Your Own (18% gratuity is added onto tab)

Enjoy a guided tour at the Walker Center of Modern Art. This tour will emphasize the exhibition **Multiple Realities: Experimental Art in the Eastern Bloc, 1960s–1980s**. The Walker Educator(s) will meet you in the Main Bazinet Lobby. Enjoy lunch at Cardamom which is located at the base of the Walker's hillside and overlooks the Minneapolis Sculpture Garden. Cardamom's delicious cuisine is influenced by the Aegean and Mediterranean seas.

(Tour 11:00 pm-12:00 pm) (Restaurant Reservations 12:30pm)



Fall in love with your new apartment

The Berkshire is a beautiful 909 square foot 2 bedroom/1.5 bathroom floor plan located in the East building (floors 2-6). The Berkshire faces East. Enjoy the morning sunshine and natural light throughout the day. Large windows and a kitchen island provide a bright, open concept living space with endless opportunities to make it your own. RidgePointe offers a comprehensive amenities package included in your rent as well as a calendar packed full of social opportunities. All this for just \$2,130 per month!

RidgePointe offers a wide selection of over 30 floor plans, so one is sure to be fit your budget and square footage needs.

Don't take our word for it- come and see for yourself!

**To schedule a tour or learn more,
call Paula Rickett at 952-540-6280.**

