

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 3 pm

Phone: (920) 657-5021 Fax: (920) 722-2282

1555 Lyon Dr.

Neenah, WI 54956

DIRECTOR

Ann Rahn

MahlerPark@ardenpropertygroup.com

ASSISTANT MANAGER

Mayra Tamayo

MahlerPark@ardenpropertygroup.com

LEASING

Mon - Fri 9:30 am - 4:30 pm

Phone: (920) 657-5021

LEASING SPECIALIST

Debbie Griffith

MAINTENANCE

Mon - Fri 8 am - 5 pm

Phone: (920) 657-5021

Evenings & Weekends

EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Ryan Grohman & Ted Hammen

HOUSEKEEPING TEAM

Vickie Hoffmann

UPCOMING SPOTLIGHT EVENTS



Bistro Bites Food Truck

TUESDAY, AUGUST 4TH, AT 11 AM - 2 PM

PARKING LOT

Grab a bite to eat without leaving home! Choose from a number of affordable options and join us in the parking lot for lunch.

Cost will vary with selection.



Speaker Brian Borchardt

FRIDAY, AUGUST 14TH, AT 10 AM

COMMUNITY ROOM

Don't miss this opportunity to hear Mayor Brian Borchardt share his thoughts about the future of our wonderful City of Neenah!

This is a free event. No RSVP required.



Music on the Lawn

MONDAY, AUGUST 17TH, AT 6:30 PM

LAWN/PARKING LOT

Welcome back the New Horizons Band Fox Valley Ensemble! Let's spend a relaxed evening together and enjoy some music.

Donations welcome. No RSVP required.



Take Me Out to the Ball Game!

FRIDAY, AUGUST 21ST, AT 3 PM

COMMUNITY ROOM

Join us to watch the Brew Crew take on the Atlanta Braves! Enjoy hot dogs, nachos, popcorn, peanuts and cold beer or soda.

Cost \$3. RSVP by August 17th.



Tropical Island Party

WEDNESDAY, AUGUST 26TH, AT 3:30 PM

COMMUNITY ROOM

Escape to paradise right here at home! Wear your tropical attire and sway to the music as you enjoy island-inspired food & drink.

This event is free. RSVP by August 21st.



HIGHLANDS
AT MAHLER PARK LLC
Apartments 55+



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.

ONSITE & LOCAL SERVICES

Salon

3rd Floor Near #322

Tues - Fri, Hours Vary (920) 450-2343

Walk-ins available when open. Cash or Check ONLY.

STYLIST - Darcy Schmidt

Blood Pressure Checks

LOCATION: FIRESIDE ROOM

1st Friday of each month 8:30 am - 9 am

Provided free of charge by the Valley VNA.

Foot Care Clinic

LOCATION: SALON, 3RD FLOOR NEAR #322

Call the Valley VNA to schedule: (920) 727-5555

FREE WI-FI

LOCATIONS: FIRESIDE ROOM, COMMUNITY ROOM, LIBRARY, POOL TABLE ROOM, FITNESS CENTER & GUEST SUITE. Search for 'Mahler Park,' no password needed.

Free TV & WI-FI

CUSTOMER SERVICE (844) 725-4323

WE OFFER FREE BASIC CABLE AND WI-FI IN ALL APARTMENTS. For all service-related issues, please call Spectrum at the number above and ask for the BULK CALL CENTER.

We Energies

CUSTOMER SERVICE (800) 242-9137

Valley Transit

CUSTOMER SERVICE (920) 832-5800

City of Neenah

ADMINISTRATION OFFICE (920) 886-6100



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 Connie H.!

