Hispanic Heritage Celebration 2017

Saturday September 23 from 1:00 to 3:30 p.m. at Orchard Downs Community Center

September is the national month of the Hispanic Heritage. Family and Graduate Housing are having a huge Fiesta and everyone is invited! Come hit a piñata and celebrate Latino culture with music, dancing, art exhibition, craft workshops, books and traditional food. La Casa Latina, the Center for Latin American and Caribbean Studies, the Family Housing Council, and the Urbana Free Library are all sponsoring and participating in this event. For questions or further information please contact Adrian Bello at adrianysedna@gmail.com.

International Food Festival

Mark your calendars for October 14, 2017! This year's International Food Festival date! Consider being a cook for the event. Share food and music while learning about other cultures who live in our community. More details and information about the festival will be in our October issue of the Neighborly News.

Chicago Bus Trip – October 7

Join us for an exciting afternoon in Chicago! Online registration for the trip will begin on September 18 at 9 a.m. The link to register is http://go.illinois.edu/ChicagoBusTrip. The price for adults (18 and up) is $15.00 and the price for children (17 and under) is $10.00. If you have any questions, email Alexis Gatses at agatses2@illinois.edu.

Pre-School Accepting Students for Fall

The Orchard Downs Pre-School is still accepting registrations for the 2017-2018 school year. For questions and information please email Debbie Collins at dcollns@illinois.edu or call (217) 333-5659. You may also contact the FGH office at (217) 333-5656.
September 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.

*Note: All programs are in the Orchard Downs Community Center, 510 George Huff Drive unless noted.

TEEN VIDEO GAME SOCIAL
Friday, September 1 at 6:00 p.m.
Teen night of video games, pizza, and beverages. All teens age 12 and above are welcome to join in. This will be a great opportunity to meet other teens in the community! For more information or questions, contact Morgan Baker at mmbaker4@illinois.edu.

FAMILY HOUSING COUNCIL SOCIAL NIGHT
Saturday, September 2 from 6:00 to 7:00 p.m.
Saturday, September 16 from 6:00 to 7:00 p.m.
Please join the Family Housing Council (FHC) for our monthly resident social. Suggestions for future social themes are appreciated!

TASTE OF INDO-PAK
Sunday, September 3 from 5:00 to 7:00 p.m.
Join an event featuring food tasting and music. Traditional Indian & Pakistani food and beverages will be served on a first-come first served basis. The happiness of Eid-al-Adha will also be shared in this event and gifts will be given to children. Email Sundar at sundar81@illinois.edu if you have any questions.

BIRTHDAY BINGO
Tuesday, September 5 at 6:30 p.m.
Do you have a September birthday? Alexis Gatses does! Join us to celebrate all September birthdays with cupcakes, prizes, and bingo. Everyone is welcome to come, and children must be supervised. If you have any questions, email Alexis Gatses at agatses2@illinois.edu.

GRANDPARENTS ICE CREAM SOCIAL
Thursday, September 7 at 6:00 p.m.
Meet and celebrate grandparents within the community of FGH! All residents are welcome to join. Ice cream and toppings will be provided and crafts and activities will also be at the event to show appreciation to the grandparents! Contact Morgan Baker with any questions at mmbaker4@illinois.edu.

FAMILY FUN NIGHT
Wednesday, September 13 at 6:00 p.m.
All residents are welcome to join us for a fun night of board games, crafts, and activities, and snacks will be provided. This will be a perfect opportunity to meet other families and have a great night of family fun! For any additional information or questions, contact Morgan Baker at mmbaker4@illinois.edu.

FARMERS MARKET AND LOCAL STORES IN DOWNTOWN URBANA
Saturday, September 16 at 9:00 a.m. at the Common Ground Food Cooperative
Want to support local farms and businesses? Meet us at the front doors of the Common Ground Food Cooperative in Lincoln Square (300 S Broadway Ave #166, Urbana.) We will be walking around the farmers market and local stores such as the ones listed below. If you have any questions or would like more suggestions, email Alexis Gatses at agatses2@illinois.edu.

Common Ground Food Co-op: commonground.coop
Urbana Farmers Market: urbana.market.org
Art Coop: lincolnsquareurbana.com/art-coop-inc
Priceless Books: localwiki.org/cu/Priceless_Books

CAMPFIRE STORY HOUR
Thursday, September 21 at 6:00 p.m.
We will be reading campfire stories, making a craft, and enjoying s’mores. All children and parents are welcome to come! For more information or questions, contact Morgan Baker at mmbaker4@illinois.edu.

FAMILY FITNESS DAY
Saturday, September 30 at 12 noon
Ready for some family fun in the sun? Join us for an afternoon of health and fitness! There will be an outdoor scavenger hunt, soccer, and a build-your-own sandwich and trail mix bar. All residents and families are welcome, and adult supervision is required for children. If you have any questions, email Alexis Gatses at agatses2@illinois.edu.
Community Programs

**Lending Room**
The Lending Storeroom will be open on Saturdays from 9:00 to 11:00 a.m. The Lending Storeroom is located at 2044-A Orchard Street (entrance to Lending Room is located on the West side of the building/street side).

**Sewing Room in the Learning Resource Center** (Orchard Downs apt. 2044-A)
September 2 and September 16 from 9:00 to 11:00 a.m.
Sewing Room Coordinator Balqees will be opening the sewing room on the 1st and 3rd Saturdays of the month from 9:00 to 11:00 a.m. Sewing machines and other equipment including scissors, pins, measuring tape and thread are available for residents to use. Email Balqees at fnubalqees@gmail.com or call (217) 419-9329.

**Coffee House in the Learning Resource Center** (Orchard Downs apt. 2044-A)
September 9, September 23 and September 30 from 9:00 to 11:30 a.m.
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. The Coffee House will be held on the 2nd, 4th and 5th Saturdays of the month from 9:00 to 11:30 a.m.

**Parent-Child Playgroup in the Family Resource Center** (1834-A Orchard Place)
Every Monday and Wednesday from 10:00 to 11:30 a.m.
Come play and learn with us! Parent-Child Playgroup will meet on starting on Wednesday, September 6. There will be no Playgroup on Monday, September 4. Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Contact Daniela at dmvidal2@illinois.edu with any questions.

**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 Daniela Vidal at dmvidal2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

**Women’s Tea Time Support Group in the Family Resource Center** (1834-A Orchard Place)
Tuesdays from 10:00 to 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. This group will meet every Tuesday starting on September 5. For more information, contact Daniela at dmvidal2@illinois.edu.

**Yoga and Meditation Happy Hour** (Orchard Downs Community Center)
Mondays from 6:30 p.m. to 7:30 p.m.
The Art of Living - UIUC Chapter works to promote the mental, emotional and physical well-being of members of the campus community with the help of yoga, meditation and breathing techniques. This is based on the belief that a stress-free individual builds a stress-free and violence-free society. The Yoga and Meditation Happy Hour will be a fun-filled session where you will practice yoga, meditation and breathing techniques to help the overworked mind settle down and let your inner peace shine through. Come, be happy!

**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. The group meets 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.
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.

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

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.

WIC services will no longer be offered at the Family & Graduate MultiCultural Health Center. For services and resources, please visit Champaign-Urbana Public Health Department’s website at c-uphd.org/wic.html.

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: ccchc2003.org.

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