



CAMBRIDGE LAKES FALL NEWSLETTER

From The Manager

Greetings Cambridge Lakes and welcome to the latest edition of our quarterly newsletter! We have finally gotten a break from the steamy summer weather! I love some fun in the sun but there is just something about Fall that I enjoy most! You will soon be seeing the lilies & begonias turn to mums and the trees throughout the community transform from bright green to golden yellow and fiery red, like the Maple Blaze (one of my favorites) As a way to help keep the community looking it's best we encourage use of our dog stations and trash cans conveniently placed around the Cambridge Lakes. We also ask that after fishing you discard your trash, hooks and fishing line properly. Although summer is coming to an end we are already looking forward to next season with the addition of the newly running & renovated Splash Pad! More updates & details to come soon!

Don't forget to check out our website for upcoming events, important updates and association documents.
www.mycambridgelakes.com

Until the next harvest of news!

Happy Fall Ya'll, Go Bears!

Natalie Suarez

Licensed Community Association Manager
Cambridge Lakes Community Association

Mailbox Replacements

We have gotten many inquiries regarding mailbox repairs and replacements. Many are original mailboxes and posts. Like anything, overtime things need to be replaced or repaired. Keeping your mailbox in good condition improves curb appeal and potentially increases your property value. Well-maintained properties contribute to a positive and attractive neighborhood! Homeowners are responsible for their mailbox in single family attached and detached homes. Shared mailboxes need to share costs with their neighbors. Below, you will find Mailbox Replacement specifications from the Cambridge Lakes Community Association Rules & Regulations. You may also obtain a copy & architectural application at www.mycambridgelakes.com . Contact us for any questions!

Mailbox Replacement Specifications

- A. From the back of the curb to the front of the mailbox post there must be eighteen inches (18") of space.
- B. B. The post must be a 4 x 6 cedar post, buried a minimum of 48" into the ground.
- C. C. The mailbox should be mounted on a minimum of a 2 x 4 horizontal cedar board attached to the post
- D. D. There is to be a minimum of thirty-six inches (36") and a maximum of forty- two inches (42") between the ground and the bottom of the mailbox
- E. E. The front of the mailbox cannot extend past the back of the curb (meaning it cannot extend over the curb at any length) AND the maximum the front of the mailbox can be from the back of the curb is six inches (6")
- F. F. Mailbox posts/stands, and cedar wrapping are to be finished in a clear sealant only. a. Wood is not to be left unfinished
- G. G. Black metal box 20 3/4" x 8" x 9 11/16th thru 22.88 x 8.70 x 11.12 with red flag.
- H. H. Cedar wrap around the mailbox is optional I. Homeowner is responsible for the mailbox in single family attached and detached homes. Shared mailboxes need to share costs with their neighbors.

Community Center Hours

Monday – Friday 5:00am – 10:00pm
Saturday – Sunday 7:00am – 10:00pm

Kid's Club Hours

Monday – Thursday: 9am – 12pm

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Holiday Word Search

T	N	S	D	R	A	H	C	R	O	U	S	E	R
A	U	W	O	T	A	O	O	K	W	N	W	P	U
A	A	V	G	H	O	S	T	S	L	E	U	C	S
L	P	D	C	R	L	A	S	E	E	C	U	O	P
R	H	P	U	N	L	A	P	A	R	S	N	S	I
L	E	L	L	L	U	O	E	E	L	O	U	T	E
O	K	A	A	E	E	H	R	E	D	I	C	U	S
U	R	W	O	N	S	C	D	U	A	S	U	M	L
L	S	E	O	S	S	I	S	L	E	A	V	E	S
C	C	M	T	H	C	R	S	S	H	G	S	E	S
E	E	P	U	M	P	K	I	N	F	E	H	E	M
L	A	S	O	A	C	L	P	O	A	I	I	H	E
C	S	P	E	A	G	S	M	L	L	S	S	S	A
C	T	D	W	A	G	N	A	D	L	I	R	I	F

ORCHARD
GHOST
PIES
APPLES
CIDER
PUMPKIN
LEAVES
FALL
SNOW
COSTUME



Community Association Information

A question that circles back every year...



“what does my monthly assessment pay for?”



The short answer....LOTS!

Below, you will find a list of items you contribute to every month!

- **Community Center Maintenance, Insurance, Operations**
- Swimming Pool Services & Maintenance
- **Janitorial Services**
- Community Center Staff Payroll
- **Events and Activities (select events and activities are subject to additional costs)**
- Common Area Landscaping
 - Common Area Landscape consists of
 - All parkways, berms, and median islands along Wester Blvd, Richard J. Brown Blvd, IL 72, Cambridge Lakes Blvd and Reinking Road
 - Pocket Parks (HOA maintains 10 out of 19 parks)
 - Cul-de-sacs in single family and duplex neighborhoods
 - Various low-mow fescue zones throughout the community around ponds
- **Waterfall Maintenance & Operations**
- Front Monuments - Landscape
- **Front Monuments - Lighting**
- Front Monuments - Maintenance
- **Community Center - Parking Lot Snow Removal**
- Common Area Fencing
- **Community Center Parking Lot Maintenance (until certain area)**
- Neighborhood Entrance Monument Landscape
 - (except townhome neighborhood monuments)
- **Wetland Maintenance**
- Walking & Bike Path Maintenance
- **Gazebo & Pier**
- Two Foot Bridges Along Path

Community Association Information



Upcoming Board of Director's Meetings:

The upcoming scheduled Board of Director's meetings (Master Association) are below.

Please Note: Meeting dates are subject to change with proper notice and communication.

Wednesday – October 8th, 2025, at 6:00pm

Wednesday – December 10th, 2025, at 6:00pm

All meetings are held in the classroom at the Community Center. We also have the option to attend virtually!

Virtual links and reminders to attend are e-blasted to residents.

In addition to e-blasts, we always post a reminder on the website (www.mycambridgelakes.com), our Facebook page (Cambridge Lakes Community Center) as well as post the homeowner agenda prior to the meeting for residents' review!

From our Board President:



Welcome to Fall and to any new neighbors who joined our community this past summer! Try a workout; there are so many different types, and any level of fitness is welcome. Your suggestions and questions are always encouraged at mycambridgelakes.com and Board Meetings.

Julie Kallenbach

Kids Club Announcements



Kids Club 2025 Closure Dates:

Thursday November 27th

Wednesday December 24th

Thursday December 25th

Wednesday December 31st

Thursday January 1, 2026

Please be advised, Kids Club hours, rules & policies are subject to change with short notice or without notice in the cases of an emergency.

Thank You!
CLCC Staff

Kids Club Hours:

Monday – Thursday: 9am – 12pm



Community Association Property Managers

Street	Neighborhood	NH#	Street	Neighborhood	NH#
Alison Avenue		33	Homewood Road	PARKSIDE	31
Alta Vista Drive	1132, 1126, 1120, 1114, 1108, 1102, 1137, 1131, 1125, 1119, 1113	23	Isle Royal Court	NORTHBAY	11
Alta Vista Drive	THE DUNES/PRARIE 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	19B	Lancaster Drive	NORTH HAMPTON	3
Aurora Drive	SUNSET COVE 2215, 2220, 2225, 2245, 2250, 2275, 23	19	Larkspur Court	STILLWATER	4
Bar Harbour 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
Bayshore Drive	WEST HAMPTON	5	Loon Lake Court	THE SHORES	16
Beachview Road	HIGH POINT	13	Maryland Lane	CHESAPEAKE	27
Bella Lane		33	Middlestone Road	PARKSIDE	
Berkshire Lane	SOUTH HAMPTON	8	Montuak 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	Portsmouth Drive	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/NEWPORT	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		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	PRARIE SPRINGS	22
Dempsey Circle	PARKSIDE	30	Spinnaker Street	THE POINT/PRARIE 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/PRARIE SPRINGS	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

Neighborhood #2

Managed by: Retro Community Management
Property Manager: Melissa Khan
Email: customercare@retrocmweb.com
Phone: 847-874-7300

Neighborhood #3

Managed by: PSI
Property Manager: Tyler Maichel
Email: tmaichel@psimanagement.net
Phone: 847-806-6121

Neighborhoods: TH#11

Managed by: Foster Premier
Property Manager: Janel Santilli
Email: jsantilli@fosterpremier.com
Phone: 847-484-2119 ext: 3323

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 Raaum
Email: lraaum@fosterpremier.com
Phone: 847-484-2123 ext: 3334

Neighborhoods: TH19B, 20, 33

Managed by: Foster Premier
Property Manager: Eugene Polissky
Email: epolissky@fosterpremier.com
Phone: 847-484-2116 ext: 3319

Parks Maintained by Village of Pingree Grove
Pocket Park behind Community Center
Skate Park off Wester Blvd
Pocket Park by Charter School
Heritage Park on Reinking next to the Milk House

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



Hello Cambridge Lakes Community!

We danced and tumbled our way through summer and now heading into Fall! We had such an amazing fun filled summer with new students and new dance opportunities!

Our classes begin at just 2 years old! We offer all styles of dance and Tumbling! Ballet, Jazz, Hip Hop, Contemporary, Poms, Musical Theater, Tap and all levels of Tumbling too! If you missed out Fall registration, don't worry, our Winter and Spring sessions are coming up! If you haven't already, take a second and get registered through our Community Pass to find all registration and information regarding classes. Follow the link below or scan the QR code.
<https://register.communitypass.net/CambridgeLakesCommunityAssociation>

We have had so much fun and learned so much! We can't wait to continue! We are look forward to another incredible season together! Our Inspirations Dance Company and Performance Dance Troupe are already hard at work into their upcoming year! Stay tuned for the dates and times for their performances in and around our community.

We are so lucky and honored to have the best set of Instructor and Choreographers around! We are grateful for all their continued hard work and wealth of knowledge they pour into Inspirations and all their students!

Thank you, Cambridge Lakes Community for your continued support as we are continuing to grow our program and provide such a wonderful opportunity for the community!

Come check us out! You don't want to miss out on your chance to dance! We hope to see you on the dance floor!



Lifestyle Events Sponsors



GINA LEPORE
REALTOR/BROKER | Luxury Property Specialist
630.549.HOME (4663)
Email: gina.lepore@cbrealty.com
Website: <https://theleporegroup.com/>
50 S 1st St Ste 400
St Charles, IL 60174

COLDWELL BANKER REALTY

Owned by a subsidiary of Anywhere Advisors LLC.



RIA BATTISTI

INVESTMENT
PROFESSIONAL

847-533-8826

BATTISTICAPITAL@GMAIL.COM

475 N MARTINGALE RD
SUITE 1250
SCHAUMBURG IL 60173



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Battisti Capital Group is not owned or operated by NYLIFE Securities LLC or its affiliates



Dr. Siri Chanthasalo



Providence
FAMILY DENTAL

Scan & View



We are so thankful to our Lifestyle Event Sponsors. Their love for this community is unmatched. Our partnership and working together is such an amazing experience. Each Sponsor's generosity helps bring more free and lower cost events. This helps make fun filled events easier to attend. Families can create wonderful memories at the best events! Our Homeowner Appreciation Concert would not be possible including all the free parts of that event without these incredible Sponsors! Lifestyle absolutely could not do this without Gina Lepore, Dr. Siri Chanthasalo and Ria Battisti.

Gina Lepore has lived here for 18 years and is such an amazing person, mom and friend. If you need a realtor, look no further, Gina is the best around! Gina is ready to help anyone at a moment's notice!

Dr. Siri Chanthasalo, is such a wonderful and caring woman and takes the best care of those around her. For your next cleaning or dental needs, Providence Family Dental is where to book your next appointment! You can see how much pride and love her family has for her!

Ria Battisti, is simply amazing. Ria makes being a mom, a driven girl boss, networking, family and friendship look easy! Ria is here to help you with every aspect of financial planning and help you have a well-prepared future without uncertainty. Those that know Ria, know what an absolute gem she is!

Thank you for being our 2025-2026 Lifestyle Event Sponsors!

Village of Pingree Grove

Village of Pingree Grove Holiday Events

- Canadian Pacific Kansas City Holiday Train and Heritage Holiday Lane Festivities - stay tuned for info!
- Electric Holiday Parade and Official Tree Lighting Celebration - Saturday, December 6th from 5pm-7pm @ Municipal Center



- Holiday Tree Decorating Contest Supporting SADS Foundation - December 5 - 17. Contact Municipal Center for Sponsor info.

- Holiday Home Decorating Contest - Enter by December 5th, Homes will be judged weekend December 19-20. Winners announced December 22.



Cambridge Lakes Community Center Closures



2025 Community Center Holiday Closures

THURSDAY NOVEMBER 27, 2025..... CLOSED

FRIDAY NOVEMBER 28, 2025..... CLOSED

WEDNESDAY DECEMBER 24, 2025... CLOSED

THURSDAY DECEMBER 25, 2025..... CLOSED

WEDNESDAY DECEMBER 31, 2025..... CLOSED

THURSDAY JANUARY 1, 2026..... CLOSED



Cops Corner

As we transition into the fall and winter months, the Pingree Grove Police Department would like to share a few important safety reminders and community updates to help you and your loved ones stay safe throughout the season.

Halloween Trick-or-Treat Hours

Halloween is right around the corner! Official Trick-or-Treat hours in the Village of Pingree Grove will be from 4:00 PM to 8:00 PM on October 31. To ensure a fun and safe experience for all, we offer the following tips:

For Trick-or-Treaters:

- Wear reflective clothing or carry a flashlight.
- Stay on sidewalks and cross streets at corners or crosswalks.
- Make sure costumes don't obstruct vision or pose tripping hazards.
- Only visit homes with porch lights on and never enter a stranger's home.

For Drivers:

- Slow down and be alert in residential areas.
- Watch for children crossing streets, especially during peak hours.

Our officers will be on patrol during Trick-or-Treat hours to ensure a safe and enjoyable evening for all.

Winter Driving Safety

As temperatures drop and road conditions change, winter driving requires extra caution. Please keep these tips in mind:

Prepare Your Vehicle: Check tires, battery, antifreeze, and windshield wipers.

Drive Slowly: Allow extra time to reach your destination and reduce speed in snowy or icy conditions.

Increase Following Distance: Leave plenty of room between your car and others.

Keep an Emergency Kit: Include blankets, a flashlight, food, water, and a shovel.

Stay informed of weather advisories and road conditions before heading out.

Crime Prevention Tips

Shorter daylight hours during fall and winter can increase opportunities for crime. Here's how you can help keep our community safe:

Lock Up: Always lock doors and windows—even when home. Don't forget your garage.

Package Security: Have packages delivered to secure locations or require a signature.

Leave Lights On: Use timers to turn lights on and off when you're away.

Report Suspicious Activity: If you see something that doesn't seem right, call the Pingree Grove Police Department immediately.

Together, we can continue to make Pingree Grove a safe place to live, work, and play. Follow us on social media or visit www.villageofpingreegrove.org for updates and announcements.

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



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



Pingree Grove and Countryside Fire Protection District

PINGREE GROVE AND COUNTRYSIDE FIRE PROTECTION DISTRICT

OCTOBER 2024-
JANUARY 2025

PUBLISHED: 7/22/2025

OPERATING YOUR FIRE EXTINGUISHER



PULL THE PIN



AIM AT THE BASE



SQUEEZE TRIGGER



SWEEP

FIRE EXTINGUISHERS

In an emergency, it's easy to forget the steps—so just remember PASS:

P – Pull the pin

A – Aim the nozzle at the base of the fire

S – Squeeze the handle

S – Sweep side to side

Only use a fire extinguisher if the fire is small, contained, and you're confident you can escape safely. Always call 911 first, even if the fire seems manageable!

OVERVIEW

PUBLIC EDUCATION

In October, the department took part in Fire Prevention Month activities. Firefighters visited two schools and educated hundreds of students on fire safety. They gave students a tour of a fire engine and shared age-appropriate fire safety tips and skills.

TRAINING

The department engaged in regular hands-on training during fall and winter, including live fire drills, cold-weather operations, EMS response, and hazardous materials operations. We also held joint training with nearby departments.

CALL VOLUME

The department's call volume is increasing. This includes the total number of calls for fire, EMS, or assistance sent to other departments.

October 2024: 205 Calls

November 2024: 174 Calls

December 2024: 187 Calls

January 2025: 226 Calls

Greetings from the Lifestyle Department



One thing I think we all can agree on: SUMMER WAS WAY TOO SHORT! I cannot believe we are already into the Fall Newsletter Edition! Summer was so full of fun! Ruth and I loved bringing you every Flick & Float, all the food trucks, including our Friday Favorite, Office Friends, S'mores on the Lawn, just to name a few! My favorite event this summer was the Homeowner Appreciation Concert; unfortunately, the weather had different plans, and we were rained out. I would like to give a special thank you to Dee Vertucci for always being my right hand when it comes to booking bands, stage and sound. I could not pull this off without you! Ruth, you are the best. Thank you for your hard work and effort on the concert.

As we fall into October, November, and December, we have so many upcoming events! October is Breast Cancer Month, and as so many of you know, this month is my story of survival. October is near and dear to my heart, and some of the events to enjoy will show support around a disease that affects so many in our community. November and December are full of all the festive fun!

Let's chat about Group Fitness! Not only is all classes free for residents, but we also have the best classes taught by the best instructors! Class times and variety to fit your schedule! I am always open to suggestions and new group fitness talent. Stop by or send me an email (listed on the back page). We cannot wait for you to try group fitness classes and find your groove and your fitness crew!

Let's chat about Group Fitness! Not only is all classes free for residents, but we also have the best classes taught by the best instructors! Class times and variety to fit your schedule! I am always open to suggestions and new group fitness talent. Stop by or send me an email (listed on the back page). We cannot wait for you to try group fitness classes and find your groove and your fitness crew!

This school year, I have a Sophomore and a Senior! A special thank you to all the Hampshire High School Staff for making each year and each sport the best! I wish every teacher and every student a wonderful and safe year!

Stop by anytime to chat, visit, say hi, or grab a lollipop! My door is always open! I look forward to seeing you soon at upcoming events!

Michelle Lee Arvanitakis

Lifestyle & Group Fitness Director

The Fall event lineup we have planned for this amazing community brings back some familiar events and new ones for you to enjoy! I wanted to thank Natalie, Hanna, and all the staff for assisting with the Homeowner Appreciation Concert. It was a tad short, but we had a blast with the few hours of fun we had. Please don't hesitate to contact me with online registration help; no issue is too small. I hope the Cambridge Lakes community has a safe Halloween and a successful school year for the community's students, teachers, and staff members!

Ruth Nava

Administrative Assistant

GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

SUNDAY	08:45 AM 09:30 AM	TABATA WERQ	AMY AMY
MONDAY	09:00 AM 04:30 PM 05:30 PM 07:00 PM	STRENGTH (UPPER BODY) ZUMBA STRONG NATION BARRE	JESS T JENNIFER ADRIANA JESS T
TUESDAY	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	UPLIFT & UNWIND BODY BALANCE & STRENGTH YOGA/STRETCH STRONG NATION ZUMBA	KARA ANETA ANETA ADRIANA EDITH
WEDNESDAY	09:00 AM 07:00 PM 08:00 PM	STRENGTH (LOWER BODY) TABATA WERQ	JESS T AMY AMY
THURSDAY	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	PEACHES & STEAM CONDITIONING BODY BALANCE & STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	MELISSA ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:00 AM	BODY BALANCE & STRENGTH YOGA	ANETA ANETA
SATURDAY	07:30 AM 08:45 AM	CIRCUIT SATURDAYS! ** SHIMMYFIT	JESS T JENNIFER

ALL FITNESS CLASSES HOURS, DAYS AND LOCATION OF CLASS MAY SUBJECT TO CHANGE WITH LITTLE TO NO NOTICE.

** - CIRCUIT SATURDAYS RUNS ON A POP UP BASIS AND MAY NOT OCCUR EVERY SATURDAY.

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

Group Fitness Descriptions

Anything Goes!

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

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!

Body Balance & Strength

Improve muscle tone, flexibility, and strength! Work on stability and toward a longer, leaner look! You'll improve not only your core strength, but also your mental health and wellbeing!

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!

Circuit Saturdays!

A cardio and strength based class where participants move through a series of different exercise stations, performing each exercise for a set time before moving on to the next station. Group breaks will occur after each full circuit or you may take breaks as needed.

Challenge your body and build strength and endurance with moves such as lunges, step ups, bicep curls, sit ups, slam balls and more. Bring some water and kick start your weekend!

** Classes will run most Saturdays on a pop-up basis. Check the community center Facebook page or follow "Fitness with Jess T" on Facebook for updates.*

Peaches & Steam Conditioning

Get ready to turn up the heat and fire up those peach muscles! Peaches & Steam Conditioning is a total-body blast designed to sculpt, sweat, and strengthen—especially that juicy glute zone. This class blends heart-pumping cardio with powerful strength moves, delivering a spicy conditioning session that's as fun as it is fierce. Whether you're a fresh-picked beginner or a seasoned fitness peach, all levels are welcome. This isn't just a workout—it's a vibe. Together, we lift, lunge, and laugh our way through booty-boosting circuits and full-body conditioning drills that will leave you glowing and growing.

More than a workout, Peaches & Steam is a community—where unity, support, and self-confidence blossom. Bring your energy, bring your friends, and let's build some serious peach power.

Come for the sweat, stay for the squad.

Group Fitness Descriptions

SHIMMYFIT

Unlock your inner dance with Shimmy Fit! Shimmy Fit is a fun all level cardio fitness class. Join us as we shimmy our way into a healthy new us. If you are looking for a great low impact cardio program that will get your heart rate up and is easy on your joints, then Shimmy Fit is for you. In this class we will cover safe dance posture and basic belly dance movements that will help strengthen every part of our bodies! No previous dance experience is required. This class will not only allow you to work your body and help you in reaching your fitness goals, but it will also help boost your confidence and self-esteem.

Strength

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

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!

TABATA

This is a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

Uplift & 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 Body Balance & Strength will contain of mindful relaxing your body after workout through stretching calm breathing and toning your muscles.

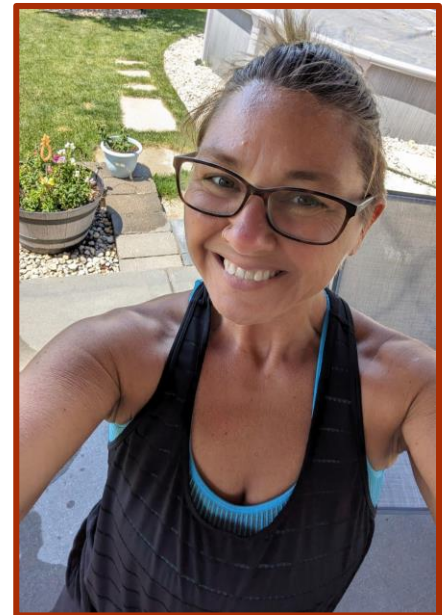
Zumba®

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.

Group Fitness Instructor Highlight

Meet our newest Instructor... Melissa!

Peaches & Steam Conditioning Thursdays – 9:00 AM



Melissa is proof that it's never too late (or too crazy) to chase a wild new dream—like launching a fitness class the same week she turns 45! A former 310-pound yo-yo dieter turned strong AF movement junkie, Melissa knows firsthand that both losing weight and staying the same are hard—but choosing your hard can change your life. She's dropped over half her body weight, picked up dumbbells (and confidence), and wants you to feel like the strongest peach in the patch. When she's not leading you through booty-burning circuits, you'll find her delivering babies, coordinating a husband and three kids (including a daughter with executive-level sass), or hosting community events in Pingree Grove—where she thrives as a proud volunteer and queen of getting stuff done. Melissa believes in sweat, sass, sisterhood, and the power of showing up for yourself—and for each other. Expect loud music, belly laughs, and a judgment-free zone where weirdness is welcome and community is everything. Also: don't be surprised if she pulls a tarot card to set the class intention!

Basketball

Saturday, September 6th - October 11th

Elementary School – 9 AM - 10 AM

Middle School – 10 AM – 11 AM

Elevate your game with elite instruction focused on core fundamentals: ball handling, shooting, passing, defense, and court awareness. Designed to build confidence, athleticism, and teamwork in a fast-paced, high-energy environment. **All skill levels welcome!**



Intro to Flag Football

Saturdays, November 1st - November 22nd

5-7 years – 9 AM – 10 AM

8-10 years – 10 AM – 11 AM

11-13 years – 11 AM – 12 PM

Perfect for beginners, this fun and fast-paced camp introduces young athletes to the fundamentals of flag football, including passing, catching, route running, and teamwork. Through skill-building drills, games, and friendly scrimmages, participants will learn the rules of the game in a supportive, non-contact environment. This camp helps build confidence, coordination, and a love for the sport—no prior experience needed!



Speed & Agility/Conditioning

Saturdays, January 10th - February 7th

5-7 years – 9 AM – 10 AM

8-10 years – 10 AM – 11 AM

11-13 years – 11 AM – 12 PM

Designed to boost quickness, coordination, and overall athletic performance, this camp focuses on fun, high-energy drills that improve speed, agility, and endurance. Kids will build a strong foundation through ladder work, cone drills, sprint techniques, and reaction exercises—all in a supportive, team-oriented environment. Great for young athletes of all sports and skill levels!



Please Note: All events dates may subject to change with short notice

Story Time

Thursday, October 2nd, Thursday, October 23rd, Thursday, December 11th

10:30 am – 11:30 am & 5 pm – 6 pm

Ages 6 months – 6 years

Bring your little ones for some stories and coloring fun!

No registration required!



Sensory Bins

Thursday, October 9th, Thursday, October 30th, Thursday, November 20th

10:30 am – 11:30 am & 5 pm – 6 pm

Ages 6 months – 6 years

Sensory play helps develop fine motor skills and encourages creativity. Bring your little ones for all the sensory exploration!

No registration required!



Little Gym

Every Tuesday

10 am – 3 pm

Ages 6 months – 6 years

Basketball, soccer, ride on toys, scooters, connect 4, mats, blocks and more!

No registration required!



Please Note: All events dates may subject to change with short notice

Story Time

Thursday, October 2nd, Thursday, October 23rd, Thursday, December 11th

10:30 am – 11:30 am & 5 pm – 6 pm

Ages 6 months – 6 years

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Thursday, October 9th, Thursday, October 30th, Thursday, November 20th

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Ages 6 months – 6 years

Sensory play helps develop fine motor skills and encourages creativity. Bring your little ones for all the sensory exploration!

No registration required!



Little Gym

Every Tuesday, October 7th – December 9th

10 am – 3 pm

Ages 6 months – 6 years

Basketball, soccer, ride on toys, scooters, connect 4, mats, blocks and more!

No registration required!



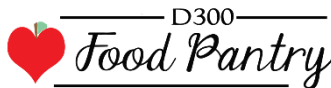
Please Note: All events dates may subject to change with short notice

D300 Food Pantry

October 1st – October 31st

You will find a donation bin near the front desk, same as last year!

We will once again hold a food drive for the D300 Food Pantry! Stay tuned for their list of needs for the month of October!



Socktober

October 1st – October 31st



New warm socks mean so much to those in need and is such a wonderful way to help others. Each year that Lifestyle drops the donation, Pads is always so thankful!

You will find a bin for new sock donations near the front desk, same as last year too!

This drive for Pads in Elgin is back once again for the month of October!



We Wear Pink in October!

October is Breast Cancer Awareness Month, and the color is everything Pink! Unfortunately, most of us either know someone who has won or lost a battle with Breast Cancer. The best way to support those of us is by going Pink for 31 days! Shoelaces, shirts, tanks, pink hair, a pink ribbon, or any other variations! We are such a strong community that always comes together so wonderfully. We cannot wait to see all the pink!

Go Pink Ceramic Night with Color Me Mine!

Saturday, October 11th

6 pm – 8 pm



Ceramic options will include a few pink options (in support of Breast Cancer Awareness Month) and a few Fall options. Ceramics with To Go Kits will be at the Community Center for this event. Once the ceramics are dry, Lifestyle will drop them off at Color Me Mine in Geneva to be kilned. The completed ceramics will be brought back to the Community Center for you to pick up and take home. Ceramics will include the piece that you select plus the to go kit price. Stay tuned for ceramic options!

Candy Apple Making

Wednesday, October 15th

5 pm – 6 pm



Back by popular demand, Candy Apple Making is here! All the delicious apples, delicious caramel and all the sprinkle goodies to decorate your apple! We will have wrap to make your apple with you super easy to take with you!

Only 16 spots available

Residents \$10, Guests \$15

Register online by Friday, October 10th

Please Note: All events dates may subject to change with short notice

Pink Rock Painting

Thursday, October 16th

10:30 am – 11:30 am & 5 pm – 6 pm



One more way, we can go Pink for October! Paint a rock, anyway you like with all the pink paint! You will take your rock with you to display however you feel, indoors, on your front porch or wherever you love!

Only 16 spots available for each scheduled time.

Residents free, Guests \$5

Register online by Friday, October 10th

Fall Vendor Fair

Saturday, October 18th

10 am – 3 pm



We have the best Fall Vendor Fair around! You can get a jump on your holiday shopping and support small businesses! Each person that attends the fair gets a raffle ticket to drop in on our raffle table! You do not need to be present to win, we will contact winners starting on that following Monday! Attendance is free!

Glow Slime Lab

Wednesday, October 29th

5 pm – 6pm



Get your slime making skills ready! There will be glow in the dark glue, contact lens solution, baking soda, and your own bowl to mix it all together!

Spaces limited to 16

Residents \$5, Guests \$10

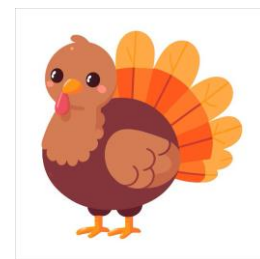
Register online by Friday, October 17th

Turkey Raffle

Monday, October 27th – Friday, November 14th

Community Center Hours

One turkey will be raffled, all submissions must be made in person at the community center. And must be 18+. More details to come!



Moon Dough Fun

Thursday, November 6th

10:30 am – 11:30 am & 5 pm – 6 pm



Two ingredients and hours of fun! Moon Dough is great for hours of creativity and has such a perfect texture for sensory input. The recipe is nontoxic, but not for tasting due to one ingredient being conditioner!

Only 16 spots available for each scheduled time.

Residents are free, Guests \$5

Register online by Monday, October 27th

Fall Paint & Sip

Friday, November 7th

6 pm – 9 pm



What better way to spend your Friday evening than with friends, painting and drinking beverages! All ages are welcome to join, 21 + BYOB!

Paint option to be determined!

Residents \$40, Guests \$45

Register online by Monday, November 3rd

Cozy Jammy Jamboree

Friday, November 14th

5 pm – 6 pm



This is one of our favorite events!! Dress in your favorite jammies, and enjoy stories, coloring, cookies and hot cocoa!

Spaces limited to 40

Residents are free, Guests \$5

Register online by Friday, November 7th

Paint a Puzzle Piece

Wednesday, November 19th

10:30 am – 11:30 am & 5 pm – 6 pm



Saturday, November 22nd is National Adoption Day! When you adopt, a missing piece to your puzzle is complete and it's such an amazing feeling! To celebrate, we have wooden puzzle pieces that you can paint to make your own!

Only 16 spots available for each scheduled time.

Residents are free, Guests \$5

Register online by Monday, November 10th

Holiday Ham Raffle

Monday November 24th – Friday Dec 12th

Community Center Hours



One ham will be raffled, all submissions must be made in person at the community center. And must be 18+. More details to come!

Please Note: All events dates may subject to change with short notice

Ornament Making

Wednesday, December 3rd

10:30 am – 11:30 am & 5 pm – 6 pm

Fillable ornaments, fun-colored puffs, wintery confetti and more to create your favorite tree decorations! All supplies provided and you can make a couple ornaments!

Only 16 spots available for each scheduled time.

Residents \$7, Guests \$12

Register online by Monday, November 24th



Bake for the Holidays

Sunday, December 7th

9 am – 12 pm

You have loved our Summer Bake Show! Join us once again for our first Bake for the Holidays show! You will be able to find your favorite bakers and pick up delicious goodies for all of your holiday gatherings!

Admission is free!



Gingerbread House Make & Take

Friday, December 12th

5 pm – 6 pm

Premade kits and all the sweet holiday fun! Bring your crew and create your best gumdrop home with your friends and family!

Spaces limited to 12

Residents \$10, Guests \$15

Register online by Monday, December 1st



Milk & Cookies

Saturday, December 13th

12 pm – 3 pm

Ho! Ho! Ho! Santa's coming to Pingree Grove! Our annual Milk & Cookies is here once again for this festive season. A holiday themed craft, candy canes, cookies with milk, and even a picture with Santa! A fun event for the whole family to enjoy!

Limit to 250 people total.

Resident: \$5. Guest: \$10.

Register Online by Monday, December 1st.

Late Registration begins: Tuesday, December 2nd– Wednesday, December 10th.

Late Price Resident: \$7. Late Price Guest: \$12.

Last Day to Register: Wednesday, December 10th.

Ages 2 & younger are free.



Arctic Fox Craft**Wednesday, January 14th****10:30 am – 11:30 am & 5 pm – 6 pm**

The best way to beat the cold temps outside is to stay warm here at the Community Center with this cute little craft! Paper Plates, cotton balls and fun eyes will help make your arctic fox come to life!

Only 15 spots available for each scheduled time.**Residents are free, Guests \$5**Register online by Monday, January 12th**Free Family Movie Night****Friday, January 16th****6 pm – 8:30 pm**

We have brought it back a second year! Beat the winter cold and blues with a free family movie night! Come in your jammies, and enjoy fresh popcorn, movie snacks and a fun filled family movie on our big screen!

Residents are free, Guests \$5

Register online by Monday, January 12th

Spaces are limited to 40.

Winter Hat Craft**Thursday, January 22nd****10:30 am – 11:30 am & 5 pm – 6 pm**

Cotton balls, crayons and glue make this adorable craft one that will keep you warm and toasty! We cannot wait to see the winter hats that you create!

Residents are free, Guests \$5

Register online by Monday, January 19th

Spaces are limited to 14 for the am and 14 for the pm

National Lego Day**Wednesday, January 28th****10:30 am – 11:30 am & 5 pm – 6 pm**

Learn a few facts on the history of this day and enjoy playing and building with Legos! There will be Duplo Legos for the little ones and regular Legos for the bigger kids! (Legos are not to take with you)

Residents are free, Guests \$5

Register online by Monday, January 12th

Spaces limited to 10 for the am and 10 for the pm

Please Note: All events dates may subject to change with short notice

Online Registration

Fun Fact! Online Registration for Events, Activities, and Programs opened August 8th last year!

Scan Me!

For our full online guide!



July 19th is the one-year anniversary of the Cambridge Lakes Community Association introduction to our Online Registration website to the community!

Technology may be a bit finnickier from time to time, so scanning this QR code will bring you to a full guide to help you navigate our Online Registration website, Capturepoint!

From registering for an event to adding your family members to your account, we hope this guide assists you in navigating our website. We know confusion can happen...

you can always contact our Front Desk for further assistance!

We refrain from registering at the Community Center in person as registering online is easier and quicker! We know issues arise so always be sure to contact us for help!

All flyers will always include either the QR code, a link to our registration website, or both! We want to make registering online as easy as possible!

The QR code above is a PDF guide that shows you step by step of the most common scenarios such as register for a class, event, program, or activity, to adding your household into your registered account.

We know issues always arise online, so contacting our Front Desk is the best way to fix any issues you may have.

Tip! - If you're reading this Newsletter online, you can click this link below and be sent right to our Online Registration Website!

Scan Me!

For our Online Registration website!



Lifestyle Events Photos



Homeowner Appreciation Concert Photos

All photos taken by Dennis Houghton



Interested in advertising in our Newsletter?

Local businesses can benefit greatly by purchasing an advertisement spot in the Cambridge Lakes Community Association's quarterly Newsletter. Our newsletters are accessible online on mycambridgelakes.com or through US Mail delivery. We have physical copies of limited past editions as well as on our website. Please note that US Mail delivery editions have a black and white interior appearance, while online has full color. Our Rate Sheet and Contract document are available on our website as well as physical copies at the community center. Payment can be made in person at the community center with a check or with card payment. We do not accept cash. Any questions can be directed to Michelle Arvanitakis, Lifestyle & Group Fitness Director at Michelle.Arvanitakis@mycambridgelakes.com. Thank you for considering us to be a part of our advertisement for our community!

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FOR MORE INFORMATION:

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Cambridge Lakes Community Association

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Cambridge Lakes Community Center General Inquiries

Natalie Suarez

Community Association Manager (Master Association)
847-464-1515
natalie.suarez@mycambridgelakes.com

Hanna Blank

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

Michelle Arvanitakis

Lifestyle & Group Fitness Director
847-464-1515
michelle.arvanitakis@mycambridgelakes.com

Ruth Nava

Administrative Assistant
ruth.nava@mycambridgelakes.com

Gwen Loyd

Inspirations Dance & Tumbling Director
gwen.loyd@mycambridgelakes.com

