

HIGHLANDS

Happenings

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Happy
MOTHER'S
Day 



**HIGHLANDS
COMMUNITIES**
Apartments & Townhomes 55+

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UPCOMING SPOTLIGHT EVENTS



Singer & Guitarist, Dave Adler

MONDAY, MAY 11TH AT 2:00 PM | COMMUNITY ROOM

Enjoy an entertaining performance with singer & guitarist Dave Adler. Dave delivers crowd-pleasing vocals and skilled guitar work, performing familiar favorites and classic hits that are perfect for listening, relaxing, and singing along. Sit back and enjoy great music and good company! **\$5 per person. RSVP by Friday, May 8th**



Yappy Hour

FRIDAY, MAY 15TH AT 2:00 PM | BARK PARK

Join us for Yappy Hour, a fun-filled gathering for our four-legged residents - bring your pup to socialize, play, and enjoy an afternoon of tail-wagging fun. We'll have treats for the doggies, toys to play with, and plenty of space to run. It's the perfect chance for both pets and their owners to meet neighbors, make new friends, and enjoy the community together. **This event is free. RSVP Not Needed**



Lunch & Learn

FRIDAY, MAY 22ND AT 11:00 AM | COMMUNITY ROOM

Old Falls Village presents a Lunch & Learn on World War II Reenactments. Discover how living-history groups bring WWII to life through authentic uniforms, equipment, and demonstrations that preserve history and honor the stories of those who served. **This event is free. RSVP by Monday, May 18th - capped at 20 residents**



Senior Prom

WEDNESDAY, MAY 27TH AT 4:00 PM | CLUB ROOM

Wine Down Wednesday goes Senior Prom! Enjoy a fun evening with food, dancing, and great company. Dress to impress in your favorite suit or dress as we celebrate, crown a Prom King and Queen, and award prizes for Best Dressed Couple. Join us for a classy, lively night to remember! **This event is free. RSVP by Tuesday, May 26th**



Food Truck

THURSDAY, MAY 28TH FROM 11:00 AM TO 1:00 PM | MAIN PARKING LOT

Wilma's BBQ Food Truck is rolling in! Treat yourself to mouthwatering BBQ favorites, hearty sides, and big, bold flavors cooked fresh on the spot. Skip the cooking, grab a plate, and enjoy a delicious, stress-free meal with neighbors. Come hungry—you won't be disappointed! **Range of Prices - Self Pay. RSVP Not Needed**

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



None are so old
as those who have
outlived enthusiasm.

Henry David
Thoreau



Congratulations!

Who won \$100?



This month's winner of our \$100 lease renewal drawing is Pat J.



Doors

PLEASE MAKE SURE THEY CLOSE

Please make sure you close all doors tightly, however, please try not to let them slam. Please remind your guests as well...your neighbors appreciate your attention to this item.



Balcony & Patio Refresh

SPRING HAS SPRUNG

If your unit includes a balcony or patio, spring is a great time to freshen it up! Please remove winter debris and check that no items hang over the railing. If you have any questions about what is or is not allowed on your patio or balcony, please refer to your lease or contact the Resident Services office. A quick sweep and tidy-up help maintain a clean, pleasant appearance throughout the community.

Keep Your Pet's File Up To Date

LICENSING & VACCINATION RECORDS REQUIRED

Please bring your pet's updated vaccine and licensing records to the Resident Services Office. You can also email them directly to us at hschuppener@ardenpropertygroup.com. Thank you for your cooperation!

Return The Carts For Others To Use

A FRIENDLY REMINDER

Please be courteous to your neighbors and return the community shopping carts and flatbeds to their designated area immediately after you are finished using them. We appreciate your cooperation.

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 provide the Resident Services Office a current copy of your Renters Insurance Declaration Page. If you have any questions, please let us know.

Elevator Etiquette

A FRIENDLY REMINDER FOR OUR RESIDENTS

Please avoid holding the elevator doors open. It's better to step out and finish your conversation, allowing the elevator to continue. Holding the doors repeatedly can trigger the alarm, and this may cause problems with the elevator's programming, leading to a shutdown and requiring a reset. Your cooperation is greatly appreciated to help things run smoothly!

Additional May Events

JOIN THE FUN THIS MONTH

Keystone Physical Therapy Presentations | Community Room
Tuesday, May 5th & 19th at 3 pm | This event is free. No RSVP Needed

National Lemonade Day Celebration | Community Room
Thursday, May 7th at 2 pm | This event is free. No RSVP Needed

Author Discussion, Mary Ann Noe (Wisconsin Native) | Library
Thursday, May 14th at 1:30 pm | This event is free. No RSVP Needed

Bunco (Fast-Paced-Social Dice Game) | Community Room
Monday, May 18th at 6 pm | This event is free. No RSVP Needed

Card Making Class | Aviation Lounge
Monday, May 18th at 1 pm | \$6 per person. RSVP by Friday, May 15th

Speaker, Ben Merens | Aviation Lounge
Wednesday, May 20th at 3 pm | This event is free. No RSVP Needed

Singer, Roger Boll (Accordion Player) | Community Room
Thursday, May 21st at 3 pm | \$5 per person. RSVP by Monday May 18th

RESIDENT CELEBRATIONS

Celebrate Good Times

FRIDAY, MAY 15TH AT 3:30 PM | COMMUNITY ROOM

Be our guest as we celebrate May's special moments! Join us for cake, coffee, and joyful company as we honor all May Birthdays and Anniversaries. Let's gather, connect, and celebrate together.
This event is free. RSVP Not Needed



*An early morning
walk is a blessing
for the whole day.*

*Henry David
Thoreau*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2 style="margin: 0;">HIGHLANDS COMMUNITIES MAY 2026 ACTIVITIES</h2>						1 6:30 pm Chinese Mahjong National Fitness Day
3	4	5	6	7	8	9
National Lemonade Day	10:30 am Chair Yoga 1 pm Sheepshead 3 pm Cribbage 6 pm Cards	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 3 pm Keystone PT Presentation 6:30 pm Cards	10:30 am Chair Yoga 1 pm Nickel Bingo 3 pm Mahjong 6:30 pm Canasta & Cards	9:30 am Bridge 2 pm National Lemonade Day Celebration 6:30 pm Mahjong & Cards	10:30 am Chair Yoga 11 am Water Aerobics	6:30 pm Chinese Mahjong National Train Day
10	11	12	13	14	15	16
Mother's Day	10:30 am Chair Yoga 1 pm Sheepshead 1 pm - 4 pm Sew Much Fun (Maker Space) 2 pm Singer, David Adler 3 pm Cribbage	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 3 pm Medicare Presentation 6:30 pm Cards	10:30 am Chair Yoga 3 pm Mahjong 6:30 pm Canasta & Cards	9:30 am Bridge 1:30 pm Author, Mary Ann Noe (Library) 6:30 pm Mahjong & Cards 6:30 pm Cookie Painting	10:30 am Chair Yoga 2 pm Yappy Hour (Bark Park)	6:30 pm Chinese Mahjong U.S. Armed Forces Day
17	18	19	20	21	22	23
Book Club National Cherry Cobbler Day	10:30 am Chair Yoga 1 pm Sheepshead 1 pm Card Making Class 3 pm Cribbage 6 pm BUNCO 6 pm Cards	10 am Faith Talk 12:15 pm Orange Shoe Fitness 1:30 pm Line Dance 3 pm Keystone PT Presentation 6:30 pm Cards	10:30 am Chair Yoga 1 pm Nickel Bingo 1 pm Speaker, Ben Merens 3 pm Mahjong 6:30 pm Canasta & Cards	9:30 am Bridge 11 am Orange Shoe Weight Training Session 3 pm Singer, Roger Boll 6:30 pm Mahjong & Cards	10:30 am Chair Yoga 11 am Water Aerobics 11 am Lunch & Learn by Old Falls Village	6:30 pm Chinese Mahjong Lucky Penny Day
24	25	26	27	28	29	30
International Tiara Day 31 National Macaroon Day	Memorial Day Resident Services Office is CLOSED. Have a safe holiday!	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 Senior Prom / Wine Down Wednesday Event 6:30 pm Canasta & Cards	9:30 am Bridge 11 am - 1 pm Food Truck: Wilmas BBQ 6:30 pm Mahjong & Cards	10:30 am Chair Yoga 1 pm Popsicles at the Pavillion	6:30 pm Chinese Mahjong Water a Flower Day

JUST FOR FUN



Fun Facts About Tulips in Wisconsin

While tulips are famously associated with the Netherlands, they bloom beautifully in Wisconsin each spring. These hardy flowers thrive in cold winters, making the Midwest a perfect environment.

Wisconsin gardeners plant bulbs in the fall for bright spring color. Tulips symbolize perfect love, making them a popular Mother's Day gift. Fun fact: tulip petals are edible and were once used as a food source during wartime shortages in Europe!



Back Then In History

In May 1952, Mr. Potato Head became the first toy ever advertised on television.

Kids could decorate a real potato with plastic face parts—though parents weren't thrilled with rotting veggies! Soon after, Hasbro included a plastic potato body.

Mr. Potato Head's popularity sparked a new era of marketing directly to children. From Toy Story fame to playroom legend, this spud has stood the test of time—proof that a silly face never goes out of style.



Blast from the past!

The world is
but a canvas to
our imagination.

Henry David
Thoreau



WHAT'S COOKING

Chipotle Chicken Enchilada Skillet Bake

This easy, cheesy enchilada bake is packed with flavor and comes together in one skillet—perfect for Cinco de Mayo or a simple weeknight dinner.



INGREDIENTS

- 3 boneless skinless chicken breasts (or 4–5 thighs)
- 1 (14-oz) can enchilada sauce
- 1 small jar green chiles
- 2 chipotles in adobo, chopped
- 3 cups shredded Monterey Jack cheese
- 6 (6-inch) corn tortillas
- 1 cup black beans
- 1 cup fresh corn (cut from the cob)
- Scallions and cilantro, for garnish

STEP 1: In a heavy-bottomed pot over medium heat, combine chicken, enchilada sauce, green chiles, and chipotles. Cook 20 minutes or until chicken is cooked through.

STEP 2: Remove chicken and shred with two forks; reserve sauce.

STEP 3: Preheat oven to 375°F. In a medium skillet, layer: sauce, 3 tortillas, half of the chicken, black beans, corn, and cheese. Repeat with remaining ingredients.

STEP 4: Bake uncovered for 20–30 minutes, until bubbly and the cheese is melted and golden.

STEP 5: Top with scallions and cilantro. Cut into wedges to serve.

Source: [WhatsGabyCooking.com](https://www.whatsgabycooking.com)



Top Ten

NATURAL WONDERS OF THE UNITED STATES

From deserts to waterfalls, the U.S. is full of jaw-dropping natural beauty waiting to be explored. From towering red cliffs to misty mountain peaks, these breathtaking destinations remind us how vast, diverse, and awe-inspiring our country truly is.

1. Grand Canyon (AZ)
2. Niagara Falls (NY)
3. Yellowstone Geysers (WY)
4. Redwoods (CA)
5. Crater Lake (OR)
6. Everglades (FL)
7. Monument Valley (UT/AZ)
8. Bryce Canyon Hoodoos (UT)
9. Great Smoky Mountains (TN/NC)
10. Northern Lights (AK)



Shelf Indulgence

THIS MONTH'S BOOK RECOMMENDATION

The Guncle by Steven Rowley

When Patrick, a former sitcom star, unexpectedly becomes guardian to his niece and nephew for the summer, chaos—and heartfelt laughter—ensues.

Set in sunny Palm Springs, *The Guncle* is a witty and touching story about family, healing, and finding joy in unexpected roles. With sharp humor and plenty of heart, this is a feel-good read perfect for kicking off summer and celebrating the quirky, lovable bonds of chosen family.

CONTACT INFORMATION

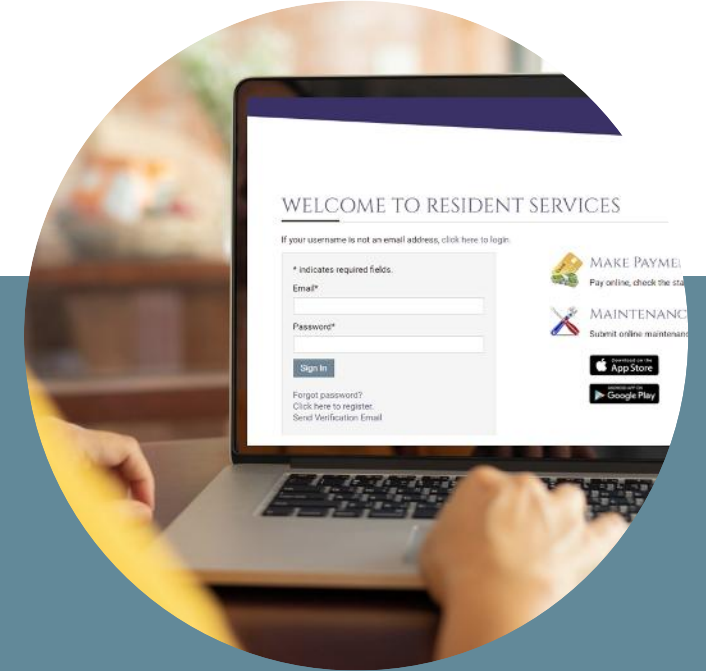


Resident Portal

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

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

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

MAINTENANCE TEAM
Chris Braith

HOUSEKEEPING TEAM
Nivea Shepherd

*Memorial Day,
Remember & Honor*

Community Engagement Coordinators

Nancy Bruening

Deborah Remshak

Spring is a lovely time to bloom!

Celebrate a Legacy of Love HONORING FAMILY, TRADITION, AND CONNECTION

This May, we will Celebrate a Legacy of Love with a month dedicated to honoring family, tradition, and connection across generations. This month, take a moment to honor the love we pass down, the memories we cherish, and the bonds that we continue to grow.



Join Us Each Week For:

Be Your Own Barista - Our self-service coffee bar in the main lobby is open 24/7, offering a wide variety of hot beverages. Enjoy convenient, self-serve coffee, espresso, tea, and more—any time you need a boost.

Yoga & Stretching- Stay active by joining our group classes every Monday, Wednesday & Friday at 10:30 am in the Fitness Studio. Orange Shoe Fitness - held on Tuesdays at 12:15 pm.

Onsite Services

Pool Hours

Open: 5 am - 12 pm
Closed: 12 pm - 1 pm
For Daily Maintenance
Open: 1 pm - 10 pm



The pool temperature is regulated at 80 to 84 degrees.

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

Get Fit & Stay Active!

Water Aerobics
FRIDAY, MAY 8TH & 22ND AT 11 AM | POOL

Jump in and energize your body with Water Aerobics! This refreshing, low-impact class strengthens muscles, improves balance and flexibility, and supports heart health—all while being gentle on joints. Ideal for boosting mobility, endurance, and overall wellness. All fitness levels welcome!

This event is free. RSVP Not Required

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!