

RidgePointe News

June 2024 Volume 40 | Issue 6



hello
JUNE

June Events

Tuesday, June 4: In Person Speakers—Curtis Beckman **10 am MH**

The former news director of WCCO-AM will share stories from his two decades of working at the Twin Cities radio station.

Tuesday, June 4: First Tuesday Craft Time **1 pm AR**

Sign up and description will be posted in the Atrium.

Tuesday, June 11: In Person Speaker—David E. Jones **10 am MH**

JFK Assassination: The Mystery & Legend

JFK was assassinated on November 22, 1963. After more than sixty years, this tragic event still sparks discussion and controversy. Join David for a balanced discussion of one of the pivotal events of the 20th century.

Tuesday, June 11: Art Class with Terri—Northern Lights Picture **1 pm AR**

Sign up and description will be posted in Atrium.

Tuesday, June 18: Tech Class—Abbey Key **10 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 will be provided!

Tuesday, June 18: Birthday Celebration **3 pm EL**

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

3:30 pm—Entertainment: The River City Quartet

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

Thursday, June 20: Piano Recital—Martha Dalager **3 pm EL**

Enjoy this special Piano performance. While in town visiting her mother, Martha is graciously decided to share her talent as a pianist. What a pleasure to have her perform at RidgePointe.

Tuesday, June 25: In Person Speaker—Henry Berman **10 am MH**

Saudi Arabia Realignment

For the last several decades Saudi Arabia has had a consistent set of supportive allies and hostile enemies. This will likely change. We will examine these possible realignments in the context of two regional competitors historically, Iran and Israel, as well as the two global superpowers, the United States and China. How can Saudi Arabia maneuver these changes to maximize their national interests.

Wednesday, June 26: Open Studio Mystery Craft Time **1-3pm AR**

More information to come at Coffee Chats every Tuesday at 9:00 am. Be there or be square!



JUNE MOVIES

FRIDAYS 7PM MARION HALL



June 7: *War with Grandpa*—Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back. Comedy.

June 14: *The Seduction of Joe Tynan*—Respected liberal Senator Joe Tynan is asked to lead the opposition to a Supreme Court appointment. It means losing an old friend and fudging principles to make the necessary deals, as well as further straining his already part-time family life. But it could be a big boost to his career, so he takes it on. Helping him prepare the case is pretty southern researcher Karen Traynor, and their developing relationship further complicates and compromises his life. Drama.

June 21: *My Big Fat Greek Wedding*—A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. Comedy & Drama.

June 28: *84 Charing Cross Road*—True story of a transatlantic business correspondence about used books that developed into a close friendship. Drama.

The River City Quartet



Tuesday, June 18th

3:30 pm

East Lobby

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, June 5: *How the US Is Destroying Young People's Future* | Scott Galloway | TED. In a scorching talk, marketing professor and podcaster Scott Galloway dissects the data showing that, by many measures, young people in the US are worse off financially than ever before. He unpacks the root causes and effects of this "great intergenerational theft," asking why we let it continue and showing how we could make it end. (Note: This talk contains mature language.) *My Epic Journey Becoming the Fastest Person to Paddle around Australia* | Bonnie Hancock | TED. What challenges lie ahead of a staggering 12,700-kilometer paddle around the entire continent of Australia? Crocodiles and sharks were just the beginning, says Ironwoman Bonnie Hancock. Reflecting on her remarkable feat of becoming the fastest person to paddle around Australia, she shares lessons on perseverance, resilience and finding meaning in life's toughest moments. *How to Live With Fire* | Oral McGuire | TED. Uncontrolled fire threatens nature — but the right kind of fire can maintain the health and balance of the land, says fire management expert Oral McGuire. As a leader in the Nyungar community of southwestern Australia and a former firefighter, he connects traditional wisdom with modern techniques to wield fire in a way that promotes biodiversity and heals the spirit of the land at the same time.

Wednesday, June 12: *Why ChatGPT can't write for you* | David Savill | TEDxUniversityofSalford. David shows us the importance of reading and writing in developing and maintaining society, democracy, critical thinking skills, and humanity. With the rise of artificial intelligence, he shares the importance of human intelligence and the three questions AI cannot answer for us. *How Aerosols Brighten Clouds — and Cool the Planet* | Sarah J. Doherty | TED. Here's a conundrum: the same aerosol pollutants that harm human health also help cool the climate, says atmospheric scientist Sarah J. Doherty. Is there a way to clean up the air without warming the planet? Exploring the unintended consequences of reducing air pollution, she makes the case for a better understanding of marine cloud brightening — or intentionally adding sea salt aerosols to clouds over the ocean, which could reflect sunlight back into space and potentially reduce global warming. *Welcome to the World of Audio Computers* | Jason Rugolo | TED. In an exclusive preview of unreleased technology, designer and inventor Jason Rugolo unveils an entirely new kind of computer you can talk to like a friend. This "audio computer" — which can augment the sounds around you, translate conversations in real time, naturally respond to your voice and more — promises to shake up how we use our devices. It's shown publicly for the first time ever on the TED stage

Wednesday, June 19 *How to save money with your healthcare choices* | Nicole Semeraro | TEDxHartford. US Healthcare costs represent over 4.3 trillion dollars and 18.3% of our annual US GDP. This number is staggering and growing considerably every year. Even before the COVID-19 pandemic, healthcare was at the forefront of many political and financial conversations. People are ready to take control of their healthcare but don't know how to do it affordably. The sheer complexity of the system, and the lack of transparency, take away the power that we, as consumers, have in every other industry. *Why academic freedom is not the same as free speech* | Michael Bérubé | TEDxPSU. Berubé's talk distinguishes academic freedom from freedom of speech, while acknowledging that there are complex situations in which professors speak "extramurally" (that is, outside of class) in ways that are protected by the First Amendment but not always granted the protections of academic freedom. *Are your coping mechanisms healthy?* | Dr. Andrew Miki | TEDxSurrey. Dr. Andrew Miki explores the intriguing connection between pigeons' learned behaviors and human mental health. Drawing on his experience in animal cognition, he reveals how our brains, like pigeons, reinforce coping mechanisms over time. Dr. Miki sheds light on counterproductive common coping habits such as procrastination and smartphone reliance, emphasizing their impact on anxiety and depression.

Wednesday, June 26 . *Are you being manipulated?* | David McCubbin | TEDxBurleigh Heads. Dive into the complex world of power dynamics with David McCubbin as he delves into the concept of Artificial Integrity (AI) in his thought-provoking TEDx talk. Drawing on his background in drama and leadership communication, McCubbin explores how AI operates as a psychological strategy rooted in human nature, often wielded by individuals seeking to assert control and dominance. *Rebooting the tech user experience for the elderly* | Christine Rohacz | TEDxBoulder. Christine sheds light on the struggles faced by older generations, particularly in adapting to technology. *How I learned an endangered language—and why it matters* | Jonathan Mayers | TEDxBatonRouge. Jonathan Mayers explores the profound impact of nostalgia and the preservation of heritage languages, focusing on the endangered Creole language of Louisiana, Kouri-Vini. As an artist and poet, Jonathan shares personal experiences of reconnecting with memories through Kouri-Vini, emphasizing the cultural and historical significance of the language.

June Excursions

Thursday, June 6: Lunch at Kevin's Penn Lake Roast Beef **Depart: 11:30 am**

Lunch Cost: On Your Own (12 pm reservations) **Return: 2:00 pm**

Kevin's is known for their overnight, slow cooked roast beef. Enjoy their roast beef on a sandwich or have a slice smothered in gravy with a side of mashed potatoes and corn. If roast beef is not your thing, there will definitely be something else on the menu to enjoy. Choose from chicken wings, roast turkey, meatloaf or fried cod. In addition, choose a yummy side to accompany your entrée such as a side of cheese fries, coleslaw, crispy onion rings, French fries, mashed potatoes & gravy, potato cakes, potato salad, or smoked bacon. After lunch, pop into the Dollar Store or Attic to Basement a used goods shop.

Thursday, June 13: Minnesota Landscape Arboretum **Depart: 9:40 am**

Ticket Cost: \$26.00 (Checks Made Out to RidgePointe) **Return: 1:30 pm**

Lunch Cost: On Your Own

Sit back and experience a narrated tram tour on the Three-Mile Drive at the Minnesota Landscape Arboretum. The tour highlights the varied collections, display gardens and the Farm at the Arb. The tram boards from the parking circle in front of the Oswald Visitor Center at 10:30 am. After the tram ride have lunch at The Eatery. The menu features a variety of soups, hot entrees, sandwiches, salads, desserts and specialty culinary creations. Lunch seating is first come first serve.

Saturday, June 15: Ladies Luncheon @ Dangerfield's **Depart: 11:00 am**

Lunch Cost: On Your Own (11:30 am reservations)

Enjoy lunch at Dangerfield's. This charmingly elegant restaurant has a delicious menu, including great kabobs, scrumptious coconut shrimp, and a unique walleye salad amongst other items.

Thursday, June 20: Minnehaha Falls and Regional Park **Depart: 11:00 am**

Lunch Cost: On Your Own **Return: 1:30 pm**

Enjoy a summer day at Minnehaha Falls in Minneapolis. This historic park has the famous Minnehaha waterfalls and the Hiawatha & Minnehaha Statue. The park contains oak, elm, silver maple, basswood, hackberry and cottonwood trees, as well as native and prairie woodland wildflowers. Enjoy lunch at your leisure at the Sea Salt Eatery located in the center of the park. Seating accommodations and food orders are on your own. The restaurant serves delicious fresh seafood, and salads.

Thursday, June 27: Centennial Lakes Farmers Market **Depart: 2:40 pm**

Cost: On Your Own

Spend the afternoon browsing through the Centennial Lakes Farmers Market. Purchase directly from farmers, growers and producers, ensuring a high level of freshness and quality. Find items such as bagels, fresh baked bread, eggs, cookies, and specialty chocolate, amongst other fresh produce and specialty items.

Thinking of moving?



There is no better time than now!

Making the big decision to move, finding a place that suits your needs and the physical move itself can be challenging. Anyone looking for senior living these days has their work cut out for them. New senior communities are popping up all over the place. Comparing communities can be overwhelming and confusing. Buy ins, Co ops, continuum of care, and 55+ communities, all offer different lifestyles.

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

It's important to us that you know who we are and who we are not. We offer rental apartments in a social setting. 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. Apartments range in price from \$1,225 - \$4,100. RidgePointe has over 30 floor plans to choose from, so there is something for everyone.

We would love to help you get started in your search!

For more information, check out our website

www.funatridge.com

Or

Reach out to our Marketing Director, Paula Rickett

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