

Cambridge Lakes

Messenger

January 2009
Volume 1, Issue 1

Cambridge Lakes Community Center Phone: (847) 464-1515 Fax: (847) 464-1512 E-mail: Aebenhoch@fosterpremier.com

Special Interest Articles

Register for Winter Activities

Kids' Club now open

New Fee for room rentals
at the community center

The ABC's of paying
association fees

Commit to Stay Fit in 2009

Activities Committee in Full
Swing

New Group Fitness
Schedule

Sign up today for these great classes!

Dance

Gymnastics

Cheerleading

Latin Dance

Tot Rock/Kid Rock

Basketball leagues for kids'
and adults.

Taekwondo

CPR Class

Kids' indoor soccer clinic

Art Classes



Health, Activities and Service Fair January 17th 10am-2pm at CLCC

Join us for the second annual Health, Activities and Service Fair at the community center on January 17th from 10am-2pm.

There will be local vendors ranging from chiropractors, hospital staff, local physicians and dentists, to massage therapists, restaurant owners, small business owners, group fitness instructors, personal trainers, plenty of give a ways, fun games and much more!

During the fair, you will also have the chance to meet all of our wonderful instructors from Taekwondo, Tot-Rock & Kid Rock productions, art, gymnastics, cheerleading, dance, Latin dance, and you can even register for all of our winter activities at the fair as well!

If you are interested in participating in the fair as a vendor, please call Ashley at the community center to register today!

Registration Deadline: Sunday, Jan. 11th.

To obtain a registration form, please stop by the community center or e-mail Ashley, your lifestyle director

Aebenhoch@fosterpremier.com

HOPE TO SEE YOU ALL THERE!

Registration for Winter Activities has Begun!

Swing by the community center before the end of the month to register for all of your favorite classes!

- **Spotlight Productions-** Dance and Gymnastics Classes for children ages 3-12 (Sat, Weds, Thurs)
- **Rock-it Productions-** Tot Rock/Kid Rock Classes for ages 20 months-4.5 years (Friday mornings)
- **Cheerleading** Ages 5-12 (Tuesday's)
- **Art Classes-** Ages 5-105 (Thursday's)
- **Taekwondo-** Ages 5-13 (Tuesday's and Thursday's)
- **Latin Dance Class-** Ages 16+ (Wednesday's)
- **Basketball League** 3rd-6th graders (Saturday's)
- **Indoor Soccer Clinics-** Ages 3-8 (Saturday mornings)
- **3 on 3 Men's Basketball League-** Ages 18+ (Sunday afternoons)
- **CPR Class** Sat, Jan 31st 8am-12pm

Ongoing: Mom & Tot's Play group, Kids' Club, Open Gym, Group Fitness Classes, Fitness Incentive Programs, and much more!

Events to Look Forward To...

Saturday, January 17th

10am-2pm:

Health, Activities and Service Fair

Friday, February 27th 6pm-

9pm:

Adult Night Out at the Community Center

April 11th:

Our Third Annual Easter Egg Hunt!

April:

Cambridge Lakes Idol

May:

Pool Season begins May 23rd!

Mid-June:

The Cambridge Lakes Market

June 28th:

The Third Annual Fourth of July party

August:

A community run theatrical performance of the Broadway hit, GREASE!

All dates are tentative, be sure to stop by the community center on a regular basis for updated information!



Don't forget all

group fitness

classes are

free!

Pick up a

schedule and

commit to stay

fit in 2009!

Kids' Club Now Open for Business!

Kids' Club opened their doors on October 1st, 2008. So far we have seen great success! Everyone has been raving about how convenient and reasonable the Kids' Club has been!

Stop by today and mention this article to receive ONE FREE ADMISSION (per family) to the Kids' Club!

Cost: \$2.00/child/hour

To use the Kids' Club

It's easy as 1, 2, 3!

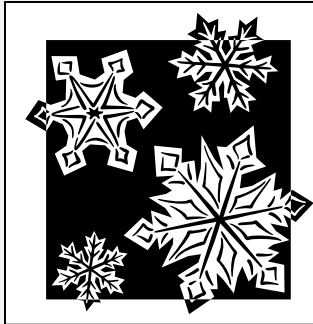
1. Call the front desk and make a reservation up to 48 hours in advance.
2. Come to the Kids' Club and don't forget to bring a photo I.D.
3. Drop your child off while you remain in the building!

Our trained staff will entertain your children with fun filled games, arts and craft projects, movies, and much more! As a parent or guardian, you will be responsible for all bathroom breaks.

Rules and policies are available at the community center.



Community Center to instate Room Rental Fee



Beginning in January, the Community Center will be instating a room rental fee of \$50.00 for the gathering lounge, aerobics room and/ or classrooms.

A deposit of \$250.00 (which is deposited 30 days prior to the event) will still be required and will be returned within 3 weeks of the rental date as long as the room is given back in the order in which it was received.

For more information on room rental, please contact Ashley at the community center.

If you are having a problem paying your association fees, please call 847.464.1515 and we will try to set up a payment plan.

The ABC's of paying Association Fee's

We appreciate your monthly assessment payments being paid in a timely manner each month. This is key in helping us to run your Association. However, it is **imperative** that your assessment check(s) be mailed to:

**Cambridge Lakes
c/o Foster Premier, Inc.
P.O.Box 661126
Chicago, Il. 60089-1126**

If you are a part of two separate Associations you must write out two separate checks. If checks are not made out correctly and mailed to the proper address there will be delays in getting your funds credited to your assessment account which may result in late fees being applied. Please do not mail payments to the Foster Premier, Inc. main office in Buffalo Grove and please do not drop payments off at the Community Center. If you send on-line payments verify the address payments are mailed to. Payments mailed to the proper address will help **you** to avoid any inconvenience in the future. We appreciate your co-operation.

Auto Withdrawal is a **great option**: No checks, No stamps, No late payments...should you be interested in auto withdrawal, please stop by the Community Center to inquire.

2009 HOA MEETING DATES

Tuesday, January 20th

Tuesday, March 17th

Tuesday, May 19th

Tuesday, July 21st

Tuesday, September 15th

Tuesday, November 17th

(All meetings are held in the gathering lounge at 6:30pm)



More information coming soon on the community- run theatrical production of Grease! Please stop by the Health and Activities Fair to learn more about this exciting opportunity for the youth of the community!

Activities Committee in Full Swing

Do you ever wonder who plans and volunteers at the all of the special events held at the community center each year? It is residents', just like you, who want to be involved in the community and get to know their neighbors! This committee is responsible for planning events such as, the Health and Activities Fair, Family Fun Night's, Easter Egg Hunts, Fourth of July Parties, the Boo Bash, Milk and Cookies with Santa, and much, much more!



The Activities Committee meets on the first Monday of every month at the community center. We meet in classroom 125 at 6:30pm. Our meetings generally last about one hour and we have a great time brainstorming and planning out all of the wonderful activities that brings this community together! We are always looking for new members, so please join us at our next meeting!

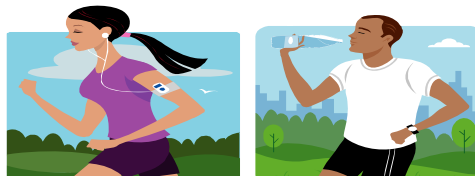
Here are our meeting dates for 2009

- Monday, Jan. 5th
- Monday, Feb. 2nd
- Monday, March 2nd
- Monday, April 6th
- Monday, May 4th
- Monday, June 1st
- Monday, July 6th
- Monday, Aug 3rd
- Monday, Sept. 7th
- Monday, Oct. 5th
- Monday, Nov. 2nd
- Monday, Dec. 7th

Commit to Stay Fit in 2009!

What if someone told you that a thinner, healthier, and longer life was within your grasp? Sound too good to be true? According to a wealth of research, exercise is the silver bullet for a better quality of life. It's the New Year and it is time to get in shape and lose that holiday weight!

Sign up at the front desk for our newest fitness incentive program, Commit to Stay Fit! During this program you will be asked to complete a variety of fitness challenges around the fitness center, aerobics room and gymnasium. The residents' with the most challenges completed at the end of the eight weeks will win a special prize! Our Lifestyle Director will also assist you in developing a fitness program that is made specifically for your goals and needs! Sign up today and start tackling those New Years Resolutions!



Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am						Cardio Mix	
8:00am							Beginner Step
9:00am		Zumba				Yoga	Cardio Mix
9:15am	Cardio Mix		Totally Toned	Step & Blast			
9:45am		Yogalates					
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm	Kickboxing						
5:30pm							
5:45pm	Crunch Time		Totally Toned-30 min				
6:00pm	Totally Toned				Zumba		
6:15pm			Crunch Time				
6:30pm			Anything Goes				
7:00pm		Anything Goes		Step Interval			
7:50pm		Yoga					

Group Fitness Schedules are subject to change.
 Check the community center for updates.

ELEMENTARY YOUTH BASKETBALL PROGRAM

Grades 3rd – 6th

The Cambridge Lakes Community Center will begin a youth basketball league for Cambridge Lakes' residents in grades 3rd, 4th, 5th and 6th. Teams will be organized by grades and birth dates. Proof of grades and birth dates may be required, if necessary to determine eligibility. Youth will compete at their grade level. Boys and girls will compete separately. The program is scheduled to begin in February 2009. All games will be played in the Cambridge Lakes Community. The cost of the program is \$20.00 for the 1st child; \$10.00 for the 2nd; and \$5.00 for the 3rd child participating in the program. No charge for additional children in the family. The cost of fees will include official fees, a game jersey, a participation certificate and an end of the season pizza party. League registrations are open through Sunday, January 19, 2009. Volunteer coaches are needed, no experience necessary, volunteers will receive training. Registration forms are available in the Cambridge Lakes Community Center. For more information please call (847) 464-1515.

3 ON 3 BASKETBALL LEAGUE Men 18 Years and Older

Calling all men 18 years and older. Sign up now for the 3 On 3 basketball league. Teams may consist of up to 6 players on the roster. League play will begin the weekend of February 7th and go through April 12th. Games will be played on Saturday and Sunday afternoons beginning at 12:30 p.m. Each team will play two games per week, back to back on either Saturday or Sunday. League fee will be \$300.00 per team. Teams must register by January 25, 2009.

A Note from your Property Manager...

As the holidays are wrapping up, remember your holiday lights need to be taken down in January.

How fast this year has gone and how quickly the winter and snow has arrived. The Village will continue to plow the streets east of the bridge with the exception of sidewalks and driveways in Waterford, all of North Hampton and the Shores. Countryside has been contracted to maintain the streets west of the bridge along with North Hampton and The Shores. Remember the plows do not come out until we have 2" 's of snow or greater and plowing operations are completed 6 to 8 hours after the snow has stopped falling. In and around the school, the Village plows along Wester and Cambridge Lakes Drive, the school maintains their property and the parking lot. We have previously given the school contact information if they choose to accept the liability for the sidewalks. On the advice of the Board of Directors and the Insurance Company the Homeowners Association has chosen not to take on the liability of maintaining public sidewalks at this time. I understand that the Village will do some of the bike path, however they will not salt/sand.

Remember snowmobiles are not to be ridden within the Cambridge Lakes Community. Be sure that when and where you ride is approved by the state of Illinois, be considerate of others and ride safely.

Have a safe and happy winter-

Chandra Larsen

On Site Property Manager





"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter.

This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or in requesting your services.

You can compile a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists.

You might consider purchasing a mailing list from a company.

Inside Story Headline

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

The subject matter that appears in newsletters is

virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you

might comment upon new procedures or vendors needs.

Selecting pictures or graphics is an important part of adding content to your newsletter.

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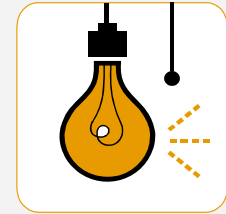
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Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.



"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

In a few words, a headline should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

Examples of possible

headlines include Product Wins Industry Award, New Product Can Save You Time, Membership Drive Exceeds Goals, and New Office Opens Near You.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other

marketing materials, such as press releases and market studies.

While your main goal of distributing a newsletter might be to sell your product or services, the key to a successful newsletter is making it useful to your reader.

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Company Name
Street Address
Address 2
City, ST ZIP Code

Phone
(503) 555-0125

Fax
(503) 555-0127

E-mail
someone@example.com

Your Tagline here.

Back Page Story Headline

In a few words, it should accurately represent the contents of the story and draw readers into the story. Develop the headline before you write the story. This way, the headline will help you keep the story focused.

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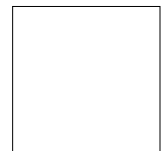
About Our Organization

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft includes thousands of clip art images from which you can choose, and you can import them into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption for the image near the image, too.

COMPANY NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



CUSTOMER NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



We're on the Web!
See us at:
www.contoso.com