



RidgePointe News

July 2024 Volume 40 | Issue 7

Happy
FOURTH OF
July!

**"From every mountainside,
let freedom ring."
- Martin Luther King Jr.**

July Events

Tuesday, July 2: In-Person Speaker—Todd Lefko **10 am MH**

The Russia-Ukraine War: Where Both Sides Will be Losers. We will discuss the impact of the war between Ukraine and Russia. In addition, the war has worldwide impacts: the effects on Gaza, China and Taiwan, the role of the United States, and the fight between democracy and authoritarianism. The threat of expansion into a nuclear war becomes a possibility. Putin has produced this conflict. The issue is how to limit dictators, like Putin, from making decisions based upon power, rather than mutual benefit for everyone.

Tuesday, July 2: First Tuesday Craft Time—Quilling **1 pm AR**

Cost: Free—Sign up and description will be posted in the Atrium.

Tuesday, July 9: Somatic Yoga Workshop for Pelvic Health **10 am MH**

This Somatic Yoga Workshop will focus on the benefits of good pelvic health. Learn how more awareness of pelvic health can create a stronger core, improve posture and balance, and benefit bladder and bowel functions.

Tuesday, July 9: Dr. Stone from Affinity Hearing and Acorn Audiology **11:30 am MH**

Hearing Aid Cleanings and Simple Repairs. Bring hearing aids. A credit card or checkbook would be good if you need supplies. (11:30 am to 12:30 pm)

Tuesday, July 9 : Art Class with Terri—Sunrise Painting **1 pm AR**

Cost: \$28.00—Sign up and description will be posted in Atrium. Pay at class.

Friday, July 12: Don Irwin Special Piano Recital **2 pm EL**

Tuesday, July 16: In-Person Speaker—Gary Hansen **10 am MH**

Avocational Artists. The focus of this lecture is on the art of non-professional artists. People who have become famous in fields such as entertainment, politics, government, the military, etc. - - and also became accomplished artists as an avocational pursuit. We will view their works of art, discuss how they got into art, and explore what their art sells for in today's art market.

Tuesday, July 16: Birthday Celebration **2:30 pm EL**

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

3:00 pm—Entertainment: Singer Sharon Miller

5:00 pm—Birthday Meal: Is your birthday in July? Happy Birthday! If you plan on using your 3 meals this month, enjoy an additional dinner at half-price on July 16.

Tuesday, July 23: In-Person Speaker—JoJo Bell **10 am MH**

Author JoJo Bell will discuss her book, ***Red Stained: The Life of Hilda Simms.*** Simms was an influential black actress and activist born and raised in Minnesota. She was a rising star on the stage and screen in post-WWII America until accusations of un-Americanism and communist sympathies derailed her career.

Wednesday, June 24: Open Studio Mystery Craft Time **1-3 pm AR**

More Information to come at coffee chats.

Tuesday, July 30: In-Person Speaker—Joe Amato **10 am MH**

Resident Joe Amato will discuss his recent book, ***Spring of Spring: Early Chapters of an Autobiography.*** Through examining one's self, reflecting on childhood and contemplating the process of maturity, self-realization becomes possible.



JULY MOVIES

FRIDAYS 7 PM MARION HALL

July 5: *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 play their football schedule. Comedy.

July 12: *The Horse Whisperer* —The mother of a severely traumatized daughter enlists the aid of a unique horse trainer to help the girl's equally injured horse. Drama.

July 19: *The Miracle Club*—There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. Comedy.

SAVE THE DATE

RidgePointe's Annual

ICE CREAM SOCIAL

Fundraiser for RidgePointe's Resident Council

Wednesday, August 7th

5:00 PM - 7:00 PM

FREE

ICE
CREAM
SUNDAES

The MoonLight Serenaders of Minnesota



Perform at 6:00 PM

\$7 MEAL

HOT DOG
CHIPS
BEVERAGE

TED Talks

Wednesdays at 1 pm on Channel 991

Wednesday, July 3: *Courage, the Most Important Virtue | Bari Weiss | TED.* In an unflinching look at issues that widen the political divide in the US, journalist and editor Bari Weiss highlights why courage is the most important virtue in today's polarized world. She shares examples of people who have spoken up in the face of conformity and silence — and calls on all of us to say what we believe. *The Problem With Being “Too Nice” at Work | Tessa West | TED.* Are you "too nice" at work? Social psychologist Tessa West shares her research on how people attempt to mask anxiety with overly polite feedback — a practice that's more harmful than helpful — and gives three tips to swap generic, unhelpful observations with clear, consistent feedback, even when you feel awkward. *Are We Celebrating the Wrong Leaders? | Martin Gutmann | TED.* We tend to celebrate leaders for their dramatic words and actions in times of crisis — but we often overlook truly great leaders who avoid the crisis to begin with

Wednesday, July 10: *The Science of Lifespan — and the Impact of Your Five Senses | Christi Gendron | TED.* What you experience through your senses — sight, smell, hearing, taste and touch — can impact how healthy you are and how long you live, says neurobiologist Christi Gendron. *The Good News You Might Have Missed | Angus Hervey | TED.* Whether or not you believe the world is doomed might depend on where you get your news, says journalist Angus Hervey. He delivers stories of progress that mainstream media organizations missed last year — from advances in clean energy to declining rates of extreme poverty, crime and disease — and suggests we should pay more attention to such occurrences. *The Luminous Mystery of Fireflies | Wan Faridah Akmal Jusoh | TED.* There are more than 2,000 firefly species, found on every continent except for Antarctica — an astonishing diversity of movement and light. Firefly scientist Wan Faridah Akmal Jusoh explores the mysteries of these little beetles that light up the night and details her quest to discover and protect new species as their habitats are at risk of disappearing.

Wednesday, July 17: *How Fantasy Worlds Can Spark Real Change | Annalee Newitz | TED.* When the world's problems have you weary, journalist and science fiction writer Annalee Newitz suggests a good dose of escapist fiction to refresh your perspective. Step into the whimsical world of science fiction, cosplay and "goblincore" to see how fantasy worlds help us reimagine our relationships with our communities and each other. *How your heartbeat shapes your experience of time | Irena Arslanova | TEDxBerlin.* Cognitive neuroscientist Irena Arslanova delves into the intricate connection between the brain, heart, and our perception of time. Highlighting the heart's role in distorting time, Arslanova's experiments showed that during heart contraction, time felt shorter, and during relaxation, it felt longer. *Is Your Partner “The One?” Wrong Question | George Blair-West | TED.* Drawing from his extensive experience working with couples, he shares four questions every couple should ask themselves before tying the knot — and highlights surprising findings on how the way marriage starts impacts if it ends.

Wednesday, July 24: *The joy (and perils) of photographing big wave surfers | Sachi Cunningham | TEDxManhattanBeach.* In her talk, filled with her own breathtaking and heart-stopping ocean photography, photojournalist Sachi Cunningham shares how immersing herself in some of the most dangerous ocean conditions in the world has given her strength, grit, and resilience to face personal tragedy and trials over her life. *The future of space is in our past | Lee Steinke | TEDxBoulder.* Embark on a thought-provoking journey with Lee Steinke in this TEDxBoulder talk as she redefines innovation through the lens of time travel. *The future of space tourism | Chompoonek (Chicha) Nimitpornusuko | TEDxBrownU.* Chompoonek (Chicha) Nimitpornusuko, an astronomer and an aerospace pretengineer, shares with us the surprising progress of what many would consider nothing but a feature of science fiction—commercial space travel.

Wednesday, July 31: *With Spatial Intelligence, AI Will Understand the Real World | Fei-Fei Li | TED.* In the beginning of the universe, all was darkness — until the first organisms developed sight, which ushered in an explosion of life, learning and progress. AI pioneer Fei-Fei Li says a similar moment is about to happen for computers and robots. She shows how machines are gaining "spatial intelligence" — the ability to process visual data, make predictions and act upon those predictions — and shares how this could enable AI to interact with humans in the real world. *Why it's so hard to make healthy decisions | David Asch.* Shows how we can harness this irrationality to make better decisions and improve our health care system overall. TED Talks. *Shaping life Through Healthy Habits for Health and Wellness | Alana Light | TEDxElmPark.* Forming healthy habits for overall health and Wellness. Individuals can rewire their minds for positivity.

July Excursions

Thursday, July 11: Let's Go Fishing on Lake Riley, Eden Prairie

Depart 5 pm

Cost: Free (Limited Capacity: 12 Person Limit)

Spend the evening fishing or floating on a pontoon while enjoying the July summer evening on beautiful Lake Riley. Volunteer captains will guide you and all equipment is included: rods, reels and bait. Anglers can expect to find a variety of fish including Black Crappie, Bluegill, Brown Bullhead, Carp, Largemouth Bass, Northern Pike, Pumpkinseed, Rock Bass, Walleye, and Yellow Perch in Lake Riley. The pontoon is not equipped with restrooms and use of porta potties are recommended before boat launch. A Fishing License is not required. You may want to bring water and snacks.

(The boat ride is approximately 2.5 hours) (Arrival time: 5:30 pm) (Boat Launch: 6 pm)

Thursday, July 18: Art Fair at Munsinger Clemens Gardens

Depart: 9:45 am

Lunch Cost: On Your Own

Return: 1:45 pm

Each summer, Munsinger and Clemens Gardens hosts an art fair featuring artists from all around the state. In addition to the art fair, enjoy listening to music and shopping in the gift shop. The fair also features food trucks. Bring cash, water and wear good walking shoes.

Saturday, July 20: Ladies Late Luncheon @ Baja Haus

Depart: 3:35 pm

Lunch Cost: On Your Own

Enjoy a late lunch or an early dinner at Baja Haus. This is a laid-back, California beach-side fresh, Calif-Mex style restaurant located in Wayzata. Choose from their unique tacos, a delectable double smash-burger, or perhaps an entrée of seared scallops.

(Reservations 4 pm)

Thursday, July 25: Stages Theatre—Finding Nemo JR.

Depart: 10:00 am

Ticket Cost: \$8.50 (Checks Made Out to RidgePointe)

Lunch Cost: On Your Own

Enjoy a hearty breakfast at the **Original Pancake House** before heading to the Stages Theatre. The production of Disney's Finding Nemo JR. is a darling story about true friendship, bravery and love! This is a 60-minute musical adaptation featuring new music by award-winning songwriting team Kristen Anderson-Lopez and Robert Lopez (Frozen). The treasured 2003 Pixar movie Finding Nemo comes to Stages Theatre Company's mainstage.

(Reservations 10:30 am at the Original Pancake House -Eden Prairie location)

(Production Start Time 12:30 pm)



Summer Special!

Even more to look forward to!

Enjoy \$1,000 off select floor plans for your first three months (\$3,000 in total) when you take possession by August 31st, 2024.

All leases run through April 30th, 2025.

For a list of floor plans included in this great offer, contact Paula Rickett at (952) 540-6280 or paular@pointesliving.com

Life is full of opportunities- this is one you don't want to miss!

RidgePointe... More than an apartment... It's a lifestyle!

