

RidgePointe News

September 2024 Volume 40 | Issue 9



THE RAPTOR CENTER
UNIVERSITY OF MINNESOTA

**Raptor Encounters
Brought to You**



Raptor Encounter

Tuesday, September 17, 2024

10:00 am East Lobby

Featuring four raptors.

Enjoy watching a knowledgeable presenter handle and describe each unique bird one by one: an eagle, hawk, owl, and falcon!



September Events

Tuesday, September 3: In Person Speaker— Brian Bard **10 am MH**

Artificial Intelligence: What everyone needs to know. Drawing from the books *Superintelligence* by Nick Bostrom, *Life 3.0* by Max Tegmark, *The Coming Wave* by Mustafa Suleyman, we will discuss what AI is. In addition, we will look at the history of AI technology, the up-to-date status and some key issues. Should there be proposals for regulation? Should citizens be more informed and engaged in AI within our country?

Tuesday, September 3: First Tuesday Craft Time **1 pm AR**

Cost: Free Make your own felt table mat! Sign up & example are in the Atrium.

Tuesday, September 10: A Yoga Workshop—Therapy for Mobility & Stability **10 am MH**

This is a physical yoga workshop. Experience gentle practices for optimal functional movement in the core, pelvis, & spine. Guest Instructor Wendy Brom, C-IAYT Yoga Therapist, Somatic Therapist, Ayurveda Yoga Specialist, BA Somatic Yoga will guide you.

Tuesday, September 10: Dr. Stone from Affinity Hearing **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, September 10: Art Class with Terri- Sunrise Painting **1 pm AR**

Cost: \$28.00 Terri will guide us in painting a sunrise. Sign up in the Atrium. Pay at Class.

Tuesday, September 17: Raptor Encounter: The Raptor Center **10 am MH**

A presenter from *The University of Minnesota Raptor Center* will feature four raptors, typically an owl, a hawk, a falcon, and a bald eagle. The presenter handles and presents each bird one by one, during which you'll learn what makes these birds unique. Don't miss this fun event!

Tuesday, September 17: Birthday Celebration **3 pm EL**

3:00pm—Happy Hour: Wine and Appetizers

3:30pm—Entertainment: Singer Dale Martell

5:00pm—Birthday Meal: Is your birthday in September ? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on September 17.

Tuesday, September 24: In Person Speaker—Henry Berman **10 am MH**

The Two State Solution. The Israeli-Palestinian conflict has been the most difficult



SEPTEMBER MOVIES

FRIDAYS 7PM MARION HALL



September 6: *The Post*. Thriller. A Washington Post publisher & editor trying to expose three decades of government secrets hidden by four presidents as they compete with the NY Times. Tom Hanks & Meryl Streep.

September 13: *Last Vegas*. Comedy. Friends from childhood, four aging men decide to make on last trip together to Vegas to celebrate the engagement of one of them to a much younger woman. Morgan Freeman & Michael Douglas.

September 20: *Arthur the King*. Family Adventure. A team racing for the Adventure Racing World Championship is pushed to the limits of endurance. A dog named Arthur joins them and redefines victory & loyalty.

September 27: *Sam & Kate*. Comedy. Four family members confront their past to allow new love in their lives.



AARP Smart Driver Course

Registration Required

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

Please register by September 13, 2024

Thursday, September 26th, 2024

- ◆ **12:30 PM –4:30 PM**
- ◆ **12600 Marion Lane W, Minnetonka MN**
- ◆ **Marion Hall**

Be sure to bring:

A valid MN Driver's License

A check made out to AARP

An AARP Membership Card (if applicable)

AARP Members.....\$20

Non Members.....\$25

TED Talks

Wednesdays at 1pm on Channel 991

Wednesday, September 4: What to Do When You Offend Someone | Lambers Fisher | TED. Misunderstandings between you and your loved ones will happen — it's what you do next that matters most, says marriage and family therapist Lambers Fisher. Drawing on his work helping couples and relatives work through communication issues. **Is the cure for loneliness hiding in your closet? | Mollie Kaye | TEDxSurrey.** In this engaging talk, Mollie Kaye, with a charming vintage flair, shares a transformative initiative - dressing up every Tuesday to connect with strangers. Exploring the profound impact of small interactions, she delves into the dangers of loneliness and the significant health benefits of meaningful connections. **How Farmworkers Are Fighting Extreme Heat | Jon Esformes and Gerardo Reyes Chávez | TED.** Farm labor is hot, backbreaking and dangerous work. To protect workers from extreme heat and workplace exploitation, farmworker Gerardo Reyes Chávez has teamed up with farm manager Jon Esformes for a unique partnership. Learn how their collaborative model is keeping farmworkers safe.

Wednesday, September 11: The Satellite Helping Slow Climate Change — Right Now | Millie Chu Baird | TED. Meet MethaneSAT: the satellite circling Earth right now to track global emissions from methane: a highly potent, short-term greenhouse gas. Environmental advocate Millie Chu Baird details the heat-trapping side effects of a planet full of methane. **The Missing Piece of the Clean Energy Transition | Sheila Ngozi Oparaocha | TED.** The clean energy transition has a major blind spot, says energy equity expert Sheila Ngozi Oparaocha: it ignores millions of people without access to energy. Highlighting grassroots women's organizations leading the charge towards universal access. **How creatives can shape policy | Joel Yong | TEDxRISD.** Sharing his own experiences in government and policy, designer Joel Yong has written a “love letter” to all the creatives out there, challenging silos and arguing that artists and designers can belong anywhere and everywhere.

Wednesday, September 18: My Search for Proof Aliens Exist | Avi Loeb | TED. Why have we not yet found proof of alien life? According to astrophysicist Avi Loeb, we simply haven't dedicated the proper resources. **Where are all the aliens? | Stephen Webb.** The universe is incredibly old, astoundingly vast and populated by trillions of planets — so where are all the aliens? Astronomer Stephen Webb has an explanation: we're alone in the universe. In a mind-expanding talk, he spells out the remarkable barriers a planet would need to clear in order to host an extraterrestrial civilization — and makes a case for the beauty of our potential cosmic loneliness. **Why you feel younger (or older) than your age | Tracey Gendron | TEDxReno.** What if the concept of "you're only as old as you feel" wasn't as helpful as you may have thought? In her revelatory talk, Dr. Tracey Gendron explains what feeling your age really means, and how we can change the way we think about growing older.

Wednesday, September 25: How to take blame out of leadership | Michael Timms | TEDxSurrey. In this compelling TEDx talk, you will discover three powerful habits for personal accountability that transform behavior and elevate performance. **3 Ideas for Communicating Across the Political Divide | Isaac Saul | TED.** How does language shape our politics? Journalist Isaac Saul explores how subtle word choices can inhibit productive dialogue about significant issues — and shows how small (but important) changes can help us all have better conversations with people who think differently than us. **The Fight Over Minerals for Green Energy — and a Better Way Forward | Saleem Ali | TED.** To transition to clean energy and green technology like electric cars, the world needs massive amounts of essential minerals.

September Excursions

Thursday, September 5—Cafesjian Art Trust & Lunch Churchill Street Depart: 10:55 AM

Museum Cost: Free

Lunch Cost: On Your Own

Enjoy two exhibitions: *Form Origins to Horizons: The American Studio Glass Movement* and *Midwest Voices in Contemporary Glass*. *Form Origins to Horizons* will survey the movement's beginnings in the 1960s through today. *Midwest Voices in Contemporary Glass* includes ten works selected from an open call to illustrate the diversity of approaches and ideas percolating in the Midwest glass scene. Before the tour, enjoy lunch at **Church Street** restaurant. **Churchill Street** serves delicious scratch-made modern classic food.

(Lunch Reservations: 11:30 AM) (Tour: 1 PM)

Thursday, September 12—Mystic Lake Casino

Depart: 10:15 AM

Cost: On Your Own

Head out to Mystic Lake for a day of gambling, Bingo, or just enjoy lunch.

(Van Return 3 pm)

Saturday, September 14—MinnesoThai Street Food Festival

Depart : 11 AM

Cost: On Your Own

Wat Promwachirayan is pleased to present the MinnesoThai Street Food Festival. This free, outside event will showcase authentic Thai street food and feature cultural performances, live music, art and souvenirs, a beer and wine garden featuring local brews, and fire dancing and more! **(Van Return 2 PM) (Located —West End Festival Site 1693 Duke Dr, St. Louis Park)**

Thursday, September 19—St. Croix River Boat Tour

Depart: 9:55 AM

Cost: \$47, Includes Lunch (Checks made out to RidgePointe)

Enjoy a scenic afternoon cruise on the Scenic St. Croix River along with a delicious Italian lunch buffet. Lunch includes: Chicken Marsala -GF, Mostaccoli Pasta with Red Sauce, Hot Vegetables – GF, Caesar Salad – GF, Italian Cold Pasta Salad, and Chef's Choice Dessert.

A cash bar is also available for your beverage choices.

(Boarding Begins 10:45 AM) (Tour 11:30 AM – 1:30 PM)

Saturday, September 21—Ladies Luncheon: Machine Shed

Depart: 2 PM

Cost: On Your Own

Easygoing farm-themed operation offering traditional American dishes.

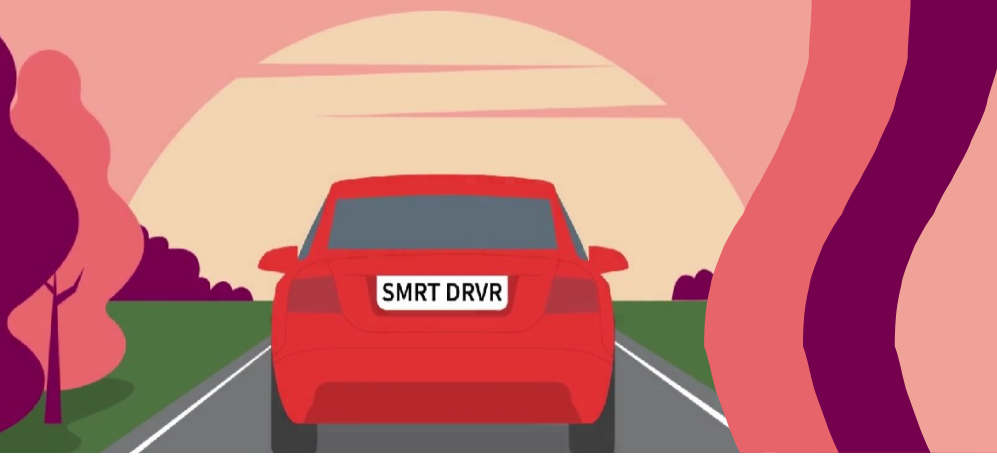
Machine Shed Restaurant is located in Lake Elmo. **(Reservation 3 PM)**

Thursday, September 26—Minnesota Orchestra

Depart: 9:30 AM

Cost: Ticket Purchase On Your Own

SØNDERGÅRD, JOSEFOWICZ AND RAVEL. Experience evocative and vivid writing from two masters of orchestration, where the lines between old and new are blurred. Maurice Ravel borrows from Franz Schubert while Thomas Adès turns to Johann Strauss, Jr., both in



AARP Smart Driver Course

THURSDAY,



12:30 PM-4:30 PM

26



**12600 Marion Lane W, Minnetonka
Marion Hall**

SEPTEMBER, 2024



**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. Join instructor, Cheryl Funk, in learning how to become a safer, more confident driver. The Smart Driver Course covers a variety of topics including safe driving strategies and proper use of technology found in newer cars. Be sure to bring along a valid driver's license, a check made out to AARP, and your AARP Membership card (if applicable).

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

Please register by Friday, September 13, 2024