Meet and Greet the New Graduate Assistants

Come and meet the new GAs! All three of us will be at the Community Center on Friday, September 4 from 6:00 to 8:00 p.m. to talk about what we do for FGH and your community. We are interested in hearing what you would like to see happen this school year. This event is open to all ages, and we will also be serving food and drinks. For more information, contact Brandi at blbinde2@illinois.edu.

Hispanic Heritage Celebration

Hispanic Heritage Month is coming soon! If you want to learn more about Hispanic culture, enjoy the magic of music and dancing, taste wonderful traditional dishes, and break a piñata, come to our Hispanic Heritage Celebration. Everyone is welcome to join us in celebrating our Hispanic heritage and experience the sensation of being part of the Spanish-speaking world. This event will take place on Saturday, September 26 at 12 noon at the Community Center. For more information, contact Adrian and Sedna at adrianysedna@gmail.com.

Calling All Cooks: International Food Festival

Our annual International Food Festival is approaching soon! Mark your calendars for Saturday, October 10 from 1:00 to 3:00 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! If you wish to sign up as a cook, please submit your name, email address, phone, and apartment number to Brittney Walker at bwalker3@illinois.edu. You can also submit your information at the FGH office with a note for Brittney and she will get back to you.

With talented cooks from many nations and cultures living among us, it is important to submit your request to be a cook. Registration for cooks is on a first come, first served basis. The deadline for cooks to register is Wednesday, September 30.

Fall Family Fest

Join the Women's Resources Center and Orchard Downs Family and Graduate Housing on Sunday, September 20 at 12:00 p.m. for a fun and festive Fall Family Fest program, especially designed for residents/students/staff who are parents and their children. The program will feature a sing-a-long, outdoor and indoor activities, food, and a resource fair!
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).

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 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 Brittney at bwalker3@illinois.edu with any questions.

Free Nutrition Workshops

Learn how to plan meals on a budget and prepare healthy meals for you and your family. Come for free food, incentives, recipes, and to earn a certificate from the U of I Extension Office. This 9-week course will occur on Mondays from September 15 through November 10, from 1:00 p.m to 2:00 p.m. at the Learning Resource Center. Please sign up to participate at http://tinyurl.com/fgbooks (space is limited and registration is required). Contact Brittney G. Walker at bwalker3@illinois.edu with questions.

Grandparents Appreciation Ice Cream Social

Come to the Orchard Downs Community Center on Saturday, September 12, at 2:00 p.m. to celebrate National Grandparents Day and show appreciation to all of our amazing grandparents. Ice cream will be served along with crafts and activities for children to work on and give to their grandparents. All residents are welcome! For additional questions, email Joy Sugihara at sugihar2@illinois.edu.

Toy Exchange

Want to recycle some unused toys? Are you in need of new ones? Come join us at the Orchard Downs Community Center on Saturday, September 12 from 10:00a.m. to 12:00 p.m. for a toy exchange. Bring gently used toys and books for new ones. Toy contribution is not required. For more information, contact Brittney at bwalker3@illinois.edu.

Birthday Bingo

Were you born in September? Then we have a birthday party for you! Join us on Thursday, September 17 at 6:30 p.m. in the Community Center to celebrate all September birthdays. All residents are welcome to come enjoy birthday cake and bingo! Contact Joy with any questions at sugihar2@illinois.edu.

“Just Dance” Teen Night

All teens 13 years old and up are welcome to come hang out at the Community Center on Saturday, September 26 from 7:30 to 9:00 p.m. Come meet other teens living in the community and play “Just Dance.” Pizza and drinks will be served! Contact Joy Sugihara with any questions at sugihar2@illinois.edu.

International Movie Night

Join is for an international Movie Night on Thursday, September 24 from 6:30 to 8:30 p.m. at the Community Center. Weather permitting, this will be an outside movie. Bring your chairs or blankets. Please note that this event is for adults only. We will bring snacks and drinks for the movie! If the weather is not on our side, we will move into the Community Center. Questions? contact Brandt at blbinde2@illinois.edu.

Parents VS Kids Soccer Game

Join us for a soccer game of parents versus kids! Meet at the soccer field on Saturday, September 19 at 10:30 a.m. We will figure out teams and play a soccer game or two depending on how many come to play. There will be a cookout/potluck to follow at the Community Center. Bring your favorite dish to share! Questions? contact Brandt at blbinde2@illinois.edu.
Hot Topics

**International Women’s Connection**
The International Women's Connection (IWC) is a friendship and 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 September 2, we will meet every Wednesday morning 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 (including a FREE GARAGE SALE on Wednesday, September 9!). 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). Child care is also provided. For more information, visit [www.iwc-tcbc.weebly.com](http://www.iwc-tcbc.weebly.com) or email Ruth at ruth.krehbiel@gmail.com. Note: The IWC welcomes women of all nationalities or religious backgrounds and any level of English fluency.

**Family Housing Council Social Nights**
The FHC invites all Orchard Downs residents to join us on Saturdays, September 5 and 19 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, September 11 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**

**MCHC Health Club Registration**
The Multicultural Health Center will be continuing its year-round health club for residents. The Health Club consists of a group of residents who are interested in improving health awareness and wellness for themselves and their neighbors. If you are interested in losing weight, learning how to exercise and eat healthy, please register with us. If you are interested, simply email the MCHC GA Kelechi Lamberts at klamber4@illinois.edu with your name and email address.

**MCHC Health Club: Yoga Classes**
We will have our weekly yoga classes on Mondays starting on September 21 at 7:00 p.m. This will be a chance to exercise and work towards 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.

**Walk/Jog/Run Group**
Attention families and residents of all ages: the MultiCultural Health Center will be having another Walk/Jog/Run group on Wednesday, September 2 at 5:30 p.m (we will meet at the MultiCultural Health Center). Families have the option of walking (or making a slight run) with their children and friends 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 more information or questions contact Kelechi Lamberts at klamber4@illinois.edu.

**MCHC Fitness Session: T-25**
The MCHC will be hosting a fitness session for those interested in exercising at a moderate level. Join us at the Community Center on Tuesday, September 15 at 7:00 p.m. for an opportunity to learn quick, efficient ways to engage in physical. This program is for adults only. For more information, contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

**Stress-Relief Social**
There will be a stress-relief social in the Orchard Downs Community Center on Friday, September 25 at 6:00 p.m. Come and get some free snacks and interact with your fellow neighbors and their families. Games and karaoke will be available! Also get a chance to receive massage therapy and relieve some stress. All are welcome. For more information, contact Kelechi Lamberts at klamber4@illinois.edu.
**Family Housing Council**
The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

The FHC meets monthly at the Orchard Downs Community Center.

For FHC resources such as meeting minutes, constitution, job descriptions, and more at [www.housing.illinois.edu/FHC](http://www.housing.illinois.edu/FHC).

For information about the FHC please contact:

**President:** Jiahao Hu  
jiahaohu@illinois.edu

**Vice President:** Changyi Zhang  
cyz@illinois.edu

**Treasurer:** Lihua Ye  
lihuay1@illinois.edu

**Executive Secretary:** Hao Wang  
edwardwh@illinois.edu

**Recording Secretary:** Xiuling Zhu  
xlzhu1005@gmail.com

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**MultiCultural Health Center**

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.)

**WIC Hours:** Friday, September 4 and Friday, September 18, 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](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 Ilbe-Lamberts, MCHC Graduate Assistant (GA), at mchc@illinois.edu.

**Stress-Management Consultation:** Email klamber4@Illinois.edu for appointments.