

HIGHLANDS

Happenings

CONTACT INFORMATION

Main Office

Mon - Fri 10 am - 4 pm

Phone: (262) 447-8737 Fax: (262) 251-3330
N77W17700 Lake Park Dr.
Menomonee Falls, WI 53051

DIRECTOR

Timothy Cross
WildwoodLake@ardenpropertygroup.com

ASSISTANT MANAGER

Chloe McPherson
WildwoodLake@ardenpropertygroup.com

LEASING

Mon - Fri 10 am - 5 pm

Phone: (262) 447-8737

LEASING SPECIALIST

Marissa Mueller

MAINTENANCE

Mon - Fri 8:30 am - 4:30 pm

Phone: (262) 447-8737

Evenings & Weekends (AnSer)

EMERGENCIES ONLY (800) 263-6148

MAINTENANCE TEAM

Joel Roskopf

HOUSEKEEPING TEAM

Sandra Chatmon

UPCOMING SPOTLIGHT EVENTS



Spa Day With Orange Shoe

THURSDAY, AUGUST 6TH, AT 1 PM - 3 PM

WILDWOOD HIGHLANDS

Enjoy mini spa services, healthy refreshments, and simple ways to feel your best. Please bring insurance card for entry. **CALL THE OFFICE FOR RSVP DETAILS.**



August Movie Mingle

FRIDAYS, AUGUST 7TH & 21ST, AT 2 PM
MOVIE THEATER

Calling all fashionistas! Join us for "The Devil Wears Prada" on the 7th and "The Devil Wears Prada 2" on the 21st. Dress up or dress down, it's up to you. **FREE**



DIY Pressed Flower Bookmarks

THURSDAY, AUGUST 13TH, AT 2 PM
COMMUNITY ROOM

Join us for some creative fun - decorate your own bookmarks with pressed flowers to wrap up the Summer season.

\$5 per person. RSVP by Fri., August 7th.



Sunset Concert

TUESDAY, AUGUST 18TH, AT 7 PM

WILDWOOD LAKE PARKING LOT

As the sun sets, let the lovely sounds of The Letter Carriers Band wash over you. Enjoy the summer nights while they last.

Free - RSVP by Tues., Aug. 11th.



Chicken Parmesan Lunch

FRIDAY, AUGUST 28TH, AT 1 PM

COMMUNITY ROOM

Enjoy Chicken Parmesan, Penne Pasta, steamed vegetables, Caesar salad, and sourdough bread with garlic butter. Yum!

\$18 per person. RSVP by Thurs., Aug. 20th.



HIGHLANDS
AT WILDWOOD LAKE
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.

ONSITE & LOCAL SERVICES

Salon

Thursdays 9 am - 3 pm & Fridays 9 am - 1 pm

Every other Wednesday 9 am - 1 pm

Phone: (414) 687-4873 Credit cards not accepted.

STYLIST - Becky

Hearing Aid Service

Call to Schedule an Appointment

Phone: (414) 315-3149 Technician - Margie Roman

Many services are performed free of charge.

Health Markets

COMMUNITY ROOM Phone: (262) 424-1498

2nd Wednesday of each month 9:30 am - 10:30 am

Insurance Rep: Dave Keddie

Q&A session for Medicare and insurance-related issues.

Call for a one-on-one appointment.

Podiatry Service

Call to schedule an appointment in-home

Dr. Trejo Phone: 414-483-5566 (Billable to Insurance)

Spectrum Cable

CUSTOMER SERVICE (833) 697-7328

WILDWOOD LAKE ACCOUNT #8348 10 200 0214229

WE Energies

CUSTOMER SERVICE (800) 242-9137

Johnson Bus

CUSTOMER SERVICE (262) 251-4230

City Government

MAIN PHONE (262) 255-8300



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 Kathy P.!

