

RidgePointe News

August 2024 Volume 40 | Issue 8

RidgePointe's Annual

ICE CREAM SOCIAL

Wednesday, August 7th



Live Musical Performance at 6:00 PM

**The Moonlight
Serenaders
of Minnesota**



Menu
\$7 Hot Dog,
Chips
& Beverage

August Events

Tuesday, August 6: In Person Speaker— Melonie Shipman **10 am MH**

Bald Eagles: Beyond the Basics - With nests as big as small bedrooms and acrobatic aerial courtships, the national bird of the United States is impressive beyond their white heads and large size. As an educator with a National Wildlife Refuge in Alaska and Co-Director of the Audubon Center of the North Woods, Melonie Shipman gained an extensive education and experience in bald eagle behaviors and lifestyles. With a bounty of photos and personal accounts you'll see bald eagles with new eyes.

Tuesday, August 6: First Tuesday Craft Time— Easy Modern Art Picture **1 pm AR**

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

Tuesday, August 13: In Person Speaker—Terry Kubista **10 am MH**

The Royal Family. Who is who and what do they do? So what are the duties of the King? What are the duties of the Princes? How do the women fit into a modern reign?

Tuesday, August 13 : Art Class with Terri— *Birch Trees* **1 pm AR**

Cost: Pay at Class. Sign up and information will be posted in Atrium.

Tuesday, August 20: In Person Speaker—David Schultz **10 am MH**

The 2024 October Surprises: The Most Unpredictable Presidential Campaign in America History. Political scientists like to make predictions. Yet the 2024 presidential race is turning into one of the most unpredictable ever. This talk examines the variables that could impact the 2024 election, including possible October surprises.

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

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

3:30pm—Entertainment: Singer The Floras

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

Tuesday, August 27: In Person Speaker— Barb Kern-Pieh and Steve Pieh **10 am MH**

Argentina Highlights! Join Barb Kern-Pieh and Steve Pieh on a journey to some of Argentina's highlights. From the world's largest waterfalls to large glaciers, you won't want to miss this colorful adventure.

Wednesday, August 28: Open Studio Mystery Craft Time **1-3 pm AR**

Enjoy getting creative together at Open Studio Craft Time.



AUGUST MOVIES

FRIDAYS 7 PM MARION HALL



August 2: *Mister Mom*. Comedy. During a recession, an automobile engineer's (Michael Keaton) job is eliminated. His wife finds a job before he does so he becomes the homemaker and caregiver.

August 9: *Walk the Line*. Musical. The life and rise of country music star, Johnny Cash. From his boyhood family farm to the music scene in Memphis; where he meets June Carter.

August 16: *Baby Boom*. Comedy. A successful NY businesswoman suddenly becomes the guardian of a baby girl. The baby's arrival causes a series of changes in her life.

August 23: *Lucy & Desi*. Documentary/Drama. Lucille Ball & Desi Anaz form an unlikely partnership to become one of the most prolific power couples in Hollywood.

August 30: *Mrs. Palfrey at the Claremont*. Comedy/Drama. A widow moves to London to see her grandson and stays in a senior residential hotel. She accidentally

SAVE the DATE

DISNEY'S

NEWSIES

THE MUSICAL

DISNEY'S NEWSIES
THE MUSICAL

DATE:
THURSDAY, AUGUST 8TH

COST:
\$38.00

VENUE:
SCHNEIDER THEATER



Refer to August Newsletter for more detailed information on this excursion.

TED Talks

Wednesdays at 1 pm on Channel 991

Wednesday, August 7: *The secret to getting better sleep tonight* | James Leinhardt | TEDxManchester. James Leinhardt joined us to discuss the topic of “sleep posture”. Along with improving the quality of our sleep he asserted that better sleep posture brings a host of other benefits including better spine health, general wellbeing and reduction in neck and back pain. Ultimately better sleep posture will mean waking up rested and free of pain. Yes please! James Leinhardt is the founder and Chief Sleep Posture Expert of Levitex. ***What data says about your identity politics* | Blaise Agüera y Arcas | TEDxManchester.** Identity politics occupies the front lines in today’s culture wars, pitting generations against each other, and progressive cities against the rural traditions of our past. Debates over gender and sexuality occupy particularly intense flashpoints of controversy as we struggle to understand ‘who we are now’. ***How do we verify war photos?* | Nora Savosnick | TEDxArendal.** Should we trust the images we see in today’s digital news landscape? Who took these images? The answer may surprise you.

Wednesday, August 14: *What if we release books episodically?* | Elle Griffin | TEDxSaltLakeCity. The future of publishing may just be found in a model that’s centuries old, and author Elle Griffin shares her enthusiasm for and insights about this new take on an old way to tell stories. ***How I manage fear as a hypochondriac doctor* | Jim Down | TEDxManchester.** We delegate a proportion to our subconscious and rationalize others, but all too often the threat can feel overwhelming. So how should we ensure that our approach to risk is both logical and healthy? ***How To Spot Authoritarianism — and Choose Democracy* | Ian Bassin | TED.** Democracy is about having choices — and authoritarianism is about not having them, says lawyer and writer Ian Bassin. Detailing the seven steps of the authoritarian playbook, he invites us all to put aside our differences and rethink our role in the fight for freedom, revealing the hope and power behind every choice we make.

Wednesday, August 21: *Leadership Lessons From the Prime Minister of Canada* | Justin Trudeau | TED. Justin Trudeau has served as the prime minister of Canada since 2015. There's a lot to dig into from his years in office — and from his life before, as well. He sits down with organizational psychologist Adam Grant to discuss lessons learned about leadership and how he navigated early struggles with impostor syndrome.

Wednesday, August 28: *How your vision determines your reality* | Bryan William Jones | TEDxBerlin. The neuroscientist speaker explores how our brains construct reality through senses, focusing on retinal research and diseases like retinitis pigmentosa and glaucoma. Diverse perceptions of colors, shaped by retinal biology, highlight a continuum of sensory abilities. ***The Hidden Danger of Lead in Soil* | Yvette Cabrera | TED.** There's an invisible health threat right under our feet, says investigative journalist Yvette Cabrera. She digs into the pervasive problem of lead contamination in soil — a particular risk for children in cities — and shares her action plan to map urban soils and help create healthier communities. ***How you could see inside your body — with a micro-robot.*** Learn more about how micro-robots could move us past the age of invasive endoscopies and open up doors to more comfortable, affordable medical imaging. (This talk contains medical imagery.)

August Excursions

Thursday, August 1: Lets Go Fishing on Lake Riley, Eden Prairie Depart: 12 pm
Cost: Free (Limited Capacity: 12 Person Limit)

Spend the evening fishing or floating on a pontoon while enjoying the August 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. (The boat ride is approximately 2.5 hours) (Arrival time: 12:30pm) (Boat Launch: 1pm)

Thursday, August 8: Disney's Newsies: The Musical Depart: 10:30 am
Ticket Cost:\$38.00 (Checks Made Out To RidgePointe) Lunch Cost: On Your Own

ARTISTRY presents, Disney's *Newsies* at Schneider Theater and lunch at Green Mill. Based on a true story and set in New York City at the turn of the of the 20th century, *Newsies* is a rousing tale of Jack Kelly, a charismatic leader who rallies newsies from across the city to strike against unfair conditions and dream of a better life! Featuring the now classic songs Carrying the Banner, Seize the Day, and Santa Fe, this family-friendly Disney film turned Tony-winning Broadway hit is packed with non-stop thrills and inspires everyone to fight for what's right and seize the day! (Reservations 11am at the Bloomington Green Mill) (Production Start Time 1pm)

Thursday, August 15: Shopping at Chico's and Day in Wayzata Depart: 9:40 am

Start the day off shopping at Chico's. Be greeted by sales associate, Alison Cassity. You will receive **10% off** any purchase and a small goody bag. The rest of the time is on your own. Shop and browse downtown Wayzata and have lunch at one of the many restaurants. (Return: 1:45 pm)


Saturday, August 17: Ladies Luncheon @ Detello's Pizza and Pasta Depart : 11 am
Lunch Cost: On Your Own

Detello's has been a family owned restaurant for over 30 years. Detello's was voted "Best Pizza in the Twin Cities" by WCCO. Choose from a variety of options including: delicious pizza, spaghetti, fettuccine alfredo, baked rigatoni, antipasto salad and garlic bread or meatball dip.

Reservations are not available, but they are expecting 21 people at opening.

Thursday, August 22: Minnesota State Fair Depart: 8 am– Return: 2 pm
Cost: Pay at the Gate

The Great Minnesota Get-Together. The Minnesota State Fair offers about 70 different unique foods on a stick. A cherished end-of-summer tradition, the Great Minnesota Get-Together welcomes two million guests annually to a world-class showcase of agriculture, entertainment, food, art, science and industry.

An illustration of a red car driving on a road towards a sunset. The car's license plate reads 'SMRT DRVR'. The background features stylized trees and a large sun. To the right of the car, the text 'AARP Smart Driver Course' is written in a white, bold, sans-serif font against a pinkish-red background.

AARP Smart Driver Course

THURSDAY,

26

SEPTEMBER, 2024



12:30 PM-4:30 PM



12600 Marion Lane W, Minnetonka
Marion Hall



AARP Members \$20

Non-Members \$25

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. This 4 hour course covers a variety of topics including safe driving strategies and proper use of technology found in newer cars.

Call Paula Rickett at (952) 540-6280 to register

Please register by Friday, September 13, 2024

Be sure to bring your valid MN Driver's License, a check made out to AARP, and your AARP Membership card (if applicable).