**ONLINE LEASE RENEWAL BEGINS APRIL 1**

All current Family & Graduate Housing standard and extended leases end at noon on July 31. If you would like to return to your apartment next year, online lease renewal for 2018–2019 begins April 1. The online lease renewal site will allow you to request to return to your current apartment or transfer to another apartment within the Family & Graduate Housing community. If you do not want to renew your lease for next year, you must also visit the online lease renewal site to decline your lease renewal. The lease renewal site will be available through April 30.

Residents who will not be affiliated with the University during the 2018–2019 academic year may request to end their current lease prior to July 31. Early Lease Termination Request Forms are available online at HOUSING.ILLINOIS.EDU/TOOLS/FORMS-DOCUMENTS or at the Family & Graduate Housing office. If the request is approved, residents will continue to be billed for rent a minimum of 45 days from the day their completed Early Lease Termination of Lease Request Form was returned to the Family & Graduate Housing office.

**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.

**WINTER PARALYMPICS**

The Winter Paralympics will take place from March 9–18. Athletes with physical disabilities will be competing in snow and ice events including sledge hockey, wheelchair curling, and skiing. You will be able to watch some events on NBC. We will be hosting a Winter Paralympic viewing event in the Community Center and will announce the day and time when it gets closer!

**WOMEN’S HISTORY MONTH**

The University of Illinois’s annual Women’s History Month celebration involves a number of activities to recognize and celebrate local women and girls who have strengthened our campus and community. Visit HTTPS://OIIR.ILLINOIS.EDU/WOMENS-CENTER/WRC-EVENTS/WOMENS-HISTORY-MONTH-INTERNATIONAL-WOMENS-DAY for a complete schedule of events.

**ORCHARD DOWNS RESIDENT APPRECIATION NIGHT**

Monday, March 12 at 6 p.m.
Orchard Downs Community Center
We appreciate our residents! As our way to say “thank you for living with us in University housing,” please join us for a night of raffles and goodies. Contact Daniela Vidal at dmvidal2@illinois.edu with any questions.

**ST. LOUIS BUS TRIP**

Saturday, April 7 (registration opens March 19)
Join us for an adventurous afternoon in St. Louis! Online registration for the trip will begin on Monday, March 19 at 9 a.m. Go to GO.ILLINOIS.EDU/STLOUIS2018 to register. Food will not be provided. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.
Price for adults (18 and up): $15.00
Price for children (17 and under): $10.00
Family Housing Council
Social Night
Saturday, March 3 from 5–6 p.m.
Saturday, March 17 from 5–6 p.m.

Please join the Family Housing Council (FHC) for our monthly resident social.

Birthday Bingo
Thursday, March 1 at 6:30 p.m.

Celebrate all March 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.

Dr. Seuss Birthday Celebration
Friday, March 2 from 6:30–7:30 p.m.

We will have Dr. Seuss themed cupcakes, snacks, games, and a coloring contest. All residents are welcome to attend and children must be supervised.

Women’s Health Information Session
Tuesday, March 6 at 6:30 p.m.

The Multicultural Health Center is collaborating with McKinley Health Center to mark Women’s History Month at a session dedicated to Women’s Health! Join us to discuss health issues that you face and to learn more about on-campus resources for women’s health. Bring your questions and concerns, we’ll bring the snacks! Email mchc@illinois.edu for more information.

Kids Science Night
Wednesday, March 7 at 6:30 p.m.

Come out for a night of STEM (Science Technology Engineering Math) activities. Our activities will include marshmallow engineering, M&M math, and homemade lava lamps. Children must be supervised. Don’t miss out on this fun and educational event!

Taste of Africa
Sunday, March 11 at 5 p.m.

The Taste of Africa is back and features traditional meals, music, and activities for children. We invite every Family and Graduate Housing resident to attend and celebrate the magic of African culture with us. Do you like to cook for special occasions? We are looking for volunteers that love the taste and flavors of Africa and enjoy preparing a traditional meal to share with everyone. Send us your grocery list and we buy food for you to cook. Do you like to sing, dance, or perform? Come and perform your favorite music at the awesome rhythm of Africa!

Children’s Art Workshop
Saturday, March 31 from 10 a.m.–noon

In celebration of Women’s History Month, the Native American House, in collaboration with the Women’s Resources Center, Spurlock Museum, and the University YMCA, invites three artists from the Native Pop Art Collective to lead interactive art workshops and present on their Native American Body of Art collection, which speaks to reclaiming Native female imagery and centering Indigenous voices. We will host the artist and their last event. There will be an interactive art workshop designed for families. This will be appropriate for children of all ages, and children will be able to take their art home with them afterwards. This is an amazing opportunity. Contact Robert King rking10@illinois.edu with questions.

Egg-stravaganza
Saturday, March 31 at 1 p.m.

Everyone is welcome to join us for this large spring time event. There will be fun and games for all ages and food provided. We hope you join us! Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.

March 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 (217)333-5656.

*Note: All programs are in the Orchard Downs Community Center, 510 George Huff Drive unless noted. Contact Morgan Baker at mmbaker4@illinois.edu if you have any questions unless another person is listed.
FREE NUTRITION WORKSHOPS IN THE FAMILY RESOURCE CENTER
Tuesdays from March 20 through May 8 from 3–4:30 p.m. | (1834-A Orchard Place)
Learn how to plan meals on a budget and prepare healthy meals for you and your family. Come for free food, incentives, and recipes. This 8-week course begins March 20. Sign up to participate at TINYURL.COM/FGHNUTRITIONSIGNUP (space is limited and registration is required). Contact Daniela at dmvidal2@illinois.edu with any questions.

KIDS' CLUB OPENINGS FOR SPRING SEMESTER
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. Currently we have a few openings for spring semester. Please contact the Children's Programming Coordinator Sara Jenkins at jenkins@illinois.edu for more information.

ORCHARD DOWNS PRE-SCHOOL OPENINGS FOR SPRING
Orchard Downs Pre-School has openings for the spring semester. 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 a.m.–noon and full day program from 8:30 a.m.–3 p.m. The Jr. Club After School Program extends child care hours until 5:30 pm. For further information, please contact the Family & Graduate Housing office at (217) 333-5656 or the Pre-School office at (217) 333-3497.

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.

SEWING ROOM IN THE LEARNING RESOURCE CENTER
March 3, 17, and 31 from 9–11 a.m. | (Orchard Downs apt. 2044-A)
Sewing Room Coordinator Balqees will be opening the sewing room these dates. 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
March 10 and March 24 from 10 a.m.–noon | (Orchard Downs apt. 2044-A)
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.

PARENT-CHILD PLAYGROUP IN THE FAMILY RESOURCE CENTER
Every Tuesday and Thursday from 10–11:30 a.m. | (1834-A Orchard Place)
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.

WOMEN’S TEA TIME SUPPORT GROUP IN THE FAMILY RESOURCE CENTER
Every Wednesday from 10–11:30 a.m. | (1834-A Orchard Place)
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. Contact Daniela at dmvidal2@illinois.edu for more information.

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 3–5 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.

**WATCH OUT FOR SPRING!**

Winter is on its way out, and spring is coming! As with other seasonal changes, spring can bring specific health concerns for many people. Watch out for pollen counts, available on most weather apps (e.g. AccuWeather) and use safety precautions for allergies!

We would also recommend gently building an exercise routine – but not so fast! Muscles can tighten up if you haven’t exercised a lot in the winter. Warm up, stretch, and build up your routine slowly. Email mchc@illinois.edu for more tips and resources.