A Final Fling Thank You
Thank you to all the staff, GAs, CAs, and volunteers who helped with our annual Final Fling. The event could not have happened without you! We appreciate you sharing your time and talents to make our end-of-the-year event such a success.

We also thank all of our residents who attended the picnic. We hope you enjoyed the food, activities, and time spent with family and friends.

Kids’ Club Summer Program
Have some fun in the Orchard Downs Kids’ Club after school summer program! Kids’ Club meets Monday through Friday from 3:00 to 5:30 p.m. at the Orchard Downs Community Center. The program offers children opportunities to participate in social, recreational, and field trip swimming activities. A snack is provided each afternoon. Children age five and in kindergarten, to twelve years old, are eligible for registration. Registration for the summer program will be Monday, June 8 from 5:00 to 6:00 p.m. at the Orchard Downs Community Center. Kids’ Club will start Monday, June 15. For more information contact Sara Jenkins at jenkins@illinois.edu or call 333-5656.

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. 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).

Summer Parent-Child Playgroup
Join us for summer parent-child playgroup! Caregivers and children ages five and under will participate in fun and educational activities, such as crafts, music, story time, and snacks. Playgroup will be held on Wednesdays from 10:00 to 11:30 a.m. at the Orchard Downs Community Center (ODCC). Contact CJ at cjhol@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 CJ at cjhol@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Soccer Summer Camp
A soccer summer camp for kids between 3 and 17 years old will be offered in Orchard Downs on Tuesdays and Thursdays, June 16 through July 9, from 8:30 a.m. to 10:00 a.m. Visit http://go.illinois.edu/soccercamp to register. Keep an eye on the bulletin boards and your email for more information. Please note that only kids living within Family & Graduate Housing apartments and registered as dependents will be accepted. This activity is sponsored by the Family Housing Council. For more information, contact Gisele Luty (gigiluty@gmail.com) or Esteban Lacunza (lacunza2@illinois.edu).

Free Nutrition Workshops
Learn how to plan meals on a budget and prepare healthy meals for you and your family. Come for free food, incentives, recipes, and to earn a certificate from the U of I Extension Office. This 8-week course will occur on Tuesdays from June 16 through August 4, from 10:00 to 11:00 a.m. at the Learning Resource Center. Please sign up to participate at http://tinyurl.com/fghcooking (space is limited and registration is required). Contact CJ Holterman at cjhol@illinois.edu with questions.

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. 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 at ODGardenGroup@hotmail.com or come to the next Family Housing Council meeting.

Children in Laundry Rooms
It has come to our attention that some of our children are using the laundry rooms as an area to play without supervision. If you have children please ask them to use the playgrounds as a safer place to play.

IHC Lending Storeroom
Are you the kind of person who enjoys meeting new people and welcoming them to our community? Consider volunteering one Saturday morning a month, in the International Hospitality Storeroom Lending Storeroom. The storeroom, located at 2044 Orchard St., is open from 9:00 to 11:00 a.m. (and in July and August will also be open one evening during the week if we find enough volunteers. It loans out kitchen utensils and small household appliances free of charge. For more information or to volunteer, contact the storeroom coordinator Keach Sasamori at keachs@yahoo.com. Also, if you are returning items, be sure they are in GOOD condition. To those who are graduating, and/or leaving the community, goodbye and good luck!
Hot Topics

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.tcbc.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.

Family Housing Council Information

FHC Social Nights
The FHC invites all Orchard Downs residents to join us on Saturday, June 6 and June 20 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, June 12 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.

Health and Wellness Programs

Summer Wellness Challenge Program Sign-Up
The MultiCultural Health Club (MCHC) will be having a wellness challenge throughout the summer in order to improve health awareness in Orchard Downs. Residents will be given the opportunity to sign up and participate in our wellness group challenge where residents will be asked to maintain certain healthy habits. For all those who missed the Wellness program informational in May: the Summer Challenge Program will start on June 1. People who are interested in participating can come to the MCHC on Friday, May 29 from 4:00 to 6:00 p.m. The first 15 people who sign up for the wellness challenge get a free gift. For more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

MCHC Health Club: Yoga Classes
We will hold our weekly yoga classes on Mondays 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.

“Insanity” Fitness Test, Orchard Downs Community Center, June 23rd, 6pm
The MCHC will be hosting a fitness test for those interested in exercising at a high level. The fitness test is based off the very popular fitness program called “Insanity.” Participants who can finish the fitness test will receive a prize! This is for adults only. For more information, contact the MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

Walk/Jog/Run Group
Attention residents of all ages: the MultiCultural Health Center will be hosting a Walk/Run Group. 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. We will meet at the MultiCultural Health Center on Wednesday, June 10 and June 24 at 4:00 p.m. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.
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.)

**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](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-UHPD 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](mailto:mchc@illinois.edu).

**Stress-Management Consultation:** Email [klamber4@Illinois.edu](mailto:klamber4@Illinois.edu) for appointments.