**HOLIDAY OFFICE HOURS**

The Family & Graduate Housing office will close at 5 p.m. on December 22 and re-open at 8 a.m. on January 2, 2018.

**Winter Break School Closings**

The Orchard Downs Pre-School and after school programs Jr. Club and Kids’ Club will be closed for the Winter Break. The last day for the semester will be Friday, December 22. The Pre-School, Jr. Club, and Kids’ Club will reopen January 2, 2018.

Call (217) 333-3487 with questions.

**Safety Reminder: Live Trees Prohibited Indoors**

If you wish to decorate a tree in your apartment this holiday season, please purchase an artificial tree. It is against University Housing policy to have a live tree inside your apartment. Live trees can be a safety hazard and are not permitted in any of the apartment buildings. Let’s celebrate safely!

**December Graduates: Early Lease Termination Forms Are Due!**

Residents who are graduating or losing their University affiliation for any other reason must submit an Early Lease Termination form to the Family & Graduate office immediately. Forms are available online at the University Housing website (HOUSING.ILLINOIS.EDUTOOLSFORMSDOCUMENTS) or at the Family & Graduate Housing office. Residents are billed for rent a minimum of 45 days from the day their completed Early Lease Termination form is returned to the Family & Graduate Housing office.

**Winter Window Kits Now Available**

Winter Window Kits contain plastic and tape to cover your apartment windows during cold weather. If you would like to cover any or all of your windows, please come to the Family & Graduate Housing Office to pick up a Winter Window Kit. Kits are distributed on a first come, first serve basis.

**Preparing Your Apartment for Cold Weather**

December brings the start of colder temperatures. Review these tips to ensure a safe and comfortable heating season:

- The maintenance department does not perform seasonal air-conditioner removals. If you have a personally owned air conditioner installed in your apartment and request to have it removed for the winter, you will be charged $50 to have it re-installed this spring/summer. If the air-conditioner in your living room was provided by University Housing, it cannot be removed under any circumstances.
- Do not use the area around your furnace as a storage area – keep items at least 18 inches away. Items stored too close to a furnace can ignite.
- The grille/grate on the wall adjacent to the furnace room is your apartment’s cold air return. Please leave a minimum of 8 to 10 inches (20 to 25 centimeters) in front of it for best functionality and help reduce your utility bill.

(Continued inside under December Programs)
December Programs

Please note that we often take photographs during community events, and these photographs may be used in a gallery online. If you do not wish to have your photograph taken, please inform the staff member at the event or contact the Family & Graduate Housing office at apartments@illinois.edu or 333-5656.

*Note: All programs are in the Orchard Downs Community Center, 510 George Huff Drive unless noted.

Family Housing Council Social Night
Saturday, December 2
from 6–7 p.m.
Please join the Family Housing Council (FHC) for our monthly resident social.

No Gym? Too Cold? No Problem!
Sunday, December 3 at noon
Join us and McKinley peers at the Community Center for a helpful session on stay-at-home exercising tips and tricks that anybody can do at home. Weather the cold, stay healthy. Healthy snacks on us. Email mchc@illinois.edu for more information.

Birthday Bingo
Tuesday, December 5
at 6:30 p.m.
Celebrate all December birthdays with cake, prizes, and bingo. Everyone is welcome to come, and children must be supervised. Contact Alexis Gates at agates2@illinois.edu if you have any questions.

Family Housing Council Meeting featuring Glo Heart: A Displaced Lullaby
Friday, December 8
from 5:45–8 p.m.
After the regular meeting, join us for a special musical play on global immigration. Dinner to follow.

Fun, Healthy, and Quick: Winter Snacking
Saturday, December 9 at 3 p.m.
We have called over our friends from McKinley to help you beat those cold hunger pangs! Keep yourself and your family satisfied with quick winter snacks that are healthy, taste great, and can easily be prepared at home. Learn what you need and how to easily set up quick bites through live demonstrations. And get to taste each snack we prepare! Email mchc@illinois.edu for more information.

Happy Holidays from Around the World
Saturday, December 9
from 6–8 p.m.
We will be featuring holiday traditions from around the world with food and crafts to enjoy. If you would like to share your own traditions, please fill out this Google form: GOO.GL/FORMS/1VX8FQJOJCGGWP4Z1. Contact Emily Floess at floessharmony@gmail.com with questions.

Parents’ Day Out
Sunday, December 10
from 2–4 p.m.
Bring your children for Parents’ Day Out! Qualified staff will host kid-friendly activities including a holiday movie, games, and crafts. This is the perfect opportunity for parents to get out and do some holiday shopping! To participate, children MUST be registered for this event, age 3-11, and potty-trained. Children not registered will not be allowed to attend. Registration will close December 7. Use this link to register: GO.ILLINOIS.EDU/PARENTSDAYOUT. Contact Morgan Baker at mmbaker4@illinois.edu if you have any questions.

Holiday Crafts
Thursday, December 14
at 6 p.m.
Make holiday crafts for the whole family! We will be decorating stockings and mugs, with other fun kid’s crafts, too. There will also be hot chocolate and cookies available. Contact Alexis Gates at agates2@illinois.edu if you have any questions.

Santa Skate
Saturday, December 16
from 4:30–6:30 p.m.
University Ice Arena (406 E Armory Ave. Champaign)
A fun evening of free skating! Santa Claus will also be at this event for a perfect opportunity to take pictures! Don’t miss out on skating, a craft, cookies, and hot chocolate! All residents are welcome to attend and make sure to wear winter clothing. Contact Morgan Baker at mmbaker4@illinois.edu if you have any questions.

Preparing Your Apartment for Cold Weather

(continued from front page)

• Set your thermostat at a temperature that is comfortable for you and then leave it there. A setting of 68–72 degrees is most common during colder months. You may wish to lower the temperature 3–4 degrees when you are sleeping or out of your apartment for several hours. Never lower your thermostat temperature below 60 degrees. This can damage water pipes during extreme weather conditions causing flooding in your or your neighbor’s apartments.

• If you put plastic over your windows to keep out the cold, do not use duct tape, packing tape, or standard masking tape. These tapes will peel paint off of the wall or window if left on for more than a couple of days.

If you follow all of the above tips and experience problems with your heat, submit an online Maintenance Request. If your furnace stops working during cold weather, please call the emergency maintenance telephone number (217) 333-2779 immediately.

Enrollment for a health insurance plan under the Affordable Care Act (ACA) ends December 15. Visit HEALTHCARE.GOV today!
Community Programs

Sewing Room in the Learning Resource Center (Orchard Downs apt. 2044-A)
December 2 and 16 from 9 to 11 a.m.

Sewing Room Coordinator Balqees will be opening the sewing room on the first and third Saturdays of the month. Sewing machines and other equipment including scissors, pins, measuring tape and thread are available for residents to use. Email Balqees at fnubalqees@gmail.com if you have questions.

Coffee House in the Learning Resource Center (Orchard Downs apt. 2044-A)
December 9, 23, and 30 from 9 to 11:30 a.m.

The International Hospitality Committee sponsors a Coffee House at the Learning Resource Center. The purpose of this program is to have morning coffee and get to know your neighbors. It is an opportunity for international discussion and casual conversation, and a way to share your culture and make friends. The Coffee House will be held on the 2nd, 4th and 5th Saturdays of the month.

Parent-Child Playgroup in the Family Resource Center (1834-A Orchard Place)
Every Monday and Wednesday from 10 to 11:30 a.m.

Come play and learn with us! Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. This month, there will be no Playgroup from December 18-31. Contact Daniela at dmvidal2@illinois.edu with any questions.

Welcome to the World
Babies are a sign of hope and bring much joy to our lives. At Family & Graduate Housing, we would like to welcome your newborn to our community with a small gift. This is our way of saying, “Welcome to the World!” If you have recently welcomed a new baby into your family, please contact Daniela Vidal at dmvidal2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

Women’s Tea Time Support Group in the Family Resource Center (1834-A Orchard Place)
Tuesdays from 10 to 11:30 a.m.

Come join us for tea and conversation. The Women’s Tea Time Support Group is a comfortable space for women to bond and learn new skills while supporting each other. There will be weekly workshops on a variety of topics such as art, cooking, stress-management, parenting, and many more. This month, there will be no Tea Time on December 26. For more information, contact Daniela at dmvidal2@illinois.edu.

Yoga and Meditation Happy Hour at the Orchard Downs Community Center
Mondays from 6:30 to 7:30 p.m.

The Art of Living - UIUC Chapter works to promote the mental, emotional and physical well-being of members of the campus community with the help of yoga, meditation and breathing techniques. This is based on the belief that a stress-free individual builds a stress-free and violence-free society. The Yoga and Meditation Happy Hour will be a fun-filled session where you will practice yoga, meditation and breathing techniques to help the overworked mind settle down and let your inner peace shine through. Come, be happy!
Family Housing Council
The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing. The FHC meets monthly at the Orchard Downs Community Center.

For FHC resources such as meeting minutes, constitution, job descriptions, and more at www.housing.illinois.edu/FHC.

For information about the FHC please contact:

President: Ahmed Orabi
aorabi@illinois.edu

Vice President: Muhammad Sohail Khan
mskhan3@illinois.edu

Treasurer: Haiping Huang
haipingh@illinois.edu

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MultiCultural Health Center
2040-A Orchard Street

The MultiCultural Health Center (2040-A) now serves as a one-stop shop for resources and guidance about residents’ health and wellness needs. Visit the Center to find useful information and contacts about health, medical facilities, fitness, nutrition, and wellness available on campus and in the community. We will also maintain a running calendar for related programming for Family and Graduate Housing residents.

Center Hours: Thursday from 6–8 p.m. and Friday from 1:15–4:15 p.m.

This will be alongside the free weekly clinic operated in collaboration with HeRMES.

About HeRMES: The HeRMES free medical clinic is a walk-in clinic staffed by volunteer medical students and supervised by a licensed medical professional. Doors open at 5:30. For several years, HeRMES has operated in partnership with area health clinics that serve the uninsured and underserved of Illinois.

HeRMES Hours: Thursday from 6–8 p.m. (walk-ins only)

*Please note that the Multicultural Health Center will be closed for winter break between December 15–31. No clinic or center hours will be held in this period. Contact us at mchc@illinois.edu for more information.*

The Multicultural Health Center Email account is now functional!
We are happy to announce that the MCHC email address (mchc@illinois.edu) is now functional again. You can contact Faizaan Qayyum, the Health center GA, at this address for any questions about MCHC services, your health, fitness, and associated resources.

Sign up for our Mailing List!
The Multicultural Health Center has set up a new mailing list for all Family and Graduate Housing residents, including students, staff, and their family members. Sign up today to receive weekly news, updates, and helpful health and wellness tips over email! Anybody can sign up (an ILLINOIS email address is not required) at GO.ILLINOIS.EDU/MCHC-SIGNUP.

Staying Safe and Healthy this Winter
The basics: Stay dry, layer up, and cover your head! If you’re traveling, make sure to “winterize” your car. And, even if you’re planning to spend the winter at home, prepare for eventualities like winter storms! For more information and resources, visit CDC.GOV/DISASTERS/WINTER or email mchc@illinois.edu.

Healthcare Insurance Marketplace: Enrollment Open
You and your family may be eligible to enroll in a health insurance plan under the Affordable Care Act (ACA). You may also be eligible to receive tax credits and other discounts when you use the marketplace to enroll! Hurry—enrollment ends December 15. Visit HEALTHCARE.GOV today!