

# RidgePointe News

June 2025 Volume 41 | Issue 6



HELLO  
SunShine

## June Events

### **Tuesday, June 3: In-Person Speaker— Andrea Gilats** **10 AM MH**

Author, Andrea Gilats, will be here to share her book ***Radical Endurance: Growing Old in an Age of Longevity***. A personal guide to the transformations, hard truths, profound pleasures, and infinite possibilities of aging.

### **Friday, June 6: 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, June 10: In-Person Speaker— David Schultz** **10 AM MH**

***The End of American Democracy.*** American democracy is facing many challenges and some ask "Can it survive?" This talk examines the state of American democracy today, asking what ails it and what is needed to fix it.

### **Tuesday, June 17: In-Person Speaker— Melonie Shipman** **10 AM MH**

***Alaska Armchair Tour.*** Experience Alaska with Melonie Shipman, a long-time Alaskan resident, and traveler and wildlife educator. She will speak on why it is called "The Great Land." Alaska is known for the remarkable wildlife, the dancing Northern Lights, some of the world's largest tides in the ocean, and where a fishing rod will bend because of the hearty salmon and halibut. For Alaskans the appeal is that NOTHING is normal in Alaska.

### **Tuesday, June 17: Birthday Celebration** **3 PM EL**

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

**3:30pm—Entertainment: Steve Clark-Jazz Trio**

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

### **Tuesday, June 24: In-Person Speaker—Steve Rogers** **10 AM MH**

***Peace of Mind Seminar.*** Steve will discuss cremation and burials, traditional funerals, Veteran Benefits Payment Plans and pre-arrangements. Learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about pre-arrangements, veteran benefits, cremation, burials, and more.





# JUNE MOVIES

## FRIDAYS 7PM MARION HALL



**June 6: *A Complete Unknown*. Biography.** The meteor rise of a young Bob Dylan. He arrives with his guitar and revolutionary talent, forging relationships with music icons. His rise culminates in a groundbreaking and controversial performance that reverberates worldwide.

**June 13: *The Problem with People*. Comedy.** Two distant cousins who've never met come together to finally put an end to a generations long family feud. One cousin from New York City and the other cousin is from Ireland. A heartwarming comedy about family, world peace, and sheep.

**June 20: *Little White Lie*. Drama.** Lacey Schwartz grew up with Jewish parents, but never looked quite like them. It wasn't until she was 18 that she learned the truth.

**June 27: *Because I Said So*. Comedy.** A meddling mother tries to set her daughter up with the right man so she wouldn't follow in the mother's footsteps.



### An Excursion!



Donkeys, Geese & Goats

Oh My!

**JUNE 26TH**

**ENJOY A GOURMET PIZZA LUNCH!**

SEE JUNE EXCURSIONS FOR DETAILS.

## **TED Talks** Wednesdays at 1pm on Channel 991

**Wednesday, June 4: *Want to live long? Learn to live better* | Kim Boyd, MD | TEDxBoulder.** A former national team gymnast, Stanford All-American, and physician-executive for some of Silicon Valley's most innovative health startups, Dr. Kim Boyd has been at the forefront of health and performance for decades. In this insightful and inspiring talk, she shares why our current approach to medical care isn't sufficient for a long, healthy life and how even the most advanced biohacking may not deliver all of the results we desire. ***Why is darker skin an afterthought in medical training?* | Naabil Khan | TEDxNHS.** Naabil is a medical student ready to change the way we teach, diagnose and understand skin and skin tones in the clinic room. The symptoms and experiences of patients with darker skin should not be treated like an afterthought.

Representation starts with education. ***How a Xerox machine saved lives and won me a Nobel Prize* | Drew Weissman | TEDxPenn.** Discussing the serendipity of the making of great scientific discoveries, and how the mRNA technology is not only saving lives one at a time, but also hastening a global healthcare revolution

**Wednesday, June 11: *3 tips to preserve your vision* | Dr. Pam Theriot | TEDxGrandviewHeights.** With screens dominating our work and leisure, digital eye strain is affecting both our productivity and health. In this eye-opening talk, Dr. Theriot explores the impact of screen time and shares simple, research-backed ways to protect your vision for years to come. ***How reliable is fingerprint evidence?* - Theodore E. Yeshion.** Today, fingerprints remain one of the most common types of evidence in criminal courts. But just how reliable are they? Theodore Yeshion investigates. ***Meet NEO, Your Robot Butler in Training* | Bernt Børnich | TED.** In this talk and live demo, roboticist and founder of 1X Bernt Børnich introduces NEO, a humanoid robot designed to help you out around the house.

**Wednesday, June 18: *This Is What a Digital Coup Looks Like* | Carole Cadwalladr | TED.** Investigative journalist Carole Cadwalladr. In a searing talk, she decries the rise of the "broligarchy" — the powerful tech executives who are using their global digital platforms to amass unprecedented geopolitical power, dismantling democracy and enabling authoritarian control across the world. ***Star Wars Changed Visual Effects — AI Is Doing It Again* | Rob Bredow | TED.** Jedi master of visual effects Rob Bredow, known for his work at Industrial Light & Magic and Lucasfilm, takes us on a cinematic journey through the evolution of visual effects.

**Wednesday, June 25: *The Key to Navigating Change With Confidence* | Kristy Ellmer | TED.** What if the change you fear most is actually the best thing for you? Change leader Kristy Ellmer shares a powerful lesson on how even the most difficult transitions, including layoffs and company-wide transformations, can open unexpected doors. ***An Ethicist's Guide to Living a Good Life* | Ira Bedzow | TED.** Ethicist and rabbi Ira Bedzow helps people wrestle with this big question so they can navigate life with a sense of meaning and direction. ***How to Defend Democracy — and Fight Autocracy* | Leopoldo Lopez | TED.** In a rousing call to defend democracy worldwide, Leopoldo shares the story of his imprisonment and exile for leading the movement against Venezuela's authoritarian regime — and shares his vision for uniting across borders to champion freedom and stamp out autocracy

## June Excursions

**Thursday, June 5— Chico's and Lunch at Wayzata American Legion** **Depart: 10:30 AM**

**Cost: On Your Own**

Start the morning off shopping at Chico's in Wayzata. You will be greeted by Alison, Chico's special sales associate. Alison has excellent customer sales experience and will make the outing feel like a shopping party. Spend the remainder of the time exploring Wayzata. After shopping, have lunch at The American Legion.

**(Van Departs: 12:20pm/Chico's to Wayzata American Legion) (Lunch Reservations: 12:30pm)**

**Thursday, June 12— Minnesota Orchestra** **Depart: 9:30 AM**

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

**Søndergård Conducts Rachmaninoff.** This program features: **Simon-** *Four Black American Dances*, **Prokofiev-***Piano Concerto No. 3*, and **Rachmaninoff -***Symphonic Dances*. Bruce Liu is the guest pianist.

**Thursday, June 19— Minnesota Landscape Arboretum: Lunch and Tram** **Depart: 11:25 AM**

**Cost: \$ 40.00 (Checks Made Out to RidgePointe)**

Spend the day at the Minnesota Landscape Arboretum. This excursion will start off with the **Flowerpot lunch**, served in a private dining area. The Flowerpot lunch includes a choice of sandwich (turkey, ham, roast beef or veggie - option for gluten free) as well as chips, an apple, cookie and bottled water. After lunch, take a 1- hour, **narrated tram tour** on Three-Mile Drive highlighting the varied collections, display gardens and the Farm at the Arb.

**(Lunch 12pm) ( Tram 1pm) ( Depart 2:35pm)**

**Saturday, June 21— Ladies Luncheon at The Tavern Grill** **Depart: 11:20 AM**

Enjoy a hardy lunch at this traditional, American style restaurant. The menu has scrumptious burgers, sandwiches, soups, salads, various appetizers and yummy desserts.

**(11:30am Reservations)**

**Thursday, June 26— Lavender Barnyard and A Gourmet Pizza Lunch at Squash Blossom Farm**

**Lunch Cost: \$ 24.00 (Checks Made Out to RidgePointe)** **Depart: 10:15 AM**

On the way to Squash Blossom Farm, we will make a brief stop at the Lavender Barnyard. Spend 45 minutes viewing this beautiful farm, take a few snapshots and shop in the lavender store. After the visit, head to Oronoco to have lunch at Squash Blossom Farms. Enjoy a delicious gourmet pizza lunch at this restored historic 1910 farmstead. The farm, was restored and revitalized using permaculture techniques and it is real farm with gardens, chickens, goats, donkeys and an aquaponic fish pond. Lunch includes: a fresh garden salad with homemade house dressing, a variety of wood-fired sourdough-crust pizzas', and rhubarb cake with real



# Oh, the Places You'll Go!

Alleviate the inconveniences of driving or forgo it all together! [RidgePointe's Scheduled Van Service](#) helps keep you moving to all the places you love to go! Our exceptional van service runs several days a week and stops at dozens of destinations including grocery stores, shopping malls, banks, and local medical offices. Even if you still drive, enjoy the convenience of being dropped off and picked up at the door.

Our Van Service is included in the [RidgePointe Amenities Package](#) at no additional cost making your dollar work even harder. For a full list of destinations, take a look at the [weekly van schedule](#) on our website.

In addition to the Weekly Van Schedule, the van ride is free to all our weekly excursions. Check out our monthly [newsletter](#) and [calendar](#) for examples of previous and upcoming excursions. You're certain to find something that interests you!

Call today for more information or to schedule a tour!

Paula Rickett

(952) 540-6280 ~ [paular@pointesliving.com](mailto:paular@pointesliving.com)

