RidgePointe News

May 2025 Volume 41 | Issue 5

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FIESTA LIKE THERE'S NO MAÑANA! MANA 5th

1:30 PM EAST LOBBY MUSIC, MARGARITAS, SNACKS

May Events Friday, May 2: Thief River Falls Jazz Band and Strings Group Concert **10 AM EL** Enjoy a live concert from Franklin Middle School. This jazz band and Starlight Strings group is made up of 6th, 7th, and 8th grade students that love to play their instruments and share their music with others. *Please Note: All Exercise Classes are Cancelled. Friday, May 2: 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. Monday, May 5: Cinco de Mayo Party 1:30 PM EL Let us celebrate Cinco de Mayo with music, margaritas and a festive snack! Tuesday, May 6: In-Person Speaker— Gary Hanson 10 AM MH Lost Art - Found and Art Fakes and Forgeries. One of the most intriguing dimensions in the world of art is the number of works over the centuries, many masterworks by famous artists, that have gone missing for long periods of time (and presumed lost). Then, often by accident, are found once again. In addition, this lecture will discuss the fakes and forgeries in the art world. Learn about the great art forgers in history and how they were successful in plying their craft. Tuesday, May 13: —Linda Pleissner– A Facilitator for *Coalition for Grief Support* **10 AM MH** *Lessons Learned from Grief.* Linda is a volunteer at the Downtown Coalition for Grief Support. She will describe her personal grief journey, and what she learned after the loss of her husband. In addition, Linda will share her knowledge on potential resources available. For example, Linda will share sources on the local Family Loss Support Groups available. She will also discuss valuable tools on how to talk to children about grief. Tuesday, May 13: Affinity Hearing—Free Hearing Aid Cleaning 11:30 AM ER No sign up necessary. Held in the exercise room. Friday, May 16th: A Piano Performance with Don Irwin **2 PM EL** Enjoy a special piano performance by the talented Don Irwin. Tuesday, May 20: In-Person Demonstration—Wendy Johnson 10 AM-12 PM MH Flax to Linen: From Seed to Fiber. A talk on the history and growing of linen flax plants, and a demonstration of the mechanical steps of flax processing to create fiber for linen. Wendy J. Johnson has many professional roles, including: textile artist, knitting designer, photographer, and teacher in the textile arts. Tuesday, May 20: Birthday Celebration 3 PM EL 3:00pm—HAPPY HOUR IN THE EAST LOBBY: Wine and Appetizers 3:30pm—Entertainment: Kathy and Van Nixon-Vocal Artists 5:00pm—Birthday Meal: Is your birthday in May? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on May 20th. Tuesday, May 27: In-Person Speaker—Marguerite Ragnow **10 AM MH**

Becoming Greenlanders: A Premodern Immigration Story. A look at the complicated history of Greenland from prehistory to today.

MAY MOVIES FRIDAYS 7PM MARION HALL



<u>May 2:</u> *My Best Friend's Wedding.* Comedy. When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding.

May 9: The Boys in the Boat. Drama. True story of depression era underdog athletes as they compete with elite rivals in the 1936 Berlin summer games.

May 16: . Just Getting Started. Comedy. Ex FBI agent (Tommy Lee Jones) and an ex mob lawyer (Morgan Freeman) in the witness protection program, put aside their golf rivalry to fend off a mob hit.

May 23: Ordinary Angels. Drama. A struggling hairdresser finds a new sense of purpose when she helps a widowed father rally an entire community to help a dad care for his daughters.

May 30: National Anthem Girl. Documentary. In 2014, a young woman became the first person in history to sing the Star-Spangled Banner in all 50 states promoting patriotism and gratitude for our troops.

Flax to Linen: From Seed to Fiber

A Live Demonstration

Wendy Johnson Tuesday, May, 20th, 2025 Marion Hall 10am-12pm

> Learn about growing and processing flax plants and watch a demonstration of the breaking of the flax.

TED Talks Wednesdays at 1pm on Channel 991

<u>Wednesday, May 7</u>: How to See the Future Coming — and Prepare for It | Jane McGonigal | TED. As a futurist who helps people prepare for all different kinds of possibilities, Jane McGonigal thinks we overuse words like "unthinkable" and "unimaginable." She introduces three hypothetical scenarios, showing how you can foster the ability to think creatively. A Concrete Plan for Sustainable Cement | Ryan Gilliam | TED. Cement is one of the most-consumed materials on Earth — second only to water — and it accounts for a whopping eight percent of the world's carbon pollution. What if we could turn this climate villain into a hero? pate new risks and feel ready for whatever the future may hold. How Light and Code Can Transform a City | Leo Villareal | TED. Leo Villareal is an artist, but his tools aren't paint and canvas; he manipulates light, color and computer code to create monumental works of public art.

Wednesday, May 14: My Big Idea (Ep. 3): A Monthly Miracle Packed with Scientific Potential | Karli Büchling. Karli Büchling has devoted herself to studying it in the service of women's health . She unveils a bold idea to unlock medical breakthroughs in the field. What reporting on tragedies taught me about death | Rajini Vaidyanathan | TEDxSoho. As a foreign correspondent, Rajini has reported from across the world. He is a BBC broadcaster, journalist, foreign correspondent and news reader with 20 years of experience across TV, Radio and Online. Athletes fear concussions—why don't they report them? | Ben Jones | TEDxLeeds. Beckett University. Ben is a Professor of Sports Science specializing in sports performance, injury prevention, and player welfare. He has published over 250 peer-reviewed articles, supervised more than 30 PhD students and secured over £6 million in research funding. Wednesday, May 21: How an Evangelical pastor became a trans ally / Kevin R. Scott | TEDxWilsonPark. Kevin R. Scott shares his personal journey as a father to a transgender daughter and an ally to the trans community. From calling out harmful comments to confronting systemic injustice . Can chimp communication guide the future of AI? Adrian Soldati | TEDxGeneva. Adrian is a primatologist doing scientific research on animal behavior and cognition. He focuses on studying the social behaviors of wild chimpanzees, including how they communicate with sounds and gestures and what this may tell us about the evolution of our language. My Big Idea (Ep. 1): A Joyful Way to Get Outside | Hazel Cottle | How to Create a TED Talk. Occupational therapist, Hazel Cottle, thinks she has the perfect solution to encourage families to get outside — even when it's wet and dreary. Join Hazel as she prepares and delivers her big idea in a TED Talk.

<u>Wednesday, May 28</u>: How to rebuild the U.S. economy | Elisabeth Reynolds | TEDxBerkshires. Her recent research and policy work has focused on growing innovative companies to scale, digital technology adoption and inclusive growth. What happens if the Amazon dries up? | Tom Matthews | TEDxAmazônia. Climatologist and Explorer of extreme environments Tom Matthews makes the connection between the vanishing glaciers of the Andes and the health of the Amazon rainforest — and flags the risks of disrupting a water cycle that links the entire South American continent. Why autism portrayal is one-dimensional—and how to change it | Chloé Hayden | TEDxSydney Youth. In this powerful talk, Chloé Hayden, an award-winning actress and disability rights activist, challenges the stereotypes surrounding autism and advocates for a world where autistic individuals are free to simply be themselves .

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Muy Excursions
Thursday, May 1— Mystic Lake Casino Depart: 10:15 AM
<u>Cost: On Your Own</u>
Head out to Mystic Lake Casino for a day of Bingo, gambling or just enjoy lunch. (Van Returns: 3 PM)
Saturday, May 3— Frozen the Broadway Musical at the Children's Theatre Company Depart: 9:45 AM
<u>Cost- \$ 52.00 (Checks Made Out to RidgePointe)</u> (NOTE: 15 Tickets)
Disney's Frozen sweeps into Minnesota as Children's Theatre Company premieres its original
production of the hit Broadway musical.
(11AM Show) (Production is roughly 2 hours 15 minutes with an intermission) Thursday, May 8— Minnesota Orchestra Depart: 9:30 AM
Cost: Must Purchase Tickets On Your Own
Al-Zand Luctus Profugis: Elegy for the Displaced, Mozart: Piano Concerto No. 17, Shostakovich:
<i>Symphony No. 11, The Year 1905.</i> Søndergård, Fliter and Mozart. Thomas Søndergård conducts the
talented Minnesota Orchestra, with special guest, Argentine pianist, Ingrid Fliter.
Thursday, May 15— Perfect Wedding at Sidekick Theatre Depart: 11 AM
Cost: \$51.00 (Checks Made Out to RidgePointe) (Includes Lunch and Show) (NOTE: 20 Tickets)
A riotous comedy and a touching love story about a groom who wakes up on the morning of his
wedding day with a hangover and a strange woman in his bed. Mix in the bride, her mother, the best
man, and a maid that knows too much, and you have a recipe for disaster. Wedding bells or running
for the hills? Their big day will be far from a piece of cake!
(11:30AM Lunch) (1PM Show) (Production is 2 hours 45 minutes)
Thursday, May 22— Whoa, Nellie! The Outlaw King of the Wild Middle West at History Theatre
Cost: \$35.00 (Checks Made Out To RidgePointe) Depart: 9 AM
Whoa, Nellie! tells the whirlwind tale of a fake detective (and former child performer), whose
countless criminal exploits and penchant for male attire made her a Minnesota media sensation in the
late 1800s. This fast-paced, funny, and surprisingly moving new musical follows the path of the
enigmatic and relentless "Nellie King," the alias by which she was best known. (10AM Show)
Saturday, May 24—Ladies Breakfast at The Downtowner Woodfire Grill Depart: 10:30 AM
Enjoy a fabulous breakfast at this charming St. Paul Landmark restaurant. Famous for its Cajun
breakfast and stuffed French toast, you will surely find an breakfast entrée to meet your craving.
(11 AM Reservations)
Thursday, May 29—National Eagle Center in Wabasha and Lunch at Culvers Depart: 9:30 AM
Cost: \$ 17.15 (Checks Made Out to RidgePointe)
Live Eagle Program. Have you ever wondered, "How much does an eagle weigh?" or "How big is
their wingspan?" The answers await you in an engaging and entertaining live eagle program by the
National Eagle Center, the world's premier resource for impactful eagle education and experiences.
You'll learn about eagle biology, ecology, and natural history, and meet one of the National Eagle

Center's resident eagle ambassadors! On the drive back, have lunch at Culver's, located in Red Wing. (12pm Eagle Program- Start Time) (Program 45 minutes approximately) (Depart Center 1:15PM)

Suggested: BRING a SNACK and WATER for drive. (Drive to Wabasha– Roughly 1 hour 45 minutes)

Looking to elevate your everyday? Check out our May Special!

Enjoy the sunshine in the beautiful two-bedroom, bath and a half Evergreen Floor Plan. The Evergreen faces South and is located at the end of the hall in the East Building. Plenty of privacy and tons of natural light! This floor plan boasts 837 square feet of living space. The living room has an entire wall of South facing windows!

All this for just \$2,020/month!

Of course, the <u>RidgePointe Amenities Package</u> is included in every rent, making your dollar work even harder. Enjoy Weekly Housekeeping, Scheduled Van Service, Cable TV, and so much more!

Call to learn more or to set up a tour for this great floor plan or one of our many others. RidgePointe offers over 30 floor plans ranging in price from \$1,300 up to \$4,150.

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