

SEPTEMBER 2026 VOLUME 42 ISSUE 9

RidgePointe News

I wouldn't miss it!
Say Cheese!

Remember the
Photo Party
on Wednesday,
September, 23!

INVITATION
PHOTO PARTY!

SEPTEMBER EVENTS

Tuesday, September 1: In-Person Speaker—Steve Parks **10 AM MH**

AI for Seniors – Part 2: Let's Explore AI Together. Now that we understand what Artificial Intelligence is, it's time to experiment with it. In this interactive session, we'll explore several of today's most popular AI assistants through live demonstrations and real-world examples. We'll ask questions, compare their responses, and discover practical ways AI can help with everyday tasks.

Friday, September 4: 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.

Monday, September 7: Labor Day Picnic **11:30 AM- 1 PM Atrium**

Celebrate Labor Day with us at a traditional Labor Day picnic. The meal includes a hot dog, corn on the cob, watermelon, potato salad, and a cookie. **Cost: \$10.00**

Tuesday, September 8: In-Person Presentation—Henry Berman **10 AM MH**

Middle East Conflict. The Middle East Conflict has reached a new level of intensity in 2026, actively engaging the United States, Israel and Iran. Energy prices have been impacted- especially at the gas pump. We will discuss the latest updates and their potential impact for the future.

Tuesday, September 15: Dragonfly Wire Wrap Class—Kathy Duitman **10 AM MH**

***Registration Required-Limited to 15 Participants (Please Register in Excursion Binder)**

Create a wire wrap dragonfly suncatcher charm to hang in your window. Kathy supplies all materials needed. Kathy uses soft silver wire that easily bends and an assortment of beads. The beads are various colors and sizes.

Tuesday, September 15: Birthday Celebration **3 PM EL**

- **3:00PM—HAPPY HOUR IN THE EAST LOBBY: WINE AND APPETIZERS**
- **3:30PM—ENTERTAINMENT: MICHAEL NELSON- PIANO**
- **5:00PM—BIRTHDAY MEAL: Is your birthday in September Happy Birthday! If you plan on using your three meals this month, enjoy an additional dinner at half-price on September 15th.**

Tuesday, September 22: In-Person Speaker—Tom Rinkosky **10 AM MH**

Six Pillars of Brain Health. Tom Rinkosky will share an AARP designed lecture on brain health. He will discuss New Research in Neurocognitive Aging and share the six pillars for a healthy brain.

Wednesday, September 23: A RidgePointe Photo Party **2-3 PM Rose Room Dining Room**

This is your opportunity to socialize and take or update your photo for our RidgePointe Photo Book. Beverages and a snack will be served. This party is especially created for the new residents, as an opportunity to have their photo taken and to meet new friends!

Tuesday, September 29: In- Person Speaker—Carissa Thomas **10 AM MH**

Carissa is a research historian hired by the City of Minnetonka for a Minnetonka History Exhibit project at the community center. The Minnetonka City Hall and Community Center are looking to update the "Minnetonka History Timeline". She is looking for information and would like a chance to talk with folks who have grown up or have lived in the area for several decades. Would you be willing to share your story?



September Movies
Fridays 7pm Marion Hall



September 4: *Milk*. A Historical-Drama. Harvey Milk moves from New York to San Francisco, determined to accomplish something meaningful in his life. He becomes the nations first openly gay man elected to a notable public office when he wins a seat on the board of supervisors.

September 11: *Nobody's Fool*. A Sports Drama. Paul Newman portrays a charming but feckless man in a small New York town, who gets a chance to reconnect with his estranged son and grandson over Thanksgiving.

September 18: *The Worlds Fastest Indian*. A Sports Drama. Based on a true story about Bert Monroe, a New Zealander who spent years modifying a 1920 Indian motorcycle to set land speed records at the Bonneville Salt Flat in Utah in the 1960s. This movie highlights his determination, quirky personality, and the heartwarming and frustrating moments of his quest. The record he set still stands today.

September 25: *Thelma*. A Comedy. A 93 year-old grandmother, who is scammed out of money, embarks on a quest to get it back with help from her grandson and a friend.

YOU ARE INVITED TO A PHOTO PARTY!

GET YOUR PHOTO TAKEN OR
RETAKE YOUR PHOTO
FOR THE RIDGEPOINTE PHOTO BOOK.

WEDNESDAY, SEPTEMBER 23

2PM- 3PM

ROSE ROOM DINING AREA

New Residents Encouraged to Attend!

Snacks and Beverages served.



TED Talks and Podcast Wednesdays at 1pm on Channel 991

Wednesday, September 2: *Why preserving your mobility is key to healthy aging* | Meghan Dares | TEDxWollongong. Dr Meghan Dares explores the growing gap between lifespan and healthspan, revealing how small losses in movement can quietly reshape our future. ***Your phone is dirtier than a toilet—seriously.* | Lotti Tajouri | TEDxBrisbane.** Molecular biologist Dr Lotti Tajouri began investigating thousands of microorganisms living on mobile phones, including bacteria, viruses and drug-resistant pathogens capable of causing serious infections. ***What we can learn from the history of exile.* | Hakem Al-Rustom | TEDxUofM.Hakem.** Al-Rustom is an anthropology and history professor at the University of Michigan, who has committed much of his research to Modern Armenian History.

Wednesday, September 9: *Are you susceptible to extremism? Take this cognitive test.* | Leor Zmigrod | TEDxNewEngland. Political neuroscientist Leor Zmigrod reveals that some people's brains have hidden characteristics that make them especially vulnerable to rigid, authoritarian beliefs. ***How you can learn in a world of information overload* | Tania Lombrozo | TEDxNewEngland.** Cognitive scientist Tania Lombrozo, author of *Why We Ask Why: The Science of Explanation and the Human Drive to Understand*, reveals how asking the right questions and transforming the information we already have can make us better learners in an age of information overload. ***How Surveillance Tech Erodes Your Privacy* | Jen Golbeck | TED.** In this eye-opening talk, she reveals how corporations and governments built a system of "data colonialism" that tracks your movements, searches and habits — for profit and control.

Wednesday, September 16: *How to connect to loved ones with dementia* | Kristen Cusato | TEDxSarasota. Kristen collaborates with researchers, caregivers, and people living with all forms of the disease to help them feel empowered. Kristen new purpose and profession was born: teaching caregivers the language of dementia. ***How to set foolproof fitness goals* | Amitis Nate | TEDxWest Vancouver Women.** Amitis discusses "Crisis-Proof Confidence", which is self-love, not approval, keeps you going when life gets hard. ***The Moment I Chose Myself* | Hadil Al-Khatib | TEDxJumeirahBeachPark**

Wednesday, September 23: *Two Wars, No Clear Exit Plan. Now What?* | TED Explains the World with Ian Bremmer. Political scientist and Eurasia Group founder Ian Bremmer breaks down what these wars are costing people around the world.

Wednesday, September 30:*The Invisible Threat Taking Away Our Brightest Minds.* | Drew McCartor | TED.Lead poisoning robs the world's kids of millions of IQ points a day and kills more people than wars, natural disasters and road accidents combined. ***How to Escape the Smartphone Doom Loop.* | Larz May, Elise Hu | TED.** Larissa May has spent a decade building digital wellness programs for young people, and she's discovered something quietly radical: the smartphone doom loop of screen dependence and anxiety isn't inevitable, and joy. ***How to actually change your habits.* | Kim Foster | TEDxSurrey.** Kim Foster explores why change is so hard and maintains that the problem isn't willpower or habits, but identity.

SEPTEMBER EXCURSIONS

Thursday, September 3: Neighbors Eatery and Saloon, Albertville Outlets & Albertville Farmers Market

Cost: On Your Own

Depart: 11:25 AM

Start the afternoon off with lunch at Neighbors Eatery and Saloon. A western themed restaurant known for hearty- sized hamburgers and sandwiches. After lunch, shop this open-aired outlet that offers more than 65 different types of stores. Some examples include: Lululemon, Nike Factory Store, The North Face, UGG, and Coach. The last stop will be the farmers market.

(Lunch Reservation 12pm) (Outlet Shopping Time- 1 hour 20 min) (Farmers Market- 35 min)

Thursday, September 10: Alma Murder-A Killer Class Reunion at the Mystery Cafe

Lunch and Performance Cost: \$69.00 (*15 tickets Available)

Depart: 12:15 PM

The Mystery Café dishes out a hilarious comedy caper, in **which you and your table are invited to solve the crime...all while enjoying a delicious 3-course meal**. Upon arrival, you'll be seated by members of the cast. The show consists of four acts, in between which you'll be given a course...and a clue. You'll also be provided with "Mystery Money," so you can bribe characters for more information. The **Mystery Cafe** is located above the **Plymouth Playhouse**.

(12:30 PM Seating) (Production Start Time 1pm) (Approximately 2 Hours)

Saturday, September 12: Ladies Luncheon— French Meadow Bakery & Cafe

Depart: 10:45 AM

French Meadow Bakery & Cafe is an acclaimed farm-to-table restaurant and bakery. Choose from an extensive breakfast or lunch menu. **(Reservations 11:15am at the Minneapolis Location)**

Thursday, September 17: Lola's Lakehouse and LuceLine Orchard

Depart: 11:25 AM

Cost: On Your Own

Lola's is known for their beautiful scenic waterfront view, fresh seafood and classic American dishes. After lunch, explore the LuceLine Orchard. This orchard has a large variety of apples, and an orchard shop that offers fresh apple fritters, apple pies, crisp, caramel apples, and local hard cider and beer.

(Reservations: 12pm)

Saturday, September 19: St Louis Park Art Fair

Depart: 11 AM

Cost: On Your Own

St Louis Park Art Fair is held at the Recreation Outdoor Center in St. Louis Park and will feature amazing local artists, food trucks, and music. **(Depart Fair at 1pm)**

Thursday, September 24: Mall of America

Depart: 11 AM

Cost: On Your Own

Enjoy the afternoon shopping at Mall of America. The mall has over 500 stores and over 50 restaurants to choose from. **(Depart MOA 2:30pm)**



August Special Dover ~ Extended Lease

**Rent the Dover before October 31, 2026,
and we'll extend your lease through April 30, 2028!**

The Dover floor plan is located in the West Building. This one-bedroom, east-facing layout offers an abundance of natural light and overlooks our Atrium and Terraced Gardens.

Enjoy the galley-style kitchen, featuring a large bar-height passthrough that allows plenty of light while keeping everything you need within easy reach. All of our apartments include fully equipped kitchens with a built-in microwave and garbage disposal.

The Dover is available with either a walk-in shower or a bathtub/shower combination. Your choice, while availability lasts!

Naturally, our RidgePointe Amenities Package is included with your rent, making your dollar work even harder. Weekly housekeeping, three dinners per month, scheduled van transportation, continental breakfast, 24-hour concierge service, maintenance, and cable TV are just some of the great amenities you can count on.

Start living the lifestyle you deserve today and secure your rent through April 30, 2028.

All this for just \$1,875 per month. Now that's a great deal!