FAMILY WEEK | November 1–16

We invite you to spend extra quality time with your family during this week and will provide several opportunities for you to do just that, including the Fall Harvest Dinner, Family Service Night, and the Attachment and Bonding event. Events will be at the Orchard Downs Community Center unless noted. Our family relationships are one of the most important in our lives. Let’s take some time together to focus on just how special they are!

FALL HARVEST DINNER

Saturday, November 10 at 5:30 p.m.

Wesley Foundation Church (1203 W Green St. Urbana, IL 61801)

Kick off Family Week with a Fall Harvest dinner. We will be serving a traditional American Thanksgiving dinner and doing fall themed crafts. Vegetarian options are available. Also, we will have a photographer and a backdrop to take family pictures. Contact Artinese at amyrick2@illinois.edu with questions.

FAMILY SERVICE NIGHT

Tuesday, November 13 at 6:30 p.m.

Join us for a night of volunteering. We will be baking cookies for a local soup kitchen and making care packages for the local homeless shelters. This is a perfect opportunity to volunteer and give back to the community! Contact Edith at ejauci2@illinois.edu with questions.

FAMILY BIRTHDAY BINGO

Wednesday November 14 at 6:30 p.m.

Join us in a family game of BINGO! We will share our funniest and most fun family moments while playing bingo. We will also celebrate all November birthdays. Come for sweets and family fun. Contact Artinese at amyrick2@illinois.edu if you have any questions or you are interested in volunteering.

SURPRISING THOUGHTS ABOUT ATTACHMENT: INFANTS & TODDLERS

Thursday, November 15 at 6:30 p.m.

Learn and discuss what attachment with infants and toddlers is, what it isn’t, and what makes a difference. Michael Trout, an expert from The Infant-Parent Institute, will facilitate an informal discussion on attachment and positive infant mental health. Parents or soon to be parents of infants and toddlers are encouraged to come. Snacks and childcare will be provided. Email jlmyers2@illinois.edu to RSVP and indicate if you will need childcare.

WHAT IS THANKSGIVING?

Thanksgiving is an important public holiday celebrated on the fourth Thursday in November. It originated in 1621 in the town of Plymouth, Massachusetts as a three-day feast to celebrate a bountiful harvest. This first Thanksgiving celebration was shared by early American settlers (the Pilgrims) and the Wampanoag Indians, a native American Indian tribe.

HOLIDAY OFFICE HOURS | The Family & Graduate Housing office will be closed on November 22 and November 23 for the Thanksgiving holiday.

IMPORTANT CONTACTS

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

PEST CONTROL
Pest Management will be performing inspections and monitoring for Orchard Downs apartments 2101-2113 and 2114-2120 in November. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, please visit GO.ILLINOIS.EDU/MAINTENANCE.
NOVEMBER PROGRAMS

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

*Thursdays from 3–4:30 p.m. (NO CLASS ON THANKSGIVING – NOV. 22)*

*Family Resource Center (1834-A Orchard Place)*

If you are interested in learning how to plan healthy meals on a budget and new cooking techniques, then this is the program for you! There are opportunities to earn prizes that will aid you in cooking at home and bigger prizes if you graduate from the program. Contact kmohamed@illinois.edu with questions.

**WOMEN’S GROUP**

*Fridays from 10–11:30 a.m.*

*NO GROUP – NOV. 23*

*Family Resource Center (1834-A Orchard Place)*

November 9: Special women’s group with the McKinley Health Center talking about women’s health related topics

Have you been looking for a chance to connect with other women across the neighborhood? Women’s Group every Friday is a great opportunity to connect with one another, do some fun activities, and learn together. It is a safe space for anyone interested in checking it out. We hope that you will join us and make this a regular part of your week. Contact jlmyers2@illinois.edu with questions.

**DUMPLING MAKING WORKSHOP**

*Saturday, November 3 at 10 a.m.*

Love dumplings? Want to learn how to make your own dumplings? Come to our dumplings-making workshop! All ingredients will be provided.

**THANKSGIVING STORY HOUR**

*Monday, November 5 at 6 p.m.*

Thanksgiving Story Hour will feature crafts and snacks. Children of all ages are welcome, children MUST be supervised. Contact Edith at ejaucl2@illinois.edu with questions.

**MOVIE NIGHT**

*Wednesday, November 28 at 6 p.m.*

The stresses of the semester are beginning to hit. Come relax and eat snacks while enjoying a fan favorite movie. Join us for a fun movie night.

**TURKEY BOWL AT THE ILLINI UNION**

*Friday, November 30 at 6:30 p.m.*

Illini Union

Meet us at the Illini Union for a free fun night of bowling. Transportation not provided: buses and street parking are available near Illini Union. Children MUST be supervised. All residents welcome, but registration is required to play. Register by Monday, November 12 at noon using this link: FORMS.ILLINOIS.EDU/SEC/8568197.

**VOLUNTEER WITH FGH!**

Interested in volunteering at events put on by Family & Graduate Housing? This is a great way to meet new people, get involved in the community, boost your resume, and have lots of fun! If interested, let us know at: FORMS.ILLINOIS.EDU/SEC/7689864.

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**MAIL OVER 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 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!

**HAVE A BIKE? REGISTER IT!**

Bicycles must be registered with the Family & Graduate Housing office. Register your bike at GO.ILLINOIS.EDU/MYBIKE. Residents receive yearly bike stickers at move-in and lease renewal. There is no fee for bike registration, and residents are responsible for placing these stickers on their bicycle.

The following rules will apply:

- If you sell, leave your bicycle, or give it to someone else, you must cancel your registration permit at the Family & Graduate Housing office.
- Any bicycles not properly registered will be picked up and disposed of according to University policies.
- Bicycles must be in operating condition. Any bikes that are missing wheels, seats, chains, etc., will be removed and disposed of according to University policies.
- Bicycle repair stations are located at each laundry facility within Orchard Downs.
- Bicycles need to be locked and stored in the bike racks provided in the front of each building. Please do not leave bikes near the buildings or attached to gas meters, stair railings, or in the building stairways.
- Goodwin-Green has indoor bike storage facilities located in the basement of the 300 and 1107 buildings.
PARENT-CHILD PLAYGROUP
Every Tuesday & Thursday from 10–11:30 a.m.
NO GROUP ON THANKSGIVING - NOV. 22
Family Resource Center
(1834-A Orchard Place)
Looking for a great way to meet other families and help your children have play time with other kids? Every Tuesday and Thursday we will come together to sing, read, grow, and play while spending time with one another. This is a group for children ages five and under and a parent/guardian must stay with their child. Contact Jessie Heckenmueller at jlmyers2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

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.

HELLO RESIDENTS,
We hope that you are doing well and that the semester is going great for you. This is to formally let you know that starting November 2018, the Family Housing Council will begin organizing two, instead of the usual three meetings. The new schedule is as follows:

• FHC Residents Social -- First Saturday of every month
• FHC Residents Meeting -- Second Friday of every month

Thank you,
2018–2019 FHC E-Board

RESIDENT SOCIAL:
Saturday, November 3 at 6 p.m.

RESIDENT MEETING:
Friday, October 12 at 5:45 p.m.

OFFICERS
President–Muhammad Sohail Khan
mskhan3@illinois.edu

Vice President–Ahmed Elolimy
elolimy2@illinois.edu

Treasurer–Shaojun Li
shaojun@illinois.edu

Executive Secretary–Ademola Akinrinola
ademola2@illinois.edu

Recording Secretary–Noah Samuel
nosamue2@illinois.edu

CLEANING SUPPLIES AVAILABLE
There is a vacuum and carpet cleaner now available to borrow from the FGH Office. Thanks to the Family Housing Council!

RESIDENT HANDBOOK
The Family & Graduate Housing Handbook for apartment residents is located online at HOUSING.ILLINOIS.EDU/RESOURCES/POLICIES/HANDBOOK. The handbook contains important information regarding apartment services, programs, resources, and policies.

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 Jessie Heckenmueller at jlmyers2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

ORCHARD DOWNS PRESCHOOL REGISTRATION FOR 2018–2019
Orchard Downs Preschool is accepting registrations for the 2018–2019 school year. The Preschool is for children age 3 to 5. Half-day and full-day classes are available. For information and registering or scheduling a tour, contact Debbie Collins at dcollns@illinois.edu or Sara Jenkins at jenkins@illinois.edu.

ONLY A FEW SPOTS LEFT!
Kids’ Club after-school care program has a few openings for the fall. Kids’ Club is a free program for residents of University Apartments. The program is for children ages 5 (in kindergarten) to 12. Kids’ Club meets Monday through Friday from 3 to 5:30 p.m. at the Orchard Downs Community Center. Children participate in arts and crafts, games, outdoor play, and have a snack provided daily. For questions or additional information, contact Sara Jenkins at jenkins@illinois.edu.

KIDS’ CORNER
The cold winds may start blowing near Orchard Downs Preschool as we are approaching November. The students will be learning all about Fall as we start off this month. We will then focus on a few of the arts, music, and how we are Artists in the Making. As the students learn about music, we will be talking about different musical instruments. We will be taking a Fall Break during the week of November 19–23. When the students return to school on November 26, we will be focusing on art. At the end of our Artist in the Making Unit we will have an Art Gallery!
CHANGE IN OFFICE HOURS
MCHC office hours will now be held on Mondays from noon to 3 p.m. Come visit us for health, wellness, and nutrition resources, or use our weighing machines to keep updated on your health!

WINTER PREPARATION
Thursday, November 8 at 6 p.m.
Winter is coming. While snow is soft and fluffy and looks like lot of fun, you have to prepare for the cold weather to make the most of it. Join us for an evening of winter preparedness tips, tricks, and practical things you can do to stay safe and healthy. We will serve soup and some healthy snacks for added fun!

FALL FITNESS FESTIVAL
Sunday, November 11 at 11 a.m.
The Fall Fitness Festival is back! Bring yourself, your kids, your friends, and hang out with us for a morning of fun. Our friends from McKinley will demonstrate some cool indoor and outdoor exercises you can perform without having to go to a gym, and we can all play soccer! And of course, great food to end it!

GET YOUR FLU SHOT!
Fall is when the flu really strikes. Get your flu shot from a nearby health provider – most insurance plans cover flu shots, and several providers even have drive-thru services! McKinley Health Center also offers free flu shots for students – visit MCKINLEY.ILLINOIS.EDU/FLUCLINIC to see the full schedule. For more information, walk into our free clinic every Thursday.

CAULIFLOWER SEASON IS HERE!
October is when Cauliflowers are harvested, and this season lasts until April. Why does it matter? Cauliflowers are fun! And tasty! And healthy! They contain tons of nutrients, including several types of vitamins, and can help you stay healthy. You can roast ‘em, fry ‘em, add ‘em to pasta, or make the good old curry — people even use it instead of rice! There is no end to how you can benefit from cauliflowers, so why not try it on the next visit to the grocery store?

SMOKE-FREE CAMPUS
The University of Illinois is a smoke-free campus. Smoking both indoors and outdoors is prohibited (not allowed) on all University property including University apartments. Visit http://go.illinois.edu/smokefree for more info about the policy and smoke-free resources.