

# CAMBRIDGE LAKES COMMUNITY ASSOCIATION

## SPRING NEWSLETTER CAMBRIDGE LAKES

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

### Greetings Cambridge Lakes Residents,

Before we become entrenched in spring, I'd like to recap the Annual Meeting & Election, or lack thereof in this case. As you know the 2023 Annual Meeting was scheduled on February 8, 2023.

#### 2023 Annual Meeting & Election:

The Annual Meeting is a members' meeting and not a Board of Director Meeting and as such, 20% participation of the members of the community is required to enable us to hold the Annual Meeting & Election. Unfortunately, we didn't reach the required 20% quorum and instead only reached 12.2% participation. Therefore, there could be no Annual Meeting and Election and with exception of one, the Board of Directors who were in place prior to February 8, 2023, remain Cambridge Lakes Community Association Board of Directors.

#### 2023 Board of Directors:

**Michelle Arvanitakis**  
**Mikolay (Nick) Bujak**  
**Julie Kallenbach**  
**Lindsey Knulty**  
**Mark McQueen**  
**Jermaine Rainey**



Thank you to the Board of Directors and all the volunteers of the Cambridge Lakes Community who spend countless hours volunteering their time and talents for the benefit of the Community. It is most often a thankless position. Please take a moment to let them know you appreciate all of the time they devote to the community. A simple thank you can be very meaningful to those who expend so much effort and energy to the community.

Also, special thanks to Patrick McDonald for his time and dedication to the Board previously. Patrick has now resigned from the Board.



#### Is it Spring yet?

Soon, very soon as the March equinox will occur on Monday, March 20, at 4:24 P.M.

But why is it called Spring?

It was not until the 1300s that the term *lent* was replaced by *springing* time, since it was the time of year when most plants that had been dormant over the fall and winter finally began to grow again, or *spring* from the earth.

The season went through a few more name changes over the two centuries that followed, becoming shortened to *spring-time* before arriving at what we now know it as: *spring*!

Spring is considered to be the season of new beginnings and welcomes this change with nature emerging from hibernation. The season brings new life to flowering plants, trees, and other vegetations. Another sign of spring is children and adults out walking on the community paths or taking bike rides. Both welcome signs of spring. But along with people out walking in the community also brings about people walking their dogs. A welcome sign of spring? Indeed, it is. However, let us work together to try and limit the concerns that are quite prevalent beginning in spring.

## Pet Rules for HOA Harmony

Our association is proud to be pet-friendly, and we're happy your four-legged family members are part of our community. Of course, like any good neighbor, it's important that these pets don't create an unpleasant environment for everyone else. To avoid unnecessary disputes and potential rule violations, here are some guidelines owners should follow to ensure their furry friends continue to be a welcome addition to the neighborhood.

**Read the Rules:** While we welcome pets in our association, we have a few rules and requirements. Please check our website or the association's governing documents for more information.

Service animals are exempt from the association's pet requirements. However, please contact the manager to ask for an accommodation to keep a service animal. Proof of the service animal's training or a doctor's certification may be required.

**Keep it Clean:** No one wants to see, smell or accidentally step in the "gift" your dog left on the grassy common area. So when your dog needs to go, be sure to properly dispose of it, preferably in a pet waste disposal can. Not only will this keep our community looking better, but it will help keep ground water clean and help prevent the spread of fecal-borne diseases.

**Quiet Down:** Pets will be noisy from time to time. However, when loud barking or meowing becomes annoying to neighbors, it's time to help your pet become less talkative. First, try to find out what causes your pets to get vocal: Do they get noisy when they've been alone and bored all day and need some playtime? Have they gone through a stressful change in environment recently? Are they suffering from health issues? Do they simply like saying "hello" to every squirrel, person or car that passes by? When you have identified the cause, take remedial actions such as confining them to an area where they feel calm while you're away, removing or blocking as many stimuli as possible, exercising them more and spending more time with them. You can also take them to a professional or search online for tips on how to train your pets not to get too noisy.

**No Wandering:** For the safety of your pets as well as all residents, please do not allow your pets to roam unattended outside. Along with helping protect your pets, leashing your dog is the law.

**DNA Testing:** Some HOA communities are requiring pet owners to register their pets for DNA testing. This has created quite a stink for responsible owners who now must pay the fee. Therefore, please be sure to scoop and notify the Office if you witness someone not doing their duty.

**Not So Fun Facts:** It has been estimated that a single gram of pet waste can contain 23 million fecal coliform bacteria, which are known to cause cramps, diarrhea, intestinal illness, and serious kidney disorders in humans. When infected pet waste is deposited in common areas and lawns, the eggs of certain roundworms and other parasites can linger in the soil for years. Anyone who comes into contact with that soil can become infected – especially other dogs.

**Why Scoop the Poop?** Besides being a nuisance, uncollected dog waste is a serious problem for our association. Next time you're tempted to leave your dog's droppings on the lawn, please also remember these facts:

1. The Environmental Protection Agency is becoming aggressive about enforcing the Clean Water Act. Our association could be fined if dog waste goes uncollected.
2. Uncollected dog waste may lead to a special assessment. If fined by the EPA, the association could face a potential special assessment that would be levied against all members—not just dog owners.
3. The appearance and quality of the common areas are known to affect home sales—not just whether and for how much they sell, but how quickly.
4. The more residents complain about dog waste, the more time the manager must spend on enforcement rather than serving the association.
5. Uncollected dog waste spreads disease and attracts rodents who feed on pet waste.

*"Pets are humanizing. They remind us we have an obligation and responsibility to preserve and nurture and care for all life." James Cromwell.*

## ADVERTISE WITH US IN 2023:

If you and your friends are local business owners, you may consider the benefits of advertising in the Cambridge Lakes Community Association's quarterly newsletters. Please note that in addition to US Mail delivery, each newsletter will be uploaded to [WWW.MyCambridgeLakes.com](http://WWW.MyCambridgeLakes.com). Please contact Michelle at [michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)



**Guest Policy:** Pursuant to the rules and regulations owners can bring in guests to use the facility with them. To bring a guest you must be 18 years of age or older. Any owner bringing in a guest is responsible for the conduct of their guest. Before your guest can access the facility, you and your guest must sign in at the front desk. The staff will hold your proxy card as well as a photo ID of your guest (such as a driver's license). A \$5 fee is due at the time of entry for your guest, and you are allowed a maximum of four (4) guests per day. Upon your departure you will sign out at the front desk and the staff will return your proxy card and your guest's photo ID.



**Littering:** Please remember to utilize the trash receptacles that are located on the walking paths. The management office at the community center also sells yard waste stickers for \$2.40 each.

**What is and is not litter?**

Litter is trash that is not disposed of properly in a trash can. When it is in the can, it becomes garbage. Anywhere else, it's litter. Just to be clear, the following is definitely and undeniably

**Litter:**

**Cigarette butts** – they're small but they're a nuisance

**Gum** – c'mon people

**Apple cores** – even though they'll decompose

**UFT** – Unidentified Flying Trash that flies out of a car

**Did you know?**

**Cigarette Butt:** A cigarette butt takes 2-5 years to break down. Cigarette butts make up nearly 20% of all items littered and leach toxic chemicals into the water.

**Plastic Bottles:** Plastic bottles takes one million years to break down and release a harmful chemical, BPA, into our water when it degrades. Twenty-six (26) billion plastic water bottles are thrown away annually.

You can make a difference! If you see it, please pick it up. Setting good examples for our children and others will have long lasting benefits.

**Benefits of a Clean Community:**

- Higher Property Values
- Community Pride
- Sense of Ownership in Community Attraction of New Businesses and a more attractive environment!

**Rick Stanley, CMCA**

Licensed Community Association Manager

**Cheryl Mueller, CMCA, AMS, PCAM**

Licensed Community Association Manager

Vice President

Director of Large Scale & Active Adult Communities

Foster/Premier, Inc.



**Inspirations Dance and Tumbling News!**

Spring is here! We cannot wait to celebrate the hard work, dedication, and progression of all our students! Our Annual recital "Together We Dance" will be held on Saturday, June 3rd and Sunday, June 4th, at the Cambridge Lakes Community Center. Tickets will be sold at the Community Center in May, stay tuned for details and we are excited to continue our traditions as we host our 9th annual recital!

Inspirations upcoming summer session registration will be open in April! It's a great time to continue your dancers/tumblers training and technique. Also, a great time to try new styles of Dance! We offer Ballet, Tap, Jazz, Hip Hop, Poms, Contemporary and Tumbling. All classes are designed for students beginning at 2 years old to teens! Come join in the fun!

We are grateful to the community for the continued support and encouragement to bring this incredible program to our friends and families of Cambridge Lakes!



# Meet The Village of Pingree Grove Candidates

## Cambridge Lakes Community Center

**Monday, March 13th, 2023  
from  
6:30-8:30pm**

On April 4, 2023, a Consolidated Election will be held for Village of Pingree Grove offices of: one (1) Village President, 4-year term; three (3) Village Trustee, 4-year term; and one (1) Village Trustee, 2-year unexpired term.

### VILLAGE OF PINGREE GROVE

**FOR PRESIDENT TO SERVE A 4-YEAR TERM  
(Vote for ONE)**

**Steve Wiedmeyer** (Independent)

**Amber Dianne Kubiak** (Independent)

**FOR TRUSTEE TO SERVE A 4-YEAR TERM  
(Vote for THREE)**

**Adam Jason Hagg** (Independent)

**David Kupczyk** (Independent)

**Luke Hall** (Independent)

**Christopher Romano** (Independent)

**FOR TRUSTEE TO SERVE AN UN-EXPIRED 2-YEAR TERM  
(Vote for ONE)**

**John Lemaster** (Independent)

**Edward Tarnow** (Independent)



## Board of Directors

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

### Call & Notice Meeting Dates

Please be advised the following Board of Director meetings for Cambridge Lakes Community Association have been scheduled on the second Wednesday of the following months.

The meetings will take place at the Cambridge Lakes Community Center

Day	Date	Meeting Type	Time
Wednesday	March 8	Board Meeting	6:00pm
Wednesday	April 12	Board Meeting	6:00pm
Wednesday	June 14	Board Meeting	6:00pm
Wednesday	August 9	Board Meeting	6:00pm
Wednesday	October 11	Board Meeting	6:00pm
Wednesday	November 8	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

### Hi Neighbors!



Hopefully, by the time you read this, our weather has warmed and you are out on the walking paths. A common complaint at board meetings is litter, so please bring along a garbage bag and help with spring cleanup.

Our resident commissions are about to share their work. The fresh, new website should be open very soon and we are working doggedly on getting the online reservation and payment system up and running. We have ordered a new door/lock system. The workout room should be open with updated equipment, paint, and flooring, with the rest of the Community Center getting its redesign completed.

The Governing Documents commission is finalizing changes. This will be the hardest one since we need 67% of residents to vote for the changes. There will be door-to-door campaigns to get this done.

We listened to the request to have the Board meetings at 6 pm so please attend with any concerns or compliments!

**Julie Kallenbach**



## Pingree Grove and Countryside Fire Protection District

### Spring cleaning, for fire safety

The weather is warming, so it's time for spring cleaning! This year, don't forget to add some fire safety tips to your list. By following these simple tips, you can help reduce the risk of a fire.

### Indoor Spring Cleaning Fire Safety Tips

#### **Clear out any clutter from your home, especially in hallways and stairways.**

Did you know that clutter provides fuel for a fire to spread? Make sure that all of your exits are accessible. This ensures your family will have good escape routes should you need to evacuate, due to fire.

#### **Check Your Smoke Alarms & Carbon Monoxide Detectors**

Test your smoke alarms and carbon monoxide detectors to ensure they are working properly. Replace your carbon monoxide and smoke detector batteries and look for any corrosion on the batteries or their connection points in the device. Replace the entire device if you notice any corrosion inside the battery compartment. Devices should be replaced every 10 years.

#### **Don't Use Electrical Appliances or Tools with Frayed Cords**

If you have any electrical appliances or tools with frayed electrical cords, replace them as soon as possible. Using damaged electrical cords could start a fire. This is also an excellent time to check your extension cords too. Too many devices plugged in can overload the outlet and cause a fire.

#### **Check for Water Around Electrical Appliances**

Check for water around electrical appliances, such as your washing machine, dryer, or dishwasher. If you notice any water, have a professional inspect your appliance to make sure it is safe to use.

#### **It's a Great Time to Clean Your Clothes Dryer Vent & Lint Trap**

Regularly clean your clothes dryer lint trap after each load. Lint is highly combustible and can easily cause a fire if it isn't removed. Clean your dryer vent and hoses at least once a year to prevent a blockage.

#### **Clean the Chimney along with the ashes**

As easy as it is to just scoop out the ashes, close it up, and forget about it until November, have the chimney inspected. The NFPA recommends having a chimney inspected and thoroughly cleaned once a year.

### Outdoor Spring Cleaning Fire Safety Tips

#### **Trim any trees or bushes that are close to your home.**

Trimming away any bushes or trees that are too close to your house creates a "defensible space" between your home and potential fire sources. Additionally, if you have dead or dying trees, now is an excellent time to remove them. Dead vegetation is highly flammable and can easily catch fire.

#### **Check Your Gas Grill for rust, worn parts, grease, and other debris before use**

Ensure your grill is clean and in safe operational order before firing it up. Remove any rust, grease, or debris built up over the winter. Inspect all parts to make sure they are in good working condition. Replace any worn parts. You need to also check your grill's propane tank for leaks.

#### **Move The Grill at least 10ft Away from the House Before Use.**

Keep your gas grill at least ten feet away from your home when in use. This will help prevent any accidental fires from happening. Make sure that the area around the grill is clear of any debris or flammable materials. Never leave a lit grill unattended.

#### **Make sure your home's address is visible from the street.**

If your home's address is not visible from the street, it will be difficult for emergency responders to find your home in the event of a fire or other emergency. Make sure that your house number is visible and easy to read from the street. If you need to, repaint or replace your address sign.

### Summary

By following these simple tips, you can help reduce the risk of a fire happening in your home. Take some time this spring to clean and declutter – it could just save your life.

If you have any questions about fire safety or fire prevention, you can call the Pingree Grove & Countryside Fire Protection District at 847-741-3151 or visit our website at <http://www.pgfpd.com>.

## Greetings from your Lifestyle Director,



2023 has started out with such fun events!

Paint & Sips, Adorable crafts and Birdhouse Making, a phenomenal Group Fitness Expo, and the return of Hustle House Basketball!

Group Fitness Classes have always been wonderfully busy and taught by the best Instructors! We have a full schedule, and I am always looking to fit more in! They are always free for residents,

are for every fitness level, beginner to advanced and you don't have to sign up, just come ready for the best workouts around!

As 2023 moves forward, there are some new events to enjoy and the return of the ones you have loved! I look forward

to seeing you here at all of them! I am always adding new events to each month. Thank you for the suggestions that have come in, I have the most fun running with those suggestions and bringing them to life for our amazing community!

Check out the Events section in this newsletter for all the upcoming fun and be sure to read the new section at the end. In this Lifestyle Updates and Information section, you will find some helpful information to help answer some common questions and provide a few additional details.

My office is always an open door for you, and I always enjoy seeing you stop by! For any questions on any events, suggestions, or feedback, you can email me anytime at:

[michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)

Cheers to more sunny days and the warmer Spring and Summer weather coming!

**Michelle**

## Contact List

Association	Management Company	Contact Person	Email Address	Phone
Cambridge Lakes Community Association	Foster Premier	Rick Stanley	<a href="mailto:managementteam@mycambridgelakes.com">managementteam@mycambridgelakes.com</a>	847-464-1515
Townhome #2	First Service Residential	Alicia Smith	<a href="mailto:residentservices.il@fsresidential.com">residentservices.il@fsresidential.com</a>	847-459-0000
Townhome #3	PSI	Leslie Beltran	<a href="mailto:Lbeltran@psimanagemwnt.net">Lbeltran@psimanagemwnt.net</a>	847-806-6121
Townhome #11	Foster Premier	Janel Santilli	<a href="mailto:jsantilli@fosterpremier.com">jsantilli@fosterpremier.com</a>	847-459-1222
Townhome #14	Foster Premier	Gene Polissky	<a href="mailto:epolissky@fosterpremier.com">epolissky@fosterpremier.com</a>	847-459-1222
Townhome #18	Foster Premier	Linda Raaum	<a href="mailto:Lraaum@fosterpremier.com">Lraaum@fosterpremier.com</a>	847-484-2123
Condo #19A	Foster Premier	Linda Raaum	<a href="mailto:Lraaum@fosterpremier.com">Lraaum@fosterpremier.com</a>	847-484-2123
Townhome #19B	Foster Premier	Gene Polissky	<a href="mailto:epolissky@fosterpremier.com">epolissky@fosterpremier.com</a>	847-459-1222
Townhome #20	Foster Premier	Gene Polissky	<a href="mailto:epolissky@fosterpremier.com">epolissky@fosterpremier.com</a>	847-459-1222
Townhome #23	Foster Premier	Linda Raaum	<a href="mailto:Lraaum@fosterpremier.com">Lraaum@fosterpremier.com</a>	847-484-2123
Townhome #33	Foster Premier	Gene Polissky	<a href="mailto:epolissky@fosterpremier.com">epolissky@fosterpremier.com</a>	847-459-1222
Parkside @ Cambridge Lakes	Foster Premier	Linda Raaum	<a href="mailto:Lraaum@fosterpremier.com">Lraaum@fosterpremier.com</a>	847-484-2123

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# SPRING IS HERE!

Ok... We may be a few days early but if you are thinking of selling this Spring... Now is the time to prepare. Sales history in the area shows Sellers got the most for their homes selling in the Pre Spring to Early Spring Market. Not sure where to start? The first thing to do is call your "5" Star Realtor!



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Direct—(847) 757-4662

Bill@5Starrealty.com

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## Group Fitness Schedule

Cambridge Lakes Community Center

### Sunday

9:00AM - POUND (Amy)  
9:30AM - WERQ (Amy)  
10:30AM - HIIT 2 Fit (Joe)

### Monday

8:30AM - HIIT Strong (Lower Body) (Jess)  
9:15AM - All Abs (Jess)  
7:00PM - Barre Fitness (Michelle)  
8:00PM - HIIT 2 Fit (Joe)

### Tuesday

5:00PM - Bootcamp Strength (Aneta)  
6:00PM - Yoga/Stretch (Aneta)  
7:00 PM P90X Live (Michelle)  
8:00PM - 1/2 Strong/1/2 Zumba Toning (Edith)

### Wednesday

8:30AM - HIIT Strong (Upper Body) (Jess)  
9:15AM - All Abs (Jess)  
7:00PM - POUND (Amy)  
8:00PM - WERQ (Amy)

### Thursday

5:00PM - Bootcamp Strength (Aneta)  
6:00PM - Yoga/Stretch (Aneta)  
7:05PM - Anything Goes! (Christine)  
8:00PM - Zumba (Edith)

### Friday

8:00AM - Beginners Yoga (Aneta)  
9:15AM - Yoga for Weight Loss (Aneta)

### Saturday

8:00 AM - PBT Core & Stretch (Corinne)



Classes are 50 minutes when a class directly follows



## Group Fitness Class Descriptions

### **Anything Goes!**

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

### **All Abs**

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

### **Aqua Bootcamp**

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

### **Barre Fitness**

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

### **Beginners Yoga**

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

### **Bootcamp Strength**

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

### **HIIT 2 FIT**

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

### **HIIT Strong**

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

### **P90X Live**

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

### **PBT Core & Stretch**

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

### **POUND**

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

### **Power Yoga for Weight Loss**

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

### **WERQ**

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

### **Yoga/Stretch**

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

### **Zumba® / Aqua Zumba®**

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

### **Zumba® Toning**

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

### **Strong 30 by Zumba®**

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

# 2023 Events

## April – July

### Breakfast with the Bunny

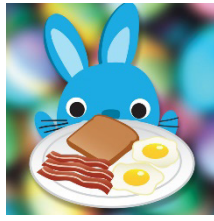
**Sunday, April 2nd**

**9:00 am – 10:30 am**

It is that time again! The cutest Easter Bunny around, the yummiest breakfast from Brunch Café, Bobbi Rose, the best photographer and crafts for the kids and the egg hunt is included in the breakfast price!

Visit the front desk to register by Friday, March 24th

Residents \$20, Guests \$25 (Ages 2 and under are free)



### Egg Hunt

**Sunday, April 2nd**

**10:30 am – 11:00 am**

Come with your basket for the best egg hunt around! The hunt is broken down by ages and all the kids will have the most fun collecting the eggs! Ages 14 and under!

Please empty eggs in your basket and put the halves in the boxes as you leave!

Visit the front desk to register by Friday, March 24th

Residents \$8, Guests \$13



### Guys Night In

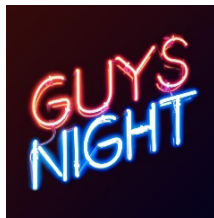
**Friday, April 14th**

**6:00 pm – 9:00 pm**

We had a Ladies Night In and now Guys, it is your time! 21 plus bring your own beer, or choice beverage, and enjoy bags, sports, fun, and friends!

Visit the front desk to register by Friday, March 7th.

Residents \$15, Guests \$20



### Spring Craft & Home Improvement Fair

**Saturday, April 15th**

**10:00 am – 3:00 pm**

Calling all crafters, vendors, and home improvement businesses! We would love to have you here for our second annual fair! The maximum capacity for available booths is 45! Grab your spot early! The fair is always advertised in the Herald, social media and through banners around the community and main entrances!

Email Michelle Arvanitakis, Lifestyle Director @ michelle.arvanitakis@mycambridgelakes.com by Saturday, April 8th. No vendors can be accepted after the 8th.

Residents \$30, Guests \$40



### Neighborhood Plant Swap

**Sunday, April 16th**

**10:00 am – 2:00 pm**

Green thumbs, this is your time to shine! Horticulturists enjoy this book exchange style plant swap. Come and meet neighbors and friends, bring a plant, and take a plant. You can sign up for what you will bring and what you are looking for.

Call, email or visit the front desk to sign up by Monday, April 10th  
Residents are Free!



### Bat Appreciation Day Craft

**Monday, April 17th**

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

Bats are the cutest little nocturnal adorable eyed animals! There are so many species, and they eat fruit, insects, and mosquitoes, which we all know Pingree needs help with! Bats can get a bad rep, but they are truly awesome! Come for the fun of this cute bat craft and a story!

Call, email or visit the front desk to register by Monday, April 10th  
Residents are Free, Guests \$5



### Community Clean Up Weekend for Earth Day!

**Friday, April 21st – Sunday, April 23rd**

**7:00 am Friday through 7:00 pm Sunday**

We are Cambridge Lakes, the best community there is! Let's unite and make our community beautiful and shine the way we want it to!

Each section needs a captain! Have them come in and pick up bags and gloves! Each section competes on who collects the most garbage and the end of the weekend!

Captains, call, email or visit the front desk to sign up your section by Thursday, April 20th!

Please email Michelle, Lifestyle Director, with any questions @ michelle.arvaitakis@mycambridgelakes.com



### Batman Party

**Friday, April 21st**

**4:30 pm – 6:30 pm**

With Bat Appreciation Day earlier in the week, what better way to end the week than with all the Batman themed fun! All ages welcome! Dress in your favorite Batman stuff!

Visit the front desk to register by Monday, April 3rd

Residents \$10, Guests \$15



## Trivia Night

Friday, May 5th

7:00 pm – 9:00 pm

May the 4th be with you and the Dark Lord of the 5th are the Star Wars trivia themes you will find here! First place prize!

BYOB for 21 plus and this one is for ages 12 and up! Light snacks provided!

Visit the front desk to register by Wednesday, May 3rd.

Residents \$15, Guests \$20

Resident Group of 4 \$50, Guest Group of 4 \$60



## Mother's Day Make & Take

Monday, May 8th

6:00 pm – 7:00 pm

This is for Dad's, Grandpa's, or Father Figures to come with your kiddos and have them surprise Mom/Grandma/Mom Figures with a card and book made just for them! All Supplies are provided to make and take these sweet gifts!

Visit the front desk by Monday, May 1st.

Residents \$10, Guests & \$15



## Princess Tea Party

Friday, May 12th

4:00 pm – 7:00 pm

Princesses, today your day and all about you! Isabella and Elsa cannot wait to celebrate with you at our Princess Tea Party! There will be treats, tea sandwiches, fruit, tea and juice boxes, singing, dancing, autographs, and pictures! Isabella and Elsa will be with us from 4:30 pm – 5:30 pm. Seating will be assigned this year based on the order of registration! Sign up early!

Visit the front desk to register by Monday, May 1st.

\$35 per Princess, \$40 per Guest

1st Adult Complimentary, \$15 each additional adult



## Make Your Own Salsa Garden

Friday, May 19th

6:00 pm – 8:00 pm

If you love salsa, are a seasoned gardener or a new to it all (or like me, slowly is killing a cactus) this event is perfect for you! The entire starter kit is included, grab your friends and neighbors, snacks and BYOB and come for all the planting fun!

Visit the front desk to register by Monday, May 1st.

Residents, \$25, Guests \$30



## Hustle House Soccer

Tuesdays, June 6th – July 25th

5:30 pm – 6:30 pm

Hustle House Soccer is back! Kids will learn the basics of soccer and work on skills based on level and experience! Perfect for beginners to experienced. Ages 5 to 12!

Call, email or visit the front desk to register! front.desk@mycambridgelakes.com

Residents are Free, Guests \$5



## Father's Day Make & Take

Monday, June 5th

6:00 pm – 7:00 pm

This is for Mom's, Grandma's, or Mother Figures to come with your kiddos and have them surprise Dad/Grandpa/Dad Figures with a card and book made just for them! All Supplies are provided to make and take these adorable gifts!

Visit the front desk by Thursday, June 1st.

Residents \$10, Guests & \$15



## Neighborhood Swag

Begins in June!

(South Bay is the example for the design)

Neighborhood Pride is what you will find here! Emily, a resident here who is both creative and amazing is bringing these to you! Check out the designs and pricing, we will have an order form available at the front desk!

Adult Sizes - (s-xl) \$ 15 (plus sizes) \$ 18

Youth Sizes (xs-l) \$ 12



## Filthy Fun Day

Friday, July 14th

10:30 am – 12:00 pm

All the messy fun returns once again for all outside play and a non-messy Pizza Lunch for Ages 5 to 12 years old.

Visit the front desk to register by Monday, July 10th.

Residents \$15, Guests \$20



## Flick & Float

**Saturday, July 15th**

**8:00 pm – 10:00 pm**

Movie snacks, floaties in the pool, the big screen, and Puss in Boots – The Last Wish is what you will find in this fun filled family night!

Visit the front desk to register by Saturday, July 8th.

Residents \$7, Guests \$12



## Beat The Heat

**Sunday, July 16th**

**2:00 pm until supplies last.**

Last year we got rained out twice! We are trying this fun little event once again! Bring your own squirt gun and water balloons provided!

Call, email or visit the front desk to register by Friday, July 7th.

Residents are free, Guests \$5



## Homeowner Appreciation Hawaiian Luau

**Saturday, July 22nd**

**12:00 pm – 3:00 pm**

It is Tiki Time! This party is full of Luau decorations, delicious food catered by the amazing Double R BBQ, Hawaiian Dancers, and photo booth fun from the fabulous Bobbi Rose! A craft table and games will be a blast for all ages!

Call, email or visit the front desk to register by Saturday, July 8th.

Front.desk@mycambridgelakes.com

Residents are free, Guests \$5



## Food Trucks

**Begins in May and goes through October.**

Food trucks are outside the Community Center!

Food Trucks are back for the summer! The best trucks are returning, and we get to enjoy several new ones!

Get ready for Sticks & Noodles, Your Sister's Tomato Pizza, Mario's Cart, Open Door Coffee, Toasty Cheese, Double R BBQ, Kona Ice, and Happy Lobster!

Look for the full schedule in this newsletter!



## Smores on the Lawn

**Begins in May and goes through October.**

Smores are out front of the Community Center!

Various evenings 6:00 pm – 8:30 pm, while supplies last (smores will close early if supplies run out, first come first serve basis)

Get ready for all the gooey and yummy fun!

Look for the full schedule in this newsletter



## Lifestyle Updates and Information

**Story Time, Sensory Tables and Little Gym** will pause for the Summer Months! The last dates for the season are as follows: As always, they are all free for residents and the same times.

**Story Time** – April 27th – 10:30 am – 11:30 am & 5:00 pm – 6:00 pm

**Sensory Tables** – April 13th – 10:30 am – 11:30 am & 5:00 pm – 6:00 pm

**Little Gym** – April 20th – 10:00 am – 7:00 pm

Please email Michelle, Lifestyle Director for any questions @ michelle.arvanitakis@mycambridgelakes.com

## Events

All events are posted on our FB page, Cambridge Lakes Community Center as well as Pingree Grove Community Network (with the rainbow on the cover page) and Women of Cambridge Lakes. Events are also emailed to all residents as well for those not on social media. New events are always being added, and not everything always makes it into the current newsletter. Flyers are also available at the Community Center and on our bulletin board as well!

\*\* For all events, residents are welcome to bring guests to that event. All guests must be accompanied a resident at any event \*\*

Ages for events – some events have age specifications on flyers. If an event says 21 plus BYOB but open to all ages, age appropriateness is at the discretion of the parent/approved 18 plus guardian. Please email Michelle for any questions/clarification on events at the above email address. 😊

## Group Fitness

\*\* All Group Fitness Classes are a maximum of 50 minutes when another class is immediately following \*\*

Group Fitness! Ages 11 to 15 with an underage waiver signed by a parent or approved 18 plus guardian can attend all classes with a parent or approved guardian.

Equipment for all Group Fitness Classes is provided! Just bring yourself ready to workout and water! All classes are free for Residents and Guests are \$5! \*\* Guests must be accompanied by a resident at all times \*\*

Aqua Fitness Classes will return for the summer pool season! Michelle and Edith are excited to teach once again!

Lifestyle is always working hard to bring you the best events and Group Fitness classes and Instructors. We are always open to suggestions and ideas! Please email Michelle at the above email with your feedback!

# Outside the Community Center



## 2023 FOOD TRUCK DATES

Saturday, April 15th 11:30 am - 2:00 pm Your Sister's Tomato Pizza  
(Spring Vendor Fair)

Friday, May 5th 4:30 - 7:00 pm Double R BBQ (Cinco De Mayo)

Tuesday, May 23rd 4:30 pm - 7:00 pm Mario's Cart (Taco Tuesday)

Friday, May 26th 8:30 am - 10:30 am Open Door Coffee

Saturday, May 27th 4:30 pm - 7:00 pm Sticks & Noodles  
(Pool Opening & S'mores on the Lawn Kickoff)

Saturday, June 3rd 5:30 pm Toasty Cheese & Double R BBQ (Recital)

Sunday, June 4th 12:30 pm Toasty Cheese, Double R BBQ (Recital)

Sunday, June 4th 4:00 pm Kona Ice (Recital)

Thursday, June 8th 4:30 pm - 7:00 pm Sticks & Noodles (S'mores on the Lawn)

Friday, June 23rd 4:30 pm Your Sister's Tomato Pizza (S'mores on the Lawn)

Tuesday, June 27th 4:30 pm - 7:00 pm Mario's Cart (Taco Tuesday)

Thursday, July 6th 4:30 pm - 7:00 pm Happy Lobster (S'mores on the Lawn)

Tuesday, July 18th 4:30 pm - 7:00 pm Your Sister's Tomato Pizza  
(S'mores on the Lawn)

Thursday, August 10th 4:30 pm - 7:00 pm Happy Lobster (S'mores on the Lawn)

Friday, August 25th 4:30 pm - 7:00 pm Sticks & Noodles (S'mores on the Lawn)

Friday, September 15th 4:30 pm - 7:00 pm Double R BBQ (S'mores on the Lawn)

Tuesday, September 26th 4:30 pm - 7:00 pm Mario's Cart  
(Taco Tuesday & S'mores on the Lawn)

Thursday, October 5th 4:30 pm - 7:00 pm Happy Lobster (S'mores on the Lawn)

Thursday, October 20th 4:30 pm - 7:00 pm Double R BBQ (Last S'mores on the Lawn)

Saturday, October 21st 11:00 am - 2:00 pm Sticks & Noodles (Fall Vendor Fair)

**Cambridge Lakes Community Association**

1125 Wester Blvd.  
Pingree Grove, IL 60140

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