LIKE US ON FACEBOOK!
Keep up to date on what is happening at Orchard Downs through Facebook. It’s easy to do. Just open Facebook and search for “Orchard Downs” then click “Like” on the page.

LUNAR NEW YEAR
Chinese New Year, Lunar New Year, or Spring Festival is the most important of the traditional Chinese holidays. It is commonly called “Lunar New Year”, because it is based on the lunisolar Chinese calendar. The festival traditionally begins on the first day of the first month in the Chinese calendar and ends with Lantern Festival which is on the 15th day. Chinese New Year’s Eve is known as chú xī. It literally means “Year-pass Eve”. It is considered a major holiday for the Chinese and has had influence on the new year celebrations of its geographic neighbors, as well as cultures with whom the Chinese have had extensive interaction. These include Koreans (Seollal), Tibetans and Bhutanese (Losar), Mongolians (Tsagaan Sar), and Vietnamese (Tết). The Year of the Dog begins on Friday, February 16, 2018 and lasts through February 4, 2019.

BLACK HISTORY MONTH
The University of Illinois’s annual Black History Month celebration involves a number of activities that honor the history and heritage of African Americans. Visit HTTPS://OII.R.ILLINOIS.EDU/BLACK-HISTORY-MONTH-2018 for a complete schedule of events.

SUPER BOWL SUNDAY – FEBRUARY 4
The Super Bowl is the annual championship game of the National Football League (NFL), the highest level of professional American football in the world. The game culminates a season that begins in the late summer of the previous calendar year. The day on which the Super Bowl is played, considered by some as an unofficial American national holiday, is called “Super Bowl Sunday”. It is the second-largest day for U.S. food consumption after Thanksgiving Day. The Super Bowl is also among the most-watched sporting events in the world, almost all audiences being North American, and is second to soccer’s UEFA Champions League final as the most watched annual sporting event worldwide.

OPENINGS FOR SPRING
Come play with your friends and have fun at The Kids’ Club after school program! Kids’ Club meets Monday through Friday from 3–5:30 p.m. at the Orchard Downs Community Center. The program is for children ages 5–12. Five-year-old children must be attending kindergarten. Children participate in recreational, educational, and social activities. America Reads/America Counts tutors are available on sight to assist the children with homework and language skills. Snacks are also provided. Contact Children’s Programming Coordinator Sara Jenkins at jenkins@illinois.edu for more information.

The Orchard Downs Pre-School maintains a high quality low cost education for 3 to 5 year olds. Children must be toilet trained. The Pre-School is a diverse and stimulating environment providing many activities to enhance the social, physical, and emotional growth of each child. Located in the Orchard Downs Community Center, the Pre-School offers a half day program from 9 a.m.–noon and full day program from 8:30 a.m.–3 p.m. The Junior Club after school program extends child care hours until 5:30 pm. For further information, contact the Family & Graduate Housing office at (217) 333-5656 or the Pre-School office at (217) 333-3497.
Family Housing Council Social Night
Saturday, February 3 from 5–6 p.m.
Saturday, February 17 from 5–6 p.m.
Please join the Family Housing Council (FHC) for our monthly resident social. Note new time!

Birthday Bingo
Tuesday, February 6 at 6:30 p.m.
Celebrate all February birthdays with cake, prizes, and bingo. Everyone is welcome to come, and children must be supervised. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.

Beat the Winter Blues
Wednesday, February 7 at 6:30 p.m.
Winter is tough and can sometimes leave us feeling down, tired, and sad. Join us for light snacks and a discussion on how to cope with and conquer the “winter blues.” Contact Daniela at dmvidal2@illinois.edu for more information.

Valentine’s Day Party
Wednesday, February 14 from 6:30–8 p.m.
Come out for a fun night celebrating Valentine’s Day! We will be having a Valentine themed cake and snacks. We will decorate Valentine’s Day cards and have other fun activities for residents and children to enjoy. All residents are welcome to come and join in on the fun!

Children’s Career Fair
Saturday, February 17 at 1 p.m.
A great opportunity for children to learn about different careers and think about the future! We will have tables with various individuals from the community at this event. Children must be supervised, and all residents are welcome to come to this event!

Dr. Seuss Story Hour
Wednesday, February 28 at 6 p.m.
A night of stories and fun! A volunteer from the Center for Children’s Books will be reading Dr. Seuss themed stories, and we will also be making a craft. All children and parents are welcome to attend, and snacks will be provided.

Bloomington Bus Trip
Saturday, March 3 (registration opens February 12)
Looking to get out of Champaign-Urbana for a day? Join us for a bus trip to Bloomington, Illinois! Food will not be provided. Online registration for the trip will begin on Monday, February 12 at 9 a.m. Go to http://go.illinois.edu/Bloomington2018 to register. Price for adults (18 and up): $15.00 Price for children (17 and under): $10.00. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.

Lunar New Year Celebration
Saturday, February 24 starting at noon
Join us to celebrate the Year of the Dog at the Lunar New Year celebration. There will be food and refreshments *(first come, first served)*, entertainment, and children’s activities. Contact Iftikhar Ahmed at iahmed8@illinois.edu if you have any questions.
Community Programs

**SEWING ROOM IN THE LEARNING RESOURCE CENTER (ORCHARD DOWNS APT. 2044-A)**

*February 3 and 17 from 9–11 a.m.*

Sewing Room Coordinator Balqees will be opening the sewing room on the first and third Saturdays of the month. Sewing machines and other equipment including scissors, pins, measuring tape, and thread are available for residents to use. Email Balqees at fnubalqees@gmail.com if you have questions.

**COFFEE HOUSE IN THE LEARNING RESOURCE CENTER (ORCHARD DOWNS APT. 2044-A)**

*February 10 and 24 from 10 a.m.–noon*

The International Hospitality Committee sponsors a Coffee House at the Learning Resource Center. The purpose of this program is to have morning coffee and get to know your neighbors. It is an opportunity for international discussion and casual conversation, and a way to share your culture and make friends. The Coffee House will be held on the second, fourth, and fifth Saturdays of the month.

**PARENT-CHILD PLAYGROUP IN THE FAMILY RESOURCE CENTER (1834-A ORCHARD PLACE)**

*Tuesdays and Thursdays from 10–11:30 a.m.*

Come play and learn with us! Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Contact Daniela at dmvidal2@illinois.edu with any questions.

**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, please contact Daniela Vidal at dmvidal2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

**WOMEN’S TEA TIME SUPPORT GROUP IN THE FAMILY RESOURCE CENTER (1834-A ORCHARD PLACE)**

*Wednesdays from 10–11:30 a.m.*

Come join us for tea and conversation. The Women’s Tea Time Support Group is a comfortable space for women to bond and learn new skills while supporting each other. There will be weekly workshops on a variety of topics such as art, cooking, stress-management, parenting, and many more. For more information, contact Daniela at dmvidal2@illinois.edu.

**YOGA AND MEDITATION HAPPY HOUR AT THE ORCHARD DOWNS COMMUNITY CENTER**

*Mondays from 6:30–7:30 p.m.*

The Art of Living - UIUC Chapter works to promote the mental, emotional and physical well-being of members of the campus community with the help of yoga, meditation and breathing techniques. This is based on the belief that a stress-free individual builds a stress-free and violence-free society. The Yoga and Meditation Happy Hour will be a fun-filled session where you will practice yoga, meditation and breathing techniques to help the overworked mind settle down and let your inner peace shine through. Come, be happy!
The MultiCultural Health Center (2040-A) serves as a one-stop shop for resources and guidance about residents’ health and wellness needs. Visit the Center to find useful information and contacts about health, medical facilities, fitness, nutrition, and wellness available on campus and in the community. We will also maintain a running calendar for related programming for Family and Graduate Housing residents.

Center Hours: Wednesday from 4–6 p.m. and Thursday from 6–8 p.m.

This is alongside the free weekly clinic operated in collaboration with HeRMES.

About HeRMES Clinic

The 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.

HeRMES Clinic Hours: Thursday from 6–8 p.m. (walk-ins only)

Contact us at mchc@illinois.edu for more information.

Sign up for our Mailing List!

The Multicultural Health Center has a mailing list for all Family and Graduate Housing residents, including students, staff, and their family members. Sign up today to receive weekly news, updates, and helpful health and wellness tips over email! Anybody can sign up (an ILLINOIS email address is not required) at GO.ILLINOIS.EDU/MCHC-SIGNUP.

Flu season is here!

Influenza (“flu”) strikes more commonly in the fall and winter months. It is spread by coughing and sneezing, which allows the virus to become airborne. It is then inhaled by anyone near it. It can also be spread by contaminated surfaces such as countertops, pens, pencils, door handles, telephones, eating utensils, and even handshakes.

Visit WWW.CDC.GOV/FLU/CONSUMER/SYMPTOMS.HTM to learn more about seasonal flu. Remember that symptoms may vary from person to person, but generally, flu symptoms include: fever more than 101 degrees Fahrenheit, cough, body aches, headache, sore throat, and fatigue/lethargy. Students can make an appointment at McKinley Health Center if they have flu symptoms.

To decrease your risk of getting the flu or infecting someone else if you are sick, you can do the following:

- WASH YOUR HANDS FREQUENTLY, and keep them away from your mouth, nose and eyes after you have touched something that may be contaminated with germs.
- Clean countertops and other surfaces with an antibacterial solution.
- Keep your distance from people who are sick.
- Limit your contact with others as much as possible to keep from infecting them.
- Stay home for at least 24 hours after you have a fever.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Do not share eating utensils or drinking glasses with someone who is sick.
- Utilize disposable surgical masks and disposable gloves to help prevent the spread of the virus.

Due to the high contact they have with students and guests, you may see University Housing staff wearing masks and gloves. If you show signs of illness, you may be asked to put on a mask to help prevent the spread of the virus.