

# RidgePointe News

April 2025 Volume 41 | Issue 4



# April Events

## **Tuesday, April 1: In-Person Speaker—Henry Berham** **10 AM MH**

***Middle East Conflict.*** The conflict between Israel and the Palestinians took a sinister turn on October 7, 2023. A surprise Hamas attack resulted in over 1,200 civilian deaths, followed by an aggressive Israeli response in Gaza. We will discuss provocative questions, such as, where do we stand now, what are the potential prospects for peace, and how does this war impact other key regional players like Iran and Saudi Arabia?

## **Wednesday, April 2: Pancake Breakfast** **7-9 AM Atrium**

Enjoy a delicious pancake breakfast together down in the Atrium; courtesy of Bob Park and friends. **Donations are welcome.**

## **Friday, April 4: Resident Potluck** **5:30 PM Atrium**

Join your fellow residents for the first Friday of the month RidgePointe Potluck. Bring a dish to share, your personal utensils, a plate and a beverage.

## **Tuesday, April 8: In-Person Speaker— Michael Dansinger** **10 AM MH**

***Beating Heart Disease, Diabetes and Dementia: Advice From A Hollywood Nutrition Doctor.***

Michael Dansinger, MD runs a Diabetes Reversal Program in Boston and was the Nutrition Doctor for NBC's, *The Biggest Loser*. He will speak about the effects of healthy food and other lifestyle behaviors for reducing the risks of heart disease, diabetes and dementia.

## **Tuesday, April 15th: In-Person Speaker—Brian Bard** **10 AM MH**

***Talkin' About Our Generations.*** How can we promote understanding and friendship across generations? In this discussion, we'll explore the fascinating field of generational studies: how generations form, what characterizes your and other generations, and the keys to intergenerational communication. With local author of *Lessons from the Pandemic*, Brian Bard.

## **Tuesday, April 15: Birthday Celebration** **3 PM EL**

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

**3:30pm—Entertainment: Guitarist-Singer, Vinnie Rose**

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

## **Tuesday, April 22: In-Person Speaker— Lisa Seward Perry: West Suburban Grief Coalition** **10AM MH**

The West Suburban Grief Coalition provides ongoing education and peer-support groups for grieving adults in an effort to help those suffering from the loss of a loved one. Lisa, who lost her husband in 2013, attended Coalition meetings. Because of the value she found in it, she subsequently returned to be a group facilitator and now co-coordinator. She will share her experience, as a participant in this important organization, as well as her realizations about grief that have come from time and exposure to the many experts and members of West Suburban Grief Coalition.

## **Tuesday, April 29: In-Person Speaker— Doug Ohman** **10 AM MH**

***Minnesota From the Road - Landmarks.*** Travel with photographer/story teller, Doug Ohman as he takes us to every corner of the great state of Minnesota. We will enjoy some well known landmarks and explore a few forgotten gems on this fun old fashioned road trip.



# APRIL MOVIES

## FRIDAYS 7PM MARION HALL



**April 4: *The Mission*.** Adventure. A Jesuit priest builds a mission in South America as he tries to convert the natives to Christianity. Complications arise, when a treaty transfers the land from Spain to Portugal.

**April 11: *Just 1 Mile*.** Documentary. A grueling and challenging endurance race in the mountains of Tennessee running over 30 hours until only one racer is left standing. True story.

**April 18: *Indecent Proposal*.** Drama. A loving but broke couple finds their marriage at risk when a seductive billionaire offers them \$1 million in exchange for a single night with the wife. Robert Redford.

**April 25: *The Social Network*.** Historical Drama. A Harvard undergraduate and computer genius invents what grows into the global social network Facebook. Six years later, his life is altered drastically.

## Tour the Faribault Woolen Mill Co.



### A RidgePointe Excursion

Thursday, April 17th

Visit this National Registered Historic Place. Established in 1865 on the banks of the Cannon River in Faribault, MN, the Faribault Woolen Mill prides itself in being one of the last vertically integrated woolen mills left today.

# TED Talks

Wednesdays at 1pm on Channel 991

**Wednesday, April 2: *Two ways to support loved ones with ADHD*** | David Nowell | TEDxHiltonHead. Chances are you have ADHD or know or love someone who does. Dr. David Nowell shares a new approach to help support the people you love or learn new skills yourself. A top-down approach uses cognitive functions to teach and learn executive skills. ***How to be confident (even if you're not)*** | ***Montana von Fliss*** | TEDxBellevueWomen. Montana von Fliss is an executive speech and presentation coach, actor, speaker, facilitator, and founder and CEO of Montana & Co., a full service communication coaching company. Montana and her team of trainers transform presenters into passionate, powerful, and confident speakers. ***Why poker players are better decision makers*** | Marte Ruud Sandberg | TEDxArendal. What can the world of poker teach us about succeeding in business and life? In this talk, Marte Ruud Sandberg explores the parallels between poker strategy and decision-making.

**Wednesday, April 9: *Why space exploration should be like Star Trek*** | Pam Melroy | TEDxMidAtlantic. Pam Melroy takes the stage to explore how space exploration is shaping not only our understanding of the universe but also the values we carry into the cosmos. She highlights how the lessons of the past—like the International Space Station's remarkable legacy of global cooperation—can guide us toward a future rooted in peace and shared progress. ***Navigating Stress in Relationships*** | Deborah Brown | TEDxMiramar. In this powerful talk, relationship coach Deborah Brown shares key insights on how to transform communication in marriage and relationships. Learn how to resolve conflict, rebuild trust, and reduce stress by asking three essential questions that can strengthen any relationship. ***The cult you don't know you're in*** | Rose Owen | TEDxAberdeen. Identity can connect us, but it can also control us. Rose challenges us to look closer at the groups and ideologies we hold sacred.

**Wednesday, April 16: *The accountability advantage: Achieving your goals*** | Kare Van Delft | TEDxGrandview Heights. Reaching your goals isn't just about motivation, it's about accountability. In this insightful talk, Kare explores the power of accountability partners and how they can accelerate growth. ***The Secret to Making Someone Feel Special*** | Sarah Dandashy | TEDxDavenport. Award-winning concierge Sarah Dandashy reveals the true secret to making someone feel special—it's not about extravagant, exclusivity, or expense. Instead, Sarah shares how the key lies in disrupting expectations. ***The benefits of aging with grace*** | Dana Bowman | TEDxUTulsa. In a delightfully whimsical and uplifting talk, Dana discusses the societal reactions her graying hair gleaned. Paired with the idea of self-worth, invisible woman syndrome, and the very concept of aging, this talk is sure to bring a laugh and comfort.

**Wednesday, April 23: *How to Train Your Confidence Like a Muscle*** | Hanako Montgomery | TEDxICU. As an Asian woman, how has she maintained her identity, overcome challenges, and navigated the world of media?. ***How the colors around you impact your mood*** | Dagny Thurmann-Moe | TEDxArendal. Dagny Thurmann-Moe explores how our grayscale surroundings impact us and reveals how thoughtful, intentional use of color can make our environments—and lives—vibrant and human again .

**Wednesday April 30: *Trump, Europe, Ukraine and the Uncertain World Order*** | TED Explains the World with Ian Bremmer. Headlines have been swirling as President Trump enters his second month back in office and his policies come into focus. In this urgent, fast-paced conversation, political scientist Ian Bremmer defines what we should pay attention to, digging into a newly fractured US-Europe relationship, the potential future of Ukraine and moves in Gaza, China and within the United States itself

# April Excursions

**Thursday, April 3— Minnesota Orchestra**

**Depart: 9:30 AM**

**Cost: Must Purchase Tickets On Your Own**

Marta Gardolińska is the guest conductor and the program will include: the *Bacewicz Overture*, *Chopin Piano Concerto No. 2*, and *Beethoven Symphony No. 6, Pastoral*. Benzod Abduraimov the featured pianist will dazzle the audience with his incredible talent.

**Sunday, April 6— *The Bridges of Madison County* at Plymouth Playhouse**

**Depart: 2 PM**

**Cost: \$16.35 (Checks Made Out to RidgePointe)**

This musical is based on James Waller's best-selling novel, *The Bridges of Madison County*. The story is about a photographer Robert Kincaid and his life-changing, four-day love affair with Iowa farm wife, Francesca Johnson. (Production is 2 hours & 45 minutes) (Performance 2pm)

**Thursday, April 10— Lunch and Shopping at General Store of Minnetonka**

**Depart: 10:35 AM**

Start with a delicious meal at the General Store. This is a cafeteria style restaurant known for their freshly baked popovers, great salads, yummy sandwiches and soups. After lunch, have fun shopping around the General Store. The store holds a variety of unique products, such as, jewelry, puzzles, candles, snacks, décor and books. (Reservations 11am)(Depart 1pm)

**Thursday, April 17— Faribault Woolen Mill Tour, Lunch at Faribault Family Restaurant, Lavender Barnyard**

**Cost: On Your Own (Tours are Free) (Lunch Cost: On Your Own)**

**Depart: 10 AM**

Founded on the banks of the Cannon River, the *Faribault Woolen Mill* is considered one of the last remaining vertically integrated woolen mills in the United States where the entire process from raw wool to finished product happens under one roof. After the tour, enjoy lunch at a local restaurant, Faribault Family Restaurant. On the drive back, visit Lavender Barnyard, a fully operational lavender farm in Farmington. Shop *The Laiterie* (store), where you'll find special lavender products. (Tour 11am)(Lunch Reservations 12:30pm)

**Saturday, April 19— Ladies Luncheon at Jensen's Food & Cocktails**

**Depart 10:25 AM**

Choose from Jensen's large weekend brunch menu. The menu includes fabulous salads, soups, several unique recipes of Egg Benedict and scrumptious sandwiches.

\*Reservations only allowed for 19 people (11am reservations)

**Thursday, April 24— 37 Postcards- DayTrippers Dinner Theatre**

**Depart: 12 PM**

**Cost: \$54.00 (Checks Made Out to RidgePointe)**

This play is styled like a 1930s screwball comedy. This delightful play follows young Avery Sutton and his fiancée as they return from eight years in Europe, only to find his quirky family has gone entirely off the rails! Expect twists, turns, and a dash of chaos in this charming and eccentric comedy.

(Lunch 12:15pm) ( Production Start Time 1:15pm) (Location: Plymouth Playhouse)

**Saturday, April 26— Edina Historical Society Museum—Special Presentation**

**Depart: 2:30 PM**

**Cost: \$5 (Checks Made Out to RidgePointe)**

*The Nation Makes the Man: Norman Rockwell and World War II Masculinity*, with Mary Agnes Ratelle: Throughout the late 19th and early 20th centuries, the United States' leadership was deeply invested in the state of American Masculinity. As the U.S. entered World War II, a new era of American Masculinity emerged, highlighting the aggressive and patriotic military man. Norman Rockwell, in his Saturday Evening Post illustrations of Willie Gillis, diverged from this trend, portraying the "American everyman". In this talk, EHS Interim Executive Director, Mary Agnes Ratelle, discusses the visual portrayal of American masculinity and its roots in Rooseveltian ideals, as well as the work of Norman Rockwell and its impact on American culture. (3:00-4:30 pm)

## ~April Special~ Cottonfield ~

*Moving this Spring? Check this out!*

The [Cottonfield floor plan](#) is located in the East Building on the third floor.

This East facing unit has an in-unit Washer/Dryer, formal Dining Room, two Bedrooms, and two Bathrooms. A side-by-side refrigerator, pantry with pull-out drawers, and an eat-in kitchen make this apartment feel like a home. You'll have lots of natural light with this East-facing unit.

Naturally, the [RidgePointe Amenities Package](#) is included in every rent at RidgePointe making your dollar work even harder.

All this for just \$2,990!

There is only one available, and this offer will only last until this apartment is gone!

Don't wait! Call now for a tour and begin living the lifestyle you deserve!

Paula Rickett

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