



## CAMBRIDGE LAKES WINTER NEWSLETTER

### From The Manager

Greetings Cambridge Lakes Residents,

The winter season is filled with celebration, reflection, and renewal. In this addition of our quarterly winter newsletter, you will find community news, important updates, reminders, and opportunities to stay connected. We thank you for taking the time to read our newsletter and hope you find it useful.

Even in the coldest months, the warmth of our community shines through. I look forward to the year ahead and am so thankful to have spent another season at beautiful Cambridge Lake as your Community Association Manager. Wishing you & yours all the warmest wishes this holiday season, and always! Cheers!  
BEAR DOWN!!

Kind Regards,

**Natalie Suarez**

Licensed Community Association Manager  
Cambridge Lakes Community Association



Ground has been broken on our splash pad and renovations are in full swing! We can't wait for the finished results!

We anticipate completion just in time for the 2026 pool opening!

### **Community Center Hours**

Monday – Friday 5:00am – 10:00pm  
Saturday – Sunday 7:00am – 10:00pm

### **Kid's Club Hours**

Monday – Thursday: 8:30am – 12:00pm

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# New Association Procedures



## New Master Association Procedures (Accounting Inquiries):

To better serve residents, we will be updating our accounting process. Beginning immediately, all account-related questions will be addressed only during office hours: Monday – Friday 9:00 AM to 5:00 PM.

Inquiries made outside these hours will be kindly asked to reach out again during the next business day. However, residents will still be able to submit email inquiries at any time and will be responded to during office hours. We appreciate your cooperation as we work to better accurately serve our residents!



## New Community Center Procedures (Room Rentals):

Beginning immediately, all residents looking to reserve the Gathering Lounge or Classroom, must do-so during office hours: Monday – Friday 9:00am to 5:00pm with Ruth. Ruth is our admin for the Association.

With this change, we hope to have less errors in bookings, and better communication regarding the requirements within the rental contracts.

In addition, the **2026 Gathering Lounge rental rate has increased**. All 2026 Gathering Lounge rentals will be \$500.00 per rental. This amount now includes a \$200.00 deposit and a \$300.00 rental fee. This increase is due to damages incurred in 2025 from multiple parties.

***Please Note: This fee still includes the tables and chairs set-up.***

***Card payments are accepted but do come with a 0.375% Square fee.***

***Check payments have no additional fees.***

## HOA Messages



### Annual (Master) Association Meeting:

The 2025 Board of Director's will be holding their annual meeting on **Wednesday, February 11<sup>th</sup>, 2026 at 6:00pm in the classroom of the Community Center.**

***Please Note: The Association must receive 20% of the required quorum to hold this meeting.***

### **From our Board President:**



Happy New Year, Neighbors!

I enjoyed all the Holiday displays and am already looking forward to the Valentine crafts with my grand girls.

If you are new to Cambridge Lakes, make sure to see our website at [mycambridgelakes.com](http://mycambridgelakes.com) for information on classes, forms needed, or to just ask a question. The Community Center staff does an excellent job keeping the website current and usable.

We will also be having elections for Board Members in February. Consider running for the Board or, at the very least, VOTE! We need 20% of our homeowners to vote to reach a quorum and have an annual meeting. It is very simple to vote online or in person. Keep involved in our amazing community.

*Julie Kallenbach*



### 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 election will be held Wednesday February 11, 2026, at 6:30pm, so now is the time to start thinking and preparing! By now you should have received a letter with Annual Election information and a nomination form. If you are interested in running for the Board of Directors, please return your completed nomination form by **12pm on Friday December 26, 2025.**

Forms may be dropped off at the Community Center or emailed to Natalie at [natalie.suarez@mycambridgelakes.com](mailto:natalie.suarez@mycambridgelakes.com)

**BE ENGAGED - BE INFORMED - BE HEARD**

# Association Information

ONLINE PAYMENT



## Online Payment / Auto Pay

The 2026 assessment has been approved with the necessary increase. The 2026 monthly assessment will be \$86.00.

Residents set up on the Association's main ACH program (Form was filled out) will not require any adjustments. This option updates the amount automatically.

***Please contact our office to confirm your enrollment in this option if you are unsure.***

Residents who pay online or have re-occurring payments set up through their bank or our online portal, you will have to manually update the amount being pulled. You can check if you have this set up through our portal by going to <https://foster.cincwebaxis.com/>.

For a detailed walkthrough of how to update your payment, please visit [www.mycambridgelakes.com](http://www.mycambridgelakes.com) and click the "MORE" tab > HOA Payment. For further assistance, please contact us via email to set up a time.



## Feeding of Wild Animals

To help maintain a safe and clean community, we kindly ask all residents **not to feed wild animals**. While this may sound harmless, it can lead to overpopulation of the species, property damage, and an increased nuisance to other residents. These animals may also become dependent on human-provided food and lose their natural hunting instincts. It also raises concerns regarding the sanitation around homes and common areas.

***We've received a growing number of complaints related to this issue and would greatly appreciate your cooperation in helping keep the standards of our beautiful community!***

# Community Association Property Managers

Street	Neighborhood	NH#
Alison Avenue		33
Alta Vista Drive	1132, 1126, 1120, 1114, 1108, 1102, 1137, 1131, 1125, 1119, 1113	23
Alta Vista Drive	THE DUNES/PRARIE SPRINGS	14
Anchorage Court	BAYSIDE	18
Aurora Drive	SUNSET COVE No unit number	19B
Aurora Drive	SUNSET COVE 2215, 2220, 2225, 2245, 2250, 2275, 23	19
Bar Harbour Court	NORTH BAY	11
Bayberry Circle	PARKSIDE	29
Bayberry Lane	PARKSIDE	29/30
Bayshore Drive	WEST HAMPTON	5
Beachview Road	HIGH POINT	13
Bella Lane		33
Berkshire Lane	SOUTH HAMPTON	8
Birchwood Drive	BAYFIELD	1
Blue Bell Lane	STILLWATER	4
Boathouse Road	THE HARBOUR	17
Brighton Circle	SOUTH HAMPTON	7
Brighton Drive	SOUTH HAMPTON	7
Bristol Street	SOUTH HAMPTON	8
Broadland Drive	HIGH POINT	12
Brookhaven Trail	EAST HAMPTON	6
Canterbury Lane	SOUTH HAMPTON	7
Cape Cod Lane	THE POINT	15
Catamaran Circle	THE SHORES/ THE HARBOUR	16/17
Cedarwood Circle	PARKSIDE	31
Cedarwood Lane	PARKSIDE	31
Cherry Lane	ORCHARD WALK	24
Chestnut Drive	ORCHARD WALK/NEWPORT	24/26
Cleanwater Drive	SOUTH BAY	9
Clover Lane	WATERFORD	2
Cottage Drive	PARKSIDE	
Crest Drive	WHITE CAPS/NEWPORT	25/26
Daytona Way	SOUTH BAY	9
Dempsey Circle	PARKSIDE	30
Derry Lane	WATERFORD	2
Diamond Head Tra	THE POINT	15
Dover Court	SOUTH HAMPTON	7
Dover Street	SOUTH HAMPTON	7/8
Driftwood Lane	THE DUNES/PRARIE SPRINGS	14
Dublin Drive	PARKSIDE	32
Emerald Drive	WATERFORD	2
Emma Drive	PARKSIDE	32
Evergreen Lane	BAYFIELD	1
Galway Lane	WATERFORD	2
Glen Cove Lane	WEST HAMPTON	5
Hollow Tree Lane	PARKSIDE	31/32

Street	Neighborhood	NH#
Homewood Road	PARKSIDE	31
Isle Royal Court	NORTHBAY	11
Lake Bluff Lane	HIGH POINT	12/13
Lakeland Lane	ORCHARD WALK	24
Lancaster Drive	NORTH HAMPTON	3
Larkspur Court	STILLWATER	4
Leeward Lane	THE SHORES	16
Lighthouse Lane	NORTH BAY	11
Lookout Drive	HIGH POINT/ THE POINTE	13/15
Loon lake Court	THE SHORES	16
Maryland Lane	CHESAPEAKE	27
Middlestone Road	PARKSIDE	
Montauk Lane	EAST HAMPTON	8
Newport Circle	NORTH BAY	11
Norfolk Lane	CHESAPEAKE	27
Oxford Court	SOUTH HAMPTON	8
Padre Island Lane	SOUTH BAY	10
Peninsula Court	THE POINT	15
Port Royal Road	SOUTH BAY	10
Portsmouth Drive	SOUTH HAMPTON	8
Promontory Drive	THE POINT	15
Prospect Circle	HIGH POINT	12
Redwood Road	PARKSIDE	31
Ruby Drive	STONE HARBOR	23
Sandcastle Lane	THE DUNES	14
Sapphire Lane	STONE HARBOR	23
Sarasota Drive	SOUTH BAY	10
Shamrock Lane	WATERFORD	2
Shelter Island Lane	EAST HAMPTON	8
Shoreline Court	THE SHORES	16
Shoreline Drive	THE SHORES	16
Silver Lake Court	THE SHORES	16
Spinnaker Court	PRARIE SPRINGS	22
Spinnaker Street	THE POINT/PRARIE SPRINGS	15/22
Spinnaker Street	STONE HARBOR	23
Summit Lane	WHITE CAPS	25
Upland Road	SEABOARD	20
Valley Stream Drive	WEST HAMPTON	5
Waterfront Lane	THE SHORES	16
Wester Boulevard	THE SHORES	16
Westport Drive	EAST HAMPTON	8
White Pine Trail	BAYFIELD	1
Whitecaps Court	THE SHORES	16
Wildwood Drive	WHITE CAPS	25
Windward Drive	THE DUNES	14
Woodfern Drive	STILLWATER	4
Yorkshire Lane	NORTH HAMPTON	3

<b>Neighborhood #2</b> Managed by: Retro Community Management Property Manager: Melissa Khan Email: customercare@retrocweb.com Phone: 847-874-7300	<b>Neighborhood #3</b> Managed by: PSI Property Manager: Tyler Maichel Email: tmaichel@psimanagement.net Phone: 847-806-6121	<b>Neighborhoods: TH#11</b> Managed by: Foster Premier Property Manager: Janel Santilli Email: jsantilli@fosterpremier.com Phone: 847-484-2119 ext: 3323
<b>Neighborhoods: TH#14</b> Managed by: McGill Management Property Manager: Nicole Broughton Email: Nicole@mcgillmanagement.com Phone: 847-259-1331	<b>Neighborhoods #18, #19A, 23, &amp; PARKSIDE</b> Managed by: Foster Premier Property Manager: Linda Raaum Email: lraaum@fosterpremier.com Phone: 847-484-2123 ext: 3334	<b>Neighborhoods: TH19B, 20, 33</b> Managed by: Foster Premier Property Manager: Eugene Polissky Email: epolissky@fosterpremier.com Phone: 847-484-2116 ext: 3319

Parks Maintained by Village of Pingree Grove  
Pocket Park behind Community Center  
Skate Park off Wester Blvd  
Pocket Park by Charter School  
Heritage Park on Reinking next to the Milk House

Cost sharing Neighborhoods  
These owners do NOT receive monthly statements  
for the Community Association assessment  
The Community Association assessment is included  
in their townhome/condo/Parkside assessment  
Condo #19A, TH #19B, TH #20, TH #33, and Parkside



## Hello Cambridge Lakes Community!

We have been busy Dancing and Tumbling our way through the Fall and Winter sessions! We are gearing up and preparing for our most exciting time of the year, our annual Spring Recital! We are focused and more prepared than ever before. Polishing up our technique and expanding our knowledge! We are so grateful for the expertise and experience that our teachers who dedicate their lives to Dance bring us every single day.

For those new to Inspirations, we have been established here in the community for over 12+ years, located right here at the Community Center! We offer all styles of dance, including Ballet, Tap, Jazz, Contemporary, Hip Hop, Poms, and multi levels of Tumbling. All classes begin at just 2 years old! Now is a great time to get your child involved in our program to help advance team building social skills, dance development, and overall strength. Make sure you register on Community Pass to see our upcoming schedules and registration information. QR code is attached. Check it out!



Our 2025-2026 Dance Company and Performance Troupe have been training for months! We are looking forward to our Halftime performance at the Windy City Bulls Game in March! We are beyond proud of each and every member for their commitment and dedication. Stay tuned for all the details regarding our Company and Troupe Showcase in June 2026!



Special thank you to the Cambridge Lakes Community for your continued support! We are so lucky to be a part of this incredible community! We hope to see you on the dance floor!

**REGISTER  
ONLINE**



**CAMBRIDGE LAKES WINTER NEWSLETTER**

[WWW.MYCAMBRIDGELAKES.COM](http://WWW.MYCAMBRIDGELAKES.COM)



# Cops Corner

## Winter Safety Message from the Pingree Grove Police Department

As the winter months approach, the Pingree Grove Police Department would like to remind residents that safety and community well-being remain our top priorities. Winter brings unique challenges, and we are committed to supporting our residents through the colder season.

### Weather Preparedness and Safety

With freezing temperatures, snow, and ice on the way, we encourage everyone to take extra precautions. Whether driving to work, walking children to school, or running daily errands, please remember to slow down, allow additional travel time, and dress appropriately for the weather.

Our officers will actively monitor road conditions and assist motorists when needed. However, we urge residents to drive responsibly and avoid unnecessary travel during severe weather.

We also ask community members to look out for those who may need assistance. If you have an elderly neighbor or someone with limited mobility nearby, please consider checking in on them during extreme cold or snow events—small gestures can make a meaningful impact.

### Community Outreach and Support

The winter season can place added emotional and financial strain on families. The Pingree Grove Police Department is working closely with local shelters, food banks, and outreach programs to ensure community members in need have access to support and resources. If you or someone you know is struggling, please reach out—we are here to help connect you with available assistance.

As daylight hours decrease, crimes of opportunity like thefts from vehicles may rise. We remind residents to lock vehicle doors, take valuables out of sight, and keep homes well-lit during evening hours.

### Emergency Services and Communication

Our officers and emergency responders are fully prepared for winter operations. Patrols are being increased in areas prone to hazardous conditions, and all equipment is being maintained for rapid response. If you witness something concerning or need assistance, contact us—we are available 24/7.

For real-time updates on road closures, emergency alerts, and seasonal safety tips, please follow our department's social media pages and visit our website.

### A Season of Gratitude and Community Strength

Winter may test us, but it also showcases the resilience and unity of the Pingree Grove community. Time and time again, our residents demonstrate generosity and kindness—whether by helping clear a neighbor's driveway, contributing to local donation drives, or offering a friendly greeting on a cold day.

The Pingree Grove Police Department extends sincere appreciation for the ongoing trust and partnership of our community. Together, we can ensure a safe, warm, and supportive winter season.

Stay safe, stay warm, and let's continue to look out for one another.

**Christopher A. Harris | Village of Pingree Grove | Police Department**

*Chief of Police*

**PINGREE GROVE**

ONE Police Plaza, Pingree Grove, IL 60140

[www.villageofpingreegrove.org /](http://www.villageofpingreegrove.org/)

847-464-4600 x1417



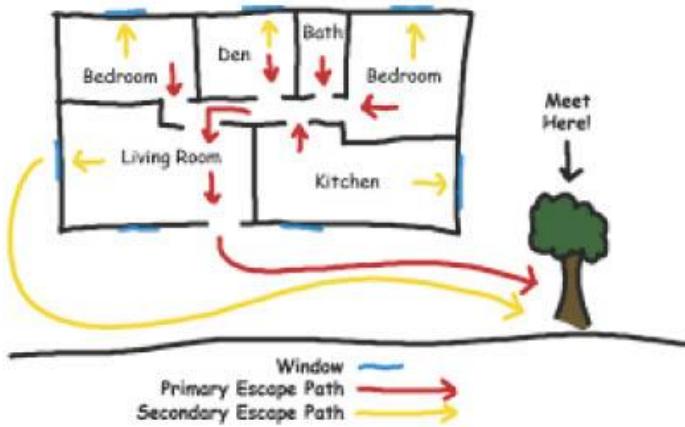
## Pingree Grove and Countryside Fire Protection District

# PINGREE GROVE AND COUNTRYSIDE FIRE PROTECTION DISTRICT

JANUARY 2025-

APRIL 2025

PUBLISHED: 10/02/2025



## PLAN YOUR ESCAPE

### 5 Steps to Making a Fire Escape Plan

1. Draw a map of your home and mark all doors and windows.
2. Find two ways out of every room.
3. Pick a safe meeting place outside your home.
4. Make sure everyone knows the plan including kids and guests.
5. Practice your escape at least twice a year, day and night.

## OVERVIEW

### EXPLORER POST 1200

Are your kids looking to be a firefighter paramedic? Explorer Post 1200 is a great place to start. Children 12-21 are welcome to join our meetings at 6pm on Wednesday at Station #2. For more information visit the department website.

### TRAINING

The department engaged in regular hands-on training during winter and spring. This included ice rescue training in Cambridge Lakes, hose advancement trainings and joint training with nearby departments.

### CALL VOLUME

The department's call volume is increasing. This includes the total number of calls for fire, EMS, or assistance sent to other departments.

January 2025: 226 Calls

February 2025: 197 Calls

March 2025: 199 Calls

April 2025: 195 Calls

“The Pingree Grove Community Events Committee will host its annual Touch-a-Truck event on Saturday, May 2, 2026, from Noon-3:00 pm in the parking lot of Cambridge Lakes Charter School. This is a free family event!” (WITH TRUCK PHOTO)

“During the winter months, blood donations are lower due to colds/flu, holidays, and weather. January is **National Blood Donor Month**, and to encourage blood donations during this volatile time, the Village will host a mobile blood drive in the Municipal Center parking lot on **Wednesday, January 7, 2026**, from **10:30am to 3:00pm**. Walk-ins are welcome, but appointments are appreciated! Schedule a donation time now at: [https://donateblood.versiti.org/donor/schedules/drive\\_schedule/11618655](https://donateblood.versiti.org/donor/schedules/drive_schedule/11618655).

“Sign-up to help clean-up! Earth Day Clean-up – Saturday, April 25<sup>th</sup> from 9am-noon. Register online at the Village website or in-person at the Municipal Center by Friday, April 17. Top trash collecting group will receive a \$50 local gift card!”



Joey Torres, winner of last year's Name That Truck Contest – “Plowing Pete”

## Lifestyle Events Sponsors

As the one year of sponsorship is ending for our 3 incredible Lifestyle Event Sponsors, this part is always bittersweet. Lifestyle Event Sponsorship runs from April 1<sup>st</sup> – April 1<sup>st</sup>.

So many of our lower cost and free events would not have been possible without Gina Lepore, Ria Battisti and Dr. Siri Chanthasalo and Providence Family Dental.

These three amazing people, which are all homeowners, are what helps my job work for all of you! Lifestyle is so thankful for how you care about our community and for your partnership with events!

Be sure to reach out to them for your needs with Real Estate, Insurance and your future financial planning and all of your dental needs!



**Dr. Siri Chanthasalo**



**Providence**  
FAMILY DENTAL

**Scan & View**



**RIA BATTISTI**

INVESTMENT  
PROFESSIONAL

847-533-8826

[BATTISTICAPITAL@GMAIL.COM](mailto:battisticapital@gmail.com)

475 N MARTINGALE RD  
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Ria Battisti, Registered Representative offering  
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**GINA LEPORE**

REALTOR/BROKER | Luxury Property Specialist

630.549.HOME (4663)

Email: [gina.lepore@cbreality.com](mailto:gina.lepore@cbreality.com)  
Website: <https://theleporegroup.com/>

50 S 1st St Ste 400  
St Charles, IL 60174

 COLDWELL BANKER | REALTY

Owned by a subsidiary of Anywhere Advisors LLC.  

If you are interested in becoming a Lifestyle Event Sponsor, please contact me at [michelle.arvanitakis@mycambridgelakes.com](mailto: michelle.arvanitakis@mycambridgelakes.com). Applications will be accepted from January 10<sup>th</sup> through March 1<sup>st</sup>.

*\*\*Please note – only one type of business will be accepted per year. For example, only 1 realtor can be accepted per year, and current sponsors are always welcome to reapply\*\**

Thank you,

Michelle L. Arvanitakis

Lifestyle & Group Fitness Director

847-464-1515

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

# GROUP FITNESS CLASS SCHEDULE

CAMBRIDGE LAKES COMMUNITY CENTER

CLASSES ARE 50 MINUTES LONG WHEN ANOTHER CLASS DIRECTLY FOLLOWS

SUNDAY	08:45 AM 09:30 AM	TABATA WERQ	AMY AMY
MONDAY	08:30 AM 04:30 PM 05:30 PM 07:00 PM	STRENGTH (UPPER BODY) ZUMBA STRONG NATION BARRE	JESS T JENNIFER ADRIANA JESS T
TUESDAY	09:00 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	UPLIFT & UNWIND BODY BALANCE & STRENGTH YOGA/STRETCH STRONG NATION ZUMBA	KARA ANETA ANETA ADRIANA JADA
WEDNESDAY	08:30 AM 07:00 PM 08:00 PM	STRENGTH (LOWER BODY) TABATA WERQ	JESS T AMY AMY
THURSDAY	08:30 AM 05:00 PM 06:00 PM 07:00 PM 08:00 PM	PEACHES & STEAM CONDITIONING BODY BALANCE & STRENGTH YOGA/STRETCH ANYTHING GOES ZUMBA	MELISSA ANETA ANETA CHRISTINE EDITH
FRIDAY	08:00 AM 09:00 AM	BODY BALANCE & STRENGTH YOGA	ANETA ANETA
SATURDAY	07:30 AM 08:45 AM	CIRCUIT SATURDAYS! SHIMMYSFIT	JESS T JENNIFER

ALL FITNESS CLASSES HOURS, DAYS AND LOCATION OF CLASS MAY SUBJECT TO CHANGE  
WITH LITTLE TO NO NOTICE.

CLASSES ARE FREE FOR RESIDENTS, \$5 FOR GUESTS

# Group Fitness Descriptions

## Anything Goes!

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

## Barre

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

## Body Balance & Strength

Improve muscle tone, flexibility, and strength! Work on stability and toward a longer, leaner look! You'll improve not only your core strength, but also your mental health and wellbeing!

## Cardio Sculpt

Cardio Sculpt is a full body strength and cardio endurance class that is easy to adjust to your needs. Each class follows a similar structure of varying moves and styles repeated for maximum burn. Bodyweight moves, dumbbells and bands or balls are often used in this class and are provided for you, just bring some water! Classes generally run 45-50 minutes which includes a warmup and cool down. Let's get ready to sweat!

## Circuit Saturdays!

A cardio and strength based class where participants move through a series of different exercise stations, performing each exercise for a set time before moving on to the next station. Group breaks will occur after each full circuit or you may take breaks as needed.

Challenge your body and build strength and endurance with moves such as lunges, step ups, bicep curls, sit ups, slam balls and more. Bring some water and kick start your weekend!

## Peaches & Steam Conditioning

Get ready to turn up the heat and fire up those peach muscles! Peaches & Steam Conditioning is a total-body blast designed to sculpt, sweat, and strengthen—especially that juicy glute zone. This class blends heart-pumping cardio with powerful strength moves, delivering a spicy conditioning session that's as fun as it is fierce. Whether you're a fresh-picked beginner or a seasoned fitness peach, all levels are welcome. This isn't just a workout—it's a vibe. Together, we lift, lunge, and laugh our way through booty-boosting circuits and full-body conditioning drills that will leave you glowing and growing.

More than a workout, Peaches & Steam is a community—where unity, support, and self-confidence blossom. Bring your energy, bring your friends, and let's build some serious peach power. Come for the sweat, stay for the squad.

# Group Fitness Descriptions

## SHIMMYFIT

Unlock your inner dance with Shimmy Fit! Shimmy Fit is a fun all level cardio fitness class. Join us as we shimmy our way into a healthy new us. If you are looking for a great low impact cardio program that will get your heart rate up and is easy on your joints, then Shimmy Fit is for you. In this class we will cover safe dance posture and basic belly dance movements that will help strengthen every part of our bodies! No previous dance experience is required. This class will not only allow you to work your body and help you in reaching your fitness goals, but it will also help boost your confidence and self-esteem.

## Strength

Anything Goes is just that...in this class anything goes! A perfect mixture of strength, cardio and ab work makes this a well-rounded fitness class that is different every week. Come torch some calories AND have fun doing it!

## Strong Nation

A high intensity workout in 50 minutes. Strong Nation combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees and jumping jacks all SYNCed to original music. If you've got 50 minutes, you've got time to blitz this high intensity workout with us. Moves build and there are modifications for every fitness level!

## TABATA

This is a high-intensity interval training (HIIT) class that uses simple, intense exercises to burn calories and provide results quickly. Class begins with a short warm-up followed by a series of four-minute exercise sequences. Each sequence is broken into eight 20/10 intervals (20 seconds of intense work followed by 10 seconds of rest). Many exercises will use just body weight, but dumbbells and resistance bands may also be used. Class will end with a short cool down and stretch.

## Uplift & Unwind

This slow flow Vinyasa style class combines both traditional and modern aspects of yoga. Each class will begin with sun salutations and then move through a standing flow and seated sequence. The class will focus on proper alignment and linking the breath with movement along with some yoga philosophy sprinkled in. An ever-changing lyrical playlist will be the soundtrack for this uplifting, yet mindful class. All levels are welcome.

## WERQ

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

## Yoga/Stretch

Yoga after Body Balance & Strength will contain of mindful relaxing your body after workout through stretching calm breathing and toning your muscles.

## Zumba®

Zumba - A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

# Greetings from the Lifestyle Department



I cannot believe we are already in the 2026 Winter Newsletter! Whew, 2025 sped by so fast, PGPD was pulling it over!

We had so much fun with all of you from October – December! Fall was full of the best events . From our Indoor Movie Night, Candy Apples, Fall Vendor Fair, Pumpkin Painting, Breast Cancer Awareness, Cozy Jammie Jamboree, and all the holiday favorites, ending off the year with Milk & Cookies with Santa!

A special thank you to all the staff and volunteers, events would not be seamless without you!

2026 Events are certain to keep you both busy and warm inside the Cambridge Lakes Community Center! Each month is full of adorable crafts, movie nights, all the heart-shaped fun in February, rainbows and 4-leaf clovers, spring fun, and our Bunny Breakfast, and you will find April showers and flowers, cherry blossom trees, and our Spring Vendor Fair, just to name a few! We can't wait to see you at all of them!

As we shift from events, one of my favorite parts of my job is Group Fitness! There are never enough great things that I can say about our incredible instructors. So many have full-time jobs and come in to bring you the best workouts! Every single one is unique in their personalities, teaching styles, and they are always willing to help each other out. They plan and prep for each class and bring the best playlists! Group Fitness has a full schedule, and I am always working with them to try and add and bring more classes to you! Melissa H was highlighted in the last newsletter, and she is awesome as ever! I am proud to announce our newest addition to Group Fitness, Jada Richards! Jada is a senior at HHS, a brilliant dancer, and grew up in her mom, Edith's, Zumba Classes. Jada is knocking it out of the park on Tuesdays at 8 pm, teaching Zumba! Be sure to try our Group Fitness classes, you will find your groove and fitness crew! All you have to do is show up! We look forward to seeing you soon in class!

I am not sure how I have one son who will be graduating from HHS, and another who will be a Junior next year! I wish everyone a safe and warm winter full of family, fun, and adventure! Stop by and visit when you come to the Community Center, our door is always open! I do my best to keep the lollipop tree full for you to stop by for a sweet treat!

If there are any middle or high school Beta, NHS, or any other clubs that need hours Lifestyle can always use your help! Just reach out to me at [michelle.aryvanitakis@mycambridgelakes.com](mailto:michelle.aryvanitakis@mycambridgelakes.com) Be sure to use the entire alphabet in my email address. ☺

Best Regards,

**Michelle Lee Arvanitakis**

Lifestyle & Group Fitness Director

**Ruth Nava**

Administrative Assistant



## Little Gym

Tuesday, January 6th, 13th, 20th & 27th, February 10th & 24th, March 3rd, 10th, 24th, April 7th, 21st & 28th

10:30 am – 3pm

Bring your little ones for all the sports themed fun! Basketball, soccer, ride on scooters, tunnels to crawl though, and so much more! Perfect for ages 6 months to 6 years

No registration is required, just drop in!

**Residents are free, Guests \$5**



## Story Time

Thursday, January 8<sup>th</sup>, January 29<sup>th</sup>, February 19<sup>th</sup>, March 12<sup>th</sup>, April 9<sup>th</sup> & April 30<sup>th</sup>

10:30 am – 11:30 am & 5 pm – 6 pm

We have so many books to share with you during Story Time! Little ones will not only enjoy stories that help develop imagination, but also color with coloring sheets they can choose and help develop creativity!

No registration required, just drop in!

**Residents are free, Guests \$5**



## Sensory Bins

Thursday, January 15th, February 5<sup>th</sup>, February 26<sup>th</sup>, March 19th & April 16<sup>th</sup>

10:30 am – 11:30 am & 5 pm – 6 pm

Sensory bins help to develop senses as well as sensory confidence! Play based learning, language development, cognitive growth and fine motor skill development are the benefits sensory play.

No registration required, just drop in!

Bins may have to be shared with several kiddos at the same time!

**Residents are free, Guests \$5**

**Please Note: All events dates may subject to change with short notice**

## Speed and Agility/Conditioning

Saturdays, January 10<sup>th</sup> – February 07<sup>th</sup>

Ages 5 -7: 9:00 am – 10:00 am

Ages 8-10: 10:00 am – 11:00 am

Ages 11 – 13: 11:00 am – 12:00 pm



A fun, high-energy program for elementary and middle school athletes to build speed, quickness, coordination, and endurance. Through age-appropriate drills and games, athletes develop strong fundamentals to boost performance in any sport.

**Residents are free, Guests \$5.**

Register online by

**Spaces limited to 15.**

## Volleyball

Saturdays, February 28<sup>th</sup> – April 4<sup>th</sup>

Ages 5 -7: 9:00 am – 10:00 am

Ages 8-10: 10:00 am – 11:00 am

Ages 11 – 13: 11:00 am – 12:00 pm



This camp introduces elementary and middle school athletes to the fundamentals of volleyball in a fun and supportive setting. Players will learn basic skills, teamwork, and game play through drills and activities, building confidence and a love for the game.

**Residents are free, Guests \$5**

Register online by

**Spaces limited to 15.**

## Speed and Agility/Conditioning

Saturdays, April 18<sup>th</sup> – May 09<sup>th</sup>

Ages 5 -7: 9:00 am – 10:00 am

Ages 8-10: 10:00 am – 11:00 am

Ages 11 – 13: 11:00 am – 12:00 pm



A fun, high-energy program for elementary and middle school athletes to build speed, quickness, coordination, and endurance. Through age-appropriate drills and games, athletes develop strong fundamentals to boost performance in any sport.

**Residents are free, Guests \$5**

Register online by

**Spaces limited to 15.**

**Please Note: All events dates may subject to change with short notice**

## Arctic Fox Craft

Wednesday, January 14<sup>th</sup>

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



The best way to beat the cold temps outside is to stay warm here at the Community Center with this cute little craft! Paper plates, cotton balls and fun eyes will help make your arctic fox come to life!

**Residents are free, Guests \$5.**

Register online by Monday, January 12<sup>th</sup>.

Spaces limited to 15 for the AM and 15 for the PM.

## Free Family Movie Night

Friday, January 16<sup>th</sup>

6:00 pm – 8:30 pm



We have brought it back a second year! Beat the winter cold and blues with a free family movie night! Come in your jammies and enjoy fresh popcorn movie snacks and a fun filled movie on our big screen! Movie TBD.

**Residents are free, Guests \$5**

Register online by Monday, January 12<sup>th</sup>.

Spaces limited to 40.



## Winter Hat Craft

Thursday, January 22<sup>nd</sup>

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

Cotton balls, crayons and glue make this adorable craft one that will keep you warm and toasty! We cannot wait to see the winter hats that you create!

**Residents are free, Guests \$5**

Register online by Monday, January 19<sup>th</sup>.

Spaces are limited to 14 for the AM and 14 for the PM.

## National Lego Day

Wednesday, January 28<sup>th</sup>

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



Learn a few fun facts on the history of this day and enjoy playing and building with Legos! There will be Duplo Legos for the little ones and regular Legos for the bigger kids! (Legos are not to take with you)

**Residents are free, Guests \$5**

Register online by Monday, January 12<sup>th</sup>.

Spaces limited to 10 for the AM & 10 for the PM.

**Please Note: All events dates may subject to change with short notice**

## Q-Tip Heart Painting

Tuesday, February 3<sup>rd</sup>

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



The most fun dot painting! Q-Tips, paint and a few templates to choose from!

**Residents are free, Guests \$5**

Register online by Monday, February 9th

**Spaces limited to 12 for the AM and 12 for the PM.**

## Popsicle Stick Love Bug Craft

Wednesday, February 4<sup>th</sup>

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



Pink popsicle sticks, googly eyes and all the creative fun you can imagine with this adorable Love Bug!

**Residents are free, Guests \$5**

Register online by Wednesday, January 28th

**Spaces limited to 14 for the AM and 14 for the PM.**

## Valentines Pizza Craft

Monday, February 9<sup>th</sup>

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



Celebrate National Pizza Day with this adorable pizza and hearts themed craft!

**Residents are free, Guests \$5**

Register online by Monday, February 2nd

**Spaces limited to 14 for the AM and 14 for the PM.**

## Heart Shaped Strawberry Craft

Wednesday, February 11<sup>th</sup>

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



Paper cutouts and glue help to bring this sweet strawberry to life! We cannot wait to see what you create!

**Residents are free, Guests \$5**

Register online by Monday, February 2<sup>nd</sup>

**Spaces limited to 14 for the AM and 14 for the PM.**

**Please Note: All events dates may subject to change with short notice**

## National Tortilla Chip Day

Monday, February 23<sup>rd</sup>

10:00 am – 5:00 pm



Stop by to celebrate this crunchy and fun day with 1 free bag of tortilla chips! 1 bag per person/per family.

## Four-Leaf Clover & Rainbow Wreath Craft

Monday, March 9<sup>th</sup>

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



Paper plates, all the fun rainbow colors and a cute little four-leaf clover to complete this cute little March craft!

**Residents are free, Guests \$5**

Register online by Monday, March 2<sup>nd</sup>.

**Spaces limited to 14 for the AM and 14 for the PM.**

## Adult Prom

Saturday, March 14<sup>th</sup>

6:00 pm – 9:00 pm



Highly requested and highly anticipated, we bring you the most magical Adult Prom evening! This is an 18+ event with 21+ as BYOB. You will find a dance floor with the best music by an amazing DJ and catered food! We cannot wait to see you here!

**Residents \$75, Per Couple \$140, Guests \$80, Per Couple \$150**

**Register online by Friday, February 27<sup>th</sup>.**

## Spring Snails Craft

Wednesday, March 18<sup>th</sup>

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



Paper plates, paint and fun patterns will be here for you to make your fun Snails like Turbo!

**Residents are free, Guests \$5**

Register online by Wednesday, March 4<sup>th</sup>

**Spaces limited to 14 for the AM and 14 for the PM.**

**Please Note: All events dates may subject to change with short notice**

## 3-Point Contest (Middle School)

Thursday, March 19<sup>th</sup>

6:00 pm -7:00 pm



Middle school players get their chance to shine in this exciting contest! Participants will compete to see who can rack up the most points from long range while enjoying a competitive but encouraging atmosphere.

**Residents are free, Guests \$5.**

Register online by

## 3-Point Contest (High School)

Saturdays, February 28<sup>th</sup> – April 4<sup>th</sup>

6:00 pm -7:00 pm



Lights on. Crowd watching. Clock ticking. It's your shot. Step into the High School 3-Point Showdown and see if you've got the range to claim the title. Compete against the best, earn bragging rights, and let your game do the talking.

**Residents are free, Guests \$5**

Register online by

## 3-Point Contest (18+)

Saturdays, February 28<sup>th</sup> – April 4<sup>th</sup>

7:00 pm



Think you've got the best shot in town? Show it off in our men's 18+ 3-point contest! Step up to the line and compete against other shooters in a high-energy event for prizes, bragging rights, and plenty of fun.

**Residents are free, Guests \$5**

Register online by

## Men's 3 on 3 Tournament (18+)

Friday, March 20<sup>th</sup> and Saturday, March 21<sup>st</sup>

Friday: 6:30pm- 8:30pm & Saturday: 12pm - 2pm



Get your team together and hit the court! Our fast-paced 3-on-3 tournament is open to men ages 18 and up, offering competitive play, great energy, and plenty of fun. Teams will battle it out for bragging rights and prizes in a two-day event designed for both serious players and those just looking for a good game.

**Residents are free, Guests \$5.**

Register online by

**Please Note: All events dates may subject to change with short notice**

## Bunny Breakfast & Egg Hunt

Sunday, March 29<sup>th</sup>

9:00 am – 11:00 am



This is one hopping good time that you do not want to miss! Same as last year, there are two options to choose from!

**Option #1 - Breakfast includes your photo with the bunny, crafts, plus the egg hunt! Residents \$10 per person, Guests 15 per person.**

**Option #2 - Egg hunt and Photo Only - Residents \$7 per person, Guests 12 per person.**

Register online by Sunday, March 8<sup>th</sup>

## Spring Animal Mask Craft

Wednesday, April 8<sup>th</sup>

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



Paint, cutouts, glue, popsicle sticks give you all the supplies to create your unique animal mask! Which animal will you choose?

**Residents are Free, Guests \$5**

Register online by Wednesday, April 1<sup>st</sup>

**Spaces limited to 14 for the AM and 14 for the PM.**

## April Showers & Flowers Craft

Tuesday, April 14<sup>th</sup>

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



April Showers bring May flowers! Construction paper, crayons and tissue paper make this rain & flowers craft one to bring the warmer weather!

**Residents are free, Guests \$5**

Register online by Tuesday, April 7th

**Spaces limited to 14 for the AM and 14 for the PM.**

## Spring Craft, Vendor & Home Improvement Fair

Saturday, April 18<sup>th</sup>

10:00 am – 3:00 pm



All the best vendors, Crafters & Home Improvement businesses, are back for our Spring Fair! Open to all, vendors and shoppers alike! Shop local and support these incredible small local businesses!

**Resident Booth - \$30, Guest Booth \$40**

Registration online by Monday, April 6th, 2026.

Mailed-In Check Payment Deadline: Monday, March 30th, 2026.

**Please Note: All events dates may subject to change with short notice**

## Spring Cherry Blossom Painting

Wednesday, April 22<sup>nd</sup>

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



Cherry Blossom Trees bloom for such a short time and they are so pretty with all their colors! Cotton balls, paint and glue help you make your very own Cherry Blossom Tree!

**Residents are free, Guests \$5**

Register online by Wednesday, April 8<sup>th</sup>.

**Spaces limited to 14 for the AM and 14 for the PM.**

**Please Note: All events dates may subject to change with short notice**

## Online Registration

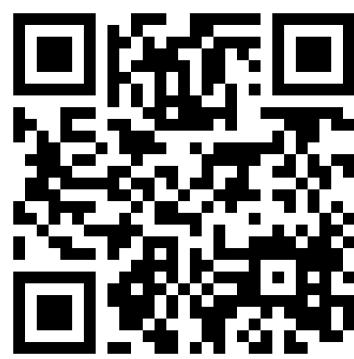
Registering online for our events, activities, and programs is so much simpler now! Our Inspiration classes as well as all our Lifestyle events, programs and activities are all online!

The QR codes that you see on all our flyers will direct you to our website!

The guide below demonstrates common procedures, such as creating your account for the first time, adding your household to your account, how to register online for events, programs, activities, or classes!

Any questions you may have you can always contact our Front Desk Staff at the Community Center for assistance!

**Scan Me!**  
For our full online guide!



**Scan Me!**  
For our Online Registration website!

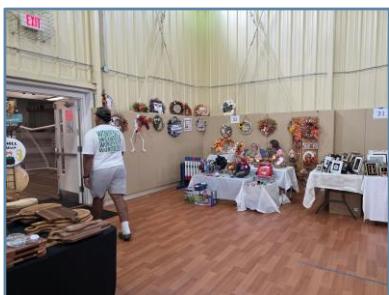


**CAMBRIDGE LAKES WINTER NEWSLETTER**

[WWW.MYCAMBRIDGELAKES.COM](http://WWW.MYCAMBRIDGELAKES.COM)

<https://register.communitypass.net/CambridgeLakesCommunityAssociation>

## Lifestyle Events Photos



# Interested in advertising in our Newsletter?

Local businesses can benefit greatly by purchasing an advertisement spot in the Cambridge Lakes Community Association's quarterly Newsletter. Our newsletters are accessible online on [mycambridgelakes.com](http://mycambridgelakes.com) or through US Mail delivery. We have physical copies of limited past editions as well as on our website. Please note that US Mail delivery editions have a black and white interior appearance, while online has full color. Many advertisements are from local businesses within the area! If you have an interest in advertising, you can always contact Michelle Arvanitakis, Lifestyle & Group Fitness Director at [Michelle.Arvanitakis@mycambridgelakes.com](mailto:Michelle.Arvanitakis@mycambridgelakes.com) as well as any questions you may have. Our Rate Sheet and Contract document are available on our website as well as physical copies at the community center. Payment can be made in person at the community center with a check or with card payment. We do not accept cash. Thank you for considering us to be a part of your advertisement for our community!



Scanning this QR code will send you to the [mycambridgelakes.com](http://mycambridgelakes.com) "Associations Forms" page. The "Newsletter Rate Sheet and Contract" is the file you will need to complete and present an ad on our newsletter.

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CAMBRIDGE LAKES  
LEARNING CENTER

2025-2026



## Preschool Registration

Register your child for the upcoming school year! All enrollments are taken on a first-come, first-served basis.

### Cambridge Lakes Preschool Offers:

A dynamic, goal-based learning program where adventure meets curiosity and knowledge drives discovery. We nurture each young scholar's curiosity, setting them up for future success—academically, emotionally, and socially.

- Emphasis on critical thinking and problem-solving
- Classrooms with a 9:1 student-teacher ratio for personalized attention
- Flexible enrollment options: Full-day or half-day programs



### FOR MORE INFORMATION:

(847) 648-9700 EXT. 1001

DPEDERSON@CLCSSTAFF.ORG

840 CAMPUS DRIVE, PINGREE GROVE, IL 60140

cambridge lakes  
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**Dr. Siri Chanthasalo**



**Dr. Kevin Enberg**

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**Healthy mouth - happy smile - happy you!**

# Cambridge Lakes Community Association

1125 Wester Blvd.  
Pingree Grove, IL 60140



## BOARD MEETING

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

## 2026 Call & Notice Meeting Dates

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

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

Day	Date	Meeting Type	Time
Wednesday	February 11th	Annual Election	6:30pm
Wednesday	April 8th	Board Meeting	6:00pm
Wednesday	June 10th	Board Meeting	6:00pm
Wednesday	August 12th	Board Meeting	6:00pm
Wednesday	October 14th	Board Meeting	6:00pm
Wednesday	November 18th	Budget Adoption	6:00pm
Wednesday	December 9th	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

## Cambridge Lakes Community Center General Inquiries

### **Natalie Suarez**

*Community Association Manager (Master Association)*  
847-464-1515  
[natalie.suarez@mycambridgelakes.com](mailto:natalie.suarez@mycambridgelakes.com)

### **Hanna Blank**

*Executive Assistant*  
847-464-1515  
[hanna.blank@mycambridgelakes.com](mailto:hanna.blank@mycambridgelakes.com)

### **Michelle Arvanitakis**

*Lifestyle & Group Fitness Director*  
847-464-1515  
[michelle.arvanitakis@mycambridgelakes.com](mailto:michelle.arvanitakis@mycambridgelakes.com)

### **Ruth Nava**

*Administrative Assistant & Room Rental Coordinator*  
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### **Cheyenne Benitez**

*Leasing Department*  
[leases@mycambridgelakes.com](mailto:leases@mycambridgelakes.com)

### **Gwen Loyd**

*Inspirations Dance & Tumbling Director*  
[gwen.loyd@mycambridgelakes.com](mailto:gwen.loyd@mycambridgelakes.com)

