HIGHLANDS Happenings

CONTACT INFORMATION

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MAINTENANCE TEAM
Chris Braith

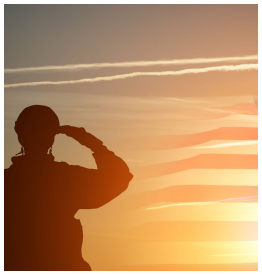
HOUSEKEEPING TEAM
Nivea Shepherd

HIGHLANDS
AT AERO PARK LLC
Apartments & Townhomes 55+

UPCOMING SPOTLIGHT EVENTS



Singer, Fred Zabel
TUESDAY, NOV. 10TH, AT 3 PM
COMMUNITY ROOM
Singer Fred is bringing his rock sound & powerful vocals of ’50s & ’60s classics! Enjoy an incredible experience you won’t want to miss! **$5 per. RSVP by Nov. 9th.**



Pie Day to Celebrate Veterans
WEDNESDAY, NOV. 11TH, AT 1 PM
COMMUNITY ROOM
Join us as we honor our veterans with pride and gratitude! Enjoy pie while we celebrate the brave who have served our country. Thank you, veterans! **RSVP by Nov. 6th.**



Floral Arrangement Class
THURSDAY, NOV. 12TH, AT 1 PM
COMMUNITY ROOM
Join this class with a professional florist! Learn to design a beautiful fall bouquet & take home your own stunning creation. **$15 per. RSVP by Nov. 13th.**



Speaker, The Red Baron
WEDNESDAY, NOV. 18TH, AT 2 PM
COMMUNITY ROOM
Join us for a presentation about the Red Baron! Discover the story, battles, & legacy of World War I’s most famous aviator. **This event is free. RSVP by Nov. 16th.**



Thanksgiving Lunch
FRIDAY, NOV. 20TH, AT 12 PM
COMMUNITY ROOM
Join us for a delicious Thanksgiving Lunch catered by Bunzel’s! Enjoy turkey, mashed potatoes, vegetables, and more! Celebrate with us! **$18 per. RSVP by Nov. 12th.**



RESIDENT REMINDERS

Trash Talk We All Need to Hear

On Nov. 15, the National Recycling Coalition urges all Americans to talk trash! The reason? To encourage everyone to participate in America Recycles Day. According to the Environmental Protection Agency, 75 percent of our trash can be recycled and reused. By recycling things such as aluminum cans, plastics, junk mail, cardboard and more, we not only reduce the growing piles in our landfills, but we also protect our natural resources.

Remember the four "Rs" of recycling:

- **R**educe the amount of trash you discard.
- **R**euse containers, such as paper bags or milk jugs.
- **R**ecycle permissible materials.
- **R**ebuy products made from recycled items

Aluminum cans, newspapers and glass containers are usually allowed, but not all plastics qualify, such as plastic bags or waxed paper. Individually, Americans create millions of tons of waste on an annual basis. Together, we can make a difference—one can, one water bottle, one milk jug at a time.

Long-Term Care Awareness Month

Around 70% of people over the age of 65 will need long-term care services at some point. Each November, Long-Term Care Awareness Month is a reminder to make a plan for the future—not only for yourself, but for your loved ones as well. A caregiver can be a family member, home health aide, nurse or other staff member in a senior living community, or a combination of these. Thinking about possible needs and making decisions now can make the transition into long-term care go more smoothly, both financially and emotionally.

Drive Cautiously in Snow

Winter weather conditions can make our neighborhood roads treacherous. To avoid accidents, please use extra caution when driving in bad weather. Have a safe winter!

Welcome Home!

During this season of thanksgiving, we're grateful to welcome our newest neighbors to our community.

ONSITE & LOCAL SERVICES

Aero Park Wellness Spa

4TH FLOOR I WEST ENTRANCE

The Aero Park Wellness Spa offers a variety of services from different professionals. Below is a list of services and contact information:

Leick Physical Therapy: Melissa Leick, Ph.D. in PT
(262) 309-4870 Services & Pricing:
Trigger Point Dry Needling and Class IV Laser Therapy, $100/hour

Rebalance Massage Therapy: Nicole Krell, LMT
(262) 295-7626 Services & Pricing: Massage therapy $85-$130

Reiki: Chris Kramer, Reiki Master, Energy Healer & Board Certified Functional Wellness Coach
Services: $40 to $125
ckramercoaching@gmail.com or (414) 719-6634

Spectrum Cable

CUSTOMER SERVICE (855) 895-5302

WE Energies

CUSTOMER SERVICE (800) 242-9137

Senior Shuttle-Johnson Bus

CUSTOMER SERVICE (262) 251-4230

Menomonee Falls City Hall

MAIN PHONE (262) 532-4200

Pool Hours

Open: 5 am - 12 pm & Open: 1 pm - 10 pm
Closed: 12 pm - 1 pm For Daily Maintenance
The pool temperature is regulated at 80 to 84 degrees.



WHAT'S COOKING

Maple Breakfast Braid

This sausage-stuffed breakfast dish packs the perfect mix of sweet and savory!

Ingredients:

- 1 package (16 ounces) breakfast sausage
- 1/4 cup maple syrup
- 2 eggs, beaten
- 1/2 cup green onions, sliced
- 2 Granny Smith apples, peeled and diced
- 1 1/2 cups dry herb stuffing mix
- 1 package (2 sheets) frozen puff pastry, thawed
- 2 egg whites
- 1 teaspoon water

Directions:

Preheat oven to 400° F.

In a large bowl, combine sausage, syrup, beaten eggs, green onions, diced apples and stuffing mix.

Dust work surface with flour and roll out one pastry sheet to a 12-by-18-inch rectangle. Transfer pastry to large baking sheet lined with parchment paper. Spoon half of sausage mixture down center of pastry.

Make 3-inch cuts down sides of pastry. Fold each strip in toward the center, alternating sides, to "braid" the dough. Fold both ends of the pastry in to seal the filling.

In a bowl, beat egg whites and water; brush the egg wash over the pastry. Repeat steps with the second pastry sheet.

Bake 25 to 30 minutes or until brown, rotating pans after 15 minutes.

Find more recipes at Culinary.net.



Happy Thanksgiving

It's time to give thanks for all the blessings we've enjoyed this past year. We hope your Thanksgiving is filled with happy memories. Enjoy the holiday, and remember to spread kindness this season!

CELEBRATING FREEDOM

There's something special about November in Wisconsin. The colorful leaves have nearly disappeared, the mornings have a definite chill, and somewhere in the near distance, you can almost hear winter knocking at the door. But before we trade our fall jackets for snow boots, November gives us plenty of reasons to get out, get cozy, and celebrate!

This month kicks off with Sandwich Day on November 3, a delicious reminder that sometimes the simplest things are worth celebrating. And if you're wondering where the sandwich got its name, look no further than John Montagu, the 4th Earl of Sandwich, who supposedly wanted something he could eat without leaving the gaming table. Talk about convenient!

November also gives us Veterans Day on November 11, an important opportunity to pause and thank the veterans in our communities for their service and sacrifice. Later in the month, World Kindness Day on November 13 encourages us to spread a little extra kindness. A smile, a friendly hello, or checking in on a neighbor can make someone's entire day.

And then, of course, comes Thanksgiving! November 26 is the perfect time to gather around the table, enjoy favorite traditions, and reflect on what we're grateful for. Here in Wisconsin, we have plenty to be thankful for—including cheese curds, beautiful seasons, and cranberries! Fun fact: Wisconsin produces more cranberries than any other state, making that bright red berry a true Wisconsin original.

As November winds down, take advantage of the last few opportunities to enjoy the outdoors before winter arrives. Take a scenic drive, grab coffee with a friend, visit a local museum, or simply bundle up and enjoy a crisp afternoon walk.

So grab your favorite sweater, pour yourself something warm, and embrace November. After all, there's no better place to enjoy sweater weather than Wisconsin!



PAST ACTIVITIES & RECREATIONAL EVENTS













JUST FOR FUN

I Want to Thank You

Can you finish the lyrics and guess the song?
“Traveled down the road and back again. Your heart is true; _____.”

Answer: “... you’re a pal and a confidant,” from “Thank You for Being a Friend,” written by Andrew Gold and made famous as the theme song to “The Golden Girls.”

Talk About It: Holiday Meals

Share this conversation starter with a friend, loved one or neighbor: What is the most memorable holiday meal you’ve ever had? What makes it stand out today?

CONGRATULATIONS

Who Won $100?

Our lease renewal drawing winners are Thomas & Bonnie F.!



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