**Eid-al-Fitre Event**

Eid-al-Fitre is a traditional celebration held at the end of the fasting month of Ramadan. Eid-al-Fitre will be celebrated for all community members at Orchard Downs on **Friday, July 17 from 6:00 to 9:00 p.m. in the Orchard Downs Community Center**. Join us for a joyful event for all ages: food, drinks, and gifts for kids will be provided. Everyone is welcome! For more information, please contact Iftikhar Haider at Haider3@illinois.edu.

**Garden Plot Registration**

We are now registering for the 2015 FHC Garden Plot Program. You can begin the registration process at [http://go.illinois.edu/ODGardenPlot](http://go.illinois.edu/ODGardenPlot). After the garden manager has contacted you and set-up a plot selection time and location, bring a check with you for registration. Cash is not accepted. Please write your check out to the University of Illinois at Urbana-Champaign and make sure you sign the check.

Bring an ID or apartment information to determine what rate you will be charged for your selected plot. If you have any questions, email the Garden Group by email at ODGardenGroup@hotmail.com or come to the next Family Housing Council meeting.

**Pre-School Accepting New Students for Fall**

The Orchard Downs Pre-School offers many activities to enhance the social, physical, and emotional growth of preschool children ages 3-5. The school provides a stimulating environment for the individual growth of each child maintaining a high quality, low cost education for children. The Pre-School is also known for its multicultural setting and unique blending of social and cultural backgrounds. The Orchard Downs Pre-School is located in the Family & Graduate Housing Community Center at 510 W. George Huff Drive, Urbana.

We offer a half-day (9:00 a.m. to 12:00 p.m.) and a full-day (8:30 a.m. to 3:00 p.m.) class when the University is in session. The Jr. Club After-School Program (3:00 p.m. to 5:30 p.m.) is free to Orchard Downs residents whose children attend the full-day class. To register your child, call 333-3497 or the FGH office at 333-5656. Registration forms are available at the school, the Family & Graduate Housing office, and on-line at [www.housing.illinois.edu/odps](http://www.housing.illinois.edu/odps). All registration forms must be completed before children may attend. Applications will not be received until the child is three years old. For more information please contact the FGH office.
Community 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.

Sewing Room
The Sewing Room is open on Saturdays from 9:00 a.m. to 11:00 a.m. in the Learning Resource Center (Orchard Downs apartment 2044-A). Sewing machines and other equipment including scissors, pins, measuring tape, and thread are available for residents to use. The Sewing Room monitor is Sedna Cordova (email: adrianysedna@gmail.com).

Pre-School Play Time
Join us at the Community Center for Pre-School Playtime! We will have crafts, stories, snacks and other planned activities. Pre-school Playtime will meet on Tuesdays, July 7, 21, and 28. The fun starts at 10:00 a.m. If you have any questions, contact Ms. Sara at jenkins@illinois.edu.

Fourth of July Celebration
A Fourth of July Celebration will be held at the Orchard Downs Community Center on Thursday, July 2. The fun starts at 6:30 p.m. We will have snacks and red, white, and blue crafts. For more information, contact Sara at jenkins@illinois.edu.

Summer Birthday Celebration
We will be hosting a Summer Birthday Night for everyone who celebrates a birthday in the summer, from the months of June to July. The celebration will be held at 6:00 p.m. on Saturday, July 25 in the Community Center. There will be plenty of cakes, games, and entertainment. All are welcome. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.

Summer Movie Night
Summer Movie Night at the Orchard Downs Community Center will be held on Monday, July 27 at 6:30 p.m. Snacks and art activities will be provided. If you have any questions contact Ms. Sara at jenkins@illinois.edu.

Coming Soon: Summer Fun for Children
The Children’s Summer Fun Day Camp is a free camp held at the Orchard Downs Community Center, July 13-17, from 9:00 to 11:30 a.m. every morning. The camp’s theme this year is “Jungle Safari Adventures,” and includes Bible stories, fun games, crafts, songs, delicious snacks, and special prizes! Also, a free celebration lunch for all the families will be held on Friday, July 17. Register online at go.tcbce.cc/daycamp. If you have any questions you can email Ruth at ruth.krehbiel@gmail.com. This event is open to children of all nationalities and religious backgrounds.

American Holidays: Independence Day
Independence Day (July 4) celebrates the birth of the United States. In 1776, the 13 American colonies were fighting the Revolutionary War against Great Britain, because they wanted to be independently governed. On July 4, 1776 the Continental Congress adopted the Declaration of Independence, a special document that declared that the colonies were free and independent states.

The Declaration of Independence was written by Thomas Jefferson, who later became the nation’s third president. On July 4 every year Americans remember the signing and the significance of this document. All across the country, from quiet towns to large cities, this summer day is filled with parades and dances, races and contests, festive picnics and barbecues. The nights are brightened by fireworks displays.
**Hot Topics**

**Family Housing Council Information**

**FHC Social Nights**
The FHC invites all Orchard Downs residents to join us on Saturday, July 4 and July 18 from 6:00 p.m. to 8:00 p.m. at the Orchard Downs Community Center for socializing and fun! Pizza and drinks will be provided.

**FHC Public Meeting**
The FHC Public meeting will be held on Friday, July 10 from 6:00 p.m. to 8:00 p.m. in the Orchard Downs Community Center. All residents are warmly invited to discuss issues of interest in our community. Food and drinks will be provided.

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**Health and Wellness Programs**

**MCHC Summer Health Challenge**
The Summer Health Challenge is a month-long event of programs created to increase the physical activity, health education, awareness, and participation in the MultiCultural Health Center (MCHC). Participants who sign up will receive a punch card with all the challenges. Those who attend all the programs and get all the punchcards filled up will receive a prize and enter the raffle for a grand prize. If you are interested, sign up by emailing the MCHC GA Kelechi Lamberts at klamber4@illinois.

**MCHC Health Club: Yoga Classes**
We will hold our weekly yoga classes on Mondays, July 6, 13, and 20 at 7 p.m. in the Community Center. This will be a chance to exercise and work towards keeping your body in shape. If you have yoga mats and other equipment, feel free to bring them. Members of the MCHC Health Club are encouraged to participate. To sign up or receive more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

**Walk/Jog/Run Group**
Attention all families and residents of all ages: the MultiCultural Health Center will be having another Walk/Run Group on Wednesday evenings, July 1 and 14. We will meet at the MultiCultural Health Center at 6:30 p.m. Families have the option of walking with their children and friends, or completing a slight run around the Orchard Downs neighborhood complex. Everyone is invited. Running is NOT mandatory. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.

**Fitness Trivia and Bingo**
The MCHC will be hosting a Bingo/Trivia Night on Wednesday, July 15 at the Community Center at 6:00 p.m. Come out and play a fun game of Bingo along with answering our trivia questions about fitness and exercise. There are plenty of prizes to be won. Food and snacks will be provided. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.

**“Run The Hill” Challenge**
How many times can you run the large hill in 3 minutes? Come out and join us for the fun and exciting experience of challenging the large hill that is in Orchard Downs. This is open to everyone, including children! Prizes and refreshments will be provided. We will run the hill on Monday, July 20 at 11:00 a.m.
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: Jiahao Hu
jiahaohu@illinois.edu

Vice President: Changyi Zhang
cyz@illinois.edu

Treasurer: Lihua Ye
lihuay1@illinois.edu

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edwardwh@illinois.edu

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MultiCultural Health Center

The MCHC works to deliver culturally sensitive illness prevention and health services to the families of the Family and Graduate Housing Community. Services are provided on a first come first served basis.

Clinical Services: The clinic will be staffed with a physician and/or a nurse practitioner. Services will include but are not limited to general health concerns such as colds or other respiratory infections, physical exams, referrals to community services and more.

Clinic hours will be updated on a weekly basis on the MCHC voicemail to reflect clinical services that week. Please call (217) 265-6267.

Clinic hours:

HeRMES: Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30.
(Appointments can be made and walk-ins are welcome. For appointments please call the MCHC at 217-265-6267 and leave a voice mail.)

WIC Hours: Friday, July 10 and Friday, July 24, 1:00 to 4:00 p.m.

CCCHC Services: Champaign County Christian Health Center is a non-profit clinic in our community located at Presence Community Resources Center on Wright St. on the Presence Hospital Campus, with a satellite office at the MultiCultural Health Center by appointment only. Please contact CCCHC through the appointment line, (217) 402- LOVE (5683), if you need assistance with primary care. For more information, visit http://ccchc2003.org.

Woman, Infants and Children (WIC) Services: WIC services are provided for women, infants and children and are offered by the Champaign-Urbana Public Health District. Services for WIC participants include supplemental nutritious foods, nutrition education, counseling, screenings and referrals to other health services, welfare and social services, and immunizations for children. (Note: Clients who are receiving coupons can only pick up their coupons from the MCHC office on the 6th and 12th months. The coupons sent on the first 3rd month and the 9th month must be picked up at the C-UPHD office. Clients must also make sure to register on the WIC website in order to make themselves eligible to pick up WIC coupons when available at the MCHC prior to pick up so it can be delivered to the MCHC for pick-up.)

Office Hours: Office hours at the MCHC will be on Mondays and Wednesdays (1 - 4 p.m.), Tuesdays (2 - 5 p.m.), and Thursdays and Fridays (11 a.m. - 2 p.m.). Feel free to stop by for baby weigh-ins or come and pick up some beneficial health information handouts on winter safety, pre-natal health, or common health questions.

For more information, please contact Kelechi Ibe-Lamberts, MCHC Graduate Assistant (GA), at mchc@illinois.edu.

Stress-Management Consultation: Email klamber4@illinois.edu for appointments.