INDIANAPOLIS BUS TRIP

Join us for an exciting day in Indianapolis on Saturday, May 26! Food will not be provided. Online registration for the trip will begin on Monday, May 7 at 9 a.m. The link to register is: HTTP://GO.ILLINOIS.EDU/INDYBUSTRIP2018. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions. Price for adults (18 and up): $15 and price for children (17 and under): $10

CHICAGO BUS TRIP

Join us for an adventurous afternoon in Chicago on Saturday, June 16! Food will not be provided. Online registration for the trip will begin on Monday, May 28 at 9 a.m. The link to register is: HTTP://GO.ILLINOIS.EDU/CHICAGOBUSTRIP2018. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions. Price for adults (18 and up): $15 and price for children (17 and under): $10

SAFETY CORNER

Speed is lethal — slow down!

The speed limit is 20 mph in Orchard Downs. When cars speed in residential neighborhoods, both drivers and pedestrians are at risk. Slow down and make your neighborhood safer.

The National Highway Traffic Safety Administration (HTTPS://ONE.NHTSA.GOV/) provides some information about why it’s important to maintain safe speeds.

• At 20 mph, it takes you 47 feet to stop your car. If you hit a pedestrian driving at this speed, there is a 5% chance that they could die.
• At 30 mph, the distance almost doubles (88 feet). If you hit a pedestrian driving at this speed, there is a 45% chance that they could die.
• At 40 mph, you need 149 feet to stop your car. If you hit a pedestrian driving at this speed, there is an 85% chance that they could die.

Stove Safety

• Never use aluminum foil on stovetop burners. It is a fire hazard and a lease violation.
• Keep it clean. Food particles and grease residue can ignite and cause a fire. Always clean your stovetop regularly. DON’T FORGET TO CLEAN YOUR DRIP PANS! FGH will not replace them.
• Never leave food that is cooking unattended.
• Never use a pot that is too small or big for the burner.
• Use your back burners first.
• Never leave a burner on that does not have a filled pot or pan on it.
• Do not leave an empty pan on a hot burner.
• Turn all pot and pan handles inwards. They can be pulled and knocked over when they are turned out.
• Keep oven mitts and other cloth and paper out of the way of the burners.
• Keep kids at least three feet from the stove
• To put out a pan fire, slide a lid over the pan. Turn off stove and let the pan cool.
• If you have a fire and it does not go out, get out of the apartment and call the fire department (911).
May 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.

*Please 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.

Birthday Bingo
Tuesday, May 1 at 6:30 p.m.
Celebrate all May birthdays with cake, prizes, and bingo. The special theme for this Birthday Bingo is Summer Fun! Everyone is welcome to come, and children must be supervised. Contact Alexis Gatses at agatses2@illinois.edu if you have any questions.

Soccer Fun Night
Wednesday, May 16 at 6 p.m.
We will have two soccer games — one for adults and one for children. Popsicles and cold drinks will also be served. Don’t miss out on the fun!

School’s Out Children’s Party
Thursday, May 24 at 6 p.m.
The event will be located right outside the center if weather permits. We will have fun summer activities for the whole family to enjoy. We will provide roll-ups, fruit mix, and cookies. All children and parents are welcome to attend and hope to see you all there!

Bugs Story Hour
Wednesday, May 30 at 6 p.m.
Come out for a night of stories and fun! A volunteer will be reading bug-themed stories and we will also be making a craft. All children and parents are welcome to attend and Oreo cups will be provided.

Orchard Downs Preschool Registration
Orchard Downs Pre-School is accepting registrations for the 2018–2019 school year. The Preschool is for children age 3 to 5. Half day and full day classes are available. For information and registering, contact Debbie Collins by email at dcollins@illinois.edu or by phone at (217) 333-5659 or email Sara Jenkins at jenkins@illinois.edu or call the FGH office at (217) 333-5656.

Kids’ Club Summer Program
Have some fun in the Orchard Downs Kids’ Club after school summer program! The program offers children opportunities to participate in social, recreational, and field trip swimming activities. A snack is provided each afternoon. Children in school between ages five to twelve are eligible for the program. Registration will be Monday, June 4 from 5–6 p.m. Kids’ Club will start Monday, June 11 and end Friday, August 3. It will meet Monday through Friday from 3–5:30 p.m. For more information or questions please contact Sara Jenkins at jenkins@illinois.edu or call (217) 333-5656.

Summer Fun Day Camp – “Road Trip Adventures”
July 9–13 from 9–11:30 a.m.
The summer Fun Day Camp is back! The camp will be Monday through Friday morning with a special celebration lunch for all families on Friday. The camp is open to children entering kindergarten in the fall through 5th grade, and any nationality or religious background can participate. Fun Day Camp will include great Bible stories, fun games, interesting crafts, beautiful songs, delicious snacks, and special prizes! Register online at TCBC. CC/DAYCAMP. Contact Ruth at ruth.krehbiel@gmail.com if you have any questions.

Summer Jr. Club
Summer is just around the corner and our Summer Jr. Club take place June 11 through August 3 from 3–5:30 p.m. The Summer Jr. Club program is for children ages 3 years to 5 years old who are potty-trained. Registration will be on June 4 from 5–6 p.m. and the program costs $25. Email Jessica Hays at jnhays@illinois.edu if you have any questions.
Community Programs

**PARENTING EDUCATION CLASS**
Would you like to learn more about parenting? Do you have children between the ages of 0 to 6 years old? Come join us for an informative 6-week class using the "Nurturing Parent" curriculum. Topics covered include nutrition, discipline, child development, safety, and more. This class will occur weekly from 6–7 p.m. at the Orchard Downs Community Center on May 21, May 29, June 4, June 11, June 18, and June 25. Sign up to participate by Friday, May 11 at HTTP://TINYURL.COM/PARENTINGEDUCATIONCLASS (space is limited and registration is required). Child care is provided. Email Daniela Vidal at dmvidal2@illinois.edu with 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.

**SEWING ROOM IN THE LEARNING RESOURCE CENTER** (Orchard Downs apt. 2044-A)
May 5 and 19 from 9–11 a.m.
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** (Orchard Downs apt. 2044-A)
May 12 and 26 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.

**PARENT-CHILD PLAYGROUP**
Family Resource Center (1834-A Orchard Place)
Every Thursday 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. There will be no playgroup on Thursday, May 17. Contact Daniela at dmvidal2@illinois.edu with any questions.

**WOMEN’S TEA TIME SUPPORT GROUP**
Family Resource Center (1834-A Orchard Place)
Every Wednesday 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. There will be no group meeting on May 16, May 23, or May 30. Contact Daniela at dmvidal2@illinois.edu for more information.

**FROM THE FAMILY HOUSING COUNCIL (FHC)**
All programs are in the Orchard Downs Community Center, 510 George Huff Drive unless noted.

**FHC Monthly Public Meeting**
May 11 at 5:45 p.m.

**FHC Social Night**
Saturday, May 5 from 6–7 p.m.
Saturday, May 19 from 6–7 p.m.

**BOARD ELECTIONS**
The Family Housing Council will be electing new board members during the meeting on June 8 at 6 p.m. Positions available are president, vice president, executive/recording secretary, treasurer, and committee chairperson. Please check all the details about board member duties and eligibility in the FHC constitution available online at HOUSING.ILLINOIS.EDU/FHC. If you are interested in a position, contact FHC vice president Mohammad Sohail Khan at mskhan3@illinois.edu and be prepared to talk about your vision to serve our community. You must show proof of residency for the 2018–2019 academic year to vote or run for an office.

**GARDEN PLOT REGISTRATION**
Family Housing Council is once again offering an opportunity to reserve a garden plot at Orchard Downs. The fee for residents of Orchard Downs, Ashton Woods, and Goodwin-Green is $50 for each plot. For non-residents, the fee is $90. Register now for your plot at HTTP://GO.ILLINOIS.EDU/ODGARDENPLOT

To pay and select your plot, visit the FGH office and bring the following: a Photo ID and an acceptable form of payment: Personal check made payable to the University of Illinois OR cash in exact amount only.

The plots are managed by the Garden Group, volunteers in the community. For questions about the plots and for registration information, email the Garden Group at ODGardenGroup@gmail.com or come to the Family Housing Council meeting on May 11.
**MultiCultural Health Center**

2040-A Orchard Street

**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 FGH residents, including students, staff, and their family members. Sign up today to receive weekly news, updates, and helpful health and wellness tips at GO.ILLINOIS.EDU/MCHC-SIGNUP.

**Summer time, party time!**

Winter this year has taken longer than we expected, but we’re into the summer. And summer time means party time!

As we go into the hotter months, it is important to take care of our health and wellness. Most important tips for the summer: hydrate, hydrate, hydrate! Sweating can make your body lose fluids and nutrients quickly, which means that you need to replenish often. Drink lots of water (add lime to make it tastier!) in these months and you should be good to go.

It is also important to keep yourself and your family safe from the sun and heat in the next few months. Use sunscreen, wear a hat, and wear sunglasses that block out UV rays from the light and keep your eyes safe. Also, try to stay indoors when the sun is at its strongest!

We’re here to help. For more information, email us at mchc@illinois.edu.