

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 5 pm

Phone: (262) 239-7883

W197 N4950 Hickory St.

Menomonee Falls, WI 53051

DIRECTOR

Hilary Schuppener

aeropark@ardenpropertygroup.com

LEASING

Mon - Fri 10 am - 5 pm

Phone: (262) 239-7883

LEASING SPECIALIST

Nikki Schaefer

apleasing@ardenpropertygroup.com

MAINTENANCE

Mon - Fri 9 am - 3 pm

Phone: (262) 239-7883

Evenings & Weekends (The AnSer)

Emergencies ONLY (800) 263-6148

MAINTENANCE TEAM

Chris Braith

HOUSEKEEPING TEAM

Nivea Shepherd

SUMMER SONG

"In summer, the song sings itself."

—William Carlos Williams

UPCOMING SPOTLIGHT EVENTS



Speaker Jim Rice

THURSDAY, AUGUST 6TH, AT 3 PM

COMMUNITY ROOM

Join us for a special presentation about the 13 Championship Seasons of the Green Bay Packers. Learn the history of this great franchise. **RSVP by Aug 5th.**



Mixology Class

TUESDAY, AUG 11TH, AT 3 PM

COMMUNITY ROOM

Learn how to craft cocktails & enjoy a fun time of sipping, shaking, & socializing!

\$12 per person. RSVP by Aug 7th.

Capped at 14.



Mason the Magician

MONDAY, AUG 17TH, AT 4 PM

COMMUNITY ROOM

Prepare to be amazed! Join us for a magical performance featuring mind-blowing illusions, laughter & fun.

\$4 per person. RSVP by Aug 14th.



Singer Gary Cross

THURSDAY, AUG 20TH, AT 3 PM

COMMUNITY ROOM

Join us for a lively performance featuring country western favorites. Great music and good times await.

\$5 per person. RSVP by Aug 17th.



Lunch & Learn: Black Holes

THURSDAY, AUG 27TH, AT 11 AM

AVIATION LOUNGE

Join us for a Lunch & Learn on Black Holes! Enjoy lunch while exploring the mysteries of space. Limited to 15 attendees—reserve your spot! **RSVP by Aug 14th.**



HIGHLANDS
AT AERO PARK LLC
Apartments & Townhomes 55+



RESIDENT REMINDERS

Reduce, Reuse, Recycle

Recycling facts are fun when you go to:

www.nrc-recycle.org/recyclingcalculator.aspx

Learn more and have some fun! Drag and drop an item into the “loopy” machine, and it will reward you with some fascinating statistics about how recycling saves our world. It even includes a calculator so you can add up your own recycling numbers and discover your positive impact on the planet.

Maintenance Moment - A/C

Keep cool without shooting your electricity bill sky high:

- Use fans to circulate air through your home. This keeps rooms cooler longer and reduces the time your A/C runs.
- Keep the blinds or curtains closed. This helps keep the cool air in and the warm air out.
- Set the thermostat at 78° F; raise it to 80° or 82° when you aren't home. Do not turn your air-conditioning off when you leave—your home will store up the heat, and you're likely to make the air conditioner run for hours just to feel comfortable.

Comforting Décor

A small switch in décor that can make a big difference is changing your bedding to go with the seasons. Look for a reversible comforter with a bright, whimsical side for summer and a jewel-toned side for cooler months. Similarly, drape a lightweight blanket over the foot of the bed in warmer weather, replacing it with a thicker one as the nights get chilly.

Preventing Falls

Each year, more than a third of seniors will fall. Falling can cause bone fractures and other health problems. To prevent falls, the U.S. Department of Health and Human Services recommends that older adults exercise to improve leg strength, get regular eye exams and keep floors and stairs free of clutter such as books, papers and shoes.

ONSITE & LOCAL SERVICES

Aero Park Wellness Spa

4TH FLOOR | 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, PHD 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.



Refer
a Friend



WHAT'S COOKING

Simple, Sweet Energy Bites

Beat the heat with these delicious and nutritious no-cook snacks.

Ingredients:

- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract
- 1 cup raw oats
- 1/2 cup sweetened shredded coconut
- 1/2 cup flaxseed meal
- 6 tablespoons mini chocolate chips

Directions:

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and chocolate chips. Mix until combined.

Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.

Find more recipes at Culinary.net.

Enjoy!



To Your Health: Back to Basics

Simply reducing the amount of processed and packaged foods you eat could greatly improve your health. Generally speaking, the fewer ingredients a food has, the better it is for you. Focus on eating fresh fruits and vegetables, whole grains, nuts and seeds, and lean meats and fish. Avoid what comes in boxes and bags. You will cut down on sodium, preservatives and other artificial ingredients.

CELEBRATING FREEDOM

August in Wisconsin is a special kind of sweet—warm days, golden evenings, and a gentle reminder that summer's peak is here. It's the perfect time to slow down and savor the simple pleasures that make our state shine.

Farmers markets are overflowing with fresh favorites—sweet corn, juicy tomatoes, and ripe berries—making it easy to enjoy healthy, seasonal meals. Whether you're picking up produce downtown or visiting a local farm stand, there's nothing quite like food grown close to home.

It's also festival season. From county fairs to music in the park, August offers countless opportunities to connect with neighbors, enjoy live entertainment, and celebrate community traditions. Take a stroll through an art fair, enjoy a scoop of custard, or simply relax under the shade of a big oak tree while listening to local musicians.

For those who love the outdoors, now is the time to take advantage of Wisconsin's lakes, trails, and scenic byways. Early mornings are ideal for a peaceful walk or a bit of birdwatching, while evenings invite porch sitting

and sunset appreciation.

As the days gradually begin to shorten, August gently nudges us to make the most of summer's final stretch. Whether you're staying active, reconnecting with friends, or simply enjoying a quiet moment, this month offers something for everyone.

So take it all in—the warmth, the flavor, the feeling. Wisconsin summers may be short, but they are certainly memorable.



PAST ACTIVITIES & RECREATIONAL EVENTS



JUST FOR FUN

August by the Numbers

12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.
135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Successful Swim

In August of 1926, Gertrude Ederle became the first woman to swim the English Channel. The Olympic gold medalist completed the historic swim in 14 hours and 31 minutes, a record that stood until 1950.

CONGRATULATIONS

Who Won \$100?

Our lease renewal drawing winner is Sheila V.!

