

CAMBRIDGE LAKES COMMUNITY ASSOCIATION

FALL NEWSLETTER CAMBRIDGE LAKES

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

Kids Club Hours
Mon. – Thurs.
8:30am-11:30am

From the Manager

It is hard to believe summer will soon be coming to an end. It has been so nice to see so many out and about enjoying the warm weather in our beautiful community. We have many fun fall activities planned this season at the community center. From candy apple making to pumpkin carving, there will be much to do! Don't forget to check out our new and improved website for details on all the upcoming fun!

www.mycambridgelakes.com

As Cambridge Lakes has grown over the years, we have many new residents. With each newsletter we want to take the time to make owners aware of issues that may require your attention, policies regarding the community and community center and any upcoming large-scale projects in efforts to keep our residents fully informed. Please feel free to reach out with any questions or concerns you may have. I will be happy to help!

natalie.suarez@mycambridgelakes.com

Happy Fall Ya'll

Backyard Lot Lines, Common Areas & the Shoreline

With summer soon ending we wanted to take this opportunity to remind owners that your personal belongings are not to be placed in the common area; all personal belongings must remain within the boundaries of your lot line, specifically, your backyard lot line is where we find the most infractions. The various personal belongings we find during our inspections are picnic tables, children's play sets, small children's pools, canoes, kayaks, lawn chairs etc.

For owners who have purchased a home backing up to water, it is important to note that your backyards do not extend all the way to the shoreline. At no time should any canoe, kayak, small boat, picnic table, etc. be placed in or near the water/shoreline throughout the community. Should any property be found in or along the water/shoreline it will be removed and placed into the owner's backyard. Any damage to the Community Association common area will then be charged back to the homeowner's account and is expected to be reimbursed to the Association promptly.



Fall Recipes

Cranberry Brie Bites | 24 servings | Total Time: 25 Mins.

Ingredients:

All-purpose flour, for dusting the dough and cutting board. | 8 ounce crescent dough sheet (or crescent rolls). | 8 ounce wheel of brie cheese. | 1 cup whole berry cranberry sauce (not jellied). | Fresh rosemary sprigs.

Directions:

- 1: Preheat oven to 375°F degrees. Spray a mini muffin tin with cooking spray. Spread a little flour out onto your counter. Then roll out crescent dough sheet. If using crescent rolls, pinch the seams together to make one long sheet.
- 2: Cut crescent roll dough into 24 equal-sized squares. Place squares into muffin tin slots.
- 3: Cut brie into small pieces and place inside the crescent dough squares. Top with a generous spoonful of cranberry sauce, and a little sprig of rosemary.
- 4: Bake until the crescent dough is a light golden brown (about 15 minutes). Then serve warm!

Guest Policy

All guests must be signed in at the front desk and accompanied by a resident 18 years of age or older for the duration of their visit to the Cambridge Lakes Community Center. Each household is allowed a limit of 4 guests at a time. Each guest is subject to a \$5.00 guest fee.

Where Do I Mail My Assessment

Cambridge Lakes Community Association
P.O. Box 7676
Carol Stream, IL. 60197

Fall Recipes

Creamy Chicken Soup with Potatoes & Bacon

7 cups | Total Time: 40 mins.

Ingredients:

4 slices bacon, chopped. | 1 tbsp. unsalted butter. | 1 leek (white and light green parts) halved and sliced. | 2 cloves garlic, pressed. | 1 tsp. fennel seeds, crushed. | 2 tbsp. all-purpose flour. | 2 cup whole milk. | 4 cup chicken stock. | 3/4 lb. red potatoes cut into 1/2-inch chunks. | 6 sprigs thyme. | Kosher salt and freshly ground black pepper. | 2 cup shredded rotisserie chicken. | 1 cup frozen corn, thawed. | Sliced fresh chives, for serving.

Directions:

1: Cook bacon in a large pot over medium heat until browned and crisp, 7 to 8 minutes; transfer to a paper towel-lined plate with a slotted spoon. Reserve pot.

2: Add butter and leek to reserved pot. Cook, stirring occasionally, until just tender, 3 to 4 minutes. Add garlic and fennel. Cook, stirring, until fragrant, 1 minute. Add flour and cook, stirring, 1 minute. Slowly whisk in milk and then stock. Add potatoes and thyme. Season with salt and pepper. Bring to a boil, reduce heat, and simmer until potatoes are tender, 14 to 16 minutes.

3: Add chicken and corn. Cook until soup is heated through, 1 to 2 minutes. Discard thyme. Serve topped with crispy bacon and chives.

ADVERTISE WITH US IN 2024:

If you or 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.

What Does My HOA Assessment Cover?

The Community Association (also referred to as The Master Association or HOA) assessment covers more than just the Community Center. Everyone that lives within Cambridge Lakes must pay the Community Association/ Master association assessment each month. The current assessment is \$83.00 per month.

The Community Association assessment covers the following items/areas:

- Community Center Maintenance
- Janitorial Services
- Community Center Staff Payroll
- Lifeguard Services
- Common Area Landscape
- Waterfall Maintenance
- Front Monument Landscape
- Front Monument Lighting
- Front Monument Maintenance
- Parking Lot Snow Removal
- Common Area Fencing
- Parking Lot Maintenance
- Neighborhood Monument Landscape (excludes townhome neighborhood monuments)
- Wetland Maintenance
- Bike/Walk Path Maintenance
- Gazebo & Pier
- Two Foot Bridges Along Bike/Walk Path
- Common Area Landscape Consists Of:

-All parkways, berms, and median islands along Wester Blvd., Richard J. Brown Blvd., IL 72, Cambridge Lakes Blvd. & Reinking Rd.

-Pocket Parks

-Cul-de-sacs in single family and duplex neighborhoods

-Various low-maintenance rescue zones throughout the community around ponds.

Condominium & Townhome Associations

Assessments

Condominiums & Townhomes pay two (2 assessments. One to the Community Association that covers the items noted above at \$83.00 per month, and the second assessment are separated. The condominium and townhome assessments are based on the items noted within the governing documents of that association and typically include landscape and snow removal, building repairs, insurance etc. To learn more about the specifics of the condominium or townhome assessment please contact your condominium or townhome Community Manager.

2023 Fall Safety Tips

Candles

- Make sure to cut down your candle wicks (quarter an inch) to prevent long, crooked, or uneven burning.
- Make sure to not leave a candle lit for more than 4 hours unattended.
- Be sure not to place candles near any objects that are flammable.

Halloween

- Before heading out to Trick or Treat make sure to plan your route ahead of time!
- Start on one side of the street then cross back down to the other side.
- Trick or Treat at homes with porch lights on so as not to disturb those that may not have candy or aren't participating! If you plan to hand out candy, have your porch lights on so your fellow community knows they are free to knock or ring your doorbell!
- If your children are old enough to go out on their own, make sure they're with a group of their friends!
- Make sure to toss out your children's candy that has either been tampered with or can cause any reaction to your children if they have allergens!

Outdoor

- Make sure to drain all water from hoses, and other water features and store them in a dry place to protect your pipes and more from any damage.
- Be extra careful climbing up high to clear out any leaves and other debris from your rain gutters! Check for any sort of damage, clear out blockages with a small garden trowel and rinse out with a hose!
- Collect fallen leaves into large paper yard waste bags to ensure your lawn and walkways are clear from leaves. Wet leaves can cause walkways and driveways to be slippery.

Indoor

- Make sure to check or change out your filters in your heating and air conditioning systems! Don't know your filter size? Go to your heating and/or air conditioning systems and take a look at your current filter and go to a nearby hardware store with the same size!
- Make sure your smoke and carbon monoxide alarms have fresh new batteries.
- If you have the opportunity, have your furnace serviced or inspected to make sure everything is in working order.
- If you have a space heater, be sure to place it 3 feet away from anything flammable.
- Don't leave your space heater unattended! Turn it off before you head out of the room or home!

Vehicles

- Make sure to check your vehicle(s) headlights every once in a while, to avoid complications on the road!
- Before you head out for the day, remove any leaves that may constrict your field of vision!
- Begin the process of arranging an emergency kit in all vehicles in case you or your loved ones are unsafe in any situation! Jumper cables, blankets, water, flashlights, and more!

Fall Recipes


"Fluffy" Hot Cocoa | 4 Servings | Total Time: 15 min.

Ingredients:

8 teaspoons sugar | 4 teaspoons baking cocoa | 4 cups 2% milk | 1-1/2 cups miniature marshmallows | 1 teaspoon vanilla extract


Directions:

- 1: In a small saucepan, combine the first four ingredients.
- 2: Cook and stir over medium heat until marshmallows are melted, about 8 minutes.
- 3: Remove from the heat; stir in vanilla.
- 4: Ladle into mugs.


 Fun fact! When a person cries and the first drop of tears come from the right eye, it's happiness. If it's from the left eye, it's pain.


 Did you know? Pingree Grove acquired the village name "Pingree Grove" when Andrew and Daniel Pingree arrived in 1838!


 Around 1840, in Pingree Grove, 160 acres of land only cost about \$200!


 Did you know? The 100th anniversary of the Village of Pingree Grove's incorporation was on January 8th, 2007! The 150th anniversary won't be until 2057!


 The first election for the Village board was on April 16th, 1907!

 Did you know? In the 2000 census, the population of Pingree grove was only 124! In the 2020 census it was 10,365!

 Did you know? Gatorade was invented at the University of Florida! The name derives from their mascot name, the Gators!

 Fall cleanup tip! Make sure to put your leaves, branches, grass clipping, etc. in a yard waste bag! You can just place the bag next to your garbage cans and it'll be picked up and disposed of properly!

 Did you know? As of July 1st, 2023, yard waste disposal stickers are no longer required to be placed on paper yard waste bags! Make sure to dispose of all yard waste properly!

 Fun fact! The width of your arms pan stretched out is the length of your whole body!



Hello Cambridge Lakes Community! Inspirations Dance and Tumbling have been busy this summer and are already into our Fall session! Our Winter registration is now open check it out!! All registration can be completed at the Cambridge Lakes Community Center front desk. Let's dance!!

We again want to congratulate each and every one of our previous 2023 "Together We Dance" recital members!! We are already in motion for next year's recital! We have big news and exciting adventures our way, so stay tuned for more details! Our very own Inspirations Dance Troupe is set to begin their season in October with big performance opportunities including the Windy City Bulls, and the Kane County Cougars Game! Check us out! We are training now, working hard always having a blast! We strive to represent our community with integrity and are honored to do so!

For our new residents and returning Inspirations families we always offer all styles and levels of dance and tumbling for boys and girls! We offer Ballet, Tap, Jazz, Hip Hop, Contemporary, Poms, technique, classes, Parent/Tot tumbling- advanced tumbling all beginning at 2 years old! Our growing Teen programs you don't want to miss!! Get involved with us! There is no better place to come dance with us, meet new community members, try new styles, and have fun!

We look forward to another exciting season!!! We are so grateful to be here in the wonderful Cambridge Lakes Community! We hope to see you on the dance floor!



Greetings and Happy Fall from your Lifestyle Director



2023 has moved so fast and has been full of fun events and memories!

Lifestyle works hard to bring all the best to Cambridge Lakes! Summer has been such fun with outdoor events! Ruth and I had a blast planning and running this year's Independence Day Parade and partnering with the Village was such a great collaboration!

A huge thank you to professional photographer Dennis Houghton for capturing the parade so beautifully for Cambridge Lakes Community Association. Water balloons and squirt guns were the best time with our Beat the Heat event, Hawaii was brought to Cambridge with our Homeowner Appreciation Luau catered by the best of the best Double R BBQ and Irie Cup, Flick and Floats were cinematic awesomeness with all the movie snacks and popcorn, and we love seeing you enjoying all the food trucks and Smores out front! Check out some pictures from these events in the photo collage in this newsletter! We loved seeing all of you at every event!

Group Fitness Classes, we have the best of the best instructors, and they are always thrilled to see you in classes! We have such a wide variety of classes, and each class works for every level of fitness, beginner to advanced. Getting here is always the hardest part, but I promise, if you come to Group Fitness Classes, you will find your fitness flow and fitness family!

As we are coming towards the end of 2023 and skating into 2024, we have so many events coming up and we are so excited to share them with you! Ruth and I have the best job and we are always creating ideas and making them come to life. You can see all these events in the 2023/2024 Events Section in this newsletter. We also post events on our Cambridge Lakes Community Center Facebook Page, I post them on Pingree Grove Community Network's Facebook Page (with the rainbow cover page), on Women of Cambridge Lakes Facebook Page and on South Bay's Facebook Page (where I live). We also email blast events so look for those, and they are posted on our website as well. Stop by and check out our Lifestyle flyer bulletin board or pick up a flyer here at the Community Center.

As always, my office is an open door for you, and Ruth and I enjoy seeing you stop by! When all the little kiddos and the big middle school and high school kids come by and ask if they can have a lollipop, it makes us smile so big and makes our day brighter!

If you have any questions on any events, suggestions, or feedback, you can email me anytime at:

michelle.arvanitakis@mycambridgelakes.com

D300 and the Charter School are in full swing, and teachers are back doing what they do best, shaping the minds and characters of our future. I wish every kid a safe, fun, and healthy school year, and I wish every teacher a safe and successful year full patience and joy every day in what you do. I speak for myself as a parent of an 8th grader and a sophomore, we are so lucky to have each and every one of you!

Michelle

Townhouse and Condominium Manager Contacts

Association	Management Company	Contact Person	Email Address	Phone
Cambridge Lakes Community Association	Foster Premier	Natalie Suarez	Natalie.Suarez@mycambridgelakes.com	847-464-1515
Townhome #2	First Service Residential	Judy Howells	judy.howells@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	McGill	Nicole Broughton	nicole@mcgillmanagement.com	847-259-1331
Townhome #18	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123
Condo #19A	Foster Premier	Linda Raam	Lraam@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 Raam	Lraam@fosterpremier.com	847-484-2123
Townhome #33	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Parkside @ Cambridge Lakes	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123

Cambridge Lakes Community Events



Will Your Mailbox Withstand Winter Snow Removal?

An improperly maintained mailbox will not clear snowplow shovel



A properly maintained mailbox will clear snowplow shovel



It is homeowner responsibility to ensure their mailbox continues to conform to USPS mailbox placement regulations. Make necessary repairs before the winter months. **The Village is not responsible for repairing/replacing unmaintained, non-compliant mailboxes.**

PINGREE GROVE

PINGREE GROVE

Is Your Mailbox in Need of Maintenance?

An improperly maintained mailbox



A properly maintained mailbox



It is homeowner responsibility to ensure their mailbox is properly installed and continues to conform to USPS mailbox placement regulations. Make necessary repairs before the winter months, as non-compliant mailboxes could affect mail delivery or result in costly homeowner repair during curb-to-curb snow removal.

Curiosity Starts Here



Cambridge Lakes Preschool is a goal-based learning program filled with adventure, fueled by creativity and driven by knowledge. Each young scholar's curiosity is uniquely nurtured to prepare them for future academic, emotional and social success. Classrooms offer a 9:1 student-teacher ratio. Learn about half and full day options as well as before and after school care.

**cambridge lakes
preschool**



Schedule Your Tour Today

Call Mrs. Dana Pederson
Preschool Admissions Director
847-464-4100
900 Wester Boulevard Pingree Grove, IL 60140



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CONTACT US

Lynne Del Re at 847-464-0330
or Idelre@nkeccorp.org

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GROUP FITNESS CLASSES SCHEDULE

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CLASSES
ARE 50
MINUTES
WHEN A
CLASS
DIRECTLY
FOLLOWS.

CLASSES
ARE FREE
FOR
RESIDENTS
\$5.00 FOR
GUESTS.

SUNDAY	09:00 AM 09:30 AM 10:30 AM	POUND WERQ HIIT 2 FIT	AMY AMY JOE
MONDAY	08:30 AM 09:15 AM 05:30 PM 07:00 PM	HIIT STRONG (LOWER BODY) ALL ABS STRONG BY ZUMBA BARRE FITNESS	JESS JESS ADRIANA MICHELLE
TUESDAY	05:00 PM 06:00 PM 07:00 PM 08:00 PM	BOOTCAMP STRENGTH YOGA/STRETCH P90X LIVE STRONG BY ZUMBA	ANETA ANETA MICHELLE ADRIANA
WEDNESDAY	08:30 AM 09:15 AM 07:00 PM 08:00 PM	HIIT STRONG (UPPER BODY) ALL ABS POUND WERQ	JESS JESS AMY AMY
THURSDAY	05:00 PM 06:00 PM 07:05 PM 08:00 PM	BOOTCAMP STRENGTH YOGA/STRETCH ANYTHING GOES! ZUMBA	ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:15 AM 08:00 PM	BEGINNERS YOGA YOGA FOR WEIGHT LOSS HIIT2FIT	ANETA ANETA JOE
SATURDAY	08:00 AM	PBT CORE & STRETCH	CORINNE

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 a while. You never know what you will get.

All Abs

Not your average ab workout! Each class we spend a few minutes on breath work, connecting with the muscles that help brace your core. From there, we challenge all layers of your abdominal muscles, working from the inside out. Done consistently, you'll have a stronger, more functional core!

Aqua Bootcamp

This bootcamp inspired aqua class takes place over the summer months and utilizes cardio, strength, pool noodles, and water resistance is what you will find in this Aqua class. You will feel the burn and have no impact on your joints while in the water!

Barre Fitness

Hybrid class combining ballet inspired movements 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 a hit in your core and calm your mind and body. This class flows at 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 is by building lean muscle and blasting calories. Come for the workout and leave feeling great and confident!

HIIT Strong

Strength training is one of the best types of workouts you can include consistently in your routine! Whether you have goals toward fat loss, toning, gaining strength, boosting metabolism, supporting aging joints...building muscle helps you get there! On Mondays we focus on lower body, Wednesdays on upper. These classes accommodate all fitness levels, with modifications & progressions to challenge you where YOU are at.

P90X Live

Total body, cardio and strength training using body weight and dumbbells to build a strong body and confident mind. You will sweat while learning proper techniques to target balance, core strength, athletic ability, and functional everyday movement. This fun filled power class is perfect for every level from beginner to advanced and modifications are shown for every move. You will leave feeling exhilarated, powerful, and looking forward to the next class!

PBT Core & Stretch

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) is one class that will teach you low impact workout containing moves breaths, sweat as well as balance, tone muscles and strength.

WERQ

WERQ is a 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!

Group Fitness Class Descriptions Continued...

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

Combines body-sculpting exercises and high intensity cardio work infused with Zumba moves to create a calorie-torching, strength training fitness party! You will learn how to use lightweight toning sticks to enhance rhythm and tone all your target zones, including arms, abs and thighs!

Strong by Zumba®

A high intensity workout in 30 minutes. Strong 30 combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 30 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

Meet Amy Nell!

I have been teaching group fitness classes since 2014 when I moved to the Cambridge Lakes community! I have my Group Fitness Certification through AFAA and am up to date on my CPR and First Aid certifications. I am licensed to teach WERQ, POUND, and Generation POUND, and hold several other group fitness certifications through continuing education. I know that everyone has different goals, but I love to make fitness fun! Come feel like a rock star in POUND or a backup dancer in WERQ! Just know that you'll sweat, burn some calories, and maybe even make some new friends. All of my classes are a judgement-free zone....so step out of your comfort zone and try something new!

Music Together Songbirds

Music Together is an internationally acclaimed music and movement program for children from birth through kindergarten and the grownups who love them. A pioneer in research-based early childhood music education, Music Together provides a relaxed, playful environment for everyone to joyfully share songs, rhymes, movement, and instrument play, both in class and in their daily lives.

The mixed age setting of Music Together classes encourages children to participate at their own level and allows siblings to participate together. New song collections are presented every session, so families can enjoy exciting new songs and styles for years. Grounded in research and play-based participation, musical activities are carefully chosen to be developmentally stimulating. It's the perfect opportunity to foster your child's growth intellectually, socially, cognitively, physically, emotionally, and musically!

Sign up now at MusicTogetherSongbirds.com

Fall Session - September 12 - November 1

Holiday Jingle Jam - December 5-13

Winter Session - January 16 - March 6

Spring Session - Dates TBD

Summer Session - Dates TBD



Cambridge Lakes
2023 Fall
Bucket List

Cut out this page or take a picture off your phone and enjoy these fun activities to celebrate all things Fall!



- Visit an apple orchard and pick some apples!
- Watch a scary movie 
- Have a family game night!
- Go on a fall nature walk!
- Collect, press, and display leaves! 
- Go on a hay ride! 
- Have a fall picnic!
- Visit a Farmer's Market!
- Carve a pumpkin! 
- Volunteer at a animal shelter or soup kitchen 
- Decorate your home!
- Go to a haunted house!
- Make a trick or treat bag! 
- Make hot cocoa! 



KARATE LESSONS

**5 Week Session
September 19 - October 24**

**Pricing:
(R) \$70 (G) \$90**

Students are eligible to attend classes at the National Karate School in Elgin.

10% discount if you sign your child up for two or more classes
Applies if two (or more) children from one household are signed up for one class each

Classes: **Tuesdays**

**5:00 PM - 5:30 PM
Beginner - Gold Belt
(Age 4-7)**

**5:30 PM - 6:00 PM
Beginner - Gold Belt
(Age 8-12)**

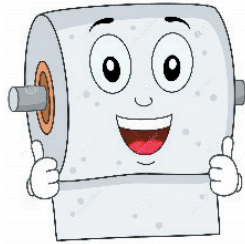
Exams occur at the end of each session
Exam fees NOT included
\$30 (ages 4-7) \$45 (ages 8-12)

You can register at the Front Desk by September 16th!

Uniforms are not required, but are available for purchase of \$27! Students may wear gym clothes for class!

2023 Events

October- January



CoolClips.com

Soctober Sock & Paper Products Drive

Begins September 30th – October 31st

Grab a new pair of socks for kids, men and women and new paper products and drop them off at the Community Center. Fill the boxes that will be under the TV! This is another chance to show how amazing our community is and how together we can make a difference for those in need in the surrounding areas! **Socks will be delivered to Hope Haven in Dekalb, and paper products will be delivered to PADS in Elgin!**



Winter Gear Drive

Begins September 30th – October 31st

Pingree Grove, it is our time to come together and help keep families in our community stay warm this winter! Drop off items (at the Community Center, Lifestyle Department or Front Desk) gently used and new items including boots, mittens/gloves, coats, jackets, snowpants, hats, and any warm gear in all sizes.

Families in need will be able to come, look and take anything to keep themselves and/or their kiddos warm between Thursday, November 2nd and Friday, November 3rd, between the hours of 6am and 10pm (items will be separated by sizes and located in our classroom.)

Pumpkin Carving

Wednesday, October 11th

6:00 pm – 7:30 pm

Pumpkins, creativity, keep the mess here and take your pumpkins with you! Pumpkins, sharpies, and kid safe carvers included!

Visit the front desk to register by Wednesday, October 4th!

Residents \$5, Guests \$10



Ceramic Night

Friday, October 13th

6:00 pm – 8:00 pm

Ceramic night was such fun last year and now is your chance to make your own mug, or cute personalized ceramic. Kits with your ceramic and paints will be here for you to make and take! Ceramic choices and prices to be determined.

More Details to come!



Candy Apple Making

Wednesday, October 18th

6:00 pm – 7:30 pm

Last year, this event was HUGE! It's back! Granny Smith & Honeycrisp apples, gooey caramel and all the goodies to dip and roll your apples in is what you will find here! You do not want to miss this one!

Visit the front desk to register by Wednesday, October 4th!

Residents \$15, Guests \$20



Fall Craft & Vendor Fair

Saturday, October 21st

10:00 am – 3:00 pm

This is the perfect time to get all your holiday shopping done early while supporting small businesses! The best of the best will be here and as always raffle prizes will be here to win!

Resident Booths \$35, Guest Booths \$40

Admission is free!

If you would like to have a booth, please email Michelle, Lifestyle Director at michelle.arvanitakis@mycambridgelakes.com

or pick up an application in person at the front desk!



Fall Candle Making

Wednesday, October 25th

6:00 pm – 7:30 pm

Yet another huge hit event from last year returns again! Be sure not to miss this one! Get creative and make your own candle that you love! Candle kits, essential oils and all supplies provided!

Visit the front desk to register by Wednesday, October 4th!

Residents \$15, Guests \$20



Glow Slime Lab

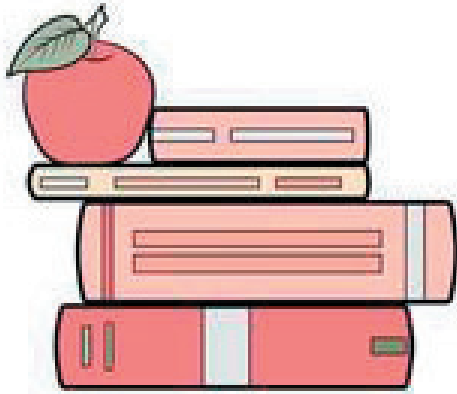
Monday, October 30th

5:00 pm – 6:30 pm

Who doesn't love SLIME! Bring your kiddos for this Halloween monstrous slimy fun! Slime will use glue and contact solution. This event is for all ages, and up to parent discretion on the supplies that are provided and used. We have a sink in the classroom/gathering lounge and bathrooms for hand cleaning!

Visit the front desk to register by Monday, October 9th!

Residents \$7, Guests \$12



Story Time

Thursdays, Sept. 14th, Oct. 12th, Nov. 02nd, Nov. 30th, Jan. 11th.

10:30 am – 11:30 am

5:00 pm – 6:00 pm

Bring your kiddos for stories and coloring! Geared toward ages 1-6 years, but who does not love books and crayons! Please reach out to Michelle, Lifestyle Director, on any questions for ages younger or older!

Visit the front desk to register!



Residents Free, Guests \$5

Sensory Bins

Thursdays, Sept. 21st, Oct. 19th, Nov. 09th, Dec. 07th, Jan. 18th.

10:30 am – 11:30 am

5:00 pm – 6:00 pm

Bring your littles for this fun filled time of fine motor development, different tactile discovery, and socialization. Ages 1- 6 years

Visit the front desk to register!

Residents Free, Guests \$5



Little Gym

Thursdays, Sept. 7th, Sept. 28th, Oct. 26th, Nov. 16th, Dec. 14th, Jan. 25th.

10:30 am – 12:00 pm

5:00 pm – 6:00 pm

Basketball, soccer, blocks, mats, and more is what you will find here! This is a free play time for gross and fine motor development while meeting new friends.

Ages 1 – 6 years



Visit the front desk to register!

Residents Free, Guests \$5

Letters to Santa

November 1st – November 30th

5:00 am – 10:00 pm M – F & 7:00 am – 10:00 pm Sat and Sun

Stop by and grab a letter template for your crew to write to Santa! Bring it back and drop it in our special mailbox that goes right to the North Pole! Santa will read every letter and send a letter back!

Visit the front desk to grab a Santa letter template!



Trivia Night – 80's and 90's

Friday, November 10th

6:00 pm – 9:00 pm

80's & 90's Pop Culture – come for all the retro fun and dress in your 80s big hair neon and everything in that decade or your favorite 90's grunge, flannel and every "I love the 90's" flair.

Visit the front desk to register by Monday, November 6th

Residents \$15, Resident (Group of 4) \$50, Guests \$12, Guest (Group of 4) \$60



Jammies, Cocoa, Cookies, & Stories

Friday, November 17th

6:00 pm – 7:00 pm

Wear your favorite jammies and enjoy stories, coloring, goodies, and hot cocoa. We cannot wait to share this adorable event for the 2nd year with you!

Visit the front desk to register by Wednesday, November 15th!

Residents Free, Guests \$5



Noah's Ark - Build a Friend 4.0

Saturday, December 2nd

6:00 pm – 7:00 pm

The most adorable stuffed animal kits are back! Each one comes with a carry bag, birth certificate, and wish heart to put inside. No sewing required, stuffed animals zip or velcro closed. Noah's Ark has the cutest stuffed critters around!

Visit the front desk to register by November 2nd!

Residents \$15, Guests \$20



Ornament Making

Friday, December 8th

5:00 pm – 6:30 pm

Back by popular demand, clear plastic ornaments of all shapes and sizes to stuff with holiday confetti, glitter, pompoms and more to create your own make and take ornaments!

Visit the front desk to register by Monday, December 4th

Residents \$5, Guests \$10



Gingerbread Houses

Saturday, December 9th

5:00 pm – 6:30 pm

Holidays and Gingerbread House Decorating go together like two besties! Pre-assembled kits with all the icing and goodies included!

Visit the front desk to register by Monday, December 4th

Residents \$10, Guests \$15



Milk & Cookies

Sunday, December 10th

5:00 pm – 6:30 pm

Santa is coming!!!! The best way to finish 2023 is with this magical time! Santa, professional photography with Bobbi Rose, ornaments, candy canes, crafts and milk and cookies is what you will find!

Visit the front desk to register by Friday, December 1st

Residents \$7, Guests \$12



Fit Happens - 12 Week Challenge

Begins January 8th and runs 12 weeks (week of March 25th)

New Year, New You! We tend to put everyone else and everything else in front of ourselves. In these 12 weeks, YOU matter, YOUR health and wellbeing matter, YOU taking steps to change YOUR course matter. In these 12 weeks, you will learn to recognize areas to shift your days, and form healthier habits. Find your groove with fitness in the gym and how to safely and effectively workout. Make new friends and sweat with your fitness crew in Group Fitness Classes and rediscover yourself and be on your way to a stronger and healthier YOU! Michelle Arvanitakis, Elite level Fitness Professional will be your instructor for this 12 week journey! Each week with Michelle will include educational/nutritional discussions, alternating with a workout combining both safety and effectiveness along with learning all the equipment in the gym. Confidential weigh in and measurements will be taken for your own accountability and progress. *Broken down by 12 weeks, the cost per week is equivalent/less than two Door Dash fast food deliveries to your work/home.* **Invest in yourself.**

Visit the front desk to register by Wednesday, January 3rd

Residents \$420 (\$35 a week)

Guests \$480 (includes 2 group fitness classes per week, and 1 time in the gym, must be accompanied by the resident)



Cottonball Penguins

Monday, January 8th

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

Penguins are such cute aquatic birds! Bring your kiddos and have fun making your very own cottonball penguin!

Call, email or visit the front desk to sign up by Friday, January 5th

Residents Free, Guests \$5



Hot Chocolate Popsicle Stick Mugs

Monday, January 15th

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

On construction paper, create your own popsicle stick hot cocoa mug! Cotton balls will be used for marshmallows, and more crafty goodies provided to design this adorable make and take winter craft. All ages welcome!

Call, email or visit the front desk to register by Monday, January 8th

Residents Free, Guests \$5



Group Fitness Expo

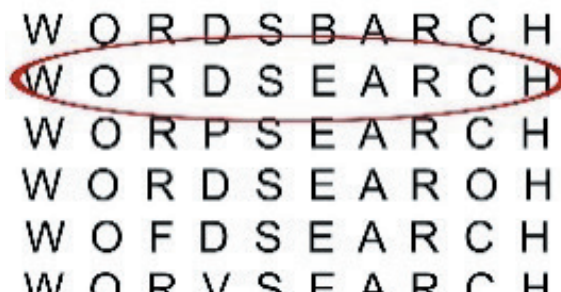
Saturday, January 13th

9:00 am – 11:30 am

2024 is your year to find your groove with Fitness! Come dressed to workout and try every Group Fitness Class we offer! Each Instructor is amazing and every group fitness class works for EVERY BODY and every level from beginner to advanced.

Call, email or visit the front desk to register by Friday, January 12th

Residents Free, Guests \$5



Global Word Search Day

Tuesday, January 16th

5:00 am – 10:00 pm

Word searches are such a great way to spend a little YOU time and for all ages to flex brain power! Stop by any time during Community Center hours and pick up a sheet or 2 of word searches on this fun global day! Word Searches will be near the TV under the Lifestyle event flyers!



Birdie Bed & Breakfast – Birdhouse Make & Take

Friday, January 19th

6:00 pm – 8:00 pm

Grab your friends, bring your kiddos for all the chirpy fun! Kit includes birdhouse to assemble, paints and stickers to make it your own. All ages welcome, our friends that are 21 plus, feel free to BYOB!

Visit the front desk to register by Tuesday, January 2nd

Residents \$10, Guests \$15



Cardboard Box Drive In Movie Night

Saturday, January 20th

6:00 pm – 9:00 pm

Boxes decorated and turned into cars, movie snacks, pizza and you will be ready to “DRIVE IN” and watch the speediest snail around in TURBO! Boxes and all the stuff to decorate will be here waiting for you! You do not want to miss all the family fun you will have at this event!

Visit the front desk to register by Saturday, January 13th Residents \$15, Guests \$20 (price includes 1 parent and 1 kiddo)

Residents additional kiddo \$7, Guests \$12



Family Board Game Night

Saturday, January 27th

6:00 pm – 9:00 pm

Drop the technology and join us for a fun evening at our first family friendly casino themed game night! Come as a group of friends or with your family. Food and drinks provided and this is a BYOB event for 21 plus. Fake money will be your currency and send the kiddos up to “buy” food and drinks while they learn the basics of a budget and transactions!

Visit the front desk to register by Saturday, January 6th

Residents \$7 per person/per kid, Guests \$12 per person/per kid



Handprint Mittens Craft

Monday, January 29th

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

January is mitten weather and this cute little handprint craft will surely warm your heart and home! Bring your littles and enjoy making memories of their little handprints, before they become middle school and high school grown ups!

Call, email or visit the front desk to register by Monday, January 22nd

Residents Free, Guests \$5

Cambridge Lakes Community Association
1125 Wester Blvd.
Pingree Grove, IL 60140

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STANDARD
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PERMIT #126
ELGIN, IL



Holiday Word Search

COATNESYLVSALLF
HELKSCOSTUMESIO
IAAOYKSSIAOMOKC
LLAFRIENDSCTKFN
LOMALSIDUEDELA I
YSAMNOSFYUSOFSC
OSHIDSALATCONNM
DTSLLTNTCICEIEV
UILYTNTTADDLAFS
HHOSEVAELLLUNAD
VEMEITYTHNIKPMUP
RLKSWLLOTEYSASS
EKAOAMSCOOKIE SO
NAHOLIDAYFHLLSL
WONSISLIYDNACP

Words To Search: Candy Pumpkin Costumes
Cookies Coat Snow Chilly Holiday Leaves
Fall Family Friends Santa



Holiday Center Closures:

Thursday - November 23rd, 2023 – Thanksgiving Day
Friday - November 24th, 2023 – Day after Thanksgiving Day
Sunday - December 24th, 2023 – Christmas Eve
Monday - December 25th, 2023 – Christmas Day
We appreciate your understanding! – Cambridge Lakes Staff

Cambridge Lakes Community Center General Inquiries

Natalie Suarez
Community Association Manager
847-464-1515
Email: natalie.suarez@mycambridgelakes.com

Michelle Arvanitakis
Lifestyle Director
847-464-1515
Email: michelle.arvanitakis@mycambridgelakes.com

Hanna Blank
Executive Assistant
847-464-1515
hanna.blank@mycambridgelakes.com

Ruth Nava
Administrative Assistant
ruth.nava@mycambridgelakes.com