

RidgePointe News

March 2024 Volume 40 | Issue 3

St. Patrick's Day



Party!



Please join us

Tuesday, March 19th



3:00 PM- 4:15 PM



East Lobby

Beverages and Appetizers



Entertainment



Dick Hensold

**The Leading Northumbrian
Smallpiper in North America**



March Events

Tuesday, March 5: In Person Speaker– Doug Ohman **10am MH**

School House Memories. Travel back in time when all eight grades were in one classroom. Reminisce about school lunch, recess and of course “the three R’s”. Doug has many stories and photographs that will make you smile and laugh as you remember a gentler and simpler era of education.

Tuesday, March 5: First Tuesday Craft Time **1pm AR**

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

Tuesday, March 12: In Person Speaker- Gary Hanson **10am MH**

Prehistoric Art -Part II. This second lecture will discuss the Paleolithic, Mesolithic, and 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, March 12: Art Class with Terri **1pm-3pm AR**

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

Thursday, March 14: Pi Day **1:30-2:30pm Atrium**

Enjoy a slice of pie on Pi Day!

Saturday, March 16: Music Performance Accordion Bill Lundholm **1pm EL**

Enjoy a special musical performance by accordion player Bill Lundholm.

Tuesday, March 19: In Person Speaker– Brian Bard **10am MH**

Brian Bard, an author and artist from Minneapolis will discuss his book **Lessons from the Pandemic: Ten Touchstones on the Road to Recovery.** In his presentation, he will focus on why it is important to talk about the pandemic, lessons from history and his own personal story. He will introduce concepts from his book: the Ten Touchstones, and focus in depth on #8 - Radical Presence (kindness, compassion).

Tuesday, March 19: Birthday Celebration and St Patrick's Day Gathering **3pm EL**

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

3:30pm—Entertainment: Dick Hensold –Small Piper Performance

5:00pm—Birthday Meal—Is your birthday in March? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on March 19th.

Wednesday, March 20: Mystery Craft Time **1pm AR**

No sign up necessary. More information to follow.

Wednesday, March 20: Don Irwin -Special Piano Performance **3pm EL**

Tuesday, March 26: Tech Class with Abbey Key **10am-11:15am MH**

Sign Up Required

Join Abbey Key's once a month Electronics Club at RidgePointe. Open forum where all levels are welcome. No shaming here, no one knows everything! Come ready to learn, interact and problem solve together. Snacks will be provided!

MARCH MOVIES

FRIDAYS 7 PM MARION HALL

March 1: *Chariots of Fire*. Two British track athletes, one a determined Jew and the other a devout Christian, are driven to win in the 1924 Olympics as they wrestle with issues of pride and conscience. A drama.

March 8: *Funny Story*. A dramedy about a well-intentioned father who inadvertently wreaks havoc on the life of his estranged daughter when she invites him to her woodland wedding. A comedy.

March 15: *The Help*. An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis. A drama/comedy.

March 22: *Gentleman Prefer Blondes*. Marilyn Monroe plays a beautiful showgirl engaged to a wealthy man whose father does not approve. A musical/comedy.

March 29: *Fried Green Tomatoes*. A nursing home resident shares colorful tales from her memory with a weekly visitor. A drama.

Two Special

Musical Performances!

Saturday, March 16

1:00 pm

East Lobby

Accordion Performance

Bill Lundholm

Wednesday, March 20

3:00pm

East Lobby

Piano Performance

Don Irwin

Wednesday, March 6: *The US vs. Itself — and Other Top Global Risks in 2024* | Ian Bremmer | TED.

2024 will be a dangerous year for the world, says Ian Bremmer, president and founder of Eurasia Group and GZERO Media. Forecasting the top geopolitical risks set to play out in the months to come, he untangles what's in store for the war in Ukraine, the state of the Israel-Hamas conflict and the tensions putting democracy in the United States to the test — all while AI continues to evolve faster than governments can regulate it.

Wednesday, March 13: *Fight for Justice — Even if You Don't Live To See It* | Golriz Lucina | TED.

Storyteller Golriz Lucina recounts how the historic sacrifice of Iranian 19th-century poet and mystic Táhirih planted the seeds for the "Woman, Life, Freedom" protests today, offering an inspiring lesson in the value of acting with conviction — even if we don't live to see the results.

***What If a Simple Blood Test Could Detect Cancer?* | Hani Goodarzi | TED.** Catching cancer at its earliest stages saves lives. But in a body made up of trillions of cells, how do you spot a small group of rogue cancer cells? Biomedical researcher Hani Goodarzi discusses his lab's discovery of a new class of RNAs that, when paired with emerging AI tools, could help detect cancer earlier, more precisely and even through routine blood work — potentially transforming our understanding of the disease. ***"Universe" / "Statues" / "Liberation"* | Buzz | TED.** Electro-pop artist Buzz unfurls an enchanting, genre-bending performance of three original songs.

Wednesday, March 20: *Can a Simple Brick Be the Next Great Battery?* | John O'Donnell | TED. The world relies on manufacturing, and manufacturing relies on heat — a massive contributor to global carbon emissions, responsible for a quarter of the world's fossil fuel use. Energy entrepreneur John O'Donnell has figured out a better, cleaner way to generate the heat we need to make the stuff we want. ***Hearing Loss CPR - Keeping the Connection Alive* |**

***Linnaea Mallette* | TEDxCamarillo.** Have you ever wondered about hearing loss? What it sounds like, what it feels like, and the impact on one's life? Linnaea Mallette provides simple steps to take when conversing with a hearing-impaired person to facilitate "connection." ***Do Gut Microbes Control Your Personality?* | Kathleen McAuliffe | TED.** Biologist Kathleen McAuliffe dives into new research that suggests certain bacteria in your gut can influence major parts of who you are, from your personality to life-changing neurological disorders. Learn more about how this emerging science could change how we treat disease — and discover the impact of your internal microbial makeup on your mood, weight and more.

Wednesday, March 27: *The Beauty of Wildlife — and an Artistic Call to Protect It* | Isabella Kirkland | TED. "I think of my paintings as alarm clocks," says artist Isabella Kirkland. "They're reminders of what's at stake; the only problem is we keep pushing the snooze button." Investigating humanity's relationship to nature, she shares work that takes a creative stand against ecological despair — and quietly urges climate action through permanent images of vanishing wildlife. ***A Reframing of Masculinity, Rooted in Empathy* | Gary Barker | TED.** Urging us to turn away from voices perpetuating harmful stereotypes, gender equality advocate Gary Barker shares three insights on fostering a culture of care, compassion and connection among men. ***What If Advertising Was Honest?* | Sylvester Chauke | TED.** After years of brand building, marketing veteran Sylvester Chauke realized that his industry had sold the world on overconsumption, with devastating consequences. He shares how marketers could instead promote sustainability with "honest ads" that do right by the planet and encourage people to think twice before buying .

March Excursions

Thursday, March 7: Mystic Lake

Depart: 10:30am

Cost: On Your Own

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

Thursday, March 14: Bell Museum

Depart: 11:50am

Cost: On Your Own

Enjoy the day at the Bell Museum, Minnesota's official natural history museum. Choose to tour the Museum, watch a show at the Planetarium, or do both. More information, such as exhibitions and Planetarium shows will be provided closer to date.

(Museum Gallery Admission: \$13.00) (Planetarium Shows: \$9.00) (Museum & Planetarium: \$18.00)

Saturday March 16: Ladies Luncheon at Pub 42

Depart: 11:10am

This pub is known for yummy sandwiches, salads, and excellent appetizers such as Alaskan Amber Battered Cheese Curds, Buffalo Chicken Wontons and Crispy Onion Rings.

(Reservations 11:30pm)

Sunday March 17: *The Wizard of Oz*

Depart: 1:30pm

Cost \$20.00 (Please Make Checks Out To RidgePointe)

We're off to see the Wizard! Follow the yellow brick road in this delightful stage adaptation of *The Wizard of Oz*. In this beloved tale, Dorothy, a Kansas farm girl, travels over the rainbow to discover the magical power of home. Brought to you by Messiah's Glory Players Theater Company, this musical adventure features the iconic musical score from the film and is sure to entertain audiences of all ages.

(Production Time 2pm-4pm)

Thursday, March 21: Minnesota Orchestra

Depart: 9:50am

Cost: Purchase Tickets On Your Own

Dvořák Symphony No. 8. You will be dancing in your seat from the first note to the last as you listen to Domingo Hindoyan conduct the Minnesota Orchestra with guest trumpet soloist Pacho Flores. In Arturo Márquez's new trumpet concerto, Flores delivers the many colors and flavors of Latin American dance bands while he performs on four different types of trumpets. These concerts conclude with Dvořák's radiant Eighth Symphony, interwoven with a multitude of folksongs and delightful dance melodies.

Thursday, March 28: Plymouth Grand Movie Theatre

Depart: 11:30am

Ticket Cost: On Your Own (Must Purchase Ticket On Your own)

Spend this winter afternoon at the movie theatre enjoying an entertaining movie of your choice. **Movies need to have a start time between 12:00pm -12:40pm.**



THE PERFECT APARTMENT
IS LIKE a
FOUR LEAF CLOVER
hard to find and lucky to have

When researching your options for senior housing, comparing communities can be overwhelming. Making the big decision to move, finding a place that suits your needs and the physical move itself can be challenging. We get it.

RidgePointe offers Independent Living. It's all we do.

Our focus is providing our residents with a multitude of social offerings, optional food for dining and purchase, and an apartment that meets the needs of their budget and square footage desires.

Your new home should feel just like that, a new home.

Find out more about our community on our website

www.funatridge.com or

Reach out to Paula Rickett at (952) 540-6280 or

via email at paular@pointesliving.com

to get some of your questions answered or schedule a tour.

