

February 2026 | Birchwood Highlands

# HIGHLANDS

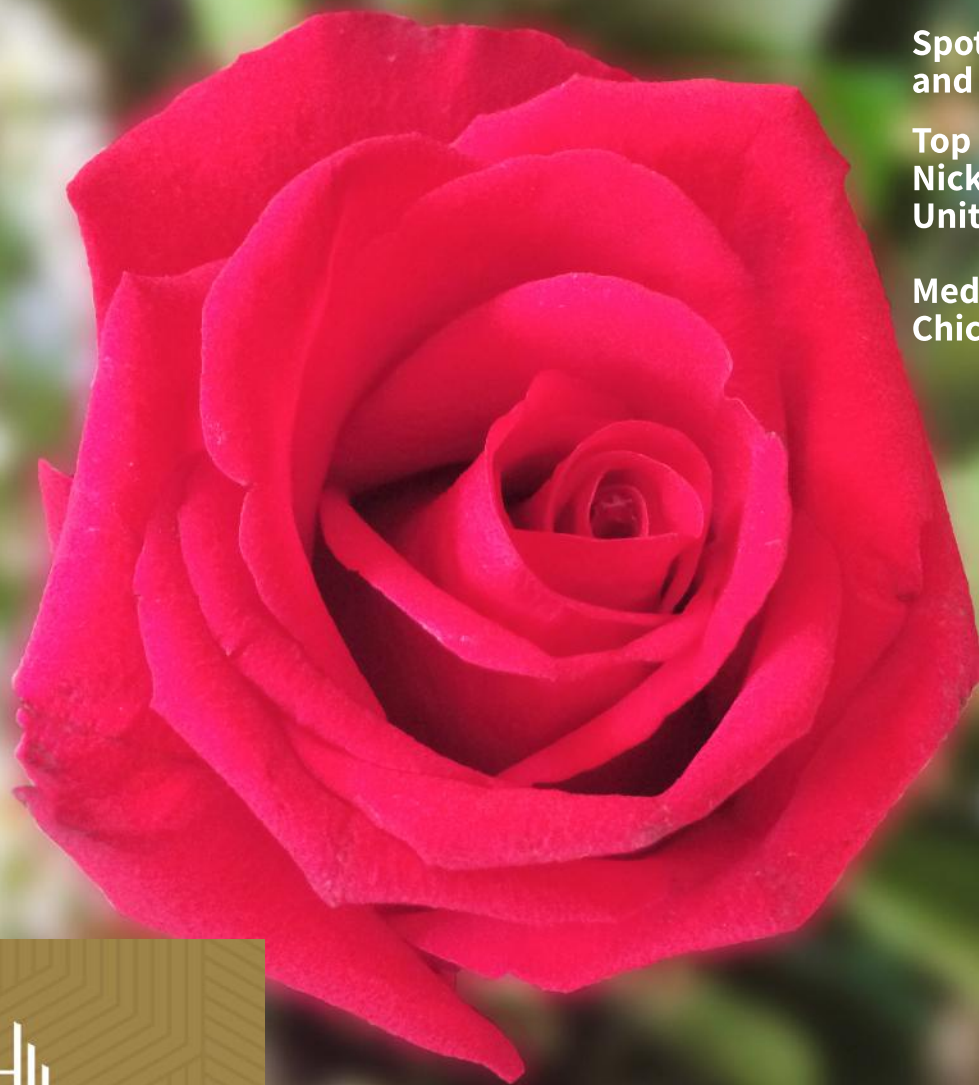
## *Happenings*

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**HIGHLANDS  
COMMUNITIES**  
Apartment & Townhomes 55+

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## UPCOMING SPOTLIGHT EVENTS



### Story Stones & Memory Pebbles

**TUESDAY, FEBRUARY 10TH AT 2:00 PM | MAIN BUILDING COMMUNITY ROOM**  
 Story Stones & Memory Pebbles: All supplies included! Decorate stones with words or symbols that spark meaning for you. Reflect, connect, and enjoy a creative moment.  
**\$3 per person. RSVP by Wednesday, February 4th**



### Valentine's Mingle

**THURSDAY, FEBRUARY 12TH AT 4:00 PM | MAIN BUILDING COMMUNITY ROOM**  
 Join our Valentine Mingle! Savor Swedish meatballs with mashed potatoes, green beans, rolls, stuffing, a special dessert, and beverages catered by The Mint. Enjoy a cozy, relaxed atmosphere with a musical presentation by Hijinx. Cheers to a good time with great company!  
**\$18 per person. RSVP by Wednesday, February 4th**



### Fireside Fondue & Friendship

**THURSDAY, FEBRUARY 19TH AT 4:00 PM | MAIN BUILDING COMMUNITY ROOM**  
 Enjoy sweet and savory fondue with a variety of delicious dippables, plus wine, beer, and soft drinks! Dip, chat, and snack at your own pace. Want to keep the conversation flowing? Check out our fun Fondue Facts sheet—packed with tasty tidbits of knowledge to share!  
**\$10 per person. RSVP by Wednesday, February 4th**



### Winter Warm-Up Bingo

**TUESDAY, FEBRUARY 24TH AT 3:30 PM | MAIN BUILDING COMMUNITY ROOM**  
 Join us for Winter Warm-Up Bingo! Cozy vibes, festive décor, seasonal prizes, and a lively caller make this an event you won't want to miss. Grab your cards and let the fun begin!  
**\$5 per person. RSVP by Wednesday, February 4th**



### Wine Down Wednesday

**WEDNESDAY, FEBRUARY 25TH AT 4:00 PM | BOTH BUILDINGS COMMUNITY ROOMS**  
 Wednesdays are for wine! Unwind with neighbors over a glass of wine, tasty snacks, and great conversation. A perfect midweek pause to relax, connect, and enjoy good company. Cheers to community and good vibes!  
**\$3 per person. RSVP by Wednesday, February 4th**

## 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



True friends are never apart, maybe in distance but never in heart.

– Helen Keller

*Congratulations!*

Who won \$100?



This month's winner of our \$100 lease renewal drawing is Kathleen M.



### Walkers & Scooters FOR THE SAFETY OF EVERYONE

Walkers and scooters should not be left in the common areas of the community or in hallways when you leave the building. You may, however, leave your walker or scooter near the elevator in the basement as you come and go. If you choose to do this, please be sure to park it out of the way of foot traffic for the safety and convenience of our residents. Please also note that Highlands Communities is not responsible for lost or stolen walkers or scooters.

### 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!

### Wisconsin Homestead Rent Certificates FORMS AVAILABLE IN THE RESIDENT SERVICES OFFICE

The State of Wisconsin allows deduction to income taxes for your residence. The program, established in 1964, is called the Homestead Tax Credit. To be eligible, a person must own or rent his/her residence, be at least 18 years of age and have a low annual household income.

If you qualify and wish to take advantage of this program, you will need a Rent Certificate completed by your landlord. The Resident Services Office has these forms available and upon request, will complete the form for you within 3 business days.

If you have questions about this tax credit, contact your tax advisor. If you have questions about completing the Rent Certificate, please contact our Resident Services Office.

### Common Area Expectations A FRIENDLY REMINDER FOR OUR RESIDENTS

The common areas and hallways of our communities are shared spaces enjoyed by all. As a friendly reminder, please be mindful of the following when in the common areas: Avoid behavior that could create a nuisance such as playing, loitering, loud noises, offensive conduct, inappropriate attire (please have shoes and appropriate street attire on at all times), or playing music without headphones.

If you have any questions about what is, or is not allowed, in the common areas, please refer to your lease, or contact the Resident Services Office for more information.

### Celebrate Good Times MONDAY, FEBRUARY 2ND AT 3 PM MAIN BUILDING COMMUNITY ROOM

#### BIRTHDAY & ANNIVERSARY CELEBRATION

Be our guest as we celebrate your special day with treats and coffee. Let's be joyful and celebrate our milestones together!



### 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.

#### Featured Event

### Monthly Book Club JOIN OUR CLUB

Do you love books? Did you know Birchwood Highlands has a book club? Stop in on February 11th at 3 pm to learn how you can be part of a fun and welcoming group of readers. We'll share details about upcoming meetings and reveal next month's book selection. Whether you're a casual reader or a passionate book lover, everyone is invited. Come connect, discover new stories, and enjoy great conversation - see you there!

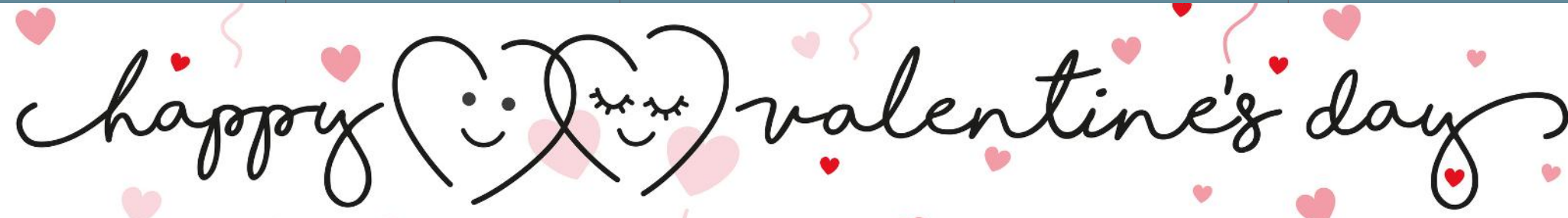


*Nothing is impossible. The word itself says 'I'm possible!'*

–Audrey Hepburn



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 SIGN-UP DUE	5	6	7
2 pm Hand & Foot/MB 2 pm King's Corners/EB  <b>National Baked Alaska Day</b>	9:30 am Exercise/MB 10 am Coffee/MB 12:30 pm Knitting 1 pm Uno 1 pm Cribbage 3 pm Birthday Celebration 6:30 pm Games/EB	9 am Coffee/EB 10 am Pool MB/EB 2 pm "500" cards 6 pm Hand & Foot MB	9 am Exercise/EB 9:30 pm Exercise/MB 10 am Coffee/MB 12:30 pm Mexican Train 1 pm Mahjong 2 pm King Corners 6:30 pm Bingo/EB	10 am Rosary 10:30 am Yoga w/Jamy/MB 1 pm Sheepshead 4 pm Social 6 pm Hand & Foot/MB 6:30 pm Hand & Foot/EB	9:30 am Exercise/MB 10 am Coffee/MB 11 am LCR	1 pm Cribbage MB/EB 2 pm Hand & Foot 6 pm King's Corners/MB  <b>National Eat Ice Cream for Breakfast Day</b>
8	9	10	11 Monthly Fire Alarm Testing	12	13	14
2 pm Hand & Foot/MB 2 pm King's Corners/EB  <b>National Laugh &amp; Get Rich Day</b>	9:30 am Exercise/MB 10 am Coffee/MB 12:30 pm Knitting 1 pm Uno 1 pm Cribbage 3 pm Choir 4:30 pm Bingo/MB 6:30 pm Games/EB	9 am Morning Blend/EB 10 am Morning Blend/MB 10 am Pool MB/EB 2 pm Story Stones/MB 2 pm "500" cards 6 pm Hand & Foot/MB	9 am Exercise/EB 9:30 am Exercise/MB 10 am Coffee/MB 12:30 pm Mexican Train 1 pm Mahjong 2 pm Kng Crnr 3 pm Book Club 6:30pm Bingo/EB	10 am Rosary 1 pm Sheepshead 1 pm Blood Pressure Screening/MB 4 pm Valentine Mingle 6 pm Hand & Foot/MB 3:30pm Hand & Ft/EB	9:30 am Exercise/MB 10 am Coffee/MB 11 am LCR	1 pm Cribbage MB/EB 2 pm Hand & Foot 6 pm King's Corners/MB  <b>Happy Valentine's Day</b>
15	16 PRESIDENTS' DAY	17 MARDI GRAS/RAMADAN BEGINS CHINESE/LUNAR NEW YEAR	18 ASH WEDNESDAY	19 Foot & Ankle Cline	20	21
2 pm Hand & Foot/MB 2 pm King's Corners/EB 2 pm Sing-Along  <b>National Gum Drop Day</b>	9:30 am Exercise/MB 10 am Coffee/MB 12:30 pm Knitting 1 pm Uno 1 pm Cribbage 3 pm Choir 4:30 pm Bingo/MB 6:30 pm Games/EB	9 am Coffee/EB 10 am Pool MB/EB 2 pm "500" cards 2 pm Quilting Group/EB 6 pm Hand & Foot-MB	9 am Exercise/EB 9:30 pm Exercise/MB 10 am Coffee/MB 11:30 am Stock boxes 12:30 pm Mexican Train 1 pm Mahjong 2 pm Kng Crnr 6:30 pm Bingo/EB	10 am Rosary 10:30 am Yoga w/Angela/MB 1 pm Sheepshead 4 pm Fondue & Friendship 6 pm Hand & Foot/MB 6:30 pm Hand & Foot/EB	9:30 am Exercise/MB 10 am Coffee/MB 11 am LCR	1 pm Cribbage MB/EB 2 pm Hand & Foot 6 pm King's Corners/MB  <b>National Stickey Bun Day</b>
22	23	24	25	26	27	28
2 pm Hand & Foot/MB 2 pm King's Corners/EB  <b>National Be Humble Day</b>	9:30 am Exercise/MB 10am Coffee/MB 12:30 pm Knitting 1 pm Uno 1 pm Cribbage 3 pm Choir 4:30 pm Bingo/MB 6:30 pm Games/EB	9 am Coffee/EB 10 am Pool MB/EB 2 pm "500" cards 3:30 pm Winter Warm Up Bingo/MB 6 pm Hand & Foot-MB	9 am EB & 9:30 am MB Exercise 10 am Coffee/MB 12:30 pm Mexican Train 1 pm Mahjong 2 pm King's Corner 4 pm Wine Down Wednesday 6:30 pm Bingo/EB	10 am Rosary 10:30 am Yoga w/Jamy/MB 1 pm Sheepshead 4 pm Social 6 pm Hand & Foot/MB 6:30 pm Hand & Foot/EB	9:30 am Exercise/MB 10 am Coffee/MB 11 am LCR	1 pm Cribbage MB/EB 2 pm Hand & Foot 6 pm King's Corners/MB  <b>National Science Day</b>



HIGHLANDS COMMUNITIES  
**FEBRUARY 2026**  
**ACTIVITIES**

## JUST FOR FUN



### Fun Facts About Leap Year

Leap years exist to keep our calendars in sync with Earth's orbit. It takes Earth about 365.242 days to orbit the sun, so adding an extra day every four years—February 29—helps correct that small fraction.

But not all years divisible by 4 are leap years! Century years must also be divisible by 400 to qualify. That's why 1900 wasn't a leap year, but 2000 was. Without leap years, seasons would slowly drift, eventually throwing our calendars out of whack!



### Back Then In History - February

On February 14, 1968—fittingly Valentine's Day—the first successful U.S. heart transplant was performed in Houston, Texas, by Dr. Denton Cooley. The recipient, a 47-year-old man, lived for over 200 days following the procedure.

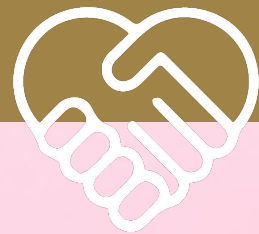


This medical milestone marked the beginning of a new era in cardiac care and innovation.

Today, heart transplants continue to save lives around the world thanks to the groundbreaking efforts of early pioneers in transplant medicine.

February is the border between winter and spring.

— Terri Guillemets



## Top Ten

### MOST POPULAR NICKNAMES IN THE UNITED STATES

Whether playful, cute, or nostalgic, nicknames bring a personal touch to relationships. From childhood favorites to pet names for loved ones, everyone has a soft spot for a good nickname!

1. Buddy
2. Sweetie
3. Champ
4. Boo
5. Peanut
6. Ace
7. Sunshine
8. Lovebug
9. Chief
10. Snickers

*Fun Names!*

## WHAT'S COOKING

### Mediterranean Chicken Bake

It only takes a handful of fresh, flavorful ingredients to make this easy and vibrant dish. Juicy tomatoes and crumbled feta create a savory, tangy sauce that's delicious spooned over rice, orzo, or pasta—making this recipe perfect for a weeknight dinner or casual weekend meal.

Can be frozen for up to 3 months.



### INGREDIENTS

- 4 chicken breasts (about 1.5 pounds)
- 2 cups grape tomatoes
- 1 shallot, sliced
- 3 cloves garlic, minced
- 3 sprigs thyme or 1/2 tsp dried thyme
- 1/2 cup feta, crumbled
- 2 tbsp olive oil
- 2 tbsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp parsley, chopped (for garnish)

**STEP 1:** Mix the tomatoes, olive oil, garlic, shallot, thyme, and half of the feta in the bottom of a 9x13 Pyrex baking dish or similar.

**STEP 2:** Make room for the chicken breasts and lay them in a single layer without touching. Sprinkle with salt, pepper, and Italian (or Greek) seasoning.

**STEP 3:** Bake at 375°F for about 30 minutes or until internal temperature reaches 165°F.

**STEP 4:** Top with remaining feta and bake an additional 3–4 minutes to melt.

*Healthy and delicious!*



## Shelf Indulgence

### THIS MONTH'S BOOK RECOMMENDATION

#### The Bookish Life of Nina Hill by Abbi Waxman

Nina, a bookstore employee and trivia whiz, lives a quiet, organized life—until the father she never knew leaves her a large, chaotic family. With lovable characters, sharp humor, and witty observations, this book is a feel-good celebration of introverts, books, and embracing change. A smart, cozy pick for curling up with in the winter.

## CONTACT INFORMATION

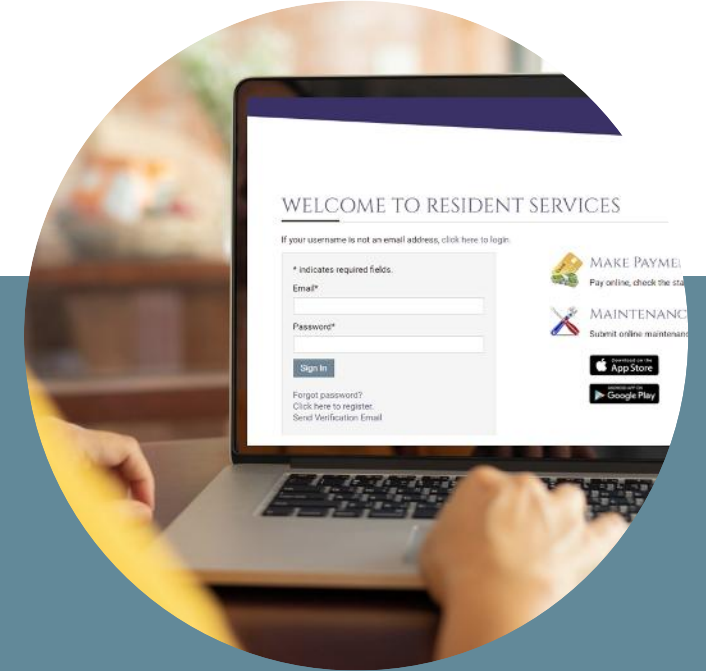


## Resident Portal

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

### 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

Cindy Krall

## Community Engagement Coordinators

**Lynn Sween**

**Cheryl Surfus**

**Sharon Oertel**

### Connecting Through Life Experiences

#### WARM UP WINTER WITH FRIENDSHIP AND FUN

This February, we're creating spaces for community, creativity, and meaningful connection.

Join Us Each Week For:

**Exercise Class** - stay active by joining our group class every Monday, Wednesday & Friday at 9:30 am in the Main Building Community Room, and every Wednesday at 9 am in the East Building.

**Coffee Hour** - warm drinks and great conversation every Monday, Wednesday & Friday at 10 am in the Main Building Community Room, and every Tuesday at 9 am in the East Building.

Plus, visit our **Pen-Pal Card Making Stations** located in the Main Building Fireside Room & East Building Community Room. Stop down any time in February to share words of hope on your hand crafted card that will brighten a child's day at St. Jude Children's Research Hospital.

Every event is a chance to slow down, connect, and share special moments. We can't wait to see you there!

## Onsite Services

### Salon

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

### STYLIST

**Karen Theiler and Terri Kree**

Credit cards accepted

### February - A Month of Progress

February marks Black History Month, honoring the achievements and contributions of African Americans throughout history.

It also includes significant events like Presidents Day, Valentine's Day, and the birthdays of influential figures such as Frederick Douglass and Abraham Lincoln.

Join us this month in celebrating reflection, connecting through life experiences, and progress.



## 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 Thursday, February 19th**

Call 715-241-8100 to make an appointment.

*Happy Valentine's Day!*

## CHECK IT OUT

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Refer a friend or relative who completes an application by March 31, 2026 and when they move in, you'll receive

**\$500 CASH BACK!\***

\*Some restrictions apply. Application must be completed by March 31, 2026. Promotional program and cash back applicable to current Highlands Communities residents only. Recipient is responsible for paying all other local, county, state, and federal taxes on referral bonus.



## For After Hours Maintenance Emergencies

### HERE'S HOW TO GO ABOUT MAKING US AWARE THAT YOU REQUIRE ASSISTANCE

For all maintenance emergencies after 4:30 pm, Monday through Friday, Saturdays, Sundays, and holidays, please call our after hours call center, The Answer, at 1-800-263-6148.

You will be asked to provide the following information:

1. Your name
2. The name of the Highlands Community where you reside
3. Your building #, apartment # and phone #
4. A description of your emergency

If leaving a message, please be sure to include all information listed above.

Upon receiving an emergency call, The Answer operator will contact our on-call maintenance staff and they will respond accordingly. If you do not hear back from our on-call team member within 30 minutes, please call 'The Answer' back to make them aware.

If your call is not considered a maintenance emergency, The Answer will not contact our on-call maintenance staff. We ask that all residents have a personal plunger and attempt to unclog your toilet prior to calling for emergency assistance.

**A maintenance emergency is considered as the following:** No heat, flooding such as water heater, toilets and drains or unnatural flooding into the apartment, refrigerator not working, gas odor, plugged toilet if overflowing and the only toilet in the apartment, clogged drains, no A/C if temperature is higher than 75 degrees, garage doors not opening/closing properly, lockouts, no electricity, elevator stuck or not opening, smoke detector beeping. For all medical, fire and police emergencies, please call 911.

