

April 2026 | Birchwood Highlands

# HIGHLANDS

## *Happenings*



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**HIGHLANDS  
COMMUNITIES**  
Apartments & Townhomes 55+

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## PAST ACTIVITIES & RECREATIONAL EVENTS



## UPCOMING SPOTLIGHT EVENTS



### Easter Brunch

**TUESDAY, APRIL 7TH AT 11:00 AM | MAIN BUILDING COMMUNITY ROOM**  
 Spring has arrived, and we're celebrating with a special Easter Luncheon—come join us! We'll be serving up a tasty spread, scrambled eggs, breakfast potatoes, fresh fruit, assorted pastries, and your choice of meat (sausage links, pork patties, ham, Polish sausage, or bacon). Let's celebrate together! **\$15 per person. RSVP by Thursday, April 2nd**



### Spring Scavenger Hunt

**THURSDAY, APRIL 9TH FROM 10:30 AM - 12:00 PM | EB & MB COMMUNITY ROOMS**  
 Join the fun at our Easter Egg Hunt! Search, collect, and open them to see what's inside the eggs you find. Some hold treats and a lucky few contain special prize slips. Grab a basket and start exploring! Bring your treasures to your community room at 12 pm to collect your prize. **This event is free. RSVP Not Needed**



### Smits Travel Presentation

**THURSDAY, APRIL 10TH AT 11:00 AM | MAIN BUILDING FOUR SEASONS ROOM**  
 Ready to travel in 2026? Join Marilyn Smits of Smits Travel for an exciting preview of upcoming trips and plans for the year ahead. Learn about destinations, itineraries, and travel opportunities coming soon!  
**This event is free. RSVP by Thursday, April 2nd**



### Make Your Own Shadow Box

**THURSDAY, APRIL 24TH AT 1:30 PM | EAST BUILDING COMMUNITY ROOM**  
 Join us for a fun craft event with shadow boxes, dried flowers, stickers, and fun stationery. All supplies are provided, and you're welcome to bring a small personal item to make your design even more meaningful. We can't wait to craft with you!  
**\$5 per person. RSVP by Thursday, April 2nd**



### Kentucky Derby Mixer

**TUESDAY, APRIL 28TH AT 2:00 PM | MAIN BUILDING COMMUNITY ROOM**  
 Saddle up for a Kentucky Derby celebration! Enjoy mimosas and mint juleps, light appetizers, a best hat competition, horse races, and bingo. Dress to impress and join the fun for an afternoon of racing, sips, and smiles!  
**\$6 per person. RSVP by Thursday, April 2nd**

*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

April in Wisconsin; where you can wear shorts, snow boots, and a raincoat all before lunch.



# Congratulations!

Who won \$100?



This month's winner of our \$100 lease renewal drawing is Gene S.



### Muddy Season

PLEASE BE COURTEOUS

As we move into the warmer days of Wisconsin spring, things can get muddy quickly! Please remember to wipe your feet and your pet's paws before re-entering the building to help keep hallways and common areas clean. Thank you for helping us keep our shared spaces fresh and welcoming.

### Spring Cleaning

THE EASY WAY

As the days get brighter and the air a little softer, spring offers the perfect excuse for a fresh start. A few simple resets—opening windows for a breeze, donating items you no longer use, or wiping down a shelf you walk past every day—can make your home feel lighter and more welcoming. Spring cleaning doesn't have to be a marathon; think of it as giving your space a gentle refresh. Even one small tidy-up can bring a big sense of accomplishment!

### HVAC Filter & Battery Changes

A REMINDER TO OUR RESIDENTS

It's that time of year again! April 19 - 24th we will be conducting our annual spring inspections. We will change your HVAC filter and the smoke detector, carbon monoxide detector, and thermostat batteries in your apartment. We change the filters twice a year as preventative maintenance and for your air quality. We change the batteries in your apartment once a year in an effort to keep your smoke and carbon monoxide detectors working properly, along with your thermostat. Should you prefer we install a specialized filter for your HVAC system please place it outside your apartment door up against the wall by 9am the morning of your scheduled day.

**In preparation for our visit, please clear the area around your HVAC system so our Maintenance Team may easily access it.**

On our filter and battery change days, our Maintenance Team will be working on a tight time line, so please do not request any general maintenance for this visit. As always, you may use the resident portal or call or visit the Resident Services Office to enter a work order request for any other maintenance needs you may have at this time.

### Parking Lots & Thawing Ground

USE CAUTION

Spring thaw can cause soft ground, puddles, and shifting surfaces in parking areas, driveways, and sidewalks. Please use caution when navigating these areas. Please avoid cutting corners short and driving on any grass or unpaved areas. This helps prevent ruts and damage to the landscape as it gets ready to green up for the season.

### Celebrate Good Times

MONDAY, APRIL 6TH AT 3:00 PM  
MAIN BUILDING COMMUNITY ROOM

IT'S CELEBRATION TIME

Be our guest as we celebrate April's special moments! Join us for cake, coffee, and joyful company as we honor all April birthdays and anniversaries. Let's gather, connect, and celebrate together.

**This event is free. RSVP Not Required**



### The Morning Blend

TUESDAY, APRIL 14TH AT 9 AM-EB & 10 AM-MB

Join for a warm and welcoming start to your day with coffee, cinnamon toast, and friendly conversation. We'll meet at 9 am in the East Community Room and 10 am in the Main Community Room—stop by and enjoy a relaxing morning with neighbors and our Resident Services Team!

**This event is free. RSVP Thursday, April 2nd**

### FEATURED EVENT

### National Volunteer Week

THURSDAY, APRIL 23 AT 12:00 PM | COMMUNITY ROOM

During National Volunteer Week (April 20-25) we would like to take the opportunity to show all of our wonderful volunteers how much we appreciate you!

If you have volunteered at Birchwood Highland, we invite you to join us for lunch on Thursday, April 23. Please let us know you'll be attending and indicate your volunteer role by completing the sign-up sheet. **RSVP by Thursday, April 2.**



*Spring is the season of muddy shoes, happy moods, and neighbors reappearing from hibernation.*



**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

HIGHLANDS COMMUNITIES  
**APRIL 2026 ACTIVITIES**

				PASSOVER BEGINS <sup>1</sup>	SIGN UP DUE <sup>2</sup>	GOOD FRIDAY <sup>3</sup>	HOLY SATURDAY <sup>4</sup>
				<b>9 am</b> Exercise-EB <b>9:30 am</b> -MB <b>10 am</b> Coffee-MB <b>10:30 am</b> Boost Your Brain <b>12:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> Kings Corner <b>6:30 pm</b> Bingo-EB	<b>10 am</b> Rosary <b>1 pm</b> Sheepshead <b>3:30 pm</b> Line Dancing-MB <b>4 pm</b> Social Hour <b>6 pm</b> Hand & Foot-MB <b>6:30 pm</b> Hand & Foot-EB	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>11 am</b> LCR-MB	<b>1 pm</b> Cribbage-MB/EB <b>2 pm</b> Hand & Foot <b>6 pm</b> Kings Corner-MB
EASTER SUNDAY <sup>5</sup>					PASSOVER ENDS <sup>9</sup>		
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>12:30 pm</b> Knitting-MB <b>1 pm</b> Uno <b>1 pm</b> Cribbage <b>3 pm</b> Birthday Celebration <b>6:30 pm</b> Games-EB	<b>9 am</b> Coffee-EB <b>10 am</b> Pool-MB/EB <b>11 am</b> Easter Brunch <b>2 pm</b> 500 Cards <b>5 pm</b> Wii Bowling Banquet <b>6 pm</b> Hand & Foot-MB	<b>9 am</b> Exercise/EB <b>9:30 am</b> -MB <b>10 am</b> Coffee <b>10 am Fire Alarm Testing</b> <b>10:30 am</b> Boost Your Brain <b>2:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> Support & Share-EB <b>2 pm</b> Kings Corner <b>3 pm</b> Book Club <b>6:30 pm</b> Bingo-EB	<b>10 am</b> Rosary <b>10:30 am</b> Easter Egg Hunt <b>10:30 am</b> Yoga w/Jamy <b>1 pm</b> Sheepshead <b>1 pm</b> Blood Pressure Screening-MB <b>3:30 pm</b> Line Dancing-MB <b>4 pm</b> Social Hour <b>6 pm</b> Hand & Foot-MB <b>6:30 pm</b> Hand & Foot-EB	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>11 am</b> Smits Travel	<b>1 pm</b> Cribbage-MB/EB <b>2 pm</b> Hand & Foot <b>6 pm</b> Kings Corner-MB	
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>National Grilled Cheese Sandwich Day</b>	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>11 am</b> Learn Kings Corner-MB <b>12:30 pm</b> Knitting <b>1 pm</b> Uno <b>1 pm</b> Cribbage <b>3 pm</b> Choir <b>4:30 pm</b> Bingo-MB <b>6:30 pm</b> Games-EB	<b>9 am</b> Morning Blend-EB <b>10 am</b> Morning Blend-MB <b>10 am</b> Pool-MB/EB <b>2 pm</b> 500 Cards <b>6 pm</b> Hand & Foot-MB	<b>9 am</b> Exercise-EB <b>9:30 am</b> -MB <b>10 am</b> Coffee-MB <b>10:30 am</b> Boost Your Brain <b>11:30 am</b> Stock Boxes <b>12:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> Kings Corner <b>6:30 pm</b> Bingo-EB	<b>10 am</b> Rosary <b>10:30 am</b> Yoga w/Angela-MB <b>1 pm</b> Sheepshead <b>3:30 pm</b> Line Dancing <b>4 pm</b> Social Hour <b>6 pm</b> Hand & Foot-MB <b>6:30 pm</b> Hand & Foot-EB	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>11 am</b> LCR-MB <b>1:30 pm</b> Movie - Seabiscuit	<b>1 pm</b> Cribbage-MB/EB <b>2 pm</b> Hand & Foot <b>6 pm</b> Kings Corner-MB	
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>National Dog Parent Appreciation Day</b>	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>12:30 pm</b> Knitting <b>1 pm</b> Uno <b>1 pm</b> Cribbage <b>3 pm</b> Choir <b>4:30 pm</b> Bingo-MB <b>6:30 pm</b> Games-EB	<b>9 am</b> Coffee-EB <b>10 am</b> Pool-MB/EB <b>2 pm</b> 500 Cards <b>2 pm</b> Quilting Group-EB <b>3 pm</b> Pokeno Bingo <b>6 pm</b> Hand & Foot-MB	<b>9 am</b> Exercise-EB <b>9:30 am</b> -MB <b>10 am</b> Coffee-MB <b>10:30 am</b> Boost Your Brain <b>12:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> Kings Corner <b>5 pm</b> Dine Out <b>6:30 pm</b> Bingo-EB	<b>10 am</b> Rosary <b>12 pm</b> Volunteer Luncheon <b>1 pm</b> Sheepshead <b>3:30 pm</b> Line Dancing-MB <b>4 pm</b> Social Hour <b>6pm</b> Hand & Foot-MB <b>6:30 pm</b> Hand & Foot-EB	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>11 am</b> LCR-MB <b>1:30 pm</b> Make Your Own Shadow Box	<b>1 pm</b> Cribbage-MB/EB <b>2 pm</b> Hand & Foot <b>6 pm</b> Kings Corner-MB	
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>Get Organized Day</b>	<b>9:30 am</b> Exercise-MB <b>10 am</b> Coffee-MB <b>12:30 pm</b> Knitting <b>1 pm</b> Uno <b>1 pm</b> Cribbage <b>3 pm</b> Choir <b>4:30 pm</b> Bingo-MB <b>6:30 pm</b> Games-EB	<b>9 am</b> Coffee-EB <b>10 am</b> Pool-MB/EB <b>2 pm</b> 500 Cards <b>2 pm</b> Kentucky Derby Mixer <b>6 pm</b> Hand & Foot-MB	<b>9 am</b> Exercise-EB <b>9:30 am</b> -MB <b>10 am</b> Coffee-MB <b>10:30 am</b> Boost Your Brain <b>12:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> Kings Corner <b>2 pm</b> Support & Share-EB <b>4 pm</b> Wine Down-MB/EB <b>6:30 pm</b> Bingo-EB	<b>10 am</b> Rosary <b>10:30 am</b> Yoga w/Jamy-MB <b>1 pm</b> Sheepshead <b>3:30 pm</b> Line Dancing-MB <b>4 pm</b> Social Hour <b>6 pm</b> Hand & Foot-MB <b>6:30 pm</b> Hand & Foot-EB			

## JUST FOR FUN



If April had a motto in Wisconsin, it would be: "Hope for sunshine, plan for slush."



### Fun Facts About Rainbows

Rainbows occur when sunlight passes through raindrops, bending (refracting), reflecting inside the drop, and exiting at a different angle. This process splits the light into its different colors: red, orange, yellow, green, blue, indigo, and violet.

A rainbow is actually a full circle, but we usually only see an arc due to the ground blocking the bottom half. And yes—double rainbows are real! They form when light reflects twice inside the raindrop, creating a fainter, reversed second arc.



### Back Then In History

April 22, 1970 marked the first Earth Day, when over 20 million Americans rallied to raise awareness about environmental issues. Sparked by growing concerns over pollution and conservation, Earth Day united people across political and social lines. The event helped lead to the creation of the Environmental Protection Agency later that year. Now a global movement, Earth Day continues to inspire individuals and communities to protect and preserve our planet.



## Top Ten

### RAINY DAY ACTIVITIES

Rainy days can be cozy and relaxing with the right mood and a little creativity indoors. They are also a great time to reset and relax with your favorite snack and music.

1. Watch an old favorite movie
2. Bake cookies
3. Declutter a closet
4. Build a blanket fort
5. Listen to a podcast
6. Do a craft
7. Write a letter
8. Practice yoga
9. Try a new playlist
10. Take a nap

*Rain Reset!*

## WHAT'S COOKING

### Spring Mix Salad

This easy green salad features a fresh spring mix tossed with a bright, homemade lemon balsamic dressing. Crisp, colorful, and full of flavor, it's a simple way to add freshness to your table. Whether you're serving it alongside a hearty entrée or enjoying it on its own for a light lunch, this salad is the perfect complement to any meal.



### INGREDIENTS

#### Salad Dressing:

- 3 tbsp balsamic vinegar
- 2 tbsp fresh lemon juice
- 1 clove garlic, minced
- 1 tsp kosher salt
- ½ tsp black pepper
- ¼ cup extra virgin olive oil

#### For the Salad:

- ½ red onion, thinly sliced
- 5 oz spring mix
- 1 cup cherry tomatoes, halved
- 1 medium cucumber, peeled and sliced
- 2–3 small radishes, sliced
- ½ cup sunflower seeds, pumpkin seeds, walnuts, or sliced almonds
- ½ cup crumbled goat cheese or feta (optional for vegan)

**STEP 1:** Whisk all dressing ingredients together in a bowl.

**STEP 2:** Soak red onion slices in hot tap water for a few minutes, then drain.

**STEP 3:** In a large bowl, combine spring mix, tomatoes, cucumber, and onion.

**STEP 4:** Drizzle dressing over and toss gently to coat.

**STEP 5:** Top with seeds and crumbled cheese. Serve immediately.

**MAKE-AHEAD TIP:** Store dressing and salad ingredients separately in airtight containers up to 2 days; toss just before serving. Once mixed, salad stays fresh up to 1 day but may wilt.

Source: FoolProofLiving.com

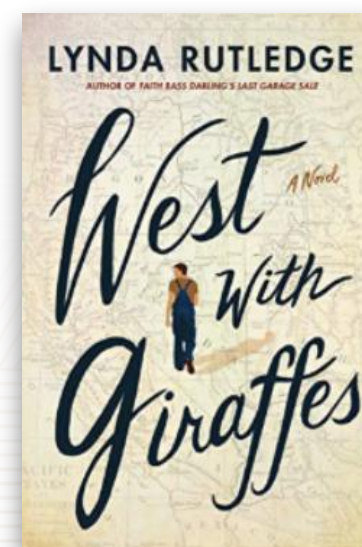
*Healthy & Delicious!*

## Shelf Indulgence

### THIS MONTH'S BOOK RECOMMENDATION

#### West With Giraffes by Lynda Rutledge

Inspired by a true story, this charming historical novel follows two giraffes and the unlikely trio escorting them across Depression-era America. The road trip is full of unexpected friendships, small-town encounters, and heartfelt reflections. Told with wit and wonder, it's an easy, satisfying read for fans of quirky history and animal stories.



## 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 - 3pm  
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, 9:00am - 5:00pm  
Phone: (715) 226-4393

### LEASING SPECIALISTS

Dawn Mittlesteadt

### MAINTENANCE

Mon - Fri, 9:00am - 5:00pm  
Phone: (715) 226-4398  
Evenings & Weekends (AnSer)  
EMERGENCIES ONLY  
(800) 263-6148

### MAINTENANCE TEAM

Brett Koss

### HOUSEKEEPING TEAM

Jessica Bram

### BUILDING MANAGER

10 Cindy Krall

## Community Engagement Coordinators

**Lynn Sween**

**Cheryl Surfus**

**Sharon Oertel**

### Celebrate Moments that Matter

ENJOY MEANINGFUL MOMENTS TOGETHER

This April, we'll Celebrate Moments that Matter with a month of connection, creativity, and shared stories. Each event will give our community a chance to slow down, express gratitude, and enjoy meaningful moments together.



#### Join Us For:

**Weekly Coffee Hour** - Join us every Monday, Wednesday & Friday - MB at 10 AM, and every Tuesday - EB at 9 AM.

**Come Play Pokeno** - Join us on Tuesday, April 21 at 3 PM. Pokeno combines Bingo with traditional playing cards. Each player has a board filled with card images, and as cards are drawn, you mark your board — just like Bingo. The first to complete the winning pattern calls out and wins the round!

## Onsite Services

### Salon

Wednesday & Friday  
Main Building, 3rd floor | By Apt. Only  
(715) 301-8588

### STYLIST

**Karen Theiler and Terri Kree**  
Credit cards accepted

### Boost Your Brain and Memory

WEDNESDAYS FROM APRIL 1ST – MAY 13TH

Aging and Disability Resource Center (ADRC) is presenting a 7 week, evidence based program with Jennifer Thompson, CSW Dementia Care Specialist.



Boost Your Brain and Memory is a fun and engaging seven week class that explores how lifestyle choices impact brain health. Each session features helpful videos, discussions, and simple strategies that show why habits—like staying intellectually active—play a powerful role in supporting memory and cognitive function. Take steps today to support a healthier brain—it's never too late to start!

## Local Services

### Spectrum/Charter Cable

**HOTLINE**  
(833) 697-7328

### Wisconsin Public Service

**HOTLINE**  
(800) 450-7260

### Village of Weston

**PHONE**  
(715) 359-6114

### Family Foot & Ankle Clinic

**3RD FLOOR GAME ROOM - MAIN BUILDING**  
**Next clinic is Monday, March 30th**  
Call 715-241-8100 to make an appointment.



# 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](http://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!