

Ridge Pointe News

March 2026 Volume 42 | Issue 3

A St. Patrick's Day & Birthday Celebration!

BLUE OX JAZZ TRIO

Zach Studdiford, Piano

Henry Goldman, Bass

Jack Schabert, Drums

Tuesday, March 17th

EAST LOBBY

3:00pm Beverage and Appetizer

3:30pm Concert Begins

MARCH EVENTS

Tuesday, March 3: In-Person Speaker— Susan Gangsei **10 AM MH**

The Sacred Journey of Aging Exhibit and Artist Talk by Susan Gangsei. Artist Susan Gangsei will exhibit her tapestries and give an artist talk about her series, “*The Sacred Journey of Aging*”. She will talk about her artistic journey as a textile artist, guide the viewing of her art, and facilitate a group discussion. The discussion will draw on the audiences personal experiences and insights regarding their own journeys.

Friday, March 6: Piano Performance—Don Irwin **2 PM EL**

Friday, March 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, March 10: In-Person Speaker—Minnesota Aging Pathways **10 AM MH**

Changes to Medicare 2026. The new year brings a new round of Medicare coverage, cost and policy changes that affects each beneficiary differently, depending on their medical needs, income and other factors. Minnesota Aging Pathways will help explain some of the most significant changes in your 2026 coverage.

Tuesday, March 17: In-Person Speaker— Mike Henry **10 AM MH**

The Biggest Crowd Pleasing Records. Mike will share the most crowd pleasing records from the 40s, 50’s, 60’s and 70’s. Find yourself tapping your toes and fingers and singing along, while Mike entertains you with a musical moment in time.

Tuesday, March 17: Birthday Celebration **3 PM EL**

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

3:30pm—Entertainment: Blue Ox Jazz Trio

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

Thursday, March 19: RidgePointe Resource Day **8:30 AM-11:30 AM MH**

Neighbors Helping Neighbors is hosting an event, The RidgePointe Resource Day. Come and discover what RidgePointe has to offer, such as: specialty clubs, excursions and RidgePointe Service opportunities. Visit booth, ask questions and make connections.

Tuesday, March 24: In-Person Speaker— Andrea Shapiro **10 AM MH**

The FBI Minneapolis Citizens Academy Alumni Association partners with Elder Justice MN to bring awareness about financial exploitation and elder fraud. Their presentation provides residents of adult 55+ communities with helpful information/tips on how to avoid becoming victims of financial exploitation.

Tuesday, March 31: In-Person Speaker—David Jones **10 AM MH**



MARCH MOVIES



FRIDAYS 7PM MARION HALL

March 6: *Nobody's Fool*. Drama. A stubborn man past his prime reflects on his life of strict independence and seeks more from himself.

March 13: *The Family Man*. Comedy. Offered the opportunity to see how the other half lives, a fast-lane investment broker wakes up to find that his sports car and girlfriend have become a mini-van and a wife.

March 20: *Waking Ned Devine*. Comedy. When a lottery winner dies of shock, his fellow townsfolk attempt to claim the money.

March 27: *The Last Word*. Comedy/Drama. Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth, resulting in a life-altering friendship.



Live Performance

Don Irwin

Friday, March 6th

2pm

East Lobby

TED Talks

Wednesdays at 1pm on Channel 991

Wednesday, March 4: *3 Ways to stop Everything you should know about DNA testing* |

Emma Kowal | TEDxDeakin Uni Melbourne. Professor Emma Kowal from Deakin University, Melbourne, Australia, explores how at-home DNA tests are reshaping ideas of family, kinship, and personal identity. *How to Communicate Better with hearing loss* |

Gael Hannan | TEDxVictoria. Ever smiled and nodded even though you missed what was said? This candid exploration reveals why this survival tactic sabotages relationships and how honest communication creates deeper connections for everyone. *Why the 'Perfectly Balanced' Relationship is a Myth* | **Katie Chaney | TEDxBGSU.** Drawing from insights by Michelle Obama in *The Light We Carry* and Brené Brown's work, I will explore why relationships should be about striving for a shared 100%—not dividing it. , hearing or not.

Wednesday, March 11: *We have a Drug Shortage Problem—Here's How We can Solve it* |

Caroline Schober | TEDxMedUniGraz. Globally, drug shortages are leaving patients and doctors without essential antibiotics, painkillers, and even cancer treatments. *How Nearly Dying Helped Me Discover My Own Cure (and Many More)* | **David Fajgenbaum** |

TED . Physician-scientist David Fajgenbaum was dying from a rare disease that didn't have a cure — until he discovered a lifesaving drug that wasn't originally intended for his condition. *How to Use your Brain's Prediction Engine to Work Smarter* | **Ashok Hegde | TEDxGeorgiaCollege.** By understanding how the brain uses prediction errors and dopamine to signal surprise, it becomes possible to design moments that lift energy, sharpen learning, and strengthen relationships.

Wednesday, March 18: *Sitting All Day Is Killing You — Here's What to Do About It* | **Manoush**

Zomorodi | TED.. Journalist and author Manoush Zomorodi explains how tech habits (including sitting all day) affect your physical health, from making you feel exhausted to raising rates of chronic illness. *How to Stop AI from Killing Your Critical Thinking* | **Advait. Sarkar | TED.** AI and design researcher Advait Sarkar. He examines the cognitive trade-offs of using AI at work and introduces a different kind of tool: one that encourages critical thinking, nudges reflection and actually helps you get smarter. Can silliness help us connect? | **Abby Darin-Evans | TEDxAkron.**

Wednesday, March 25: *Why your body shape doesn't define athletic abilities* | **Dominique Condo |**

TEDxDeakin Uni Melbourne. In this powerful TEDx talk, Dr Dominique Condo — sports nutritionist and senior lecturer at Deakin University in Melbourne, Australia — explores the hidden impact of body image in sport and why so many women still feel judged more for how they look than what they can achieve.

The secret to motivating students | **Eliseo Fernández Barrionuevo | TEDxBrewster Park ED.** Eliseo Fernández Barrionuevo explores the power of intrinsic motivation as the key to learning. While administrators often focus on procedures, activities, and teacher performance, the most crucial element—the student—can be overlooked. *Why are people falling in love with ChatGPT?* | **Deborah Nas | TEDxUHasselt.** Deborah Nas reveals how AI is increasingly capable of acting like a true companion—becoming our friend, confidant, or even romantic partner.

MARCH EXCURSIONS

Thursday, March 5: Ruby's Family Restaurant & Spring Flower Show **Depart: 10:45 AM**

Ticket Cost: \$17.00 (Checks Made Out to RidgePointe) (15 Tickets) **Lunch Cost: On Your Own**

Ruby's Family Restaurant is known for specializing in homestyle comfort food. Choose from the lunch or breakfast menu. After lunch, head to the Spring Flower Show at the **Minnesota Landscape Arboretum**. Get an early taste of spring with thousands of plants, including spring bulbs, orchids and tropicals. These are on display in the Oswald Visitor Center and Snyder Building. This year's show explores the theme of "water".

(Lunch Reservation 11:15am) (Flower Show Viewing 1pm)

Thursday, March 12: Original Pancake House & Thrifty Shopping **Depart: 11:40 AM**

Lunch Cost: On Your Own

Start the afternoon with a hardy lunch at The Original Pancake House in Plymouth. This restaurant is known for serving signature pancakes and American classics such as steak and eggs. After lunch, peruse through three, thrifty-style stores: **Resale Select, Corey's Consignment and Turn Style Consignment**. **Resale Select** sells quality used and new items to fund community programs. The store offers clothing, furniture, home decor, and more, both in-store and online. **Corey's Consignment** is a specialized second-hand retail and estate services business. **Turn Style Consignment** offers hand-selected designer clothing, accessories, furniture, and home decor. (Lunch Reservations 12:00pm) (30 minute limit in each store)

Saturday, March 14: Ladies Luncheon at Tea House Chinese Restaurant **Depart: 10:35 AM**

Lunch Cost: On Your Own

Tea House Chinese Restaurant is highly regarded for its authentic Szechuan cuisine and traditional atmosphere. The restaurant is famous for authentic flavors that emphasize the bold, spicy profiles of Szechuan cooking. Their signature dishes include Tea Smoked Duck, Szechuan Dumplings in chili oil, Xiao Long Bao (soup dumplings), and Cumin Lamb.

(Reservation 11:00am) (Minneapolis Location)

Thursday, March 19: Minnesota Orchestra **Depart: 9:30 AM**

Program Includes:

Frank: Pachamama Meets an Ode, Beethoven: Ah! Perfido, Beethoven: Symphony No. 9.

Saturday, March 21: Guys and Dolls at Chanhassen Dinner Theatre **Depart: 10:30 AM**

Ticket and Lunch Cost: \$87.32 (Checks Made Out to RidgePointe) (15 Tickets)

Enjoy lunch and a performance at the Chanhassen Dinner Theatre. The production, **Guys and Dolls** is a classic, award-winning American musical comedy with music and lyrics by Frank Loesser and a book by Jo Swerling and Abe Burrows, based on short stories by Damon Runyon.

Commit now... move in 90 days! Really!

Ready for a Social Upgrade? RidgePointe is known for all our social offerings, fun excursion options, parties & so much going on, you can be as busy as you like! Art Studio, Wood Shop, Lectures, Movies, Book Clubs, Card Games, and many more opportunities. 2026 may be the right time for you to join us. It's a great lifestyle that you really won't want to miss out on.

RidgePointe allows up to 90 days before rent begins, unless you want to move in sooner. This special applies to all available units and requires a deposit and completed Rental Application. Why not begin looking now for your next home now! Selling your home or need to give a 60 day vacate notice? This Special is perfect for you! Visit the website or call for details or to schedule a tour.

As always, our unbeatable RidgePointe Amenities Package is included in your rent! Included in your rent, you will enjoy scheduled Weekly Housekeeping, 24 hour Concierge, Daily Continental Breakfast, and more! Join the fun & start living the lifestyle you deserve!

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