

January 2026 | Highlands at Aero Park

HIGHLANDS

Happenings



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UPCOMING SPOTLIGHT EVENTS



Broadway Singers

WEDNESDAY, JANUARY 14TH AT 6 PM | COMMUNITY ROOM

Spend an evening with the choral ensemble of the Broadway Singers. Join us to sing and dance along to some of your favorite Broadway hits! Light refreshments provided.

Cost: \$6 per person. RSVP by Friday, January 9th



Eat Smart, Age Strong

THURSDAY, JANUARY 15TH AT 11 AM | DEMONSTRATION KITCHEN - COMMUNITY ROOM

Join Nutritionist Kate Peterson for a fun, flavorful session! Learn to make healthy, filling appetizers, taste the treats, and take home easy recipes to recreate them. Healthy has never been this delicious—don't miss out!

\$3 per person. RSVP by Friday, January 9th



National Popcorn Day Celebration

MONDAY, JANUARY 19TH AT 4 PM | CLUB ROOM

Join us to celebrate National Popcorn Day! Stop by for a fun treat and enjoy a variety of delicious popcorn flavors to tickle your taste-buds. We hope to see you there!

This event is free. RSVP by Thursday, January 15th



Sub-tacular Lunch Bash

THURSDAY, JANUARY 22ND AT 12 PM | COMMUNITY ROOM

Dig into a Cousins Subs Party Buffet featuring turkey, ham, and club subs, plus chips, cookies, and refreshing drinks. Great food, great company—don't miss this tasty celebration!

\$10 per person. RSVP by Friday, January 16th



Rise & Dine Bistro Brunch

WEDNESDAY, JANUARY 29TH AT 11 AM | COMMUNITY ROOM

Start your day with Ally's Bistro serving scrambled eggs, bacon, potatoes, donuts, and juices. Great food, great company—don't miss this morning brunch feast!

\$12 per person. RSVP by Thursday, January 22nd

PAST ACTIVITIES & RECREATIONAL EVENTS



*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



January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes.

-Charmaine J Forde

Congratulations!

Who won \$100?



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



Snowplow Awareness

Be watchful of snowplows when it snows. If you have a car parked in the lot, please try and move it so the plow can clear the entire lot. The weather has been very unpredictable this season and we thank you for being patient.

Common Area Temperatures

Community Room & Club Room temps are set to 72°-74° and hallway temps are set to 70°. Please contact the Resident Services Office if you notice any problems.

Doors

You may have noticed, the change in Wisconsin weather temperatures can often times impact the operation of the automatic doors and the mechanism used to properly close them. We kindly request that you take some extra time to ensure that all doors close behind you when entering and leaving the building. Your cooperation is greatly appreciated.

Activity & Upcoming Events Sign Up Sheet

THE MORE THE MERRIER! PLEASE JOIN US!

We love to see our residents participating in the many activities offered at our community. Be sure to sign up for the event you wish to attend using the Sign Up Sheet provided in this newsletter. Our calendar will list all of the events and many of them will be featured as Spotlight Events in this newsletter as well. Attend them ALL, or simply select your favorites! We look forward to seeing you at the upcoming activities and events this month.

Slow Down You're Moving Too Fast

FRIENDLY REMINDERS FOR DRIVERS IN OUR COMMUNITY

Patience is a virtue and in a parking lot and on the roads that connect our community buildings, that virtue can be tested. That patience, however, can preserve damages to your car, to other's cars, surrounding landscape, and the likelihood of injury to pedestrians. Please take things slow when driving in/out and around our community and parking lots. If you see someone speeding in the parking lot or surrounding areas of our community, please let the office know by providing a description to the best of your ability of the make/model and color of the speeding vehicle.

Please also remember that the garage doors are set for sufficient time for one vehicle to pass through. We are not responsible for any damage to cars that "piggyback" each other to enter or exit the underground parking garage.

While driving in the underground parking garage, please be aware and on the lookout for residents who may be walking in the garage to/from their cars as well as those around the waste receptacle area/recycling and trash.

Celebrate Good Times

**THURSDAY, JANUARY 15TH AT 2:30 PM
COMMUNITY ROOM - NO RSVP NEEDED**

BIRTHDAY CELEBRATION

Is your birthday in January? Be our guest as we celebrate all of our January birthdays with treats and coffee. Happy Birthday to all!

ANNIVERSARY CELEBRATION

We're recognizing all January anniversaries with snacks and refreshments. Wishing you continued happiness and many more celebrations ahead!

Rental Agreement Renewals

IMPORTANT INFORMATION ABOUT YOUR RENEWAL

We'd like to thank all of our residents who will be renewing their rental agreements with us. Please remember to provide the Resident Services Office with a current copy of your Renters Insurance Declaration Page at the time of renewal.

Featured Amenity

DID YOU KNOW WE HAVE A FULL SWING GOLF SIMULATOR?

Ready to take your golf game to the next level—without leaving the building? Swing by the second floor and check out our Full Swing Golf Simulator! Whether you're perfecting your drive, playing a round with friends, or just looking for a unique way to unwind, this state-of-the-art simulator brings the course to you.

Interested? Stop by the Resident Services Office for all the details and tee up your next great shot!



Don't wait for the perfect moment. Take the moment and make it perfect.

Zoey Sayward



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



JANUARY 2026 ACTIVITY & EVENTS CALENDAR

				1	2	3
				NEW YEAR'S DAY Office Closed	10:30 am Chair Yoga 11 am Water Aerobics	6:30pm Chinese Mahjong National Mind-Body Wellness Day
4	5	6	7	8	9	10
Packers vs. Vikings Time TBD	10:30 am Chair Yoga 1 pm Sheepshead 3 pm Cribbage	10 am Faith Talk 12:15 pm Orange Shoe Fitness 6:30 pm Cards	10:30 am Chair Yoga 1 pm Root Beer Float Event 3 pm Mahjong 6:30 pm Canasta	2 pm Indoor/Outdoor Games in Club Room 6:30 pm Mahjong	10:30 am Chair Yoga 3 pm Hot Cocoa Bar	6:30 pm Chinese Mahjong NFL Playoffs Wild Card Round Games at 3:30 PM & 7 PM
11	12	13	14	15	16	17
NFL Playoffs Wild Card Round Games at 12, 3:30 & 7 PM	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 2:30 pm Financial Presentation 6:30 pm Cards	10:30 am Chair Yoga 3 pm Mahjong 6 pm Civic Broadway Singers	11 am Food Demo: Eat Smart & Age Strong 2:30 pm January Birthday & Anniversary Celebration 6:30 pm Mahjong	10:30 am Chair Yoga 11 am Water Aerobics	6:30 pm Chinese Mahjong NFL Playoffs Divisional Round Games at 3:30 PM & 7:15 PM
18	19	20	21	22	23	24
6:30 pm Book Club "A Spool of Blue Thread" by Anne Tyler (Aviation Lounge) NFL Playoffs Divisional Round Games at 2 & 5:30 PM	Martin Luther King Jr Day 10:30 am Chair Yoga 1 pm Sheepshead 3 pm Cribbage 4 pm National Popcorn Day Celebration	10 am Faith Talk 12:15 pm Orange Shoe Fitness 6:30 pm Cards	10:30 am Chair Yoga 1 pm Nickel Bingo 3 pm Mahjong	10:30 am Poetry Reading by Gary Kerslake 12 pm Cousins Subs Lunch 3 pm Presentation on Kenya Vacations by Dianna F. 6:30pm Mahjong	10:30 am Chair Yoga 1 pm Coloring in Maker Space	6:30 pm Chinese Mahjong National Compliment Day
25	26	27	28	29	30	31
NFL Conference Championship 5:30 PM	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 6:30 pm Cards	10:30 am Chair Yoga 3 pm Mahjong 4 pm Wine Down Wednesday	11 am Brunch by Ally's Bistro 6:30 pm Mahjong	10:30 am Chair Yoga 1 pm Coloring in Maker Space	6:30 pm Chinese Mahjong National Hot Chocolate Day

JUST FOR FUN



To appreciate the beauty of a snowflake it is necessary to stand out in the cold.

-Aristotle



WHAT'S COOKING

White Chicken Chili

This white chicken chili is full of flavor and ideal for a quick, hearty meal—especially on a cold winter night. And the best part is that it comes together easily in one pot and also freezes well, making it a great option for meal prep or leftovers.



Fun Facts About New Year's Resolutions

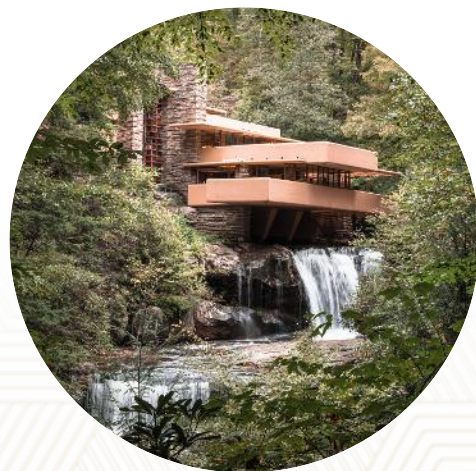
The tradition of New Year's resolutions dates back over 4,000 years to the ancient Babylonians. During a 12-day festival called Akitu, they made promises to their gods to pay debts and return borrowed items—early versions of resolutions!

The Romans later adopted similar practices, offering resolutions to Janus, the two-faced god of beginnings. Today, while fitness goals top most lists, only about 9% of people actually stick to their resolutions. Still, the hope of a fresh start keeps the tradition alive



Back Then In History

On January 17, 1867, Frank Lloyd Wright was born in Richland Center, Wisconsin. Widely considered one of America's most influential architects, Wright pioneered the Prairie School movement and designed iconic buildings like Taliesin in Spring Green. His philosophy of organic architecture emphasized harmony between human spaces and nature. Wright's legacy continues to inspire architects around the world, with more than a dozen of his structures still standing throughout Wisconsin.



Top Ten

COZY THINGS TO DO INDOORS DURING COLD WINTER MONTHS

Staying in can be just as enjoyable as going out, especially when it's January in Wisconsin. Check out these Top 10 cozy things to do inside the comfort of your own home.

1. Read a new book
2. Make hot cocoa
3. Try a new recipe
4. Do a puzzle
5. Stream a movie
6. Light a candle
7. Listen to calming music
8. Knit or crochet
9. Organize a drawer
10. Start journaling

Stay warm!

INGREDIENTS

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 ¼ cups chicken broth
- 3 (15 oz) cans cannelloni beans, rinsed
- 2 (4 oz) cans chopped green chilies
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper (or to taste)
- ¼ cup chopped fresh cilantro (or to taste)
- ½ cup shredded Monterey Jack cheese
- Salt to taste

STEP 1: In a dutch oven, heat olive oil over medium heat. Saute chicken, onion, and garlic until chicken is lightly browned, above 5 minutes.

STEP 2: Transfer chicken to a cutting board and cut into bite-sized chunks. Return to pot.

STEP 3: Add broth, beans, chilies, oregano, cumin, and cayenne. Simmer 30-40 minutes.

STEP 4: To serve, place cilantro in bowls, ladle chili over, and top with cheese and salt to taste.

Source: Allrecipes.com

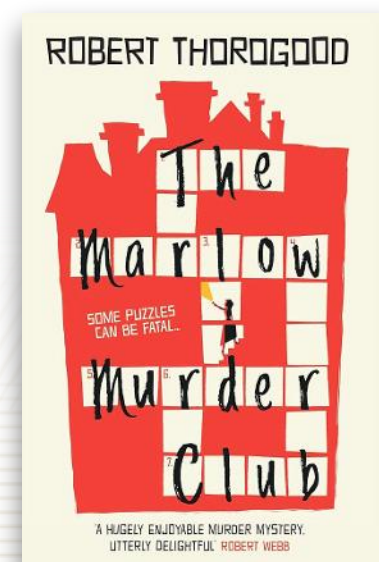
Warm up with chili!

Shelf Indulgence

THIS MONTH'S BOOK RECOMMENDATION

The Marlow Murder Club by Robert Thorogood

When 77-year-old Judith Potts spots something suspicious from her riverside home, she stumbles into a real murder mystery—and decides to solve it herself. Teaming up with two unlikely new friends, Judith forms an amateur sleuthing trio in the sleepy English town of Marlow. Witty, charming, and full of cozy intrigue, this book is a fun and clever read perfect for spring afternoons. Fans of light mysteries and lovable eccentrics will be hooked.



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

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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

*Wishing you the
best in 2026!*

Community Engagement Coordinators

Nancy Bruening **Deborah Remshak**

We want to hear from you!

Your Feedback is Important To Us TELL US WHAT YOU THINK

Our team works hard to ensure that your expectations are not only met, but exceeded. We send general feedback surveys when the following touch points take place:

Following your move in

Completion of a maintenance request

At lease renewal

Following a move out

Your feedback is extremely important to us and we appreciate your kind words and recognition of our team members and services. We also appreciate when you take the time to tell us where we may have fallen short so that we have an opportunity to improve.

Our community is only as good as our residents' satisfaction and we appreciate you taking the time to share your feedback with us.

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

Community Newsletters Online HIGHLANDS HAPPENINGS

You can view this edition of your Highlands Happenings newsletter and newsletters from our other Highlands Communities simply by visiting their respective websites. Each website has a "Newsletter" page where you'll find current and archived newsletters. Start reading online today!



Help Us To Better Help You RESIDENT SERVICES OFFICE VISITS

To ensure we can address your needs promptly and thoroughly, we kindly ask for your support in two ways:

For in-person visits:

- Please schedule an appointment whenever possible.
- If visiting without an appointment, limit conversations to 5 minutes or less for non-urgent matters.

For non-urgent questions:

- Submit detailed requests via email or voicemail. This helps us respond efficiently and identify common topics for future resources.

These steps allow our team to dedicate focused attention to walk-ins and appointments while managing essential behind-the-scenes tasks that benefit our entire community.

Thank you for partnering with us to enhance service for all residents.

*We appreciate your understanding
and cooperation!*

Arden Property Group Portfolio of Communities HIGHLANDS COMMUNITIES AND PARAGON PLACE PROPERTIES

Interested in learning more about other communities in our portfolio? Visit our website at ArdenPropertyGroup.com.

Know someone who may be interested in moving to the Highlands Communities or Paragon Place Properties, refer them to any of the properties in our portfolio to earn a Refer A Friend bonus.

Highlands Communities 55+:

Brookfield	Appleton
Menomonee Falls	Neenah
Mequon	De Pere
New Berlin	Winneconne
Franklin	Weston

Paragon Place Properties:

Madison
Middleton

We appreciate your referrals and look forward to meeting your friends & family!