

CAMBRIDGE LAKES COMMUNITY ASSOCIATION



SUMMER NEWSLETTER CAMBRIDGE LAKES

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

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

From The Manager

Hello Residents! Happy almost Summer! I don't know about you, but I have been waiting for the warmer weather to finally roll around! Flowers and trees are budding & blooming, and the community is buzzing with activity! You will often see Yellowstone hard at work out on the property keeping the grounds of Cambridge Lakes pristine. We will also have the Pena Group back in May and June working on sections of the bike path & Clearwater Pools has already been preparing for the pool season.

Here at the HOA, we have many people that have a hand in keeping Cambridge Lakes a wonderful place to live. I take immense pride in being the Community Manager here. If at any time you have a question or concern, stop in, and see me at the Community Center or shoot me an email. I will do my very best to help resolve it. I wish you all a fun-filled, relaxing & safe summer!

Kind Regards,

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



2024 Pool Season



Pool Season

Saturday May 25th – Monday September 2nd

Hours of Operation:

5:00A – 8:00A Lap Swim **(No Guard)**

10:00A – 8:00P Daily **(Weather Permitting)**

Temperature – Outside temperature must be at least **68 degrees** for the pool to

Lightning - Guards will clear pool & pool deck 30 minutes for each lightning strike.





Hello Cambridge Lakes Families!

We are so honored and proud that we are celebrating our 10th year here in the Cambridge Lakes Community! Inspirations was founded back in 2014 and has continued to thrive and grow throughout the years! Learning new styles of dance, welcoming new dancers/tumblers and our inspiring teachers and choreographers combined with the hardworking compassionate talented dancers/tumblers have made Inspirations the special program that it is! We have long time families and friends that have continued with us through the years, and we are forever grateful for your commitment and passion to dance with us!

We are thrilled to have our very own Inspirations Dance Troupe perform again this season at a few of our favorite events. The Windy City Bulls Halftime performance, and the Kane County Cougars Games are always a great time for the whole family!

Throughout the summer we continue to hold classes and enjoy the opportunity to try new classes and meet new friends! Our Fall session and Back to School clinics will be open for registration in the month of July! We are calling all past, and present Dancers and Tumblers to join us in Pingree Groves Independence Day Celebration Parade! We look forward to this fun day together in the summer! Join in and look for us in our Recital T-shirts and Inspirations Spirit wear together as we join in the fun!

Thank you for your continued support as we share our passion with this incredible community!! We hope you all enjoy the summer and we hope to see you on the dance floor!



No Cash Policy



Pursuant to the Rules & Regulation cash is not accepted at the Community Center for activities, events, rentals, etc. We do accept card, check or Apple Pay as a form of payment. The Community Center staff does not have cash on hand to make change of larger bills or providing money for vending machine use. The association does not own the vending machines; therefore, any issues with the machines regarding payment lost are addressed the next time they come to fill the machines.

Pet Waste Removal – STOP POO-LUTION!



Make sure that when you walk your dogs through the community that you always carry a pet waste baggie with you. To assist owners, the Association has installed fourteen (14) pet waste stations throughout the community WITH pet waste baggies and trash cans. Each week the pet waste station baggies are replaced, and the trash cans are emptied. It is important that ONLY pet waste baggies are placed in the cans attached to the posts; they are not for regular trash items. When regular trash items are placed in the cans then the cans fill up too quickly which results in us finding pet waste bags in the ponds/ lakes, in the wetlands or simply tossed on other owner's lawns. Help us keep the community clean & scoop the poop!



Drive Safely... SLOW Down!

With our community constantly growing and warmer weather upon us, so many are now out and about! From walking pets, children playing, runners, bikers, and many others trying to get around the community. Please be aware of your surroundings. Slow down and enjoy the ride!

Where Should Assessment Payments Get Mailed?



The on-site office at the Community Center does NOT accept payments for assessments. Payments may be made online at www.mycambridgelakes.com, a check may also be mailed to the lockbox processing center at the following:

Cambridge Lakes Community Association
PO Box 7676
Carol Stream, IL 60197-7676

Lawn Care & Maintenance



With warmer weather comes the responsibility of yard and lawn maintenance. To ensure we keep our homes and community beautiful please remember, lawns are to be mowed/maintained at a length not to exceed six (6) inches and should be kept free of weeds.

Fescue Grass



Each year we receive calls from owners regarding the longer grass that surrounds the ponds/lakes and wetland areas throughout the community. This is called Fescue Grass; it is meant to be longer and is a natural barrier to the water. Fescue grass also aids in filtering runoff into the water and goose control. These areas do receive herbicide treatments during landscape season. Owners should NOT be mowing these grasses as they are in the common areas, past your lot lines.

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

Job Sites
Stay hydrated and take breaks in the shade as often as possible.

Indoors
Check up on the elderly, sick and those without AC.

Vehicles
Never leave kids or pets unattended - LOOK before you LOCK

Outdoors
Limit strenuous outdoor activities, find shade, and stay hydrated.

 weather.gov/heat

Lifestyle Events Sponsorship Opportunities

You have noticed, we have been able to offer many more free events for homeowners and some events have had a lower resident cost! This is all due to our incredible 2024 Lifestyle Event Sponsors. We are so thankful to each of them for partnering with us! This partnership helps Lifestyle bring events to you that are easier to attend for homeowners and families help to unite our community together.

I would like to take a moment to introduce each of our Event Sponsors and give them the recognition they deserve.

Hanna Bierman – Realtor with HomeSmart Connect – This is Hanna’s second year as our Event Sponsor. You will see Hanna working out here at our center, and attending events with her adorable family. Hanna not only is always smiling, but she is also amazing at making people’s home dreams come true. If you are looking to sell, buy or rent, Hanna is here for you. Thank you, Hanna, for your continued support and partnership with Lifestyle!



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Office: 630-849-9349
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14N042 Reimberg Rd, Pingree Grove, IL 60140

DESIGN ⚓ BUILD ⚓ SERVICE

Anchor Spa and Pool – This family owned and operated business is a gem in our community. Anchor helps you create your backyard paradise from beginning to end and service after. Anchor is full service and ready to help you with your vision and make it a reality. Thank you, Anchor Spa and Pool, for your partnership with Lifestyle and helping events more feasible for our homeowners and making our attendance at events shine!



LifeStone Mortgage Corporation – Vito is here for any questions you may have regarding mortgages and to help you with all your needs. From refinancing to finding the right time to sell and buy, Vito is here to help! Located right between Nikos and Harts Garage on the second floor, Lifestone is close and both Vito’s personality and knowledge will put your mind at ease! Thank you so much Vito at Lifestone for partnering with us and making Events so much easier for our community to attend!

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

Thank you,
Michelle Arvanitakis, Lifestyle & Group Fitness Director

New York Life Insurance Company – Stacy Lynn Kieffer is here for all your insurance, personal investment needs and more! Stacy is truly knowledgeable and will schedule to meet with you at times that work in your life. She will answer any questions you may have and help you explore what works for you while making sure options stay within your budget. As a mom, Stacy can relate with you on a personal level and her kindness, and real-life experiences will all add to your level of comfort and confidence. Thank you, New York Life and Stacy, for partnering with Lifestyle and helping to make every event better for homeowners!



Stacy Lynn Kieffer
Agent



New York Life Insurance Company
475 North Martingale Road
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Spring Greetings from the Lifestyle Department



School is ending Graduations are here, the sun is shining, and summer is in full swing! We have so many fun outdoor events to choose from! Food Trucks to Open Door Coffee to Flick and Floats and Smores, Fun Days and the return of our Homeowner Appreciation Concert! We cannot wait to see you at every event, and we hope your summer is the best one yet!

Group Fitness is always here and ready to give you the best workouts! We have the most incredible instructors, and they teach with their heart and passion for fitness! We really do have every class and I know that you will love them all! Be sure to come to your favorites or try classes after your pool day! I am always looking to add more instructors and offer additional class times to best fit your needs. If you have any suggestions on additional class times or would like to refer an instructor, please contact me anytime. We look forward to seeing you in classes!

Although it is summer presently, this newsletter covers July to October and as such, I have the pleasure of talking all about Fall events! Fall is my absolute favorite time of year with all the pretty colors and the weather. As we come to the end of pool season, we have the best events to look forward to! You will find everything from fall flowers, to leaves and laughter, Horror Movie Dress Up Trivia, fall Ceramic Night, and our Fall Vendor Fair where you can get all your Holiday shopping done early!

We wish all of you a healthy, safe, and fun summer. If you have plans to travel, we wish you the best vacation full of wonderful memories. To our teachers, you made it to summer! Thank you for all you do and for making our kids have such a great school year!

We cannot wait to see you at events and in group fitness classes!

All our best,

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

Homeowners Who Rent

For any homeowner that rents out your home, please make sure that you or your renter provides the on-site management office with a copy of your current lease and the signed Transfer of Rights Agreement. If we do not have these documents on file your tenant will not have access to the Community Center or amenities such as the pool and fitness center. Documents can be dropped off to Cheyenne at the community center or emailed to leases@mycambridgelakes.com

(Please note: Transfer of Rights is ONLY required if the owner of the unit is forfeiting their rights to the community center amenities).



Public Safety Newsletter: July - October

Greetings Pingree Grove residents. The fire department is committed to ensuring the safety and well-being of the community. In this newsletter, we cover essential safety topics to keep you and your loved ones safe.

Bicycle Safety for Children

With school back in session and the weather still warm, many children will be riding bicycles around the neighborhood. Here are some important safety tips:

- Always wear a properly fitted helmet. Helmets can reduce the risk of head injury by up to 85%.
- Obey traffic laws and signals, including stopping at stop signs and red lights.
- Ride on the right side of the road, in the same direction as traffic.
- Use hand signals to indicate turns.
- Stay visible by wearing bright clothing and using reflectors on your bike.
- Avoid riding at night, but if you must, make sure your bike has lights and reflectors.

Grilling Safety

As summer heats up, many of us enjoy outdoor barbecues with family and friends. However, it's crucial to practice proper grilling safety to prevent accidents. Here are some tips:

- Keep your grill at least 10 feet away from your house or any flammable materials.
- Check gas grill hoses for leaks before using them.
- Never leave your grill unattended while it's in use.
- Keep children and pets away from the grill area.
- Use long-handled tools to avoid burns.

Heat Safety

With temperatures rising, it's important to stay cool and hydrated. Here are some tips to beat the heat:

- Stay indoors during the hottest parts of the day, usually between 10 a.m. and 4 p.m.
- Drink plenty of water throughout the day, even if you don't feel thirsty.
- Wear lightweight, loose-fitting clothing and apply sunscreen when outdoors.
- Check on elderly neighbors and those who may be more susceptible to heat-related illnesses.
- Never leave children or pets unattended in vehicles, as temperatures can quickly become dangerous.

National Preparedness Month

September is National Preparedness Month, a time to ensure you and your family are ready for emergencies. Take these steps to prepare:

- Create an emergency supply kit with essentials such as water, non-perishable food, flashlights, batteries, and a first aid kit.
- Develop a family emergency plan, including evacuation routes and meeting points.
- Stay informed about potential hazards in your area, such as floods, tornadoes, or wildfires.
- Practice emergency drills with your family, including fire drills and severe weather drills.
- Sign up for emergency alerts through your local government or community notification system.



Public Safety Newsletter: July - October

Fire Prevention Week

Fire Prevention Week falls in October, reminding us of the importance of fire safety. Here are some tips to prevent fires in your home:

- Install smoke alarms on every level of your home and inside bedrooms. Test them monthly and replace batteries as needed.
- Create a fire escape plan with two ways out of every room and practice it with your family.
- Teach children the importance of fire safety, including how to stop, drop, and roll.
- Keep flammable materials such as curtains, towels, and paper products away from heat sources.
- Never leave candles or cooking appliances unattended, and always extinguish them before leaving the room.

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



COPS CORNER

The Pingree Grove Independence Day Celebration is set for Friday July 12th and Saturday July 13th. This is always an exciting event for our community and we are looking forward to it. The celebration will start on Friday night with live music and a beer garden from 6:00 pm to 10:30 pm. The parade is on Saturday at 4:00 pm. Due to this, Wester Blvd will be closed for at least an hour. The fireworks (weather permitting) will begin at dark (typically around 9:15 pm).

Parking is limited and special event signs will be posted restricting or allowing additional parking. For the safety of everyone, please adhere to these rules.

We want to allow everyone to celebrate Independence Day safely. If fireworks will be part of your celebration, please visit the Illinois State Fire Marshal website at <https://sfm.illinois.gov/> and search fireworks. Please note that the Village also has ordinances regarding certain types of fireworks. For more information regarding these Village ordinances, please visit https://codelibrary.amlegal.com/codes/pingreegroveil/latest/pingreegrove_il/0-0-0-2919.

Please join us for our National Night Out which is scheduled for August 6, 2024 between 6:00 pm and 8:00 pm at the Pingree Grove Police Department. More details to follow! You can also follow the Pingree Grove Police Department on Facebook and Instagram for updates on this event and many others as well.

Let's work together as a community to follow a nightly 9pm routine. Set a reminder for 9pm each night for the following:

1. Please ensure that all vehicles, residences, garages, windows, gates, and sheds are locked.
2. Check that exterior lights, security cameras, and alarm systems have been activated.
3. Please remove valuables from vehicles (including keys). Please also make sure you remove valuables from your front yard, back yard, porch, and patio.

Please report any noticed criminal activity to the police for an investigation. You can dial 9-1-1 to have an officer respond to your area immediately. Please DO NOT call the administrative phone number of the police department or post on social media to report suspicious behavior as these are not continuously monitored.

Have fun while you lose weight!

Aqua Zumba **WITH EDITH!**

from 8 - 9 PM!



Beginning Thursday, June 6th, Aqua Zumba with Edith returns!

With Weather Permitting enjoy zumba in the pool!

If for any reason weather is not permitting, zumba will be moved indoors to our Aerobics room!

RESIDENTS: FREE GUESTS: \$5

2024 Smores on the Lawn

Thursday, May 23rd - Kickoff

Thursday, June 6th

Thursday, June 27th

Thursday, July 11th

Thursday, July 25th

Thursday, August 8th

Thursday, August 22nd

Thursday, September 5th

Thursday, September 19th - Last for the season

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



Lifestyle Events Photos



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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847-464-4100
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**cambridge lakes
preschool**



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CONTACT US

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



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Group Fitness Class Descriptions

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. 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.

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!

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.

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.

[More class descriptions on the next page!](#)

Updated 05-01-24.

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!

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 1st 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® **Aqua Zumba begins June 6th**

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 05-01-24.

GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

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

*AQUA ZUMBA/ZUMBA
BEGINS THURS. JUNE
6TH*

**AQUA ZUMBA (THURS.) IS A WEATHER PERMITTING CLASS!
IF WEATHER IS NOT PERMITTING, AQUA ZUMBA WILL BE
REPLACED BY ZUMBA INDOORS!**

UPDATED: 05/22/24

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

Lifestyle Events FAQ's

Below, you will find some details and information on some common questions that we receive in Lifestyle. We are always here to help and answer any questions you may have on events or Group Fitness. You can reach me, your Lifestyle and Group Fitness Director at michelle.arvanitakis@mycambridgelakes.com or call 847-464-1515 and the front desk will transfer your call to me.

•How do I register for an event? If an event is free, you can call the front desk, email them or stop by to register. The front desk email is front.desk@mycambridgelakes.com

•How do I register if there is a fee? If an event has both a resident and guest fee, you will need to visit the front desk to register. They can accept either a check or card. A card will be run through Square, and they charge a nominal fee for processing.

•The deadline has passed, and I forgot to register for an event? If this happens, please reach out to Michelle (contact above) as soon as possible. I will do my absolute best to make sure that you/your family doesn't miss that event.

•Can I bring a friend/family member to an event? Yes, you can! Each event has both a resident and guest fee. A guest must stay with the resident for the event, as the resident is responsible for their guest. A guest form will need to be completed at the front desk and payment for the guest fee will be accepted and processed at that same time. If you bring a guest to the pool for the day and want to then come back and attend a group fitness class, let the front desk know and your guest will not have to pay the fee again to come back.

•How can I find out about events? Events are always promoted on our website, our Community Center Facebook page, Pingree Grove Community Network, Women of Cambridge Lakes and South Bay Facebook. Additionally, we email blast them out. We have a bulletin board here to view as well as the TV in the lobby and hard copies of event flyers here. Our quarterly newsletter that is mailed to your home also has an events section where you can see each event, all the information and how to register.

•Do I have to pay for my under 2-year-old kiddo for events? Although we try to have as many free events as possible, some events do have a cost. One example where 2 and under are free would be the Bunny Breakfast/Photo and Egg Hunt. Another example where no matter the age, there is a fee, this would be the Princess Tea Party where every princess has a resident cost, but the 1st adult is complimentary. Our flyers will always have these details listed on them. We are always more than happy to answer any questions you may have on any event and costs.

•How much does a group fitness class cost? All our classes are free for residents! You do not need to register. Just come ready to work out and have the best time!

Please let us know if you have any questions or suggestions or would like to volunteer to help at events. We are always more than happy to meet with you as well to chat about upcoming events or questions.

We look forward to seeing you at events and group fitness classes!

Thank you,
Michelle Arvanitakis
Lifestyle and Group Fitness Director
Ruth Nava
Administrative Assistant



Hi Neighbors!

Welcome to Summer in our beautiful neighborhood. Hopefully, you are taking advantage of the multiple walking paths, the remodeled clubhouse, and soon the pool, which opens on Saturday, May 25th.

Make sure to take advantage of all the offerings from our Lifestyle Department: S'mores on the Lawn, Food Trucks, Flick and Float in the pool, and our Homeowners Appreciation Concert on Saturday, Aug. 3.

You are welcome to attend Board meetings in person or virtually. Keep an eye out for eblasts on the dates!

Julie Kallenbach HOA
Board President

WESTMINSTER
CHRISTIAN SCHOOL

At Westminster, we partner with parents to raise students who are *faith-rooted and life-ready.*

SCAN TO REQUEST INFO

PRESCHOOL THROUGH GRADE 12

- Christ-Centered Learning Environment
- 14:1 Student:Teacher Ratio
- Honors, AP, and Dual Credit Classes
- Athletics and Fine Arts Programs

**2700 W. HIGHLAND AVE
ELGIN, ILLINOIS 60124**

WESTMINSTERCHRISTIAN.ORG

MORNING COFFEE



AT THE
COMMUNITY CENTER

EVERY FRIDAY

JUNE 7TH - SEPT 6TH
7:30 AM - 12 PM



2024 Food Trucks Dates

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

SAT, JUNE 1ST 5:00 PM - 7:30 PM STIX & NOODLES.....	INSPIRATIONS RECITAL
SAT, JUNE 1ST 5:00 PM - 7:30 PM DOUBLE R BBQ.....	INSPIRATIONS RECITAL
SUN, JUNE 2ND 12:30 PM - 3:00 PM TOASTY CHEESE.....	INSPIRATIONS RECITAL
SUN, JUNE 2ND 12:30 PM - 3:00 PM STIX & NOODLES.....	INSPIRATIONS RECITAL
SUN, JUNE 2ND 12:30 PM - 3:00 PM DOUBLE R BBQ.....	INSPIRATIONS RECITAL
SUN, JUNE 2ND 4:30 PM - 6:30 PM KONA ICE.....	INSPIRATIONS RECITAL
THURS, JUNE 6TH 4:30 PM - 7:00 PM GV'S ITALIAN STREET FOOD.....	S'MORES ON THE LAWN
THURS, JUNE 27TH 4:30 PM - 7:00 PM HAPPY LOBSTER.....	S'MORES ON THE LAWN
THURS, JULY 25TH 4:30 PM - 7:00 PM GV'S ITALIAN STREET FOOD.....	S'MORES ON THE LAWN
SAT, AUGUST 3RD 4:30 PM - 7:00 PM DOUBLE R BBQ.....	HOMEOWNER APPRECIATION CONCERT
SAT, AUGUST 3RD 4:30 PM - 7:00 PM STIX & NOODLES.....	HOMEOWNER APPRECIATION CONCERT
SAT, AUGUST 3RD 4:30 PM - 7:00 PM TOASTY CHEESE.....	HOMEOWNER APPRECIATION CONCERT
SAT, AUGUST 3RD 4:30 PM - 7:00 PM HAPPY LOBSTER.....	HOMEOWNER APPRECIATION CONCERT
SAT, AUGUST 3RD 4:30 PM - 7:00 PM MILK HOUSE.....	HOMEOWNER APPRECIATION CONCERT
SAT, AUGUST 3RD 4:30 PM - 7:00 PM OPEN DOOR COFFEE.....	HOMEOWNER APPRECIATION CONCERT
THURS, SEPT. 19TH 4:30 PM - 7:00 PM GV'S ITALIAN STREET FOOD.....	S'MORES ON THE LAWN
SAT, OCT. 19TH 11:00 AM - 2:00 PM STIX & NOODLES.....	FALL VENDOR FAIR

FOOD TRUCKS ARE AVAILABLE FOR ALL NO MATTER THE EVENT



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.



2024 Events July - October

Flick & Float

Saturday, July 27th

8:00 pm – 10:00 pm



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

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

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

Sundae Funday & Beat the Heat

Sunday, July 28th

12:00 pm – 2:00 pm



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

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

Residents \$5, Guests \$10

Homeowner Appreciation Concert

Saturday, August 3rd

3:00 pm – 9:00 pm

It's been a LONG time and its back better than ever! Homeowners, this one's for you! Get ready for all your favorite food trucks, bounce houses, mobile ax throwing and the BEST BAND ever, LP Vinyl!

Free event!



Mason Jar Flowers

Friday, August 9th

6:00 pm – 8:00 pm



Windy Bloom Flowers, a local florist will be here with everything you need to create your own beautiful mason jar bouquets! All ages welcome, 21+ BYOB and feel free to bring your own snacks. Event has limited space, only 20 spaces are available. Bring your family, friends or neighbors and your creative love for flowers!

Visit the front desk to register by Friday, August 2nd

Residents \$30, Guests \$35

Adult Flick & Float

Saturday, August 17th

8:00 pm – 10:00 pm



Popcorn, floaties, and a movie on our big screen make for an evening full of laughs and just your time to enjoy. This flick and float is for 18+ and 21+ BYOB.

Visit the front desk to register by Saturday, August 10th

Residents \$7, Guests \$12

Bake Show

Saturday, August 24th

9:00 am – 12:00 pm



Stop by to shop with the best bakers around! You will find 10 different bakers with 10 different specialities! You can purchase right from them. Find the perfect baker for your wedding, bridal shower, baby shower, birthday or any special occasion!

Residents are free, Guests are \$5

Bakers – Resident Booth \$10, Guest Booth \$15

(table and chair is provided) Only 1 type of baker will be at each table, booths are first come, first serve. (no duplicate bakers will be permitted, for example, only 1 designer cookie baker will be here)

If you are interested in having a table, please email Michelle, Lifestyle Director at michelle.arvanitakis@mycambridgelakes.com

Little Gym

**Thursdays – October 17th, November 14th
and December 12th**

10:30 am – 12:00 pm & 4:30 pm – 6:00 pm



Bring your little's for free play in the gym! They can explore and play on mats, climb through tunnels, scoot on ride ons, play soccer, basketball, football soccer and more!

Residents are Free, Guests \$5

Story Time

**Thursdays – October 3rd, October 24th,
November 21st and December 19th**
10:30 am – 11:30 am & 5:00 pm – 6:00 pm

Coloring and stories make this a cute little hour for little's. Story time helps develop focus and language communication as well as imagination and creativity.

Residents are Free, Guests \$5



Sensory Bins

**Thursdays – October 10th, November 7th
and December 5th**
10:30 am – 11:30 am & 5:00 pm – 6:00 pm

Sensory play helps to develop hand/eye coordination and fine motor skills. Bins change each time and they contribute to a kiddo's senses such as sight, sound, touch and smell. *Parents, please keep little's playing outside the bins, and not sitting in them** hank you!

Residents are Free, Guests \$5



Scented Shower Steamers

Friday, September 6th
6:00 pm – 8:00 pm

Windy Bloom Flowers is back once again and you have another wonderful opportunity to support local! They will provide everything you need to have the best scents in your shower to enjoy! All ages welcome, 21+ BYOB and feel free to bring your own snacks.

Visit the front desk to register by Friday, August 30th

Residents \$20, Guests \$25



Leaves & Laughter

Friday, September 20th
6:00 pm – 8:00 pm

Autumn is in the air and the changing leaves are so pretty! Wood Planks, Fabric Leaves and a lot of laughter will all be here for you! Grab your friends and join us for this crafty event open to all ages, 21+ BYOB and feel free to bring your own snacks!

Visit the front desk to register by Friday, September 13th

Residents \$20, Guests \$25



Horror Movie Trivia Night

Friday, October 4th
7:00 pm – 9:00 pm

Dress up as your favorite horror movie character, grab your drinks and test your Scary movie knowledge! This is an 18+ event with 21+ BYOB and feel free to bring along your favorite snacks! Get ready to compete for that 1st place prize! (Fun fact....your Lifestyle Director is still scared of Horror Movies at 48!)

Visit the front desk to register by Friday, September 20th

Residents \$15, Guests \$20

Resident Group of 4 \$35, Guest Group of 4 \$45



Apple Cider and Hocus Pocus Movie Night

Friday, October 5th
6:00 pm – 9:00 pm

You will find all your fall necessities here at our Apple Cider and *Hocus Pocus* night! Fresh popped popcorn will be ready to snack on! Bring your blankets and watch the movie on our big screen! Event will be in our Gathering Lounge and is limited to 30 people max!

Visit the front desk to register by Friday, September 27th

Residents \$5, Guests \$10



Fall Dried Flower Pumpkins

Friday, October 11th
6:00 pm – 8:00 pm

Windy Bloom Flowers is back for this fall themed event! Join us for a no-carve pumpkin craft that will last as a decor piece throughout the fall season. The pumpkins and dried flowers are locally grown!

This is for all ages, 21 plus BYOB

Visit the front desk to register by Friday, October 4th

Residents \$25, Guests \$30



Fall Themed Ceramic Night

Friday, October 18th
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!

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

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

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

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!

Visit the front desk to register by Wednesday, October 16th

Residents \$10, Guests \$15

ADVERTISE WITH US IN 2024:

If you or your friends are local business owners, you may consider the benefits of advertising in the Cambridge Lakes Community Association's quarterly newsletters. Please note that in addition to US Mail delivery, each newsletter will be uploaded to www.mycambridgelakes.com.

Please contact Michelle at michelle.arvanitakis@mycambridgelakes.com.

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 lense solution will be used**** ages 3 and up, parents must be present with kids at this event.

Spaces limited to 16

Visit the front desk to register by Friday, October 18th

Residents \$5, Guests \$10



20 fun things to do

- go to the beach
- go on a roadtrip
- eat popsicles
- have a craft day
- camp out
- play mini golf
- make s'mores
- go bowling
- watch the sunset
- read more books
- eat breakfast outside
- tech-free day
- go fishing
- ride bikes
- swim in the lake
- dessert for dinner
- have a picnic
- have a water fight
- drive-in movie
- watch fireworks



Phragmites & the Wetlands

We know the wetlands have been a concern for many lately. Here is some information to give you a better understanding of the work that is being done. The HOA has contracted with Yellowstone Landscape to remove the Phragmites Australis that surround the wetlands. Phragmites Australis is an invasive wetland grass that can grow to be 20 ft. tall! Phragmites consume a lot of water and have been documented to lower water levels. Its dense stems can alter water flow and clog drainage ditches.

Phragmites are known to crowd out native vegetation, decrease plant diversity, and create poor habitats and food supplies for wildlife. To cut down the Phragmites, Yellowstone has been using a machine called a Marsh Master. This machine is designed for wetlands. Its lightweight construction exerts low ground pressure and boasts high floating capacity. This allows the machine to operate seamlessly on water, in deep or shallow depths, and on dry land without disturbing sensitive environments such as wetlands. Once the Phragmites are removed, the younger invasive regrowth will be treated with an herbicide in later months that will allow the natural plants to regenerate. Information about herbicide spraying will be sent out to you before it occurs.

Hopefully, this brings more clarification to the work that is taking place.

2024 Community Center Holiday Closures:

- Monday May 27th, 2024 (**Memorial Day**) – Closing @ 8:00PM
- Thursday July 4th, 2024 (**Independence Day**) – Closing @ 8:00PM
- Saturday July 13th, 2024 (**Independence Day Celebration**) – Closing @ 6pm
- 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, 2024 (**New Year's Day**) – CLOSED

Cambridge Lakes Community Association

1125 Wester Blvd.
Pingree Grove, IL 60140

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Cambridge Lakes Community Center General Inquiries

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Ruth Nava
Administrative Assistant
ruth.nava@mycambridgelakes.com



- Upcoming Village Board meeting dates: Jul 1 and 15; Aug 5 and 19; Sep 3 and 16; Oct 7 and 21, beginning at 7:00 pm. Board meetings are recorded and available for viewing online via YouTube <https://www.youtube.com/@PingreeGroveVillage/streams>.
- Events Committee will host this year's Independence Day Celebration on Friday, July 12 and Saturday, July 13.
- Beginning with the August 1 utility bill payment, a \$25 fee will be added to delinquent account holders at time final notice green tag.
- Village resident 3-cycle event – shredding, hazardous waste, and electronics, Saturday, August 17 from 9:00-noon in Municipal Center parking lot.