

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 5 pm

Phone: (262) 444-5651
10954 N Cedarburg Rd.
Mequon, WI 53092

COMMUNITY DIRECTOR

Emily Suelflow
Riverwalk@ardenpropertygroup.com

LEASING

Mon - Fri 10 am - 5 pm

Phone: (262) 444-5651

MAINTENANCE

Mon - Fri 8:30 am - 5 pm

Phone: (262) 444-5651
Evenings & Weekends (AnSer)
EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Aidan Coleman

HOUSEKEEPING TEAM

Elaine Jones

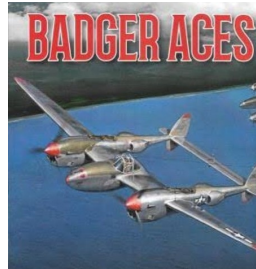
COMMUNITY ENGAGEMENT COORDINATOR

Ida McCarver

SUNSHINY DAY

"A little bit of summer is what the whole year's all about." —John Mayer

UPCOMING SPOTLIGHT EVENTS



Author: Mike O'Connor

**TUESDAY, AUGUST 18TH, at 11 AM
COMMUNITY ROOM**

Mike discusses his book "Badger Aces" about WI Pilots who fought in WWI, WWII, and Vietnam.

FREE - RSVP by Monday, August 17th.



Picnic Lunch

**THURSDAY, AUGUST 20TH, AT 12 PM
COMMUNITY ROOM**

Selection of sandwiches, side salads, desserts and drinks from The Chef's Daughter.

\$13 person. RSVP by Thursday, Aug. 13th.



The GIL Jazz Combo

**FRIDAY, AUGUST 28TH, AT 1 PM
COMMUNITY ROOM**

A versatile ensemble transforming jazz and contemporary favorites into a musical experience you will not want to miss.

FREE - RSVP by Wednesday, August 26th.



Jukebox Bingo

**TUESDAY, AUGUST 25TH, AT 3 PM
COMMUNITY ROOM**

Time to brush up on your music genres trivia. We will play 8-10 rounds, and will have prizes for each winner! BINGO fun for all!

FREE - RSVP by Friday, August 21st.



Sweet Treats Each Week

**EVERY WEDNESDAY IN AUGUST AT 1 PM
COMMUNITY ROOM**

Enjoy a sweet treat to cool you off and beat the heat. Try something different each week of August. YUM! **Free For Residents. RSVP deadlines on the Sign-Up Sheet.**



HIGHLANDS
AT RIVERWALK
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 - 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.

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

Salon

Mon - Fri By Appointment Only

(414) 962-1370 **STYLIST** - Joyce

Nail Clinic - Toenail Trimmers

9:30 am 4th Tuesday of Odd Months in the Salon

Must call to schedule. Phone: (262) 719-0336

Cost: \$39.00 Exact cash or check.

Only one person allowed in the salon during scheduled appointments — even from the same household.

Spectrum Cable

CUSTOMER SERVICE (833) 697-7328

Use your address and apartment number to access the Riverwalk account.

WE Energies

CUSTOMER SERVICE (800) 242-9137

Ozaukee County Rideshare

HOTLINE (262) 238-8294 **Metro Line** (262) 284-8294

Mequon City Hall

PHONE (262) 242-3100



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 Joann E.!

