PEST CONTROL

Pest Management will be performing inspections and monitoring for Orchard South apartments 2113–2205 and Orchard Place apartments 1801–1806 between June 3 and 28. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.

SAFETY CORNER: GETTING AROUND CAMPUS

All residents are encouraged to take basic safety precautions. Be alert to suspicious people or circumstances. If something or someone doesn’t seem right to you, go to a well-lit, populated area and notify the police. Travel in well-lit, well-traveled areas, and try not to walk alone. Familiarize yourself with the locations of emergency phones around campus — if you ever have a problem, these are a direct line to the University Police.

University of Illinois Police Department

Emergencies: CALL 911
Non-emergencies: Call (217) 333-1216

SafeWalks is a courtesy service provided to University of Illinois students, faculty, and staff. To request a SafeWalks escort, call (217) 333-1216.

Safe Rides: Between dusk and 6 a.m., the Champaign-Urbana Mass Transit District offers limited SafeRides by request by calling (217) 265-RIDE (7433).

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
Whitney Welsh
Email: wwelsh2@illinois.edu
Phone: (217) 300-7157

IMPORTANT CONTACTS

FIFA WOMEN’S WORLD CUP 2019

This event only occurs every four years so you don’t want to miss it! Join us to watch the games at the ODCC on the following dates:

• USA vs Chile, Sunday, June 16 at 11 a.m.
• Final Women World Cup 2019, Sunday, July 7 at 10 a.m.

Come to enjoy the game and support your team — we will have pizza and drinks. Email Syeda at mohdhaj1@illinois.edu with questions.

YOGA AND MEDITATION IS BACK!

Monday, June 10 at 6 p.m.
Monday, June 24 at 6 p.m.

The monthly yoga and meditation session is now 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. Arriving at 6 p.m. is extremely important.

LUNADA

Thursday, June 20 at 7:30 p.m.

“Lunada” is a traditional Mexican night gathering under the moon with music, friends, and art. Join us for an open night party with your neighbors. We will have smooth music and songs along with traditional food and roasted corn. Kids can enjoy bilingual books in Spanish-English and Mexican traditional crafts. We will also be sharing information about diverse multicultural organizations and resources at Illinois. Email adrianysedna@gmail.com with questions.

EID-AL-FITRE

Tuesday June 4 from 6:30–8:30 p.m.

Eid-al-Fitr is a traditional celebration held at the end of fasting month of Ramadan. Eid-al-Fitr will be celebrated for all residents, and everyone is welcome. Join us for a joyful event for all ages — foods and drinks will be provided. Email Iftikhar Haider at Haider3@illinois.edu with questions.
JUNE PROGRAMS

ZUMBA AT ORCHARD DOWNS
Every Sunday from 9–10 a.m.
This is a weekly Zumba class for the FGH community — everyone ages 18 to 50 is welcome to join. Before you attend the class, you need to register at HTTP://TINYURL.COM/ODZUMBACOMMUNITY. If you have any questions, contact Fikriyah Winata fwinata2@illinois.edu.

FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE
Every Wednesday from 3–4:30 p.m. NEW DAY & TIME!
Family Resource Center (1834-A Orchard Place)
Please note the change in date and 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. You can win prizes that will help you cook at home, and there’s even bigger prizes if you attend each week and graduate from the program. Email Khadiga at kmohamed@illinois.edu with questions.

JUNE RECIPES
June 5: Homemade Guacamole
June 12: Southwestern Salad
June 19: Chicken Waldorf Salad
June 26: Veggie Stuffed Pita

ORCHARD DOWNS, LET’S WALK!
Walking group meets every Tuesday and Friday at 6:30 p.m.
Let’s get together and take advantage of the wonderful weather. Have you seen the UofI Pollinatarium POLLINATARIUM.ILLINOIS.EDU? Let’s walk to it together. Join the Orchard Downs Walking Group on WhatsApp by opening this link on your phone: GO.ILLINOIS.EDU/ODWALK. To suggest other times when you can join us, go to go.illinois.edu/ODWalkSchedule. Members can set additional meeting times for walking on their own. Email mchc@illinois.edu for more information.

BIRTHDAY BINGO
Monday, June 12 at 6:30 p.m.
Celebrate June birthdays with treats, prizes, and bingo. Everyone is welcome to come, and children must be supervised.

SUMMER FUN RUN
Saturday, June 15 at 10 a.m.
We know you love to run ... we all saw it last month! Join us again for a family-friendly summer fun run. All ages welcome — medals and prizes for the winners.

MONTHLY WOMEN’S GROUP
Friday, June 28 from 10-11:30 a.m.
All women are welcome! We will have tea and treats and have fun crafting together.

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.

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.
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.

SAVE THE DATE! SUMMER FUN DAY CAMP FOR KIDS: SEARCHING FOR BURIED TREASURE
July 8–12 from 9–11:30 a.m. at the Orchard Downs Community Center
The camp is for any child entering kindergarten through fifth grade. There is no cost to attend. The camp will include Bible stories, fun games, interesting crafts, beautiful songs, delicious snacks, and special prizes! Also, a free celebration lunch for all the families on Friday, July 12. Register online at TCBC.CC/DAYCAMP2019. This event is open to children of all nationalities and religious backgrounds. Email Ruth at ruth.krehbiel@gmail.com with questions.

KIDS’ CLUB SUMMER PROGRAM REGISTRATION
Monday, June 3 from 5–6 p.m.
Register your child for the summer session that runs Monday, June 10 through Friday, August 2 from 3–5:30 p.m. at the Orchard Downs Community Center. There is a $25 registration fee for new students. New families are encouraged to register because this is a great way to make new friends and meet other families!

Jr. Club and Kids’ Club are free programs for children who are residents of University Apartments. The Jr. Club program is for children 3 to 5 years old and toilet trained. Kids’ Club is for children 5 to 11 years old. Five-year old children must be entering kindergarten in the fall. The after-school programs offers social, recreational, and summer fun activities for the children. For additional information, email the Children’s Programming Director Sara Jenkins at jenkins@illinois.edu or call (217) 333-5656.

PRESCHOOL STORY TIME
From 10–11 a.m. (Thursdays, June 6, 13, 27 and Friday, June 21)
Weekly story hour for children ages 3 to 5 years old and their caregiver(s).

PRESCHOOL PAINTING CLUB
From 10–11 a.m.
(Thursdays, June 6, 13, 27 and Friday, June 21)
Weekly painting time for children ages 3 to 5 years old and their caregiver(s). You and your child can have fun painting and socializing with others.

GREAT START PLAYGROUP
Wednesday, June 19 from 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. Contact wwelsh2@illinois.edu with questions.

PARENT-CHILD PLAYGROUP: MOTHER GOOSE ON THE LOOSE
Thursday, June 20 from 10–11 a.m.
This playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. 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. Every child will receive a book!

ORCHARD DOWNS PRESCHOOL AND KID’S CLUB AFTER-SCHOOL PROGRAMS: REGISTER NOW FOR 2019–2020
Now accepting registrations for the 2019–2020 school year. For information, registration packet, or to schedule a tour, contact Sara Jenkins at jenkins@illinois.edu or Debbie Collins at dcollns@illinois.edu.
**JUNE: MEN’S HEALTH MONTH**

Men’s health is important. Health records show that men avoid getting regular medical checkups, and this can lead to undiagnosed problems and illnesses. This June, focus on your health. Eat healthy, say no to oversized meals, and have healthy breakfasts. Make sure you add one fruit or vegetable to every meal and GET MOVING. Join our walking group, attend our fun runs, or walk, move, and play around on your own. And while you do all this, make sure you regularly get checked up.

**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 sun glasses 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.

**PRODUCE OF THE MONTH:**

**CUCUMBERS**

Cukes are among the healthiest foods you can eat, and they are fresh and in season in June. Head to a local grocery store or Farmer’s Market, get some cucumbers, and enjoy some of the countless health benefits this veggie offers. A single cucumber can contain as much as 65% of your daily Vitamin K requirements. They also contain antioxidants which can reduce the risk of chronic disease, and best of all, cucumbers are 96% water. Cucumbers are an excellent source of hydration in the summer as well as a good regulator of body weight and blood sugar ... and they super easy to eat.

**Easy to make, great to eat:**

**Cucumber Pico de Gallo**

Makes 3 cups of salad

**INGREDIENTS**

- 1 medium cucumber, diced
- 2 tomatoes, diced
- 1 small red onion, finely diced
- ¼ cup cilantro leaves, chopped
- 2 tablespoon fresh dill, chopped
- 1 jalapeño, diced
- 3 tablespoon freshly squeezed lime juice
- Salt and pepper to taste

**PREPARATION**

1. Mix all ingredients (except lime juice) together in a mixing bowl, adding salt and pepper to taste
2. Add lime juice and mix again
3. ENJOY!

**FAMILY HOUSING COUNCIL**

The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs. For FHC resources such as meeting minutes, constitution, job descriptions, and more, visit [HOUSING.ILLINOIS.EDU/FHC](https://housing.illinois.edu/fhc).

All FHC activities are in the Orchard Downs Community Center, 510 George Huff Court unless noted. All residents are welcome!

**RESIDENT SOCIAL:**

Saturday, June 1 at 6 p.m.

**RESIDENT MEETING:**

Friday, June 14 at 5:45 p.m. *(Elections)*

**OFFICERS:**

- President – Muhammad Sohail Khan
  mskhan3@illinois.edu
- Vice President – Ahmed Elolimy
  elolimy2@illinois.edu
- Treasurer – Rama Paudel
  rpaudel2@illinois.edu
- Executive Secretary – Vacant
- Recording Secretary – Noah Samuel
  nosamue2@illinois.edu

The FHC constitution can be found at [HOUSING.ILLINOIS.EDU/FHC](https://housing.illinois.edu/fhc).

**GARDEN PLOT REGISTRATION**

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

All Gardeners must register online at [GO.ILLINOIS.EDU/ODGARDENPLOT](https://go.illinois.edu/odgardenplot).

The cost is $40/plot for FGH residents and $70/plot for non-residents

Payment can be made via card, check, or exact cash at the Family & Graduate Housing Office.

Contact [odgardengroup@gmail.com](mailto:odgardengroup@gmail.com) with any questions.

"The greatness of a community is most accurately measured by the compassionate actions of its members." - Coretta Scott King