

January 2026 | Highlands at Riverwalk

# HIGHLANDS

## *Happenings*



### IN THIS ISSUE

|                                    |   |
|------------------------------------|---|
| Spotlight Activities and Events    | 3 |
| Facts About New Year's Resolutions | 8 |
| White Chicken Chili                | 9 |



# Welcome to the Highlands Happenings Table of Contents

|                          |       |                          |    |
|--------------------------|-------|--------------------------|----|
| Past Activities & Events | 2     | Just For Fun             | 8  |
| Upcoming Events          | 3     | What's Cooking           | 9  |
| Resident Reminders       | 4     | Contact Information      | 10 |
| Welcome & Celebrations   | 5     | On-Site & Local Services | 11 |
| Activity Calendar        | 6 - 7 | Check It Out             | 12 |



## UPCOMING SPOTLIGHT EVENTS



### Weekly Coffee Connection

**EVERY FRIDAY IN JANUARY AT 10 AM | COMMUNITY ROOM**

Start your Fridays right! Freshly brewed coffee & bakery delights from The Chef's Daughter. Join us Jan 2nd, 9th, 16th, 23rd, & 30th for a cozy coffee hour!

**This event is free. NO RSVP needed**



### Winter Warmers: This or That Winter Edition

**FRIDAY, JANUARY 9TH AT 4:00 PM | COMMUNITY ROOM**

Warm up with us! Enjoy a cozy cocoa bar and a fun Winter 'This or That' game. Share your picks and the 'why'—let laughter and conversation flow. A perfect way to connect and celebrate the season!

**This event is free. RSVP by Tuesday, January 6th**



### Comfort Classics Dinner

**TUESDAY, JANUARY 13TH AT 4:45 PM | COMMUNITY ROOM**

Gather around for a cozy, home-style feast! Enjoy Bandero County Grill favorites like chicken and ribs with delicious sides, dessert, and drinks. Share stories, music, and memories over a delicious meal. See you there!

**\$16 per person. RSVP Friday, January 9th**



### Inspirational Quote Canvas Painting

**WEDNESDAY, JANUARY 21ST AT 1:00 PM | COMMUNITY ROOM**

Start the year with creativity! Join us for an Inspirational Quote Canvas Painting—all supplies will be provided. Come enjoy some soft music and a peaceful space to set your intentions for 2026 while getting creative.

**\$5 per person. RSVP by Monday, January 19th**



### New Year Kick-Off Social

**FRIDAY, JANUARY 23RD AT 4:00 PM | COMMUNITY ROOM**

Cheers to 2026! Join us for a relaxed evening of beer, wine, and appetizers as we reconnect and toast the new year. Light snacks, goal-setting cards, and great conversation await!

**This event is free. RSVP by Tuesday, January 20th**

## PAST ACTIVITIES & RECREATIONAL EVENTS



*We look forward to having you join us!  
For a complete list of activities and events taking place  
this month at the Highlands, visit our Activity Calendar on pages 6-7.*

## RESIDENT REMINDERS



January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes.

-Charmaine J Forde

# Congratulations!

## Who won \$100?



This month's winner of our \$100 lease renewal drawing is Georgia H.



### Snowplow Awareness

Be watchful of snowplows when it snows. If you have a car parked in the lot, please try and move it so the plow can clear the entire lot. The weather has been very unpredictable this season and we thank you for being patient.

### Common Area Temperatures

Community Room & Library temps are set to 72°-74° and hallway temps are set to 70°. Please contact the Resident Services Office if you notice any problems.

### Doors

You may have noticed, the change in Wisconsin weather temperatures can often times impact the operation of the automatic doors and the mechanism used to properly close them. We kindly request that you take some extra time to ensure that all doors close behind you when entering and leaving the building. Your cooperation is greatly appreciated.

### Activity & Upcoming Events Sign Up Sheet THE MORE THE MERRIER! PLEASE JOIN US!

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 using the Sign Up Sheet provided in this newsletter. 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.

### Slow Down You're Moving Too Fast FRIENDLY REMINDERS FOR DRIVERS IN OUR COMMUNITY

Patience is a virtue and in a parking lot and on the roads that connect our community buildings, that virtue can be tested. That patience, however, can preserve damages to your car, to other's cars, surrounding landscape, and the likelihood of injury to pedestrians. Please take things slow when driving in/out and around our community and parking lots. If you see someone speeding in the parking lot or surrounding areas of our community, please let the office know by providing a description to the best of your ability of the make/model and color of the speeding vehicle.

Please also remember that the garage doors are set for sufficient time for one vehicle to pass through. We are not responsible for any damage to cars that "piggyback" each other to enter or exit the underground parking garage.

While driving in the underground parking garage, please be aware and on the lookout for residents who may be walking in the garage to/from their cars as well as those around the waste receptacle area/recycling and trash.

### Monthly Engagement Activity

#### ONE WORD OF THE YEAR WALL

What will be your focus this year? Let's kick off the new year with positivity and inspiration!

Stop down to the community room any day during the month of January to participate. Come add to our Interactive Poster Wall - grab a colorful marker, and write down ONE WORD that represents your focus, goal, or vibe for the year ahead.

Need ideas? We've started the wall with a few inspirational words to spark your creativity!

This is your chance to share your intentions, connect with neighbors, and spread good energy. Let's make this wall a celebration of our community's hopes and dreams!

Join the fun, share your word, and let's make this year amazing!



### Resource Center

#### DID YOU KNOW WE HAVE A RESOURCE CENTER?

Our Resource Center is located in the Library and contains information from various service providers who cater to the needs of those 55 and better. Enjoy information on cleaning services, home health care services, restaurant menus, coupons and more!

Check out the resources available to you today!



*Don't wait for the perfect moment. Take the moment and make it perfect.*

*Zoey Sayward*



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# JANUARY 2026 ACTIVITY & EVENTS CALENDAR

NEW YEAR'S DAY  
Office Closed

|   |  |   |  | 1  | 2   | 3   |
|---|--|---|--|--|---|---|
|   |  |   |  |  | 10 am Coffee Hour<br>2 pm Cribbage  | 10 am Chair Yoga<br>1 pm Dominoes<br>National Mind-Body Wellness Day                          |
| 4   | 5  | 6   | 7  | 8  | 9   | 10  |
| Packers vs. Vikings<br>Time TBD                             | 2 pm Scrabble<br>6:30 pm Bingo   | 10 am Coffee Hour<br>1 pm Game Time<br>2 pm Billiard                          | 10 am Exercise<br>2 pm Canasta<br>4 pm Social Hour                         | 10 am Fire Alarm Test<br>11 am Word Cafe<br>1 pm Mahjong<br>7 pm Sheepshad | 10 am Coffee Hour<br>2 pm Cribbage  | 10 am Chair Yoga<br>1 pm Dominoes<br>NFL Playoffs Wild Card Round Games at 3:30 PM & 7 PM     |
| 11  | 12   | 13  | 14   | 15   | 16  | 17  |
| NFL Playoffs Wild Card Round Games at 12 PM, 3:30 PM & 7 PM | 2 pm Scrabble<br>6:30 pm Bingo   | 10 am Coffee Hour<br>1 pm Game Time<br>2 pm Billiards<br>4:45 pm Dinner       | 10 am Exercise<br>2 pm Canasta<br>4 pm Social Hour                         | 11 am Orange Shoe<br>1 pm Book Club<br>2 pm Mahjong<br>7 pm Sheepshad      | 10 am Coffee Hour<br>2 pm Cribbage  | 10 am Chair Yoga<br>1 pm Dominoes<br>NFL Playoffs Divisional Round Games at 3:30 PM & 7:15 PM |
| 18  | 19   | 20  | 21   | 22   | 23  | 24  |
| NFL Playoffs Divisional Round Games at 2 PM & 5:30 PM       | Martin Luther King Jr Day<br>1 pm Guided Yoga & Meditation<br>2 pm Scrabble<br>6:30 pm Bingo | 10 am Coffee Hour<br>11:30 am Lunch Bunch<br>1 pm Game Time<br>2 pm Billiards | 10 am Exercise<br>1 pm Canvas Painting<br>2 pm Canasta<br>4 pm Social Hour | 11 am Orange Shoe<br>1 pm Mahjong<br>7 pm Sheepshad                        | 10 am Coffee Hour<br>2 pm Cribbage<br>4 pm Winter Warmers: This or That Edition | 10 am Chair Yoga<br>1 pm Dominoes<br>National Compliment Day                                  |
| 25  | 26   | 27  | 28   | 29   | 30  | 31  |
| NFL Conference Championship 5:30 PM                         | 10 am The Morning Blend<br>2 pm Scrabble<br>6:30 pm Bingo                                    | 10 am Coffee Hour<br>1 pm Game Time<br>2 pm Billiards                         | 10 am Exercise<br>2 pm Canasta<br>4 pm Social Hour                         | 11 am Orange Shoe<br>1 pm Mahjong<br>7 pm Sheepshad                        | 10 am Coffee Hour<br>2 pm Cribbage  | 10 am Chair Yoga<br>1 pm Dominoes<br>National Hot Chocolate Day                               |

## JUST FOR FUN



To appreciate the beauty of a snowflake it is necessary to stand out in the cold.

-Aristotle



## WHAT'S COOKING

### White Chicken Chili

This white chicken chili is full of flavor and ideal for a quick, hearty meal—especially on a cold winter night. And the best part is that it comes together easily in one pot and also freezes well, making it a great option for meal prep or leftovers.



## Fun Facts About New Year's Resolutions

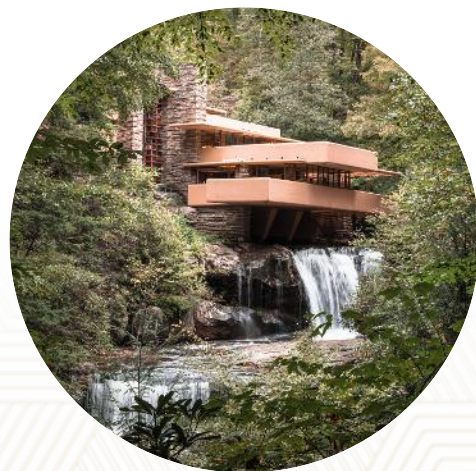
The tradition of New Year's resolutions dates back over 4,000 years to the ancient Babylonians. During a 12-day festival called Akitu, they made promises to their gods to pay debts and return borrowed items—early versions of resolutions!

The Romans later adopted similar practices, offering resolutions to Janus, the two-faced god of beginnings. Today, while fitness goals top most lists, only about 9% of people actually stick to their resolutions. Still, the hope of a fresh start keeps the tradition alive



## Back Then In History

On January 17, 1867, Frank Lloyd Wright was born in Richland Center, Wisconsin. Widely considered one of America's most influential architects, Wright pioneered the Prairie School movement and designed iconic buildings like Taliesin in Spring Green. His philosophy of organic architecture emphasized harmony between human spaces and nature. Wright's legacy continues to inspire architects around the world, with more than a dozen of his structures still standing throughout Wisconsin.



## Top Ten

### COZY THINGS TO DO INDOORS DURING COLD WINTER MONTHS

Staying in can be just as enjoyable as going out, especially when it's January in Wisconsin. Check out these Top 10 cozy things to do inside the comfort of your own home.

1. Read a new book
2. Make hot cocoa
3. Try a new recipe
4. Do a puzzle
5. Stream a movie
6. Light a candle
7. Listen to calming music
8. Knit or crochet
9. Organize a drawer
10. Start journaling

*Stay warm!*

### INGREDIENTS

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 ¼ cups chicken broth
- 3 (15 oz) cans cannellini beans, rinsed
- 2 (4 oz) cans chopped green chiles
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper (or to taste)
- ¼ cup chopped fresh cilantro (or to taste)
- ½ cup shredded Monterey Jack cheese
- Salt to taste

**STEP 1:** In a dutch oven, heat olive oil over medium heat. Saute chicken, onion, and garlic until chicken is lightly browned, above 5 minutes.

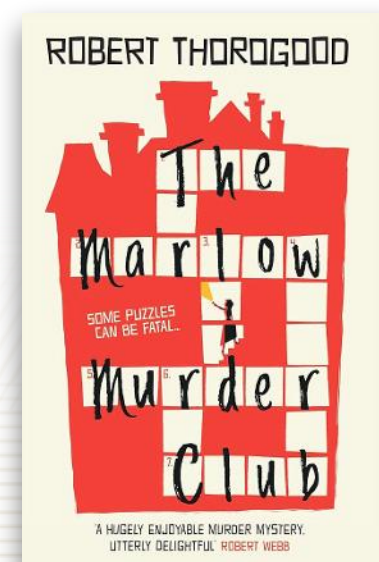
**STEP 2:** Transfer chicken to a cutting board and cut into bite-sized chunks. Return to pot.

**STEP 3:** Add broth, beans, chiles, oregano, cumin, and cayenne. Simmer 30-40 minutes.

**STEP 4:** To serve, place cilantro in bowls, ladle chili over, and top with cheese and salt to taste.

Source: Allrecipes.com

*Warm up with chili!*



## Shelf Indulgence

### THIS MONTH'S BOOK RECOMMENDATION

#### The Marlow Murder Club by Robert Thorogood

When 77-year-old Judith Potts spots something suspicious from her riverside home, she stumbles into a real murder mystery—and decides to solve it herself. Teaming up with two unlikely new friends, Judith forms an amateur sleuthing trio in the sleepy English town of Marlow. Witty, charming, and full of cozy intrigue, this book is a fun and clever read perfect for spring afternoons. Fans of light mysteries and lovable eccentrics will be hooked.

## CONTACT INFORMATION



## Resident Portal

Make rent payments. Pay online, check the status of your payments, review your payment history, submit maintenance requests and view event invitations.

Our resident portal is an online tool for you to be able to take care of some things without having to wait for the Resident Services Office to open. It's easy, it's convenient and it's designed with you in mind.

Need more information? Contact us today!



### Main Office

Mon - Fri, 10am - 5pm  
Phone: (262) 444-5651

10954 N Cedarburg Rd.  
Mequon, WI 53092

**COMMUNITY DIRECTOR**  
**Emily Suelflow**

Riverwalk@ardenpropertygroup.com

#### LEASING

Mon - Fri, 10:00am - 5:00pm  
Phone: (262) 444-5651

#### MAINTENANCE

Mon - Fri, 8:30am - 5pm  
Phone: (262) 444-5651  
Evenings & Weekends (AnSer) (800) 263-6148

#### MAINTENANCE TEAM

Aidan Coleman

#### HOUSEKEEPING TEAM

Elaine Jones

*We want to hear  
from you!*

### Community Engagement Coordinators

**Melody Marsh**

#### Your Feedback is Important To Us TELL US WHAT YOU THINK

Our team works hard to ensure that your expectations are not only met, but exceeded. We send general feedback surveys when the following touch points take place:

Following your move in

Completion of a maintenance request

At lease renewal

Following a move out

Your feedback is extremely important to us and we appreciate your kind words and recognition of our team members and services. We also appreciate when you take the time to tell us where we may have fallen short so that we have an opportunity to improve.

Our community is only as good as our residents' satisfaction and we appreciate you taking the time to share your feedback with us.

### Onsite Services

#### Salon

Mon - Fri  
Salon, by apt  
(414) 962-1370

**STYLIST**  
**Joyce**

#### Nail Clinic: Toe Nail Trimmers

**ROOM: SALON**

**Start 9:30am One Tuesday a month**

Phone: (262) 719-0336

Must call to schedule.

Cost: \$35.00

Exact cash or check

Only one person allowed in the salon during appt. even if it is from the same apt.

*Thank you to our Community  
Engagement Coordinator for all  
you do to keep our community  
running smoothly.*

### Local Services

#### Spectrum Cable

**HOTLINE**

(833) 697-7328

#### RIVERWALK ACCOUNT

Use address and apt. #

#### WE Energies

**HOTLINE**

(800) 242-9137

#### Ozaukee County Rideshare

**HOTLINE**

(262) 238-8294

Metro line

(262) 284-8294

#### Mequon City Hall

**PHONE**

(262)242-3100

*Wishing you the  
best in 2026!*

# CHECK IT OUT

## Community Newsletters Online HIGHLANDS HAPPENINGS

You can view this edition of your Highlands Happenings newsletter and newsletters from our other Highlands Communities simply by visiting their respective websites. Each website has a "Newsletter" page where you'll find current and archived newsletters. Start reading online today!



## Help Us To Better Help You RESIDENT SERVICES OFFICE VISITS

To ensure we can address your needs promptly and thoroughly, we kindly ask for your support in two ways:

### For in-person visits:

- Please schedule an appointment whenever possible.
- If visiting without an appointment, limit conversations to 5 minutes or less for non-urgent matters.

### For non-urgent questions:

- Submit detailed requests via email or voicemail. This helps us respond efficiently and identify common topics for future resources.

These steps allow our team to dedicate focused attention to walk-ins and appointments while managing essential behind-the-scenes tasks that benefit our entire community.

Thank you for partnering with us to enhance service for all residents.

*We appreciate your understanding  
and cooperation!*

## Arden Property Group Portfolio of Communities HIGHLANDS COMMUNITIES AND PARAGON PLACE PROPERTIES

Interested in learning more about other communities in our portfolio? Visit our website at [ArdenPropertyGroup.com](http://ArdenPropertyGroup.com).

Know someone who may be interested in moving to the Highlands Communities or Paragon Place Properties, refer them to any of the properties in our portfolio to earn a Refer A Friend bonus.

### Highlands Communities 55+:

|                 |            |
|-----------------|------------|
| Brookfield      | Appleton   |
| Menomonee Falls | Neenah     |
| Mequon          | De Pere    |
| New Berlin      | Winneconne |
| Franklin        | Weston     |

### Paragon Place Properties:

Madison  
Middleton

We appreciate your referrals and look forward to meeting your friends & family!