IMPORTANT REMINDER: 2018-2019 APARTMENT LEASES END JULY 31, 2019, AT NOON!

If you have not renewed your current lease for next year, you must vacate your apartment by no later than July 31, 2019, at Noon. Please note the following important move-out instructions:

- All personal belongings must be removed from your apartment by Noon on July 31. This includes trash and food in the refrigerator/freezer.
- Your apartment must be as clean as the day you moved in! Please review the cleaning instructions found in the vacating brochure link in the email you received.
- Remember to call Ameren to let them know your move-out date. This will allow them enough time to factor your last bill and return any deposit money you are owed.
- Remember to go online to USPS.COM to register your forwarding address.
- If you have a storage locker in the basement of Goodwin-Green you must empty it and remove your personal lock.
- All keys must be returned to the Family & Graduate Housing office located at 1841 Orchard Pl., Urbana, IL 61801.

Thank you for living with us and enjoy the rest of your summer. Safe travels!

DID YOU KNOW?

Independence Day, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. Falling in mid-summer, the Fourth of July has, since the late 19th century, become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is “The Star-Spangled Banner,” the national anthem of the United States.

See details about all the day’s events at JULY4TH.NET/EVENTS.

9 a.m.: 5K race/walk
11 a.m.: Parade begins (find your place along Kirby or Lincoln Ave.)
7 p.m.: Music on Kirby between First and Oak Streets
After Dark: Fireworks

Mail Delivery During Vacation

If you are going to be out of town for an extended time, we recommend that you sign up for USPS Hold Mail Service. The Post Office will hold your mail and deliver it when you return home. For more information, visit HOLDMAIL.USPS.COM/HOLDMAIL.

University of Illinois Police Meet and Greet at Orchard Downs

Friday, July 12, 6 p.m.
Orchard Downs Community Center

Come meet police officers that protect the University of Illinois. Share a meal with them and bring any questions you have about what they do and questions you have about laws or their processes.
JULY PROGRAMS  All programs are in the Orchard Downs Community Center, 510 George Huff Court unless noted.

**ORCHARD DOWNS ZUMBA COMMUNITY**
Every Sunday from 9–10 a.m. at ODCC
This is a weekly Zumba class for the FGH community and anyone between the ages of 18 to 50 is welcome to join. Before you attend the class, you need to register here: TINYURL.COM/ODZUMBACOMMUNITY. If you have any questions, please contact Fikriyah Winata (fwinata2@illinois.edu).

**FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE**
Wednesdays, 3–4:30 p.m.
Family Resource Center (1834-A Orchard Place)
Please note the change in time for our weekly nutrition and cooking class! Interested in learning new cooking techniques? Wonder how to eat healthy on a budget? This program is for you! We get together and make a recipe each week (see list for weekly recipes!). You can also win prizes that will help you cook at home and even bigger prizes if you attend each week and graduate from the program! For questions, email Khadiga: kmohamed@illinois.edu.

**July Recipes**
- **July 3:** Asian Mango and Chicken Wraps
- **July 10:** Fruit Smoothie
- **July 17:** Spaghetti and Spinach Pesto
- **July 24:** Greek Salad with Chicken
- **July 31:** Banana Pudding

**YOGA AND MEDITATION!**
Monday, July 22, 6 p.m.
Monday, July 29, 6 p.m.
The monthly yoga and meditation session is back, and now it’s TWICE A MONTH! Join us for an hour of relaxation and stress reduction, which is also an excellent way to improve your focus. All skill levels are welcome. We provide yoga mats, but you are welcome to bring your own. Please note that arriving at 6 p.m. is extremely important.

**BIRTHDAY BINGO**
Wednesday, July 17, 6:30 p.m.
Come join all of us to celebrate July birthdays with sweet treats, prizes, and games of BINGO! Everyone is welcome. Please note that children must be supervised. Let’s have some fun!

**GREAT START PLAYGROUP**
Wednesday, July 17, 10–11:15 a.m.
Join us for a special playgroup with GREAT Start from Champaign-Urbana Public Health. We will sing, play, learn, read, and grow together. This playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. We are so excited to play with you! Contact wwelsl2@illinois.edu with questions.

**PLAYGROUP: MOTHER GOOSE ON THE LOOSE**
Thursday, July 18, 10–11 a.m.
This playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Every child will receive a book! Special story time where children will gain
- a love for learning,
- social and emotional skills,
- fine and gross motor skills,
- language skills,
- and knowledge about the world.

**WOMEN’S GROUP**
Friday, July 26, at 10 a.m.
The women’s group will meet at the Orchard Downs Community Center. We will enjoy tea and treats as we have fun crafting together.

**ORCHARD DOWNS, LET’S WALK!**
The regular Orchard Downs Walking Group will take a break this July, but we’ll return in August with snacks, drinks, and also some surprises! In the meantime, we encourage you to use the Whatsapp group and get together to walk on your own. Join the group by browsing to go.illinois.edu/ODWalk on your cell phone and feel free to set up a time with your peers! For more information, send an email to mchc@illinois.edu.

We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken inform a staff member at the event or contact FGH.
WELCOME TO THE WORLD

Babies are a sign of hope and bring much joy to our lives. We want to welcome your newborn to our community with a small gift to say, “Welcome to the World!” If you have recently welcomed a new baby into your family, contact the Family & Graduate Housing office at (217) 333-5656 or email apartments@illinois.edu.

FAMILY & KIDS PROGRAMS

ORCHARD DOWNS PRESCHOOL REGISTRATION FOR 2019–2020

Orchard Downs Preschool is currently accepting applications for the 2019-20 school year. To schedule a tour or visit or for more information please contact Sara Jenkins at jenkins@illinois.edu or Debbie Collins at dcollns@illinois.edu.

KIDS’ CLUB SUMMER PROGRAM OPENINGS

Have some fun in the Orchard Downs Kids’ Club after school summer program! Kids’ Club meets Monday through Friday from 3 to 5:30 p.m. at the Orchard Downs Community Center. The program offers children opportunities to participate in social, recreational, and summer fun activities. A snack is provided each afternoon. Children ages five and in kindergarten to eleven years old are eligible for registration. For more information or questions please contact Sara Jenkins at jenkins@illinois.edu or call 333-5656.

SAFETY CORNER

Basic Safety Tips from the University of Illinois Police

• Trust your instincts. If you feel uncomfortable in a place or situation, leave right away and go immediately to an area with lights and people. Call the police if something seems odd.
• Lock your doors, even if you are in the room/apartment.
• Do not allow people to follow you into secure locations.
• Report any unusual or suspicious activity you witness. Even the smallest bit of information could prevent a crime and help protect yourself or others.
• Use well-lit, high-traffic routes when walking on campus, and do not walk alone at night. Use SafeWalks or SafeRides instead.
• Stay aware of your surroundings. Listening to music or using your phone can distract you from people or vehicles around you.
• Do not display valuables openly, and be cautious around ATMs.
• Register your Bike at GO.ILLINOIS.EDU/MYBIKE

Non-emergencies: (217) 333-1216
Emergencies: 911
**MULTICULTURAL HEALTH CENTER**

2040-A ORCHARD STREET

Email: mchc@illinois.edu

**MCHC HOURS**

MCHC will only operate for the weekly HeRMES Free Clinic on Thursdays in July. Additional office hours will not be held outside of these clinics. For more information about the clinic, contact hermesclinic@gmail.com.

**HeRMES CLINIC WALK-IN HOURS**

6-8 p.m. every Thursday (Walk-ins Only)

**SUBSCRIBE** here for weekly news, updates, and wellness tips: GO.ILLINOIS.EDU/MCHC-SIGNUP

HeRMES free medical clinic 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.

**MARK YOUR CALENDARS:**

**FREE DENTAL FAIR!**

Free dental checkups! Free screenings! All at the Orchard Downs Community Center! Mark your calendars for September 14th!

**JULY 28: WORLD HEPATITIS DAY**

Let’s talk about this disease that affects millions of people around the globe. Hepatitis is an inflammatory condition of the liver, which an important part of your body that helps digest the food you eat and filters out the harmful stuff. However, certain things like a viral infection or consuming excessive alcohol can damage your liver, leading to hepatitis and symptoms like fatigue, abdominal pain, and loss of appetite.

You can avoid diseases like hepatitis by practicing good hygiene: Wash your hands, make sure your food is fully cooked, and avoid sharing toothbrushes! Vaccines are also available for several types of hepatitis. Contact your doctor if you see any of the symptoms of the disease! For more information, browse to HEALTHLINE.COM/HEALTH/HEPATITIS.

**SUMMER HEALTH TIPS**

It’s sunny and hot, and the perfect time for lots of fun! Make the most of summer by following these tips and staying healthy. Drink lots and lots of water - it is easy to sweat and get dehydrated.

When you go out in the sun, use sunscreen and eyeshades to protect your skin and eyes from harmful UV rays. Eat fresh fruits and vegetables: berries, cucumbers, and a bunch of other fruits and vegetables are in season! And while you enjoy some free time, make sure to catch up on sleep and really sleep well this summer.

**ORCHARD DOWNS GARDEN PLOTS**

Registration for Orchard Downs garden plots is open! Everyone is encouraged to plant something this season.

Pricing: $40/plot for FGH residents and $70/plot for non-residents

Contact: odgardengroup@gmail.com

If you are interested, payment can be made via card, check, or exact cash at the Family & Graduate Housing Office (1841 Orchard Pl., Urbana).

Registration is available online at GO.ILLINOIS.EDU/ODGARDENPLOT. All gardeners must register.

**PLAY TIC-TAC-TOE!**

(AKA Noughts & Crosses, or Xs & Os)