HIGHLANDS Happenings

CONTACT INFORMATION

Main Office

Mon - Fri, 10 am - 3 pm
Phone: (715) 226-4393
8005 Birch St.
Weston, WI 54476

COMMUNITY DIRECTOR
Dawn Mittlesteadt
Birchwood@ardenpropertygroup.com

ASSISTANT COMMUNITY MANAGER
Kelley Goertz
Birchwood@ardenpropertygroup.com

LEASING
Mon - Fri, 9 am - 5 pm
Phone: (715) 226-4393

MAINTENANCE - Brett Koss
Mon - Fri, 9 am - 5 pm
Phone: (715) 226-4393
Evenings & Weekends
(AnSer) EMERGENCIES ONLY: (800) 263-6148

HOUSEKEEPING TEAM
Jessica Bram

BUILDING MANAGER
Cindy Krall

COMMUNITY ENGAGEMENT COORDINATORS
Sharon O., Cheryl S., & Lynn S.

BIRCHWOOD HIGHLANDS LLC
Apartments 55+

UPCOMING SPOTLIGHT EVENTS



Movie and Popcorn
FRIDAY, NOVEMBER 6TH, AT 2 PM
MAIN BUILDING COMMUNITY ROOM
Join us for an afternoon of fun and fresh popcorn as we watch **Green and Gold**! Enjoy a great movie with friends.
Free event - Sign up by Nov. 5th



Morning Blend
TUESDAY, NOVEMBER 10TH, AT 9 & 10 AM
EAST & MAIN COMMUNITY ROOM
Start your morning with friends, conversation, and a delicious slice of fall coffee cake.
Free event - Sign up by Nov. 5th



Veterans Day Celebration
WEDNESDAY, NOVEMBER 11TH, AT 11 AM
MAIN BUILDING COMMUNITY ROOM
Enjoy a meal of barbecue, chips, beverage, and a treat as we come together to recognize and thank those who have served our country. **$7 - Sign up by Nov. 5th**



Thanksgiving Meal
TUESDAY, NOVEMBER 17TH, AT 4:30 PM
MAIN BUILDING COMMUNITY ROOM
Enjoy a delicious meal from The Mint, roasted turkey, stuffing, mashed potatoes & gravy, green beans, a dinner roll, & pie.
$17 - Sign up by Nov. 5th



DIY Wooden Snowman Project
MONDAY, NOVEMBER 30TH, AT 11 AM
MAIN BUILDING COMMUNITY ROOM
Don't miss this fun winter craft! Make a special creation for yourself or create a thoughtful gift for someone else.
$7 - Sign up by Nov. 5th



RESIDENT REMINDERS

Trash Talk We All Need to Hear

On Nov. 15, the National Recycling Coalition urges all Americans to talk trash! The reason? To encourage everyone to participate in America Recycles Day. According to the Environmental Protection Agency, 75 percent of our trash can be recycled and reused. By recycling things such as aluminum cans, plastics, junk mail, cardboard and more, we not only reduce the growing piles in our landfills, but we also protect our natural resources.

Remember the four "Rs" of recycling:

- **R**educe the amount of trash you discard.
- **R**euse containers, such as paper bags or milk jugs.
- **R**ecycle permissible materials.
- **R**ebuy products made from recycled items.

Aluminum cans, newspapers and glass containers are usually allowed, but not all plastics qualify, such as plastic bags or waxed paper. Individually, Americans create millions of tons of waste on an annual basis. Together, we can make a difference—one can, one water bottle, one milk jug at a time.

Long-Term Care Awareness Month

Around 70% of people over the age of 65 will need long-term care services at some point. Each November, Long-Term Care Awareness Month is a reminder to make a plan for the future—not only for yourself, but for your loved ones as well. A caregiver can be a family member, home health aide, nurse or other staff member in a senior living community, or a combination of these. Thinking about possible needs and making decisions now can make the transition into long-term care go more smoothly, both financially and emotionally.

Drive Cautiously in Snow

Winter weather conditions can make our neighborhood roads treacherous. To avoid accidents, please use extra caution when driving in bad weather. Have a safe winter!

Welcome Home!

During this season of thanksgiving, we're grateful to welcome our newest neighbors to our community.

November Gratitude

A few things to be thankful for this month:

- The beauty of the changing leaves.
- Time with loved ones during the holiday season.
- The service of veterans and current military members.

What else can you add?

ONSITE & LOCAL SERVICES

Salon

Main Building 3rd Floor
Wednesday & Friday By Appointment Only
Call (715) 301-8588
STYLISTS
Karen Theiler & Terri Kree
Credit Cards Accepted

Family Foot & Ankle Clinic

3RD FLOOR MAIN BUILDING GAME ROOM
Call (715) 241-8100 to make an appointment. See calendar for date and time.

Blood Pressure Screening

3RD FLOOR MAIN BUILDING GAME ROOM
No Appointment Needed - See calendar for date and time.

Spectrum/Charter Cable

HOTLINE (833) 697-7328

Wisconsin Public Service

HOTLINE (800) 450-7260

Village of Weston

PHONE (715) 359-6114



WHAT'S COOKING

Maple Breakfast Braid

This sausage-stuffed breakfast dish packs the perfect mix of sweet and savory!

Ingredients:

- 1 package (16 ounces) breakfast sausage
- 1/4 cup maple syrup
- 2 eggs, beaten
- 1/2 cup green onions, sliced
- 2 Granny Smith apples, peeled and diced
- 1 1/2 cups dry herb stuffing mix
- 1 package (2 sheets) frozen puff pastry, thawed
- 2 egg whites
- 1 teaspoon water

Directions:

Preheat oven to 400° F.

In a large bowl, combine sausage, syrup, beaten eggs, green onions, diced apples and stuffing mix.

Dust work surface with flour and roll out one pastry sheet to a 12-by-18-inch rectangle. Transfer pastry to large baking sheet lined with parchment paper. Spoon half of sausage mixture down center of pastry.

Make 3-inch cuts down sides of pastry. Fold each strip in toward the center, alternating sides, to "braid" the dough. Fold both ends of the pastry in to seal the filling.

In a bowl, beat egg whites and water; brush the egg wash over the pastry. Repeat steps with the second pastry sheet.

Bake 25 to 30 minutes or until brown, rotating pans after 15 minutes.

Find more recipes at Culinary.net.



Happy Thanksgiving

It's time to give thanks for all the blessings we've enjoyed this past year. We hope your Thanksgiving is filled with happy memories. Enjoy the holiday, and remember to spread kindness this season!

COZY DAYS, WISCONSIN WAYS, AND PLENTY TO CELEBRATE

There's something special about November in Wisconsin. The colorful leaves have nearly disappeared, the mornings have a definite chill, and somewhere in the near distance, you can almost hear winter knocking at the door. But before we trade our fall jackets for snow boots, November gives us plenty of reasons to get out, get cozy, and celebrate!

This month kicks off with Sandwich Day on November 3, a delicious reminder that sometimes the simplest things are worth celebrating. And if you're wondering where the sandwich got its name, look no further than John Montagu, the 4th Earl of Sandwich, who supposedly wanted something he could eat without leaving the gaming table. Talk about convenient!

November also gives us Veterans Day on November 11, an important opportunity to pause and thank the veterans in our communities for their service and sacrifice. Later in the month, World Kindness Day on November 13, encourages us to spread a little extra kindness. A smile, a friendly hello, or checking in on a neighbor can make someone's entire day.

And then, of course, comes Thanksgiving! November 26 is the perfect time to gather around the table, enjoy favorite traditions, and reflect on what we're grateful for. Here in Wisconsin, we have plenty to be thankful for—including cheese curds, beautiful seasons, and cranberries! Fun fact: Wisconsin produces more cranberries than any other state, making that bright red berry a true Wisconsin original.

As November winds down, take advantage of the last few opportunities to enjoy the outdoors before winter arrives. Take a scenic drive, grab coffee with a friend, visit a local museum, or simply bundle up and enjoy a crisp afternoon walk.

So grab your favorite sweater, pour yourself something warm, and embrace November. After all, there's no better place to enjoy sweater weather than Wisconsin!



PAST ACTIVITIES & RECREATIONAL EVENTS












JUST FOR FUN

I Want to Thank You

Can you finish the lyrics and guess the song?
“Traveled down the road and back again. Your heart is true; _____.”

Answer: “... you’re a pal and a confidant,” from “Thank You for Being a Friend,” written by Andrew Gold and made famous as the theme song to “The Golden Girls.”

Talk About It: Holiday Meals

Share this conversation starter with a friend, loved one or neighbor: What is the most memorable holiday meal you’ve ever had? What makes it stand out today?

CONGRATULATIONS

Who Won $100?

Our lease renewal drawing winner is Bill O.!



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