

CAMBRIDGE LAKES COMMUNITY ASSOCIATION

SUMMER NEWSLETTER CAMBRIDGE LAKES

© 2022 Dennis Houghton

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

Greetings Cambridge Lakes Residents

Hello Cambridge Lakes Residents! Summer is finally on its way in, and we are ready! Whether you're popping in for a workout, cooling off at the pool or joining us for one of our many events you will be sure to see the Community Center buzzing. We look forward to seeing everyone enjoying this beautiful community!

As the Community Association Manager, I encourage you to reach out with any questions or concerns. I am more than happy to help! Please find my contact on the back page of the newsletter. I look forward to another season at Cambridge Lakes!

Newly Promoted

Natalie Suarez-

Licensed Community Association Manager

After being a Stay-at-Home mom to her two daughters for many years, Natalie became a part of the work force in 2012 as an office assistant for 7 years at an insurance agency. After her agent's retirement she joined the Cambridge Lakes team in January 2019 starting as a front desk receptionist and quickly working her way up in the company. In January 2023 Natalie became licensed by the state and was officially hired March 2023 as the Community Association Manager for Cambridge Lakes. She is excited to be in her new position and looks forward to being with Cambridge Lakes for many years to come!

Congratulations To

Hanna Blank-Executive Assistant, new position started May 28th, 2023.

Ruth Nava-Administrative Assistant, new position started May 28th, 2023.



Pool Season

Hours of Operation:

5:00A-9:00A Lap Swim (no guard)
10:00A – 8:00P Daily (Weather Permitting)
8:00P – 9:00P Lap Swim (No Guard)

- Must be 18 to bring a pool guest.
- Must be 16 years of age to be at the pool without a parent or legal guardian. (Underage waiver does NOT qualify for the pool)

Temperature – Outside temperature must be at least 68 degrees for pool to be open.

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

Summer Safety Tips - Pets

As the heat of summer picks up, here are some tips to keep our fur babies safe and healthy.

Keep your kitties indoors – the heat can be excessive and all the wildlife we have can be risky.

Love on them from the cool and safe spaces in your home, the purrs are the sweetest sound.

Make a safety plan for your pets during fireworks and watch for dangerous plants when walking in wooded areas.

A helpful recipe for our pups that will help keep them busy and cool.

In a bowl: use PB or pet PB from the store, toss some treats in there, some dry dog food and any pet safe items. Fill the bowl with water, cover, and freeze. Take out once frozen and give to your furry love. It's the perfect lick bowl for them and they will wag their tails in pure happiness!

So many homes treat their lawns, stay aware of the lawn flags and pups licking their paws if they walk in it when it's still wet. My pup, Mia Rose, loves her walks and I am super protective of her cute little self. She also loves playdates, come say hi when you see us walking!

SUMMER PET SAFETY TIPS
Beat the heat and keep your pets safe this summer!

- SUN PROTECTION**
Don't forget the sunscreen and have your dog wear clothing. Dogs that are white, hairless and with light colored fur are most likely to suffer from sunburn.
- HOT CAR**
Even with the windows down, the inside of a car can heat up to 120 degrees! Ouchies!
- STAY HYDRATED**
Refill your dog's water bowl more often than usual on hot days. Add ice cubes to cool down your pup and prevent vomiting.
- SIGNS OF HEATSTROKE**
Keep your eyes peeled for excessive panting, weakness, drooling, lethargy, vomiting, dark red gums, incoordination, rapid heart beat and seizures.
- HOT PUP PAWS**
Avoid hot surface such as pavement, concrete, wood, stone, metal and sand. Be a friend to those paw pads with dog shoes to prevent burn and blisters.
- SHADE**
Prevent overheating with breaks out of the sun into a shady retreat every 30 minutes or so.

Summer Safety Tips – Firepits

Firepit Season is here! Some of us have them and are really well versed. Others, like me, have one for the first time. Here are some basic tips on how to keep your Fire Pit safe and have a great time where your family and friends gather.

Place a little sand in the bottom of your fire pit, this will help prevent overheating.

Before lighting that fire, checking out your homeowner's insurance policy is an extra layer of protection for you.

After extinguishing your fire for the evening, check it once again the next day to be sure it is clear.

We wish you a safe season full of memories!

Fire Pit Safety

- Keep fire pits at least 10 feet away from any structure or combustible surface.
- Clear the area of leaves, grass and other debris that may catch on fire.
- Use crumpled paper or a store-bought fire starter covered with small sticks for burning. (Never start a fire with gasoline or lighter fluid.)
- Avoid using pine or cedar as they can pop and throw sparks.
- Keep water nearby or be sure to have quick, easy access to a hose incase the fire gets out of hand.
- Do not light fires on windy days or nights and do obey any local burn bans.
- Keep children away from fire pits and never leave them unattended even after the flames are out as there is still a chance of a child getting burned.
- Never allow hotdog or marshmallow roasting without adult supervision and be sure there is plenty of space between roasters.

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



Inspirations Dance and Tumbling News!

Hello Cambridge Lakes Community! We have had quite the busy year! We celebrated our season with our annual Spring Recital Together We Dance but the fun doesn't stop there!

Inspirations Dance and Tumbling is moving through our summer session and in preparations already for fall. We will continue to offer all styles of dance, beginning at 2 years old!

It's a great time to get your dancer/tumbler enrolled for all preparations to progress their technique. As always, we offer all levels of Ballet, Tap, Jazz, Hip Hop, Contemporary, Poms, and Tumbling!

We also want to congratulate our very hard working and dedicated 2023 Inspirations Dance Troupe. We have had opportunities and excelled at all performances we took part in! Troupe members train all year and their commitment shows! From the Windy City Bulls Halftime Performance, to the Kane County Cougars pregame show, multiple dances in our very own Recital this season! It has been an honor to be a part of this year's Dance Troupe, and we are so proud of each and every one of our Inspirations Dance Troupe members!!

Interested in your Dancer joining this seasons Inspiration Dance Troupe? There will be information released soon, as Auditions will be held in September, stay tuned!

Follow Inspirations Dance and Tumbling on Facebook for all updates and information!

We are grateful and so thankful for the continued support of the Cambridge Lakes Community! We hope to see you in class!



Sponsorship Businesses

Cambridge Lakes has some incredible businesses that are local to us and also serve our community. We are so thankful to two of these wonderful businesses that are sponsors of events and work closely with Lifestyle. Their contributions help to keep events at a lower cost for our community and allow for a few more free events when possible! I would like to take a moment to thank them for their sponsorship and partnership and for all of their support.

Hanna Bierman Realtor with Home Smart Connect



Hanna Bierman
REALTOR® Illinois & Wisconsin

Direct: 630-523-0915
Office: 630-849-9349
Hanna@BuyWithBierman.com
www.BuyWithBierman.com
License #475.191554
Each Office is Independently Owned and Operated



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	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

Natalie Suarez
Licensed Community Association Manager



Hi Neighbors!

When you receive this newsletter, we will be in the midst of the 4th of July Festivities. The parade is back and the HOA was happy to be invited to collaborate with the Village Activities Committee in getting it organized.

Make sure you check out the updated Cambridge Lakes website at mycambridgelakes.com. You can contact the office and download commonly requested forms such as rental agreements, guest waivers, suggestions, and violation complaint forms. Hopefully, by the time you are reading this, we have online payment available for events!

You will start to see the budgeted refresh of the community center in the coming months! Enjoy your community this summer!

Julie Kallenbach

The Ground Guys of Elgin and St. Charles

If your business is interested in becoming a sponsor for 2024, please reach out to Michelle at michelle.arvanitakis@mycambridgelakes.com.

Thank you,
Michelle Arvanitakis, Lifestyle Director.

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.



COPS CORNER

The Pingree Grove Police Department is a 24/7 operation and officers are available both day and night.

The Police Department service numbers are:

Emergency = 9-1-1 / Non-Emergency = 630-232-8400 or if you are not in Pingree Grove

Fireworks

When we think of summer, we start to plan our Independence Day celebrations. Please be aware that in the State of Illinois, fireworks are still illegal. This information can be found on the Illinois State Fire Marshall website under the search "fireworks." The Village of Pingree Grove has ordinances against certain types of fireworks. This information can be found on the website under the Codes and Ordinances section. Please review this information if you plan to set off fireworks this holiday
<https://codelibrary.amlegal.com/codes/pingreegrove/latest/pingreegrove/0-0-0-2919>.

Violations of this local ordinance, or violations of the state statute, will result in a citation with a \$200.00 fine. Thank you for safely celebrating Independence Day this year in our Village. We look forward to our annual Independence Day fireworks celebration in the Village on July 8th. Please join us for this fantastic event!

Citizen Online Reporting

The Pingree Grove Police Department is proud to partner with Frontline Public Safety Solutions to allow residents to report certain instances online. Do you need to request overnight parking? Are you going on vacation? Is there a concern you would like to report? Do you have information about non in-progress crimes to report. These types of requests can be completed online.

Please visit <https://www.villageofpingreegrove.org/343/Citizens-Online-Reporting> for more information or to start a report. This feature is available 24 hours a day, 7 days and week, 365 days a year. Officers will follow up to these reports as needed.

Medication Disposal Program

The Pingree Grove Police Department offers a medication disposal program for our community. There is a box located in the front lobby of the police department. This box can be accessed in the front lobby 24/7. Please note that pills and liquid medication bottles should be placed in zipper top plastic bags. This program does not allow for disposal of sharps. Please visit this link on the Kane County Health Department website for more information related to the disposal of sharps <https://www.countyofkane.org/recycling/pages/sharps.aspx>.

Summer Greetings from your Lifestyle Director



2023 so far has been so much fun!

Lifestyle hit the ground running this year! Breakfast with the cutest bunny around was full of candy filled cuteness, our Spring Vendor Fair was full of the best of the best small businesses around, Princess Tea Party as always was a magical event and so many more wonderful memories here with events!

Group Fitness Classes are always awesome! Pop in and find your health and wellness tribe and have a blast with every class! We have the best instructors with top notch certifications and knowledge! It's the perfect time to fall in love with fitness! Residents are always free;

Guests are \$5 and there is no need to register! Just grab your water, some friends and come get your sweat on! The pool season will have Aqua fitness classes once again, so there is something for EVERY body!

2023 is moving fast, school is almost out, and Lifestyle has so many events to bring to you!

Every event is posted on our Facebook page, the main Pingree pages, on our website, email blasted out to the community and flyers are available here at the Community Center to take with you as well as on my Lifestyle Bulletin Board. Ruth and I hope to see you at upcoming events!

Please check out the "Events" section in this newsletter for all the upcoming fun and be sure to read the Lifestyle Updates and Information section. This is full of 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! Plus, I have the sucker tree in my office, and who doesn't love Tootsie Pops and Lollipops! If you have any questions on any events, suggestions, or feedback, you can email me anytime at:

michelle.arvanitakis@mycambridgelakes.com

Stay cool, enjoy all the warm summer weather, fun, pool days and sun! If you have a vacation planned, I wish you wonderful memories and safe travels!

Michelle

Contact List

Association	Management Company	Contact Person	Email Address	Phone
Cambridge Lakes Community Association	Foster Premier	Natalie Suarez	Natalie.Suarez@mycambridgelakes.com	847-464-1515
Townhome #2	First Service Residential	Judy Howells	judy.howells@fsresidential.com	847-459-0000
Townhome #3	PSI	Leslie Beltran	Lbeltran@psimanagemwnt.net	847-806-6121
Townhome #11	McGill	Janel Santilli	jsantilli@fosterpremier.com	847-459-1222
Townhome #14	Foster Premier	Nicole Broughton	nicole@mcgillmanagement.com	847-259-1331
Townhome #18	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123
Condo #19A	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123
Townhome #19B	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Townhome #20	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Townhome #23	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123
Townhome #33	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Parkside @ Cambridge Lakes	Foster Premier	Linda Raam	Lraam@fosterpremier.com	847-484-2123

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.

Schedule Your Tour Today

Call Mrs. Dana Pederson
Preschool Admissions Director
847-464-4100
900 Wester Boulevard Pingree Grove, IL 60140

cambridge lakes
preschool





**NEW LOCATION
OPEN TO THE PUBLIC**
14N705 US-20
Pingree Grove, IL 60140



CENTRAL TREE
847-989-9048

LANDSCAPE MULCH made locally in Pingree Grove!

			
RED	BLACK	CHOCOLATE	DARK BROWN
			
GOLD	DOUBLE	TRIPLE	PLAYGROUND

www.CentralTree.net

Unfortunately Sometimes Great Neighbors Have To Move..

But when they do...

Trust your Neighbors to Help

Don't Make A Move Without Your "5" STAR Realtors!



Bill Grant
West Hampton



Damian Herrera
Bayfield

Your Hometown Realtors since 2005!



FIVE STAR REALTY

And Management Company, Inc.

847-658-6556 or 847-757-4662

Bill@5StarRealty.com

5StarBill.com or 5StarRealty.com

Call Today! For A FREE Market Evaluation!

DISTRICT 300 TUITION-FREE SCHOOL OF CHOICE



cambridge lakes
CHARTER SCHOOL

To Facilitate Lifelong, High Achievement Learning
900 Wester Blvd, Pingree Grove, IL 60140

MISSION:
To Facilitate
Lifelong, High
Achievement
Learning

WE OFFER

- K-8 In-Person Instruction
- K-12 Virtual Online Academy
- School's Out – Before and After Care
- School's Out – Summer Camps
- Competitive Sports for Grades 5-8
- K-8 Activities and Clubs
- Music and Arts Studio
- Spacious 15 Acre School Campus

CONTACT US

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

LEARN MORE AND
ENROLL TODAY



FULL SERVICE GROUNDS CARE

- Mowing, Trimming & Edging
- Spring Cleanup
- Sprinkler Repair
- Bed Weeding & Mulching
- Fertilization
- Weed Control

The Grounds Guys®

847.556.1000 | GroundsGuys.com

Independently Owned and Operated Franchise | Neighborly.com



**the
GroundsGuys®**

a neighborly company



STORM DAMAGE • WINDOWS • SIDING • GUTTERS

877-766-3341

ExpertRoofingInc.com

All classes are FREE for
Residents
\$5.00 for Guests

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 leaning 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!

Aqua fitness

**IS BACK FOR THE POOL
SEASON!**



**Free for Residents
Guests \$5**

Monday & Wednesday 8:00 pm

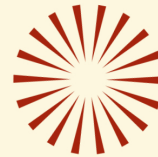
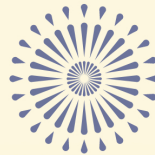
Aqua Bootcamp with Michelle beginning June 5th!

**Thursday 8:00 pm Aqua Zumba with Edith
beginning June 8th!**

PG Community Events Committee & Cambridge Lakes Community Association Presents



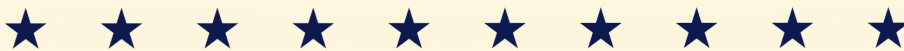
2023 *Independence Day Celebration*



**SATURDAY, JULY 8TH - PARADE STARTS AT 4 PM @
ALTA VISTA DRIVE AND ENDS AT 5 PM @ CAMBRIDGE
LAKES CHARTER SCHOOL**

**Magician, Face Painter, Bounce Houses &
Food Trucks at the Ball Fields following the
Parade!**

The BEST Fireworks show at Dusk!



INTERESTED IN HAVING A CAR, FLOAT, GOLF CART OR WALK IN THE PARADE?

Contact Michelle, Lifestyle Director at
Michelle.Arvanitakis@mycambridgelakes.com or come to
the Community Center, 1125 Wester Blvd by June 1st for an
application!

Entry is free!



2023 Events

July – October

Sunrise/Sunset Photo Contest

July 1st – July 30th

Another photo contest opportunity! Grab your cell phone and take a

photo of one of Pingree's beautiful sunrises or sunsets! Email photos to Michelle, Lifestyle Director at michelle.arvanitakis@mycambridgelakes.com



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!

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!



Free Pizza Nights for Middle Schoolers & High Schoolers

Tuesday, June 13th, Tuesday July 11th and Tuesday, August 15th

6:00 pm – 8:00 pm

6th – 12th graders pop on over for pizza and hang with one of the best people around Pingree, RT from City of Joy Church! Pizza nights are compliments of City of Joy, and we are always so happy to partner with them for events! Call, email or visit the front desk to register by the Monday before each date so that RT can plan pizza!

Residents are free, Guests \$5



Pop Tops for Ronald Mcdonald House

Ongoing from May 31st to August 8th

Save your pop tops all summer and drop them off at the Community Center! Fill our buckets and box! Together, we can make a difference!

"The donated pop tabs are recycled for cash that is used to maintain the House and also help our families with lodging. Since 2000 the community has collected over 158 tons of tabs which translates into more than 3,569 room nights for families at the Ronald McDonald House!"



Trivia Night

Friday, August 4th

7:00 pm – 9:00 pm

Trivia Night is back with the awesome Marvel Movies! Come for all the fun, open to all ages! 21 plus is BYOB.

Price includes light appetizers and prizes for the 1st place winners! Visit the front desk to register by Tuesday, August 1st!

Residents \$15, Resident Group of 4 \$50, Guests \$20, Guest Group of 4 \$60



Grandparents Day Celebration

Sunday, September 10th

11:00 am – 2:00 pm

Today, we celebrate all Grandparents and the gift of having them in our lives! Join us with your grandkids for brunch, crafts, photos, and fun memories!

Visit the front desk to register by Sunday, September 3rd

Resident \$15, Guest \$20

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



Flick & Float

Saturday, August 5th

8:00 pm – 10:00 pm

Enjoy this family fun with Super Mario Bros the Movie!

Enjoy movie snacks, floating in the pool and this fun filled flick! Visit the front desk to register by Tuesday, August 1st!

Residents \$7, Guests \$12



Ice Cream Bowl Decorating

Wednesday, September 20th

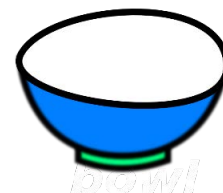
6:00 pm – 7:00 pm

Back by popular request, decorating your own ice cream bowl returns!

Ceramic bowls and markers provided. Oven heating instructions are available to set the color in at home!

Visit the front desk to register by Wednesday, September 6th.

Residents \$10, Guests \$15



Back to School Blast

Saturday, August 5th

2:00 pm – 6:00 pm

This fun filled event is compliments of City of Joy Church local to Cambridge Lakes! You will find free grilled food, free school supplies for families in need, coupons for vehicle maintenance, free back to school haircuts, a bounce house and more!

Residents are free, Guests \$5



Adult Night Flick & Float

Saturday, August 12th

8:00 pm – 10:00 pm

You ask for an adult BYOB Flick & Float and here it is. Movie to be determined! Movie Snacks provided! Visit the front desk to register by Monday, August 7th.

Residents \$7, Guests \$12



Fall Leaves Photo Contest

Friday, September 1st – September 30th

As the colors change from summer green to fall brilliance of reds, oranges, and yellows, now is your chance to capture this beauty! Cell and camera pics are all fair game!

Email all photos to Michelle, Lifestyle Director by September 30th to enter the contest

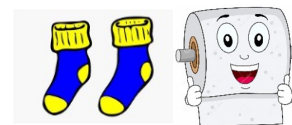
michelle.arvanitakis@mycambridgelakes.com



Soctober Sock & Paper Products Drive

Begins September

30th – October 31st



Grab a new pair of socks for kids, men and women and new paper products and drop them off at the Community Center. Fill the boxes that will be under the TV! This is another chance to show how amazing our community is and how together we can make a difference for those in need in the surrounding areas! Socks will be delivered to Hope Haven in Dekalb, and paper products will be delivered to PADS in Elgin

Ceramic Night

Friday, October 13th

6:00 pm – 8:00 pm

Ceramic night was such fun last year and now is your chance to make your own mug, or cute personalized ceramic. Kits with your ceramic and paints will be here for you to make and take! Ceramic choices and prices to be determined. More Details to come!



Candy Apple Making

Wednesday, October 18th

6:00 pm – 7:30 pm

Last year, this event was HUGE! It's back! Granny Smith & Honeycrisp apples, gooey caramel and all the goodies to dip and roll your apples in is what you will find here! You don't want to miss this one!

Visit the front desk to register by Wednesday, October 4th!

Residents \$15, Guests \$20



Lifestyle Updates & Information

Events

All Community Events are posted on Cambridge Lakes Community Center's Facebook Page, Pingree Grove Community Network (with the rainbow cover page) Facebook Page, Women of Cambridge Lakes Facebook Page, South Bay's Facebook Page, on the Lifestyle Bulletin Board her at the Community Center (on the way to the gym), Flyers are posted in the Dance Observation Room/ Amy's Music Class Room, in the Group Fitness Room, posted on the Community Center Front Door, copies under the TV to take as well as they run on that TV here are on our website and email blasted as well. Of course, you also can always come visit me and say Hi and email me with any questions on any upcoming events! I love seeing all of you at events and hope that one of these methods above works to reach you for all upcoming events!

** Guests for all events must be accompanied by the resident signing them in and must stay with them for the full event **

Ages for events – some are listed and also up to parental discretion. If you have any questions on events, please reach out to Michelle, Lifestyle Director at any time at michelle.arvanitakis@mycambridgelakes.com

Group Fitness

All Classes are free for residents, and you do not need to register in advance. Just grab your friends, your water and come for all the fitness fun!

All equipment is provided, no need to worry about that!

All classes have modifications for every level from beginner to advanced!

Our amazing instructors cannot wait to see you soon in class! Ages 11-15 are welcome in classes with a parent or guardian (age 18 plus) as long as the underage waiver is signed, and the front desk is happy to assist you with that waiver!

Group Fitness reports to Michelle, Lifestyle Director. Feel free to visit me with any questions, call the front desk and ask for me to chat on the phone or email me at michelle.arvanitakis@mycambridgelakes.com.

Lifestyle is always working hard every day to bring you the best events the fit as many of you as possible! Please email Michelle at the above email address with any suggestions that you would like to see happen and any feedback that you have.

Fall Craft & Vendor Fair

Saturday, October 21st

10:00 am – 3:00 pm

This is the perfect time to get all your holiday shopping done early while supporting small businesses! The best of the best will be here and as always raffle prizes will be here to win!

Resident Booths \$35, Guest Booths \$40 Admission is free!

If you would like to have a booth, please email Michelle, Lifestyle Director at michelle.arvanitakis@mycambridgelakes.com or pick up an application in person at the front desk!



Fall Candle Making

Wednesday, October 25th

6:00 pm – 7:30 pm

Yet another huge hit event from last year returns again! Be sure not to miss this one! Get creative and make your own candle that you love! Candle kits, essential oils and all supplies provided!

Visit the front desk to register by Wednesday, October 4th!
Residents \$15, Guests \$20



Glow Slime Lab

Monday, October 30th

5:00 pm – 6:30 pm

Who doesn't love SLIME! Bring your kiddos for this Halloween monstrous slimy fun! Slime will use glue and contact solution. This event is for all ages, and up to parent discretion on the supplies that are provided and used. We have a sink in the classroom/gathering lounge and bathrooms for hand cleaning!

Visit the front desk to register by Monday, October 9th!

Residents \$7, Guests \$12



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)

Wednesday, May 3rd 7:00 am - 9:30 am La Catrina Catering (Breakfast Menu)

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 & Smores on the Lawn Kickoff)

Saturday, June 3rd 5:30 pm Toasty Cheese, Your Sister's Tomato Pizza (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 (Smores on the Lawn)

Wednesday, June 14th - 10:00 am - 12:00 pm La Catrina Catering (Bunch Menu)

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

Wednesday, July 12th - 10:00 am - 12:00 pm La Catrina Catering (Brunch Menu)

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

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

Wednesday, August 16th - 10:00 am - 12:00 pm La Catrina Catering (Brunch Menu)

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

Wednesday, September 6th - 10:00 am - 12:00 pm La Catrina Catering (Brunch Menu)

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

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

Thursday, October 20th 4:30 pm - 7:00 pm Double R BBQ (Last Smores 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

PRE-SORTED
STANDARD
US POSTAGE
PAID
PERMIT #126
ELGIN, IL



**Smores on the Lawn
2023!**

*Come for all the gooey
free fun in front of the
Community Center!*

All Dates are from 6:00 pm - 8:30 or until
supplies last - first come, first serve

Kickoff Saturday, May 27th
Thursday, June 8th
Friday, June 23rd
Thursday, July 6th
Tuesday, July 18th
Thursday, August 10th
Friday, August 25th
Friday, September 15th
Tuesday, September 26th
Thursday, October 5th
End of Season Friday, October 20th

Cambridge Lakes Community Center General Inquiries

Natalie Suarez

Community Association Manager

847-464-1515

Email: natalie.suarez@mycambridgelakes.com

Michelle Arvanitakis

Lifestyle Director

847-464-1515

Email: michelle.arvanitakis@mycambridgelakes.com

Hanna Blank

Executive Assistant

847-464-1515

hanna.blank@mycambridgelakes.com

Ruth Nava

Administrative Assistant

ruth.nava@mycambridgelakes.com