

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.

UPCOMING SPOTLIGHT EVENTS



Beat the Heat Celebration

MONDAY, AUGUST 3RD AT 3 PM

MAIN BUILDING PARKING LOT

Enjoy music by Rod Parsons and a chicken dinner to include mashed potatoes & gravy, green beans, fruit salad, and refreshments.

\$10 - Sign up by 7/31



Morning Blend

TUESDAY, AUGUST 11TH AT 9 AM & 10 AM

EAST AND MAIN COMMUNITY ROOMS

Join us for mini pancakes, waffles, fruit and fresh coffee. Connect with office staff and neighbors while enjoying great conversation and friendly company. **Free - Sign up by 8/4**



Balsam Ramblers/Lion's Food Truck

WEDNESDAY, AUGUST 12TH AT 11 AM

MAIN BUILDING PARKING LOT

Bring your chair and enjoy listening to The Balsam Ramblers while grabbing a bite from the Rib Mountain Lions Food Truck. **Food is available for purchase on your own.**



Tie-Dye and Good Vibes!

TUESDAY, AUGUST 18TH AT 1 PM

MAIN BUILDING PARKING LOT

Bring your own white shirt, and we'll provide a white bag and all the tie-dye supplies. Our team will help you create a colorful design to wear at the Beach Party! **\$5 - Sign up by 8/4**



Patio Beach Party Wine Down

WEDNESDAY, AUGUST 26TH AT 4 PM

MAIN BUILDING COMMUNITY ROOM/PATIO

Enjoy refreshing spiked punch with cheese, sausage, and fruit kabobs, plus chips and salsa. A perfect summer treat for everyone!

Main Building Only - \$4 - Sign up by 8/4



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 - A/C

- 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, consider picking up extra items to donate. Many community businesses and organizations host back-to-school drives, which provide backpacks of supplies to children in need. You can also contact local schools 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

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



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 \$100?

Our lease renewal drawing winner is Joyce T.!

