

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 4 pm

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DIRECTOR

Michele Madson

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ASSISTANT MANAGER

OPEN POSITION

Ridgeview@ardenpropertygroup.com

LEASING

Mon - Fri 9 am - 5 pm

Phone: (920) 315-8644

LEASING SPECIALISTS

Logan & Patty

MAINTENANCE

Mon - Fri 8:30 am - 5 pm

Phone: (920) 315-8644

Evenings & Weekends (AnSer)

EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Kent, Mark, Brad, Josh, Paul & Roland

HOUSEKEEPING TEAM

Lisa, Lee & Emily

UPCOMING SPOTLIGHT EVENTS



Summer Building Parties

TUESDAY, AUG 4TH AT 2 PM - BLDG 16

MONDAY, AUG 10TH AT 2 PM - BLDG 5 & 6

TUESDAY, AUG 11TH AT 2 PM - BLDG 10

Ice Cream Treats and Yard Games! Watch your building bulletin board for sign-ups. Remaining buildings hosted in September.



Birthday Lunch Celebration

WEDNESDAY, AUG 12TH AT 12 PM

COMMUNITY ROOM

Join us for a special August Birthday Lunch catered by Noodles and Co. Great food & company! **\$14 per person. RSVP by August 5th. Free for Aug b-days.**



Wine & Paint

TUESDAY, AUG 18TH AT 2 PM

COMMUNITY ROOM

Sip wine and unwind at our Paint by Number event - create your masterpiece while enjoying a relaxing afternoon of art and vino! **\$10 per person. RSVP by August 5th.**



National Fajita Day Dinner

TUESDAY, AUG 25TH AT 5 PM

COMMUNITY ROOM

Join us in celebrating National Fajita Day with sizzling chicken fajitas, chips, and queso catered by Sangria's! **\$15 per person. RSVP by August 5th.**



Back in the Saddle With Gary Cross

FRIDAY, AUG 28TH AT 1 PM

COMMUNITY ROOM

Get ready for an afternoon of classic country music, western charm, and toe-tapping fun! Gary will have you singing along. **FREE Event, No RSVP Required**



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.
- Keep the blinds or curtains closed.
- 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 work extra to feel comfortable.

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.

Highlands Communities Are SMOKE-FREE

Please remember that we do not allow residents, guests, or caregivers to smoke anywhere on the property. This policy applies to your apartment, patio/balcony, walking path, parking lots, and underground parking. Thank you for your cooperation.

Strong Odors

Please be mindful when using heavily scented household products like aerosols, candles, and cleaning products. Strong scents can travel into neighboring units and shared spaces, potentially causing discomfort for others. Thank you for your consideration!

Give Back at Back-to-School Time

When you're shopping this month, consider picking up a few school supplies. 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

Kristy's Hair Salon

Building 1 Suite 0141

Apts & Walk-Ins Welcome - Phone: (920) 381-2435

STYLIST - Kristy Fulton

Foot Care by Valley VNA

Building 1 Suite 0141

Tuesdays and Fridays by Appointment Only -

Call: (920) 727-5555

Spectrum Cable

CUSTOMER SERVICE

(833) 697-7328

We Energies

CUSTOMER SERVICE

(800) 242-9137

Town of Grand Chute

MAIN PHONE

(920) 832-1573

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 \$300?

Our lease renewal drawing winner is Joanne H.!

