

# 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

#### A SPLENDID GIFT

“Live life when you have it. Life is a splendid gift—there is nothing small about it.”

—Florence Nightingale

### UPCOMING SPOTLIGHT EVENTS



#### Star-Spangled Lemonade N' Paint

**THURSDAY, JULY 2ND, AT 2 PM**

**COMMUNITY ROOM**

Sip lemonade and paint your own festive summer design on a wooden board to take home. **This event is free. RSVP by July 1st.**



#### Singer Claire Sardina

**THURSDAY, JULY 16TH, AT 2 PM**

**COMMUNITY ROOM**

Join us for a performance by singer Claire Sardina, the inspiration for the movie, Song Sung Blue!

**\$5 per person. RSVP by July 13th.**



#### Summer Floral Workshop

**TUESDAY, JULY 21ST, AT 1 PM - 3 PM**

**COMMUNITY ROOM**

Budding Designs owner, Suz, will guide you as you make your own floral arrangement. No experience required. Supplies included.

**\$15 per person. RSVP by July 13th.**



#### Milwaukee Letter Carriers Band

**TUESDAY, JULY 28TH, AT 7 PM**

**SURFACE PARKING LOT**

Enjoy the sounds of the crowd favorites as you are entertained by a 20+ piece band. This is sure to get you dancing!

**This event is free. RSVP by July 27th.**



#### International Tasting Tour Lunch

**THURSDAY, JULY 30TH, AT 12 PM**

**COMMUNITY ROOM**

International themed heavy appetizers to take you on a flavorful trip around the world. You won't want to miss this yummy journey!

**\$10 per person. RSVP by July 24th.**



**HIGHLANDS**  
AT RIVERWALK  
Apartments 55+



## RESIDENT REMINDERS

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### 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.

### Sustainable Shopping

Looking to cut down on the packaging you bring home? Refilleries are stores where customers bring their own clean reusable containers to refill bulk products like household and personal care goods and even certain groceries. To find refillery options near you, visit the website [refill.directory](http://refill.directory).

### Bug Repellent Kit

Summer is meant for outdoor fun! Don't let mosquitos or other pesky bugs ruin a good time; instead, use this portable repellent kit.

#### Materials:

- Small jar with a lid or cork
- Fresh or dried herbs
- Essential oils
- White vinegar
- Cotton ball

#### Directions:

You can use any mix of herbs and essential oils, customized to your scent preference. Effective insect-repelling options are lavender, mint, lemongrass, rosemary, basil, sage and citronella.

Place your chosen herbs in the bottom of the jar, followed by 10 drops of each essential oil you are using. Add more herbs or oils to adjust the scent, as needed. Add 2 to 3 tablespoons of white vinegar to the jar. Place the cotton ball on top of the mixture, and then replace the lid or cork. The vinegar will absorb the fragrance of the herbs and oils. You can also gently swirl the jar to mix the scents.

Bring the jar to your next outdoor event and use the cotton ball to dab the mixture on your wrists. Alternatively, place the open jar next to you as you sit outside to let the fragrance waft through the air and drive off the bugs.

### Pest Control

Please let our Resident Services Office know if you would like our monthly pest control services to visit your apartment — report all pests promptly!

### Store Items in Designated Areas Only

As the weather warms up, more residents will be bringing out bicycles, scooters and other outdoor equipment. Please remember to store these items in designated storage areas only. Keeping entrances and hallways clear ensures safe passage for all residents and emergency personnel.

## ONSITE & LOCAL SERVICES

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### 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 if you are 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



# WHAT'S COOKING

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## Red, White and Blue Parfaits

These patriotic parfaits are easy to make, healthy and will add a blast of flavor to your summertime meals and celebrations.

### Ingredients:

- 1 cup fresh blueberries, washed and drained
- 1 6-ounce container Greek yogurt (Vanilla, lemon or coconut flavors work best)
- 1 cup raspberries, washed and drained
- Whipped cream for garnish

### Directions:

Assemble parfaits by layering the blueberries, yogurt and raspberries into 2 or 3 short, clear drinking glasses or pint-sized glass jars. Start with a layer of berries, then add a layer of yogurt and finish with the raspberries. Top each parfait with a dollop of whipped cream and a few of the berries.

Tip: If making ahead of time or to thicken the yogurt layer, drain yogurt on paper towels for several minutes to absorb some of the liquid.

Find more recipes at  
[Culinary.net](http://Culinary.net).



## Summer ABCs

**D** is for Days of lounging around

**O** is for the Ongoing heat

**G** is for Green Grass

**D** is for Drinking lots of water

**A** is for All the yummy summer treats you can eat

**Y** is for Yellow lemonade to cool you down

**S** is for Sunscreen to protect you

# CELEBRATING FREEDOM

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## The Fourth of July & America's 250th Birthday

As summer arrives and July 4th approaches, we are reminded of a day that has united Americans for generations. This year holds even greater meaning as we celebrate not only Independence Day, but also the 250th anniversary of the United States — a remarkable milestone in our nation's history.

On July 4, 1776, the Declaration of Independence was adopted, marking a bold step toward freedom from British rule. Those who signed it risked everything, driven by ideals of liberty and equality that still resonate today. Early celebrations included bonfires, bells and public readings — and soon after, fireworks became a lasting tradition, lighting up the sky in honor of that historic moment.

Over 250 years, America has grown from 13 colonies into a diverse and innovative nation. Many of you have witnessed incredible changes firsthand — from simpler times to today's fast-paced world — making your experiences an important part of this ongoing story. For many, the Fourth of July brings back fond memories of parades, family picnics, patriotic songs and fireworks

under warm summer skies. While traditions may evolve, the spirit of togetherness and gratitude remains strong. As we celebrate this special anniversary, let's reflect on the freedoms we enjoy, the history we share and the communities we've built together.

Here's to 250 years of resilience, progress and pride — and to the memories still being made. Happy Fourth of July!



# PAST ACTIVITIES & RECREATIONAL EVENTS



## JUST FOR FUN

### Celebrating Our Semiquincentennial

This 18-letter mouthful is the name for the 250th anniversary of the signing of the Declaration of Independence on Saturday, July 4. Many buildings will be closed on Friday, July 3, in observance of the country's birthday.

### Independence Day by the Numbers

150 million. Hot dogs eaten on the Fourth of July.  
56. Signers of the Declaration of Independence.  
2.5 million. Approximate population of the U.S. in July 1776.  
342 million. Approximate population of the U.S. today.

## CONGRATULATIONS

### Who Won \$100?

Our lease renewal drawing winner is Jim G.!

