

# 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

#### DID YOU KNOW?

No other month ends on the same day of the week as September.

### UPCOMING SPOTLIGHT EVENTS



#### Smits Travel Talk

**FRIDAY, SEPTEMBER 18TH, AT 11 AM**

#### COMMUNITY ROOM

Join Marilyn Smits as she provides information and answers questions about upcoming travel options in 2027.

**FREE Event. RSVP by Sept. 17th.**



#### Hamburger Lunch

**SATURDAY, SEPTEMBER 19TH, AT 12 PM**

#### COMMUNITY ROOM

Burger and Lemonade provided. Bring a complimentary dish to pass. RSVP to Jill #220 (262) 302-4740

**\$5 per person. RSVP by Sept. 11th.**



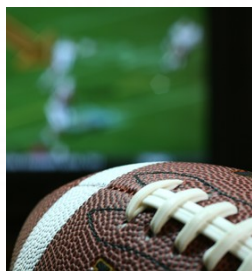
#### Musician David Adler

**MONDAY, SEPTEMBER 14TH, AT 11 AM**

#### COMMUNITY ROOM

Join David for an upbeat performance of modern and classic favorites. You won't want to miss this lively time!

**FREE Event. RSVP by Sept. 11th.**



#### Packers Historian, Jim Rice

**TUESDAY, SEPTEMBER 22ND, AT 11 AM**

#### COMMUNITY ROOM

Football season is here! No better way to kick it off than with local Historian & Author, Jim Rice sharing his knowledge of the game.

**FREE Event. RSVP by Sept. 21st.**



#### Bryson Reid Fashion Show

**MONDAY, SEPTEMBER 28TH, AT 1 PM**

#### COMMUNITY ROOM

A local Bayside boutique will be dazzling residents with a Fall collection fashion show. Dress to impress or shop the show. See you there!

**FREE Event. RSVP by Sept. 25th.**



**HIGHLANDS**  
AT RIVERWALK  
Apartments 55+



## RESIDENT REMINDERS

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### Yom Kippur Blessings

To all in our community observing Yom Kippur, we wish you a blessed and meaningful holiday.

### Heroes and Healing on the 25th Anniversary of 9/11

Sept. 11, 2026, is the 25th anniversary of 9/11. In honor of the thousands of lives lost and changed forever, we pause to remember the many stories of hope, fortitude and survival commemorated by the 9/11 Memorial and Museum, which can be found at [911memorial.org](http://911memorial.org).

### Stories of Alzheimer's Disease

In observance of World Alzheimer's Day on Sept. 21, consider reviewing these books and movies to gain perspective and insight into the lives of those impacted by the disease.

"Still Alice." Author Lisa Genova's 2007 bestseller was made into a critically acclaimed movie in 2014. Julianne Moore won the best actress Oscar for her role as Alice Howland, a professor with early-onset Alzheimer's disease.

"We Are Not Ourselves." The New Yorker magazine called this novel by Matthew Thomas "the greatest Alzheimer's novel yet." Published in 2014, "We Are Not Ourselves" paints an intimate portrait of the Leary family's struggles as their beloved patriarch develops Alzheimer's.

### Check Your Cholesterol

September is National Cholesterol Education Month. Adults over the age of 20 should have their levels tested every four to six years. Assess your knowledge on this subject:

1. What year was the first statin, a cholesterol-lowering medicine, approved in the U.S.?
2. True or False: Eating healthy, fiber-rich foods can lower cholesterol.
3. High cholesterol is connected to what leading cause of death?

(Answers: 1. 1987; 2. True; 3. Heart disease)

### Register to Vote!

Each September, National Voter Registration Day encourages eligible citizens to register to vote. Since 2012, over 6 million people have registered to vote on this day, allowing more voices to be heard on both national and local issues. Check your voter registration status at [Vote.gov](http://Vote.gov) and make sure your information is up-to-date.

## ON-SITE & 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 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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## Caramel Crumble Bars

### Ingredients:

- 1 box yellow cake mix
- 1/2 cup plus 2 tablespoons butter, softened
- 3/4 cup apple butter, plus 3 tablespoons
- 1 egg
- 1 package (11 ounces) soft caramels, unwrapped
- 2/3 cup walnuts, chopped
- 2/3 cup sweetened coconut flakes
- 2 tablespoons butter, melted

### Directions:

Heat oven to 350° F. Grease 13-by-9-inch baking pan. With electric mixer on low, beat cake mix and 1/2 cup softened butter until mixture is crumbly. Spoon 1 cup of the mixture into medium bowl; set aside. Add 3/4 cup apple butter and egg to remaining mixture. Beat on medium until smooth and creamy. Spread evenly into pan. Bake 20 minutes. Place caramels, 2 tablespoons softened butter and remaining 3 tablespoons apple butter in microwave-safe bowl. Microwave in 30-second intervals, stirring every time, until smooth and melted. Pour evenly over baked crust.

Combine walnuts, coconut and 2 tablespoons melted butter with reserved cake mix. Mix until crumbly. Sprinkle over caramel in pan. Bake 16 to 18 minutes, until topping starts to brown. Let cool; cut into bars.

Find more recipes at [Musselmans.com](http://Musselmans.com).



## Ice Cream Additions

Long summer days provide plenty of chances to enjoy the season's classic refreshing treat, ice cream. When it comes to adding a final flourish to a dish or cone, about half of Americans favor hot fudge, according to poll results. Nuts, whipped cream, chocolate syrup, caramel sauce and fruit also ranked high. Give one a try!

# SEPTEMBER IN WI: A SEASON OF CHANGE AND CELEBRATION

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September brings many of Wisconsin's favorite traditions as summer transitions into fall. Cooler temperatures, colorful foliage, apple harvests, and community festivals make this a special time of year. Orchards welcome visitors, pumpkin patches prepare for the season, and early fall colors begin appearing across the state.

Local communities celebrate with farmers markets, craft fairs, Oktoberfest events, and harvest festivals. Whether you enjoy visiting an apple orchard, taking a scenic drive, or sipping warm apple cider, September offers countless ways to enjoy the season.

The month also includes several important observances. Labor Day honors the contributions of American workers and marks the unofficial end of summer. Beginning September 15, Hispanic Heritage Month celebrates the histories, cultures, and contributions of Hispanic and Latino Americans through October 15.

Patriot Day on September 11 honors those who lost their lives and the heroes who responded during the events of September 11, 2001. Constitution Day and Citizenship Day on September 17 commemorate the signing of the

U.S. Constitution and recognize the rights and responsibilities of citizenship.

September is also National Suicide Prevention Month, reminding us to prioritize mental and emotional well-being, support one another, and encourage open conversations about mental health.

As autumn officially begins, September invites us to slow down and enjoy the season's simple pleasures. From local festivals and community gatherings to Wisconsin's natural beauty, it is a wonderful time to connect, reflect, and celebrate. Wishing everyone a happy, healthy, and colorful September!



## PAST ACTIVITIES & RECREATIONAL EVENTS



## JUST FOR FUN

### September by the Numbers

3. Minimum servings of whole grains recommended daily. September is Whole Grains Month.  
70 million. Approximate number of grandparents in the U.S. Celebrate Grandparents Day on the first Sunday after Labor Day.  
39. Number of Founding Fathers who signed the U.S. Constitution on Sept. 17, 1787.

### Brainteaser

Q. Where do you find roads without vehicles, forests without trees, and cities without houses?  
A. On a map.

## CONGRATULATIONS

### Who Won \$100?

Our lease renewal drawing winner is Priscilla G.!

