Winter Break Office Reminder

The Family & Graduate Housing office will be closed December 24, 2014 through December 28, 2014, and also January 1, 2015 through January 2, 2015 for the winter break.

Winter Fun

Missing Kid's Club? Come to the Orchard Downs Community Center on Wednesday, January 14 from 4 p.m. to 5:30 p.m. for fun activities for kids! Spend time with friends, make a craft, or play a game. Contact Ga Young at gin5@illinois.edu with questions.

Popcorn and a Movie Night: January 12

Come out and mingle with your fellow neighbors! Enjoy some yummy snacks and a winter movie for all residents! Everyone is welcome, and please feel free to wear your warm pajamas and bring your pillows and blankets! Join us in the Orchard Downs Community Center on Monday, January 12 at 6:00 p.m. If you have any questions please contact Paige Jackson at pmjacks2@illinois.edu.

Valentine’s Day Cards

Have you thought about sending your neighbors or friends a special Valentine’s Day card? Now Family & Graduate Housing will do it for you! Sign up to send your favorite people a card and Valentine candy! Cards and candy will be delivered to their door the week of Valentine’s Day (February 14th). You can sign up to send up to 10 cards for free! Cards will be addressed to your friends/neighbors and signed by your name or anonymous!

Recipients of cards must live in Orchard Downs or Ashton Woods. The deadline to submit request for cards is Friday, February 6. If you have any questions contact the Family Relations GA, Morgan Tarter, at tarter2@illinois.edu. To submit a card request, go to http://tinyurl.com/o6wysbk.
Community Programs

Please note that we often take photographs during community events, and these photographs may be used in a gallery online. If you do not wish to have your photograph taken, please inform the staff member at the event or contact the Family & Graduate Housing office at apartments@illinois.edu or 333-5656.

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**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 Sedna Cordova (email: adrianysedna@gmail.com).

**Sew Your Own Potholder**

The Sewing Room, supported by the Family Housing Council, will offer workshops for every resident over 9 years old. Come any Saturday of January to learn how to sew a potholder or, in case you already know how to use a sewing machine, come to make your own creation. We’ll give you all the materials needed and some directions to help you while you sew. For any further questions, please contact the Sewing Room Monitor, Sedna Cordova, at adrianysedna@gmail.com. Want to be a volunteer and help others with their sewing skills? Contact Helen Xie at xiehv555@illinois.edu.

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**Parent-Child Playgroup**

Starting January 20th, Parent-Child Playgroup will meet on **Tuesdays** and **Fridays** from 10:00 a.m. to 11:30 a.m. at the Family Resource Center (Orchard Downs apartment 1834-A). Caregivers and children ages five and under participate in fun and educational activities, such as crafts, music, story time, and snacks. Contact Morgan at tarter2@illinois.edu with any questions. There will be no playgroup until January 20th due to winter break.

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**Winter Story and Craft Night**

Please join us at the Orchard Downs Community Center on **Wednesday, January 28** at 6:30 p.m. for a winter story and craft. This is a fun event for children of all ages and their families. Please contact Ga Young at gjin5@illinois.edu with questions.

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**Cooking Club**

From January 13 to March 10 Cooking Club will host the Expanded Food and Nutrition Education Program (EFNEP). Learn new healthy and inexpensive ideas and cook together. We meet on **Tuesdays** at 2:00 p.m. at the Family Resource Center (Orchard Downs apartment 1834-A). Children are welcome, but parental supervision is required. If you are interested in joining, you MUST contact Morgan at tarter2@illinois.edu. Registration is limited. There will be no Cooking/Crafting Club until January 13th due to winter break.

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**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 Morgan by email at tarter2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

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**January Birthday Bash and Bingo**

Were you born in January? Do you love Bingo? Then we have a party for you! Join us in the Community Center at 6:30 p.m. on **Thursday, January 22** for a party to celebrate all January birthdays! We will have music, bingo, and birthday cake. Come on by and celebrate! If you have any question please email Paige Jackson at pmjacks2@illinois.edu.

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**Middle School/Teen Night (6th-12th grade)**

Hey, teens! Join us for a warm teen night at the Orchard Downs Community Center on **Friday, January 30** from 6:30 p.m. to 9:00 p.m. Come enjoy making your own cupcakes and decorating them! A wintery movie, popcorn, and hot chocolate will be waiting for you also! Contact Ga Young by email at gjin5@illinois.edu with any questions.
Family Housing Council Information

**FHC Saturday Social Nights**
The FHC invites all Orchard Downs residents to join us on **Saturday, January 3 and Saturday, January 17** from 6 p.m. to 8 p.m. at the Orchard Downs Community Center for socializing and fun! Pizza and drinks will be provided.

**FHC Public Meeting**
The FHC Public meeting will be on **Friday, January 9** from 6 p.m. to 8 p.m. in the Orchard Downs Community Center. All residents are warmly invited to discuss the issues ongoing in our community. Food and drinks will be provided.

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Health and Wellness Programs

**MultiCultural Health Center Call for Volunteers**
The MultiCultural Health Center (MCHC) is looking for members in the community who would be willing to serve as volunteers for the health center. We are looking for people who are doctors, nurses, dentists or any form of health professionals from their native homeland or here in the U.S. who would be interested in participating in the health clinics based on their availability. If you are please feel free to contact our MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

**MCHC Health Club Registration**
Registration for the MCHC Health Club is still ongoing! The Health Club is a group of residents who are interested in improving health and wellness for themselves and their fellow neighbors. Residents will participate in special programs designed to improve their health and physical activity. If you are interested, please come to our registration night or email the MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

**MCHC Health Club: Yoga Classes**
We will have our weekly yoga classes at the Orchard Downs Community Center on Mondays, beginning **Monday, January 26** at 7:00 p.m. This will be a chance to exercise and work towards keeping your health and your body in shape. If you have yoga mats and other equipment, please feel free to bring them. Members of the MCHC Health Club are encouraged to participate. To sign up or receive more information, feel free to contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

**T-25 Fitness Session**
The MCHC will be hosting a fitness session at the Orchard Downs Community Center on **Wednesday, January 14** at 7:00 p.m., for residents interested in exercising at a moderate level. This is an opportunity to see where your fitness level is and see what exercises you are comfortable doing. This is for adults only. For more information feel free to contact the MultiCultural Health GA Kelechi Lamberts at klamber4@illinois.edu.

**Stress-Relief Social**
There will be a stress-relief social in the Orchard Downs Community Center on **Friday, January 23** at 6:00 p.m. Come and get some free snacks and interact with your fellow neighbors and their families. Games and karaoke will be available! Also get a chance to receive massage therapy and relieve some stress. All are welcome. For more information please contact Kelechi Lamberts at klamber4@illinois.edu.
The MCHC works to deliver culturally sensitive illness prevention and health services to the families of the Family and Graduate Housing Community. Services are provided on a first come first served basis.

**Clinical Services:** The clinic will be staffed with a physician and/or a nurse practitioner. Services will include but are not limited to general health concerns such as colds or other respiratory infections, physical exams, referrals to community services and more.

Clinic hours will be updated on a weekly basis on the MCHC voicemail to reflect clinical services that week. Please call (217) 265-6267. **Please note:** The MCHC clinic will be closed from December 18, 2014 to January 8, 2015. Weekly clinics will resume on January 8, 2015.

**Clinic hours:**

**HeRMES:** Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30. (Appointments can be made and walk-ins are welcome. For appointments please call the MCHC at 217-265-6267 and leave a voice mail.)

**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](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. (Note: Clients who are receiving coupons can only pick up their coupons from the MCHC office on the 6th and 12th months. The coupons sent on the first 3rd month and the 9th month must be picked up at the C-UPHD office. Clients must also make sure to register on the WIC website in order to make themselves eligible to pick up WIC coupons when available at the MCHC prior to pick up so it can be delivered to the MCHC for pick-up.)

**Office Hours:** Office hours at the MCHC will be on Mondays and Wednesdays (1 - 4 p.m.), Tuesdays (2 - 5 p.m.), and Thursdays and Fridays (11 a.m. - 2 p.m.). Feel free to stop by for baby weigh-ins or come and pick up some beneficial health information handouts on winter safety, pre-natal health, or common health questions.

For more information, please contact Kelechi Ilbe-Lamberts, MCHC Graduate Assistant (GA), at [mchc@illinois.edu](mailto:mchc@illinois.edu).