Lease Renewal

Residents interested in returning to their apartment for the 2017-2018 academic year will be able to renew their lease during April 2017. We anticipate the University Housing Apartment monthly rates will stay the same for the next year. The goal of University Housing continues to be the availability of affordable housing for any resident who would like to make Family & Graduate Housing their home.

Valentine’s Day February 14

St. Valentine's Day is an annual festival to celebrate romantic love, friendship and admiration. Every year on February 14, people celebrate this day by sending messages of love and affection to partners, family and friends. Couples send Valentine's Day cards and flowers and spend special time together to honor their love for each other. Valentine's Day is named after one of three Christian saints by that name that were all martyred on February 14 in different years. There are many stories about St Valentine and over time these stories grew into the legend we know today. There was also a Roman pagan fertility celebration called Lupercalia that took place from February 13-15. In the 5th century, the Catholic Church abolished this festival and declared it a Catholic feast day. In the 14th century, Shakespeare and Chaucer romanticized the holiday in their work, and it gained popularity through Europe. From the Middle Ages through the 18th century, gift-giving and exchanging handmade cards on the day were common in England and spread to the colonies. In 1913, Hallmark began mass producing cards and the day became an opportunity for card sales.

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 Rooster begins on Saturday, January 28, 2017 and celebrations last through February 15.

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. For a complete schedule of events, visit https://oiir.illinois.edu/black-history-month-2017.
Super Bowl Sunday – February 5

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, now 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.

Exploration of Self-Love Through Creative Arts

Join us on Thursday, February 23 from 6:30-7:30 p.m. at the Orchard Downs Community Center for a special workshop. Theresa Benson from the Counseling Center will explore concepts of self-confidence and self-love through the creation of visual arts, such as collages and journaling. We invite all residents to come out for a fun and relaxing night of self-discovery! Childcare will not be provided for this event, but parents may bring small children as we will have coloring sheets available during the program. Small snack will be provided. Email Jenna Hickey at jhick3@illinois.edu with any questions.
Community Programs

**Free Nutrition Workshops for Families with Kids**

Learn how to plan meals on a budget and prepare healthy meals for you and your family. Come for free food, incentives, recipes, and to earn a certificate from the U of I Extension Office. This 9-week course will occur on Mondays from March 6 through May 8 from 3:30–4:30 p.m. at the Learning Resource Center (2044-A Orchard Street). Please sign up to participate at [http://tinyurl.com/FGHNutritionclass](http://tinyurl.com/FGHNutritionclass) (space is limited and registration is required). Contact Candace Brahm at brahm2@illinois.edu with questions.

**Sewing Room**

The Sewing Room is open on Saturdays from 9:00 a.m. to 11:00 a.m. in the Learning Resource Center (Orchard Downs apartment 2044-A). Sewing machines and other equipment including scissors, pins, measuring tape, and thread are available for residents to use. The Sewing Room monitor is Patricia León (email: paleonfotografia@gmail.com).

**Parent-Child Playgroup**

Come play and learn with us! New days for the Spring semester will start January 18! New days are Monday and Wednesday from 10:00 to 11:30 a.m. at the Family Resource Center (Orchard Downs 1834-A). Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Contact Candace Brahm at brahm2@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 Candace Brahm at brahm2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

**Women’s Support Group**

Come join us for tea and conversation. The Women’s 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 more. This group will meet Thursdays from 1:00 to 2:30 p.m. at the Family Resources Center (Orchard Downs 1834-A). Childcare will be provided. For more information, please contact Candace Brahm at brahm2@illinois.edu.

**Yoga & Meditation Happy Hour**

Join us for Yoga on Mondays from 6:00–7:00 p.m. at the Orchard Downs Community Center, 510 George Huff Drive. The Art of Living - UIUC Chapter has been a registered student organization at UIUC since 2014. Its aim is 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!

**International Women’s Connection**

The International Women’s Connection (IWC) is a friendship & cultural exchange group that was started in 1987. Since then hundreds of women have had the opportunity to practice English, make friends and learn about American culture. The group meets every Wednesday from 9:00 to 10:00 a.m. for a free English class and from 10:00 to 11:30 a.m. for various activities to help you adjust to American life. The location for the meetings is Twin City Bible Church, on the corner of Lincoln & Michigan Avenue, Urbana (approximately 6 blocks northwest of Orchard Downs). The IWC welcomes women of all nationalities or religious background and any level of English fluency. Childcare is also provided. For more information, visit [www.iwc-tcbc.weebly.com](http://www.iwc-tcbc.weebly.com) or email Ruth at ruth.krehbiel@gmail.com.
Family Housing Council

The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

The FHC meets monthly at the Orchard Downs Community Center.

For FHC resources such as meeting minutes, constitution, job descriptions, and more at www.housing.illinois.edu/FHC.

For information about the FHC please contact:

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aorabi@illinois.edu

Vice President: Changyi Zhang
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MultiCultural Health Center

The MultiCultural Health Center hosts a free medical clinic every Thursday from 6:00–8:00 p.m. This 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.

Clinic Hours

Please call (217) 265-6267 to make an appointment during the scheduled hours listed below. Walk-ins are also welcome.

Wednesday 4–6 p.m.
Thursday 5–8 p.m.

For more information, please contact Robert King at rking10@illinois.edu.

HeRMES: Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30.

WIC Hours: Friday, February 3 & Friday, February 17 1:00 to 4:00 p.m.

CCCHC Services: Champaign County Christian Health Center is a non-profit clinic in our community located at Presence Community Resources Center on Wright St. on the Presence Hospital Campus, with a satellite office at the MultiCultural Health Center by appointment only. Please contact CCCHC through the appointment line, (217) 402-LOVE (5683), if you need assistance with primary care. For more information, visit: http://ccchc2003.org.

Woman, Infants and Children (WIC) Services: WIC services are provided for women, infants and children and are offered by the Champaign-Urbana Public Health District. Services for WIC participants include supplemental nutritious foods, nutrition education, counseling, screenings and referrals to other health services, welfare and social services, and immunizations for children.