FROM THE FAMILY HOUSING COUNCIL

FHC Monthly Public Meeting
Orchard Downs Community Center
• June 8 at 5:45 p.m.

Family Housing Council Social Night
Orchard Downs Community Center
• Saturday, June 2 from 6–7 p.m.
• Saturday, June 16 from 6–7 p.m.

Garden Plot Registration
Family Housing Council is once again offering an opportunity to reserve a garden plot at Orchard Downs. The fee for residents of Orchard Downs, Ashton Woods, and Goodwin-Green is $50 for each plot. For non-residents, the fee is $90. Register now for your plot at HTTP://GO.ILLINOIS.EDU/ODGARDENPLOT

To pay and select your plot, visit the FGH office and bring a Photo ID plus an acceptable form of payment (Personal check made payable to the University of Illinois OR cash in exact amount only.)

The plots are managed by the Garden Group, volunteers in the community. For questions about the plots and for registration information, email the Garden Group at ODGardenGroup@gmail.com or come to the Family Housing Council meeting on June 8 at 5:45 p.m. at the Orchard Downs Community Center.

Board Elections
The Family Housing Council will be electing new board members during the meeting on June 8 at 6 p.m. Positions available are president, vice president, executive/recording secretary, treasurer, and committee chairperson. Please check all the details about board member duties and eligibility in the FHC constitution available online at HOUSING.ILLINOIS.EDU/FHC. If you are interested in a position, contact FHC vice president Mohammad Sohail Khan at mskhan3@illinois.edu and be prepared to talk about your vision to serve our community. You must show proof of residency for the 2018–2019 academic year to vote or run for an office.
BIRTHDAY BINGO
Tuesday, June 5 at 6:30 p.m.
Celebrate all June birthdays with cake, prizes, and bingo. The special theme for this Birthday Bingo is Summer Fun! Everyone is welcome to come, and children must be supervised. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.

PARENTS’ DAY OUT
Saturday, June 9 from 1–4 p.m.
Qualified staff will host kid-friendly activities including a movie, games, and crafts. This is the perfect opportunity for parents to get out and do something fun! Children MUST be registered for this event, be aged 3–11, and be potty-trained. Any children not registered will not be allowed to attend. Registration will close June 8 at 5 p.m. and you can use this link to register: GO.ILLINOIS.EDU/PARENTSDAYOUT.

HOBBY NIGHTS ARE BACK!
Thursday, June 14 and 21 at 6 p.m.
We will be having three hobby nights to explore new interests. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions. Join us to try out the following hobbies: June 14: Baking, June 21: Yoga.

EID-AL-FITR (THE END OF RAMADAN)
Friday, June 15 from 6–8 p.m.
Celebrate the end of Ramadan, the month of fasting. This event is called Eid-al-fitr and it’s a big celebration for Muslims and their families and friends. Every year we run this event in Orchard Downs for all people of all nationalities and religions. It’s a party to celebrate life, friendship, and family. Everyone is welcome to join. There will be music, food and drinks, and small gifts for kids. It will be a great opportunity to meet neighbors and friends from across Orchard Downs and learn more about other cultures and traditions. Email Ifritikhar Haider at Haider3@illinois.edu for more information.

DINOSAUR STORY HOUR
Wednesday, June 20 at 6 p.m.
Come out for a night of stories and fun! A volunteer will be reading dinosaur-themed stories and we will also be making a craft. All children and parents are welcome to attend and snacks will be provided.

TIE-DYE HOBBY NIGHT
Thursday, June 28 at 6:30 p.m.
White t-shirts will be provided on a limited basis. If you already have a plain white t-shirt, you are encouraged to bring your own! Children must be supervised.

PAJAMA MOVIE NIGHT
Friday, June 29 at 6:30 p.m.
We will provide a popcorn mix for a family-friendly movie. Children must be supervised. Make sure to dress in your pajamas or something comfortable and bring a blanket.

KIDS’ CLUB SUMMER PROGRAM
June 11–August 3 | Monday–Friday 3–5:30 p.m.
Registration is June 4 from 5–6 p.m. and there is a $25 registration fee for new students.

SUMMER JR. CLUB
June 11–August 3 | Monday–Friday 3–5:30 p.m.
Registration is June 4 from 5–6 p.m. and the program costs $25.

SUMMER FUN DAY CAMP – “Road Trip Adventures”
July 9–13 from 9–11:30 a.m.
The summer Fun Day Camp is back! The camp will be Monday through Friday morning with a special celebration lunch for all families on Friday. The camp is open to children entering kindergarten in the fall through 5th grade, and any nationality or religious background can participate. Fun Day Camp will include great Bible stories, fun games, interesting crafts, beautiful songs, delicious snacks, and special prizes! Register online at TCBC.CC/DAYCAMP. Contact Ruth at ruth.krehbiel@gmail.com if you have any questions.

ORCHARD DOWNS PRESCHOOL REGISTRATION
Orchard Downs Pre-School is accepting registrations for the 2018–2019 school year. The Preschool is for children age three to five. Half-day and full-day classes are available. For information and registering, contact Debbie Collins by email at dcollins@illinois.edu or by phone at (217) 333-5659 or email Sara Jenkins at jenkins@illinois.edu or call the FGH office at (217) 333-5656.

PRESCHOOL EXERCISE TIME
Tuesdays from 9–10 a.m. starting June 26
We want to encourage preschool residents to learn healthy habits through exercise with a focus on yoga. This event is for children ages three to five. Please have your child wear comfortable clothing that is easy to move in.

PRESCHOOL STORY TIME
Thursdays from 9–10 a.m. starting June 28
This is a great way for your child to gain social interactions, to learn basic preschool concepts, and build language skills. We will have a story followed by a small craft. This event is for children ages three to five.
**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 Whitney Welsh at wwelsh2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

**SEWING ROOM IN THE LEARNING RESOURCE CENTER**

Orchard Downs apt. 2044-A | June 2 and 16 from 9–11 a.m.

Sewing Room Coordinator Balqees will be opening the sewing room these dates. 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 | June 9, 23, and 30 from 10 a.m.–noon

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.

**PARENT-CHILD PLAYGROUP**

Family Resource Center, 1834-A Orchard Place | Tuesdays from 10–11 a.m. and Thursdays from 10–11:30 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. Contact Whitney Welsh at wwelsh2@illinois.edu with any questions.

**WOMEN’S TEA TIME SUPPORT GROUP**

Family Resource Center, 1834-A Orchard Place | Every Wednesday from 10–11:30 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. Contact Whitney Welsh at wwelsh2@illinois.edu for more information.

**PROGRAMMING VOLUNTEERS AND RECREATION ASSISTANTS NEEDED FOR SUMMER**

The Kids’ Club and Jr. Club after-school programs are currently taking applications for summer assistance with children’s programs. Email Sara Jenkins at jenkins@illinois.edu if you enjoy working with children and want to volunteer.

**LIKE US ON FACEBOOK!**

Keep up to date on what is happening at Orchard Downs through Facebook. It’s easy to do. Just open Facebook and search for “Orchard Downs” then click “Like” on the page. That’s it!

**RESIDENT HANDBOOK**

The Family & Graduate Housing Handbook for apartment residents is located online at HOUSING. ILLINOIS.EDU/RESOURCES/POLICIES/HANDBOOK. The handbook contains important information regarding apartment services, programs, resources, and policies.
MultiCultural Health Center
2040-A Orchard Street

The MultiCultural Health Center (2040-A) 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.
This is alongside the free weekly clinic operated in collaboration with HeRMES.

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

HeRMES Clinic Hours: Thursday from 6–8 p.m. (walk-ins only)
Contact us at mhc@illinois.edu for more information.

SIGN UP FOR OUR MAILING LIST!
The Multicultural Health Center has a 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.

SAFETY CORNER: CHILD SAFETY

General Outdoor Safety Tips for Children
• Never leave children alone outside.
• Teach children not to play near the street.
• Explain that children must ask for help if toys roll into the street.
• Check the outdoor play area routinely. Remove trash, sharp branches, etc.

Sun/Heat
• Ensure that kids use sunscreen with an SPF factor of at least 15.
• Make sure that they’re not outside too long on hot days.
• Teach them to drink plenty of water to prevent dehydration.
• Dress them in loose-fitting, light-colored clothing on hot days.

Riding Toys
• Require children to use helmets when using tricycles, bicycles, skateboards, roller skates, and ride-on toys.
• Reduce choking risks by having children remove helmets when playing on playground equipment.
• Use safety straps to secure children in strollers.
• Do not put children who cannot sit up well in wagons with low sides.

Insects/Animals
• Spiders, wasps, bees, and ticks can all bite or sting kids. Try to avoid them and, make sure that you and your kids remain aware of potential allergic reactions.