

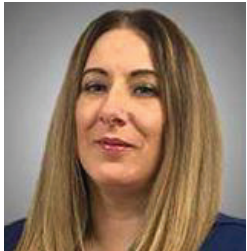
CAMBRIDGE LAKES COMMUNITY ASSOCIATION

FALL 2022 NEWSLETTER

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Community Center Hours
Monday-Friday 5:00am-10:00pm
Saturday-Sunday 7:00am-10:00pm

Greetings Cambridge Lakes Residents!



Happy fall!!! After a warm summer here at Cambridge Lakes we are ready to switch gears, get out our hoodies and sit by a campfire. Fall brings us many fun activities to do with our family and friends, apple picking, pumpkin carving, hayrides, corn mazes, haunted houses, sipping

warm apple cider while sharing stories, etc. In addition to these activities, we are excited to be adding a number of new activities and events for you to enjoy here at Cambridge Lakes; you will find the information within this newsletter.

You will note that many of our activities and events have deadlines, these deadlines are established to allow the Lifestyle Team time to secure the necessary supplies, plan the environment, work with vendors, etc. We often have owners that want to register after a deadline and though we want to allow all those interested in our activities and events the opportunity to participate, when we allow late registrations it creates problems behind the scenes that we would like to avoid. We are asking that if you see an activity or event you are interested in to please register before the deadline to allow us to the proper time to pull all the details together and bring you seamless activities and events. If for any reason the deadline has passed and you are interested or if you have a special circumstance, please reach out to Michelle at michelle.arvanitakis@mycambridgelakes.com.

I want to apologize to the community for the delay in receiving the newsletters. The last newsletter arrived in your mailboxes much later than planned due to a paper shortage experienced by our publisher. Unfortunately, this delay was not something we or the publisher could control. Prior newsletters took longer due to postal delivery delays, again not something we can control.

Having said that, due to the various delays we have adjusted our schedule for newsletters moving forward to ensure you have the information in a timely manner. You will also note that some items will overlap newsletters based on when activities and events occur, and this is being done purposely to again ensure we are providing the best information possible to the community. We hope that you will see an improvement moving forward. We will also continue to monitor this and make any adjustments necessary.

As always, if you ever have questions regarding the community, please reach out to the Front Desk staff. If you require additional assistance, feel free to reach out via email to me or my assistant, Natalie, for assistance with any needs you may have. All our emails are listed on the back of this newsletter.

With each newsletter we want to take time to make owners aware of items that require your attention, policies regarding the community, community center, upcoming large-scale projects and so forth in efforts to ensure owners are fully informed.

2023 Projects at the Community – 2023 will be a busy year for projects at Cambridge Lakes and many of them will be forward facing. Below is a brief list of projects the design commission and board are working on:

- HVAC Replacement – 3 rooftop units have reached their life expectancy & need to be replaced before they fail completely.
- Bike Path Replacement – Phase 3 of the project
- Fitness Center – flooring & equipment replacement
- Flooring Replacements – gymnasium, aerobics room, game room, classroom, viewing room, children’s room, and gathering lounge.
- Concrete Flooring – resealing at front desk, locker rooms and kitchen areas.
- Furniture Replacements – game room, lobby sitting areas, and viewing room.
- Painting – game room, gathering lounge, kitchen, lobby & hallways, offices, children’s room, classroom, viewing room, fitness center, locker rooms, and aerobics room.
- Baby Slide – replacement
- Splash Pad – replacement of equipment and underground pipe repairs.



Snow Removal – Please note the following regarding snow plowing responsibilities throughout Cambridge Lakes:

Area	Who Handles Snow Removal
Main Roads within Cambridge Lakes	Village of Pingree Grove
Single Family, Duplex & Townhome Streets	Village of Pingree Grove
Community Center Parking Lot	Community Association – Laurie Wrosch
Townhome #2	FirstService Residential – Alicia Smith
Townhome #3	Property Specialists – Leslie Beltran
Townhome #11	Foster Premier, Inc. – Janel Santilli
Townhome #14	McGill Management – Nicole Broughton
Townhome #18	Foster Premier, Inc. – Linda Raaum
Condo 19A	Foster Premier, Inc. – Linda Raaum
Townhome 19B	Foster Premier, Inc. – Eugene Polissky
Townhome #20	Foster Premier, Inc. – Eugene Polissky
Townhome #23	Foster Premier, Inc. – Linda Raaum
Townhome #33	Foster Premier, Inc. – Eugene Polissky
Parkside at Cambridge Lakes	Foster Premier, Inc. - Linda Raaum



Upcoming Holiday Hours – Please make note of the upcoming Community Center adjusted hours. Although we understand some owners are not pleased with the community center closures, please note that the community center is open 358 of the 365 days per year

which means the center is closed a total of 7 days throughout the entire year. We also ensure the staff is present for all the summer holidays while the pool is open, with the trade-off being that we provide these important days off at the end of the year. The end of the year brings holidays for all, including our staff members, and we want to provide the opportunity for staff to spend time with their loved ones.

- | | |
|-------------------------------------|---------------------------------|
| Monday, September 5 th | OPEN until 8pm – Labor Day |
| Thursday, November 24 th | CLOSED (Thanksgiving) |
| Friday, November 25 th | CLOSED (Day After Thanksgiving) |
| Saturday, December 24 th | CLOSED (Christmas Eve) |
| Sunday, December 25 th | CLOSED (Christmas Day) |
| Saturday, December 31 st | CLOSED (New Year’s Eve) |
| Sunday, January 1 st | CLOSED (New Year’s Day) |

Holiday Decor – We have so many creative owners and love to see all the decorated homes in the community! As a reminder holiday décor is to be installed no more than thirty (30) days prior to and removed no more than thirty (30) days following the holiday. As always, we do of course take into consideration the weather conditions and temperatures when it comes to decoration removal.



Mowing Past Lot Lines and In Natural Areas – Keeping the community looking beautiful is important for everyone, not only because of the aesthetics curb appeal, but it also helps increase market value by attracting potential buyers to the community. The association is grateful for all residents that keep up with their lawn care and landscape surrounding their homes, keeping our community beautiful. When maintaining your lawn and landscaping, please remember **that your responsibility ends at your lot line.**

Depending on where your home is located within the community the association has contracted with Yellowstone to maintain the common area lawn and landscape behind your home. In addition to common area lawns, there are also areas throughout the community that are designed to be "natural" these areas are intended to grow with nature, are not mowed, and do not receive plant maintenance such as pruning



Yard Waste Stickers –

Just a reminder that if you need yard waste stickers, we have them available at the Community Center. The cost per sticker is \$2.42. You can pay with a check or credit card. Please be advised there is an additional processing fee of 3.75% when credit cards are used.



Inspirations Dance Troupe Auditions

– The 2022-2023 Inspirations Dance Troupe begins in October 2022 and runs through June 2023! Troupe is an

opportunity for past students and current dancers interested in taking their performance to the next level. Troupe offers community service participation along with local and large area performance opportunities. Auditions for Troupe are **mandatory** for level placement and are open to dancers in the 2nd grade or older. Auditions take place on Wednesday, September 14th from 6:30pm–8:00pm.

Inspirations Dance & Tumbling News –

Below please find information regarding our Inspirations Dance & Tumbling Program.



Winter 2022 Session

– The winter 2022 session registration will be published and open for enrollment late September early October. The winter session is an 8-week session. Keep a look out for the registration flyer.

New Apparel

– Who doesn't love sporting Inspirations Dance & Tumbling apparel?! We are currently working on the next run of apparel, new designs, new apparel styles, etc. Once we have narrowed down our selection, we will distribute the order form.

2023 Inspirations Dance & Tumbling Recital Session

– We had such a successful recital experience this June and are more than excited to announce that the 2023 Inspirations Dance & Tumbling Recital will be taking place at the Community Center again! The recital session registration will be published and open for enrollment in late December, keep your eyes peeled for the registration.

Guest Policy

– Pursuant to the rules and regulations owners can bring in guests to use the facility with them. To bring a guest you must be 18 years of age or older.



Any owner bringing in a guest is responsible for the conduct of their guest. Before your guest can access the facility, you and your guest must sign in at the front desk. The staff will hold your proxy card as well as a photo ID of your guest (such as a driver's license). A \$5 fee is due at the time of entry for your guest, and you are allowed a maximum of four (4) guests per day. Upon your departure you will sign out at the front desk and the staff will return your proxy card and your guest's photo ID.

Political Signs

– The 2022 mid-term election will take place on Tuesday, November 8th. Pursuant to the rules and regulations, one (1) political sign may be displayed for a



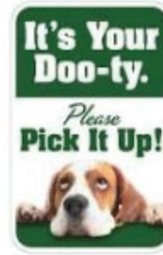
period of no more than thirty (30) days prior to an election and no more than four (4) days following the election. Any signs with profanity will be requested to be removed promptly.

Bike/Walking Path Courtesy –

The bike/walking path is a great way for everyone to get out and about within the community, enjoy the fresh air and observe what nature has to offer here at Cambridge Lakes.



As you use the bike/walking path we ask that everyone be considerate of others using the path with you, especially those of you who are walking your dogs on the path. We have received concerns regarding owners who walk their dogs on the path that are either not sharing the path or not holding their dog's leash tightly as you pass by others. Please understand that some people have a fear of dogs due to having been attacked previously. Having a dog bark and/or lurch towards them can cause panic. Injuries are not unheard of when simple courtesy measures are not followed. We would hate to see any injuries; humans or dogs, so please take caution as you use the path throughout the community.



Pet Waste Removal – Please make sure that when you walk your dogs through the community that you always carry a pet waste baggie with you. To assist owners, the Association has installed fourteen (14) pet waste stations throughout the community WITH pet waste baggies and trash cans.

Each week the pet waste station baggies are replaced, and the trash cans are emptied. It is important that ONLY pet waste baggies are placed in the cans attached to the posts; they are not for regular trash items. When regular trash items are placed in the cans then the cans fill up quickly which results in us finding pet waste bags in the ponds lakes, in the wetlands or simply tossed on other owner's lawns.



Board of Directors Meetings –

Below please find a list of upcoming Board Meetings. We hope to see you there!

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	September 14	5:00pm
Wednesday	October 12	5:00pm
Wednesday	November 9	5:00pm
Wednesday	December 14	5:00pm

Laurie Wrosch, CMCA®, AMS®, EBP®
Executive Director
Licensed Community Association Manager
Cambridge Lakes Community Association

Hello Residents!



It has been fulfilling to watch some of the landscape refreshes as we thin out overgrown trees with new trees, grasses, and flowering plants and bushes. We will also be updating the entrances to the different neighborhoods. I have also noticed multiple people bringing a bag along on their walks and picking up litter. Thanks!

An important need we have for our community is updating the Rules and Regulations. A commission has been formed to collect ideas and begin the change process. PLEASE consider joining this group who will make recommendations. Contact Laurie at the Community Center if you can help in this critical work. After changes are approved by the board, we will need 67 of our members to agree to the changes so there will be some door-to-door work for many of us. Get out and enjoy some of the fall activities and exercise classes!

Julie Kallenbach

Contact List

Association	Management Company	Contact Person	Email Address	Phone
Cambridge Lakes Community Association	Foster Premier	Laurie Wrosch	laurie.wrosch@mycambridgelakes.com	847-464-1515
Townhome #2	FirstService Residential	Alicia Smith	residentservices.il@fsresidential.com	847-459-0000
Townhome #3	PSI	Leslie Beltran	Lbeltran@psimanagemwnt.net	847-806-6121
Townhome #11	Foster Premier	Janel Santilli	jsantilli@fosterpremier.com	847-459-1222
Townhome #14	Foster Premier	Nicole Broughton	nicole@mcgillmanagement.com	847-259-1331
Townhome #18	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123
Condo #19A	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123
Townhome #19B	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Townhome #20	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Townhome #23	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123
Townhome #33	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Parkside @ Cambridge Lakes	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123

Greetings from the Lifestyle Department



As we are rounding out the summer, cooler weather is right around the corner. School is starting and we are taking the leap into the fall season. The end of October, I have been here as the Lifestyle Director for 1 year. I have had such fun in my position creating planning and running events for our community.

Each event holds a special place for me, and I look forward to being able to do them again in the next year. Summer was full of fun events such as Smores on the Lawn, Float and Flick, Filthy Fun Day, Food Trucks and our Luau. I have had the pleasure of meeting even more of you during these events and becoming more connected to our community. Summer had Aqua Group Fitness Classes and they are always full of a great workout and always a blast! Aqua classes are subjected to weather, and it does have to be 68 degrees outside to hold them. As the season is shifting and the nights are cooler, we have the best Group Fitness classes indoors for you to transition to. Our instructors would love to have you join them in their classes!

Fall is not only decorated by the prettiest colorful leaves, but also full of the best events! Stop by the front desk to register for Carmel and Candy Apple Making, Fall Scented Candle Making, Ceramic Night, Murder Mystery Night and Thanksgiving Meet and Eat just to name a few! Look for all the events and details in the 2022 Events Section in this Newsletter.

To our teachers and school staff, I wish you the safest and most successful school year and I thank you for showing up every day with your heart and teaching our kids. To the officers at the schools, thank you for being there and for keeping both our kids and staff protected. I also wish you a safe and peaceful school year. I look forward to seeing all of you at events and as you pop in for the gym, group fitness and other programs we have, and I hope you continue to enjoy everything at the Community Center.

Happy Autumn,

Michelle



COPS CORNER

Happy fall! The weather is starting to change and many fun activities and events will be happening in the Village!

Please continue to remember that school is now back in session and there are more people and bicycles on the roads and sidewalks. School bus traffic has also increased. Please stop for school buses when the stop arm is out and watch for children crossing. We can all work together to make our roadways as safe as possible for everyone!

Halloween is quickly approaching. For those who celebrate, here are some tips:

1. Wear a bright colored or reflective costume
2. Choose a costume without a mask when possible
3. Stop, look, and listen both ways when crossing street corners
4. Always walk and never run
5. Trick or treat in familiar areas and neighborhoods
6. Make sure you trick or treat with an adult
7. Inspect all candy before eating it
8. Trick or treat at houses that have porch lights turned on

Even though fall is just upon us, here are a few reminders for winter parking:

1. Please do not park on any Village street when 2 inches or more of snow has fallen
2. Street parking can resume only when Village streets have been plowed
3. When a Winter Storm Warning is issued, street parking ceases when the warning starts (not when the snow starts falling)
4. Please be mindful when you shovel your driveways and don't throw snow onto the streets

The Pingree Grove Police Department has a Citizen's Online Reporting system that can be accessed at <https://www.frontlinepss.com/pingreepd>. You can also link to this page from the Police Department website. This provides our residents with the ability to initiate a variety of reports without the need to speak with an officer in person. Non in progress crimes can be reported electronically and then they will be followed up by an officer. Please let us know if you have any questions about this. Remember to always call 9-1-1 in case of an emergency.

Like us on Facebook and follow us on Instagram to find out more about upcoming events and community safety.



Fire won't wait. Plan your escape

This year, 2022, marks the 100th anniversary of the National Fire Prevention Association (NFPA) observance of Fire Prevention Week (FPW). Fire Prevention Week focuses on how to stay safe in the event of a fire. The week of October 9th is observed for fire prevention to commemorate the Great Chicago Fire that started on October 8, 1871... hundreds of people died and thousands of people lost their homes.

This year's message, for Fire Prevention Week, is "Fire won't wait. Plan your escape. Today, homes burn faster than ever. You maybe have two minutes to safely escape a home fire from the time a smoke alarm sounds. Your family's ability to survive a fire depend on properly installed/maintained smoke alarms and an escape plan.

Smoke Alarms:

Smoke alarms sense smoke before you can. Choose an alarm that is listed with a testing laboratory, meaning it has met certain standards for protection.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds.

For the best protection, use combination smoke and carbon monoxide alarms that are interconnected throughout the home. These can be installed by a qualified electrician, so that when one sounds, they all sound. This ensures you can hear the alarm no matter where in your home the alarm originates.

Escape Plan:

In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children. Teenagers, adults, and the elderly are also at risk in fires, make sure they understand how to stay safe in case of a fire.

- Draw a map of your home, marking two ways out of each room, including windows and door.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.

The Fall season has arrived which marks the beginning of holiday festivities. These holiday events can increase the risk of injuries and home fires. Here are a few guidelines for ensuring everyone has a safe and happy holiday season.

Food Preparation:

- Stay in the kitchen when you are cooking on the stove top so you can keep an eye on the food.
- Stay in the home when cooking your turkey, and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay three feet away.
- The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep knives out of the reach of children.
- Keep matches and utility lighters out of the reach of children.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bag.



Decorating:

- Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Before going out or to bed: blow out lit candles and turn off light strings and decorations
- More than 1/3 of home decoration fires start lit candles.

Christmas Trees:

- Pick fresh tree with green needles that do not fall off when touched
- Cut 2 off the base before placing the tree in stand and at least 3 feet away from all heat sources (fireplaces, radiators, vents, candles, or hot lights).
- Do not block exits.
- Check and add water to tree stand daily.
- Only use appropriate laboratory tested lights. Never use lighted candles on a tree.
- Get rid of tree when it becomes dry, place outside away from home.

Chocolate Peppermint Bark

Ingredients:

- 6 ounces of baking chocolate
- 1 cup semi-sweet chocolate chips
- 1 cup peppermint / spearmint candies, crushed



Instructions:

1. In a microwave, melt chocolate at 70% power; stir until smooth. Stir in 1/3 cup crushed candies. Repeat with chocolate chips and an additional 1/3 cup candies. Alternately drop spoonful's of chocolate and mixtures onto a waxed paper-lined baking sheet.
2. Using a metal spatula, cut through candy to swirl, and spread to 1/4-in. thickness. Sprinkle with remaining crushed candies.
3. Refrigerate until firm. Break into pieces. Store between layers of waxed paper in an airtight container.

Winter Holiday Fire Facts:

- Between 2015-2019, U.S. fire departments responded to an average 160 home fires that started with Christmas trees per year. These fires caused an average of two deaths, 12 injuries, and \$10 million in direct property damage annually.
- Electrical distribution or lighting equipment was involved in almost half of home Christmas tree fires. Nearly one in five Christmas tree fires were started by decorative lights.
- In nearly one-fifth of the Christmas tree fires, some type of heat source, such as a candle or equipment, was too close to the tree.

Please visit the National Fire Prevention Association's web site at <http://nfpa.org> to find more fire prevention information.

If you have questions, you can contact the Pingree Grove and Countryside Fire Protection District by calling non-emergency (847) 741-3151 or email info@pgfpd.com.

Easy Pumpkin Zucchini Bread

Ingredients:

- 3 eggs, lightly beaten
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 15 oz can of pumpkin
- 1/2 cup vegetable oil
- 1 tablespoon vanilla extract
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves or allspice (optional)
- 1 1/2 cups shredded zucchini



Instructions:

1. Preheat oven to 350 degrees. Grease and flour two loaf pans.
2. Combine oil and sugar in a large bowl. Add pumpkin, eggs, and vanilla and mix well.
3. Combine dry ingredients in a separate bowl and gradually mix them into pumpkin mixture.
4. Fold in zucchini and bake for 40-50 minutes or until bread tests done.



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Cambridge Lakes Community Center Group Fitness Schedule

<u>Sunday</u> 9:00AM – POUND® (Amy) 9:30AM – WERQ® (Amy) 10:30AM – HIIT 2 Fit (Joe)	<u>Thursday</u> 5:00PM – Bootcamp Strength (Aneta) 6:00PM – Yoga/Stretch (Aneta) 7:05PM – Anything Goes! (Christine) 8:00PM – Zumba (Edith)
<u>Monday</u> 7:00PM – Barre Fitness (Aneta)	<u>Friday</u> 8:00AM – Beginners Yoga (Aneta) 9:00AM – Yoga for Weight loss (Aneta) 7:30PM – HIIT 2 Fit (Joe)
<u>Tuesday</u> 5:00PM – Bootcamp Strength (Aneta) 6:00PM – Yoga/Stretch (Aneta) 8:00PM – Zumba Toning (Edith)	<u>Saturday</u> 8:00AM – PBT (Corinne)
<u>Wednesday</u> 7:00PM – POUND® (Amy) 8:00PM – WERQ® (Amy)	

Red Font = Classes with time changes

All classes are FREE for Residents, \$5 for Guests

All equipment is provided for each class



Group Fitness Class Descriptions

Anything Goes!

Anything Goes is just that! In this class anything goes. Torch some calories AND have fun doing it! You won't even know you're working out. Strength, cardio, stretching, maybe some dancing thrown in every once in awhile. You never know what you will get.

Barre Fitness

Hybrid class combining ballet inspired moves with elements of yoga, dance, Pilates, and strength training. A total body workout with movements done as time under tension. Upper body strength training combined with classic moves that target the lower muscle groups and core is what you will find in this class! Low impact, a workout that will give you a solid burn and challenge your balance and flexibility!

Beginners Yoga

Beginners' yoga will introduce you to improving your alignment strength in mind and body. You will learn how to breathe to create heat in your core and calm your mind and body. This class flows in a slower pace allowing students to become familiar with poses, vocabulary become familiar with props and learn anatomical benefits of the poses.

Bootcamp Strength

Strength and HIIT combine to give you the best of both workouts! You will build lean muscle mass, burn calories, and gain power, conditioning, and agility in this class!

HIIT 2 FIT

Full body workout with dumbbells! Jump in for this fun circuit workout full of strength, intervals, HIIT and geared toward every fitness level from beginner to advanced! The fastest way for changing your body by building lean muscle and blasting calories. Come for the workout and leave feeling great and confident!

PBT

a specialized program which focuses on muscle memory, tension/fascia release, body alignment and mental focus. Though it was originally created for dancers, this class is for athletes and people of all stages of fitness and all walks of life. If you are healing from an injury, wanting to improve your technique in your workouts, or need to improve your posture, this relaxing and easy to follow class is for you!

POUND

Channel your inner rock star with this full body cardio jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums. This exhilarating workout combines cardio, conditioning, and strength training with yoga and Pilates-inspired moves. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up, and rocking out! We'll provide the ripstix...just bring a yoga mat or towel.

Power Yoga for Weight Loss

Yoga for weight loss (power yoga) one class that will teach you low impact workout containing moves, breaths, sweat as well as balance, tone muscles and strength.

WERQ

WERQ is the wildly addictive cardio dance workout based on the hottest pop and hip-hop music. This nonstop, high-energy class has repetitive athletic moves and fresh dance steps to give you the best sweat. Our heart pumping WERQouts are designed for everyone. This isn't just about burning calories...it's about showing up and having fun!

Yoga/Stretch

Yoga after Bootcamp will contain of mindful relaxing your body after workout through stretching, calm breathing and toning your muscles.

Zumba® / Aqua Zumba®

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class (Aqua - Takes place in the pool over the summer as weather permits and will move indoors when weather does not!

Zumba® Toning

Circuit training that benefits cardiovascular health as well as muscle conditioning and toning. This weighted workout targets muscle groups in the arms, core, and lower body and increases a sense of rhythm and coordination. You'll have a blast while you build strength and reshape your body!

2022 - 2023 Events

September - January

Sticks & Noodles

Food Truck

**Thursday September 1st
and Thursday October 6th**

4:30 pm–7:30 pm

Come out for the last food truck of the season and enjoy the most delicious food! Sticks & Noodles has Gluten Free Options!



Fall into Fitness

Friday, September 9th

Starts at 6:00 pm

If you have wanted to try Group Fitness, but was not sure what the classes were like, this is the perfect chance to sample them! Come in your workout gear and gym shoes and try each class taught by our amazing instructors. Come for the workout and be the first to hear a SURPRISE ANNOUNCEMENT!

Residents are free, Guests \$5

Call, email or visit the front desk to register



Hustle House

Speed & Agility

Saturday, September 3rd–24th-1st session

Saturday, October 1st–October 29th–2nd session

9:00 am–10 am for 10 and 11 years–spaces limited to 20

10:00 am–11:00 am for 5–9 years– spaces limited to 26

Hustle House is back with a new program! Speed & Agility is the perfect transition from soccer skills to indoor training and getting basketball ready!

Registration is required at the front desk Residents are free, Guests are \$5.



Muscles & Margaritas

Friday, September 9th

7:30 pm–8:30 pm

Following Fall into Fitness, stay for a beverage and a meet and greet with each of our Group Fitness Instructors!

Residents are free, Guests \$5

Call, email or visit the front desk to register



Smores on the Lawn

Tuesday, September 6th

and Tuesday, September 27th

6:00 pm–8:30 pm

Always full of gooey yumminess, pop over for the last dates of the season for roasting smores! First come first serve, while supplies last!



Baby Shark Meet & Greet

Thursday, September 15th

10:00 am–11:30 pm

Kiddos will enjoy this interactive time singing, dancing with everyone's favorite shark!

Residents \$15, Guests \$20

Visit the front desk to register by September 8th



2022 - 2023 Events

September - January

Ice Cream Bowl Decorating Wednesday, September 21st

6:00 pm–7:30 pm



Bowls and supplies are provided for this fun end of summer creative time. Paint, decorate and make your bowl your own!

Residents \$10, Guests \$15

Visit the front desk to register by September 7th

Paint & Sip Friday, September 23rd

6:00 pm–9:00 pm



Cliff is back for some fall painting fun! Both a harvest scene and a sunflower scene are what you will be able to choose from! BYOB for 21 + and grab a different beverage for under 21!

Residents \$35, Guests \$40

Visit the front desk by September 20th



LifeSmart Senior Services Presentation Monday, October 3rd

2:00 pm–3:00 pm and 6:00 pm–7:00 pm

Presentation on Medicare 101 information to learn about options that are available

Residents are free, Guests \$5

Call, email or visit the front desk to register

Ceramic Night Friday, October 7th

6:00 pm–8:00 pm



Select your ceramic ahead of time by the deadline. Paints provided with ceramics.

Come and create your own. We will take them to be glazed and bring them back to the center. You will then be contacted to pick up your finished ceramic!

Residents—price is based on what ceramic is selected

Guests price plus \$5

Register at the front desk by September 26th

Murder Mystery Night Saturday, October 8th

6:00 pm–9:00 pm



The theme is the 80's. Dress the part and come to find out the story! Everyone will have a role in this murder mystery scenario!

This event is for 18 +. Price includes all the fun and an amazing dinner catered by Double R BBQ, the best around! Dinner is buffet style of Pesto Chicken and Pasta, Fire Roasted Veggies, Apple and Walnut Feta Salad, Dessert and Drinks.

This is also a BYOB event for 21 +

Parent Night Out below is available for those that need kid care!

Residents \$45. Guests \$50 Register at the front desk by October 1st

2022 - 2023 Events

September - January

Parent Night Out *Saturday, October 8th*

6:00 pm–9:00 pm

Parents take the night off and we will keep your kiddos busy!

Pumpkin painting, games, all the fun and pizza is what will keep them entertained!

Residents \$20 per kiddo, Guests \$25

Register at the front desk by October 1st



Fall Scented Candle Making *Wednesday, October 19th*

6:00 pm–7:30 pm

Cinnamon, Pumpkin and fall scents is what you will find here!

All supplies provided to create your own candle and choose from a variety of essential oils to make the scent you love!

Residents \$7, Guests \$12

Register at the front desk by October 1st

Spaces limited to 15



Caramel and Candy Apple Making *Monday, October 10th*

6:00 pm–7:00 pm

All the fall fun in one swoop!
Make and take your own delicious treat!

All supplies and apples provided!

Residents \$5, Guests \$10

Register at the front desk by October 1st

Spaces limited to 20



Wood Paint & Sip *Friday, October 21st*

6:00 pm–9:00 pm

Wood boards are such a great pallet to paint on! As always, Cliff brings the best to us! Fall themes of pumpkins and fall November themes is what you can choose from! BYOB event for 21 + and grab another beverage for under 21!

Residents \$35, Guests \$40



Parent Self-Care *Presented by Riverview Child & Family*

TherapyMonday, October 17th

6:00 pm–7:00 pm

Parenting is not always an easy run, and it is difficult to continually pour from an empty cup.

This free seminar, taught by Allyse Rehak, LCPC, will cover these topics and discuss helpful ways for self-care.

Residents are free, Guests \$5

Call, email or visit the front desk to register by October 16th



2022 - 2023 Events September - January

Craft Vendor Fair Saturday, October 22nd

10:00 am–3:00 pm

Holiday shopping is a breeze with all the amazing vendors that will be here! Enjoy shopping and all the vendor gifts for the raffle table! Everyone received a complimentary raffle ticket for coming!

Open to all



Little Gym

Thursday, October 6th, October 27th,
November 17th, December 15th,
January 5th and January 26th

10:00 am–12:00 pm and 6:00 pm–8:00 pm

Little gym play time is back! Bring your little one for all the fun!

Residents are free, Guests \$5



Glow Slime Lab Monday, October 24th

6:00 pm–7:00 pm

This is for ages 5+.

Slime is super fun especially when it glows! Bring your scientists to this fun lab!

All supplies provided (contact lens solution is used)

Residents \$5, Guests \$10

Register at the front desk by October 4th



Story Time

Thursday, October 13th, November 3rd,
December 1st, December 22nd,
January 12th

10:30 am–11:30 am and 5:00 pm–6:00 pm

Stories, themed coloring pages for books that are read and socialization for the little ones!

Residents are free, Guests \$5



Cambridge Lakes Charter School Harvest Festival Saturday, October 29th

10:00 am–1:00 pm

Fall fest fun at the Charter School!

Carnival games, bounce house, food pantry drive, pumpkin painting, Touch-a-Truck, costume parade, trunk or treat and a raffle! Head on over and enjoy it all!

Admission is free



Sensory Tables

Thursday, October 20th, November 10th,
December 8th, December 29th
and January 19th

10:30 am–11:30 am and 5:00 pm–6:00 pm

Tactile development and exploring is what your little one will discover with sensory play!

Residents are free, Guests \$5.

SENSORY center



2022 - 2023 Events September - January

Hustle House Basketball

Saturday, November 5th–19th–1st session
Saturday, December 3rd–17th–2nd session



9:00 am–10 am for 10 and 11 years – spaces limited to 20
10:00 am–11:00 am for 5–9 years – spaces limited to 26
Basketball skills is back by popular demand!

Kids will learn basic skills including ball handling, footwork and teamwork foundations while having a fun filled time surrounded by positivity!

Registration is required at the front desk
Residents are free, Guests are \$5

Gingerbread House Decorating

Saturday, December 3rd



12:00 pm–2:00 pm

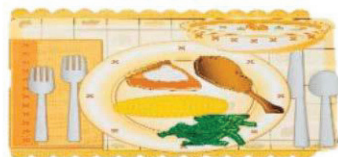
Bring the whole family for this fun decorating party!
All supplies provided to make and take your tasty creation!

Residents \$15, Guests \$20

Register at the front desk by November 3rd

Thanksgiving Meet & Eat

Saturday, November 13th



3:00 pm–6:00 pm

This brand-new event will be full of delicious food, fun and neighbors sharing an afternoon enjoying time together. Photo booth fun and bingo with prizes are some of what you will find. Dinner catered by

Double R BBQ including Turkey Breast, Green Beans with Bacon and Baby Red Garlic Mashed Potatoes and dessert and drinks!

Residents \$25, Guests \$30
Register at the front desk by October 30 th

Ornament Making

Saturday, December 10th



12:00 pm–2:00 pm

Everything you can imagine stuffing your clear plastic ornament with will be here for you!

All ages will have fun this holiday event!

Residents \$7, Guests \$12
Register at the front desk by November 10th

Build A Friend with Noah's Ark

Friday, December 2nd



6:00 pm–8:00 pm

Back by popular request, all the fun of making your own stuffed animal friend including a wish star and certificate! You will select your friend upon registering.

Residents, prices based on stuffed animal selection,
Guests add \$5

Register at the front desk by November 2nd

Milk and Cookies with Santa and Deer Feed Making

Sunday, December 11th



12:00 pm–4:00 pm

Santa, Mrs. Claus, Pictures by Bobbi Rose Photography, Cookies & Milk and Deer Feed Making make this the most magical event!
Gluten Free cookies, lactose free milk and soy milk will be available for allergen needs

Residents \$7, Guests \$12
Register at the front desk by December 1st

2022 - 2023 Events September - January

Hustle House Basketball

Saturday, January 7th-28th-1st session
Saturday, February 4th-25th-2nd session



9:00 am-10 am for 10 and 11 years- spaces limited to 20
10:00 am-11:00 am for 5-9 years- spaces limited to 26

Basketball skills continues for the season! Kids will learn basic skills including ball handling, footwork and teamwork foundations while having a fun filled time surrounded by positivity!

Registration is required at the front desk

Residents are free, Guests are \$5

Cotton Ball Penguin Craft

Monday, January 9th

10:30 am-11:30 am & 5:00 pm-6:00 pm



Cotton Balls, glue and chilly winter penguin fun with this cute make & take craft time!

Register at the front desk by Monday, January 2nd

Residents \$5, Guests \$10

Paint & Sip

Friday, January 13th

6:00 pm-9:00 pm



Start the new year out with fun! Cliff will be here for the best time with friends and creativity!

BYOB for 21 + and your own beverage for under 21!

Residents \$35, Guests \$40

Visit the front desk to register by January 9th

Snowman Sun Catchers

Monday, January 16th

10:30 am-11:30 am & 5:00 pm-6:00 pm



The days may be cold, but when the sun does shine, these little snow cuties will glisten in your windows! Creativity and imagination run free with this fun painting craft!

Register at the front desk by Monday, January 9th

Residents \$5, Guests \$1

Birdhouse Make & Take

Friday, January 27th

6:00 pm-8:30 pm



No tools needed for this family event! Assemble your birdhouse and paint it however your inner Picasso tell you!

Register at the front desk by Monday, January 9th

Residents \$15, Guests \$20

Adult Night In

Saturday, January 28th

6:00 pm-8:30 pm



Come for the fun for our first Adult Night In event! Come and join us for an evening full of adult old school games, laughs, fun and pizza! Grab your neighbors and enjoy!

BYOB event for 21+

Register at the front desk by January 20th

Residents \$20, Guests \$25

Winter Coloring Time

Monday, January 30th

10:30 am-11:30 am & 5:00 pm-6:00pm



Fuzzy winter scene coloring pages AND Superhero doorknob hanger coloring! Bring your kiddos and watch them design their own décor!

Call, email or visit the front desk to register by Monday, January 16th

Registration is required, this is not a drop in event

Residents are Free, Guests \$5

Tasty Seasonal Treats For All!

Poison Apple Punch

Ingredients:

- 4 thick slices peeled fresh ginger
- 6 cups apple cider
- Zest of 1 orange, removed with a vegetable peeler
- Zest of 1 lemon, removed with a vegetable peeler
- 1 to 2 cinnamon sticks
- 3 whole cloves
- 1 red apple, sliced into 8 wedges, for garnish
- 1 750-ml bottle sparkling cranberry-apple juice
- 1 cup cinnamon whiskey (optional)
- Gummy worms, for garnish (optional)



Instructions:

- 1. Smash the ginger slices with the flat side of a chef's knife and transfer to a medium saucepan. Add the apple cider, orange zest, lemon zest, cinnamon sticks and cloves. Bring to a simmer over medium heat. Simmer 10 minutes, then strain through a fine-mesh sieve into a pitcher. Let cool to room temperature, then refrigerate until chilled, about 1 hour.**
- 2. Poke holes in the apple wedges with a chopstick or skewer and insert a gummy worm into each. Add the cranberry-apple juice and whiskey, if using, to the punch. Serve over ice. Garnish with the apples.**

Best Mulled Cider

Ingredients:

- 1 whole nutmeg
- 10 allspice berries
- 10 cloves, 2 star anise
- 4 cinnamon sticks ½ gallon apple cider*
- ¼ cup rum, (optional)
- 1 small orange, for garnish (optional)
- Whole cranberries, for garnish (optional)



Instructions:

- 1. Toast the spices:** Add the nutmeg, allspice, cloves, star anise and cinnamon to the bottom of a pot (or to a skillet for Slow Cooker instructions). Toast over medium heat for 2 to 3 minutes, stirring occasionally, until fragrant.
- 2. Stovetop cooking instructions:** Turn the heat to low. Pour in the apple cider and bring to below a simmer, just barely bubbling. Warm for 1 hour on low heat (don't let it simmer). Skim off any particulate if desired, or stir to re-incorporate it.
- 3. Slow Cooker & Instant Pot instructions:** Place the apple cider in the slow cooker or Instant Pot (pressure cooker) with the spices. Cook on low for 3 hours OR Normal using the Instant Pot "Slow Cooker" setting.

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Village of Pingree Grove—Information to Know

Village Wide Street Sweeping Dates:

- September 19th
- October 17th
- November 1st
- November 15th
- November 29th

2022 Village Events:

Pingree Grove Day at Goebbert's – October 2nd

Annual Tree Lighting—December 3rd

ADVERTISE WITH US IN 2022!

If you and your friends are local business owners, you may consider the benefits of advertising in the Cambridge Lakes Community Association's quarterly newsletters. Please note that in addition to US Mail delivery, each newsletter will be uploaded to WWW.MyCambridgeLakes.com. Please contact Michelle at michelle.arvanitakis@mycambridgelakes.com or 847-464-1515. She will be glad to discuss the various advertising options.

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FALL 2022 NEWSLETTER