**Ballroom Dancing Lessons**

You do NOT want to miss this! The Illini DanceSport competitive ballroom dance team will be coming out to teach us how to dance on Monday, October 10 at 6:30–8:30 p.m. at the Orchard Downs Community Center. No experience is needed. No shoes or partner either, just bring your energy and moves. See you there.

**Calling All Cooks: International Food Festival**

Our annual International Food Festival is approaching soon! Mark your calendars for Saturday, October 8 from 12:00 to 2:00 p.m. at the Orchard Downs Community Center. Share food and music while learning about other cultures and meeting new people—the perfect ingredients for a wonderful afternoon!

**Show at Krannert**

The Shanghai Acrobats of the People’s Republic of China are back! They will be performing their world famous show at the Krannert Center on Tuesday, October 25 at 7 p.m. This show is recommended for ages 7 and up. If you are interested, contact your Community Aid by Monday, October 3 so we can get a group discount.

**Orchard Downs Pre-School**

The Orchard Downs Pre-School is currently still accepting registrations for the 2016-17 school year. For questions and information please email Debbie Collins at dcollns@illinois.edu or call 333-5659. You may also contact the Family & Graduate Housing office at 333-5656.
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 Tyra Brown (email tlbrown3@illinois.edu).

Parent-Child Playgroup
Come play and learn with us! Parent-Child Playgroup will meet on Wednesdays 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. Contact Candace Brahm at brahm2@illinois.edu with any questions.

Birthday Bingo
Were you born in October? Then we have a birthday party for you! Join us on Thursday, October 13 at 6:30 p.m. in the Orchard Downs Community Center to celebrate all September birthdays. All residents are welcome to come enjoy birthday cake and bingo, with prizes for the winners.

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 Candace Brahm at brahm2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Women’s Support Group
Come join us for tea and conversation. The Women’s 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 Thursdays from 1:00 to 2:30 p.m. at the Family Resources Center (1834-A). Childcare will be provided. For more information, please contact Candace Brahm at brahm2@illinois.edu.

Yoga
Please join us for yoga facilitated by The Art of Living RSO at the Orchard Downs Community Center on Monday, October 3 at 6:00 p.m.

Halloween Events

Spooky Story Hour
Join us at the Orchard Downs Community Center on Friday, October 21 from 6:30 to 7:30 p.m., all kids are welcome! A volunteer from The Center for Children’s Books will be reading a spooky story for our kiddos, and we will also be making trick-or-treat bags that will be used to collect candy the night of Halloween. If you have any questions, please contact Jenna Hickey at jhick3@illinois.edu.

Pumpkin Carving
In preparation for Halloween, please join us at the Orchard Downs Community Center on Saturday, October 22 from 1:00 to 3:00 p.m. as we create our own jack-o-lanterns and decorate pumpkins. All families and children are invited. Children must be supervised, and we encourage you to bring your own pumpkins, as limited pumpkins, stencils, and tools will be provided. If you have any questions, please contact Jenna Hickey at jhick3@illinois.edu.

Halloween Party!
Everyone is invited to the Orchard Downs Community Center on Saturday, October 29 from 5:00 to 7:00 p.m. to celebrate our annual Halloween Party! There will be food, crafts, and a costume judging contest; so come dressed to impress as prizes will be awarded. All families and children are welcome to attend. If you have any questions, please contact Jenna Hickey at jhick3@illinois.edu.
Hot Topics

Family Housing Council Social Nights
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, October 1 and Saturday, October 15 from 6:00 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 Friday, October 14 from 6:00 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.

International Women’s Connection
The International Women’s Connection (IWC) is a friendship & cultural exchange group that was started in 1987. Since then hundreds of women have had the opportunity to practice English, make friends and learn about American culture. Starting on September 7, the group will meet every Wednesday from 9:00 to 10:00 a.m. for a free English class and from 10:00 to 11:30 a.m. for various activities to help you adjust to American life. The location for the meetings is Twin City Bible Church, on the corner of Lincoln & Michigan Avenue, Urbana (approximately 6 blocks northwest of Orchard Downs). The IWC welcomes women of all nationalities or religious background and any level of English fluency. Childcare is also provided. For more information, visit www.iwc-tcbc.weebly.com or email Ruth at ruth.krehbiel@gmail.com.

Top Places to See Fall Colors in Champaign-Urbana
The calendar has officially landed in October, with summer just a fading memory for most of us. It’s time to get our autumn-colored glasses on and enjoy the beautiful weather and scenery in East Central Illinois. The Champaign-Urbana area boasts several great sites to see the beauty of nature’s changing palette.

- **Our campus** is rated as one of the Top 10 College Campuses to View Fall Foliage. Take a stroll on the Main Quad, or walk down Lincoln Avenue to the Arboretum, which is full of a variety of trees on its 160-acre footprint.
- **Meadowbrook Park, Urbana:** Located just off Windsor Road, Meadowbrook offers not only a fantastic playground for the kids and a sculpture garden, it also offers access to old-growth trees and flower gardens where you can see how fall affects not only trees but other plants, as well.
- **Busey Woods, Urbana:** Connected to the Anita Purves Nature Center, Busey Woods is one of the best places within the Champaign-Urbana city limits to see a wide variety of nature. Take a walk on the boardwalk (stroller/wheelchair accessible!)
- **Champaign County Forest Preserve District:** These pieces of prairie and wild woods are right under our noses and over our heads. There are five sites to choose from — Lake of the Woods, River Bend, Sangamon River, Homer Lake and Middle Fork River. Each preserve offers educational activities and opportunities, nature walks, bird-watching, fishing and more for people of all abilities.
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, 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, October 7 & Friday, October 21 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.

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 3 months and the 9th month must be picked up at the C-UHDS 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:

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