Winter Break Office Hours
Due to upcoming holidays, the Family & Graduate Housing office will be closed on December 24, 25, and 31, as well as January 1. Regular office hours will resume on January 4.

Important Laundry Update
Starting on January 1, 2016, washers and dryers in University Housing will no longer require payment. The cost of laundry will be included for all University Housing residents, including in the University Apartments. We are excited to bring you this added amenity in the new year.

Orchard Downs Pre-School Openings
The Orchard Downs Pre-School has openings for spring. The 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 9:00 a.m. to 12 noon and a full-day program from 8:30 a.m. to 3:00 p.m. The Jr. Club after-school program extends child care hours until 5:30 p.m. For further information, contact the Family & Graduate Housing office at 333-5656 or the pre-school office at 333-3497.

Kids’ Club Openings in January
Come play with your friends and have fun at The Kids’ Club After-School program! Kids’ Club meets Monday through Friday from 3:00 to 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-site to assist the children with homework and language skills. Snacks are also provided. For more information, contact Sara Jenkins, the Children’s Programming Coordinator, at jenkins@illinois.edu.

Martin Luther King, Jr. Events
The University of Illinois celebrates Dr. Martin Luther King, Jr. through a week of family-friendly events. Events begin Friday, January 15 and conclude on Saturday, January 23. Join us to celebrate Dr. King’s legacy, join in service projects, and examine how Dr. King’s message has been used to shape civil rights over the past 50 years. To find a full list of events, visit http://www.diversity.illinois.edu/MLK/index.html.
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.

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 Tyra Brown (email tlbrown3@illinois.edu).

Jump into Spring Semester
Come and join us for some pizza to celebrate the start of a new semester! We will meet on Wednesday, January 27 from 6:00 to 7:30 p.m. at the Orchard Downs Community Center. We especially welcome our new residents come and get to know the GAs.

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 Brittney Walker at bwalker3@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

Parent-Child Playgroup
Come play and learn with us! Parent-Child Playgroup will now meet on Mondays and Tuesdays from 10:00 to 11:30 a.m. at the Family Resource Center (1834-A). Caregivers and children ages five and under participate in fun and educational activities such as crafts, music, story time, and snacks. There will be no Playgroup on January 18. For more information, contact Brittney at bwalker3@illinois.edu.

Pajama & Movie Night
Stay warm in the cold and come out to the Orchard Downs Community Center on Thursday, January 14 at 6:30 p.m. dressed in your favorite comfortable pajamas! Pizza will be served along with the showing of a movie perfect for the whole family. Please contact Joy Sugihara at sugihar2@illinois.edu with any questions.

January Birthday Bingo
Were you born in January? Then we have a birthday party for you! Join us on Thursday, January 21 at 6:30 p.m. in the Orchard Downs Community Center to celebrate all January birthdays. We’ll start off by recognizing January birthdays and eating birthday cake followed by playing Bingo! Please contact Joy Sugihara with any questions at sugihar2@illinois.edu.

Polish Baltic Philharmonic Classical Music Concert
As part of the Krannert Center for the Performing Arts’ commitment to explorations of classical music and as a celebration of the enthusiasm of students of all ages for classical music, this outstanding performance will be presented FREE OF CHARGE for all students (any age) and their accompanying parents. The Polish Baltic Philharmonic performance will be on Sunday, February 28 at 3:00 p.m. Seating for this special free event will be assigned and tickets are required. To register for tickets, please visit http://goo.gl/forms/Ztggzgi14Q. Registration will close on Saturday, January 16. An email will be sent out to residents who registered regarding pick-up of tickets at the FGH office. Please email Joy Sugihara at sugihar2@illinois.edu with any questions!

Advanced English Classes
Advanced English classes will be offered through the Urbana Adult Education Center from February to April. The cost is $235 for a 10-week course. Class offerings include:

- **Pronunciation:** This class is designed to help improve your English pronunciation and conversation. The emphasis is on the rhythm and melody of the language. **Schedule:** Tuesdays and Thursdays, 12:30 - 2:30 p.m.

- **Listening and Speaking Strategies:** Join us in this practical and entertaining class to improve your listening and speaking. Included will be grammar, pronunciation and information about U.S. culture. **Schedule:** Tuesdays and Thursdays, 12:30 - 2:30 p.m.

- **Let’s Talk:** We will explore a wide variety of topics—ranging from cultural traditions to favorite local restaurants. The goal of this course is to improve your conversational English. **Schedule:** Mondays and Wednesdays, 12:30 - 2:30 p.m.

For more information, please contact the Urbana Adult Education Center at (217) 384-3530 or email brodriguez@usd116.org.
Hot Topics

Family Housing Council Social Nights
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, January 9 and January 30 from 6:00 p.m. to 8:00 p.m. at the Orchard Downs Community Center for socializing and fun! Pizza and drinks will be provided.

Family Housing Council Public Meeting
The Family Housing Council (FHC) invites all Orchard Downs residents to join us on Saturday, January 9 and January 30 from 6:00 p.m. to 8:00 p.m. at the Orchard Downs Community Center for socializing and fun! Pizza and drinks will be provided.

Health and Wellness Programs

MCHC Health Center Call for Volunteers
The MultiCultural Health Center is looking for members in the community who are willing to serve as volunteers for the health center. We are looking for people who are doctors, nurses, dentists, or any form of health professional from their native homeland or the U.S. who would be interested in participating in our health clinics. Please contact the MCHC GA Kelechi Lamberts at klamber4@illinois.edu if you are interested or have any questions.

MCHC Health Club Registration
Registration for the MultiCultural Health Club is still going on! The Health Club consists of a group of residents who are interested in improving health and wellness awareness for themselves and their fellow neighbors. Residents will participate in special programs constructed to improve their health and physical activity. If you are interested, contact the MCHC GA Kelechi Lamberts at klamber4@illinois.edu.

Zumba Class
The MCHC will be hosting a Zumba aerobics class on Monday, January 11 and 25 in the Orchard Downs Community Center. This will be a chance to work towards keeping your body in shape while dancing to good music. Please wear exercise-appropriate attire. Members of the MCHC Health Club are encouraged to participate. To sign up or to receive more information 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 29 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, contact Kelechi Lamberts at klamber4@illinois.edu.

NEW: Health Insurance Services Office Hours
Planned Parenthood of Illinois in Champaign will be partnering with the MultiCultural Health Center (MCHC) to help individuals sign up for health insurance through the Affordable Care Act Marketplace and Medicaid. We will be located in the MCHC bi-weekly starting January 29 from 1:00 to 4:00 p.m. We will be having a brief informational session at the next upcoming FHC Meeting in January. Come and see us if you need help with your Marketplace/Medicaid application!

International Women’s Activities
The International Women’s Connection (IWC) meets every Wednesday morning, 9:00-11:30 a.m. for a one-hour free English class and other cultural programs. The location is Twin City Bible Church at the corner of Lincoln and Michigan Ave. in Urbana. Check our website for more details: www.iwc-tcbc.weebly.com.

The International Women’s Evening Connection (IWEC), meets once a month (January 21, February 18, and April 21) for various fun programs and friendship. The time is 6:30-8:30 p.m. at same location as IWC. Contact Ruth at ruth.krehbiel@gmail.com for more information.
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**

Clinic hours are posted on the monthly calendar, and are also updated on a weekly basis on the MCHC voicemail. Please call (217) 265-6267 to make an appointment (walk-ins also welcome).

HeRMES: Every Thursday from 6:00 to 8:00 p.m. Doors open at 5:30. Will be closed December 17-January 14.

WIC Hours: Friday, January 8 and Friday, January 22 1:00 to 4:00 p.m.

Health Insurance Clinic Hours: Friday, January 29 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. (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 Wednesday from 1:00 p.m. to 4:00 p.m. and on Tuesdays and Thursdays from 2:00 p.m. to 5:00 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, contact Kelechi Ibe-Lamberts at mchc@illinois.edu.

For stress-management consultation email klambert4@illinois.edu.