

January 2026 | Birchwood Highlands

# HIGHLANDS

## *Happenings*



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## UPCOMING SPOTLIGHT EVENTS



### Chair Yoga & Sound Meditation

**MONDAY, JANUARY 5TH AT 10:30AM | MAIN BUILDING FOUR SEASONS ROOM**  
 Chair yoga and sound meditation with Angela. Whether you are new to yoga or have been practicing for years, Angela will guide you through an easy to follow and relaxing practice. **\$5 per person. RSVP by Friday, January 2nd**



### Morning Blend

**TUESDAY, JANUARY 6TH AT 9:00 AM (EAST) 10:00 AM (MAIN) | COMMUNITY ROOM**  
 Start your day at The Morning Blend with coffee, a variety of breakfast treats, and great conversation! Connect with neighbors and our Resident Services Team for a relaxed, friendly morning—whether you're new or a longtime resident, we'd love to see you there. **This event is free. RSVP by Friday, January 2nd**



### Jukebox Bingo

**TUESDAY, JANUARY 13TH AT 3:30 PM | MAIN BUILDING COMMUNITY ROOM**  
 Get ready for an afternoon of music, fun, and prizes! Jukebox Bingo combines the excitement of bingo with your favorite tunes. Instead of numbers, you'll listen to songs and mark them on your bingo card, so bring your music knowledge and your lucky streak! **\$3 per person. RSVP by Friday, January 2nd**



### Bites & Beats

**WEDNESDAY, JANUARY 14TH AT 11:30 AM | MAIN BUILDING COMMUNITY ROOM**  
 We're excited to host a special lunch to feature delicious subs from Jersey Mikes, and live music by Terry Howard. It's the perfect chance to relax, enjoy great food, and listen to some amazing tunes. Don't miss out, come join the fun! **\$9 per person. RSVP by Friday, January 2nd**



### Olive Garden Comfort Day

**THURSDAY, JANUARY 22ND AT 4:00 PM | MAIN BUILDING COMMUNITY ROOM**  
 January is National Soup Month, and what better way to celebrate than with a comforting trio of soup, salad, and breadsticks! Whether you're a soup enthusiast or just looking for a cozy meal to warm you up during the chilly winter days, we've got the perfect combo to make this month extra special. **\$10 per person. RSVP by Friday, January 2nd**

## 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



January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes.

-Charmaine J Forde

# Congratulations!

## Who won \$100?



This month's winners of our \$100 lease renewal drawing are Brian & Kelly W.



### Snowplow Awareness

Be watchful of snowplows when it snows. If you have a car parked in the lot, please try and move it so the plow can clear the entire lot. The weather has been very unpredictable this season and we thank you for being patient.

### Common Area Temperatures

Community Room & Library temps are set to 72°-74° and hallway temps are set to 70°. Please contact the Resident Services Office if you notice any problems.

### Doors

You may have noticed, the change in Wisconsin weather temperatures can often times impact the operation of the automatic doors and the mechanism used to properly close them. We kindly request that you take some extra time to ensure that all doors close behind you when entering and leaving the building. Your cooperation is greatly appreciated.

### Activity & Upcoming Events Sign Up Sheet

**THE MORE THE MERRIER! PLEASE JOIN US!**

We love to see our residents participating in the many activities offered at our community. Be sure to sign up for the events you wish to attend using the Sign Up Sheet provided in this newsletter. Our calendar will list all of the events and many of them will be featured as Spotlight Events in this newsletter as well. Attend them ALL, or simply select your favorites! We look forward to seeing you at the upcoming activities and events this month.

### Slow Down You're Moving Too Fast

**FRIENDLY REMINDERS FOR DRIVERS IN OUR COMMUNITY**

Patience is a virtue and in a parking lot and on the roads that connect our community buildings, that virtue can be tested. That patience, however, can preserve damages to your car, to other's cars, surrounding landscapes, and the likelihood of injury to pedestrians. Please take things slow when driving in/out and around our community and parking lots. If you see someone speeding in the parking lot or surrounding areas of our community, please let the office know by providing a description to the best of your ability of the make/model and color of the speeding vehicle.

Please also remember that the garage doors are set for sufficient time for one vehicle to pass through. We are not responsible for any damage to cars that "piggyback" each other to enter or exit the underground parking garage.

While driving in the underground parking garage, please be aware and on the lookout for residents who may be walking in the garage to/from their cars as well as those around the waste receptacle area/recycling and trash.

### Celebrate Good Times

**MONDAY, JANUARY 5TH AT 3 PM  
MAIN BUILDING COMMUNITY ROOM  
RSVP NOT REQUIRED**

#### **BIRTHDAY CELEBRATION**

Is your birthday in January? Be our guest as we celebrate all residents with January birthdays. Join us for some special treats. Happy Birthday to all!



**FRIDAY, JANUARY 9TH AT 2 PM  
MAIN BUILDING COMMUNITY ROOM  
RSVP BY FRIDAY, JANUARY 2ND**

#### **NEW RESIDENT CELEBRATION & ICE CREAM SOCIAL**

We welcome all of our new residents who moved in between the months of July thru December. We'll celebrate your new address with a delicious Ice Cream social - toppings and all! This is a great way to meet some of your new neighbors. We can't wait to



*Don't wait for the perfect moment. Take the moment and make it perfect.*

*Zoey Sayward*


### Resource Center

**DID YOU KNOW WE HAVE A RESOURCE CENTER?**

Our Resource Center is located in the Library and contains information from various service providers who cater to the needs of those 55 and better. Enjoy information on cleaning services, home health care services, restaurant menus, coupons and more!

Check out the resources available to you today!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="margin: 0;">JANUARY 2026</h1> <h2 style="margin: 0;">ACTIVITY &amp; EVENTS CALENDAR</h2>						
				1	2	3
				<b>NEW YEAR'S DAY</b> <b>Office Closed</b> <b>10 am</b> Rosary <b>1 pm</b> Sheepshead <b>4 pm</b> Social <b>6 pm</b> Hand & Ft/MB <b>6:30 pm</b> Hand & Ft/EB	<b>SIGN UP DUE</b> <b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11 am</b> LCR	<b>1 pm</b> Cribbage MB/EB <b>2 pm</b> Hand & Ft <b>6 pm</b> King's Corners/MB <b>National Mind-Body Wellness Day</b>
4	5	6	7	8	9	10
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>Packers vs. Vikings</b> <b>Time TBD</b>	<b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>10:30 am</b> Yoga w/Angela/MB <b>12:30 pm</b> Knitting <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> 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> Exercise/MB <b>10 am</b> Coffee/MB <b>12:30 pm</b> Mexican Train <b>1 pm</b> Mahjong <b>2 pm</b> King's Corners <b>6:30 pm</b> Bingo/EB	<b>10 am</b> Rosary <b>10:30 am</b> Yoga w/Jamy/EB <b>1 pm</b> Sheepshead <b>1 pm</b> Blood Pressure Scrn/MB <b>4 pm</b> Social <b>6 pm</b> Hand & Ft/MB <b>6:30 pm</b> Hand & Ft/EB	<b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11 am</b> LCR <b>2 pm</b> Ice-Cream Social	<b>1 pm</b> Cribbage MB/EB <b>2 pm</b> Hand & Ft <b>6 pm</b> King's Corners/MB  <b>NFL Playoffs</b> <b>Wild Card Round</b> <b>Games at 3:30 PM &amp; 7 PM</b>
11	12	13	14	15	16	17
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>NFL Playoffs</b> <b>Wild Card Round</b> <b>Games at 12, 3:30 &amp; 7 PM</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>3:30 pm</b> Jukebox Bingo <b>6 pm</b> Hand & Foot/MB	<b>9 am</b> Exercise/EB <b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11:30 am</b> Sub Lunch <b>1 pm</b> Mahjong <b>2 pm</b> Kng Crnr <b>3 pm</b> Bk Club <b>6:30 pm</b> Bingo/EB	<b>10 am</b> Rosary <b>1 pm</b> Sheepshead <b>2 pm</b> Movie <b>4 pm</b> Social <b>6 pm</b> Hand & Ft/MB <b>6:30 pm</b> Hand & Ft/EB	<b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11 am</b> LCR	<b>1 pm</b> Cribbage MB/EB <b>2 pm</b> Hand & Ft <b>6 pm</b> King's Corners/MB  <b>NFL Playoffs</b> <b>Divisional Round</b> <b>Games at 3:30 PM &amp; 7:15 PM</b>
18	19	20	21	22	23	24
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB <b>2 pm</b> Singalong  <b>NFL Playoffs</b> <b>Divisional Round</b> <b>Games at 2 &amp; 5:30 PM</b>	<b>Martin Luther King Jr 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> Quilting group/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> Exercise/MB <b>10 am</b> Coffee/MB <b>12:30 pm</b> Mex. Train <b>1 pm</b> Mahjong <b>2 pm</b> King's Corners <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>4 pm</b> Olive Garden Soup & Salad Dinner <b>6 pm</b> Hand & Ft/MB <b>6:30 pm</b> Hand & Ft/EB	<b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11 am</b> LCR	<b>1 pm</b> Cribbage MB/EB <b>2 pm</b> Hand & Ft <b>6 pm</b> King's Corners/MB  <b>National Compliment Day</b>
25	26	27	28	29	30	31
<b>2 pm</b> Hand & Foot/MB <b>2 pm</b> King's Corners/EB  <b>NFL Conference</b> <b>Championship 5:30 PM</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>9:30 am</b> Bingo w/ Rennes/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> Exercise/MB <b>10 am</b> Coffee/MB <b>12:30 pm</b> Mex. Train <b>1 pm</b> Mahjong <b>2 pm</b> Kng Crnrs <b>4 pm</b> Wine Down MB/EB <b>6:30 pm</b> Bingo/EB	<b>10 am</b> Rosary <b>1 pm</b> Sheepshead <b>4 pm</b> Social <b>6 pm</b> Hand & Ft/MB <b>6:30 pm</b> Hand & Ft/EB	<b>9:30 am</b> Exercise/MB <b>10 am</b> Coffee/MB <b>11 am</b> LCR	<b>1 pm</b> Cribbage MB/EB <b>2 pm</b> Hand & Ft <b>6 pm</b> King's Corners/MB  <b>National Hot Chocolate Day</b>

## JUST FOR FUN



To appreciate the beauty of a snowflake it is necessary to stand out in the cold.

-Aristotle



## WHAT'S COOKING

### White Chicken Chili

This white chicken chili is full of flavor and ideal for a quick, hearty meal—especially on a cold winter night. And the best part is that it comes together easily in one pot and also freezes well, making it a great option for meal prep or leftovers.



## Fun Facts About New Year's Resolutions

The tradition of New Year's resolutions dates back over 4,000 years to the ancient Babylonians. During a 12-day festival called Akitu, they made promises to their gods to pay debts and return borrowed items—early versions of resolutions!

The Romans later adopted similar practices, offering resolutions to Janus, the two-faced god of beginnings. Today, while fitness goals top most lists, only about 9% of people actually stick to their resolutions. Still, the hope of a fresh start keeps the tradition alive



## Back Then In History

On January 17, 1867, Frank Lloyd Wright was born in Richland Center, Wisconsin. Widely considered one of America's most influential architects, Wright pioneered the Prairie School movement and designed iconic buildings like Taliesin in Spring Green. His philosophy of organic architecture emphasized harmony between human spaces and nature. Wright's legacy continues to inspire architects around the world, with more than a dozen of his structures still standing throughout Wisconsin.



## Top Ten

### COZY THINGS TO DO INDOORS DURING COLD WINTER MONTHS

Staying in can be just as enjoyable as going out, especially when it's January in Wisconsin. Check out these Top 10 cozy things to do inside the comfort of your own home.

1. Read a new book
2. Make hot cocoa
3. Try a new recipe
4. Do a puzzle
5. Stream a movie
6. Light a candle
7. Listen to calming music
8. Knit or crochet
9. Organize a drawer
10. Start journaling

*Stay warm!*

### INGREDIENTS

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 ¼ cups chicken broth
- 3 (15 oz) cans cannellini beans, rinsed
- 2 (4 oz) cans chopped green chiles
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper (or to taste)
- ¼ cup chopped fresh cilantro (or to taste)
- ½ cup shredded Monterey Jack cheese
- Salt to taste

**STEP 1:** In a dutch oven, heat olive oil over medium heat. Saute chicken, onion, and garlic until chicken is lightly browned, about 5 minutes.

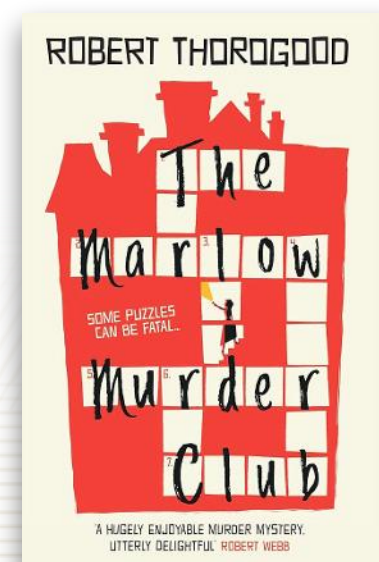
**STEP 2:** Transfer chicken to a cutting board and cut into bite-sized chunks. Return to pot.

**STEP 3:** Add broth, beans, chiles, oregano, cumin, and cayenne. Simmer 30-40 minutes.

**STEP 4:** To serve, place cilantro in bowls, ladle chili over, and top with cheese and salt to taste.

Source: Allrecipes.com

*Warm up with chili!*



## Shelf Indulgence

### THIS MONTH'S BOOK RECOMMENDATION

#### The Marlow Murder Club by Robert Thorogood

When 77-year-old Judith Potts spots something suspicious from her riverside home, she stumbles into a real murder mystery—and decides to solve it herself. Teaming up with two unlikely new friends, Judith forms an amateur sleuthing trio in the sleepy English town of Marlow. Witty, charming, and full of cozy intrigue, this book is a fun and clever read perfect for spring afternoons. Fans of light mysteries and lovable eccentrics will be hooked.

## 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**

*We want to hear from you!*

### Your Feedback is Important To Us TELL US WHAT YOU THINK

Our team works hard to ensure that your expectations are not only met, but exceeded. We send general feedback surveys when the following touch points take place:

Following your move in  
Completion of a maintenance request  
At lease renewal  
Following a move out

Your feedback is extremely important to us and we appreciate your kind words and recognition of our team members and services. We also appreciate when you take the time to tell us where we may have fallen short so that we have an opportunity to improve.

Our community is only as good as our residents' satisfaction and we appreciate you taking the time to share your feedback with us.

## Onsite Services

### Salon

Wednesday & Friday  
Maint Building 3rd Floor | By Apt. Only  
(715) 301-8588

### STYLIST

**Karen Theiler and Terri Kree**

Credit cards accepted

### Family Foot & Ankle Clinic

#### CALL TO MAKE AN APPOINTMENT

(715) 241-8100  
Held in the Main 3rd Floor Game Room

### Hearts of Hope

### Generous Donations

We were pleased to present the Hearts of Hope ministry with donations totaling \$1,850 which were generously given by the residents of Birchwood Highlands. Many of you picked up a red envelope and tucked in a donation. Multiple families in the Weston/DC Everest area were helped with gifts of food, warm clothes, and Christmas presents.

Parents who were struggling to afford gifts for Christmas morning were able to watch their children tear into the beautifully wrapped packages because of you. Thank you for helping those in need!



## 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

#### (715) 241-8100

Held in the MAIN Bld. 3rd Floor Game Room. By Appointment only.

### Holiday Gifts

The Birchwood Highlands team would like to extend our deepest gratitude for all of the holiday cards, gifts, and warm wishes we received from our wonderful residents - Thank you!

*Thank you to our Community Engagement Coordinators for all you do to keep our community running smoothly.*

# 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!