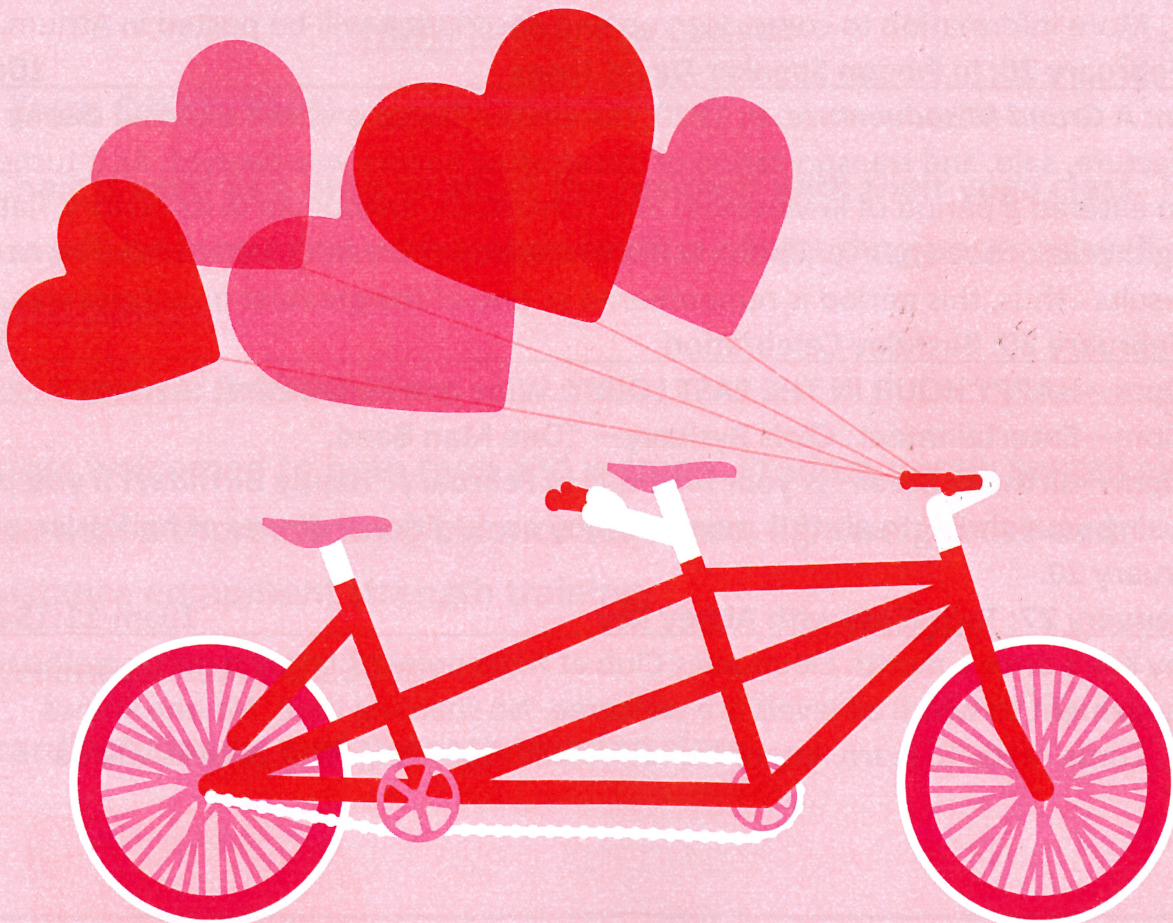


RidgePointe News

February 2024 Volume 40 | Issue 2

WRITE IT ON YOUR HEART
THAT EVERY DAY IS
THE BEST DAY IN THE YEAR.

-Ralph Waldo Emerson



February Events

Tuesday, February 6: In Person Speaker-Mike Henry **10am MH**

Thanks for the Memories. This program takes us back to the days before rock and roll. Reminisce with the greatest hits from the big band era. Enjoy the best of early crooners including Bing Crosby, Patti Page, Frank Sinatra, Perry Como, the Andrew Sisters, Nat King Cole, Tony Bennett, Les Paul & Marry Ford, the Four Lads and many more. Mike plays clips from over 100 of the original hit records from the 1940's and early 50s. In addition, Mike will show pictures of the artists, and examples of specialty records. Experience the original recordings of "You'll Never Walk Alone, I Believe and God Bless America.

Tuesday, February 6: First Tuesday Craft Time **1pm AR**

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

Tuesday, February 13: In Person Speaker-Gary Hansen **10am MH**

Prehistoric Art -Part I. These lectures will discuss the Paleolithic, Mesolithic, Neolithic Periods. Art was developed and evolved as part of culture and served multiple purposes, such as: religious symbolism; rituals; success of the hunt, crops, and fertility; decoration; and self expression. In addition, we will examine many forms of prehistoric art including cave paintings and carvings, sculpture, and decorative art - - and how these different forms evolved over thousands of years. We will also learn what modern day scientists are doing to preserve these ancient treasures from deterioration and destruction.

Tuesday, February 13: Art Class with Terri **1pm-3pm AR**

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

Tuesday, February 20: In Person Speaker-David Jones **10am MH**

Prohibition: A Grand Misadventure. In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the US also entered a period of lawlessness and corruption, unequalled in its history. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results - thus, this period is remembered as one of the greatest misadventures ever.

Tuesday, February 20: Birthday Celebration **3pm EL**

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

3:30pm—Entertainment: Chris Ryshavy— "One Man Band."

5:00pm—Birthday Meal—Is your birthday in February? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on February 20.

Tuesday, January 27: Tech Class with Abbey Key **10am-11:15am MH**

"Join Abbey Key's once a month Electronics Club at Ridgepoint! 1.5 hours each session. Open forum arrangement to which all levels are welcome. No shaming here. No one knows everything. Come ready to learn, interact and problem solve together. Snacks will be provided! "



FEBRUARY MOVIES

FRIDAYS 7PM MARION HALL



February 2: *Due Date*. A soon to be father struggles to get home in five days before his wife gives birth. Follow along his journey in a cross-country road trip.

February 9: *Crazy Heart*. Former country music legend is reduced to playing dives and bowling alleys after a year of hard living. He meets a sympathetic reporter. A drama.

February 16: *West Side Story*. The original story of 2 New York City gangs and a young true love. Staring Rita Moreno. A musical.

February 23: *Four Weddings and a Funeral*. A group of friends seem to be unlucky at love. One couple keeps crossing paths, does it mean something? A romantic comedy.

M.W. F. Exercise Classes

- **Chair Yoga: 8:40-9:30am**

A Chair is used as a prop to assist the resident with their yoga class. This class will be formatted with a combination of standing poses as well as seated poses.

- **Express Exercise: 9:40-10:15am**

A class welcomed to both men and women. Predominantly seated exercise class with a short standing balance sequence, lightweight use and resistance equipment strength training.

- **Ever Wellness: 10:45-11:30am**

A cardio, balance, and strength training class.

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, February 7: *Why we don't have robot butlers yet* | **Ken Goldberg** | **TEDxMarin**. Artist and roboticist Ken Goldberg explains why robots are still klutzy and shows some of the surprising things they are starting to learn. Computers and AI have advanced significantly, but here is why we still don't have robots that can do our chores. ***Overcoming Adversity: How Tragedy Can Lead to Triumph*** | **Yang Liu** | **TEDxOxford**. Strength and resilience is something we possess innately. Yang Liu shares a tragic accident from her childhood, and her inspiring experience in overcoming this adversity. Victimized tragedies only limits our potential- Yang's inspiring story is a testament to finding the strength inside us all. ***It's Time for Infectious Generosity. Here's How*** | **Chris Anderson** | **TED**. What would happen to humanity if generosity went viral? Sharing transformative stories from around the world, head of TED Chris Anderson outlines why the time has come for the internet to realize its power to supercharge small acts of kindness, changing lives at a scale never experienced before.

Wednesday, February 14: *Life is a Game of B.S. This is How You Win* | **Genevieve Gregorich** | **TEDxColumbiaUniversity**. Social scientist Genevieve Gregorich shares how learning how to win at the card game Bullshit helped her succeed in life. In both the card game and life, winning involves the same strategy. And, like any good strategy, it's not what you expect. Learn the power of truth in a game of deception to unlock your true potential. ***Why Businesses Need a Dreamer's Magic and a Doer's Realism*** | **Beth Viner** | **TED**. At work, the dreamers often get credit for the big ideas, but they can also sometimes seem untethered to reality to the doers, who are trying to ... get things done. It's when these two types of humans work in harmony that business magic happens, says culture strategist Beth Viner. ***Don't Be a Jerk to Your Barista — and Other Thoughts on Frontline Work*** | **Adriann Negreros** | **TED**. All jobs, especially those held by frontline workers, should have dignity and the ability to turn into great careers, says change management expert Adriann Negreros.

Wednesday, February 21: *Architecture and the Perception of the World* | **Victoria McKenzie** | **TEDxWageningen University**. Climate change was never just about Weather. We are living in an entangled world in which everything is connected and the Earth thrives off of living relationships. What if architecture were to design for the living relationships of the Earth, communities, history, our embodiment, and a different type of future grounded in the methods of the indigenous past? ***How to Build a Global Pro-Democracy Movement*** | **Yordanos Eyoel** | **TED**. "Democracy is the most compelling vision we have for self-governance," says freedom advocate Yordanos Eyoel. Taking a stand against predatory and opportunist authoritarian forces, she shares how to reimagine, accelerate and protect the pro-democracy movement — to build societies that are both functional and inclusive. ***How Acts of Kindness Sparked a Global Movement*** | **Asha Curran** | **TED**. "We underestimate the power of our own generous actions," says Asha Curran, CEO of the global generosity movement GivingTuesday. Sharing stories of people making a difference through simple acts of kindness, she shows how generosity, even in its simplest forms, can be a transformative force.

Wednesday, February 28: *Fulfillment Unleashed: Living Your Creative Now* | **Joy Lopes** | **TEDxKerrisdale Women**. Unlock the secrets to a more fulfilling life as Joy unveils the transformative journey of rediscovering passion and integrating daily creativity. Watch this empowering talk to reignite your zest for life and discover the key to unlocking fulfillment now. ***What's Your Leadership Language?*** | **Rosita Najmi** | **TED**. In a globe-trotting career that has spanned corporations, governments, nonprofits and philanthropy, Rosita Najmi has often found herself translating among them. Instead of focusing on leadership style, she makes the case for becoming fluent in the languages of leadership. ***How x-ray vision is becoming a reality*** | **Tara Boroushaki** | **TEDxMIT Salon**. This talk is about how you can use wireless signals and fuse them with vision and other sensing modalities through AI algorithms to give humans and robots X-ray vision to see objects hidden inside boxes or behind other object

February Excursions

Thursday, February 1: Ikea

Depart: 11:20am

Cost: On Your Own

Spend the day browsing around the Scandinavian-founded, store. Ikea sells a plethora of products, such as appliances, bedding, cookware, kitchen products and furniture. Ikea is also a great place to stretch your legs because the large size of this store. Take a break from shopping and have lunch at their Swedish Restaurant.

(Return 1:20pm)

Thursday, February 8: 328 Grill at the Legion

Depart 10:30pm

Enjoy lunch at the 328 Grill. This grill is a scratch kitchen owned and operated by Chef Mik German. It is uniquely located inside The American Legion Post 98 in Northeast, Minneapolis. Known for delicious burgers, tots and cheese curds. **(Reservations 11am)**

Sunday, February 4: Northeast -Winters Farmers Market

Depart:

12pm

Cost: On Your Own

Eat and Shop at the Northeast Winters Farmers Market located at Quincy Hall. Local makers, artisans, and craftsmen come together to bring their unique talents and work to create a truly magical experience for shoppers. From handcrafted jewelry and intricately designed clothing to delicious food products and beautifully crafted home décor. **(Return 1:45pm)**

Thursday, February 15: Sidekick Theatre- Lunch and Show

Depart:

11am

Cost: \$49.00 (Checks Made Out to RidgePointe)

LOVE WILL KEEP US TOGETHER: An array of classic romantic songs from the 60s and 70s featuring hits from Elvis Presley, The Righteous Brothers, Barry Manilow, The Bee Gees, Carole King, The Carpenters, Billy Joel and more. Lunch Menu: Chicken Marsala, Buttered Egg Noodles, Garlic Smashed Potatoes, Roasted Green Beans, Winter Salad, Dinner Rolls, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea.

(Lunch 11:30am) (Production Start Time 1pm)

Saturday, February 17: Ladies Luncheon @ Biaggi Italian Restaurant

Depart:

11:10am

Cost: On Your Own

Biaggi's is a casual Italian restaurant offering an extensive selection of house-made and imported pastas, soups & salads, pizza, seafood, steaks and desserts. Large portions of affordably priced menu selections are prepared with the freshest ingredients. **(Reservations 11:30am)**

Thursday, February 22: Minnesota Orchestra

Depart:

9:50am

Cost: Purchase Tickets On Your Own

Conductor Laureate Osmo Vänskä, a champion of both new music and rising stars, revisits his beloved Minnesota Orchestra. Through Orchestra commissions by Anders Hillborg and Kevin Puts—plus two bass concertos performed by Nina Bernat.

Thursday, February 29: Landmark Center a Courtroom Concert

Depart: 10:40am

Cost: Free Concert—Seating is First Come First Serve

Third Coast Percussion (TCP) is a GRAMMY® Award-winning Chicago-based percussion quartet and GRAMMY®-nominated composer collective, and is the first percussion ensemble to ever win the revered music award. For nearly 20 years, the ensemble has created exciting and unexpected performances that constantly redefine the classical music experience and “push percussion in new directions. **(Concert Time 12:00 pm - 1:00 pm)**

RidgePointe
IS FOR lovers OF:

...SOCIALIZING
...INDEPENDENCE
...FUN
...ACTIVITY

Whether you prefer a quiet neighborhood or the movement & activity of city life, RidgePointe is a great option.

RidgePointe owns the entire city block in a well established neighborhood. Our community is surrounded by mature trees and woods affording lots of privacy. The two brick buildings encircle the central lawn that features a tropical glass atrium, terraced perennial garden, tables and benches for outdoor enjoyment. It is a perfect place to read a book or visit with neighbors. Many of our floor plans overlook the serene greenery the location provides.

RidgePointe is conveniently located only minutes away from shopping, restaurants, and health care facilities. And, we have an extensive van schedule that can drop you off at the door. In addition, our community promotes a social model of living to bring the activity right to you. With a calendar full of activities, there is plenty of opportunity to get involved. Some of our favorites include the lecture series, game nights, and weekly excursions to a variety of experiences, events and activities. Several of our floor plans even show the Minneapolis skyline in the distance.

Want to schedule a tour or receive more information
about our community?

Call or email Paula Rickett at

(952) 540-6280

paular@pointesliving.com

Or visit our website at

www.funatridge.com