

# HIGHLANDS

## *Happenings*



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**HIGHLANDS  
COMMUNITIES**  
Apartments & Townhomes 55+

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## UPCOMING SPOTLIGHT EVENTS



### Essential Oils Workshop

**THURSDAY, JANUARY 8TH AT 2:00 PM | BUILDING 4 COMMUNITY ROOM**

The New Year often brings resolutions for good health. Join our very own Ramona and smell some wonderful natural scents, have fun, while you learn how essential oils could benefit you.

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



### The Morning Blend

**MONDAY, JANUARY 12TH AT 10:30 AM | BUILDING 4 SUN ROOM**

Start your day and week on a happy note with coffee, tea and conversation at The Morning Blend! This relaxed gathering brings together residents and Team Members to share conversation, ideas and a warm sense of community! This month, meet Kevin from our Maintenance Team! **This event is free. No RSVP required**



### Midwinter Melodies & Cocoa

**THURSDAY, JANUARY 15TH AT 2:00 PM | BUILDINGS 4 COMMUNITY ROOM**

Swing on down to our Community Room for an afternoon with singer David Drake, sharing warm and familiar folk songs that are sure to cure cabin fever. Enjoy a cozy hot cocoa bar filled with classic toppings, from fluffy marshmallows to sweet whipped cream.

**\$10 per person. RSVP by Thursday, January 8th**



### Chili Cook-Off

**WEDNESDAY, JANUARY 21ST AT 12:00 PM | BUILDING 4 COMMUNITY ROOM**

Join our chili cook-off and put your chili to the test! If cooking isn't your thing, come on down to taste different chili and cast your vote. 1st place wins a trophy and a book of Highlands Dollars. To enter the cook-off, you **MUST** call the Resident Services Office to RSVP by January 14th! **This event is free. RSVP by Friday, January 16th**



### Midday Munch & Brunch

**FRIDAY, JANUARY 30TH AT 12:00 PM | BUILDING 4 COMMUNITY ROOM**

Join us for breakfast for lunch! Throw on your comfiest pajamas (or normal clothes) and head down to enjoy a spread catered by Apple Spice to including: scrambled eggs, bacon, sausage, hash browns, muffins, fresh fruits, assorted juices, and coffee. Don't forget your slippers! **\$15 per person. RSVP by Thursday, January 22nd**

## 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 \$150?



This month's winner of our \$150 lease renewal drawing is Carole B.



### 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.

### Fire Alarm Testing

Please be aware that beginning around 9 am on the 3rd Friday of Each Month, we will be sounding the alarms for testing in Buildings 1-7.

For January, the Townhomes Pull Schedule will be Units 814, 929, 1021, and 1121.

### 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.

### 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.



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

*Zoey Sayward*

### Resource Center

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

Our Resource Center is located in the Sunroom along the back wall 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!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="margin: 0;">JANUARY 2026</h1> <h2 style="margin: 0;">ACTIVITY &amp; EVENTS CALENDAR</h2>						
				1 NEW YEAR'S DAY Office Closed	2 10 am Orange Shoe Fitness 1 pm Cribbage	3 National Mind-Body Wellness Day
4	5	6	7	8	9	10
Packers vs. Vikings Time TBD	9:30 am Exercise Class 10:30 am Coffee Tea Hour 4 pm Bldg 7 Social Hour 6:30 pm Poker - Regular	9:30 am Bible Inspiration 3 pm, 4 pm & 6 pm Social Hour Bldgs 1, 2 & 3	3 pm Bldg 5 Social Hour 4 pm Bldg 4 Happy Hour	1 pm Mahjong 2 pm Essential Oils Workshop 4 pm Bldg 6 Social Hour 6:30 pm Sheepshead	10 am Orange Shoe Fitness 1 pm Cribbage	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	10:30 am The Morning Blend 4 pm Bldg 7 Social Hour 6:30 pm Poker - Regular	9:30 am Bible Inspiration 1 pm Creative Time w/Friends 3 pm, 4 pm & 6 pm Social Hour Bldgs 1, 2 & 3	3 pm Bldg 5 Social Hour 4 pm Bldg 4 Happy Hour	1 pm Mahjong 2 pm Midwinter Melodies & Cocoa 4 pm Bldg 6 Social Hour 6:30 pm Sheepshead	10 am Orange Shoe Fitness 1 pm Cribbage	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	<b>Martin Luther King Jr Day</b> 9:30 am Exercise Class 10:30 am Coffee Tea Hour 4 pm Bldg 7 Social Hour 6:30 pm Poker - Regular	9:30 am Bible Inspiration 3 pm, 4 pm & 6 pm Social Hour Bldgs 1, 2 & 3	12 pm Chili Cook-Off 3 pm Bldg 5 Social Hour 4 pm Bldg 4 Happy Hour	1 pm Mahjong 4 pm Bldg 6 Social Hour 6:30 pm Sheepshead	10 am Orange Shoe Fitness 1 pm Cribbage	National Compliment Day
25	26	27	28	29	30	31
NFL Conference Championship 5:30 PM	9:30 am Exercise Class 10:30 am Coffee Tea Hour 4 pm Bldg 7 Social Hour 6:30 pm Poker - Regular	1 pm Creative Time With Friends 3 pm, 4 pm & 6 pm Social Hours Bldgs 1, 2 & 3	3 pm Bldg 5 Social Hour 4 pm Bldg 4 Happy Hour	1 pm Mahjong 4 pm Bldg 6 Social Hour 6:30 pm Sheepshead	10 am Orange Shoe Fitness 12 pm Midday Munch & Brunch 1 pm Cribbage	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

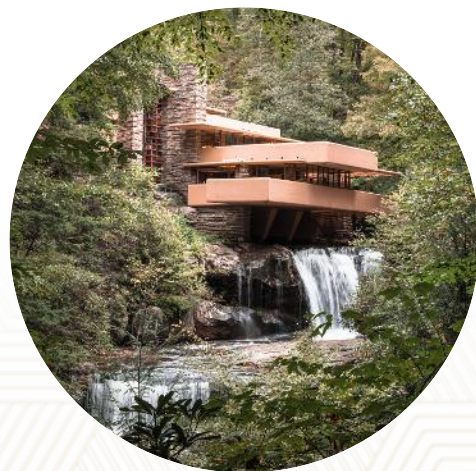
The tradition of New Year's resolutions dates back over 4,000 years to the ancient Babylonians. During a 12-day festival called Akitu, they made promises to their gods to pay debts and return borrowed items—early versions of resolutions!

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, about 5 minutes.

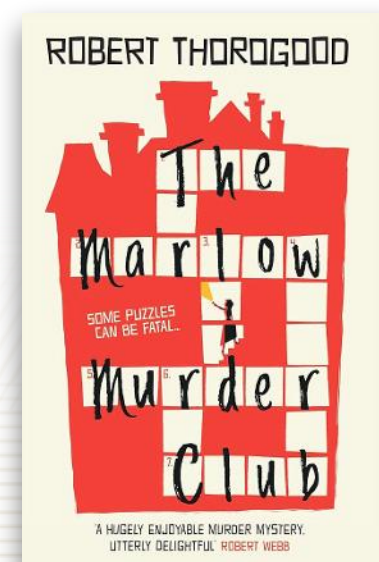
**STEP 2:** Transfer chicken to a cutting board and cut into bite-sized chunks. Return to pot.

**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

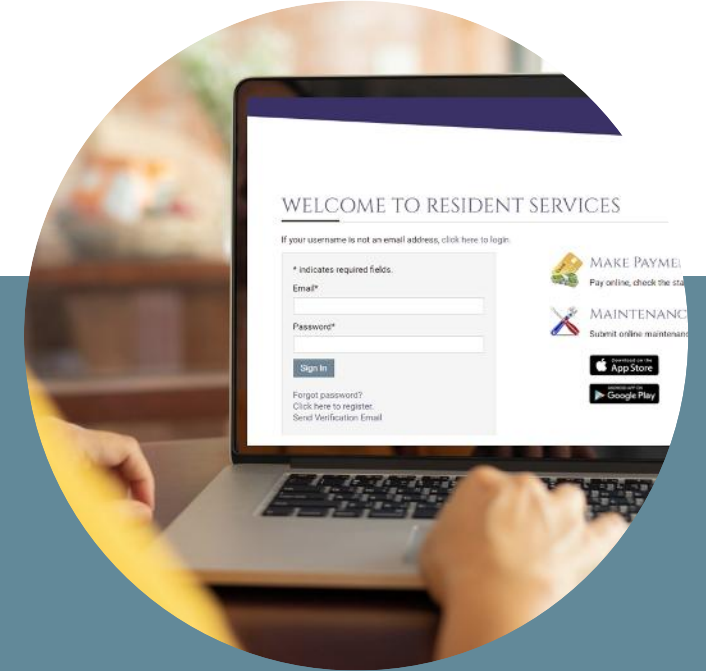


## Resident Portal

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 - 4pm  
Phone: (262) 235-5446

N78 W17445 Wildwood Dr #408,  
Menomonee Falls, WI

### COMMUNITY DIRECTOR

**Leslie Laak**  
Wildwood@ardenpropertygroup.com

### ASSISTANT COMMUNITY MANAGER

**Ramona Perales**  
Wildwood@ardenpropertygroup.com  
**Renee Littel & Delores Tessmer**  
Wildwood@ardenpropertygroup.com

### LEASING

Mon - Fri, 10:00am - 5:00pm  
Phone: (262) 235-5446

### LEASING SPECIALISTS

Mary Beth Richardson

### MAINTENANCE

Mon - Fri, 8am - 4:30pm  
Phone: (262) 235-5446  
Evenings & Weekends (AnSer) (800) 263-6148

### MAINTENANCE TEAM

Kevin Tesch, Perry Bartkiewicz, Curt Hanaman

### HOUSEKEEPING TEAM

JoAnn Gordon

## Community Engagement Coordinators

**Connie Loomis**

**Valerie Watley**

**Karen Joost**

### Do's and Don'ts of Recycling

#### FRIENDLY REMINDERS FROM WASTE MANAGEMENT



**DO** recycle all empty plastic bottles, cans, paper and cardboard.

**DO** keep foods and liquids out of recycling.

**DO** keep plastic bags out of recycling.

**DON'T** plastic bag your recyclables - plastic bags and film get tangled in the machinery.

**DON'T** include food-soiled items. They can turn an entire load of recycling into trash.

**DON'T** add sharp or dangerous materials like needles and electronics - these can cause injury to recycling workers.

**DON'T** toss in "tanglers" like rubber hoses and wires. These can shut down an entire recycling center.

**DON'T** include bulky items like propane tanks or construction debris.

**DON'T** leave the lid partially open. This will require an extra pick up charge.

Thank you for your cooperation!

## Onsite Services

### Free WIFI

Bring your laptop or iPad to the Fireside Room, Bldg 4 and tap into the Wildwood Highlands FREE WIFI. If you have any questions, please contact the Resident Services Ofc at 262-251-3584.

### Pest Control Schedule

This company visits WH the 1st week of every month. If you have a pest control need, please call the Resident Services Ofc so your unit can be added to the list.

### David Keddie with Healthmarkets

10:15 am Every 2nd Wednesday Each Month | Building 4 Fireside Room  
MEDICARE OPTIONS AND COVERAGE  
Choosing the right Medicare coverage can be confusing. David Keddie can help you find the Medicare plan that's right for you and your budget. David is a Licensed Insurance Agent with Healthmarkets. (262-424-1498)

### Hearing With Care

Margie Roman is a Wisconsin Licensed Hearing Instrument Specialist. Margie can test and dispense for hearing loss. Many hearing aids services are free of charge. Call Margie at 414-315-3149 to schedule an individual appointment in your unit.

## Local Services

### Spectrum Cable

#### FREE CABLE / INTERNET PACKAGE

For new residents establishing an account, please contact Spectrum at 1-855-326-5115.

For established residents who already have their account set-up with Spectrum, and have service needs, wish additional services for your unit, or have billing questions, you can contact Spectrum Customer Service at same number as above 1-855-326-5115.

Because WH has a bulk account with this company, this phone number is different from the regular customer service phone number.

### We Energies

#### HOTLINE / POWER OUTAGE

(800) 242-9137 / (800) 662-4797

### Menomonee Falls Village Hall

#### PHONE

(262) 532-4200

### Senior Center

#### LORI OERTEL, OLDER ADULT & VOLUNTEER SUP.

Phone 262-255-8469, email: oertlor@sdmfschools.org For Blood Pressure Testing, Hearing Checks, Toe Nail Trimmers, and More!

# 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!