

RidgePointe News

OCTOBER 2026 VOLUME 42 ISSUE 10

PLEASE JOIN US FOR A

HALLOWEEN PARTY

Friday, October 30th
East Lobby

**1:00PM FESTIVE SNACKS
& BEVERAGES SERVED IN MARION HALL**

1:30PM Costume Parade
2:00PM Musical Entertainment

OCTOBER EVENTS

Friday, October 2: 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, October 6: In-Person Speaker—Steve Parks

10 AM MH

Need a Ride? Uber and Lyft Explained. Learn how to use Uber and Lyft with confidence. We'll cover installing the apps, requesting a ride, choosing the right vehicle, paying through the app, and tracking your driver's arrival in real time. Perfect for beginners, with plenty of time for questions.

Tuesday, October 13: In-Person Speaker—Doug Ohman

10 AM MH

America 250 - Part 2. Enjoy a historic journey with storyteller/historian, Doug Ohman as he shares the amazing tale of America's birth and positive growth. Doug will focus on the men and women who were the visionaries for our great nation and state for 250 years. He will also highlight the unique events that make American distinct.

Tuesday, October 20: In-Person Speaker—Grace Costello from Minnesota Pathways

10 AM MH

Medicare Changes. Medicare can be complicated, and it seems to change from year to year. Come learn about what's new in Medicare for 2027, so you can choose the best plan for your needs. This presentation is offered in the fall of each year during Medicare Open Enrollment.

Tuesday, October 20: Birthday Celebration

3 PM EL

- **3:00PM—HAPPY HOUR IN THE EAST LOBBY: WINE AND APPETIZERS**
- **3:30PM—ENTERTAINMENT: ADAM DANIEL**
- **5:00PM—BIRTHDAY MEAL: Is your birthday in October Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on October 20th.**

Tuesday, October 27: In-Person Speaker—Diana Pierce

10 AM MH

How I Got the Shot: And How You Can, Too! What makes a photograph memorable? How do you get that shot when the moment, light, or subject may not wait for you? In this fun, visual, and educational presentation, longtime television journalist and photographer Diana Pierce shares the stories behind some of her favorite images, from landscapes and wildlife to flowers and gardens. She'll take you along on her own photography journey, from simply documenting the moment to learning how to slow down, pay attention, anticipate what might happen next, and look at a familiar subject in a completely different way. Along the way, Diana shares practical tips and creative ideas you can put to work in your own photography: making better use of light, improving composition, getting closer to your subject, photographing flowers and gardens, being ready for the unexpected, and sometimes finding the best photograph where you least expect it.

Friday, October 30: Halloween Party

1:00 PM EL and MH

- **1:00PM FESTIVE SNACKS AND BEVERAGES SERVED IN MARION HALL.**
- **1:30PM COSTUME PARADE BEGINS.**
 - **1:20-1:30PM DINING ROOM LINE-UP LOCATION**
 - Those who wish to participate in Parade, please line-up in the dining room.
- **2:00PM MUSICAL ENTERTAINMENT: BOBBY AND CHRISTINE.**

October Movies
Fridays 7pm Marion Hall



October 2: *The Senior*. Sports Drama. A man returns to college to play football when he is 59 years old. He becomes a linebacker at the college that expelled him four decades earlier.

October 9: *The Pajama Game*. Classical Musical Comedy. The workers employed at a pajama factory demand a pay raise or a strike. Unfortunately, their union leader is very attracted to the newly hired factory superintendent.

October 16: *Children of a Lesser God*. Drama. A hearing speech teacher takes a job at a New England school for the deaf. He begins to date a deaf woman who works at the school as a custodian. They have different opinions on the deaf using spoken language or reading lips.

October 23: *The American President*. Comedy. The widowed US president falls in love with an environment lobbyist while facing a tough reelection campaign. His opponent uses the budding romance to attack the president's character and questions his family values.

October 30: *Ghostbusters*. Comedy. Three eccentric parapsychologists lose their university research grants, and start a unique ghost removal business in New York City.

Walgreens
**FLU AND COVID-19
VACCINE CLINIC**

Walgreens pharmacy staff will administer vaccines at this location:

September 29th, 1:00-4:00pm

LOCATION: WEST PARTY ROOM

Please bring your Medicare Part B (red, white & blue card) with you!

PLEASE BRING YOUR HEALTH CARD!



TED Talks and Podcast Wednesdays at 1pm on Channel 991

Wednesday, October 7: *Idiots Are Everywhere. Here's How to Cope* | Joshua Johnson | TED. Joshua Johnson, actor/anchor for "The Onion" and former NPR host, makes the case instead for objectivity — parking your own opinions for a moment so you can focus on someone else's story. He shares three quick ways to turn your most frustrating conversations into real understanding.

***Our Last, Best Chance to Cool the Earth* | Bill McKibben | TED.** Bill McKibben says one thing is finally going right: the price of clean energy has plunged, making it cheaper than ever to power the world without burning fossil fuels. He breaks down how energy from the sun became the best option on Earth. ***Why AI Is an Even Bigger Deal Than You Think* | Reed Hastings | TED.** Netflix cofounder and Anthropic board member Reed Hastings joins TED's Sal Khan to give a look inside the race to build AI.

Wednesday, October 14: *When slavery isn't abolished—but outsourced* | Bonnie Nixon | TEDxJacksonville. There are an estimated 28 million people living in modern slavery today. Many of them made something you're holding right now. Dr. Bonnie Nixon's work explores the intersection of environmental justice and modern slavery, highlighting how consumer goods like your smartphone.

***The story of Pompeii's final 24 hours* | Jess Venner | TEDxManchester.** We journey through the harrowing hours of the AD 79 eruption including the 21-mile ash column witnessed by Pliny the Younger to the tragic discoveries in the boat sheds of Herculaneum. ***Could we eradicate Alzheimer's disease?* | Jonathan Marsh | TEDxNaples.** Dr. Marsh explores advances that could change Alzheimer's from a disease of aging into a disease that can be prevented. From GLP-1 medications and monoclonal antibodies currently in use, to vaccines and new inhaled therapies now in development

Wednesday, October 21: *People are losing trust in doctors—here's the real problem* | Aliza Norwood | TEDxUTAustin. In this TEDx talk, Dr. Aliza Norwood argues that medical mistrust is multifaceted, but it's also a symptom of something deeper than any one cause: it's the result of the loss of relationships at the heart of care. Through powerful patient stories and the recognition of mistrust as a key vital sign, she explores how trust is built not through expertise, but through human connection. ***Why addiction hits women differently* | Milky Kohno | TEDxPortland.**

Neuroscientist Dr. Milky Kohno shares how growing up around addiction in Hawaii, mentoring a neglected child, and studying the brain changed the way she understood substance use. She explains how trauma, stress, dopamine, inflammation, and sex differences can shape the brain's vulnerability to addiction, especially for women. ***12 things that motivate everything you do* | Chris Bailey | TEDxManchester.** The 12 fundamental forces driving every decision you make.

Wednesday, October 28: *Mayo Clinic Cancer Doctor: 5 Foods That Heal the Body, Starve Cancer, & Prevent Disease.* Mel Robbins sits down with Dr. Dawn Mussallem, a double board-certified Mayo Clinic physician Mayo Clinic Cancer Doctor.

OCTOBER EXCURSIONS

Thursday, October 1: Minnesota Orchestra

Depart: 9:30 AM

Ticket Cost: On Your Own (Must Purchase Ticket On Your Own)

Smith, Mozart and Prokofiev. Enjoy the talent of Stefan Jackiw, one of America's foremost violinists. The program features- Smith: *Tumblebird Contrails*, Mozart: *Violin Concerto No. 5- Turkish*, and Prokofiev: *Symphony No. 6*.

Thursday, October 8: Stillwater Trolley- Historic Tour and Lunch On Your Own

Depart: 10 AM

Cost: \$14.00 (Checks Made Out to RidgePointe) (*15 Tickets Available)

Come and experience the charm and beauty of Stillwater on a 45 minute narrated tour. You will view the beautiful St. Croix River Valley, the Lumber Baron's Mansions, the Historic Stillwater lift bridge, and learn about the history and folklore of Stillwater. After the tour, pop into one of the fantastic restaurants located in the downtown area, such as The Freight House, which is across the street from the trolley location.

(Tour 11:00am -11:45am) (Depart Stillwater at 1:45pm)

Saturday, October 10: Annie at Chanhassen Dinner Theatres

Depart: 10:40 AM

Lunch and Performance Cost: \$87.32 (Checks Made Out to RidgePointe) (*18 Tickets Available)

Chanhassen Dinner Theatres brings the heart-warming musical blockbuster *Annie* to the Twin Cities! Little orphan *Annie* easily wins everyone's hearts. And now, alongside her best pup pal, Sandy, she's set her sights on making us grin from ear-to-ear as she inspires a whole new generation!

(Lunch Seating Begins at 11:00am) (Performance Begins 1pm)

Thursday, October 15: Arsenic and Old Lace at Sidekick Theatre

Depart: 11 AM

Lunch and Performance Cost: \$53.00 (Checks Made Out to RidgePointe) (* 21 Tickets Available)

Arsenic and Old Lace is a Classic Broadway Comedy set in 1940s Brooklyn. The comedy revolves around the Brewster family, descendants from Mayflower settlers but now composed of maniacs, many of them homicidal. The Sidekick Theatre is located at the **Minnesota Heritage Center in Bloomington**.

(Lunch 11:30am) (Performance Begins 1pm)

Saturday, October 17: Ladies Luncheon at Heather's Minnetonka

Depart: 11:20 AM

Cost: On Your Own

Heather's Minnetonka is a neighborhood restaurant and market. The concept blends restaurant, market, and bar into one welcoming space, making it fun and unique. (Reservations 11:45am)

Thursday, October 22: Legacy of the Lakes Museum, Travelers Inn Restaurant, Nelson Bros. Restaurant & Bakery

Tour Cost: \$7.00 (Checks Made Out To RidgePointe) (Tour 10am, Duration 40 Minutes) **Depart: 8 AM**

The **Legacy of the Lakes Museum** located in **Alexandria** celebrates the rich history of lake life and lake traditions. Please be prepared for a longer van commute, while you sit back and enjoy the autumn views. The museum features an extensive collection of classic wooden and fiberglass boats, vintage fishing gear, and exhibits dedicated to local resort history. After the tour, have lunch at **Travelers Inn**. This restaurant is known for scrumptious, old-fashioned comfort food, warm hospitality and unbeatable prices. On the way home, stop in at Nelson's Bros. Restaurant and Bakery. This brief pitstop creates an opportunity to stretch your legs, grab a snack or drink, and use the restroom. Please be respectful of time and take no longer than 20 minutes.

Thursday, October 29: Mystic Lake Casino

Depart: 10 AM

Cost: On Your Own

Head out to Mystic Lake for a day of gambling, Bingo or just have lunch. **(Depart Casino 3pm)**



Smart Driver Course

Learn how to drive safely in today's challenging and changing environment, including recommendations for age-related changes in vision, hearing, and reaction time.



**Thursday, November 5, 2026
12:30 - 4:30 pm**

**RidgePointe Senior Living Community, Marion Hall
East Building: 12600 Marion Lane W., Minnetonka**

Please bring your MN driver's license, your AARP card (if you are a member), and a check to AARP (\$20 members; \$25 non-members)



**Registration Required
Deadline October 15
Mac Kennedy, 952.540.6280**

