

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 4 pm

Phone: (262) 288-9165 Fax: (262) 432-0678

13800 W Park Central Blvd

New Berlin, WI 53151

COMMUNITY DIRECTOR

Carol Gurgul

Parkwood@ardenpropertygroup.com

ASSISTANT COMMUNITY MANAGER

Adam Loose

Parkwood@ardenpropertygroup.com

LEASING

Mon - Fri 9 am - 5 pm

Phone: (262) 288-9165

LEASING SPECIALIST

Tammy Peterson

MAINTENANCE

Mon - Fri 8 am - 4 pm

Phone: (262) 288-9165

Evenings & Weekends (AnSer)

EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Lee Spitz & Jacob Parks

HOUSEKEEPING TEAM

Sandy Wierzba & Sherry Hart

UPCOMING SPOTLIGHT EVENTS



Wellness & Spa Day

WEDNESDAY, AUGUST 5TH AT 9:30 AM

BUILDING 4 COMMUNITY ROOM

Join Orange Shoe Fitness for mini spa services, refreshing healthy treats, and simple ways to feel your best. Where fitness, flavor and relaxation come together.



Build Your Own Sundae

TUESDAY, AUGUST 11TH AT 3:00 PM

BUILDING 4 COMMUNITY ROOM

Create your perfect treat on a hot summer day by building your own sundae. Scoop, stack and top it your way for a sweet, delicious experience made just for you.

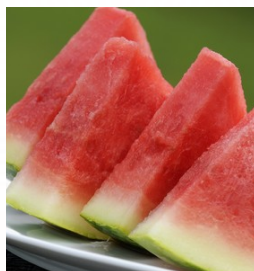


Cocktail Social

WEDNESDAY, AUGUST 19TH AT 3:00 PM

BUILDING 4 COMMUNITY ROOM

Raise a glass at our Cocktail Social. Enjoy a night of signature sips, vibrant energy, and unforgettable moments. Come for the cocktails, stay for the connection.



Backyard Beach Bash

FRIDAY, AUGUST 21ST AT 12:00 PM

BUILDING 4 PATIO

Soak up the sun and dip your toes in the pool. Live music by Dean Richard along with brats, burgers, pasta salad, coleslaw, and a cold dessert to cool down the afternoon.



Food Truck & Live Music

THURSDAY, AUGUST 27TH - 11 AM to 1 PM

BUILDING 3 PARKING LOT

Grab a bite at the Fatty Patty Food Truck and groove to live music from Tom & Barb Webber. Big bites, bold flavors and feel-good tunes that keep the good-vibes rolling.



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 - AC

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

Bible Study

COMMUNITY ROOM 1st & 3rd Tuesdays at 10 am

Rosary

COMMUNITY ROOM Thursdays at 6 pm

Spectrum and AT&T

CUSTOMER SERVICE SPECTRUM: (855) 757-7328

CUSTOMER SERVICE AT&T: (800) 321-2000

WE Energies

CUSTOMER SERVICE: (800) 242-9137

New Berlin Senior Taxi

MAIN PHONE: (262) 814-1611

New Berlin Police Department

NONEMERGENCY PHONE: (262) 782-6640

New Berlin Senior Club

MAIN PHONE: (262) 785-2725

New Berlin Public Library

MAIN PHONE: (262) 785-4980

Pet License

MAIN PHONE: (262) 797-2448 Mon - Fri 8 am to 4:30 pm

New Berlin City Hall: 3805 S Casper Drive, New Berlin, WI 53151



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 winners are Mary & Mark R.!

