**Final Fling 2015**

Come and enjoy the annual Family & Graduate Housing Final Fling on **Saturday, May 2** at the **Orchard Downs Community Center**. The event begins at noon. The outdoor party features a picnic lunch, music, bounce houses, games, arts, face painting, cotton candy, raffle prizes, and much more! This year’s theme is Princesses, Knights, and Castles. Costumes are welcome. Hope to see you there! For more information, please contact Sara Jenkins at jenkins@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). Registering at this link helps us determine plot interests and garden participation numbers. This also begins the process for the Garden Managers to connect with you for plot selection and to receive payment for the plot.

**What do you need to register?**

- 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.

**Fees**

- Resident= $50
- Non-resident= $90

The registration fee covers the cost of 1 full plot (10 yard x 10 yard). One yard is roughly equal to one meter.

**Resident rates are for current apartment lease holders** at Orchard Downs, Goodwin-Green and Ashton Woods apartment complexes.

For questions, concerns, or registration information, please email the Garden Group at ODGardenGroup@hotmail.com or please come to the Family Housing Council meeting in the Orchard Downs Community Center at 5:45 p.m. on the second Friday of each month.
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).

**May Birthday Celebration: May 28**
Were you born in May? Do you love games? Then we have a party for you! Join us in the Community Center at 6:00 p.m. on Thursday, May 28 for a party to celebrate all of the May birthdays! We will have music, games, and birthday cake. Come on by and celebrate! If you have any questions, email Paige Jackson at pmjacks2@illinois.edu.

**Middle School/Teen Night (6th-12th grade)**
Hey teens! Join us on Friday, May 15 at 6:00 p.m. at the Orchard Downs Community Center for a Maki Sushi party. We will make our own Maki Sushi with a variety of ingredients. Additional snacks will be provided. Please contact Ga Young at gjin5@illinois.edu with questions.

**Chicago Bus Trip: June 6**
Want to get away for the day? Join Family & Graduate Housing on Saturday, June 6 as we visit the “Windy City”, Chicago! We will be shopping at the Water Tower Mall along Michigan Avenue and visiting the Chinatown neighborhood. We will depart from the Family & Graduate Housing Office (FGH) at 6:30 a.m. and arrive back at Orchard Downs at approximately 9:00 p.m. Registration begins Thursday, May 14 at 9:00 a.m. Please register at http://go.illinois.edu/ChicagoBusTrip. If you have any questions, please email Paige Jackson at pmjacks2@illinois.edu.

**Parent-Child Playgroup**
Parent-Child Playgroup will meet on Tuesdays and Fridays from 10:00 to 11:30 a.m. at the Family Resource Center (1834-A). Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Please note: Summer Parent-Child Playgroup will begin on Wednesday, May 27 and be held on Wednesdays from 10-11:30 a.m. at the Orchard Downs Community Center (ODCC) for the duration of the summer. There will be no Tuesday/Friday Playgroups starting the week of May 25. Contact Morgan at tarter2@illinois.edu with any questions.

**Orpheum Children’s Science Museum**
Come to the Orchard Downs Community Center on Tuesday, May 5 at 6:30 p.m. to learn about magnets and play with them! Orpheum Children's Science Museum will be bringing a variety of magnets and teaching about them. This is a great time to have fun while learning about science with the whole family! Contact Ga Young at gjin5@illinois.edu with questions.

**End of Semester Bingo Party**
On Wednesday, May 13 at 6:30 p.m., come to the Orchard Downs Community Center for the end of the semester BINGO party! We will celebrate the end of the semester and have a fun night with your family! Contact Ga Young at gjin5@illinois.edu with questions.

**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.
Let Your Voice Be Heard
We want to know what you think about FGH programming! Take this short four-question survey about programs at Family & Graduate Housing. If you have any questions, contact Morgan, Family Relations GA, at tarter2@illinois.edu. You can take the survey at http://tinyurl.com/lg22283.

Family Housing Council Information

FHC Saturday Social Nights
The FHC invites all Orchard Downs residents to join us on Saturday, May 2 and May 16 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 and Board Election
The FHC Public meeting will be held on Friday, May 8 from 6:00 p.m. to 8:00 p.m. in the Orchard Downs Community Center. All residents are warmly invited to discuss the issues in our community. At the May 8 meeting the new FHC Board will also be elected! All positions are up for election—any interested residents must contact Changyi at cyz@illinois.edu. Food and drinks will be provided.

Health and Wellness Programs

Summer Wellness Challenge Information Session
The MultiCultural Health Club will be having a wellness challenge throughout the summer 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 health. If you are interested in registering for the MCHC Health Club and also the Summer Wellness Challenge, please attend our informational meeting to sign up. The meeting will be held on Monday, May 4 at 4:00 p.m. in the MultiCultural Health Center (2040-A Orchard Street). All are welcome! For more information contact Kelechi Lamberts at klamber4@illinois.edu.

Walk/Jog/Run Group
Attention families and residents of all ages: the MultiCultural Health Center (MCHC) will be having another Walk/Jog/Run group for everyone! 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, and running is NOT mandatory. On Friday, May 29 at 6:30 p.m. we will meet at the MCHC and then go for our walk/run. For any more information or questions contact Kelechi Lamberts at klamber4@illinois.edu.

Yoga Classes
We will be holding our weekly yoga classes on Mondays at 7:00 p.m. in the Orchard Downs Community Center. This is a chance to exercise and work towards maintaining your health and keeping your body in shape. If you have yoga mats and other equipment, please feel free to bring them. Members of the MCHC Health Club are encouraged to participate. To sign up or to receive more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.
MultiCultural Health Center
2040-A Orchard Street

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.

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.