

CAMBRIDGE LAKES COMMUNITY ASSOCIATION



SPRING NEWSLETTER CAMBRIDGE LAKES

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

Greetings Cambridge Lakes Residents! You can certainly tell by our wonderfully mild weather that Spring is upon us! I encourage you all to take time to get out, de-stress and walk the grounds of beautiful Cambridge Lakes. Just today I saw the neighborhood buzzing with ducks, geese, and Sandhill Cranes. You may have already seen Yellowstone hard at work getting a head start on Spring cleanup. Help us keep the community clean by using one of our many trash can and dog stations provided around Cambridge Lakes.

If you have not done so yet, please stop by for a visit and take a look at the newly renovated community center! We started renovations November 27 th , 2023, and are just about wrapping up the project! We thank you all for your patience during this time and hope you enjoy it as much as we do!!

I will always do my best to serve this community. I look forward to many more seasons with Cambridge Lakes. Please feel free to contact me with any questions or concerns you may have.

Kind Regards,

Natalie Suarez
Community Association Manager
natalie.suarez@mycambridgelakes.com



Spring Yard CLEANUP CHECKLIST

- CLEAN UP LEAVES AND TRASH
- PRESSURE WASH SIDEWALKS, DRIVEWAY AND PORCHES
- PULL WEEDS IN FLOWER BEDS AND GARDEN AREAS
- ADD MULCH, TOP SOIL AND ADD FERTILIZER
- PRUNE AND TRIM TREES, HEDGES AND BUSHES
- CLEAN UP GARDEN TOOLS, REPLACE WATER HOSES
- WASH OUTDOOR FURNITURE
- MOW, WEED EAT, BLOW AS NEEDED





Dog Waste...

Though we did not have much snow this winter we did experience cold temperatures, which unfortunately results in some pet owners not being responsible for picking up their pet's waste around their home and/or the community. We are asking all homeowners to please take a moment to clean up any pet waste around your homes as it is a health matter. Management will be keeping an eye out for this during community inspections and warning/ violation letters will be issued as necessary to keep this matter under control. There are many pet waste stations around the Cambridge Lakes. Let's all do our part to keep the community clean!



Drive Safely... SLOW Down

There are pets, families, children, runners, bikers, and many others trying to get around the community. Especially, with the beautiful Spring weather coming! Be aware of your surroundings and PLEASE SLOW DOWN!

Association Reminders...



Architectural Improvement Applications

Please be advised pursuant to the governing documents all exterior modifications require Board Approval. We have very large community here at Cambridge Lakes with many owners looking to do a variety of different architectural improvements to their homes therefore the Board kindly asks that owners please provide themselves ample time when submitting a request for approval. We will continue to do our best to turn requests around promptly; however, there are times when many applications come in and Management as well as the Board take their time to ensure proper approvals are granted. Architectural applications can be found on our website www.mycambridgelakes.com.

Holiday Decoration Removal



We will be out in the community performing violation inspections for all items, including holiday decorations. Pursuant to the Rules and Regulations holiday decorations are to be removed no more than thirty (30) days following the holiday. Is there something we missed?? Please find our Violation & Complaint on the website..

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.

Trash Cans



Friendly reminder that trash cans are to be stored in the garage of your home/unit or in the approved container in the rear of your home/unit. Any visible trash cans are subject to an automatic \$50.00 fine!



Hello Cambridge Lakes Community!

We are continuing to celebrate our 10th year and are so grateful to be a part of this growing community! Our celebration Recital is only the beginning of what our future holds. Every single student is the greatest example of why we do what we do. The positivity, determination, and excitement to learn together is the heart of Inspirations. We have had the pleasure to dance along with so many special families throughout the years, we are honored to share these memories together!

Our very own Inspirations Dance Troupe has represented us through this season with specialty performance opportunities throughout Chicagoland. Our performances with the Windy City Bulls and Kane County Cougars Games are just a few of the highlights we have truly enjoyed! We are so proud of every Troupe member that continue to impress us and this amazing community! Their incredible talent, dedication, and whole hearted teamwork shine through in their performances!

Our 2024 Summer Dance and Tumbling session runs June through August. We offer all styles of Dance and Tumbling levels including Ballet, Tap, Jazz, Hip Hop, Poms, Contemporary and specialized Technique classes. Classes begin at 2 years old, with Parent/Tot Tumbling and dance classes It is fun for the whole family!

Our Fall session resumes in September as we prepare for the next season of Dance! Stay tuned for exciting registration updates to follow!

As always, we are beyond grateful for your continued support in our amazing community. We hope to see you on the dance floor!

Lifestyle Events Sponsorship Opportunities

What does it mean to become an Events Sponsor? Businesses have the opportunity to become a sponsor and a partner of events. This partnership will help to reduce the cost of events and allow for more free events in our wonderful community, making them more feasible for every homeowner in Cambridge Lakes to attend. There are several tiers of sponsorship that a business can choose from. Each Sponsorship Tier lists which events your business would be advertised in on a large poster board and on banners. All tiers are showcased in our newsletter.

We are so thankful to our two 2023-2024 Sponsors, Hanna Bierman and Ground Guys. These amazing businesses have worked closely with Lifestyle. They both have been an integral part of events, staying both lower in cost and many of the free events that you have attended and made great memories at. We hope to see you soon and you continue to enjoy everything these sponsors have helped to make possible!

I would like to take a moment to thank them for their sponsorship and partnership and for all of their support. You made all the difference!

We are thrilled to have four Event Sponsors with us for Spring 2024 – Spring 2025. I would like to mention Hanna Bierman Realtor with Home Smart Connect is sponsoring once again, thank you so much Hanna!

Hanna Bierman Realtor with Home Smart Connect



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DESIGN BUILD SERVICE

Anchor Spa and Pool will be joining us as one of our event sponsors!

We are so thrilled to have them as a sponsor! Thank you so much!

LifeStone Mortgage is joining us as well as one of our event sponsors! We are so appreciative and thankful to have you with us! Thank you for helping to reduce event costs for our community!



New York Life Insurance Company is also joining us too! We are beyond grateful for your sponsorship and making such a difference for homeowners! Thank you!

Stacy Lynn Kieffer
Agent



New York Life Insurance Company
475 North Martingale Road
Suite 1250
Schaumburg, IL 60173-2405
B 847 804 0443 F 847 585 4918
skieffer@ft.newyorklife.com
www.illinoisnyl.com



Hi Neighbors!

Your HOA volunteer Board of Directors will be remaining the same for the year. We needed 20% of homes to vote and we only received votes from 9.9% of Cambridge Lakes Homeowners.

Please know that we value your input, and you can attend meetings in person or virtually. Give mycambridgelakes.com a look for current information and ways to contact the Community Center with ideas. If you haven't been inside the Center, stop; by and see the renovations!

Julie Kallenbach
HOA Board President

If your business is interested in becoming a sponsor, please reach out to Michelle at michelle.arvanitakis@mycambridgelakes.com

Thank you,
Michelle Arvanitakis, Lifestyle Director

Spring Greetings from the Lifestyle Department



Thankfully, the Groundhog did not see his shadow and the freezing temperatures, massive snowfalls, and scary road conditions are in the past! As renovations are finished, Lifestyle is back up and running once again bringing you some favorite events and some new ones! There is something for everyone here in Cambridge Lakes!

We have our Bunny Breakfast and Egg Hunt in March, Spring Vendor Fair in April, Princess Tea Party in May, Food Trucks make their return and Smores Nights return once again. The pool will open in May, and all the fun outdoor events make their comeback! As always, please visit the Events section in this newsletter for all of the upcoming fun!

Group Fitness is always growing! We have the best instructors and such a wide variety of classes and times. All our classes are free for residents and just \$5 for any guests you would like to bring with you! We have two new instructors that have joined our team! Jess Tudela began as a permanent sub and has now has her own class, Cardio Sculpt, Thursdays at 9 am! I am thrilled to have Jess with us! Kara Pickett is our new morning Yoga instructor; you will find Kara in Uplift & Unwind Yoga Tuesdays at 9 am! I am so excited to have Kara as a part our team! You can learn more about these two incredible instructors in the About Me section of this newsletter! Please let me know any questions you may have about classes.

Many of you know that I also have taught fitness here at Cambridge since 2014. I have loved every minute of teaching classes for all of you! I have decided to finally take a step back from teaching starting March 1st. Although it is bittersweet, I made the decision so that I could spend more time with my boys, who are almost 16 and 14. They are growing too fast, and I want to absorb as much time as possible with them. You will be in great hands with Jess T and Joe, who will be taking over my class times. You will see the note at the bottom of the group fitness schedule included in this newsletter!

My office is always an open door for you. Ruth Nava and I love seeing all of you walking by, stopping in, and chatting, and popping by for a lollipop. Lifestyle is here to create events that work for our community. Please feel free to stop by with any questions or suggestions. You can also email me with any questions or suggestions (to email me, please take note, my email is just about the entire alphabet) michelle.arvanitakis@mycambridgelakes.com

I wish all the educators and students a safe and amazing completion of this school year; it will be here before we know it! Enjoy the warmer weather and sunshine! We look forward to seeing you soon!

All our best,
Michelle Arvanitakis – Lifestyle Director

Ruth Nava – Administrative Assistant

CAMBRIDGE LAKES COMMUNITY ASSOCIATION
STREETS AND NEIGHBORHOODS

Street	Neighborhood	NHH	Street	Neighborhood	NHH
Allison Avenue		33	Homewood Road	PARKSIDE	31
Alta Vista Drive	1132, 1126, 1120, 1114, 1108, 1102, 1137, 1131, 1125, 1119, 1113	23	Isle Royale Court	NORTH BAY	11
Alta Vista Drive	THE DUNES/PRAIRIE SPRINGS	14	Lake Bluff Lane	HIGH POINT	12/13
Anchorage Court	BAYSIDE	18	Lakeland Lane	ORCHARD WALK	24
Aurora Drive	SUNSET COVE No unit number	198	Lancaster Drive	NORTH HAMPTON	3
Aurora Drive	SUNSET COVE 2016, 2018, 2019, 2020, 2021, 2022, 2023, 2024	19	Larkspur Court	STILLWATER	4
Bar Harbor Court	NORTH BAY	11	Leeward Lane	THE SHORES	16
Bayberry Circle	PARKSIDE	29	Lighthouse Lane	NORTH BAY	11
Bayberry Lane	PARKSIDE	29/30	Lookout Drive	HIGH POINT/THE POINTE	13/15
Bay Shore Drive	WEST HAMPTON	5	Loon Lake Court	THE SHORES	16
Beachview Road	HIGH POINT	13	Maryland Lane	CHESAPEAKE	27
Bella Lane		33	Middletown Road	PARKSIDE	31
Berkshire Lane	SOUTH HAMPTON	8	Montauk Lane	EAST HAMPTON	6
Birchwood Drive	BAYFIELD	1	Newport Circle	NORTH BAY	11
Blue Bell Lane	STILLWATER	4	Norfolk Lane	CHESAPEAKE	27
Boathouse Road	THE HARBOUR	17	Oxford Court	SOUTH HAMPTON	8
Brighton Circle	SOUTH HAMPTON	7	Padre Island Lane	SOUTH BAY	10
Brighton Drive	SOUTH HAMPTON	7	Peninsula Court	THE POINT	15
Bristol Street	SOUTH HAMPTON	8	Port Royal Road	SOUTH BAY	10
Broadland Drive	HIGH POINT	12	Padre Island Lane	SOUTH HAMPTON	8
Brookhaven Trail	EAST HAMPTON	6	Promontory Drive	THE POINT	15
Canterbury Lane	SOUTH HAMPTON	7	Prospect Circle	HIGH POINT	12
Cape Cod Lane	THE POINT	15	Redwood Road	PARKSIDE	31
Catamaran Circle	THE SHORES/THE HARBOUR	16/17	Ruby Drive	STONE HARBOR	23
Cedarwood Circle	PARKSIDE	31	Sandcastle Lane	THE DUNES	14
Cedarwood Lane	PARKSIDE	31	Sapphire Lane	STONE HARBOR	23
Cherry Lane	ORCHARD WALK	24	Sarasota Drive	SOUTH BAY	10
Chestnut Drive	ORCHARD WALK/NEPORT	24/26	Shamrock Lane	WATERFORD	2
Clearwater Drive	SOUTH BAY	9	Shelter Island Lane	EAST HAMPTON	6
Clover Lane	WATERFORD	2	Shoreline Court	THE SHORES	16
Cottage Drive	PARKSIDE	16	Shoreline Drive	THE SHORES	16
Crest Drive	WHITE CAPS/NEWPORT	25/26	Silver Lake Court	THE SHORES	16
Daytona Way	SOUTH BAY	9	Spinnaker Court	PRAIRIE SPRINGS	22
Dempsey Circle	PARKSIDE	30	Spinnaker Street	THE POINT/PRAIRIE SPRINGS	15/22
Derry Lane	WATERFORD	2	Spinnaker Street	STONE HARBOR	23
Diamond Head Trail	THE POINT	15	Summit Lane	WHITE CAPS	25
Dover Court	SOUTH HAMPTON	7	Upland Road	SEABOARD	20
Dover Street	SOUTH HAMPTON	7/8	Valley Stream Drive	WEST HAMPTON	5
Driftwood Lane	THE DUNES	14	Waterfront Lane	THE SHORES	16
Dublin Drive	PARKSIDE	32	Wester Boulevard	THE SHORES	16
Emerald Drive	WATERFORD	2	Westport Drive	EAST HAMPTON	6
Emma Drive	PARKSIDE	32	White Pine Trail	BAYFIELD	1
Evergreen Lane	BAYFIELD	1	Whitecaps Court	THE SHORES	16
Galway Lane	WATERFORD	2	Wildwood Drive	WHITE CAPS	25
Glen Cove Lane	WEST HAMPTON	5	Windward Drive	THE DUNES	14
Hollow Tree Lane	PARKSIDE	31/32	Woodfern Drive	STILLWATER	4
			Yorkshire Lane	NORTH HAMPTON	3

* Pocket Parks within the community are maintained by the HOA

Neighborhood #2
Managed by: First Service Residential
Property Manager: Nick Bozidarevic
Email: nick.bozidarevic@fsresidential.com
Phone: 847-459-0000

Neighborhood #3
Managed by: PSI
Property Manager: Leslie Beltran
Email: lbeltran@psimanagement.net
Phone: 847-806-6121

Neighborhoods: TH#11
Managed by: Foster Premier
Property Manager: Janel Santilli
Email: jsantilli@fosterpremier.com
Phone: 847-459-1222

Neighborhoods: TH#14
Managed by: McGill Management
Property Manager: Nicole Broughton
Email: Nicole@mcgillmanagement.com
Phone: 847-259-1331

Neighborhoods #18, #19A, 23 & PARKSIDE
Managed by: Foster Premier
Property Manager: Linda Raam
Emails: lraam@fosterpremier.com
Phone: 847-484-2123

Neighborhoods: TH19B, 20 & 33
Managed by: Foster Premier
Property Manager: Gene Polinsky
Email: epolinsky@fosterpremier.com
Phone: 847-484-2122

Parks Maintained by Village of Pingree Grove
Pocket Park behind the Community Ctr
Slate Park off of Wester Blvd
Pocket Park by the Charter School
Heritage Park on Reinking next to the Milk Pail

Cost Sharing Neighborhoods
These owners do NOT receive monthly statements for the Community Association assessment
The Community Association assessment is included in their townhome/condo/Parkside assessment
Condo #19A, TH #19B, TH #20, TH #33 and Parkside



From your Fire Department ...

Thinking about fire safety in the cold winter months may seem more sensible than during the warmer months of spring. However, as you transition from sweaters to shorts, stoves to grills, and indoor holiday parties to backyard cookouts, keep these safety tips in mind.

Springtime is a great time to change the batteries in your smoke alarms. Working smoke alarms provide critical early warning of a fire in your home and allow for additional time for you and your family to escape before smoke and flames obstruct and hinder your exit.

The risk of dying in a residential home fire is cut in half when homes have working smoke alarms. During a fire, smoke and deadly gases spread farther and faster than heat. Most fire victims die from inhalation of smoke and toxic gases as opposed to burns.

A majority of fatal fires happen when families are asleep and unaware of the fire until there is no time to escape. A smoke alarm stands guard around the clock and sounds when it senses smoke. This often allows a family the limited time it takes to escape.

Your local firefighters care about your safety and want to make sure that you have options when a fire occurs in your home. Fire extinguishers are relatively inexpensive and may mean the difference between a small fire and the complete destruction of your home. Fire extinguishers can save lives and protect property by putting out a small fire or containing it until the fire department arrives.

Every residential home should have at least two fire extinguishers available, usually conveniently located near the kitchen, the garage, or the basement stairs.

However, it is important to recognize that a fire extinguisher has limitations and should only be used on a small fire. Since fires grow and spread rapidly, residents should immediately call 911, get everyone out of the home safely, and only fight the fire if it is small and contained with minimal smoke and heat.

Take advantage of the spring weather to review and practice your fire safety plan so that everyone can react accordingly in the event of a fire in your home. Research suggests that you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds in your home.

Warmer weather is synonymous with an increase in outdoor grilling and gatherings around outdoor fire pits. As expected, there is an inherent risk associated with open fires and outdoor cooking. A clean grill is one of the best ways to prevent dangerous fires. Keeping your grill at least 10 feet from anything flammable, including your home, is a great way to prevent a grill fire from becoming a home structure fire.

Emergencies happen fast. These tips can save you and your family from tragedy. For more information on springtime fire safety, visit www.nfpa.org or contact the Pingree Grove Fire Department at www.pgfpd.com or (847) 741-3151.



COPS CORNER

Each year, the Pingree Grove Police Department takes part in the Law Enforcement Torch Run for Special Olympics of Illinois in the annual Cop On Top Event. Officers will be out at the Dunkin located at the intersection of North Starks all morning long collecting donations and selling merchandise. Exact dates and times are forthcoming.

The Pingree Grove Independence Day Celebration is set for Friday July 12th and Saturday July 13th. This has been a very popular attraction every year that brings residents and many visitors to our community. The celebration will start on Friday night with live music and a beer garden. The time of this event is still under discussion. The parade is on Saturday at 4:00 pm. Due to this, Wester Blvd will be closed for at least an hour. The fireworks (weather permitting) will begin at dark (typically around 9:15 pm). Parking is limited and special event signs will be posted restricting or allowing additional parking which is not normally permitted. Please abide by these rules. For more information regarding these events, please visit the Village of Pingree Grove website under the Events Committee section.

Please continue to lock your vehicles both during the day and at night, keep valuables out of sight, and keep your outside lights on. If you notice any suspicious activity, please dial 9-1-1 to have an officer respond to your area immediately. Please DO NOT call the administrative phone number of the police department or post on social media to report suspicious behavior or anytime you need service from the police.

Animal complaints are one of the most common police calls of the summer. These range anywhere from dogs off leash to owners not picking up after their pets. Lost cats, dogs and animal bite calls are also popular as well as “please help, there is a raccoon in my garage.” While most people are animal lovers, not everyone views pets as a part of their family. Pingree Grove has a leash law and the police department does enforce this on a regular basis. This also includes controlling your animal while it is on a leash. Allowing pets to jump up on people might not be the best course of action, especially if the person has had a bad past experience. The animal owner is also responsible for picking up after their pet when they “deposit” outside of their property. The village has installed pet waste containers around Cambridge Lakes to assist pet owners so that they can dispose of pet waste in a safe and sanitary way. Throwing fecal matter into the creeks and ponds is not only illegal but disgusting. Take care of your community so your community can take care of you.

The police department has a plethora of resources on the Village of Pingree Grove website www.villageofpingreegrove.org/155. Here you can access our Frontline web portal where you can report overnight parking, request a vacation watch and report various conditions to the Public Works department. You can also find information about animal control, pay or mediate a ticket, or view any of our local ordinances.

Please remember:

- The number for an immediate police response is 9-1-1
- The non-emergency phone number for police services is 630-232-8400.
- If you need help from our Administration or Records Division, please call 847-464-4600 during business hours (7:00 am – 5:00 pm).

Please like us on Facebook for more information about upcoming events and community safety

Christopher A. Harris | Village of Pingree Grove |Police Department
Chief of Police (Interim)



ONE Police Plaza, Pingree Grove, IL 60140
www.villageofpingreegrove.org / 847-464-4600 x1417

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.

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CONTACT US

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

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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!

Barre

Hybrid class combining ballet inspired movements with elements of 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!

Cardio Sculpt

Cardio Sculpt is a full body strength and cardio endurance class that is easy to adjust to your needs. Each class follows a similar structure of varying moves and styles repeated for maximum burn. Bodyweight moves, dumbbells and bands or balls are often used in this class and are provided for you, just bring some water! Classes generally run 45-50 minutes which includes a warmup and cool down. Let's get ready to sweat!

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!

Strength

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.

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.

Updated 02-28-24.

Group Fitness Class Descriptions

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.

Uplift and Unwind

This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

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!

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!

Strong Nation

A high intensity workout in 50 minutes. Strong Nation 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 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

Updated 02-28-24.

GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

SUNDAY	09:00 AM 09:30 AM 10:30 AM	POUND WERQ HIIT2FIT	AMY AMY JOE
MONDAY	08:40 AM 09:20 AM 05:30 PM 07:00 PM 08:00 PM	STRENGTH (UPPER BODY) ALL ABS STRONG NATION BARRE HIIT2FIT	JESS A JESS A ADRIANA JESS T JOE
TUESDAY	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	UPLIFT & UNWIND BOOTCAMP STRENGTH YOGA/STRETCH HIIT2FIT STRONG NATION	KARA ANETA ANETA JOE ADRIANA
WEDNESDAY	08:40 AM 09:20 AM 07:00 PM 08:00 PM	STRENGTH (LOWER BODY) ALL ABS POUND WERQ	JESS A JESS A AMY AMY
THURSDAY	09:00 AM 05:00 PM 06:00 PM 07:05 PM 08:00 PM	CARDIO SCULPT BOOTCAMP STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	JESS T 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

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

UPDATED: 02/28/24

Jess T.



"Hey neighbors, I'm Jess Tudela. You've likely seen me in your favorite fitness class and around the community. I am a seamstress and stay at home mom to my son, but I am also now a certified fitness instructor and will be subbing for your fabulous instructors as needed. I am very much looking forward to keeping you fit and motivated as it is a huge passion of mine."

"When I'm not hanging with my son, you'll find me in class dancing or strength training. I started dancing at age 3 and recently became a dance instructor for little ones at HPD. I became very interested in health and fitness in the last 15 years and have always dreamed of leading my own classes (I plan to eventually). I hope to see you in class soon!"



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WE OFFER

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- Competitive Sports for Grades 5-8
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- Music and Arts Studio
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CONTACT US

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



DISTRICT 300
TUITION-FREE
SCHOOL OF CHOICE



Kara



Kara is a wife to her high school sweetheart and mother of four daughters. She grew up on the east side of Elgin and currently resides in Hampshire. Kara started doing yoga over 5 years ago and instantly fell in love with the calmness that it brought her. After being in healthcare for over 22 years, Kara took a step back from medicine to pursue her dream of yoga instruction and she completed her yoga teacher training focused in Ashtanga Vinyasa Yoga in November of 2023.

She strives to awaken her students to the many possibilities of yoga, whether it be flexibility of the body, peacefulness of the mind, or lightness of the heart. Her classes are a judgment-free and fun exploration of the yoga practice and always include an amazing playlist. Besides yoga, Kara enjoys gardening and canning, watching her daughters play sports, and of course tacos and margaritas.



CENTRAL TREE

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RED	BLACK	CHOCOLATE	DARK BROWN
			
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2024 Food Trucks Dates

EVERY FRIDAY | MAY 31ST - SEPTEMBER 6TH | 7:30 AM - 12 PM | OPEN DOOR COFFEE

SAT, APRIL 13TH | 11:00 AM - 2:00 PM | HAPPY LOBSTER
 THURS, MAY 23RD | 4:30 PM - 7:00 PM | MARIO'S CART
 SAT, JUNE 1ST | 5:00 PM - 7:30 PM | STIX & NOODLES
 SAT, JUNE 1ST | 5:00 PM - 7:30 PM | DOUBLE R BBQ
 SAT, JUNE 1ST | 5:00 PM - 7:30 PM | WILD FRIES
 SUN, JUNE 2ND | 12:30 PM - 3:00 PM | TOASTY CHEESE
 SUN, JUNE 2ND | 12:30 PM - 3:00 PM | STIX & NOODLES
 SUN, JUNE 2ND | 12:30 PM - 3:00 PM | DOUBLE R BBQ
 SUN, JUNE 2ND | 4:30 PM - 6:30 PM | KONA ICE
 THURS, JUNE 6TH | 4:30 PM - 7:00 PM | GV'S ITALIAN STREET FOOD
 THURS, JUNE 27TH | 4:30 PM - 7:00 PM | HAPPY LOBSTER
 THURS, JULY 11TH | 4:30 PM - 7:00 PM | MARIO'S CART
 THURS, JULY 25TH | 4:30 PM - 7:00 PM | GV'S ITALIAN STREET FOOD
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | DOUBLE R BBQ
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | STIX & NOODLES
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | TOASTY CHEESE
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | HAPPY LOBSTER
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | WILD FRIES
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | MILK HOUSE
 SAT, AUGUST 3RD | 4:30 PM - 7:00 PM | OPEN DOOR COFFEE
 THURS, AUGUST 8TH | 4:30 PM - 7:00 PM | CHICAGO'S OWN MAXWELL
 THURS, AUGUST 22ND | 4:30 PM - 7:00 PM | MARIO'S CART
 THURS, SEPT. 5TH | 4:30 PM - 7:00 PM | CHICAGO'S OWN MAXWELL
 THURS, SEPT. 19TH | 4:30 PM - 7:00 PM | GV'S ITALIAN STREET FOOD
 SAT, OCT. 19TH | 11:00 AM - 2:00 PM | STIX & NOODLES

SPRING VENDOR FAIR
S'MORES ON THE LAWN
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S'MORES ON THE LAWN
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S'MORES ON THE LAWN
FALL VENDOR FAIR

FOOD TRUCKS ARE OPEN FOR ALL NO MATTER THE EVENT

Rain Cloud Tissue Paper Craft

Wednesday, April 3rd

10:30 am – 11:30 am & 6:00 pm – 7:00 pm



Splash into the rainy months with this stormy little craft. Tissue paper, raindrops, scissors and glue are all here to bring your rain cloud to life!

Call, email or visit the front desk to register by Monday, April 1st
Registration required.

Residents Free, Guests \$5

Shaving Cream Rain Clouds Stem Experience

Wednesday, April 24th

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



Shaving cream, food coloring and water creates a cloud that releases rain into the atmosphere! Kids will form a hypothesis first, then run the experiment and see what happens!

Visit the front desk to register by Friday, April 19th

Residents \$5, Guests \$10

World Autism Day

Friday, April 5th

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



Special needs parents, grandparents and friends, come with your kiddos for this perfect event. Red, blue, yellow and green buttons, glue, sharpies and card stock paper provided to create your own photo that you can frame or display at your home.

Visit the front desk to register by March 22nd.

Residents \$5, Guests \$10

Fork Stamped Tulips Craft

Wednesday, April 17th

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



As April showers bring May Flowers, pop by with your littles for this cute little craft. Cardstock, forks, paint brushes and washable kids paint all combine to make the most creative tulips around!

Call, email or visit the front desk to register by Monday, April, 15th

Residents Free, Guests \$5

Spring Craft, Vendor & Home Improvement Fair

Saturday, April 13th

10:00 am – 3:00 pm



Twice a year, we have the largest and best Fair around and its time for the Spring Fair! I advertise each Fair on social media, in the Daily Herald both paper and online, and with banners placed all over the community as well as have a food truck out front. Vendors come both from far and local in Pingree and we have a very large crowd of browsers and shoppers!

Booth spaces are limited and are a first come first serve basis. Booth spaces can fill up before the deadline to submit applications. Payment is due at the time of submitting the application to ensure your booth space. I am unable to hold spaces without an application and payment.

The application deadline is April 1 st.

Resident Booth \$30, Guest Booth \$40

To receive an application, please email Michelle, Lifestyle Director at Michelle.arvanitakis@mycambridgelakes.com

2024 Smores on the Lawn

Thursday, May 23rd - Kickoff

Thursday, June 6th

Thursday, June 27th

Thursday, July 11th

Thursday, July 25th

Thursday, August 8th

Thursday, August 22nd

Thursday, September 5th

Thursday, September 19th - Last for the season

5:30 pm - 7:30 pm (smores may close early if supplies run out)



Little Medical School - Inspiring Future Healthcare Heroes

Little Doctor School – STEM based learning.
Tuesdays: April 23rd, April 30th, May 7th,
May 14th, May 21st & May 28th



Ages Pre-K – 10:30am – 11:30am
Ages 4 – 6 – 4pm – 5pm
Ages 7 – 10 – 5pm – 6pm

Little Medical School (LMS) is the pioneer and leading developer of hands-on interactive programs for children, ages 1-16, with a focus on healthcare. Our STEM based curriculum caters to student of all age ranges:

- Students will be provided with all necessary materials for each class.
- For those courses offering multiple sections, they do not need to be taken sequentially and may be taken independent of each other.
- All courses conclude with a graduation ceremony where each student is presented with a personalized diploma.
- All Little Medical School courses listed consists of 6 one-hour classes unless otherwise noted

(Pre-K and Ages 4-6 non-readers have visual based learning)

Pre-K Little Doctor School Our youngest future doctors will use a real stethoscope and other medical instruments, learn how muscles and nerves work together, cast a broken bone, and how to properly scrub their hands before surgery. (Ages 4-6)

Ages 6 – 10 Little Doctor School Section I: Basic anatomy, medical instruments and prepping for surgery. Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestion. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon. (Ages 6-10)

Section II: Basic first aid, prescribing medications & exploring key organs. These future doctors will learn about prescriptions, explore the brain and spine, and learn about vital bodily functions through hands-on activities and role-play. Students will build a first aid kit and create models of the brain and spine. (Ages 6-10)

Section III: Eyes, ears and caring for your body. Students will role play the key responsibilities of a doctor and explore the human optical system and different parts of the ear. These future doctors will learn about life-saving skills, emergency preparedness, nutrition, using splints/casts, and how to read X-rays. (Ages 6-10)

Section IV: Anatomy, body systems, treatment, and prevention. Students will go on a journey through the systems of the body and become familiar with the illnesses and injuries that are common to them. Using hands-on activities and engaging lessons, students will learn all about the human body, its amazing facts, and curious traits. (Ages 6-10)

Visit the front desk to register by Monday, April 8th
Residents \$ 120 per student, Guests \$150 per student

Family Board Game Night



Saturday, April 20th
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, April 6th

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

Cardboard Box Drive In Movie Night



Saturday, April 27th
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, April 20th

Residents \$15, Guests \$20 (price includes 1 parent and 1 kiddo)
Residents additional kiddo \$7, Guests \$12

Handprint Flowers Craft



Thursday, May 2nd
10:30 am – 11:30 am & 5:00 pm – 6:00 pm

This one is for all ages, bring your kiddos to make a gift for Mom, Grandma, Teachers or anyone important in their life! Paint will be used and all supplies are provided!

Call, email or visit the front desk to register by Tuesday, April 30th

Residents Free, Guests \$5

Princess Tea Party



Friday, May 3rd
4:00 pm – 7:00 pm

Dress up as your favorite princess and come for this magical event! Snow White and Aurora cannot wait to see you here!

Princesses arrive at 4:30 pm and you will get to dance and have pictures with them! In full tea party style, tea and treats will be served.

Visit the front desk to register by Monday, April 29th

Residents \$35 per Princess, Guests \$40
1st Adult is Complimentary and \$15 for each additional Adult

Smores Kickoff 2024!

Thursday, May 23rd
5:00 pm – 7:30 pm



Smores are back for the season! Come out and grab some gooey, yummy treats! Times are earlier! Come and see us for free smores! Check out all the dates on the flyer in this newsletter!

As always, Smores are free! Please limit 2 per person!

Pjs, Pancakes & Movie

Sunday, May 26th
8:30 am – 10:30 am



Sundays are made for pajamas, pancakes and movies! Come comfy, ready for orange juice, pancakes and the movie **Yes Day** on our big screen!

Visit the front desk to register by Monday, May 20th

Residents \$7, Guests \$12

Food Trucks 2024



The first truck will be here for the Spring Vendor Fair April 13th and then begin May 16th! Open Door Coffee will be on Fridays once again beginning May 31st!

Food Trucks are back for the summer and we have ALL your favorites plus 3 NEW Trucks this season! Get ready for Gourmet Fries, Italian food & Chicago style favorites! Check out the Food Truck Flyer in this newsletter!

Tie-Dye Party

Saturday, June 8th
11:00 am – 1:00 pm



Get ready for all the color fun! We provide all the supplies and t-shirts! Upon registering, select the size(s) you need! Just show up to create your own personal styled shirt! Kid, Youth and Adult Sizes will be available!

Visit the front desk to register by Monday, June 3rd.

Residents \$7, Guests \$10

Flick & Float

Saturday, June 22nd
8:00 pm – 10:00 pm



Floaties in the pool, popcorn, movie candy, drinks and **Despicable Me 3** on a giant screen all make this evening event a fun filled splash of a time!

Visit the front desk to register by Monday, June 17th

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

Flick & Float

Saturday, July 27th
8:00 pm – 10:00 pm



Elemental on the big screen, floaties in the pool, movie snacks and popcorn make this the best summer night ever! We cannot wait to see you there!

Visit the front desk to register by Monday, July 22nd

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

Sundae Funday & Beat the Heat

Sunday, July 28th
12:00 pm – 2:00 pm



What a fun way to spend Sunday afternoon! This is a combo event! 12 pm – 1 pm bring your kiddos for ice cream sundaes with all the toppings! Have your swim stuff ready! 1pm – 2 pm we will go outside for water balloons and squirt guns!

Visit the front desk to register by Sunday, July 14th

Residents \$5, Guests \$10

Cambridge Lakes Community Association

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Pingree Grove, IL 60140

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Community Center Closures:

March 31st, 2024 – (**Easter**) - CLOSED ALL DAY

May 27th, 2024 – (**Memorial Day**) – CLOSE EARLY @ 8:00PM

July 4th, 2024 – (**Independence Day**) – CLOSE EARLY @ 8:00PM

July 13th, 2024 – (**Village Independence Day Celebration**) – CLOSE EARLY @ 6:00PM

•The 2024 Pingree Grove Special Census will begin in late March with a mailing from the US Census Bureau that includes instructions for completing the online Special Census confidential questionnaire. It is imperative that Pingree Grove residents respond to the Special Census, as the outcome affects the Village's receipt of population-based revenue and benefits for our community. You count – so be counted!

•The Pingree Grove Community Events Committee will host the annual Touch-a-Truck on Saturday, May 4 from 12:00pm – 3:00pm.