

February 2026 | Highlands at Aero Park

HIGHLANDS

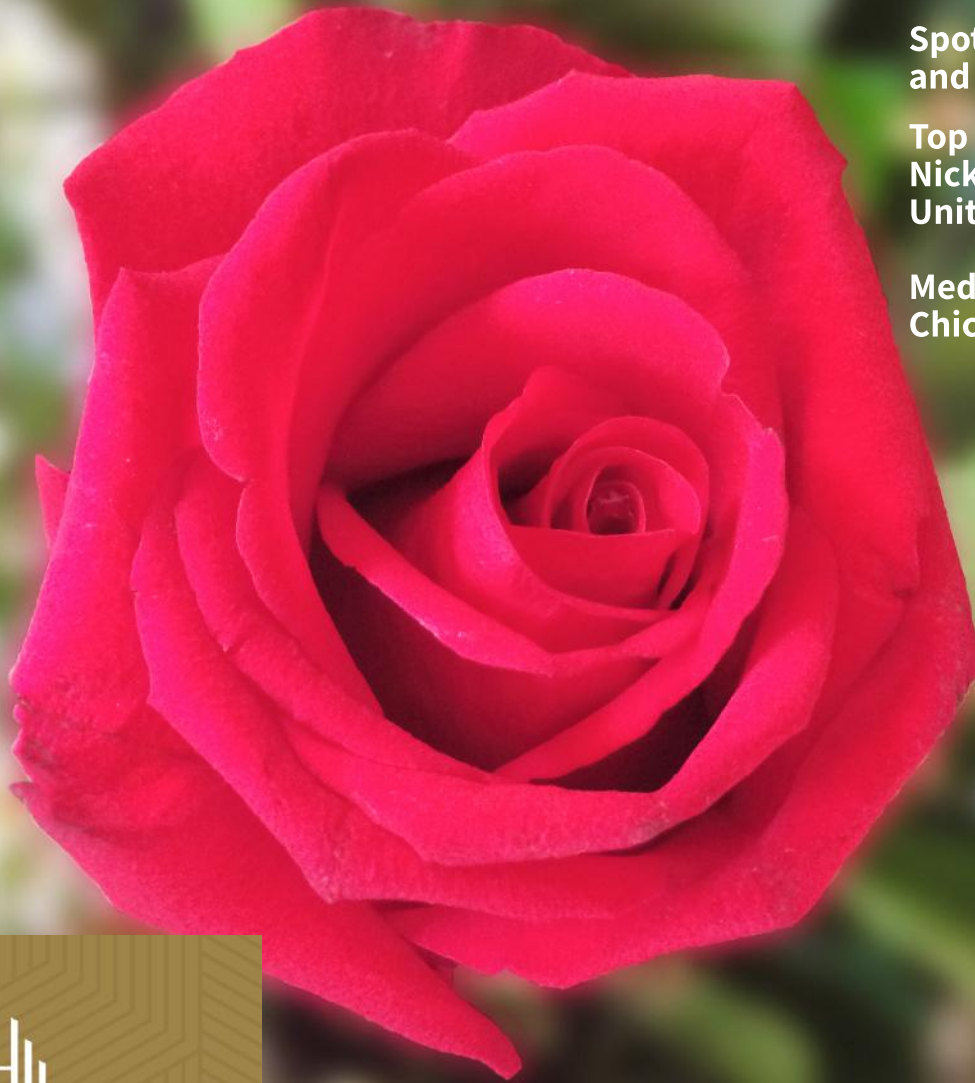
Happenings

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**HIGHLANDS
COMMUNITIES**
Apartment & Townhomes 55+

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PAST ACTIVITIES & RECREATIONAL EVENTS



UPCOMING SPOTLIGHT EVENTS



Chili & Salad Bar

WEDNESDAY, FEBRUARY 11TH AT 12:00 PM | COMMUNITY ROOM

Warm up your day and freshen up your plate! Join us for a delicious Chili and Salad Bar featuring hearty homemade chili, crisp greens, and all your favorite toppings. Apple Spice Catering will bring us chili, green tossed salad, and all the fixins for both - refreshments provided. **\$10 per person. RSVP by Thursday, February 5th**



Valentines Day Party

THURSDAY, FEBRUARY 12TH AT 4:00 PM | COMMUNITY ROOM

Join us as we welcome pianist and singer, Carolyn Wehner, who will give us a mix of traditional and contemporary songs plus a blend of up-tempo jazz and ballads. Sit back and listen to the music as you mingle with neighbors while enjoying sweet treats & refreshments. **\$6 per person. RSVP by Monday, February 9th**



Celebrate Wisconsin - Happy Hour

MONDAY, FEBRUARY 16TH AT 4:00 PM | CLUB ROOM

Raise a glass to Wisconsin Statehood! Celebrate with classic Old Fashioneds, custom Bloody Marys, iconic local brews, and favorite snacks like cheese and sausage. Good drinks, great food, and plenty of Wisconsin pride—join us for a true taste of the Badger State! **\$4 per person. RSVP by Thursday, February 12th**



Art Lounge: Sip & Paint

WEDNESDAY, FEBRUARY 18TH AT 1:00 PM | AVIATION LOUNGE

CAPPED AT 25 PEOPLE - SIGN UP EARLY! Get creative and let your inner artist shine this month. Join us for an afternoon of painting and sipping refreshments during this step-by-step live presentation. **\$17 per person. RSVP by Friday, February 13th**



Wine & Chocolate Pairing

THURSDAY, FEBRUARY 19TH AT 3:00 PM | CLUB ROOM

Join us for an afternoon of indulgence at our Wine & Chocolate Pairing. Taste up to four (4) wines perfectly paired with chocolate to discover how the right combinations can elevate your experience and please your palate. **\$9 per person. RSVP by Friday, February 13th**

*We look forward to having you join us!
For a complete list of activities and events taking place
this month at the Highlands, visit our Activity Calendar on pages 6-7.*

RESIDENT REMINDERS



True friends are never apart, maybe in distance but never in heart.

– Helen Keller

Congratulations!

Who won \$100?



This month's winner of our \$100 lease renewal drawing is Maria E.



Walkers & Scooters FOR THE SAFETY OF EVERYONE

Walkers and scooters should not be left in the common areas of the community or in hallways when you leave the building. You may, however, leave your walker or scooter near the elevator in the basement as you come and go. If you choose to do this, please be sure to park it out of the way of foot traffic for the safety and convenience of our residents. Please also note that Highlands Communities is not responsible for lost or stolen walkers or scooters.

Personal Property in Common Areas

Although, we appreciate the intention to share your personal items with others in the common areas, this causes areas to clutter and can attract unwanted pests. Please do not leave items unattended in the common areas. This includes but is not limited to pictures, frames, cards, decor etc.

If personal items are left in the common areas, they will be removed. We appreciate your cooperation and understanding.

Wisconsin Homestead Rent Certificates FORMS AVAILABLE IN THE RESIDENT SERVICES OFFICE

The State of Wisconsin allows deduction to income taxes for your residence. The program, established in 1964, is called the Homestead Tax Credit. To be eligible, a person must own or rent his/her residence, be at least 18 years of age and have a low annual household income.

If you qualify and wish to take advantage of this program, you will need a Rent Certificate completed by your landlord. The Resident Services Office has these forms available and upon request, will complete the form for you within 3 business days.

If you have questions about this tax credit, contact your tax advisor. If you have questions about completing the Rent Certificate, please contact our Resident Services Office.

Common Area Expectations A FRIENDLY REMINDER FOR OUR RESIDENTS

The common areas and hallways of our communities are shared spaces enjoyed by all. As a friendly reminder, please be mindful of the following when in the common areas: Avoid behavior that could create a nuisance such as playing, loitering, loud noises, offensive conduct, inappropriate attire (please have shoes and appropriate street attire on at all times), or playing music without headphones.

If you have any questions about what is, or is not allowed, in the common areas, please refer to your lease, or contact the Resident Services Office for more information.

Celebrate Good Times TUESDAY, FEBRUARY 10TH AT 3 PM COMMUNITY ROOM

BIRTHDAY & ANNIVERSARY CELEBRATION

Be our guest as we celebrate your special day with treats and refreshments. Let's be joyful and celebrate our milestones together!
This event is free. RSVP Not Required



February - A Month of Progress

February marks Black History Month, honoring the achievements and contributions of African Americans throughout history.

It also includes significant events like Presidents Day, Valentine's Day, and the birthdays of influential figures such as Frederick Douglass and Abraham Lincoln.

Join us this month in celebrating reflection, connecting through life experiences, and progress.

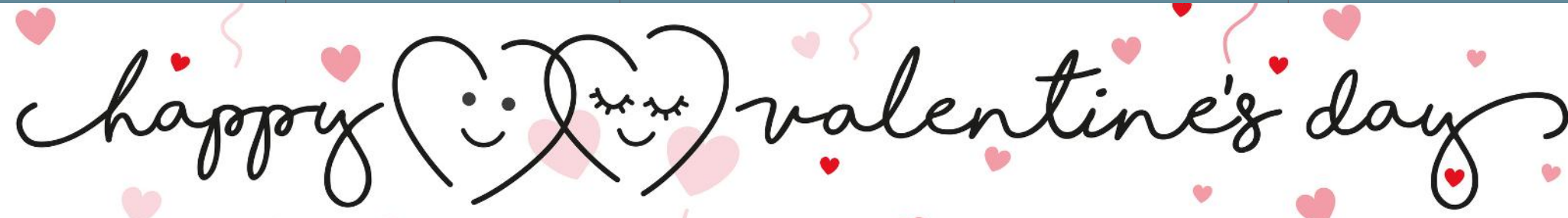
Welcome Highlands at Aero Park's New Leasing Specialist, Danielle

We're excited to introduce Danielle, our new Leasing Specialist! She's here to help you and your friends find the perfect home while making your leasing experience smooth and enjoyable. When she's not at work, Danielle loves crocheting, gardening, and spending time with her pets and family. Stop by and say hello!



*Nothing is impossible.
The word itself says
'I'm possible!'
–Audrey Hepburn*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
National Baked Alaska Day	10:30 am Chair Yoga 1 pm Sheepshead 3 pm Cribbage	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 6:30 pm Cards	10:30 am Chair Yoga 1 pm Nickel Bingo 3 pm Mahjong	9:30 am Bridge 11 am Pen Pal Program Letter Writing to St. Jude Hospital 6:30 pm Mahjong	10:30 am Chair Yoga 11 am Intro to Strength Training for Women (Limit 8 people) 11:30 am Intro to Bodyweight Strength 1 pm Dominos	6:30 pm Chinese Mahjong National Eat Ice Cream for Breakfast Day
8	9	10	11	12	13	14
National Laugh & Get Rich Day	10:30 am Chair Yoga 1 pm Sheepshead 1 pm - 4 pm Sew Much Fun (Aviation Lounge) 3 pm Cribbage 6 pm Bingo	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 3 pm Bday & Anniversary Celebration 6:30 pm Cards	10:30 am Chair Yoga 12 pm Chili & Salad Bar 3 pm Mahjong	9:30 am Bridge 11 am Travel Talk with Marilyn Smits 4 pm Valentine's Day Party 6:30 pm Mahjong	10:30 am Chair Yoga 11 am Water Aerobics 1 pm Dominos 3 pm Speaker, George Washington	6:30 pm Chinese Mahjong Happy Valentine's Day
15	16	17	18	19	20	21
6:30 pm Book Club "Educated" - Tara Westover National Gum Drop Day	PRESIDENTS' DAY 10:30 am Chair Yoga 1 pm Sheepshead 3 pm Cribbage 4 pm Celebrate Wisconsin - Happy Hour	MARDI GRAS/RAMADAN BEGINS CHINESE/LUNAR NEW YEAR 10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 6:30 pm Cards	ASH WEDNESDAY 10:30 am Chair Yoga 1 pm Sip & Paint w/ Art Lounge 3 pm Mahjong	9:30 am Bridge 3 pm Wine & Chocolate Pairing 6:30 pm Mahjong	10:30 am Chair Yoga 11 am Intro to Strength Training for Women (Limit 8) 11:30 am Intro to Bodyweight Strength 1 pm Dominos	6:30 pm Chinese Mahjong National Stickey Bun Day
22	23	24	25	26	27	28
National Be Humble Day	10:30 am Chair Yoga 1 pm Sheepshead 1 pm - 4 pm Sew Much Fun (Aviation Lounge) 3 pm Cribbage	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 6:30 pm Cards	10:30 am Chair Yoga 3 pm Mahjong 4 pm Wine Down Wednesday	9:30 am Bridge 2 pm Singer, Andy Braun 6:30 pm Mahjong	10:30 am Chair Yoga 11 am Water Aerobics 1 pm Dominos	6:30 pm Chinese Mahjong National Science Day



HIGHLANDS COMMUNITIES
FEBRUARY 2026
ACTIVITIES

JUST FOR FUN



Fun Facts About Leap Year

Leap years exist to keep our calendars in sync with Earth's orbit. It takes Earth about 365.242 days to orbit the sun, so adding an extra day every four years—February 29—helps correct that small fraction.

But not all years divisible by 4 are leap years! Century years must also be divisible by 400 to qualify. That's why 1900 wasn't a leap year, but 2000 was. Without leap years, seasons would slowly drift, eventually throwing our calendars out of whack!



Back Then In History - February

On February 14, 1968—fittingly Valentine's Day—the first successful U.S. heart transplant was performed in Houston, Texas, by Dr. Denton Cooley. The recipient, a 47-year-old man, lived for over 200 days following the procedure.

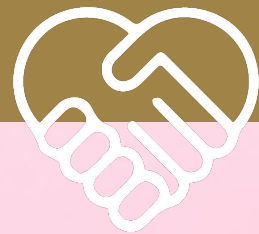


This medical milestone marked the beginning of a new era in cardiac care and innovation.

Today, heart transplants continue to save lives around the world thanks to the groundbreaking efforts of early pioneers in transplant medicine.

February is the border between winter and spring.

— Terri Guillemets



Top Ten

MOST POPULAR NICKNAMES IN THE UNITED STATES

Whether playful, cute, or nostalgic, nicknames bring a personal touch to relationships. From childhood favorites to pet names for loved ones, everyone has a soft spot for a good nickname!

1. Buddy
2. Sweetie
3. Champ
4. Boo
5. Peanut
6. Ace
7. Sunshine
8. Lovebug
9. Chief
10. Snickers

Fun Names!

WHAT'S COOKING

Mediterranean Chicken Bake

It only takes a handful of fresh, flavorful ingredients to make this easy and vibrant dish. Juicy tomatoes and crumbled feta create a savory, tangy sauce that's delicious spooned over rice, orzo, or pasta—making this recipe perfect for a weeknight dinner or casual weekend meal.

Can be frozen for up to 3 months.



INGREDIENTS

- 4 chicken breasts (about 1.5 pounds)
- 2 cups grape tomatoes
- 1 shallot, sliced
- 3 cloves garlic, minced
- 3 sprigs thyme or 1/2 tsp dried thyme
- 1/2 cup feta, crumbled
- 2 tbsp olive oil
- 2 tbsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp parsley, chopped (for garnish)

STEP 1: Mix the tomatoes, olive oil, garlic, shallot, thyme, and half of the feta in the bottom of a 9x13 Pyrex baking dish or similar.

STEP 2: Make room for the chicken breasts and lay them in a single layer without touching. Sprinkle with salt, pepper, and Italian (or Greek) seasoning.

STEP 3: Bake at 375°F for about 30 minutes or until internal temperature reaches 165°F.

STEP 4: Top with remaining feta and bake an additional 3–4 minutes to melt.

Healthy and delicious!



Shelf Indulgence

THIS MONTH'S BOOK RECOMMENDATION

The Bookish Life of Nina Hill by Abbi Waxman

Nina, a bookstore employee and trivia whiz, lives a quiet, organized life—until the father she never knew leaves her a large, chaotic family. With lovable characters, sharp humor, and witty observations, this book is a feel-good celebration of introverts, books, and embracing change. A smart, cozy pick for curling up with in the winter.

CONTACT INFORMATION



Resident Portal

Make rent payments. Pay online, check the status of your payments, review your payment history, submit maintenance requests and view event invitations.

Our resident portal is an online tool for you to be able to take care of some things without having to wait for the Resident Services Office to open. It's easy, it's convenient and it's designed with you in mind.

Need more information? Contact us today!



Main Office

Mon - Fri, 10am - 5pm
Phone: (262) 239-7883

W197 N4950 Hickory St.
Menomonee Falls, WI 53051

DIRECTOR
Hilary Schuppener
hschuppener@ardenpropertygroup.com

LEASING
Mon - Fri, 10am to 5pm. Sat/Sun. Closed
Phone: (262) 239-7883

LEASING SPECIALIST

MAINTENANCE
Mon - Fri, 9am - 3pm
Phone: (262) 239-7883
Evenings & Weekends (The AnSer) (800) 263-6148

MAINTENANCE TEAM
Chris Braith

HOUSEKEEPING TEAM
Nivea Shepherd

Happy Valentine's Day!

Community Engagement Coordinators

Nancy Bruening **Deborah Remshak**

Connecting Through Life Experiences

WARM UP WINTER WITH FRIENDSHIP AND FUN

This February, we're creating spaces for community, creativity, and meaningful connection.

Join Us Each Week For:

Orange Shoe Fitness stay active by joining our group class every Tuesday at 12:15 pm in the Community Room.

Chair Yoga every Monday, Wednesday & Friday at 10:30 am in the Community Room. Improve flexibility, balance, and reduce stress—all from the comfort of a chair.

Plus, visit our **Pen-Pal Card Making Station** located in the Community Room. Stop in at 11 am on Thursday, February 5th to share words of hope. Make your own hand crafted card that will brighten a child's day at St. Jude Children's Research Hospital.

Every event is a chance to slow down, connect, and share special moments. We can't wait to see you there!

Onsite 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.

Rejuvenize Facial Massage: Kara Wilde, LMT, 414-534-0245

Service & Pricing: Massage therapy, facials, price range \$45-\$115

Leick Physical Therapy: Melissa Leick, PHD in Physical Therapy, 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, and Board Certified Functional Wellness Coach, ckramercoaching@gmail.com or 414-719-6634

Services: \$40 to \$125

Local Services

Spectrum Cable

HOTLINE
(855) 895-5302

WE Energies

HOTLINE
(800) 242-9137

Senior Shuttle-Johnson Bus

HOTLINE
(262) 251-4230

Menomonee Falls City Hall

PHONE
(262) 532-4200

Open: 5:00 a.m. – 12:00 p.m.
Closed: 12:00 p.m. – 1:00 p.m. (maintenance)
Open: 1:00 p.m. – 10:00 p.m.
Pool temperature regulated at 80 to 84 degrees.



Enjoy the pool!

CHECK IT OUT

Refer a friend or relative who completes an application by June 30, 2026 and when they move in, you'll receive

\$1,000 CASH BACK and your friend will receive **\$500 CASH BACK***

*Some restrictions apply. Application must be completed by June 30, 2026. Promotional program and cash back applicable to current Highlands Communities residents only. Recipient is responsible for paying all other local, county, state, and federal taxes on referral bonus.



For After Hours Maintenance Emergencies

HERE'S HOW TO GO ABOUT MAKING US AWARE THAT YOU REQUIRE ASSISTANCE

For all maintenance emergencies after 4:30 pm, Monday through Friday, Saturdays, Sundays, and holidays, please call our after hours call center, The Answer, at 1-800-263-6148.

You will be asked to provide the following information:

1. Your name
2. The name of the Highlands Community where you reside
3. Your building #, apartment # and phone #
4. A description of your emergency

If leaving a message, please be sure to include all information listed above.

Upon receiving an emergency call, The Answer operator will contact our on-call maintenance staff and they will respond accordingly. If you do not hear back from our on-call team member within 30 minutes, please call 'The Answer' back to make them aware.

If your call is not considered a maintenance emergency, The Answer will not contact our on-call maintenance staff. We ask that all residents have a personal plunger and attempt to unclog your toilet prior to calling for emergency assistance.

A maintenance emergency is considered as the following: No heat, flooding such as water heater, toilets and drains or unnatural flooding into the apartment, refrigerator not working, gas odor, plugged toilet if overflowing and the only toilet in the apartment, clogged drains, no A/C if temperature is higher than 75 degrees, garage doors not opening/closing properly, lockouts, no electricity, elevator stuck or not opening, smoke detector beeping. For all medical, fire and police emergencies, please call 911.

