**HOLIDAY OFFICE HOURS**

*The Family & Graduate Housing office is closed for winter break beginning at 5 p.m. on December 21 and will re-open at 8 a.m. on January 2.*

*The office will also be closed Monday, January 21 to observe Martin Luther King Day.*

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**MARTIN LUTHER KING JR. DAY**

On **Monday, January 21** the United States celebrates Martin Luther King Day (MLK Day), a federal holiday held on the third Monday of January, to celebrate the life and achievements this influential American civil rights leader. He is most well-known for his campaigns to end racial segregation 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 the University and the Champaign-Urbana community.

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**LAUNDRY VIEW**

Want to see which washers or dryers are available? Need to check on the status of your laundry? Want laundry notifications sent directly to you? Check out the University Housing Laundry View page at [HOUSING.ILLINOIS.EDU/TOOLS/LAUNDRY](http://HOUSING.ILLINOIS.EDU/TOOLS/LAUNDRY). Bookmark it for all of your future laundry days.

- Orchard Downs, North Laundry
- Orchard Downs, South Laundry
- Goodwin Green, Green Room 31
- Goodwin Green, Goodwin Room 8

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**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/768986](http://FORMS.ILLINOIS.EDU/SEC/768986).
SLEDDING ON THE ORCHARD DOWNS HILL
The Neighborhood 5 Community Aides have several sleds available for residents to borrow. Anyone who wants to borrow one for a couple of hours of sledding can e-mail floessharmon@gmail.com to make arrangements.

FREE NUTRITION AND COOKING CLASS WITH THE U \OF I EXTENSION OFFICE
NEW DAY! Mondays from 3-4:30 p.m. (NO CLASS ON JAN. 21)
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. Class is changing from Thursday to Monday afternoons. Contact kmohamed@illinois.edu with questions.

TEEN GAME NIGHT
Thursday, January 10 at 4:30 p.m.
All teens ages 12 and above are welcome to come out to play games, eat pizza, and enjoy each other’s company. Bring your own games if you want to share. This is a great opportunity to meet other teens in your community! Contact Edith at ejauci2@illinois.edu with questions.

MARTIN LUTHER KING JR. STORY HOUR
Tuesday, January 15 at 6 p.m.
Come out to hear stories about Martin Luther King Jr. and do an activity about peace and equality. Snacks will be provided. Children of all ages are welcome, children must be supervised. Contact Edith at ejauci2@illinois.edu with questions.

UNDERSTANDING THE CULTURAL DIFFERENCES IN THE JOB SEARCH
Thursday, January 17 at 6:30 p.m.
The Career Center will be presenting this very helpful workshop: What American employers value in candidates has much to do with attitudes and character traits valued in American culture. These cultural differences can be difficult for international residents to understand and demonstrate. In this workshop, we’ll discuss some key cultural norms and ways to show employers you have what they’re looking for. Employment opportunities for stay-at-home spouses will be explored as well. Contact Jessie at jlmyers2@illinois.edu with questions.

MONTHLY WOMEN’S GROUP: LET’S BAKE!
Friday, January 18 at 10 a.m.
at the Family Resource Center
Join us for our first monthly women’s group! Together we will share information, have topic discussions, as well as offer support and build friendships. This January we will bake delicious muffins and biscuits while drinking tea. Contact Jessie at jlmyers2@illinois.edu for more information.

DESSERT PARTY LUNCH
Saturday, January 19 at 11 a.m.
Did you miss our first sweet dessert party with Dedy? Come join us for a dessert party lunch! We will learn how to make sweet, flaky, delicious Baklava while also enjoying tea or coffee. Contact Artinese at amyrick2@illinois.edu with any questions or if you want to host your own Dessert Party.

33RD ANNUAL DR. MLK, JR. SERVICE OF CELEBRATION
Sunday, January 20 at 5 p.m.
at Krannert Center for the Performing Arts
We will meet at 4:45 p.m. at Krannert Center outdoor amphitheater (the large steps facing Goodwin) to enjoy a great presentation and performances honoring Dr. Martin Luther King Jr. This year, the event honors the memory of Reverend Dr. Martin Luther King, Jr. with Reverend Dr. Charlie Dates’ keynote address and music from the community choir. For more information on the event go to KRANNERTCENTER.COM/CALENDAR. Contact Artinese at amyrick2@illinois.edu with any questions. Bus stop is “Krnannert Center,” for bus routes go to CUMTD.COM.

YOGA & MEDITATION WORKSHOP WITH SKY @ UIUC
Wednesday, January 23 at 6 p.m.
Join us for a monthly time of relaxation and stress reduction through yoga and meditation. All skill levels are welcome from beginners to experienced. This is an excellent way to reduce stress and improve focus. Yoga mats will be provided, but you are welcome to bring your own if you would like. This workshop is for adults only.

FEED YOUR MIND
Thursday, January 24 at 6 p.m.
Enjoy healthy snack that help improve brain development. We will learn tips on how healthy eating can prepare you for class and studying. We will have various delicious activities along with resources on campus for healthy eating options. Contact Edith Jaucian at ejauci2@illinois.edu or Artinese Myrick at amyrick2@illinois.edu with questions.

LEAP INTO THE NEW YEAR PARTY!
Friday, January 25 at 6 p.m.
Let’s party and celebrate the New Year! We will focus on bringing all residents, new and current, together to enjoy a celebration. There will be food and games provided!

WELCOME BACK BINGO
Tuesday, January 29 at 6:30 p.m.
Are you ready for an exciting good time? Join us for another Birthday Bingo with sweet treats and mystery prizes!
WINTER BREAK SCHOOL CLOSINGS
The Pre-School and Jr. Club will re-open on January 7, 2019. The Kids Club will re-open on January 14. Please email Sara Jenkins at jenkins@illinois.edu with any questions.

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.

PARENT-CHILD PLAYGROUP
AT THE FAMILY RESOURCE CENTER
(1834-A Orchard Place)
**NEW DAY! Every Monday and Thursday from 10–11:30 a.m.**
(No group on Jan. 21)
Everyone loves playtime! This playgroup is for children ages 0-5 and their caregiver(s). Every Monday and Thursday we will come together to sing, read, grow, and most importantly, play while spending time with one another. A parent/guardian must stay with their child. Contact Jessie Heckenmueller at jlmyers2@illinois.edu with questions.

January 3: Mother Goose on the Loose program from the Champaign Public Library – every child gets a book
January 14: Meet at Clark Lindsey Village for a special playgroup with the residents

ORCHARD DOWNS
PRESCHOOL IS ACCEPTING REGISTRATIONS FOR 2019.
The Preschool is for children age 3 to 5 who are toilet-trained. Half-day and full-day classes are available and extended afternoon care. For information, registration packet, or to schedule a tour, contact Debbie Collins at dcollns@illinois.edu or Sara Jenkins at jenkins@illinois.edu.

KIDS’ CLUB SPRING REGISTRATION
Kids’ Club after school program offers children aged 5 and in kindergarten through age 11 opportunities to participate in recreational, educational, and social activities. The program is free for residents of University Apartments. Kids’ Club meets at the Orchard Downs Community Center Monday through Friday from 3 to 5:30 p.m. Children are served a snack each day. Openings are currently available for the spring semester. New families are encouraged to participate. To register your child, ask questions, or request additional information, contact Sara Jenkins at jenkins@illinois.edu.

SPECIAL SATURDAY GREAT START PLAYGROUP
Saturday, January 12 from 10–11:30 a.m.
Can’t make it to playgroup on the weekdays, no problem! 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 jlmyers2@illinois.edu with questions.

FAMILY & KIDS PROGRAMS
Orchard Downs Preschool begins their second semester a week early this coming school year.
**School will begin on Monday, January 7.** The first week back children will be reviewing ABC’s, numbers, colors, shapes, and sounds. Other January units include The Five Senses and The Human Body. We look forward to the coming semester and more fun learning activities!
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.

**WINTER BREAK CLOSING**
The MCHC will be closed for winter break until Wednesday, January 9. HeRMES Free clinic and office hours will not be held during these dates. Regular hours will resume starting Thursday, January 10.

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**SNOW SNOW SNOW!**
January is when you really know it’s winter. We expect snowfall throughout this winter, so prepare...to have a lot of fun! The simplest tip is to keep warm by layering up. Layers trap your body’s heat and keep going throughout the cold weather. Get some good, warm thermal wear, socks, and gloves. Fun fact: Mittens work better than gloves at keeping your hands warm. Make sure you have a good jacket that can keep wind, water, and snow away. And most importantly, keep yourself dry!

**DRIVING IN WINTER**
It’s here. Winter, snow, and lots of fun! If you’re traveling in the snow be careful. Make sure to stock up on water in your car. Get your car’s heating system checked. If your tires need replacing, now is the time to do that. Check and recheck to make sure you have towing cables and a set of jumper cables – just in case. And once you’re prepared, be sure to drive very carefully.

**GET YOUR FLU SHOT!**
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.

**WINTER WELLNESS**
Don’t let the weather get to you — keep up on wellness this winter. Keep warm, but enjoy the outdoors, especially when the sun comes out. Practice indoor exercises including stretching and pushups. And while you’re at it, brush up on your cooking skills and enjoy some good food. Green, leafy vegetables like broccoli, brussels sprouts, and kale are in-season this month, as are citrus fruits. Stay well this winter! For more tips, contact us at mchc@illinois.edu.

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**IS YOUR VEHICLE WINTER READY?**
Keep these items in your vehicle in case of emergencies.

- Flash Light
- Ice Scraper
- Bottled Water
- Jumper Cables
- Cell Phone + Car Charger
- Shovel
- Blanket(s)
- First Aid Kit
- Snacks
- Gloves & Hat

If you are interested in serving our community as Treasurer, please send your name, statement of motivation and vision to serve our community to FHC President Ahmad Elolimy at elolimy2@illinois.edu no later than Wednesday January 9 at 11:59 p.m.

**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.