

CAMBRIDGE LAKES COMMUNITY ASSOCIATION

WINTER NEWSLETTER CAMBRIDGE LAKES

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

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

From The Manager

Greetings, Cambridge Lakes! Welcome to the latest edition of our quarterly newsletter. Inside please find useful winter tips, information on upcoming projects, events and much more! We have many new updates and improvements on the way in the new year that I am so very excited to be a part of! I am so thankful to have spent another beautiful season at Cambridge Lakes as your Community Association Manager and looking forward to many more! Wishing you all the best this holiday season, and always! Let's ring in 2024 together, as a community!

Kind Regards,

Natalie Suarez
Community Association Manager
Cambridge Lakes Community Association

Holidays Garbage Schedule

If a holiday falls on a weekday or a Sunday, and your regularly scheduled pickup is on or after the holiday, your pickup will be delayed by one day. Friday customers will be serviced on Saturday. Flood Brothers will not collect on the following holidays:

- NEW YEAR'S DAY
- MEMORIAL DAY
- INDEPENDENCE DAY
- LABOR DAY
- THANKSGIVING DAY
- CHRISTMAS DAY

Christmas Tree Collection

Holiday greenery must have all tinsel, ornaments, lights, and nails removed before being placed out at the curb for pickup. Holiday greenery collection and pickup is FREE OF CHARGE the first three weeks in January. Collection of holiday greenery after the third week of January will be billed as a bulk item pick up on your next invoice.



HOA Winter Storage Reminder

- Front and back yards are to be cleaned of debris.
- Bring in all loose toys.
- Protect outdoor furniture (if you do not have a shed to put your outdoor furniture in)
- Take down any temporary structures (such as canopies, temporary gazebos/pergolas, etc.)
- Unhook hoses from your spigots to avoid frozen pipes and costly repairs.

Community Center Redecorating/Refresh



First came the fitness center, now comes the whole center! We are so excited for you to see the finished product!

This refresh will take place in Fall/Winter 2023-2024. The designers of the project met with staff in October, walked and completed measurements of the community center. The refresh will include the following:

Vinyl Flooring Replacements: game room, classroom, viewing room, children's area, gathering lounge. Along with carpet tiled areas of the entrance, lobby sitting areas, hallways, and offices. Furniture Replacements: game room, lobby sitting areas, and viewing room. Painting: game room, gathering lounge, kitchen, lobby & hallways, offices, children's room, classroom, viewing room, fitness center, locker rooms and aerobics room. This refresh will be an exciting change for the Community Center, and we look forward to the completed project. Please know we will keep everyone updated as to the closures of portions of the community center to allow this work to be done. It is highly likely that this information will be provided by email blasts. Now would be a great time to sign up for email blast messages if you have not already done so.

Register at www.mycambridgelakes.com today!

SNOW PLOWING

Please note who takes responsibility for plowing throughout Cambridge Lakes:



*Main Roads within Cambridge Lakes: Village of Pingree Grove (847)-464-5533

*Community Center Parking Lot: Master Association (847)-464-1515

*Single Family & Duplex and Townhome Streets: Village of Pingree Grove (847)-464-5533

Townhomes Driveways & Parking Areas

(Your Individual Association Property Manager Below)

Neighborhood #2 Waterford-Judy Howells (847) 459-0000

Neighborhood #3 North Hampton-Leslie Beltran (847) 806-6121

Neighborhoods #18, #19A & 23-Linda Raaum (847) 484-2123

Neighborhood #11 North Bay-Janel Santilli (847) 459-1222

Neighborhood #14 The Dunes-Nicole Broughton (847) 259-1331

Neighborhood #19B, #20, #33 Sunset Cove/Seaboard-

Gene Polinsky (847) 459-1222

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.

Get Involved!



Thinking about how you can get more involved in your community? Consider running for a spot on the HOA Board of Directors. Our elections are in February, so now is the time to start thinking and preparing! If you would like to find out more information about serving on the Board, the staff at Cambridge Lakes would be more than happy to get you the correct information and documents. The candidate deadline is 12/27/2023.

Please note the Annual Meeting and Election will be held at 6:30pm on February 14, 2024. The meetings will take place at the Cambridge Lakes Community Center.

BE ENGAGED - BE INFORMED - BE HEARD

US Census Bureau

The Village has entered into an agreement with the US Census Bureau, to conduct a 2024 Special Census.

The Village's population has experienced a significant increase since the 2020 Census reporting of 10,365. State and Federal funding are generally population-based, and in the best interests of the community. The Village would like to ensure that it is receiving its proportionate share of revenues and benefits. The Special Census will be conducted through an online self-reporting response, with resident instruction mailings beginning in late March. We ask that all residents participate by responding to this important population count for our community.

Also, can you include a reminder for residents to sign up for emergency alerts and community news via Everbridge –

The Pingree Grove Police Department has joined with Everbridge, an emergency alert notification system used to quickly relay emergency communications and community news items to Village residents and businesses in real time.

Registration is required for inclusion, sign up for notifications today at <https://member.everbridge.net/index/311715841441955>.



Greetings Cambridge Lakes Community!

We are well on our way to celebrate another fantastic year! Our holiday season was filled with such joy to dance together and we all had so much fun! We are thrilled to be in our Spring Recital Session! We look forward to presenting our showstopping performances once again in June 2024! Details will be coming soon regarding all the recital happenings!

Inspirations was founded in 2014, and we are continuing to thrive after all these years! We began as a small program with only 8 classes. We are amazed that our program today has over 250 Dancers and Tumblers and we now offer 27 classes a week. We offer classes in all levels in Ballet, Tap, Jazz, Contemporary, Hip Hop, Poms, Technique, Tumbling and our very own traveling Performance Troupe. Students begin at just 2 years old! Every single student is important to us and we can't wait to celebrate all of their hard work in the weeks to come!

Save the date! March 15th, our Inspirations Dance Troupe is set to return to the Windy City Bulls game for the halftime performance! Come join us for a wonderful family night out! Hope to see you there! Follow the link for all ticket information.

<https://fevo-enterprise.com/event/wcbInspirationsdance24>

We are so honored to have the best Instructors and Choreographers with their wealth of knowledge and experience. They continue to INSPIRE us with their level of determination, focus, and their wholehearted love for their passion in the Dance world. We are so thankful and grateful for their continuous commitment to Inspirations. If you are interested in our classes and want to know more, stop by the Cambridge Lakes Community Center for more details, class inquiries, and schedules!

We look forward to seeing you on the dance floor!



Lifestyle Events Sponsorship Opportunities

What does it mean to become an Events Sponsor? Businesses have the opportunity to become a sponsor and a partner of events. This partnership will help to reduce the cost of events and allow for more free events in our wonderful community, making them more feasible for every homeowner in Cambridge Lakes to attend. There are several tiers of sponsorship that a business can choose from. Each Sponsorship Tier lists which events your business would be advertised in on a large posterboard and on banners. All tiers are showcased in our newsletter.

We are so thankful to our two 2023 Sponsors. These amazing businesses have worked and continue to work closely with Lifestyle. They both have been an integral part of events, staying both lower in cost and many of the free events that you have attended and made great memories at. We hope to see you soon and you continue to enjoy everything these sponsors have helped to make possible!

I would like to take a moment to thank them for their sponsorship and partnership and for all of their support. You made 2023 shine!

Hanna Bierman Realtor with Home Smart Connect



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CONNECT



Hanna Bierman
REALTOR® Illinois & Wisconsin

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Office: 630-849-9349
Hanna@BuyWithBierman.com
www.BuyWithBierman.com
License #475.191554

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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



SLOW COOKER GINGERBREAD LATTE (STARBUCKS COPYCAT)

Prep: 10 Mins, Cook: 2 Hrs. 30 Mins, Makes: 7 servings

Ingredients:

4 cups milk (use whole milk for extra creaminess, or your favourite non-dairy milk if you wish), 3 cups strong coffee (your choice!), 1/3 cup sugar, 4 cinnamon sticks, 2 teaspoons powdered ginger, 1 teaspoon ground nutmeg, 1 teaspoon whole allspice (or 1/4 teaspoon ground), 1 teaspoon whole cloves (or 1/4 teaspoon ground), Whipped cream and caramel sauce for serving.

Directions:

- 1: Add the milk, coffee, sugar, cinnamon sticks, ginger, nutmeg, allspice and cloves to your slow cooker set to high.
- 2: Stir everything together until well combined.
- 3: Add the lid and cook for 2 1/2 hours on high heat or for 4 hours on low heat, stirring once about half way through cooking.
- 4: Serve hot with fresh whipped cream and caramel sauce and a dusting of cinnamon sugar, if desired.

Recipe and photo from: thebusybaker.ca



Hi Neighbors!

I want to welcome anyone who is new to our association. If you have littles, make sure to check out the Story Times, Little Gym, Sensory Bins, and Inspirations classes in 2024!

Adults, pick one exercise class to try; they are FREE with your association membership and the instructors give adaptations to any age!

By the time you are reading this, our online registration should be up and running! I am looking forward to our Letters to Santa and the Cookies with Santa time with my grandgirls. Wishing you all a cozy, satisfying holiday season!

Julie Kallenbach

Winter Greetings from your Lifestyle Director,



2024 is a new year and we look forward to sharing it with you at Cambridge Lakes Community Association!

Lifestyle is having a blast creating, planning, and running events and seeing all of you have such a great time at them! Ruth and I truly love what we do and always enjoy seeing you at events and when you stop by to say Hi!

As always, you can see all these events in the 2024 Events Section in this newsletter. For those of you on social media, we post events on our Cambridge Lakes Community Center Facebook Page, I post them on Pingree Grove Community Network's Facebook Page (with the rainbow cover page), on Women of Cambridge Lakes Facebook Page and on South Bay's Facebook Page (where I live). For those who are not on social media, we email blast events so look for those, they are also posted on our website. When you are here, stop by and check out our Lifestyle flyer bulletin board or pick up a flyer here at the Community Center.

Group Fitness is always a great place to start your new year's health and wellness journey. Our instructors are the best around and we LOVE our regulars who come, and we LOVE when new residents give our classes a try! We all teach to every level, and we cannot wait to see you our Group Fitness Classes!

** Free Events, you can always call, email, or visit the front desk to register, and any events that have a fee, you can visit the front desk to register. Each event that has a fee, also has a guest fee as well **

BIG NEWS!!!! Coming soon, online registration for events!!! Stay Tuned!

My office is always an open door for you. Ruth and I have the most fun stuff in here, and we love it when your kiddos make all the coloring pages that decorate our door. We always smile when the littles and the 6th – 12th graders stop by for a lollipop from the tree on my desk.

I always welcome AVID students, Beta Club students, and NHS students who need hours. I can always use their help at events! Please reach out to me at my email below as soon as possible. As always, if you have any questions on any events, suggestions, feedback or as a homeowner would like to volunteer at events or join our Social Events Commission, you can email me anytime at:

michelle.arvanitakis@mycambridgelakes.com

As the freezing temperatures are coming quickly, the community center is always a warm spot for you to come and enjoy all that we offer. I wish you and your family a wonderful, safe, and healthy new year. I look forward to seeing you soon!

Warmest Wishes,

Michelle

Townhouse and Condominium Manager Contacts

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	Foster Premier	Janel Santilli	jsantilli@fosterpremier.com	847-459-1222
Townhome #14	McGill	Chris	chris@mcgillmanagement.com	847-259-1331
Townhome #18	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123
Condo #19A	Foster Premier	Linda Raaum	Lraaum@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 Raaum	Lraaum@fosterpremier.com	847-484-2123
Townhome #33	Foster Premier	Gene Polissky	epolissky@fosterpremier.com	847-459-1222
Parkside @ Cambridge Lakes	Foster Premier	Linda Raaum	Lraaum@fosterpremier.com	847-484-2123



A request from your Fire Department ...

In addition to those usual "Spring Cleaning" activities the Pingree Grove and Countryside Fire Protection District would like you to add one more "to do" item to your list. Perform a safety check in your home. Here is a room-by-room Fire Hazard check-list to make sure you don't forget anything. If you find a problem in your home, please contact an authorized service organization.

Living Room

- Open the flue or damper before starting a fire in your fireplace, every time.
- Keep all flammables at least three feet away from the fireplace.
- Place a sturdy fireplace screen in front of the fireplace.
- Have your chimney cleaned and inspected by a professional at least once a year.
- Keep candles at least one foot away from your curtains.
- If you have small children, use safety caps to cover all unused outlets.
- Use large, deep ashtrays. Never leave a burning cigarette unattended.

Bedroom

- Don't run electrical cords under rugs.
- Replace and repair loose or frayed electrical cords.
- Don't allow permanent use of extension cords.
- Don't staple or nail electrical cords.
- Never smoke in bed.
- Install a carbon monoxide alarm near bedrooms.

Bathroom

- Don't overload outlets with cords from too many appliances. Plug them in one at a time.
- If an outlet or switch feels unusually warm, stop using it and call an electrician.
- Never set hot appliances on flammable materials.
- Unplug all appliances when done using them.
- Make sure cords from appliances are not getting pinched in drawers.
- Keep towels and other flammables at least three feet away from space heaters.

Hallway

- Install ceiling-mounted smoke alarms on every level of your home (at least four inches away from walls).
- Ensure smoke alarms are UL listed.
- Wall-mounted smoke alarms should be installed four to 12 inches away from the ceiling.
- Don't install smoke alarms near windows, doors or ducts.
- Test your smoke alarms once a month.
- Vacuum your smoke alarms every six months.
- Change your smoke alarm batteries at least once a year. Make sure batteries are always in smoke alarms. Replace detectors every 10 years.

Kitchen

- If you have a fire extinguisher, be sure you are properly trained to use it.
- Make sure the fire extinguisher is for multipurpose use.
- Keep the fire extinguisher in a place where it is easy to access.
- Never leave anything on the stove or under the broiler unattended.
- Keep the cooking area clear of items that can burn.
- Maintain a three-foot kid-free and pet-free zone around the stove.
- Avoid wearing loose-fitting clothing while you are cooking.

Basement

- Have your heating system serviced once a year before cold weather begins.
- When buying a new unit, have a qualified technician install it or check that it was installed properly.
- Choose a heating device with an automatic shutoff feature.
- Make sure your clothes dryer is installed and serviced by a professional.
- Have a gas-powered dryer inspected by a professional at least once a year to check flexible gas lines for damage and proper connection, and to ensure all piping is free of leaks.
- Keep areas around heating sources clear of debris and insulated from the heating source.
- Be sure to clean the lint tray in your dryer before each use and check around the drum for any accumulated lint.
- Have a professional clean the inside of your dryer every one to three years. Do not store clothing or other combustibles any closer than one foot from the dryer.
- Do not let your dryer continue running when you leave your home.

Outdoors

- Keep your grill at least three feet away from your home.
- If you live in a place where it snows, remember to keep all exhaust vents from your home clear.
- Develop and practice a home evacuation plan.
- Make sure every family member knows two ways out of each room in your home.
- Practice escaping, staying low to the ground and not opening doors that are hot to the touch.
- Assign a family member to assist anyone with a mobility issue.
- Choose a place outside your home for all family members to meet. Get out of the home first and then call the fire department from a neighbor's phone. Make sure everyone knows not to return inside the home.



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're not in Pingree Grove)

As with most of the smaller communities in Kane County, the Police Dispatch is handled at a centralized location to increase efficiency and reduce costs. It's important to know that if you need Police service call the above numbers, otherwise you are greatly delaying the response time. The Police Department administrative number (847) 464-4600 (non-service-related inquiries and records) is not answered outside of normal business hours. Messages can be left, but they will be responded to on the next business day. In summary: to receive a police service response, please dial 9-1-1 or 630-232-8400 to have an officer dispatched to your location. If you are ever in doubt, please dial 9-1-1 and the trained dispatcher will be able to help you.

With regards to parking with the upcoming winter season, please remember that there is no parking allowed on ANY village street when 2 inches or more of snow has fallen. Once the snow event has ended, the public streets have been cleared of snow, and snow removal operations have been completed, you may resume parking on the street.

Additionally, when the National Weather Service has issued a severe winter warning, roadway parking is prohibited from the time the warning takes effect (not when the snow begins). A severe winter warning is issued when 5 or more inches of sleet or snow are predicted within a 12-hour period or when 7 or more inches of sleet or snow are predicted within a 24-hour period. All vehicles need to be removed from the streets to allow Village plows to effectively clear the streets. Please refer to Village Ordinance 7-5-5 which was approved by the Village Board on 12/1/14.

When you are clearing the driveways and sidewalks at your residence, please ensure that you are not depositing snow onto the roadways of any Village Street. This is a violation of Village Ordinance 8-1D-3(A) which was approved by the Village Board on 6/16/08. Please note that citations may be warranted for this action.

The holiday season is approaching, and traffic may be impacted due to travelers and holiday shoppers. Please keep the following tips in mind as you venture out. Use caution when driving on slippery roads and keep a minimum of 2 – 3 car lengths between you and the vehicle in front of you. Remember that buzzed driving is impaired driving and that reaction times are slower when under the influence of drugs or alcohol. Always wear your safety belts and limit your communication to hands-free devices. Stay safe everybody!

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



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

Cambridge Lakes Community Events





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www.CentralTree.net

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CONTACT US

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

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CLASSES
ARE FREE
FOR
RESIDENTS
\$5.00 FOR
GUESTS.

SUNDAY	09:00 AM 09:30 AM 10:30 AM	POUND WERQ HIIT 2 FIT	AMY AMY JOE
MONDAY	08:30 AM 09:15 AM 05:30 PM 07:00 PM 8:00 PM	HIIT STRONG (LOWER BODY) ALL ABS STRONG NATION BARRE BURN THROW DOWN	JESS JESS ADRIANA MICHELLE AMANDA
TUESDAY	9:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	THROW DOWN BOOTCAMP STRENGTH YOGA/STRETCH P90X LIVE/ BODY BLAST STRONG NATION	AMANDA ANETA ANETA MICHELLE ADRIANA
WEDNESDAY	08:30 AM 09:15 AM 07:00 PM 08:00 PM	HIIT STRONG (UPPER BODY) ALL ABS POUND WERQ	JESS JESS AMY AMY
THURSDAY	9:00 AM 05:00 PM 06:00 PM 07:05 PM 08:00 PM	THROW DOWN BOOTCAMP STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	AMANDA ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:15 AM 08:00 PM	BEGINNERS YOGA YOGA FOR WEIGHT LOSS HIIT2FIT	ANETA ANETA JOE
SATURDAY	08:00 AM	PBT CORE & STRETCH	CORINNE

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 Burn

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!

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/Body Blast

Class will alternate each week between **P90X Live and Body Blast**. **P90XLive**, 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 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! **Body Blast** - is a Circuit based workout combining a variety of timed cardio and strength stations including rowing, pushups, slam balls, box jumps, kettlebells and so much more for a sweat inducing total body workout you will love! This motivational and positive environment will have you leaving class feeling strong, accomplished and part of a group fitness team! All levels beginner to advanced welcome, and as always, modifications shown for every move!

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.

Group Fitness Class Descriptions Continued...

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 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!

Throw Down

This high cardio hip hop dance fitness class that went viral on TikTok, is now here 3 days a week! You will jam out with new routines weekly! Throw Down is a perfect blend of both high and low impact dance routines for all fitness and skill levels. This format combines the best cardiovascular workout along with agility and memory retention. No dance experience necessary

HIIT 2 Fit

A full-body workout that utilizes a combination of dumbbells, resistance bands & kickboxing techniques to build lean muscle, burn fat & calories, & improve your balance, endurance, stamina & confidence.

How HIIT 2 Fit Works: Starts off with a 15-minute warm-up combined with cardio intervals & stretching to get the body warmed up & prepared for the workout. 6 Circuits, 3 exercises per circuit at 1-minute intervals, & a 0:30 rest period, & a 1:00 rest after the final exercise. Finish off with a cool-down where we focus on the core area & a light stretch to keep the muscles from tightening up.

What Got Me into Fitness & Health: I wanted to become a better version of myself. One day I looked at myself & was ashamed at how I had looked, & I knew that I had to make a change. After I began working out & designing my own workout regimen, I got into kickboxing, & a couple years later I began doing bodybuilding shows & upgraded my nutritional intake tenfold & have lived the Lifestyle of Fitness, Nutrition, Health & Wellness. I hold several certifications through ISSA – International Sports Science Association – which includes:

- Personal Trainer
- Nutritionist
- Kickboxing Instructor
- Youth Fitness Trainer
- Senior Fitness Trainer
- Strength & Conditioning Specialist
- Bodybuilding Specialist
- Tactical Conditioning Specialist

Who's Welcome to HIIT 2 Fit: EVERYONE!! HIIT 2 Fit is designed for everyone of all ages, &

- all levels – whether you're just starting in the gym lifestyle or have been in it for years –
- this class is for everyone!

Graphic Designer by day...fitness instructor by night!

I've been a Cambridge Lakes resident since 2007 and I have had a passion for fitness practically my whole life. After participating in many types of classes at CLCC for many years, I received my certification in 2013 and I began my fitness instructor journey then. I have a passion for HIIT workouts and believe they are an extremely effective type of workout! "Anything Goes" is a great class for any and all levels of fitness. I hope to see you in class soon!



Cambridge Lakes Community Center

GUEST POLICY

1. Each household is permitted to bring up to 4 guests per household to the community center.
2. The cost for guests is \$5.00 per guest per visit **(we do not accept cash)**
3. Any guest coming to use the Community Center must be accompanied by a resident 18 years of age or older at all times.
4. Residents and guests must present identification and sign in at the front desk.
5. Residents **must stay in the facility** with their guests for the duration of their visit.

TO SIGN IN A GUEST THE FOLLOWING STEPS MUST BE TAKEN:

- * Resident must be 18+ years to sign in a guest.
- * Resident and guests **must** sign our guest sign-in form.
- * The resident will leave their association photo ID.
- * The resident will sign for the guests acknowledging that they are fully responsible for their guest(s) and any damages and/or injuries that occur while using the facility and those such damages and/or injuries are the responsibility of the homeowner.
- * Upon leaving the facility, the resident must sign out to retrieve ID.

2024 Events January - April

Youth First Aid Mental Health Training Class

Saturday, January 6th

10:00 am – 2:00 pm



This class is offered through NIU and will be held at the Community Center. This class is for anyone who works with the ages 12-18 and for parents. Content will cover recognizing, identifying and responding to the signs of mental health and substance use challenges for this age group. Class is taught by

DeAnna Harris-McKoy, PhD, LMFT (She/Her/Hers) Associate Professor/SMFT Program Director
Family and Consumer Sciences | College of Health and Human Sciences

Call, email or visit the front desk to register by Wednesday, January 3rd. Residents Free, Guests \$5!

Fit Happens - 12 Week Challenge



Begins January 8th and runs 12 weeks (week of March 25th)

New Year, New You! We tend to put everyone else and everything else in front of ourselves. In these 12 weeks, YOU matter, YOUR health and wellbeing matter, YOU taking steps to change YOUR course matter. In these 12 weeks, you will learn to recognize areas to shift your days, and form healthier habits. Find your groove with fitness in the gym and how to safely and effectively workout. Make new friends and sweat with your fitness crew in Group Fitness Classes.

Rediscover yourself; Be on your way to a stronger and healthier YOU! Michelle Arvanitakis, elite level fitness professional will be your instructor for this 12 week journey! Each week with Michelle will include educational/nutritional discussions, and alternating with a workout combining both safety and effectiveness along with learning all the equipment in the gym.

Confidential weigh in and measurements will be taken for your own accountability and progress. *Broken down by 12 weeks, the cost per week is equivalent/less than two Door Dash fast food deliveries to your work/home. Invest in yourself.*

Visit the front desk to register by Wednesday, January 3rd

Residents \$420 (\$35 a week)

Guests \$480 (includes 2 group fitness classes per week, and 1 time in the gym, must be accompanied by the resident)

Cottonball Penguins

Monday, January 8th

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



Penguins are such cute aquatic birds! Bring your kiddos and have fun making your very own cottonball penguin!

Call, email or visit the front desk to sign up by Friday, January 5th
Residents Free, Guests \$5

Group Fitness Expo

Saturday, January 13th

9:00 am – 11:30 am

2024 is your year to find your groove with Fitness! Come dressed to workout and try each Group Fitness Class we offer! Each Instructor is amazing and every group fitness class works for EVERY BODY and every level from beginner to advanced.



Call, email or visit the front desk to register by Friday, January 12th

Residents Free, Guests \$5!

Hot Chocolate Popsicle Stick Mugs Craft

Monday, January 15th

10:30 am – 11:30 am &

5:00 pm – 6:00 pm



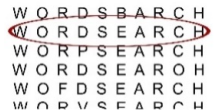
On construction paper, create your own popsicle stick and hot cocoa mug! Cotton balls will be used for marshmallows, and more crafty goodies will be provided to design this adorable make and take winter craft. All ages welcome!

Call, email or visit the front desk to register by Monday, January 8th

Residents Free, Guests \$5

Global Word Search Day

Tuesday, January 16th 5:00 am – 10:00 pm



Word searches are such a great way to spend a little YOU time and for all ages to flex brain power! Stop by any time during Community Center hours and pick up a sheet or 2 of word searches on this fun global day! Word Searches will be near the TV under the Lifestyle event flyers! 5

Birdie Bed & Breakfast – Birdhouse Make & Take

Friday, January 19th

6:00 pm – 8:00 pm

Grab your friends, bring your kiddos for all the chirpy fun! Kit includes birdhouse to assemble, paints and stickers to make it your own. All ages welcome, our friends that are 21 plus, feel free to BYOB!



Visit the front desk to register by Tuesday, January 2nd

Residents \$10, Guests \$15

Cardboard Box Drive In Movie Night

Saturday, January 20th

6:00 pm – 9:00 pm

Boxes decorated and turned into cars, movie snacks, pizza and you will be ready to “DRIVE IN” and watch the speediest snail around in TURBO! Boxes and all the stuff to decorate will be here waiting for you! You do not want to miss all the family fun you will have at this event!



Visit the front desk to register by Saturday, January 13th

Residents \$15, Guests \$20 (price includes 1 parent and 1 kiddo)

Residents additional kiddo \$7, Guests \$12

Hustle House Basketball

Jan 20th - Feb 24th: Saturdays

5–7-year-olds 9:00 am – 10:00 am

8–10-year-olds 10:00 am – 11:00 am

11–13-year-olds 11:00 am – 12:00 pm

Basketball skills are back! Kids will learn footwork, dribbling, passing, agility, and hoop techniques. Perfect for beginner kids to returning kids!



Residents are free (spaces are limited), Guests \$5 (must be attending with a resident who is also attending Hustle House)

Call, email or visit the front desk to register by Friday, January 19th

Handprint Snowman Snowglobe Craft

Wednesday, January 24th

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

Bring your kiddos for this adorable keepsake capturing their little handprint. Paper, glue, and glitter will be their pallet to create a wintery snowglobe.



Call, email or visit the front desk to register by Monday, January 22nd

Residents Free, Guests \$5

Family Board Game Night

Saturday, January 27th

6:00 pm – 9:00 pm

Drop the technology and join us for a fun evening at our first family friendly casino themed game night! Come as a group of friends or with your family. Food and drinks provided and this is a BYOB event for 21 plus. Fake money will be your currency and send the kiddos up to “buy” food and drinks while they learn the basics of a budget and transactions!



Visit the front desk to register by Saturday, January 6th

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

Handprint Mittens Craft

Monday, January 29th

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

January is mitten weather and this cute little handprint craft will surely warm your heart and home! Bring your littles and enjoy making memories of their little handprints, before they become middle school and high school grown ups!



Call, email or visit the front desk to register by Monday, January 22nd

Residents Free, Guests \$5

Story Time

Thursdays, January 11th, February 1st & 22nd, March 14th, & April 11th.

10:30 am – 11:30 am

5:00 pm – 6:00 pm

Bring your kiddos for stories and coloring! Geared toward ages 1-6 years, but who does not love books and crayons! Please reach out to Michelle, Lifestyle Director, on any questions for ages younger or older!



Visit the front desk to register!

Residents Free, Guests \$5

Sensory Bins

Thursdays, Jan. 18th, February 8th & 29th, March 21st, April 18th.

10:30 am – 11:30 am

5:00 pm – 6:00 pm

Bring your littles for this fun filled time of fine motor development, different tactile discovery, and socialization. Ages 1- 6 years



Visit the front desk to register!

Residents Free, Guests \$5

Little Gym

Thursdays, Jan. 25th, February 15th, March 7th, April 4th & 25th.
10:30 am – 12:00 pm
5:00 pm – 6:00 pm



Basketball, soccer, blocks, mats, and more is what you will find here! This is a free play time for gross and fine motor development while meeting new friends.

Ages 1 – 6 years

Visit the front desk to register!
Residents Free, Guests \$5

Groundhog Day Donuts & Coffee

Friday, February 2nd
7:00 am – 9:00 am



Will the groundhog see their shadow or not?

No matter the outcome, pop by the Community Center for a complimentary donut and coffee to make your day a little brighter!

Residents Free!

Squirrel Treat Making

Monday, February 5th
10:30 am – 11:30 am & 5:00 pm – 6:00 pm



Back by cuteness level popular demand, come and make these tasty treats you can hang outside to keep our little furry friends full! (Peanut Butter is used for allergen details)

Visit the front desk to register by Monday, January 5th

Residents, \$5, Guests, \$10

Valentines Paint & Sip

Friday, February 9th 6:00 pm – 9:00pm



Couples groups of friends, and families, Paint & Sip Valentines edition is where you want to be on this Friday night! 21+ BYOB. Paint options will be available on the flyer closer to January!

Visit the front desk to register by Monday, February 5th

Residents \$40, Resident Couple \$80 (2 canvases, each paints ½ the photo, together they make a whole, Guests \$45, Guest Couple \$90.

Tissue Paper Heart Craft

Tuesday, February 13th
10:30 am – 11:30 am & 5:00 pm – 6:00 pm



February is a month full of hearts and love! Bring your little & big kids to create their heart and embrace their creativity with color!

Call, email or visit the front desk to register by Monday, February 5th. Registration is required, this is not a drop in.

Residents Free, Guests \$5

Make the Friendship Bracelets

Wednesday, February 21st
6:00 pm – 8:00 pm



As Swifties know, Friendship Bracelets is a BIG thing! Grab your besties and make all the bracelets you can in this 2-hour event! Decorate your arms, trade with your friends, and have all the fun you can with us!

Call, email or visit the front desk to register by Monday, February 12th.

*** Registration Required – not a drop in event – Spaces limited to 16***

Residents, Free, Guests \$5

Trivia Night – Disney

Friday, February 23rd
6:00 pm – 9:00 pm



All things Disney, from Princesses to purchased franchises such as Star Wars & Marvel, animated and live action movies to the Disney Parks! Compete your Disney knowledge for a prize! Get your Minnie and Mickey Ears, princess gear and theme clothing ready and come for this fun night! Ages 7 and up, with 21 + BYOB and bring your own snacks and goodies for your group!

Visit the front desk to register by Tuesday, February 20th

Residents \$10, Guests \$15

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

Community Family Dance Night

Saturday, February 24th
6:00 pm – 9:00 pm



Grab your friends, neighbors and family and dance the night away Hollywood style! Music, Photo Booth, Paparazzi décor, chips, cookies and pop provided. Vote on the best dressed for an award! It's a night you don't want to miss! Visit the front desk to register by Friday, February 9th
Residents \$15, Guests \$20

Little Medical School - Inspiring Future

Healthcare Heroes Little Vet School – STEM based learning

Tuesdays, February 27th, March 5th, 12th & 19th,

April 2nd & April 9th

Ages Pre-K – 9am – 10 am

Ages 4 – 6 – 10am – 11am

Ages 7 – 10 – 5pm – 6pm



Little Medical School (LMS) is the pioneer and leading developer of hands-on interactive programs for children, ages 1-16, with a focus on healthcare. Our STEM based curriculum caters to student of all age ranges 15

- Students will be provided with all necessary materials for each class.
 - For those courses offering multiple sections, they do not need to be taken sequentially and may be taken independent of each other.
 - All courses conclude with a graduation ceremony where each student is presented with a personalized diploma.
- All Little Medical School courses listed consists of 6 one-hour classes unless otherwise noted
(Pre-K and Ages 4-6 non-readers have visual based learning)

Little Veterinarian School Section I: Dog/Veterinarian After “adopting” their very own plush puppy, students will role play the key responsibilities of a veterinarian, including how to properly perform a nose-to-tail exam. These future veterinarians will learn how to sew stitches, remove ticks, make healthy treats, and vaccinate their dog. (Ages 7-10) Section II: Dog/Vet Office Functions Students will role-play the key staff functions performed at a veterinary office and how to keep their “adopted” plush puppy healthy. These future veterinarians will explore digestion, the different parts of the canine eye, animal body language and how X-rays are used to diagnose and treat common illnesses. (Ages 7-10) Section III: Cat/Veterinarian Students will role-play the key responsibilities of a veterinarian and perform a whiskers-to-tail exam on their newly “adopted” plush cat. These future veterinarians will learn about animal body language, maintaining a healthy environment such as proper litterbox placement, create a cat toy, and design a vet clinic.

(Ages 7-10)

Visit the front desk to register by Monday, February 5th

****Spaces Limited to 16 per age group per class****

Little Veterinarian School Dog - Residents (per student) \$120

Little Veterinarian School Dog – Guests (per student) \$150

World Compliment Day

Friday, March 1st

5:00 am – 10:00 pm – All Day

Life can be hard, days can be long, work can be stressful. We never know what someone is struggling with and kindness is free! A compliment goes a long way to brighten someone's day, and make someone smile! You have a chance to change the world and our little town one compliment at a time on our second annual World Compliment Day!

Stop by the front desk to pick up a compliment and/or a compliment card to personally write a message!

WORLD
COMPLIMENT
DAY!



No Sew Sock Bunny Craft

Wednesday, March 6th

5:30 pm – 6:30 pm



Bring a sock that you love or a mismatched sock as they get eaten by the dryer often, and come for this fun little creative event! Rice, rubberbands, scissors, googly eyes, cotton balls and ribbon all included!

Call, email or visit the front desk to register by Monday, March 4th

Residents Free, Guests \$5

Hustle House Speed & Agility

March 9th - April 27th: Saturdays

5-7- year-olds 9:00 am – 10:00 am

8-10- year-olds 10:00 am – 11:00 am

11-13- year-olds 11:00 am – 10:00 am



Speed and Agility helps kids develop sports skills that benefit basketball, soccer, volleyball, track and more. Kids will learn to work together as a team in a positive and fun environment!

Residents are free (spaces are limited), Guests \$5 (must be attending with a resident who is also attending Hustle House Speed & Agility)

Call, email or visit the front desk to register by Friday, March 8th

Bunny Breakfast, Craft & Photo with the Bunny

Sunday, March 10th

9:00 am - 11:00 am

The Easter Bunny returns to Cambridge Lakes!



Enjoy breakfast from Brunch Café, a professional Easter Bunny photo from Bobbi Rose, a hop-tastic bunny craft to take home, and our egg hunt! We hope to meet everyone's egg-pectations this year!

Registration is required! Visit the front desk to register by Friday, March 1st.

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

Egg hunt & Photos with the Bunny

Sunday, March 10th

9:00 am - 11:00 am



Our Egg-cellent egg hunt returns, but with an awesome extra! Our hunt now includes professional photographer, Bobbi Rose, to take your little ones Easter Bunny pictures! Broken down by age groups, one group hunts for eggs, while the other gets their photo taken. Everyone will have so much fun hunting for eggs and meeting the Easter Bunny for this hop-tastic morning!! The Easter Bunny will need their eggs back so please put the halves in the boxes as you leave! Registration is required! Visit the front desk to register by Friday, March 1st.

Residents: \$10 Guests: \$15 (Ages 2 and under are free)

Ladies Night & International Women's Day

Friday, March 8th
6:00 pm – 9:00 pm



Ladies, tonight is about you, your daughters, your friends and all the wonderful parts of you that shine! You will have the best time making your own front porch welcome signs crafting any kind you love! This event also falls on International Women's Day! Showcase your culture at this Pot Luck event and bring a dish for everyone to try! All welcome sign stencils, paints and wood are included. 21 plus BYOB!

Visit the front desk to register by Friday, February 23rd Residents \$20, Guests \$2

Kindness Rocks

Wednesday, March 20th
10:30 am – 11:30 am & 5:00 pm – 6:00 pm



Stop by and paint a rock however you wish! Create something cute, something artistic or decorate with kind or inspirational words. Rocks, once dry, will be hidden around the community for you to find. Find a rock, spread kindness and gift it to someone or keep it as your own! Rocks will be put out in the community the week of April 8th!

Call, email or visit the front desk to register by Monday, March 18th. Spaces are limited to 16!

Residents Free, Guests \$5

Rain Cloud Tissue Paper Craft

Wednesday, April 3rd
10:30 am – 11:30 am & 5:30 pm – 6:30 pm



Splash into the rainy months with this stormy little craft. Tissue paper, raindrops, scissors and glue are all here to bring your rain cloud to life!

Call, email or visit the front desk to register by Monday, April 1st

Registration required.

Residents Free, Guests \$5

World Autism Day

Friday, April 5th
10:30 am – 11:30 am & 5:00 pm – 6:00 pm



Special needs parents, grandparents and friends, come with your kiddos for this perfect event. Red, blue, yellow and green buttons, glue, sharpies and cardstock paper provided to create your own photo that you can frame or display at your home.

Visit the front desk to register by March 22nd
Residents \$5, Guests \$10

Spring Craft, Vendor & Home Improvement Fair

Saturday, April 13th
10:00 am – 3:00 pm



Twice a year, we have the largest and best Fair around and its time for the Spring Fair!

I advertise each Fair on social media, in the Daily Herald both paper and online, and with banners placed all over the community we also have a food truck out front. Vendors come from far and local in Pingree and we have a very large crowd of browsers and shoppers!

Booth spaces are limited and are a first come first serve basis. Booth spaces can fill up before the deadline to submit applications. Payment is due at the time of submitting the application to ensure your booth space. I am unable to hold spaces without an application and payment.

The application deadline is April 1st.

Resident Booth \$30, Guest Booth \$40

To receive an application, please email Michelle, Lifestyle Director at Michelle.arvanitakis@mycambridgelakes.com

Shaving Cream Rain Clouds Stem Experience

Wednesday, April 24th
10:30 am – 11:30 am & 5:30 pm – 6:30 pm



Shaving cream, food coloring and water

create a cloud that releases rain into the atmosphere! Kids will form a hypothesis first, then run the experiment and see what happens!

Visit the front desk to register by Friday, April 19th
Residents \$5, Guests \$10

Fork Stamped Tulips Craft

Wednesday, April 17th
10:30 am – 11:30 am & 5:00 pm – 6:00 pm



As April showers bring May Flowers, pop by with your littles for this cute little craft. Cardstock, forks, paint brushes and washable kids paint all combine to make the most creative tulips around!

Call, email or visit the front desk to register by Monday, April, 15th
Residents Free, Guests \$5

GLUTEN-FREE BERRY CRISP

Prep/Total Time: 1 hr 15 min |
Makes: 12 servings



Ingredients:

Nonstick cooking spray | 4 cups fresh or frozen strawberries, hulled and quartered | 3 cups fresh or frozen blackberries | 3 cups fresh or frozen blueberries | 3 cups fresh or frozen raspberries | 1/2 cup granulated sugar | 1/4 cup cornstarch | 1 1/2 teaspoons ground cinnamon | 1 1/2 cups gluten-free rolled oats | 1 cup gluten-free flour blend | 1 cup brown sugar, packed | 1/2 cup cold unsalted butter, cut into 1/2-inch cubes | 1/2 teaspoon kosher salt |

Directions:

- 1: Preheat the oven to 350 degrees F and move a rack to the middle of the oven. Coat a 9-by-13-inch baking dish with cooking spray.
- 2: In a large bowl add the strawberries, blackberries, blueberries, raspberries, granulated sugar, cornstarch and cinnamon. Mix until the berries are evenly coated, and then pour into the prepared baking dish.
- 3: Combine the oats, flour, brown sugar, butter and salt in a medium bowl. Work the mixture with a pastry cutter or your hands until it resembles coarse meal. Spread the topping evenly over the berries, then bake until the topping is golden brown and the filling bubbles up at the sides, 45 minutes.
- 4: Cool for 10 minutes before serving.

Recipe & photo from: foodnetwork.com

Winter Car Item

CHECK LIST

- | | |
|--|--|
| <input type="checkbox"/> Non/clumping cat litter | <input type="checkbox"/> Extra warm clothing items |
| <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Tow chain/rope |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Gas can |
| <input type="checkbox"/> Bottled Water | <input type="checkbox"/> Bright/Reflective clothing item |
| <input type="checkbox"/> Emergency snacks/food | <input type="checkbox"/> Chargers |
| <input type="checkbox"/> Flashlight | |
| <input type="checkbox"/> Ice-Scraper | |



Cold Weather Tips for Pets!

how cold is too cold?

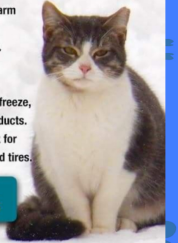
°C	°F				KEY	OTHER FACTORS
15°	60°	1	1	1	1. No evidence of risk: Have fun outside!	+ If wet weather is present
12°	55°	1	1	1		- If Northern breed or heavy coat
10°	50°	1	1	1	2. Risk is unlikely: Have fun outside, but be careful!	- If dog is acclimated to cold
7°	45°	2	2	1		
4°	40°	3	3	2	3. Unsafe potential, depending on breed. Keep an eye on your pet outdoors.	
1°	35°	3	3	3		
-1°	30°	3	3	3	4. Dangerous weather developing. Use caution.	
-4°	25°	4	4	3		
-6°	20°	5	4	3	5. Potentially life-threatening cold. Avoid prolonged outdoor activity.	
-9°	15°	5	4	4		
-12°	10°	5	5	5		
-15°	5°	5	5	5		
-17°	0°	5	5	5		

Source: adapted from The Tufts Animal Care and Condition (TACC) scales

Petplan pet insurance

Help Keep Community Cats Safe this Winter!

- ❖ Provide shelter to keep cats warm and dry.
- ❖ Give cats extra food and water.
- ❖ Shovel out cat shelters after snow falls.
- ❖ Be mindful of hazards like antifreeze, salt, and chemical melting products.
- ❖ Before starting your car, check for cats under the hood and around tires.



Learn more at alleycat.org/WinterTips

Alley Cat Allies

Human? It is below 32°? I can't be outside!



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

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

Cambridge Lakes Community Center General Inquiries

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Michelle Arvanitakis
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Hanna Blank
Executive Assistant
847-464-1515
hanna.blank@mycambridgelakes.com

Ruth Nava
Administrative Assistant
ruth.nava@mycambridgelakes.com



Holiday Community Center Closures:

Thursday - November 23rd, 2023 – Thanksgiving Day

Friday - November 24th, 2023 – Day after Thanksgiving Day

Sunday - December 24th, 2023 – Christmas Eve

Monday - December 25th, 2023 – Christmas Day

We appreciate your understanding! – Cambridge Lakes Staff

The graphic features a festive winter scene with a snow-covered ground, a decorated Christmas tree, and several wrapped gifts. Two candy canes with red bows are positioned on either side of the title. The background is a soft, light blue with falling snow.

