

RidgePointe News

July 2026 Volume 42 | Issue 7

JULY'S BIRTHDAY CELEBRATION



Maud Hixson

EAST LOBBY

Tuesday, July 21st 2026

3 PM Food & Beverage

3:30 PM Entertainment

JULY EVENTS

Friday, July 3: 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, July 7: In-Person Speaker—Kristen Anderson

10 AM MH

Twin Cities History Sampler-- Part III: ST. PAUL'S SUMMIT AVENUE. Everyone in the Twin Cities knows about Summit Avenue, with its grand homes, its colleges, and the Cathedral of St. Paul. We will learn a bit more about these familiar places, and we will also dig into the avenue's history to understand more about this community treasure.

Thursday, July 9: Group Sing-Along (New Group)

6:30 PM-7:30 PM MH

Come try out this new club! **Group Sing Along** is all about having fun. Sing, tap your feet, and clap your hands. All are welcomed and no experience is required.

Tuesday, July 14: In-Person Speaker—Steve Parks

10 AM MH

Cloud and AI Explained: A Practical Guide for Seniors. What exactly is “AI” and “the Cloud,” and why is everyone talking about them? In this friendly, interactive session, we’ll explore these technologies through live demonstrations, practical examples, and plain-English explanations. Questions are always encouraged, and no technical experience is needed.

Tuesday, July 21: In-Person Speaker—Steve Larson

10 AM MH

The 7th Inning Stretch. The 7th Inning Stretch is a unique and nostalgic audio visual presentation where ‘cardboard comes to life’ through stories and songs, utilizing large screen photos of Steve Larson’s extensive and interesting sports card collection. This program not only relates to sports...but to life itself...as we take an entertaining trip down memory lane.

Tuesday, July 21: Birthday Celebration

3 PM EL

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

3:30pm—Entertainment: Maud Hixson-Singer

5:00pm—Birthday Meal: Is your birthday in July? Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on July 21st.

Tuesday, July 28: In-Person Speaker—Gary Spears

10 AM MH

Gary Spears is the Technology Services Coordinator for Senior Community Services (SCS). He will give an overview of Senior Community Services and share how this organization works with Older Adults in our community, while providing some specific detail on the technology assistance they provide to older adults.



JULY MOVIES

FRIDAYS 7PM MARION HALL



July 3: *Cheaper by the Dozen 2*. A Comedy. The Bakers find themselves competing with a rival family of eight children while on vacation.

July 10: *Burnt*. A Drama. A temperamental chef in a London restaurant demands perfection from his staff.

July 17: *Finding Your Feet*. A Comedy. On the eve of retirement, a middle-class, judgmental snob discovers that her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

July 24: *First Man*. A Biographical Drama. A look back at the life of astronaut Neil Armstrong and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969

July 31: *CODA*. A Comedy Drama. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her musical passion and her fear of abandoning her deaf parents.

New Clubs at RidgePointe

Walking Group

When: Every Tuesday–Thursday at 2:00 PM

Where: Meet in the East Lobby

Walking Group is a wonderful way to stay active while connecting with friends. RidgePointe's lovely neighborhood makes it especially enjoyable to spend time outdoors. Residents who use walkers are also welcome to join.

Sing Along

When: Thursday, July 9th at 6:30 PM

Where: Marion Hall

Sing loud or sing soft—just come sing together! Bring your voice, bring yourself, or bring a friend. No need to be perfectly on key; this is all about bonding, having fun, and enjoying the moment. Lyrics will be provided on screen.

Wednesday, July 1: *Beware the Power of Prediction* | Carissa Véliz | TED. . Philosopher and TED Fellow Carissa Véliz traces the hidden power of prediction, from Roman emperors who banned prophets to the AI algorithms quietly making decisions about your life right now. We tend to associate predictions with knowledge, she says, but they're actually attempts to grab power. ***The Wildlife Sanctuary You Can Visit from Anywhere* | Maya Higa | TED.** Creator Maya Higa is on a mission to use the internet to build the next generation of conservationists. Her virtual education center, Alveus Sanctuary, is one of the most-watched sanctuaries on Earth. ***Is Luck Random — or Can You Cultivate It?* | Christian Busch | TED.** When the 2025 Los Angeles wildfires destroyed his home and neighborhood, scientist Christian Busch encountered the opposite of serendipity: "zemblanity," or bad luck by design. Drawing on more than a decade of scientific research, he explores how people can navigate unpredictability by adopting a serendipity mindset that transforms setbacks into unexpected new beginnings.

Wednesday, July 8: *What to Do When You're Told There's Nothing Left to Try* | David Fajgenbaum, Kiah Williams | TED. What do you do when the world declares something impossible? When physician-scientist David Fajgenbaum was dying from a rare disease and social entrepreneur Kiah Williams was confronting the realities of economic hardship, they began asking a different question: What can I do today?

Wednesday, July 15: *Why young men need mentors now more than ever* | Matthew Jodouin | TEDxSurrey. Matthew Jodouin shares how, despite a stable and supportive upbringing, he became lost as a teenager and turned to drugs, alcohol, and self-destructive choices. His life shifted only when a mentor stepped in - someone outside his family who believed in him before he could believe in himself. ***Why "I'm sorry" doesn't heal relationships* | Maiysha Clairborne | TEDxAsheville.** Most of us are taught that "I'm sorry" is supposed to make things better—so why do so many relationships still ache with unresolved hurt? In this thought-provoking talk, Dr. Maiysha Clairborne brings vulnerability and humor to share the five-step process that turned what she assumed would be a simple apology. . Her talk uncovers the hidden impact of undiagnosed sleep disorders and how proper diagnosis can transform our waking lives. Lindsay Scola is a nationally recognized sleep expert.

Wednesday, July 22: *Why Most News Isn't Worth Your Attention* | TED Explains the World with Ian Bremmer. Political scientist Ian Bremmer (@GZEROMedia) has access to the rooms, conversations and world leaders who make the news of the day. So how does he stay on top of everything that's going on? In conversation with TED's Helen Walters, Bremmer opens up about how he thinks about sources, how he avoids getting spun — and what we can all do to think more clearly about the news. (This interview was recorded on May 20, 2026.)

Wednesday July 29:1 *Mel Robbins -Neurologists: 5 Habits to Boost Brain Health & Prevent Alzheimer's*. In this powerful episode, Mel sits down with world-renowned neurologists Dr. Ayesha Sherzai and Dr. Dean Sherzai, two of the leading medical experts in Alzheimer's disease, dementia, and cognitive decline. This is one of the most important conversations you will ever hear about Alzheimer's prevention, dementia, memory loss, and brain health. Dr. Ayesha and Dr. Dean explain how brain health is not determined by genetics alone, and why your daily habits have the power to prevent, slow, and even pause cognitive decline. They share the exact science-backed framework they teach their patients, built around five simple pillars of brain health using one unforgettable acronym: NEURO.

JULY EXCURSIONS

Thursday, July 2: Mississippi Queen—A River Sightseeing Cruise

Depart: 11 AM

Ticket Cost: \$27.00 (Checks Made Out to RidgePointe) (*15 Tickets Available)

This narrated cruise will take you along the southern trails of the Grand Rounds Scenic Byway and Heritage Trail, along the U of M Campus river front, under the stunning 35W Bridge, showcasing views of the St. Anthony Falls, the historic Stone Arch Bridge, amazing river bluffs with views of the downtown Minneapolis skyline. A full service cash bar along with corn dogs, chips, candy, snacks, etc. are available for purchase. **(12:00pm - 1:30pm Cruise Duration)**

Thursday, July 9: *Wicked* at Orpheum Theatre

Depart: 12 PM

Cost:\$104.00 (Checks Made Out To RidgePointe) (*8 Tickets Available—Early Interest Priority.)

Wicked is a magical themed musical, based on Gregory Maguire's fictional prequel book of the same name to the well known tale *The Wizard of Oz*. From the first electrifying note to the final breathtaking moment, *WICKED* at the Orpheum will transfix the audience with its wildly inventive story and music. **(1pm Performance Start Time) (Run Time 2 hours, 45 minutes)**

Thursday, July 16: Minnesota Orchestra

Depart: 9:30 AM

Ticket Cost: On Your Own

Beethoven Triple Concerto. This program includes Britten, *Simple Symphony*, Beethoven, *Triple Concerto for Violin, Cello and Piano* and Schumann: *Symphony No. 3, Rhenish*. **(Staff Carpool)**

Thursday, July 16: Art Fair at Munsinger and Clemens Gardens

Depart: 10 AM

Cost: Free Admittance

Lunch Cost: On Your Own

Each summer, Munsinger and Clemens Gardens hosts an art fair featuring artists from all around the state. Browse or purchase some wonderful pieces of artwork from 60-plus artists. Also enjoy live music performers provided on stage along the river. Enjoy lunch or a snack from several options of food vendors. Requires walking on uneven terrain.

Saturday, July 18: Ladies Luncheon at 50's Grill

Depart: 11:30 AM

Lunch Cost: On Your Own

This iconic restaurant is best describes as a retro-time capsule diner from the 1950's. From the themed uniforms, classic-golden era rock 'n' roll in the background, to the old-school malts and burgers, it is a unique grill. **(12pm Reservations)**

Thursday, July 23: *A Second Helping-A Church Basement Ladies Sequel*

Depart: 11:15 AM

Performance and Meal Cost:\$58.00. (Checks Made Out to RidgePointe) (*15 Tickets Available)

The ladies are back at the Plymouth Playhouse! It's 1969. The world is changing and ladies of the church prepare for changes of their own below the House of God. As always, you'll laugh until your side-dish hurts. **(11:30am Lunch) (1pm Performance Start Time)**

Thursday, July 30: Minneapolis Farmers Market

Depart: 10 AM

Cost: On Your Own

Spend a summer morning exploring the state's largest farmer-managed cooperative market. It offers the region's widest selection of locally grown produce, plants, and artisan goods. Plan for approximately 1 hour and 20 minutes of shopping time.

RidgePointe's Annual ICE CREAM SOCIAL



Wednesday, August 5, 2026

5:00pm-7:00pm

Hot Dog Meal Sale

\$10 Meal includes a hot dog, bag of chips and a beverage
All proceeds go to the RidgePointe Resident Council

Live Music | The Floras | 6:00pm

The Floras are a husband-and-wife duo that specialize in classic Country and Golden Era American music.

RidgePointe of Minnetonka

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