

RidgePointe News

October 2024 Volume 40 | Issue 10



Booyah

It's a Party!

Thursday, October 31st

Atrium—1:30 pm

Halloween Costumes Encouraged!

Join us for a **WICKED** good time!

October Events

Tuesday, October 1: In Person Fall Prevention and Response Demonstration 10 am MH

Matter of Balance Demo. Vital Living will instruct this introductory interactive session. The class will discuss how to manage, prevent, and react to falls and reduce the fear of falling. You will cover the importance of increased activity pertaining to balance, flexibility, strength, and practical exercises for all ability levels, all while viewing falls as controllable.

Tuesday, October 1: First Tuesday Craft Time– Halloween Masks 1 pm AR

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

Thursday, October 3: Medicare Presentation 10 am MH

Margaret Wallace, Insurance Agent, will help you learn about the Inflation Reduction Act and how this legislation is impacting those on Medicare, changes to Medicare Prescription Drug Plans (Part D) and other changes that are new for Medicare beneficiaries!

Tuesday, October 8: Braver Angels of Minnesota 10 am MH

Minnesota's Braver Angels mission is to create conditions, for citizens who disagree with each other, to have respectful and powerful conversations across the political divide. They will speak to us about Minnesota's Braver Angels' part in a national citizens' movement that brings together conservatives, liberals, independents and others to restore trust, respect and goodwill in American politics.

Tuesday, October 8: Art Class with Terri 1 pm AR

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

Tuesday, October 15: Phil Kibort 10 am MH

The Great Wives and Mothers of U.S. Presidents. This talk is focused on describing the top 10 wives and mothers that had the greatest impact on our Presidents. We will discuss their values that they conveyed to their sons, their individual impact on society, their accomplishments and how history remembers them.

Tuesday, October 15: Birthday Celebration 3 pm EL

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

3:30pm—Entertainment: Singer Tara Brueske

5:00pm—Birthday Meal: Is your birthday in October ? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on October 15.

Tuesday, October 22 : In Person Speaker— Melonie Shipman 10 am MH

Ancient Greece to the Shadow of Vesuvius. Melonie will talk about Greece, Pompeii, Vesuvius, Herculaneum and The Paestum.

Wednesday, October 23: Mystery Craft Time 1-3pm AR



OCTOBER MOVIES

FRIDAYS 7PM MARION HALL



October 4: *National Lampoon's Vacation.* Comedy. The Griswold family take a road trip from Illinois to a California amusement park. Chevy Chase.

October 11: *W.* Drama. The story of George W. Bush as a Texian boy makes his mark in the world following his father George Bush.

October 18: *The Money Pit.* Comedy. A young couple needing a new home quickly settles on buying a country estate outside the city for a remarkably low price.

October 25: *Royal Wedding.* Musical. A dancing duo's NY show ends and they are offered a gig in London at the same time as the Royal Wedding. They sail and dance their way across the ocean. Fred Astaire's famous "ceiling dance" is shown in this film.

Pot Luck!

FRIDAY, OCTOBER 4TH



ATRIUM

5:30PM

QUESTIONS ?

CALL PAT 6360

HALLOWEEN PARTY

THURSDAY, OCTOBER 31ST

ATRIUM 

1:30 PM 

SNACK AND BEVERAGE 

COSTUME PARADE

LIVE MUSIC



TED Talks Wednesdays at 1pm on Channel 991

Wednesday, October 2: *What brain imaging could tell us about kids' mental health* | Jillian Lee Wiggins | TEDx-SanDiego. Neuroscientist Jillian Lee Wiggins discusses the urgent need to address children's mental health issues and proposes a revolutionary approach using brain imaging technology. ***How to challenge your negative self-talk* | Josh Green | TEDxSurrey.** Josh Green shares a powerful and relatable journey of self-discovery through juggling. By recounting his audition experience as a novice juggler, Josh delves into the internal voices of self-doubt and the societal pressures that can hinder personal growth. ***Can democracy still work?* | Jenn White | TEDxKC.** Jenn's riveting talk shows us how authoritarianism threatens the space for possibility and course correction that democratic institutions create.

Wednesday, October 9: *Embracing healthy resilience* | Victoria Pelletier | TEDxMiami. Victoria Pelletier delivers a powerful and emotional talk about developing and sustaining healthy resilience in life despite your circumstances. Her talk provides a step by step approach to move past traumas into a space of reflection, vulnerability, mindfulness, and growth. ***Three steps to visualizing your success* | George Birnbach | TEDxWoodinville.** Dive into the transformative power of a simple, groundbreaking method that goes beyond traditional visualization. ***How to Prevent — or Stop — a War* | Gabrielle Rifkind | TED.** Gabrielle Rifkind, director of the Oxford Process, an organization dedicated to ending armed conflict.

Wednesday, October 16: *Don't Get Old—Grow Old—Productively!* | James Flaherty | TEDxWoodinville. Get ready to embark on a heartwarming journey, that's all about helping our beloved elders rediscover the simple pleasures of life. In a world where the elderly are often overlooked, we're here to shine a light on the beauty that comes with age. ***The entropy of time: What makes the future?* | Musa Aamir | TEDxKinnaird.** Musa Aamir is a development sector & strategic communication professional. . He is the co-founder of Rizq, a social enterprise that is working to combat food insecurity, food wastage and hunger at large to protect and advance the right to good food for all, and work to restore the human dignity and honor. ***The Virtual Human Economy: Unlocking Your AI-Powered Potential* | Natalie Monbiot | TEDxCornell.** Natalie Monbiot explores the dawn of the Virtual Human Economy through AI clones Natalie is an emerging technology strategist and builder, and pioneer in the field of AI, virtual humans and generative video technologies.

Wednesday, October 23: *Media and Democracy: Finding Facts in the Mess of Misinformation* | Lisa Remillard | TEDxBillings. How to spot misinformation in the news. Whether it's on tv, in the newspaper or online, misinformation is everywhere and it can be difficult to figure out what's real and what's not and what's opinion and what's fact. ***Non-profits are key to building an economy that cares* | Kristi Rivait | TEDxVictoria .** Social entrepreneur Kristi Rivait shows us that non-profits are the unexpected key to a profitable economy. ***The hidden cost of construction* | Micheal Green | TEDxVictoria.** Uncover the true cost of construction and what it means for the future of our communities.

Wednesday, October 30 : *Dementia is preventable through lifestyle. Start now.* | Max Lugavere | TEDxVenice-Beach. This talk represents the speaker's personal views and experiences with nutrition, mental health, and human biology. ***Protecting ancient forests in BC* | TJ Watt | TEDxVictoria.** National Geographic explorer TJ Watt shows us that it's not only possible to switch to sustainable forestry in British Columbia, Canada. ***How Testosterone and Culture Shape Behavior* | Carole K. Hooven | TED.** Biologist Carole K. Hooven delves into how testosterone impacts the body and brain

October Excursions

Thursday, October 3— The Dock Restaurant & Aamodts Apple Orchard Depart: 10:10 AM

Cost: On Your Own

Lunch Cost: On Your Own

Start the excursion off at The Dock Restaurant, located in beautiful Stillwater. After lunch, peruse the downtown shops and enjoy the riverfront view. The van will depart Stillwater at 1 pm and head to Aamodts Apple Orchard. Explore the orchard, vineyard, and do a little shopping in the gift store. Enjoy a freshly baked apple cider donuts, a fresh glass of hard cider or wine, or purchase a bag of apples. **(Reservations 11am)**

Thursday, October 10—Scarlet Kitchen and Bar & National Eagle Center Depart: 8 AM

Cost: \$17.15 (Checks Made Out to RidgePointe)

Breakfast Cost: On Your Own

Enjoy a delicious breakfast at the Scarlet Kitchen and Bar in the historic St. James Hotel. Then off to The National Eagle Center which is Located along the banks of the Mississippi River in Wabasha, Minnesota. The center is home to four rescued eagles and a Red-Tailed Hawk who have all become cherished ambassadors. Enjoy a private visit with a naturalist interpreter who will provide an engaging and entertaining presentation.

(Reservations 9:30 am) (National Eagle Center 12 pm)

Thursday, October 17— *Over the River and Through the Woods*

Depart: 11 AM

Cost: \$ 47, Includes Lunch (Checks Made Out to RidgePointe)

Enjoy the Production of *Over the River and Through the Woods* at Sidekick Theatre. A hilarious story about a man named Nick. Every Sunday, Nick crosses the river to New Jersey and has dinner with both sets of his Italian-American grandparents. But Nick has dreams, and when he receives the perfect job offer on the West Coast, he is determined to take it. His grandparents – Frank, Aida, Nunzio, and Emma – are just as determined that he stay put. Thus begins a series of shameless schemes and hilarious shenanigans that will have you roaring in your seat while reminding you of the wonderful zaniness that is family.

(Lunch: 11:30 am) (Show: 1 pm)

Saturday, October 19th—Ladies Luncheon: Churchill Street

Depart: 9:25 AM

Cost: On Your Own

Churchill Street is a brunch & dinner restaurant, coffee bar, market and community gathering place in Shoreview. Enjoy a superb menu which includes: Eggs Benedict, smoked walleye toast and blueberry hotcakes.

Thursday, October 24th—Minnesota Landscape Arboretum

Depart 10:30 AM

Cost: On Your Own (General Daily Admission Tickets \$25.00)

Spend the day exploring the Minnesota Landscape Arboretum. Walk through the beautiful gardens and hiking trails. Shop the Gift & Garden store and have lunch at Rootstock, the Arboretum's new café. **(Van Returns 2 pm)**

Thursday, October 31—Minnesota Orchestra

Depart: 9:30 AM



October Special

Select any apartment before October 31st
(Deposit and Completed Rental Application required)
and extend your lease through April 30th, 2026!

**Take immediate possession, or
wait up to 60 days before rent begins
.... if you want to wait that long!**

**Price protection included! That's right.
No increase. No kidding!**

Of course, the *RidgePointe Amenities Package*
is included in every rental making your dollar
work even harder.

Call **Paula Rickett** for more information about
availability, questions, or to schedule a tour of
our great community.

**Take that first step into living the great
lifestyle you deserve!
Call today!**

Paula Rickett
952-540-6280

