

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 3 pm

Phone: (920) 299-5255 Fax: (920) 964-1503

430 Grant St #100,

De Pere, WI 54115

COMMUNITY DIRECTOR

Lisa Olm

Nicolet@ardenpropertygroup.com

ASSISTANT COMMUNITY MANAGER

Michael Falk

Nicolet@ardenpropertygroup.com

LEASING

Mon - Fri 10 am - 3 pm

Phone: (920) 299-5255

MAINTENANCE

Mon - Fri 8 am - 4:30 pm

Phone: (920) 299-5255

Evenings & Weekends (AnSer)

EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Paul Dombrowicki & Joe Wenzel

Troy Heglund - On Call

Ron Salentine - On Call

HOUSEKEEPING TEAM

Harlee Nowak

UPCOMING SPOTLIGHT EVENTS



De Pere Historical Society Speaker **THURSDAY, AUGUST 6TH AT 2:00 PM** **COMMUNITY ROOM**

History of St. Boniface School that was across from The Highlands. See then and now photos of businesses on Main Street and on Broadway. Don't miss this one!



Backyard Bloody Mary's & Music **THURSDAY, AUGUST 13TH AT 3:00 PM** **ON THE PATIO**

Celery-brate a great afternoon while you build your own Bloody Mary's and and enjoy Neil Diamond Tribute Music by Phil Evansen. **\$3 per person.**



Nicolet Block Party & CRS Band **FRIDAY, AUGUST 21ST AT 12:30 PM** **OUTSIDE PATIO AREA**

Join us for the first-ever Nicolet Block Party! Enjoy BBQ Ribs & yummy sides while we sing & dance to the music of the CRS Band. **\$15 per person.**



Wine Down Wednesday **WEDNESDAY, AUGUST 26TH AT 6:00 PM** **ON THE PATIO**

A great way to end the evening in Wisconsin sitting by the fire table and enjoying some wine and great company with your. Don't miss out on the last one of the summer!



Birthday Celebration **THURSDAY, AUGUST 27TH AT 2:00 PM** **COMMUNITY ROOM**

Celebrate our August Birthdays! Enjoy Tuxedo bar cake with Chocolate mousse — a sweet treat and a great time together! **\$3 per person.**



RESIDENT REMINDERS

Personal Property in Common Areas

Although, we appreciate the intention to share your personal items with others in the common areas, this causes areas to clutter and can attract unwanted pests. Please do not leave items unattended in the common areas and hallways. This includes but is not limited to pictures, frames, cards, decor, etc. If personal items are left in the common areas, they will be removed.

We appreciate your cooperation and understanding

Activity & Upcoming Events Sign-Up Sheet

We love to see our residents participating in the many activities offered at our community. Be sure to sign up for the event you wish to attend in the events binder in the community room. 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!

Underground Parking Water Issues

Over the past few weeks we have been made aware and have noticed that there is water draining into the underground parking areas. We have noticed this is happening during the heavy rainfall we have been experiencing. Please know that we are actively finding a solution to this and will keep residents updated. We appreciate your patience while we navigate through this.

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

A Cut Above Salon

Mon, Tue, Wed by Appointment Only

Thur & Fri 10 am - 2 pm Building 1

(920) 819-3194

STYLIST - Terri Minor

Terri has 18 years' experience working with the 55+ community and is a graduate of Gill/Tech Academy of Hair Design. She has a full-service salon and offers services, such as: Men's and women's shampoo, haircut, style, perms, color, highlighting or foiling, conditioning, beard and mustache trim, waxing, manicures and pedicures. Call for an appointment today!

Spectrum Cable

CUSTOMER SERVICE (855) 326-5115

Wisconsin Public Service

CUSTOMER SERVICE: (800) 450-7260

Gas Emergency: (800) 450-7280

Electric Emergency: (800) 450-7240

City of De Pere

MAIN PHONE: (920) 339-4050



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 Elizabeth G.!

