

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 4 pm

Phone: (262) 747-2151 Fax: (262) 798-9655

20825 George Hunt Cir #708

Waukesha, WI 53186

COMMUNITY DIRECTOR

Randi Haase

Brookfield@ardenpropertygroup.com

RESIDENT SERVICES TEAM

Mandi Thomas, ACM & Geralyn Friedrich, Admin

Brookfield@ardenpropertygroup.com

LEASING

Mon - Fri 9 am - 5 pm

Phone: (262) 747-2151

LEASING SPECIALISTS

Patricia & Laura

MAINTENANCE

Mon - Fri 9:30 am - 4:30 pm

Phone: (262) 747-2151

Evenings & Weekends (The AnSer)

EMERGENCIES ONLY - (800) 263-6148

MAINTENANCE TEAM

Joe, Randy, Tim & Austin

HOUSEKEEPING TEAM

Delicia, Deannalyn & Maya

UPCOMING SPOTLIGHT EVENTS



Humana - Boost Your Mood

TUESDAY, AUGUST 11TH AT 1:00 PM

COMMUNITY ROOM

Join us for a session with a Humana representative who will share food & fitness tips to boost your mood!

This event is free. RSVP by August 4th.



Red Checkered Picnic

THURSDAY, AUGUST 13TH AT 11 AM - 2 PM

COMMUNITY ROOM

Join us at our Red Checkered Picnic - don't miss out on this amazing summer party! Be advised, the Community Room will be closed on August 12th starting at 11 am.



Celebrate It All Fest

TUESDAY, AUGUST 18TH AT 1:00 PM

COMMUNITY ROOM

Join us for the Celebrate It All Fest! Let's celebrate and honor all August Birthdays & Anniversaries together!

This event is free. RSVP by August 11th.



Smits Travel Meeting

WEDNESDAY, AUGUST 26TH AT 11:30 AM

FIRESIDE ROOM

Interested in traveling? Join us for an informational meeting by Smits Travel about upcoming trips!

This event is free. RSVP by August 19th.



Cocktail Hour

FRIDAY, AUGUST 28TH AT 6:00 PM

COMMUNITY ROOM

Join your neighbors for Cocktail Hour! Bring a dish to pass, share good conversation, and enjoy a fun evening together.

\$5 per person. RSVP by August 21st.



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 - AC

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.

Give Back at Back-to-School Time

When you're shopping school supply sales this month, consider picking up a few extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks full of supplies to children in need. You can also contact schools in your area and ask if you can drop off some extra pencils, crayons, glue and other goodies. School nurses will often keep toiletries and snacks on hand, so keep these items in mind if you're looking for other ways to give back.

ONSITE & LOCAL SERVICES

Spectrum Cable

CUSTOMER SERVICE (833) 697-7328

Salon

Tuesday - Friday by appointment only. (262) 424-6991
Located in Building 7, Suite 740

STYLIST - Kathy Gaffney - Men and Women Welcome!

WE Energies

CUSTOMER SERVICE (800) 242-9137

Brookfield Town Hall

CUSTOMER SERVICE (262) 796-3788

Dog License

PHONE: (262) 782-9650 FAX: (262) 796-6671

A Dog License can be obtained at:

<https://www.ci.brookfield.wi.us/219/Dog-License> or by stopping at Town Hall at 645 N. Janacek Road, Brookfield, WI 53045. Bring the rabies certificate that you obtain from your vet, not the receipt.

Waukesha Public Library

MAIN NUMBER 262-782-4140



Welcome
Home



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.

SAVOR THE SEASON

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 \$300?

Our lease renewal drawing winner is Patricia T.!

