FAMILY WEEK (NOVEMBER 9-16)

We invite you to spend extra quality time with your family during this week and will provide several opportunities for you to do just that, including the Fall Harvest Dinner, Family Service Night, and the Attachment and Bonding event. Events will be held at the Orchard Downs Community Center unless noted. Our family relationships are one of the most important in our lives. Let’s take some time together to focus on just how special they are!

FALL HARVEST DINNER
Saturday, November 9, 6 p.m.
Kick off Family Week by joining us for our annual Family & Graduate Housing tradition of a festive fall feast! The event will be held at the Wesley Methodist Church located at 1203 West Green Street, Urbana. We will be serving a traditional American style holiday feast including turkey, mashed potatoes, and PIE. There will be vegetarian options available. We will also have crafts for children and an opportunity to take a family portrait. Contact Max Klaw at maxwk2@illinois.edu with questions.

MAIL OVER BREAK
Headed out of town? The United States Post Office can hold your mail safely until you return. Sign up for USPS Hold Mail Service at HOLDMAIL.USPS.COM/HOLDMAIL. You can also have a friend pick up your mail. If you leave for an extended amount of time, the Post Office may assume you moved out and will stop delivering your mail. Don’t let that happen!

HAVE A BIKE? REGISTER IT!
Bicycles must be registered with the Family & Graduate Housing office. Register your bike at GO.ILLINOIS.EDU/MYBIKE. Residents receive yearly bike stickers at Move-In and lease renewal. There is no fee for bike registration, and residents are responsible for placing these stickers on their bicycle.

The following rules will apply:
• If you sell, leave your bicycle, or give it to someone else, you must cancel your registration permit at the Family & Graduate Housing office.
• Any bicycles not properly registered will be picked up and disposed of according to university policies.
• Bicycles must be in operating condition. Any bikes that are missing wheels, seats, chains, etc., will be removed and disposed of according to university policies.
• Bicycle repair stations are located at each laundry facility within Orchard Downs.
• Bicycles need to be locked and stored in the bike racks provided in the front of each building. Please do not leave bikes near the buildings or attached to gas meters, stair railings, or in the building stairways.
• Goodwin-Green has indoor bike storage facilities located in the basement of the 300 and 1107 buildings.

FIRST NATION PEOPLES STORY HOUR
Thursday, November 14, 6 p.m.
Come to Orchard Downs Community Center for story time, crafts, and snacks. Children of all ages are welcome! Children must be supervised. Contact Kim at kmlewis5@illinois.edu with questions.

SIMPLE SEWING PROGRAM
Saturday, November 16, 9 a.m.
Bring your family to the Learning Resource Center to learn sewing basics and make a fun fabric bookmark or a pillowcase. Fabric will be provided, but feel free to bring your own. Contact Max Klaw at maxwk2@illinois.edu with questions.

PHOTO STUDIO
Saturday, November 16, 1-4 p.m.
Residents of Orchard Downs are invited to a mobile photo studio in the Orchard Downs Community Center to have photos taken by a graduate student from the ILLINOIS School of Art + Design. Residents will receive free copies of the photos, so this is the perfect opportunity to take formal family portraits! Contact Lauren at leberle2@illinois.edu with questions.

FAMILY SERVICE NIGHT
Friday, November 15, 6:30 p.m.
Join us at Orchard Downs Community Center for a night of volunteering! We will be taking time to learn about homelessness and making care packages for the local homeless shelters. This is a perfect opportunity to volunteer and give back to the community! All ages are welcome. Contact Kim at kmlewis5@illinois.edu with questions.

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**NOVEMBER PROGRAMS**

_All programs are in the Orchard Downs Community Center, 510 George Huff Court unless noted._

**PLAY GROUP**
Friday, November 1, 15 and 22, 10–11:30 a.m.
Monday, November 18, 10–11:30 a.m.
_Family Resource Center (1834-A Orchard Place)_

Play Group is for children 0-5 and their caregiver(s). A parent/guardian must stay with their child. Each Play Group will include snacks, story time, and a craft. Children will have the opportunity to play, learn, and make friends! Contact Lauren at leberle2@illinois.edu with questions.

**FUN WITH FOOD**
Wednesdays, 7–8 p.m.
_Family Resource Center (1834-A Orchard Place)_

Each week, Fun with Food will work together to make a meal, dessert, or snack. The goal is to connect with others in the community while cooperating to prepare food. All ages and levels of experience are welcome. Contact Lauren at leberle2@illinois.edu with questions or with foods you are interested in preparing.

November 6: No group on this day
November 14: Blueberry Muffins
November 21: Chocolate Chip Cookies

**ORCHARD DOWNS ZUMBA COMMUNITY**
Sundays, 9–10 a.m.

This is a weekly Zumba class for the FGH community, and anyone aged 18 to 50 is welcome to join. Send email to twinata2@illinois.edu if you are interested in joining.

**FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE**
Wednesdays, 3 p.m.–4:30 p.m.
_Family Resource Center (1834-A Orchard Place)_

Interested in learning new cooking techniques? Wonder how to eat healthy on a budget? This is the program for you! We get together and make a recipe each week (see list for weekly recipes!) You can also win prizes that help you cook at home, and even bigger prizes if you attend each week and graduate from the program! Contact Khadiga at kmohamed@illinois.edu with questions.

**November Recipes**
November 6: No Class
November 13: No Class
November 20: Apple Wraps
November 27: No Class (Fall Break)

**YOGA AND MEDITATION!**
Monday, November 4, 11, and 18 at 6 p.m.

The yoga and meditation session is here to stay, and now it’s three times a month! Join us for an hour of relaxation and stress reduction, which is also an excellent way to improve your focus. All skill levels are welcome. We provide yoga mats, but you are welcome to bring your own. Please note that arriving at 6 p.m. is extremely important.

Email mchc@illinois.edu with questions.

**GREAT START PLAY GROUP**
Saturday, November 2, 10 a.m.

This is a special play group organized by GREAT Start, a program run by the Champaign-Urbana Public Health District. Like weekly Playgroup, the GREAT Start Playgroup is for children aged 0-5 and their caregiver(s). A parent/guardian must stay with their child. Contact Lauren at leberle2@illinois.edu with questions.

**PUBLIC CHARGE PROGRAM**
Wednesday, November 6, 6 p.m.

Zoe from The University YMCA will be here to talk about what public charge means and how it affects people immigrating to the United States, and answer other immigration questions you may have for them. Please contact Max Klaw at maxwk2@illinois.edu if you have questions.

**COMMUNITY HEALTH DINNER**
Sunday, November 17, 5 p.m.

Come discuss community health with our resident resource, Ammarah Mashood. This month’s topic is the flu, and what you can do to avoid it this winter. We will also serve a full, healthy dinner! Held in collaboration with the Graduate Program in Public Health and the Pakistani Graduate Students Association. Email mchc@illinois.edu with questions.

**BIRTHDAY BINGO**
Tuesday, November 19, 6 p.m.

Have a November Birthday? Come on down! This month’s theme is Frozen! It’s starting to get chilly outside come celebrate our November birthdays and drink some hot chocolate! Contact Max Klaw maxwk2@illinois.edu with questions.

**PING PONG TOURNAMENT**
Wednesday, November 21, 7:00 p.m.

Come use the new ping pong table purchased by the Family Housing Council. Come play as doubles or play as an individual and show off your skills. Contact Max Klaw at maxwk2@illinois.edu with questions.

**FAMILY MOVIE NIGHT**
Saturday, November 23, 5:30 p.m.

Enjoy a family friendly holiday movie to start off fall break! Popcorn and other movie snacks will be provided. All ages are welcome, and children must be supervised. Contact Kim at kmlewis5@illinois.edu with questions.

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We care about the environment. We encourage you to bring your own reusable plates, silverware, and cups to food events. FGH will continue to provide paper products for those who do not bring their own.

We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken inform a staff member at the event or contact FGH.
ORCHARD DOWNS PRESCHOOL REGISTRATION 2019-2020
Orchard Downs Preschool has a few openings in the full-day class. Hours available are from 8:30 a.m. to 5:30 p.m.
To schedule a tour, visit, or for more information, contact Sara Jenkins at jenkins@illinois.edu or Debbie Collins at dcollns@illinois.edu.

KIDS’ CLUB AFTER SCHOOL PROGRAM 2019-2020
Orchard Downs Kids’ Club After School Program has a few openings for the fall semester. The program is free to residents of University Apartments. Children ages 5 and in kindergarten through middle school are eligible. Kids’ Club meets Monday through Friday from 3 to 5:30 p.m. at the Orchard Downs Community Center. The children participate in arts and crafts, games, outdoor play, and are provided a snack. For questions or more information, contact Sara Jenkins at jenkins@illinois.edu.

BUS TRIP TO CHICAGO
Registration will open Monday, November 11, 10 a.m.
Register at HTTPS://GO.ILLINOIS.EDU/FGHCHICAGOBUSTrip.
Join us on Saturday, December 7, for wintertime in the city! The city of Chicago offers multiple famous sites and wonderful museums to see. The cost per child is $10 and $15 for adults. Please keep in mind this will be a long day. Contact Max Klaw at maxwk2@illinois.edu with questions.

WELCOME TO THE WORLD
Babies are a sign of hope and bring much joy to our lives. At FGH, 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, contact Lauren at leberle2@illinois.edu.

November Raffle: Saturday, November 23
Grand Prize: Nike Gym Bag

KIDS’ CORNER
The cold winds will soon start blowing near Orchard Downs Preschool as we approach November. We will be starting this month out with our Stone Soup unit. Students will work together to make their own soup to share with their families at the end of the week. If you would like to read this old fable, you can find it at your local library. At the end of the month, we will be learning about nutrition and cooking. Children will get to try out different recipes.

Remember: November 25–29 Orchard Downs Preschool will be closed for fall break. Happy Fall everyone!
WINTER IS COMING!
The weather will start getting cold, and so will you! Go get your flu shot today if you haven’t already — Illinois students get it for free! As it gets colder, remember the most basic trick of surviving the weather is to layer up! This allows you to remove the topmost layers as the day warms up, while also keeping your body insulated. When it gets really cold, that jacket alone won’t be able to help. You’ll need those layers!

Come join us for our Winter Preparation Program next month for more tips on how to deal with the cold. We will discuss preparing for the weather and pass out freebies — watch this space in the next newsletter! Email mchc@illinois.edu with questions.

ROASTED PUMPKIN AND QUINOA SALAD
This recipe takes pumpkins and quinoa and combines them into a delicious salad!

What you need:
3 cups of chopped pumpkin, any type
1 red onion, cut into small wedges
1 teaspoon ground coriander
1 teaspoon fennel seeds
1/2 teaspoon ground cumin
1 1/2 tablespoon olive oil
2 teaspoon maple syrup
1/2 cup quinoa
1 bunch mint, chopped
1 bunch coriander, chopped
Salt and pepper to taste
½ lemon, juiced, or to taste
1 tablespoon dry roasted nuts (pick your choice), roughly chopped

What you need to do:
1. Preheat oven to 425 degrees F
2. In a bowl, mix ground coriander, fennel seeds, ground cumin, maple syrup, and 1 tablespoon olive oil.
3. Add chopped pumpkin and onions and toss until they’re coated.
4. Spread out in a baking tray in a single layer (remember to line it with parchment paper!). Roast for 25 minutes. Cooking time may vary depending on the size of your pumpkin chunks. Once cooked remove and set aside.
5. Wash the quinoa and add to a small saucepan with 3/4 cup of water. Cover and heat until it starts to boil.
6. Once boiling, turn the heat to as low as possible, and allow to cook for 10 minutes
7. Once cooked, fluff with a fork and add to a large bowl. Set aside and allow to cool slightly.
8. Mix the roasted pumpkins (from step 4) with the quinoa (step 7). Add ½ tablespoon olive oil, mint, coriander, lemon juice, and salt and pepper to taste
9. Sprinkle your chopped nuts and your salad is ready to go!

FAMILY HOUSING COUNCIL
The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs. For FHC resources such as meeting minutes, constitution, job descriptions, and more, visit HOUSING.ILLINOIS.EDU/FHC.

All FHC activities are in the Orchard Downs Community Center, 510 George Huff Court unless noted. All residents are welcome!

• FHC Residents Social
  November 2 at 6 p.m.
• FHC Residents Meeting
  November 8 at 6 p.m.

2019-2020 FHC BOARD
Sanjay Rohaun - President
Alamgir Hossain - Vice President
Yasser Ismail - Executive Secretary
Ahmed Elshennani - Recording Secretary
Pankaj Chaturvedi - Treasurer

Vacuum and carpet cleaner available for use at FGH Office, thanks to FHC!

The FHC constitution can be found at HOUSING.ILLINOIS.EDU/FHC.

PUMPKIN FUN!
You’ve carved them up and used them for Halloween, but did you know you can actually eat those pumpkins? And they are super healthy!

Pumpkins are low calories, have no cholesterol, and are exceptionally high in fiber, antioxidants, minerals, and vitamins all at the same time. This makes them a good food for weight loss! They are also high Vitamin A, which gives you great skin and protects against some form of cancers, and pumpkins help keep up your eyesight as you age, protecting against age-related eye diseases and other problems.

Not only that, but even the seeds are useful! Pumpkin seeds have long been used in baking and cooking, or even as a healthy snack by themselves. Pumpkin seeds are great for heart health and are a concentrated source of proteins. They are also great for your brain! Head out and grab some pumpkins, and this time, eat them!