

Ridge Pointe News

December 2025 Volume 41 | Issue 12

THE FLORAS



A New Year Party!

Monday, December 29th, 2025

1:00 pm East Lobby Entertainment

**2:00 pm Holiday Hors d'oeuvres,
Champagne and Dessert.**

DECEMBER EVENTS

Tuesday, December 2: In-Person Speaker— Barb and Steve Pieh **10 AM MH**

Cambodia and Indonesia. Barb and Steve will complete their tour of UNESCO World Heritage sites on December 2 by presenting the amazing sites of Angkor Wat in Cambodia, and Borobudur, the Worlds largest Buddhist monument, near Jakarta Indonesia. These historic places have inspired authors and historians for centuries. Come enjoy the cultural and engineering feats of these two renowned destinations.

Tuesday, December 9: In-Person Speaker— Charlene Guggisberg **10 AM MH**

Charlene Guggisberg, a Training Coordinator for the *State Services for the Blind*, will join us to describe her role. In addition, she will talk about an eight week **Adjustment to Blindness and Vision Loss Class**. Topics include: alternative techniques for cooking, traveling independently, managing one's own medication, organization of one's files, money identification, basic sewing skills, alternative ways to utilize various pieces of technology, adaptive leisure activities, how one can have materials transcribed into alternative formats, and much more.

Thursday, December 11: Minnetonka Senior Chorale Performance **11 AM EL**

Enjoy a live performance from by The Minnetonka Senior Chorale. The Minnetonka Senior Chorale is a community ensemble for singers aged 55 and over.

Friday, December 12: Resident Potluck **5:30 PM Atrium**

Join your fellow residents for a RidgePointe Potluck. Bring a dish to share, your personal utensils, a plate and a beverage.

Tuesday, December 16: In-Person Speaker— Doug Ohman **10 AM MH**

MN from the Road - #5 Urban Gems. Doug Ohman is a popular speaker, historian, author and entertaining storyteller. He is also an expert photographer with deep Minnesota roots. In this discussion Doug will focus on Minneapolis.

Tuesday, December 16: Birthday Celebration **3 PM EL**

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

3:30pm—Entertainment: Violinist- Liya

5:00pm—Birthday Meal: Is your birthday in December? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on Dec.16th.

Tuesday, December 23: In-Person Speaker— Steve Parks **10 AM MH**

Cyber-Security for Seniors. Steve Parks from *Nerd- In Law*, will present on cyber security topics such as how to spot scams in email, text messaging, telephone calls, social media, and other websites. In addition, he will talk about general computer safety, including password management, software installation, virus and malware protection. Steve will then describe how best to safeguard against hacking and getting scammed, what to do if you think you've been hacked, scammed, defrauded, or compromised.

Monday, December 29: RidgePointe's New Year's Celebration **1-3 pm EL, MH, RR**

RidgePointe's Residents are invited to our end of the year New Year's Celebration. Don't miss this fun event! Dress festive!

1:00 pm—East Lobby—Entertainment—The Floras

2:00 pm—Marion Hall and Rose Room—Hors D'oeuvres, Champagne, and Dessert

TED Talks Wednesdays at 1pm on Channel 991

Wednesday, December 3 : *How nanoparticles could help medication reach the brain* | Eden Tanner | TEDxUniversityofMississippi .What happens to medicine once it enters your body? How does a drug get to where it needs to go, and what if that place has a formidable defense system? These are questions being answered in Dr. Eden Tanner's lab. *Why you should share your embarrassing stories* | Beverley Elliott | TEDxSurrey. Beverley's heartfelt talk highlights the transformative power of storytelling to foster connection and empathy. *What if your health data could save a life?* | Ashley Van Zeeland | TEDxSanDiegoWomen. Ashley Van Zeeland explains how shared data and global collaboration are helping to solve complex diseases and why your involvement as a citizen scientist is more important than ever.

Wednesday, December 10: *How to talk about inheritance (without talking about money)* | Emily Bouchard | TEDxSan Diego Studio. We are in the midst of the largest wealth transfer in history—but most families don't prepare beneficiaries for what really matters. After losing her mother at 14 and losing family relationships over inheritance trauma, this social worker discovered the secret to preventing inheritance trauma. *Why studying bees can teach us about human loneliness* | Sarah Kocher | TEDxNewEngland. Social interactions are essential for the survival and success of many animals, including humans. But how does the brain adapt to support these interactions? *5 steps to start being kinder to yourself* | Melissa Robinson-Winemiller | TEDxUTulsa. Dr. Melissa Robinson-Winemiller is an expert in empathy and emotional intelligence. With advanced degrees in leadership, business, and statistics, and 20+ years of experience, she is passionate about sharing her knowledge.

Wednesday, December 17 : *How "Big Mail" is sabotaging the postal service* | Andrew Young | TEDxBreckenridge. In a world driven by digital notifications, mobile apps, and inbox overload — does traditional physical mail still matter? Andrew Young, a longtime innovator in customer communication technologies, explores why physical mail remains a vital — and often misunderstood — part of how businesses connect with people. *What can we learn from ghost stories?* | Amy Tudor | TEDxVCU. Dr. Amy Tudor, a death doula and scholar of Thanatology, explores the persistence of ghost stories in Western culture. *Physiotherapy saves futures* | Tom Reading | TEDxNHS. Tom Reading, a Clinical Lead Physiotherapist, reveals how physiotherapy can restore identity, dignity, and hope for young people living with cancer

Wednesday, December 24: *The Art of Reading Minds* | Oz Pearlman | TED. Mentalist Oz Pearlman is billed as one of the world's greatest mind readers . *What young people should know about fentanyl* | Sarah Lotsoff | TEDxTufts. . Speaker Sarah Lotsoff weaves her personal experience with facts about fentanyl, drug education, harm reduction, and societal attitudes towards each in an effort to address lingering misconceptions and spread awareness about the dangers of accidental fentanyl poisoning . *The Life-Saving Secrets in Your Baby's DNA* | Robert C. Green | TED . In this groundbreaking talk, geneticist and physician Robert C. Green shares how his team became the first in the world to comprehensively sequence and analyze the DNA of healthy newborns, revealing hidden risks for treatable conditions.

Wednesday, December 31: *Should we get our news from comedians?* | Borna Sor | TEDxZagreb. Knowing that humor often serves as our defense mechanism against fear, political satirist Borna Sor dives into the art of making boring yet essential topics—like politics and the news—fun and engaging. *3 life lessons from a polar explorer* | Annie Aggens | TEDxWilmette. Her role as a polar guide allows her to teach people about the effects of climate change on the Arctic and polar regions. *Are carbon credits legit?* | Jaye Connolly | TEDxSanDiegoWomen. Picture a 10,000-mile quest across Africa, leading to a shocking revelation about the world of carbon credits. As a Chairman of a tech company, I stumbled upon interesting facts that turned my professional path into a personal crusade.

DECEMBER EXCURSIONS

Thursday, December 4: Minnesota Orchestra

Depart: 9:30 AM

Ticket Cost: Purchase Ticket On Your Own

Dvořák New World Symphony. The program includes Shaw, Entr'acte, Hayden, and Dvorak.

Sunday, December 7: *The Nutcracker Ballet*

Depart: 2:05 PM

Cost: \$25.00 (Checks Made Out to RidgePointe) (*15 Tickets Only)

Celebrate the holiday season with a timeless classic, *The Nutcracker Ballet*. Performed by the Continental Ballet Company at Bloomington Center for the Arts' Schneider Theater. Enjoy this holiday classic telling the story of a young girl's gift of a nutcracker and her magical trip to the Land of the Sugar Plum Fairy. Beauty, fantasy and exquisite dancing make this an enjoyable performance for people of all ages. **(Performance: 3 PM-5 PM)**

Thursday, December 11: DeGidio's Restaurant and Minnesota History Center

Depart: 10:40 AM

Museum Cost: \$12.00 (Pay at the Entrance)

Lunch Cost: On Your Own

Start off the excursion having lunch at DeGidio's historic, family-run Italian restaurant and bar located in Saint Paul. The establishment, founded in 1933, serves classic Italian dishes made from family recipes, including pasta with their famous red sauce. After lunch, head to the History Center to enjoy the newest exhibition *Julia Child: A Recipe for Life*.

(Reservation 11:30 AM)(Museum 1 hour 30 min. Visit Time)

Thursday, December 18: Southdale Center

Depart: 10:30 AM

Spend this winter day exploring Southdale Center in Edina. Southdale offers a broad array of stores both premier and everyday brands. From everyday retail to luxury items, there is something for everyone. In addition, the center offers a wide range of dining options, from sit-down restaurants to fast casual eateries. **(Depart Mall 1:15 PM)**

Thursday, December 18: Holiday Lights Bus Tour

Depart: 5:30 PM

Cost: \$45.00 (Checks Made Out to RidgePointe) (*20 people Maximum)

No holiday would be complete without a Holiday Bus Tour. Take a chauffeured tour with some of the largest and most elaborate light displays in the west metro. Bathroom stops will be planned. **(5:30 PM– 8:30 PM)**

Saturday, December 20: Ladies Luncheon at Pink Ivy Kitchen and Bar

Depart: 10:40 AM

Lunch Cost: On Your Own

Pink Ivy Kitchen and Bar is a modern American restaurant in downtown Hopkins, known for its creative, chef-driven menu and stylish, vibrant atmosphere.

(Reservations 11 AM)

Make it a December to Remember!

Home for the Holidays? Great! Enjoy your house & take stock of all the great memories and how well your home serves you. At some point, your house may no longer serve you. When that time comes, RidgePointe may be exactly what you are looking for! We take on maintenance, housekeeping and yardwork, and provides a full calendar of great activities and socialization opportunities for you to choose from. Invest your time differently!

- * **On-site Maintenance and Weekly Housekeeping included**
- * **Cable TV included (Wi-Fi additional)**
- * **Wood Shop, Needle Craft Room, Art Studio & Raised Garden Beds**
- * **Lectures/Speakers, Exercise Classes, Parties & Excursions**
- * **Libraries, Cards, Bingo & More**
- * **Daily Continental Breakfast included**
- * **Weekday Deli Lunches and M-TH Dinners available for a charge**
- * **Scheduled Van Service to your favorite places to shop, bank, and enjoy life!**

The RidgePointe Amenities Package is included at no additional charge making your dollar go further, and your lifestyle easier. The only utility you pay for is electricity. With over 30 Floor Plans and rental prices ranging from \$1,350 to \$4,150, there is sure to be an apartment for you.

It's a good age to live a Great Life!

Call for a tour of RidgePointe, or to learn more.

Paula Rickett | 952-540-6280 | www.funatridge.com