

RidgePointe News

May 2024 Volume 40 | Issue 5



**Celebrate with us on
May 7th, 2024
2:00 pm | East Lobby**

May Events

Friday, May 3: Thief River Falls Jazz Band and Strings Group 1:30 pm MH

Franklin Middle School Jazz Band and Starlight Strings Group is made up of 6th, 7th, and 8th grade students who love to play their instruments. The group will join us for a special performance while on their annual Jazz Band tour to Minneapolis.

Tuesday, May 7: In Person Speakers- Steve and Barb Kern-Pieh 10:00 am MH

Bike Barge and Bell Tower. Join Steve and Barb Kern-Pieh on a journey across Germany. Enjoy one week on a restored river barge and bike along the Main River. The presentation will end with their climb to the Church Bell tower and a description of the brass instruments in Esslingen Germany.

Tuesday, May 7: First Tuesday Craft- "Quick Craft" Project 1:00 pm AR

Cost: Free. Description and sign-up in the Atrium.

Tuesday, May 7: Cinco de Mayo Celebration 2:00 pm EL

Enjoy musical entertainment, chips, salsa and a margarita. Festive dress encouraged.

Sunday, May 12: Mother's Day

Wishing you a very Happy Mother's Day from all of us here at RidgePointe!

Tuesday, May 14: Soul Sisters: A Sound Bath Experience 10:00 am Atrium

Enjoy the experience of a Sound Bath. **What is a Sound Bath?** Sound baths, also known as sound therapy and vibrational healing, are an ancient wellness practice dating back thousands of years and has been linked to reductions in stress and anxiety. enjoy the healing sounds of crystal singing bowls, chimes, a drum and a gong. **Seating is limited to the chairs in Atrium.**

Tuesday, May 14: Art Class with Terri 1:00 pm AR

Cost: TBD Sign up and description will be posted in Atrium.

Tuesday, May 21: Tech Class-Abbey Key 10:00 am MH

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 provided!

Tuesday, May 21: Birthday Celebration 3:00 pm EL

3:00pm—Happy Hour: Wine and Appetizers

3:30pm—Entertainment: Violin Duo

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

Tuesday, May 28: In Person Speaker- Doug Ohman 10:00 am MH

State Parks of Minnesota. Doug has visited all 67 parks and has photos, stories, history and his personal adventures to share. This program will focus on two main themes: the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. His photography is featured in his book *Prairie, Lake, Forest – State Parks of Minnesota*.

Wednesday, May 29: Open Studio Mystery Craft Time 1:00 pm AR

More Information to come at Coffee Chats. Stay tuned for our recorded Coffee Chats posted every Tuesday afternoon on our YouTube channel [@ridgepointe177](https://www.youtube.com/channel/UC...).



MAY MOVIES

FRIDAYS 7PM MARION HALL



May 3: It's a Mad, Mad, Mad World. A group of motorists witness a car crash in the California desert. After the driver's dying words indicate the location of a hidden stash of loot, they turn against each other in a race across the state to get to it. A Comedy.

May 10: Gone Girl. With his wife's disappearance having become the focus of an intense media circus, a man sees the spotlight turned on him when it's suspected that he may not be innocent. A Drama, Thriller.

May 17: Oddball. An eccentric chicken farmer, with the help of his granddaughter, trains his mischievous dog, Oddball, to protect a penguin sanctuary from fox attacks in an attempt to reunite his family and save their seaside town. An Adventure.

May 24: The Hero. An ailing movie star comes to terms with his past and mortality. A Drama.

May 31: Gotta Dance. Chronicles the first-ever, senior citizen hip-hop dance team for the New Jersey Nets Basketball team. 12 women and man: all dance team newbies, from auditions through to center court stardom. A Documentary.



CHECK OUT OUR NEW
READERS THEATER GROUP
THE POINTE PLAYERS

**READ SCRIPTS OF SKITS,
RADIO PLAYS AND STAGE PLAYS!**

**WE MEET TOGETHER EVERY
2ND AND 4TH MONDAY IN MARION HALL.**

TED Talks

Wednesdays at 1pm on Channel 991

Wednesday, May 1: Want to Succeed in Business? Find a Problem to Solve | Anthony Tan and Amane Dannouni | TED. Anthony Tan — the CEO of Grab, Southeast Asia's leading super-app — talks about launching a business that not only turns a profit but also helps people and the environment. *You can be happy without changing your life | Cassie Holmes | TEDxManhattanBeach.* Cassie Holmes, a UCLA professor who studies the relationship between time and happiness, found it's not about having more. She uncovers myth-breaking results and ways to spend the time we do have to bring greater joy into our lives. *I'm Terrified of Wanting to Be a Billionaire | Pardis Parker | TED.* Comedian Pardis Parker presents an unfortunate truth: being rich won't make you a legend.

Wednesday, May 8: The Human Cost of Coal Mining in China | Xiaojun "Tom" Wang | TED. Wang illuminates the need for sustainable alternatives to protect the environment and ancestral homes, underscoring the rich heritage and untapped potential of provinces like his own. *Is partying just for rich kids? | Willy Pedersen | .* All cultures have occasions where norm transgressions are allowed, such as the stag parties or carnivals. In Norway there is an intense celebration with heavy drinking and sexual explorations when ending high school. Why do we accept it? *TEDxArendalet Your Garden Grow Wild | Rebecca McMackin | TED.* Rebecca McMackin. She shows the beauty of letting your garden run wild, surveying the success she's had increasing biodiversity even in the middle of New York City — and offers tips for cultivating a garden that can be home to birds, bees, butterflies and more.

Wednesday, May 15: A Comedian's Take on How to Save Democracy | Jordan Klepper | TED. Conversation is a battlefield with only one winner. Or is it? Comedian and author Jordan Klepper believes we can get better at talking to each other (and perhaps save democracy) by learning how to lose. *Overcoming Fear, the Biggest Barrier to Negotiation | Shai Dubey | TEDxQueensU.* The idea of negotiating invokes fear in many people. Falling prey to and acting on these fears can result in suboptimal outcomes and damaged relationships. However, being able to identify the cause of fears and develop strategies to deal with fears helps one to overcome them, achieve better. outcomes. *Could cannabis help you sleep? | Jennifer Walsh | TEDxKingsParkSalon.* In a world-first study we have the first indications of whether medicinal cannabis can benefit people with insomnia. It's early days, so the evidence is still growing... but the early results are promising.

Wednesday, May 22: Falling into, and climbing out of, the trap of perfection | Giacomo Sproccati | TEDxYouth@ISF. Giacomo refers to the "trap of perfection," in which many young people feel pressure not only to excel, but to be perfect. This pressure can be successfully resisted however, enabling us to live at peace with being the best person that we can be. *The Most Ignored Truth About Human Behaviour | Biju Dominic | TEDxSJCC.* The human brain is the most complex organ of the human body. It is the reason why people behave the way they do. Mr. Biju Dominic talks about human behavior patterns caused by the brain at the subconscious level, and justifies this by narrating experiments conducted by neurologists. *Every Setback Strengthens Our Resilience Muscle | Dilshad | Master | TEDxSJCC.* A powerful TED talk that explores the beauty of uncertainties, and growth through setbacks made Dilshad Master realize the need for building a 'resilience muscle'. The Director of Bulls Adventure and Outward Bound India, Dilshad Master, recounts her experiences from her resilient journey.

Wednesday, May 29: How to get the world's most sought-after job | Max Fosh | TEDxOxford. Max Fosh is a YouTuber who makes videos for a living. He shares experiences from the course of his career, and gives us some insight on how to be better storytellers and content creators. *How to leave behind a meaningful inheritance | Nancy Sharp | TEDxCherry Creek Women.* A Life Letter can be handwritten, typed, or spoken aloud. It can be a few pages or more, just not a book-length autobiography. A modern twist on the ancient practice of ethical wills or legacy letters, the Life Letter can be used to clarify legal estate documents and convey the "why" behind decisions and giving. *Where we went wrong with the COVID-19 pandemic | Bob Rauner | TEDxOmaha.* Leaders are faced with tough decisions all the time. The greater the ambiguity and complexity of the problem, the harder the decisions they have to make, and the greater the risk of getting it wrong. There are times when this complexity, risk, and impact collide together, and sometimes this collision is on a global scale, as with a global pandemic such as COVID-19. Dr. Bob Rauner (MD) takes us through the tough decisions faced by many leaders and leadership teams, as they navigated the impact of COVID-19, and what the best decisions were at each twist and turn of the pandemic

May Excursions

Thursday, May 2: Sidekick Theatre-*The Fabulous Lipitones* Depart: 11:00 am
Ticket Cost: (Lunch and Show) \$49.00 (Checks Made Out to RidgePointe)

A comedy about a cappella quartet who loses a key member. The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are heard through the phone, the Lipitones are all ears. However, when they meet him in person, he's not quite what they expected. An uproarious comedy of misunderstanding, stereotypes and the path to perfect harmony. Enjoy lunch at theatre before production. The production is two hours long. (Lunch 11:30am) (Production Start Time 1pm)

Thursday, May 9: Minnesota Orchestra Depart: 9:50 am
Ticket Cost: On Your Own (Must Purchase Tickets On Your Own)

Tchaikovsky, Korngold and Chin. During Peter Ilyich Tchaikovsky's lifetime, many restrictions were in place that banned Ukrainian language and terminology within parts of the Russian empire. Tchaikovsky still chose to compose a symphony built from traditional songs of his neighboring country, a place dear to his heart.

Thursday, May 16: Daytripper's Dinner Theatre- *Til Beth Do Us Part* Depart: 11:50 am
Ticket Cost: (Lunch and Show) \$49.00 (Checks Made Out to RidgePointe)

A side-splitting romp about marriage and career introduces us to the Haydens. They are a married couple who both work and decide an assistant is needed to help put their house in order. They hire a highly motivated, gregarious Southerner named Beth. You discover the hazards of these wisecracking best friends and of hiring an assistant. Enjoy a delicious lunch before the production. (Lunch 12:15pm) (Production Start Time 1:15pm)

Saturday, May 18: Ladies Luncheon @ Q. Cumbers Depart: 10:30 am
Lunch Cost: On Your Own



A family-owned and Minnesota grown buffet-style restaurant. The salad bar is 50' long and packed with fresh vegetables, fruits, and endless salad toppings. The buffet has delicious soups, hot entrées and a dessert bar.

Saturday, May 25: Chanhassen Dinner Theatres- *Beautiful: The Carole King Musical*
Ticket Cost: (Lunch and Show) \$83.45 (Checks Made Out to RidgePointe) Depart: 11:00 am

Beautiful: The Carole King Musical is a jukebox musical inspired by a book by Douglas McGrath. *Beautiful* tells the story of the early life and career of Carole King using songs that she wrote. Enjoy a meal which includes warm bread, a choice of an entrée and a beverage option of coffee, tea or milk. The production is just over two hours long. (Lunch 11:30 am) (Production Start Time 1:00 pm)

Thursday, May 30: Como Zoo Conservatory and Lunch @ Keys Café and Bakery
Zoo Cost: Free (Donations Encouraged) Lunch Cost: On Your Own Depart: 11:00 am

After a scrumptious lunch at Keys spend the afternoon exploring the Como Park Zoo & Conservatory. The zoo features a world class polar bear exhibit, Seal Island, a large cat exhibit, as well as a variety of aquatic life, primates, birds, and African hoofed animals. The Marjorie McNeely Conservatory has two acres of atrium style, indoor gardens with a variety of plant life including bonsai trees, ferns, orchids and seasonal flowers. The Marjorie McNeely Conservatory also features many outdoor gardens. (Lunch 11:30 am) (Depart Zoo 3:00 pm)



**Let us make your apartment
as fresh as a Daisy**

At RidgePointe, weekly Housekeeping is included in your rent. Your Housekeeper will clean and sanitize the kitchen and bathroom, as well as vacuum. Garbage and recycling removal are available upon request. Additional time can be purchased at a rate of \$30.00 per hour for special tasks, or assistance with deep cleaning.

Laundry Service is available by appointment. To receive this service, contact the concierge to submit a Service Request. The cost is \$15.00 per load. This door-to-door service is a wonderful option for those occasions when you prefer not to do your own laundry, or as an ongoing service. With a load of linens, you may have your bed made for an additional \$10.00.

**Schedule a tour today!
Contact Paula Rickett at
(952) 540-6280 or paular@pointesliving.com**