Final Fling 2016

Everyone is invited to celebrate the end of the semester with us at a sports-themed Final Fling! Join us on Saturday, May 7 at 12 noon at the Orchard Downs Community Center for the fun. Enjoy music, carnival games, relays, free lunch, cotton candy, raffle prizes, and much more! This year’s theme is “Sports and the Olympics,” and we hope to see you there! For more information, please contact Sara Jenkins at jenkins@illinois.edu.

Orchard Downs Pre-School Accepting New Students for Fall 2016

Orchard Downs Pre-School offers many activities to enhance social, physical, and emotional growth of preschool children between the ages of 3 and 5. The school provides a stimulating environment for the individual growth of each child while maintaining a high quality, low cost education for children. The preschool 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.

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. Registration begins Monday, May 2. To register your child, call 333-3497 or the Family & Graduate Housing office at 333-5656. Registration forms are available at the school, the Family & Graduate Housing office, and online at www.illinois.edu/goto/odps. All registration forms must be completed before children may attend. Applications will not be received until the child is three years old. If you have any questions or want more information, please contact the FGH office.

Final Fling Volunteers Needed

Family & Graduate Housing’s annual spring picnic, the Final Fling, is just around the corner. We are looking for residents to help with this big event! There will be lots of food, music, games and FUN! The date is Saturday, May 7 at 12 noon. You may choose to set up and decorate, cook or serve food, make and serve cotton candy or popcorn, monitor children’s games, or clean up. If you are interested in helping and being a part of this event, please contact your neighborhood CA or CJ Holterman at cjholt2@illinois.edu.

Indianapolis Bus Trip

Join us on our trip to Indianapolis on Saturday, May 21! The bus will drop off at two locations: The Children’s Museum and the Circle Centre Mall. The cost of the trip is $15 for adults and $10 for children. If you are interested in registering, please visit http://go.illinois.edu/IndianapolisBusTrip. Registration will begin on Monday, May 2 at 9:00 a.m.
May Birthday Bingo
Were you born in May? Then we have a birthday party for you! Join us on Wednesday, May 4 at 6:30 p.m. to celebrate all May birthdays at the Orchard Downs Community Center. We’ll start off by recognizing May birthdays and eating cake, and then we will be playing Bingo! All residents are welcome. Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

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 Tuesdays from 10:00 a.m. to 11:30 a.m. at the Family Resource Center (Orchard Downs apartment 1834-A). There will be no play group on Monday, May 2 and 9, and Tuesday, May 10. Caregivers and children ages five and under will participate in fun and educational activities such as crafts, music, story time, and snacks. Contact Brittney at bwalker3@illinois.edu with any questions.

Women’s Tea Time Support Group
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 more. This group will meet every Thursday from 1:00 p.m. to 2:30 p.m. at the Family Resource Center (1834-A). There will be no group on Thursday, May 12. For more information, contact Brittney at bwalker3@illinois.edu.

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 Tyra Brown (email tlbrown3@illinois.edu).

Mother’s Day Tea
As a belated Mother’s Day celebration, everyone is welcome to come out to the Orchard Downs Community Center on Thursday, May 19 at 6:30 p.m. to celebrate the mothers in our community! There will be a variety of teas, bite-sized sandwiches, and snacks for everyone to enjoy. We will also have crafts and fun activities. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions. We look forward to seeing you there showing our appreciation for all mothers!

Finals Week Study Snacks
If you need a quick pick-me-up snack during finals week, we have the perfect solution for you! Stop by the Family & Graduate Housing Office (1841 Orchard Place) and pick up a study snack pack between Monday, May 9 and Friday, May 13 from 8:00 a.m. to 5:00 p.m. Happy finals week!

May Flowers Story Time
Join us at the Orchard Downs Community Center on Thursday, May 26 at 6:30 p.m. for a May flowers story time and craft night. This event for young children and their families is in partnership with The Center for Children’s Books, and will be a fun night for all who attend! Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

Middle School and Teen Night
Middle school and high school students are invited to the Orchard Downs Community Center on Saturday, May 28 at 6:30 p.m. for a game night! Dinner will be provided and we encourage guests to bring any games they would like to play! This event is only for middle school and high school students. Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Chicago Bus Trip
We will be heading to Chicago! Join us on Saturday, June 4 for our bus trip to Chicago. The bus will be letting off at the Water Tower Mall near the Magnificent Mile and on South Lake Shore drive, which will allow you to go to the Shedd Aquarium, the Planetarium, or the Museum of Science and Industry. The cost of the trip is $15 for adults and $10 for children. Online registration will begin at 9:00 a.m. on Monday, May 9 at http://go.illinois.edu/ChicagoBusTrip.
**Hot Topics**

**Family Housing Council Social Nights**
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, May 21 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. Please note: there will be no Social Night on Saturday, May 7. We want everyone to attend and enjoy the Family & Graduate Housing Final Fling!

**Family Housing Council Public Meeting**
The FHC Public meeting will be held on Friday, May 13 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 Information Session (MCHC Health Club Registration)**
The 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. Residents who sign up will be asked to maintain certain habits to sustain their healthiness and complete the challenge. If you are interested in registering for either the MCHC Health Club or the Summer Wellness Challenge, please attend our informational meeting. All are welcome. For more information, please contact Kelechi Lamberts at klamber4@illinois.edu.

**MCHC Health Center Call for Volunteers**
The MultiCultural Health Center is looking for members in the community who are willing to serve as volunteers for the Health Center. We are looking for people who are doctors, nurses, dentists, or any form of health professional from their native homeland or the U.S. who would be interested in participating in our health clinics. Please contact the MCHC GA Kelechi Lamberts at klamber4@illinois.edu if you are interested or have questions.

**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 everyone of all ages. Families have the option of walking with their children and friends, or making a slight run around the Orchard Down neighborhood complex. Everyone is invited. Running is NOT mandatory. We will meet at the MCHC on Wednesday, May 25 at 6:30 p.m. and then go for our walk/run. For more information or questions contact Kelechi Lamberts at klamber4@illinois.edu.

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**Kids’ Club Summer Program**
Have some fun this summer in the Orchard Downs Kids’ Club after-school summer program! Kids’ Club meets Monday through Friday from 3:00 p.m. to 5:30 p.m. at the Orchard Downs Community Center. The program offers children opportunities to participate in social, recreational, and field trip activities! A snack will also be provided each afternoon. Registration is open to children in kindergarten or between the ages of 5 and 12. To register for the summer program, come to the Orchard Downs Community Center on Monday, June 6 from 5:00 p.m. to 6:00 p.m. For more information, please contact Sara Jenkins at Jenkins@illinois.edu or call 333-5656.

**Under $10 Yard Sale**
Moving soon? Doing some spring cleaning and need to sell unwanted household items? Come to the Yard Sale at the Orchard Downs Community Center on Saturday, May 21 from 10:00 a.m. to 12:00 p.m., and sell them for $10 or less! Refreshments will be available.

**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.
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, HeRMES 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).

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

WIC Hours: Friday, May 6 & Friday, May 20 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, May 13 & Friday, May 27 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 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.