

RidgePointe News

August 2025 Volume 41 | Issue 8

RidgePointe's Annual **ICE CREAM SOCIAL**

Wednesday, August 6th

5:00 PM – 7:00 PM

Live Musical Performance at 6:00 PM



**DEBBIE O'KEEFE &
THE HOT TODDIES**



Menu
\$7 Hot Dog,
Chips
& Beverage

August Event

Friday, August 1: 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, August 5: In-Person Speaker— Allison Oja **10 AM MH**

Dementia - Strategies for Communication and Support. Join us to learn more about how communication changes during the early, middle, and late stages of dementia. Discuss strategies for effectively communicating with individuals living with dementia. Also, learn tools for assisting your loved ones with dementia in completing activities of daily living, and behavioral interventions for de-escalating dementia-related behaviors. Allison is the Director of Education & Community Support for Minnesota Hospice.

Wednesday, August 6: Annual Ice Cream Social **5 PM– 7 PM RidgePointe Lawn**

Enjoy the summer evening together at RidgePointe's annual Ice Cream Social. Purchase a hot dog, beverage and a bag of chips for **\$7.00**. Enjoy a delicious ice cream sundae for free. Live music starts at 6pm featuring ***Debbie O'Keefe and the Hot Toddlies.***

Tuesday, August 12: In-Person Speaker— Tom Rinkoski **10 AM MH**

Six Pillars of Brain Health. It's never too late to focus on your brain health. In this interactive session, we'll explore the six pillars of brain health, activities that support brain health, and hopefully, be inspired by others. This session is a good overview for anyone interested in learning more about brain health and will share information on the latest research on brain health, lifestyle suggestions, and resources to learn more. Tom is a volunteer with AARP.

Tuesday, August 19: In-Person Speaker— Valerie Ruha **10 AM MH**

Clear the Clutter: Simplifying Your Space at Any Stage of Life. An informative and inspiring one-hour presentation designed especially for seniors. Discover practical tips for decluttering, creating a more organized home, and thoughtfully downsizing when the time feels right. Valerie will share ideas on where to donate items so they can benefit local charities and communities. Whether you're discarding, reorganizing or simply want to create more breathing room, this session will offer encouragement, resources, and easy steps to get started. Valerie is owner of **Very Organized by Valerie.**

Tuesday, August 19: Birthday Celebration **3 PM EL**

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

3:30pm—Entertainment: Singer

5:00pm—Birthday Meal: Is your birthday in August? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on August 19th.

Tuesday, August 26: In-Person Speaker— Gary Stamm **10 AM MH**

My English Bulldog. This presentation examines one of the most important relationships of the 20th Century which existed between United States' President, Franklin Roosevelt, and Britain's Prime Minister, Winston Churchill. Their decisions helped win World War II for the Free World. Was it a 'Friendship that Saved the World' or a contentious association and personality clash? Learn the answer directly from our 32nd President.



AUGUST MOVIES

FRIDAYS 7PM MARION HALL

August 1: *Conclave*. Drama. The Catholic Church Cardinals have gathered from around the world to select a new pope. The cardinal leading the process finds himself in the center of a conspiracy and discovers a secret that could shake the very foundation of the church.

August 8: *Jersey Girl*. Comedy. A young man, at the top of his game as a music promoter, is both a workaholic and a silver-tongued expert at manipulating the press. At a Christmas party, he meets someone who changes his life as a single father.

August 15: *The Hoodlum Priest*. Drama. In the roughest slums of St. Louis, a Jesuit priest dedicates himself to helping young ex-convicts who are struggling to rejoin a society that fears and rejects them. A true story.

August 22: *Herman USA*. Comedy. The bachelors of a small Minnesota farming town get together to place an advertisement appealing for single women to visit them. The response is stunning. A true story.

August 29: *The Thin Man*. Mystery. Together with his wife Nora (Myrna Loy), detective Nick Charles (William Powell) tries to crack the case of a missing scientist.

Excursion!

Thursday, August 28th

MINNESOTA ★ ★ ★
STATE FAIR ★ ★ ★



Refer to the August Newsletter for details.

TED Talks

Wednesdays at 1pm on Channel 991

Wednesday, August 6: *3 must-haves for success* | Rob Lipsett | TEDxUNYP. Rob Lipsett shares his three pillars for success: Passion, Resilience, and Impact. *Could we detect breast cancer with your fingerprint?* | Simona Francese | TEDxManchester. Simona believes the fingerprint has enormous potential to become a new way to screen for breast cancer. *Why rest is a right, not a 'luxury'* | Jotina Buck | TEDxThird Ward. licensed psychotherapist and wellness guide Jotina Buck shares her powerful journey of leaving the United States to reclaim her mental health through rest as her pillar and an act of collective community care.

Wednesday, August 13: *Why do people want to be anonymous online?* | Lewis Nitschinsk | TEDxUQ. Learn more about why people seek anonymity online and what outcomes they may be seeking. *How tiny particles may explain why we exist* | Dr. Lia Merminga | TEDxChicago. Dr. Merminga reveals how the Deep Underground Neutrino Experiment (DUNE) unites 1,400 scientists worldwide in the search for fundamental truths about matter and antimatter, showcasing how global collaboration tackles humanity's biggest questions, such as "why do we exist?", through cutting-edge physics and engineering. *Why do our brains love music?* | Dr. John Rehner Iversen | TEDxMcMasterU. Dr. John Rehner Iversen, PhD is a cognitive neuroscientist studying the interactions between music and the brain.

Wednesday, August 20: *How to Build in Space — for Life on Earth* | Ariel Ekblaw | TED. Space architect Ariel Ekblaw reveals how self-assembling structures could build orbiting real estate in space dedicated to solving humanity's greatest dilemmas on Earth, leading to scientific and medical breakthroughs only possible in zero gravity. *Is This the Time of Monsters — or Miracles?* | Angus Hervey | TED. Headlines warn of a world in collapse, but solutions journalist Angus Hervey finds the overlooked triumphs that never make the news — from the rollout of malaria vaccines to the recovery of sea turtles. *The Rise of China's Homegrown Brands — and Why They Matter* | Roger Hu | TED. A generational shift is transforming business in China, says consumer expert Roger Hu. He describes the young, ambitious entrepreneurs taking over family businesses across the country, positioning local Chinese enterprises to emerge as innovative and globally competitive giants.

Wednesday, August 27: *Can AI Help Us Speak with Wolves?* | Jeffrey T. Reed | TED. Linguist and software engineer Jeffrey T. Reed shares his research on wolf sounds in the wild, revealing the surprisingly complex range of noises — barks, yelps, whimpers, even teeth clacking — these creatures make for different social functions. *A New Lifeline for the World's Coral Reefs* | Theresa Fyffe | TED. Learn how her team at the Great Barrier Reef Foundation is rolling out a targeted approach to large-scale coral restoration by combining breakthrough science with Indigenous wisdom and global collaboration — giving coral reefs (and our planet) a fighting chance. *The Rise of China's Homegrown Brands — and Why They Matter* | Roger Hu | TED. Roger Hu describes the young, ambitious entrepreneurs taking over family businesses across the country, positioning local Chinese enterprises to emerge as innovative and globally competitive giants.

August Excursions

Thursday, August 7: — A Gourmet Pizza Lunch at Squash Blossom Farm **Depart: 9:50 AM**

Lunch Cost: \$ 24.00 (Checks Made Out to RidgePointe)

On the way to Squash Blossom Farm, we will make a brief stop at the Pine Bluffs Nature area, where you can use the bathroom and stretch your legs. After the stop, head to Oronoco to have lunch at Squash Blossom Farms. Enjoy a delicious gourmet pizza lunch at this restored historic 1910 farmstead. Lunch includes: a fresh garden salad with homemade house dressing, a variety of wood-fired sourdough-crust pizzas', and rhubarb cake with real whipped cream for dessert. Water, lemonade or coffee are included. Mead (wine made with honey) will be available for purchase by the glass, tasting flight or bottle. (Van Departs from Pine Bluffs approximately 11:30 AM) (Squash Blossom Lunch 1PM) (Arrive back to RidgePointe approximately 4:30pm/ Van Ride 1 hour 35 minutes)

Sunday, August 10: *The Music Man* at Lyrics Art **Depart: 12:50 PM**

Cost: \$37.00 (Checks Made Out to RidgePointe) (16 Person Limit)

A wonderful musical with unforgettable songs like 76 Trombones and Till There Was You. This beloved classic celebrates love, community, and the power of music. Infused with colorful characters and set against a rich backdrop of turn-of-the-century Americana, *The Music Man* promises to be the perfect day at the theater. (2 pm Production) (Approximately 2 Hours 30 Minutes)

Thursday, August 14: Lets Go Fishing on Lake Riley and Lunch at Dairy Queen **Depart: 9 AM**

Cost: Free (7 Person Limit)

Lunch Cost: On Your Own

Spend the morning fishing or floating on a pontoon while enjoying this summer day on beautiful **Lake Riley in Eden Prairie**. Volunteer captains will guide you and all equipment is included: rods, reels and bait. Anglers can expect to find a variety of fish. The pontoon is not equipped with restrooms and use of porta potties are recommended before boat launch. **A Fishing License is not required**. You may want to bring water and snacks. On the way home, have lunch at the Dairy Queen Grill & Chill. (The boat ride is approximately 2 Hours) (Arrival time 9:30 am) (Boat Launch: 10 am)

Saturday, August 16:— Ladies Luncheon at Joseph's Family Restaurant **Depart: 9:55 AM**

Cost: On Your Own

Joseph's is an American style family restaurant located in Stillwater. Especially known for their freshly baked homemade pies, award-winning French toast and pancake recipes. Joseph's restaurant offers a wide variety of food. In addition to the extensive all-day breakfast menu, there is several yummy items to select from, such as: broasted chicken, salads, sandwiches, burgers and delicious appetizers. (11 am Reservations)

Thursday, August 21—Church Basement Ladies at Plymouth Playhouse **Depart: 11:40 AM**

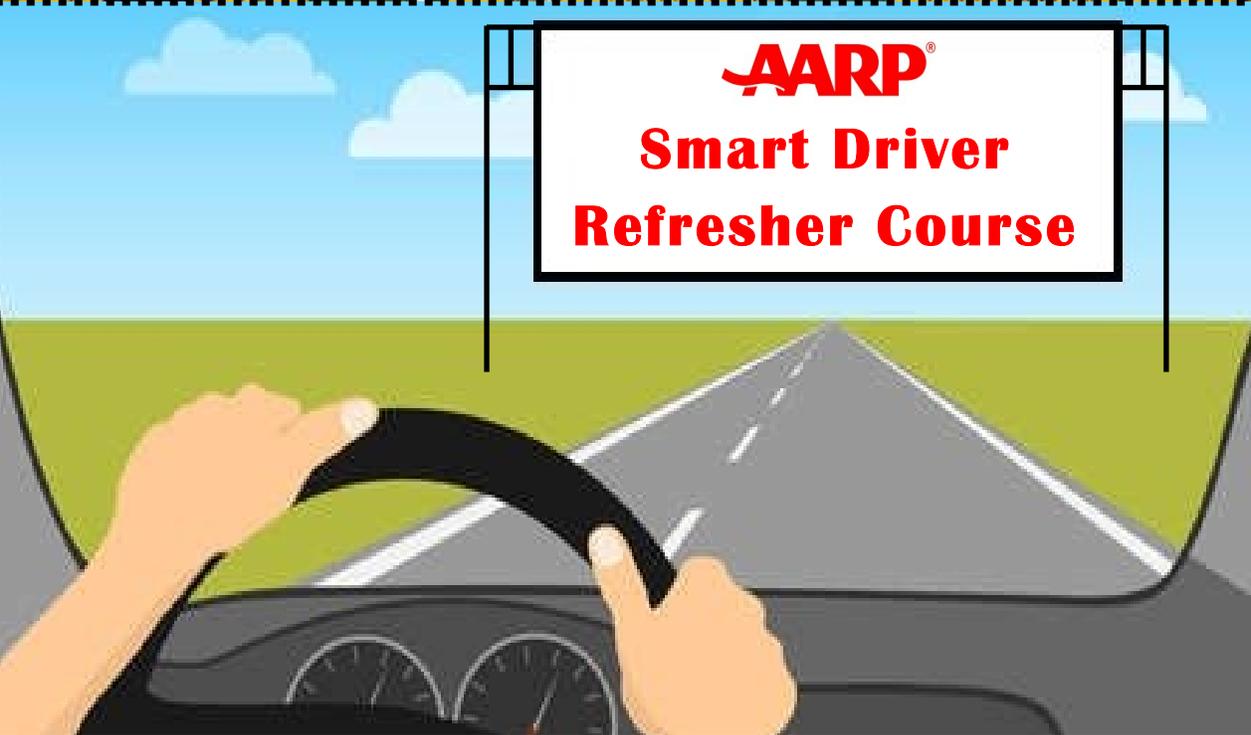
Cost: \$56.62(Checks Made Out to RidgePointe)

In Church Basement Ladies musical, we meet the pastor, three kitchen cooks and a daughter who runs the kitchen and cares for the congregation by preparing and serving the food. Like any great kitchen, problems are solved here as well. We see the four women handle a Lutefisk dinner, a funeral, an Easter fundraiser, and a wedding. Enjoy lunch before the production. More information to come. (Lunch 12 pm) (Production 2 pm) (2 hours 30 minutes)

Thursday, August 28: Minnesota State Fair **Depart: 8 AM— Return: 2 PM**

Cost: Pay at the Gate

The Great Minnesota Get-Together. The Minnesota State Fair offers about 70 different unique foods on a stick. A cherished end-of-summer tradition. (Van Departs Fair at 2 pm)



AARP®
Smart Driver
Refresher Course

RidgePointe is hosting an
AARP Smart Driver Refresher Course!

The course is designed to help make you more aware of safety considerations of the roads that you travel every day. You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time.

When: Thursday, September 25th from 12:30 pm to 4:30 pm
(4 hour course)

Where: RidgePointe ~ Marion Hall

Cost: \$25.00 ~ \$20.00 for AARP members

Registration Required ~ Contact Paula Rickett at (952) 540-6280

Space is Limited ~ Call today!!