A Final Fling Thank You

Thank you to all the staff, GAs, CAs, and volunteers who helped with our annual “Final Fling.” Through the rain and shine, 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. Thank you for being a part of this very special event. We hope you enjoyed the food, activities, and time spent with family and friends.

Summer Kick-Off

Come join us at the community center on Thursday, June 2, at 6:30 p.m. to celebrate the start of summer vacation and the end of the year school year! We’ll have an ice cream sundae making station and outdoor fun. This will be a great opportunity to socialize with other residents living in the neighborhood and learn more about FGH and community programming and events happening this summer! Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Teen Teachers

A special invitation to all teenagers to come out to the community center on Thursday, June 2, at 6:30 pm for our summer kick off! Learn more about the 4-H Teen Teacher Program and how to gain life skills and teaching experiences. 4-H is the largest youth development international organization. Jamie Boas, extension educator from the university, will be talking to those interested in the program. Please contact Joy Sugihara at sugihar2@illinois.edu or Sara Jenkins at jenkins@illinois.edu with any questions.

Preschool Readiness Program

Is your child ready for preschool? Would you like to prepare them for preschool? Register your child for Orchard Downs Preschool Readiness Program. The Orchard Downs Preschool Readiness program is geared to prepare your child for preschool. The program will be held at the Orchard Downs Community Center July 5th, July 7th, July 19th, and July 21st from 10am to 12pm. Children ages 3 and 4 are welcomed. Must be fully toilet trained. Registration starts from June 6th to June 10th. Space is limited. For registration and more information contact Brittney at bwalker3@illinois.edu.
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.

Preschool Playtime
All preschoolers (age 3 to 5 years old and toilet-trained) are invited to attend our Preschool Playtime weekly program every Tuesday for the month of June, 10-11:30 am, at the Orchard Downs Community Center. This program will provide activities and snacks for preschool students and give the opportunity to interact with other preschoolers. Parents are encouraged to stay during the playtime as well. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Storytelling Night
Please join us at the Orchard Downs Community Center on Wednesday, June 8th, at 6:30 pm for a Storytelling Night. In partnership with The Center for Children’s Books, this is a fun event for young children and their families. Children will learn about the art of storytelling and we’ll have snacks for all! Please contact Joy Sugihara sugihar2@illinois.edu with any questions.

Happy Father’s Day!
In celebration of Father’s Day weekend, come out to the Community Center on Saturday, June 18, 1 p.m. for a fun afternoon of activities, crafts, games and snacks! This will be a great opportunity to honor and recognize all the fathers in our community and all residents are welcome to attend. Contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Summer Storytime
Please join us at the Orchard Downs Community Center on Wednesday, June 29, at 6:30 p.m. for a Summer Storytime. In partnership with The Center for Children’s Books, this a fun event for young children and their families. We’ll be reading stories, participate in a themed craft and enjoy snacks! Please contact Joy Sugihara at sugihar2@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 Brittney Walker at bwalker3@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Parent-Child Playgroup
Come play and learn with us! Parent-Child Playgroup will meet on Mondays and Wednesdays from 10:00 to 11:30 a.m. at the Orchard Community Center (1834-A). Caregivers and children age five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. *There will be no Playgroup on June 1st. For more information contact Brittney at bwalker3@illinois.edu.

FAMILY & GRADUATE HOUSING
**Family Housing Council Social Nights**
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, June 4 & Saturday, June 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.

**Family Housing Council Public Meeting**
The FHC Public meeting will be held on Friday, June 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**

**Summer Wellness Challenge Information Session (MCHC HEALTH CLUB Registration)**
Our MultiCultural Health Club will be having a wellness challenge throughout the summer in order to improve health awareness in Orchard Downs. Residents who are interested will be given the opportunity to sign up and participate in our wellness group challenge where residents will be asked to maintain certain habits to sustain their healthiness. If you are interested in registering for the MCHC HEALTH CLUB and also the Summer Wellness Challenge, please contact Kelechi Lamberts at klamber4@illinois.edu.

**Walk/Jog/Run Group (MCHC Health Club)**
Attention ALL families and residents of ALL ages. The MultiCultural Health Center will be having another Walk/Jog/Run group for every one of ALL ages June 21 at 6:30pm. Families have the option of walking with their children and friends or either a slight run around the Orchard Down neighborhood complex. Everyone is invited. Running is NOT mandatory. We will meet at the MCHC and then go for our walk/run. For any more information or question contact Kelechi Lamberts at klamber4@illinois.edu.

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**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 pm 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 ages five and in kindergarten to twelve years old are eligible for registration. Registration for the summer program will be Monday, June 6 from 5:00 to 6:00 pm at the Orchard Downs Community Center. There is a $25 registration fee for new students. Kids’ Club will start Monday, June 13 and end Friday, August 5. For more information or questions please contact Sara Jenkins at jenkins@illinois.edu or call 333-5656.

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**Children’s Summer Fun Day Camp**
Do you have children between the ages of 5-11 looking for fun summer plans? Register your child for the Children’s Summer Fun Day Camp from Monday, July 11 to Friday, July 15. The camp will be every morning from 9:00 a.m. to 11:30 a.m. at the Orchard Downs Community Center. Camp will have an Olympic theme with Bible stories, fun games, crafts, songs, snacks, and prizes. There will also be a free celebration lunch for all the campers’ families on Friday, July 15. To register online, go to now.tcbc.cc/daycamp. If you have any questions, email Ruth at ruth.krehbiel@gmail.com.

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**Jr. Club Summer Program**
After School is for Pre-School too! The Orchard Downs Jr. Club will meet Monday through Friday at the Orchard Downs Community Center from 3:00 p.m. to 5:30 p.m. The program offers pre-school children opportunities to play with friends, participate in arts, games, and other learning activities. A snack will provided each afternoon. Children ages three to five and toilet trained are eligible for registration. Registration for the summer program will be Monday, June 6 from 5:00 to 6:00 pm at the Orchard Downs Community Center. There is a $25 registration fee. Jr. Club will start Monday, June 13 and end Friday, August 5. For more information or questions please contact Sara Jenkins at jenkins@illinois.edu or call 333-5656.
MultiCultural Health Center

2040-A Orchard Street

The MultiCultural Health Center hosts a free medical clinic every Thursday from 6:00-8:00 p.m. This is a walk-in clinic staffed by volunteer medical students and supervised by a licensed medical professional. For several years, HeRMEES has operated in partnership with area health clinics that serve the uninsured and underserved of Illinois.

Clinic Hours

Clinic hours are posted on the monthly calendar, and are also updated on a weekly basis on the MCHC voicemail. Please call (217) 265-6267 to make an appointment (walk-ins also welcome).

HeRMEES: Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30.

WIC Hours: Friday, June 20 & Friday, June 24 1:00 to 4:00 p.m.

Clients who are receiving coupons can only pick up their coupons from the MCHC office on the 6th and 12th months. The coupons sent during the first 3 months and the 9th month must be picked up at the C-UHD office. Clients must also make sure to register on the WIC website in order to make themselves eligible to pick up WIC coupons at the MCHC. This will allow each resident’s coupons to be delivered to the MCHC for pick up.

Health Insurance Clinic Hours: Friday, June 10 & Friday, June 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) 402-5683, 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 3 months 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 Wednesday from 1:00 p.m. to 4:00 p.m. and on Tuesdays and Thursdays from 2:00 p.m. to 5:00 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, contact Kelechi Ibe-Lamberts at mchc@illinois.edu.

For stress-management consultation email klamber4@illinois.edu.