

# 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

Greetings Cambridge Lakes and welcome to the latest edition of our quarterly newsletter! As the hot summer days turn into cool autumn nights, we are excited to "Fall" into the next season with you! Whether you are enjoying a brisk morning walk on the 5.2 miles of walking/bike trails or watching the sunset over one of the 12 lakes, the beauty of the community will not disappoint! I am so excited to share that our new online registration system is now open!

If you have not done so yet you can simply scan the QR code below to register! Sign up for Inspirations Dance, Group Fitness & Lifestyle Activities / Events (from the comfort of your couch) HUGE THANK YOU to our Executive Assistant Hanna Blank for working so hard to get us up and running! Don't forget to check out our website for upcoming events, important updates and association documents.

[www.mycambridgelakes.com](http://www.mycambridgelakes.com)

For any Questions or issues regarding your HOA I can be reached at 847-464-1515 or [natalie.suarez@mycambridgelakes.com](mailto:natalie.suarez@mycambridgelakes.com).

Be Well Everyone, Go Bears!

Natalie Suarez  
Licensed Community Association Manager  
Cambridge Lakes Community Association

**SCAN ME**







Hello Cambridge Lakes Community!

We are moving into our Fall and Winter seasons quickly! There is so much for us to continue to celebrate and look forward to! For those that are new to the community, welcome! We hope you join us for a class or 2! We offer all styles and levels of Dance and Tumbling, including Ballet, Jazz, Tap, Contemporary, Hip-Hop, Poms, and Tumbling! Classes begin at just 2 years old!

Our summer was incredible, and very busy! We have made the best of memories together! From our 10 Years of Inspirations Spring Recital, Independence Day Celebration Parade, Summer classes and Back to School Clinics are just a few of the exciting moments we have shared.

We are grateful for all the love and support from this growing community, as we are into our 11th season! We are proud to begin this year with our Troupe and Dance Company members preparing for the upcoming performances and opportunities! These Dancers are putting all their hard work, determination and focus into their year round training and continue to impress us!!

We hope you come check our classes out! Stay tuned as our schedules will be posted for upcoming sessions!

Register online! <https://register.communitypass.net/CambridgeLakesCommunityAssociation>

Join us! We hope to see you on the dance floor!



## Lifestyle Events Sponsorship Opportunities

Lifestyle's entire purpose is to bring events to our community. Without our sponsors, as many free and lower cost events would not be possible. Our Homeowner Appreciation Concert this past August would not have had so many free and enjoyable activities if it was not for these four incredible sponsors.

Each of these 2024 sponsors play an integral role in making Lifestyle magic happen. Each business is local, and they deserve so much recognition. Check out the photo of the banner I had made and displayed on the stage at our Homeowner Appreciation Concert, you can see it in the Lifestyle Events Photo page!

I encourage each one of you to say give these businesses not only your love, but also reach out to them for any of your needs that they provide.

We have Anchor Spa and Pool for your outdoor oasis needs, we have Hanna Bierman for all your realtor needs, we have LifeStone Mortgage for all your refinance and purchasing needs, and we have Stacy Keiffer for all your insurance and savings plan needs.

I would love to have each of these sponsors stay as Lifestyle Sponsors for 2025! Starting in December, I will begin to post about Lifestyle Event Sponsors for 2025. These four sponsors will have priority to be a sponsor again. I will only be able to have one sponsor from a business for a year. For example, if Stacy Kieffer with New York Life decided to sponsor once again, then I would not have a different insurance company be able to sponsor in the same year.

Thank you once again to all four of you for your generosity, our partnership and your pure love for this community! You make everything possible!

To sponsor for 2025, please send me an email at: [michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)



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If your business is interested in becoming a sponsor, please reach out to Michelle at [michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)

Thank you,  
Michelle Arvanitakis, Lifestyle &  
Group Fitness Director



## Greetings from the Lifestyle Department



Whew, summer sure did fly by so fast and here we are with back-to-school time! We had so many fun summer events and we loved having you here. We had the best time offering Flick & Floats, Aqua Zumba, free S'mores, Tie Dye, and our awesome Homeowner Appreciation Concert to all of you! It was so wonderful seeing you enjoying events, the pool and loving all the delicious food trucks we had outside our community center!

As we jump into the cooler weather of fall, I, your Lifestyle and Group Fitness Director have a confession to make. Are you ready?

FALL IS MY FAVORITE TIME OF YEAR! I love ALL things Fall ☺

We are going to have the best fall yet here at the Community Center! Events and Group Fitness are now all online registration! Events have never been easier to sign up for, no more having to come in to register and pay for events! You can click on any event right from the comfort of your home! I want to give a HUGE thank you to Ruth, without her Lifestyle Events and Activities would not exist for online registration. Ruth has worked tirelessly to make everything accessible for you. Not to mention, she has to put up with me and all my changes and requests. Ruth, you are simply the best!

I cannot wait to see you at the Fall Craft & Vendor Fair, Candy Apple Making, Glow Slime Lab, Horror Movie and Costume Trivia, Hot Cider and Hocus Pocus Movie Night, and so much more! Be sure to check out all the upcoming events in our Events Section October – January 2025 in this newsletter!

Group Fitness! We have the best classes around taught by the most incredible instructors! Every Group Fitness Class is FREE for residents. Although all our classes have been walk-in based, please take a moment to notice that our classes are now also included in online registration. Please take a moment to navigate around the online system and become comfortable registering for your classes in advance. Walk-ins for now are still welcome, it is so helpful for each instructor to have an idea of how many are attending! Registering for classes in advance helps with trying new classes, that you may have been hesitant to try and helps to keep you motivated and stay committed to your health and wellness! **Moving into the New Year, beginning January 1st, walk-ins for classes will not be accepted, and registering for classes will be required.**

If you need any assistance with registration, instructors can help you if you are not registered after the class. Both Ruth and I can also help, as well as the front desk at any time! Thank you in advance for your willingness to utilize this registration feature!

I am thrilled to continue to create, plan, and bring events to our amazing community. I cannot wait to see you all soon! I am always open to suggestions on event ideas too! As for volunteering, I am always looking for help with events, and for new additions to my Social Events Committee! If you have a Beta Club or NHS kid, send them my way, I am always happy to have them help and award them hours throughout the school year! Please reach out at [michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)

I am always happy to collaborate with local businesses and have local food trucks represented at our events. Our Food Truck Schedule runs Spring – Fall. We are planning to participate in drives with local animal shelters and D300 Food Pantry. As for Lifestyle Event Sponsors, you can read more about our amazing sponsors on the previous page including more details on sponsorship. I do begin that process for 2025 in December, if you are interested in becoming a Lifestyle Event Sponsor. Our current sponsors are always welcome back and have priority. I do limit sponsors to one type of business per year.

With schools back in full swing, I wish every teacher, administrator, and student a safe and wonderful school year!

Thank you for all you do for our kids!  
Please let me know if you have any questions or concerns about events, my door is always open!

See you soon,  
**Michelle Arvanitakis** – Lifestyle  
& Group Fitness Director

**Ruth Nava** – Administrative Assistant



## 2024 Call & Notice Meeting Dates

Please be advised the following Board of Director meetings for Cambridge Lakes Community Association have been scheduled as follows on the second Wednesday of every other month at 6:00pm:

**The meetings will take place at  
the Cambridge Lakes Community Center**

Day	Date	Meeting Type	Time
Wednesday	May 1	Board Meeting	6:00pm
Wednesday	June 12	Board Meeting	6:00pm
Wednesday	August 14	Board Meeting	6:00pm
Wednesday	October 9	Board Meeting	6:00pm
Wednesday	December 11	Board Meeting	6:00pm

All owners are cordially invited and encouraged to attend. Dates are subject to change with proper notice.

Sincerely,  
Cambridge Lakes Community Association

1125 WESTER BOULEVARD, PINGREE GROVE, IL 60140  
PHONE: (847) 464-1515 \* FAX: (847) 464-1512 \* [WWW.MYCAMBRIDGELAKES.COM](http://WWW.MYCAMBRIDGELAKES.COM)





## **COPS CORNER**

Fall is approaching and safety is our main concern with regards to our residents and this community. As the weather starts to get cooler, more and more people will be out enjoying the autumn air.

Please be mindful of pedestrians and bicycle traffic when driving.

Please remember to keep your pets on a leash when off your own property.

Parking over the sidewalk is still a violation during the day and evening hours, but remember that vehicles are allowed to park over the sidewalk between 9:00 pm – 6:00 am due to the change in village ordinance.

School is now in session and the buses will be out throughout the day. Remember that passing a stopped school bus while the STOP arm is out with the red lights are activated is a traffic violation and is a mandatory court appearance. Please watch for children crossing the road when these buses are out.

Halloween hours this year will be from 4:00 pm to 8:00 pm. Here are a few tips to have a safe

### **Halloween this year:**

1. Wear a bright colored or reflective costume
2. Choose a costume without a mask
3. Always stop, look, and listen both ways before crossing street corners
4. Always walk and never run
5. Trick or Treat in familiar areas
6. Trick or Treat in the company of an adult, family friend, or guardian
7. Instruct children not to eat any candy until a parent or guardian can inspect it
8. Only trick or treat at houses with their porch lights turned on

The police department has a plethora of resources on the Village of Pingree Grove website <https://www.villageofpingreegrove.org/155/Police-Department> 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.

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



## **Pingree Grove and Countryside Fire Protection District**

As the seasons change and we transition from the warmth of summer to the chill of autumn and winter, it's crucial to stay vigilant about fire safety in our homes and community. Here are some essential fire safety tips to keep you and your loved ones safe during these months.

### **October: Fire Prevention Month**

#### **Smoke Alarms and Escape Plans**

**Check Your Smoke Alarms:** Insure that your smoke alarms are functioning properly. Replace batteries and test them monthly. A working smoke alarm can save lives by providing an early warning of a fire.

**Plan and Practice Your Escape:** Develop a fire escape plan for your home. Identify two ways out of every room and establish a meeting place outside. Practice your escape plan regularly with your family.

#### **Halloween Safety**

**Costume Precautions:** Choose flame-resistant costumes and avoid long, trailing fabrics that can easily catch fire. Keep decorations like dried flowers, cornstalks, and crepe paper away from open flames and heat sources.

**Safe Decorations:** Use battery-operated candles or glow sticks instead of real candles in jack-o'-lanterns. If you do use real candles, place them well away from anything that can burn and out of the reach of pets and small children.

### **November: Preparing for Winter**

#### **Heating Safety**

**Inspect Heating Equipment:** Have your heating system, chimneys, and vents inspected and cleaned by a qualified professional before using them. Ensure space heaters are placed on a flat, stable surface and keep them at least three feet away from anything that can burn.

#### **Cooking Safety**

**Thanksgiving Awareness:** Thanksgiving is a peak day for home cooking fires. Stay in the kitchen while cooking, especially when frying, grilling, or broiling food. Keep flammable items away from the stove and never leave cooking unattended.

### **December: Holiday Safety**

#### **Christmas Tree Safety**

**Live Trees:** Choose a fresh tree with green needles that do not fall off when touched. Water your tree daily to keep it from drying out and becoming a fire hazard. Place the tree away from heat sources and exits.

**Artificial Trees:** Ensure the tree is labeled as fire-resistant. Avoid using lights with frayed cords and always turn off Christmas tree lights before leaving home or going to bed.





### **Holiday Decorations**

**Safe Lighting:** Use lights that have been tested for safety by a recognized testing laboratory. Avoid overloading electrical outlets and connect no more than three strands of mini light sets or the number recommended by the manufacturer.

**Candle Caution:** Place candles in stable holders and keep them away from flammable materials. Consider using flameless candles.

### **January: Winter Storm Preparedness**

#### **Generator Safety**

**Proper Use:** If you use a generator during power outages, ensure it is placed outside and at least 20 feet away from windows, doors, and vents. Never use a generator inside your home, garage, or basement as it produces deadly carbon monoxide gas.

#### **Fireplace and Chimney**

**Maintenance:** Have your chimney inspected and cleaned annually. Use a fireplace screen to keep embers from escaping. Never burn paper or other debris in your fireplace, and always ensure the fire is out before leaving the house or going to bed.

By following these seasonal fire safety tips, we can help ensure a safe and joyful autumn and winter for everyone in our community. Remember, fire safety is a shared responsibility. Stay informed, stay prepared, and stay safe.

Warm regards,  
Captain Scott Fehrman

### **Stay Safe, Stay Prepared**

We hope these safety tips help you and your family stay safe and prepared in the coming months. Remember, your Fire Department is here for you 24/7, ready to respond to any emergency. If you have any questions or need assistance, don't hesitate to reach out.

You can reach us at <http://pgfpd.com> and for non-emergency calls use (847) 741-3151 ... Call 911 for emergencies.

Captain Scott Fehrman  
Pingree Grove and Countryside Fire Protection District



## Lifestyle Event Photos

(All concert photos taken by Dennis Houghton)





# 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](mailto:ldelre@nkeccorp.org)

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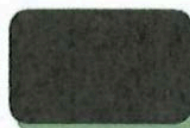
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## Group Fitness Class Descriptions

### 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!

### 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 warm up 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!

### Kicking to Fitness

Total body conditioning combined with fat burning exercises is what you will find in this cardio kickboxing class! Punching and kicking exercises will not only get your heart rate up, but will also improve your balance, endurance and coordination all while having fun. Each class will cover basic techniques, so you can start anytime! This class is for every level, beginner to advanced and for any age. Kicking to Fitness is at your own pace, your only competition is yourself!

### 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!

### 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.

Updated 08-19-24.

## Group Fitness Class Descriptions

### 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 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

This class caters to those that want an introduction to yoga! No past yoga is necessary for this class is needed! We adjust to those that are 1<sup>st</sup> level beginners, or even 0-level beginners! 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. You don't even need to bring a yoga mat!

### 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® / Aqua 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.

Aqua Zumba - Takes place in the pool over the summer as weather permits and will move indoors when the weather does not!

Updated 08-19-24.



# GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

<b>SUNDAY</b>	08:45 AM 09:30 AM	TABATA WERQ	AMY AMY
<b>MONDAY</b>	08:40 AM 09:20 AM 05:30 PM 07:00 PM 08:00 PM	STRENGTH (LOWER BODY) ALL ABS STRONG NATION BARRE HIIT2FIT	JESS A JESS A ADRIANA JESS T JOE
<b>TUESDAY</b>	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	UPLIFT & UNWIND BODY BALANCE & STRENGTH YOGA/STRETCH KICKING TO FITNESS STRONG NATION	KARA ANETA ANETA JOE ADRIANA
<b>WEDNESDAY</b>	08:40 AM 09:20 AM 07:00 PM 08:00 PM	STRENGTH (UPPER BODY) ALL ABS TABATA WERQ	JESS A JESS A AMY AMY
<b>THURSDAY</b>	09:00 AM 05:00 PM 06:00 PM 07:05 PM 08:00 PM	CARDIO SCULPT BODY BALANCE & STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	JESS T ANETA ANETA CHRISTINE EDITH
<b>FRIDAY</b>	08:00 AM 09:00 AM 07:15 PM 07:45 PM	BODY BALANCE & STRENGTH YOGA STRONG NATION ZUMBA TONING	ANETA ANETA ADRIANA EDITH
<b>SATURDAY</b>		NO CLASSES PRESENT	



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## Hi Neighbors!



Hi Neighbors, We recently appointed 2 new board members to fill vacant seats. It was exciting to have 11 interested, qualified candidates to interview. We have quite a talented community. Please welcome Eugene Singleton and Pax Alvarez to your HOA Board of Directors.

Our conversations with these candidates let us know we could increase our communication, and we hope to start a communications committee. In the meantime, we wanted to explain why we don't reply on the various community Facebook pages about HOA issues. If one of us gives an explanation or opinion, it can lawfully be construed as a full board policy or procedure.

When issues arise, please send a message through our website, [mycambridgelakes.com](http://mycambridgelakes.com) or call the office at 847-464-1515. We also welcome any ideas you have to help keep our Cambridge Lakes Community vibrant for all!

Julie Kallenbach HOA  
Board President

### Autumn Squash Soup



#### Ingredients

- 2-1/2 cups cubed peeled butternut squash
- 1 large, sweet potato, peeled and cubed
- 3 medium carrots, sliced
- 1/4 cup thawed orange juice concentrate
- 3 cups fat-free milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons reduced-fat sour cream
- 2 tablespoons minced chives
- 1 tablespoon sesame seeds, toasted

#### Directions

1. Place the squash, sweet potato and carrots in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 12-16 minutes or until tender. Cool slightly. Transfer to a food processor; add juice concentrate. Cover and process until smooth.
2. Transfer to a large saucepan; stir in the milk, salt and pepper. Cook and stir over low heat until heated through (do not boil). Top each serving with 1-1/2 teaspoons sour cream, 1 teaspoon chives and 1/2 teaspoon sesame seeds.

### Fall leaves Cupcakes



#### Ingredients

- 1 can (16 ounces) caramel frosting or frosting of your choice
- Cupcakes of your choice
- Spiced gumdrops

#### Directions

1. Frost cupcakes. Roll out gumdrops to 1/8-in. thickness; cut out with 1-in. to 1-1/2-in. leaf-shaped cookie cutters. Pile leaves on cupcakes as desired.



September 29th - November 3rd  
6 week Session - 45 minute Classes



Taught by Ira!

# Social Salsa Class

*Intro to Social Salsa - Dancing 2 Music*

In this 6-week (45 min) class we will learn the basic structure of salsa music and start with how to dance a basic step. Then we will progress to partner work where we will learn how to follow and lead while dancing salsa. Finally by the end of the session we will have learned some basic shines and turn patterns so that you can show off your salsa moves and impress at the club or at a family party! Come dance with me!

Keep an eye out for upcoming dates for online registration spaces are limited! Free for Residents!



## Policies & Guidelines for Kid's Club

- ❖ Kid's Club is available to all residents and their guests who complete the Waiver of Liability.
- ❖ Children 6 months to 12 years old are allowed to attend. Infants must be brought in with a carrier they can be placed in during Kid's Club Hours.
- ❖ The Cambridge Lakes Community Center reserves the right to remove children who are perceived to pose a danger to themselves or others.
- ❖ Check-in will require parent/guardian to leave photo identification with Kid's Club. You will receive your photo I.D. back when you pick up your children.
- ❖ **The parent who drops the child off must be the parent picking up.**
- ❖ Only parents and legal guardians are permitted to bring children to Kid's Club.
- ❖ Parents and legal guardians **must remain in the center.** A zero tolerance act will be instated.
- ❖ Parents are responsible for changing diapers and escorting their children to/from the restroom.
- ❖ No gum or candy is allowed in the Kid's Club room.
- ❖ Pacifiers and comfort items such as blankets are permitted and must be labeled.
- ❖ Pre-made bottles are permitted for infants only and must be used under supervision.
- ❖ Toys from home are not allowed in the center.
- ❖ Sippy cups are permitted and must be labeled.
- ❖ Bottles, bag and cups must be labeled with the child's first and last name.
- ❖ Parents will be called if a child cannot be comforted from crying after 10 minutes.
- ❖ **We will offer Kids Club 8:30am – 11:30am Monday thru Thursday. The cost is \$2.00/child/per visit**
- ❖ **Shoes and socks must be worn.**
- ❖ In order to ensure the safety of the children, parents must be abiding by our Sick Child Policy. Children who exhibit symptoms described in our exclusion policy will be asked to leave.
- ❖ The Cambridge Lakes Community Center reserves the right to limit the use of designated play spaces.
- ❖ The Cambridge Lakes Community Center reserves the right to suspend center privileges to parents who do not abide by club policies and guidelines.
- ❖ The Cambridge Lakes Community Center is not responsible for lost or stolen items.



*Kid's Club hours, rules, and policies are subject to change without notice to better serve our resident's.*





## Lifestyle Events

October 2024 – January 2025

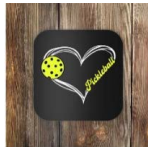
### Pickleball

**Every Monday**

**5:00 pm – 9:00 pm**

Two Courts, one hour time slots, and all the fun of the game!  
Residents are free, Guests \$5

Call, email, or register at the front desk! (not included in online registration) Pickleball registration is out every Monday for the following Monday!



### Glow Slime Lab

**Tuesday, October 29th**

**5:30 pm – 6:30 pm**

Back by popular demand, we end our October events with making  
**GLOW SLIME!**



Wear your Halloween Costume and join us for this gooey time! All supplies provided! This is a Pre Halloween treat event you don't want to miss!

**\*\*contact lens solution will be used\*\*** ages 3 and up, parents must be present with kids at this event

### Fall Craft and Vendor Fair

**Saturday, October 19th**

**10:00 am – 3:00 pm**

Fall is the perfect time to support local businesses while getting all of your holiday shopping done early! We have the best crafters, bakers and vendors around!

Stix & Noodles will be outside, be sure to grab your lunch before or after you shop! If you are interested in having a booth, please email Michelle Arvanitakis, Lifestyle Director at: [michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)

Booths are a 1st come, 1st serve and both the application and payment guarantee a booth space.

Resident Booths \$30, Non Resident Booths \$40

You can register online, however, applications either can be emailed, mailed or dropped off at the front desk. Tuesday, October 1st is the deadline to apply to participate in the Fall Craft and Vendor Fair!



Residents FREE, Guests \$5  
Spaces limited to 16  
Register online by Friday, October 18th

### Story Time

**Thursdays- October 3rd, October 24th,**

**November 21st, December 19th,**

**January 9th & January 30th**

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

Ages 6 months – 6 years

Bring your little one for stories, coloring, interactive development and socialization.

Residents are Free, Guests \$5  
Drop in, no online registration necessary!



### Candy Apple Making

**Wednesday, October 23rd**

**6:00 pm – 7:30 pm**



What is fall without Caramel and Candy Apples! Granny Smith and Honey Crisp, caramel and all the candy decorations are provided! This is one sweet treat event you don't want to miss!

Spaces limited to 16!  
Residents FREE, Guests \$5  
Register online by Wednesday, October 16th.

### Sensory Bins

**Thursdays – October 10th, November**

**7th, December 5th and January 16th**

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

Ages 6 months – 6 years

Sensory play helps little ones with cognitive development, language and motor skills and socialization.

Residents are Free, Guests \$5  
Drop in, no online registration necessary!



## Fall Themed Ceramic Night

**Friday, November 1st**

**6:00 pm – 8:00 pm**

To go kits from Color Me Mine in Geneva provides everything you need to paint your ceramic. Fall ceramic options and pricing for the To Go Kits to be determined and will be based on which ceramic you choose.

Kits will be here for this evening and once your painted ceramic is dry, your Lifestyle Director will bring them to be kilned. Once they are finished, I will bring them back here for you to pick up!

Register online by Friday, October 18th



## Paint & Sip

**Saturday, November 8th**

**6:00 pm – 9:00 pm**

Fall and Winter theme, painting with friends, and all the fun to be had at this Paint & Sip!

All ages are welcome, 21+ is BYOB

Paint options will be available soon!

Residents \$40, Guests \$45

Register online by Wednesday, November 6th



## Jammies, Cocoa, Cookies & Stories

**Friday, November 15th**

**6:00 pm – 7:00 pm**

Come in your most comfortable jammies for this adorable event! This evening will be full of coloring, stories, fall and winter themed stories, hot cocoa and cookies!

Residents are Free, Guests are \$5

Spaces limited to 30

Register online by Monday, November 11th



## Milk & Cookies

**Sunday, December 8th**

**12:00 pm – 4:00 pm**

Shhhhhh, Santa is coming! Milk (every option for allergies), Cookies (every option for allergies), Photography by Bobbi Rose, crafts and the most wonderful time!

This end of the year event is one you do not want to miss!

Residents \$3, Guests \$6

Spaces limited to 150

Register online by Monday, December 2nd



## Hustle House Basketball

**Saturdays – 9:00 am – 12:00 pm**  
(beginning January 11th)

**Ages 5 – 7 – 9:00 am – 10:00 am**

**Ages 8 to 10 - 10:00 am – 11:00 am**

**Ages 11 – 13 – 11:00 am – 12:00 pm**

Age groups will learn skills that help prepare them to play or help build on what they already know. Dribbling, passing, shooting and agility are some of the skills that are taught.

Residents are Free, Guests \$5

Spaces are limited

Register online by Monday, January 6th



## Glow in the Dark Snowman Craft

**Monday, January 13th**

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

Frosty the snowman.....although winter is here, never fear!

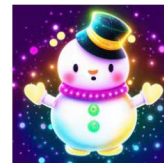
Stay warm indoors while you make your glow in the dark snowman! Cotton, glow in the dark glitter mix in a ziplock bag that you decorate with a snowman face!

All supplies provided!

Residents are Free, Guests \$5

Spaces limited to 16 each time slot

Register online by Monday, January 6th



## Styrofoam Cup Polar Bears Craft

**Monday, January 27th**

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

Polar Bears are one of the cutest marine mammals! Come on over to make your own little polar bear using paper cups, cotton, polar bear cutouts, googly eyes and glue!!

All supplies provided

Residents are Free, Guests \$5 Spaces

limited to 16 each time slot Register

online by Monday, January 13th





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

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## Cambridge Lakes

### 2024 Holiday Closures

Thursday November 28th, 2024 (Thanksgiving Day) - CLOSED

Friday November 29th, 2024 (Day After Thanksgiving) - CLOSED

Tuesday December 24th, 2024 (Christmas Eve) - CLOSED

Wednesday December 25th, 2024 (Christmas Day) - CLOSED

Tuesday December 31st, 2024 (New Year's Eve) - CLOSED

Wednesday January 1st, 2025 (New Year's Day) - CLOSED

**Thank you for your understanding!**  
**Happy Holidays!**