RidgePointe News

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I Love Fall Most of all!











September Poem by Helen Hunt Jackson

1 The golden-rod is yellow;

2 The corn is turning brown;

3 The trees in apple orchards

4 With fruit are bending down.

5 The gentian's bluest fringes

6 Are curling in the sun;

7 In dusty pods the milkweed

8 Its hidden silk has spun.

9 The sedges flaunt their harvest,

10 In every meadow nook;

11 And asters by the brook-side

12 Make asters in the brook,

13 From dewy lanes at morning

14 The grapes' sweet odors rise;

15 At noon the roads all flutter

16 With yellow butterflies.

17 By all these lovely tokens

18 September days are here,

19 With summer's best of weather,

20 And autumn's best of cheer.

21 But none of all this beauty

22 Which floods the earth and air

23 Is unto me the secret

24 Which makes September fair.

25 'T is a thing which I remember;

26 To name it thrills me yet:

27 One day of one September

28 I never can forget.

September Events

Tuesday, September 5: In Person Presentation with Gary Hansen

10am MH

Art Theft and Who Owns History? This presentation deals with major thefts of art that have taken place throughout history and the corollary issue of the rightful ownership of art and artifacts from antiquity. Art theft today is estimated to be an annual \$6-8 billion business worldwide. And yet, major works of stolen art are all but impossible to sell on the open market - - so why does art theft continue?

Tuesday, September 5: Craft Class with Lori

1-3pm AR

Rock Painting. Enjoy painting a rock that can be used as an artistic paperweight. Project is free.

Tuesday, September 12: In Person Presentation with AARP – Fraud and Identity Theft

10am MH

Protect Yourself from Fraud and Identity Theft. Financial crimes including scams, identity theft and consumer fraud are the most frequently attempted crimes every day in the United States. In this session, we share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

Tuesday, September 12: Art Class with Terri Berg

1pm AR

Cost: TBD

Quilling. Participate in an art class focused on Quilling. Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. Sign up required.

Tuesday, September 19: Birthday Celebration

3:30pm EL

3:30 pm—HAPPY HOUR: Wine and Appetizers

4:00pm—Entertainment: Russell– Guitar and Vocal Performance.

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

Tuesday, September 19: In Person Presentation with Steve and Barb Kern-Pieh

10am MH

Iceland. Join Steve Pieh and Barb Kern-Pieh on a travelogue to Iceland. Learn how Icelanders name their children, drive on narrow bridges, enjoy the fruits of the sea and harvest the heat from the earth to produce clean energy. Many hikes and waterfalls, glaciers and culture will be explored in this presentation.

Tuesday, September 19: Tech Class with Abbey Key

1pm WL

Printing. Not sure how to print documents? Topics will include printing from a computer and printing from a phone. In addition, learn how to print documents out on our library printer using your device.

Android and iPhones accepted. 1 hour class. Limit 20 people. Sign up required.

Tuesday, September 26: In Person Presentation with Marguerite Ragnow

10am MH

Naturalists on the Voyages of Captain James Cook. The explorations of the Pacific by Captain James Cook are legendary. Yet, our knowledge of these voyages frequently derives from the exquisite drawings that accompany the narrative. Many of these were made by naturalists on board these vessels of exploration; they were tasked with not only finding and cataloging new plant and animal specimens, but also drawing them. Most of them also captured the people they encountered as well. Join James Ford Bell Library curator Marguerite Ragnow as she shares some of the amazing drawings and the insight into distant cultures they offer.



SEPTEMBER MOVIES



<u>September 1:</u> *Queen Bee*. After reluctantly agreeing to move into a retirement home, a woman encounters a clique of mean-spirited women and an amorous widower.

<u>September 8:</u> Jackie Robinson Story. In 1946, Brooklyn Dodgers took a stand against the color lien and signed Jackie Robinson. A story about courage and talent against racism.

<u>September 15:</u> *Jerry and Marge Go Large*. Based on the true story about longmarried couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

<u>September 22:</u> Amadeus. Story of a remarkably talented young composer, Mozart, his music and his wild, wasteful lifestyle.

RidgePointe Van Information:



Did you know?

- ⇒ You can pick up a copy of the Weekly Van Schedule at the concierge desk.
- \Rightarrow Sign up for van runs at the East Concierge Desk between 7am-3pm.
- ⇒ When buying groceries, bring a marker with you and write your name on your bags. This simple step will help the van driver.
- ⇒ Steve and Mike are the names of our amazing van drivers.
- ⇒ The van picks you up at the East or West Lobbies.
- ⇒ Show up promptly at designated departure and pick up times. If you are late, you will need to arrange other transportation.
- ⇒ Van rides save you time, stress and hassle. There are no parking issues or driving under poor weather conditions.

TED Talks Wednesdays at 1pm on Channel 991

<u>Wednesday, September 6:</u> The Tree-Growing Movement Restoring Africa's Vital Landscapes | Wanjira Mathai | TED.2023 Audacious Project grantee Wanjira Mathai is at the forefront of re-greening the planet. Through the forest restoration initiative Restore Local, she's working to help both Africa's people and its landscapes flourish. Why Change Is So Scary – and How to Unlock Its Potential | Maya Shankar | TED. Unexpected change like an accident, an illness or a relationship that suddenly ends is inevitable – and disorienting. With a heartfelt and optimistic take on life's curveballs, cognitive scientist Maya Shankar shares how these challenging moments can inspire transformation, offering three questions to ask when facing uncertainty, so you can let go of rigidity and embrace change. Can Global Food Companies Make the Shift to Regenerative Agriculture? | Steve Presley | TED. Sharing the inside scoop on how the world's largest food company aims to reach net zero by 2050, Nestlé North America CEO Steve Presley joins TED's Lindsay Levin to discuss the progress they've made so far and where they're investing for sustainability.

Wednesday, September 13: Could an Orca Give a TED Talk? | Karen Bakker | TED. conservation technology researcher Karen Bakker takes us through a sound bath of animal noises that are far outside humanity's range of hearing, demonstrating how artificial intelligence has translated the incredible complexity of nature's soundtrack. She asks us to consider the moral weight of such transformative technology and explores the futuristic opportunities presented for conservation, interspecies communication and more. How to Make Sure Materials Get Reused – Again and Again | Garry Cooper | TED. Circular economy builder Garry Cooper presents a compelling vision for transforming cities into sustainable, circular economies, citing real-world examples of how repurposing materials from buildings to office furniture can significantly reduce greenhouse gas emissions, create jobs and foster economic growth. Why Are We Making Pizza Boxes Out of Endangered Trees? | Nicole Rycroft | TED. If we're going to solve the climate crisis, we need to talk about supply chains, says biodiversity champion and 2023 Audacious grantee Nicole Rycroft.

<u>Wednesday, September 20:</u> The Renewable Energy Revolution Happening in Ukraine | Maxim Timchenko | TED. Ukrainian energy executive Maxim Timchenko shares how his company has diversified Ukraine's power structures to survive Russian attacks, highlighting the resilience of renewable energy. Detroit's Climate Crisis — and How to Build a Resilient Future Everywhere | Anika Goss | TED. How can cities become resilient to the shocks of climate change? As a leading force behind Detroit's ongoing revitalization, Anika Goss spends a lot of time thinking about this question. Connecting the city's industrial past to its sustainable future, she explores the link between climate vulnerability and economic inequity, offering a vision for responding to both challenges at once. What's happening to Earth's core? - Shannon OdellExplore the science of why Earth's atmosphere is losing hydrogen, and find out what other leaks could affect life on our planet.

Wednesday, September 27: The Growing Megafire Crisis – and How to Contain It | George T. Whitesides | TED. Megafires, or fires that burn more than 100,000 acres, are becoming more frequent worldwide, wreaking havoc on landscapes and communities – and fire experts say the problem is only going to get worse. George T. Whitesides is focused on fighting these devastating natural disasters through innovative technologies and intentional changes to how we build communities . How Life on Earth Adapts to You and Me | Shane Campbell-Staton | TED. We tend to think of evolution as a slow, gradual process playing out over millions of years. But evolutionary biologist Shane Campbell-Staton says nature is now changing at breakneck speed to keep up with the world humanity has built. From tuskless elephants who escape poachers to wolves living in the radioactive Chernobyl Exclusion Zone, Campbell-Staton unpacks how life is rapidly adapting in surprising ways – and asks us to rethink how we can protect the planet's biodiversity. Is the US Headed Towards Another Civil War? | Barbara F. Walter | TED. Based on her work for a CIA task force aimed at predicting civil wars, political scientist Barbara F. Walter examines the rise in extremism and threats to democracies around the globe – and paints an unsettling picture of the increasing likelihood of a second civil war in the United States.

September Excursions

Thursday, September 7: Old Log Theater-Million Dollar Quartet and lunch @ Hazelwood

Depart 10:30am

<u>Ticket Cost: \$35.84 (Checks Made Out to RidgePointe)</u>

Lunch Cost: On Your Own

The musical captures the memorable day when four Rock n' Roll greats made music history. On December 4, 1956, an auspicious twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records' storefront studio in Memphis, TN. The man who made it happen was the "Father of Rock'n'Roll," Sam Phillips, who discovered them all. This was the only occasion the four legends-to-be played together, and it has come to be known as one of the greatest rock jam sessions of all time. (Lunch Reservations 11am) (Show Starts 1pm)

Sunday, September 10: Theater in the Round- Arsenic & Old Lace

Depart 12:30pm

Cost: \$20.00 (Checks Made Out to RidgePointe)

Arsenic & Old Lace. A Classic Black Comedy by Joseph Kesselring Every family has secrets, and the eccentric Brewster family is no exception. However, when drama critic Mortimer Brewster discovers his two sweet aunts' macabre hobby of poisoning lonely old men, having skeletons in the closet takes on a whole new meaning. A mad-cap romp begins as Mortimer fights to keep his new-found knowledge from the police (and his ficée)! (Show Time 2pm)

Thursday, September 14: Fort Snelling Bus Tour and lunch @ Buca di Beppo

Depart 10:30am

Tour Cost:\$12.00 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own he site, sharing stories from

A tour bus ride at the Historic Fort Snelling. One of the staff will ride along throughout the site, sharing stories from Fort Snelling's past. Your tour will explore the restored 19th century stone fort, as well as the "Upper Post" where soldiers were stationed during the 20th century. Please be aware that the visitor center and gift shop will not be apart of tour due to renovation. Bathrooms are available and the outside grounds are open for exploration. A 60 minute Bus tour. (11am Bus Tour) (Lunch Reservations 12:45pm)

Thursday, September 21: Minnesota Orchestra a Coffee Concert

Depart 9:50am

Cost: On Your Own (Must Purchase Tickets Online)

Thomas Sondergard conducts. The 2023–24 season leaps into action with Strauss' heroic Don Juan and epic Alpine Symphony. At the center of the program, Principal Oboe Nathan Hughes makes his solo debut playing Mozart's Oboe Concerto.

Saturday, September 23: Ladies Luncheon—Brunch @ Jax Cafe

Depart 9:10am

Brunch Cost: On Your Own

Jax Cafe has served the families of Northeast Minneapolis faithfully for 75 years. Opening in 1943, Bill Kozlak, Jr. follows in his father and grandfather¹s footsteps by preserving the rich tradition of Jax cafe while continuing the promise of uncompromised service. Known for a warm welcome and traditional atmosphere, Jax Cafe serves only the finest menu of premium cuts and fresh seafood flown in from all over the world. Recognizing that fine food doesn't require flash and trend- Jax Cafe impresses with the best ingredients, immaculate preparation and the heart of a dining experience crafted through three generations. (Reservations 10am)

Thursday, September 28: Bakken Museum and lunch @ Cheesecake Factory (Ridgedale)

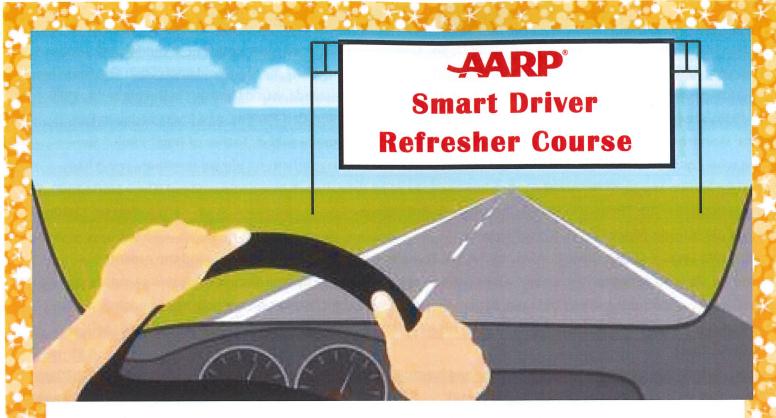
Depart 9:25am

Tour Cost: \$14.00 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Guided Exhibit Tour This guided tour includes an exploration of all indoor exhibits and a brief history of the West Winds Mansion. The Bakken Museum inspires a passion for innovation by exploring the potential for science, technology, and the humanities to make the world a better place. Located on the West shore of Bde Maka Ska, the museum features interactive exhibits, a medicinal garden, a world-renowned collection of artifacts, and exceptional STEM education programs. 75 minute tour. Museum is accessible to individuals with walkers.

(Tour Starts 10am) (Lunch Reservations 12pm)



RidgePointe is hosting an 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, September 21st 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