The Family & Graduate Housing office will be closed January 1 and will reopen at 8 a.m. on January 2, 2020.

IMPORTANT CONTACTS

www.housing.illinois.edu

FAMILY & GRADUATE HOUSING OFFICE
Email: apartments@illinois.edu
Phone: (217) 333-5656
Hours: Monday-Friday 8 a.m.-5 p.m.
(closed on University Holidays)

AFTER-HOURS ON-CALL STAFF
(217) 649-7705
Submit Maintenance Requests at GO.ILLINOIS.EDU/MAINTENANCE

UNIVERSITY APARTMENTS COMPLEX COORDINATOR
TBD

LEAVING FOR WINTER BREAK?
Headed out of town? The United States Post Office can hold your mail safely at the local Post Office until you return. Sign up for USPS Hold Mail Service at HTTPS://HOLDMAIL.USPS.COM/HOLDMAIL. You can also have a friend pick up your mail. If you leave for an extended amount of time, the Post Office may assume you moved out and will stop delivering your mail. Don’t let that happen!

You must leave your heat turned on during your absence.
Set the thermostat for at least 65 degrees Fahrenheit. If your apartment gets too cold there is a risk of the pipes freezing, which can cause a lot of water damage to your apartment and the building.

WINTER WINDOW KITS
Winter Window Kits are now available at the Family & Graduate Housing office. These kits contain plastic sheeting that can be used to cover the inside of your windows and reduce the amount of cold air that can enter your apartment. Kits are distributed on a first come, first serve basis.

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MARTIN LUTHER KING JR.
On Monday, January 20, the United States celebrates Martin Luther King Jr. Martin Luther King Day (MLK Day) is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. He is most well-known for his campaigns to end racial segregation on public transport and for racial equality in the United States. This day is also known as the Martin Luther King Day of Service. There are many volunteer opportunities available on this day through U of I and through the Champaign/Urbana Community.

35TH ANNUAL DR. MLK JR. SERVICE OF CELEBRATION
Sunday, January 19, 5 p.m.
Krannert Center for the Performing Arts
We will meet at 4:45 p.m. at Krannert Center outdoor amphitheater (the large steps facing Goodwin Ave.). Since 1988, the Dr. Martin Luther King Jr. Advocacy for Justice Committee has awarded more than 200 scholarships to local students attending colleges such as Parkland College, University of Illinois, and historically black colleges and universities. This year, we honor the memory of Dr. Martin Luther King Jr. with a keynote address and music from the community choir. For more information on the event, visit KRANNERTCENTER.COM/CALENDAR or contact Max Klaw at maxwk2@illinois.edu with any questions. For bus routes, visit cumtd.com. Bus stop is “Krannert Center.”

Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.
JANUARY PROGRAMS

All programs are in the Orchard Downs Community Center, 510 George Huff Court unless noted.

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, contact Lauren Eberle at leberle2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

PLAY GROUP

Wednesdays & Fridays, 10–11:30 a.m.
Begin Friday, January 10

Family Resource Center (1834-A Orchard Place)
Play Group is for children 0-5 and their caregiver(s). A parent/guardian must stay with their child. Each Play Group will include snacks, story time, and a craft. Children will have the opportunity to play, learn, and make friends! Questions? Contact Lauren at leberle2@illinois.edu.

GREAT START PLAY GROUP

Saturday, January 11, 10 a.m.

This is a special Play Group organized by GREAT Start, a program run by the Champaign-Urbana Public Health District. Like weekly Play Group, the GREAT Start Play Group is for children 0-5 and their caregiver(s). A parent/guardian must stay with their child. Questions? Contact Lauren at leberle2@illinois.edu.

FUN WITH FOOD

Thursdays, 4–5 p.m.
Family Resource Center (1834-A Orchard Place)
Each week, Fun with Food will work together to make a meal, dessert, or snack. The goal is to connect with others in the community while cooperating to prepare food. All ages and levels of experience are welcome. Contact Lauren at leberle2@illinois.edu with any questions or with foods you are interested in preparing.

January 23: Personal Pizzas
January 30: Brigadeiro

ORCHARD DOWNS ZUMBA COMMUNITY

Every Sunday, 10 a.m.

This is a weekly Zumba class for the FGH community, everyone ages 18 to 50 is welcome to join. Contact Fikriyah Winata at fwinata2@illinois.edu if you are interested in joining!

HOGWARTS DAY!

Thursday, January 16, 3:30 p.m.

Come join us for wizard class! Enjoy making potions, going through defense against the dark arts class, and even astronomy.

All young — even the young at heart — wizard and witches are welcome. Children under the age of 5 must be supervised by a parent or guardian.

TEEN GAME NIGHT

Saturday, January 18, 5:30 p.m.

Teens, come join us for a game night at Orchard Downs Community Center! We will have Play Station and Wii console games, as well as board games. We will also be serving pizza and snacks! Teens are welcome to invite friends who do not live in Orchard Downs.

Contact Kim at kmlewis5@illinois.edu with any questions.

WELCOME BACK BINGO

Wednesday, January 22, 6 p.m.

Start the semester off with our January Birthday Bingo! Play Bingo eat treats and win prizes. Contact Max Klaw at maxwk2@illinois.edu with any questions.

We care about the environment. We encourage you to bring your own reusable plates, silverware, and cups to food events. FGH will continue to provide paper products for those who do not bring their own.

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.
FAMILY & KIDS PROGRAMS

FAMILY & GRADUATE HOUSING

UNIVERSITY HOUSING AT ILLINOIS

**ORCHARD DOWNS PRESCHOOL REGISTRATION 2019-2020**

The Orchard Downs Preschool has a few full-day openings for the spring semester. The Preschool accepts registrations for children ages 3 to 5 who are toilet trained. The full-day class meets from 8:30 a.m. to 3 p.m. The extended care program Jr. Club is also available for the full-day students until 5:30 p.m. For information, questions, or to schedule a tour, contact Debbie Collins at dcollns@illinois.edu or 333-5659, Sara Jenkins at jenkins@illinois.edu, or the FGH office at 333-5656.

**KIDS’ CLUB AFTER SCHOOL PROGRAM 2019-2020**

Orchard Downs Kids’ Club after-school care program has openings for the spring semester. The program is free to residents of University Apartments. Children ages 5 and in kindergarten to 12 are eligible. Kids’ Club meets from 3 to 5:30 p.m. Monday through Friday at the Orchard Downs Community Center. The children participate in arts and crafts, games, outdoor play, and are provided a snack daily. Kids’ Club will reopen Tuesday, January 21 after the winter break.

For questions, more information, or to register, contact Sara Jenkins at jenkins@illinois.edu.

**ORCHARD DOWNS WALKING GROUP WINTER BREAK**

The Orchard Downs Walking Group is taking a break this month. We will return next semester. In the meantime, feel free to join our Whatsapp group at GO.ILLINOIS.EDU/ODWALK. Email mchc@illinois.edu with any questions.

**FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE**

Wednesdays, 3-4:30 p.m.

**NOTE CHANGE IN VENUE:** Learning Resource Center (2044-A Orchard Place)

Interested in learning new cooking techniques? Wonder how to eat healthy on a budget? This is the program for you! We get together and make a recipe each week. You can also win prizes that help you cook at home, and even bigger prizes if you attend each week and graduate from the program! Contact Khadiga at kmohamed@illinois.edu with any questions.

**LUNAR NEW YEAR STORY HOUR**

**Saturday January 25 at 3:00 PM**

Children of all ages are welcome to come to the Orchard Downs Community Center to listen to a volunteer read stories about Lunar New Year. There will also be crafts and snacks. Children must be supervised. Please contact Kim at kmlewis5@illinois.edu.

**KIDS’ CORNER**

The spring semester is here. Orchard Downs Preschool will be starting a week early for a Winter Fun Camp during the week of January 13 to 17. Students will design winter crafts, sing winter songs, and prepare for our Winter Olympic unit the following week. January 20 to 24, we will welcome everyone back for the Winter Olympics, where students will participate in winter games. We will then wrap up January with a review unit. Students will review the fundamentals of learning as we prepare them for the remaining units this semester and Kindergarten.

**PLAY TIC-TAC-TOE!**

(AKA Noughts & Crosses, or Xs & Os)

**PLAY TIC-TAC-TOE!**

(AKA Noughts & Crosses, or Xs & Os)
WINTER IS HERE!

We have already had our first snowstorm! It is important to take good care of yourself and follow some basic tips if you drive during the winter. Make sure you have a cold weather bundle in your car! Include blankets, warm clothes, a torch or flashlight, water, and non-perishable food for emergencies. Drive slowly and carefully, and in snow, only drive if absolutely necessary! Watch your braking and acceleration, and avoid hard stops on slippery roads.

If you get caught in a storm and are unable to move, stay in your car! It will provide some shelter and make it easier for a rescue crew to find you. And if you’re outside, keep your hands, feet, and head covered. Attend our community health dinner on January 26 for more discussions on preparing for the winter! For more information, email mchc@illinois.edu.

GET YOUR FLU SHOTS!

Winter is already here, but you should still go out and get your flu shots if you haven’t already! The flu virus is particularly potent in late fall and winter. Students can get their flu shots at McKinley Health Center, while dependents can use any low-cost option around town. To discuss your options, visit our weekly HeRMES clinic on Thursdays.

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. For more information about the clinic, contact hermesclinic1@gmail.com.

Sautéed Mushrooms with Garlic
13 minutes to a tasty, nutritious dish!

What you need:
1 lb mushrooms (any type)
1 tablespoon soy sauce
2 tablespoons olive oil
2 tablespoons butter
2 cloves garlic minced
chives for garnish (optional)

What you do:
1. Clean mushrooms by gently wiping with a paper towel or using a mushroom brush. Slice into thick slices (about ½ inch each).
2. Add butter and olive oil to a pan and heat over medium high heat (don’t add the mushroom just yet).
3. While the butter and oil preheat, quickly mix the mushrooms and soy sauce. Don’t do this ahead of time!
4. Add the mushrooms to the heated pan. Allow to cook (do not stir) for about 4-5 minutes to brown on one side.
5. Add garlic. Continue cooking an additional 3-4 minutes stirring occasionally until cooked.
6. Season with salt and pepper to taste.