The Family & Graduate Housing office will close at 5 p.m. on December 23 and reopen at 8 a.m. on January 2, 2020.

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WINTER BREAK SCHOOL CLOSINGS
The Orchard Downs Preschool and Kids’ Club will be closed over winter break. The last day for the semester will be Friday, December 20. The preschool will reopen January 13, 2020 and Kids’ Club will reopen January 21, 2020. Call (217) 333-3497 with questions.

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SAFETY REMINDER:
LIVE TREES PROHIBITED INDOORS
If you wish to decorate a tree in your apartment this holiday season, please purchase an artificial tree. It is against University Housing policy to have a live tree inside your apartment. Live trees can be a safety hazard and are not permitted in any of the apartment buildings.

Let’s celebrate safely!

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LEAVING FOR WINTER BREAK:
MAIL & HEATING APARTMENT
Headed out of town? The United States Post Office can hold your mail safely at the local Post Office™ until you return. Sign up here—HTTPS://HOLDMAIL.USPS.COM/HOLDMAIL—for USPS Hold Mail Service. You can also have a friend pick up your mail too. 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!

You must leave your heat turned on during your absence. Set the thermostat at least 65 degrees Fahrenheit. If your apartment gets too cold, there is a risk of the pipes freezing which can cause water damage to your apartment and the building.

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WINTER WINDOW KITS
Winter Window Kits are now available at the Family & Graduate Housing office. These kits contain plastic sheeting that can be used to cover the inside of your windows and reduce the amount of cold air that can enter your apartment. These kits are distributed on a first come, first serve basis.

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IMPORTANT CONTACTS

FAMILY & GRADUATE HOUSING OFFICE
Email: apartments@illinois.edu
Phone: (217) 333-5656
Hours: Monday-Friday 8 a.m.-5 p.m. (closed on University Holidays)

AFTER-HOURS ON-CALL STAFF
(217) 649-7705
Submit Maintenance Requests at GO.ILLINOIS.EDU/MAINTENANCE

UNIVERSITY APARTMENTS
COMPLEX COORDINATOR
Whitney Welsh
Email: wwelsh2@illinois.edu
Phone: (217) 300-7157

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PEST CONTROL
Treatment (e.g., exclusion, baiting) performed only as needed.
To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.
All programs are in the Orchard Downs Community Center, 510 George Huff Court unless noted.

**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, contact Lauren Eberle at leberle2@illinois.edu or the Family & Graduate Housing office at (217) 333-5656.

**PLAY GROUP**

*Mondays & Fridays, 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! Please contact Lauren at leberle2@illinois.edu with any questions.

**GREAT START PLAY GROUP**

*Saturday, December 7, 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 Play Group, the GREAT Start Play Group is for children 0-5 and their caregiver(s). A parent/guardian must stay with their child. Contact Lauren at leberle2@illinois.edu with any questions.

**MOTHER GOOSE ON THE LOOSE**

*Friday, December 13, 10–11:30 a.m.*

*Family Resource Center (1834-A Orchard Place)*

This Playgroup is a special story time for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Every child will receive a book from Mother Goose, a special visitor from the Champaign Public Library. Contact Lauren at leberle2@illinois.edu with any questions.

**HOLIDAY COOKIE MAKING**

*Tuesday, December 3, 6:30 p.m.*

Come out to enjoy decorating and eating holiday cookies! This is an American tradition that is lots of fun and yummy too! All ages are welcome, Children must be supervised. Contact Kim at kmlewis5@illinois.edu with any questions.

**WINTER STORY HOUR**

*Thursday December 12, 6 p.m.*

Children of all ages are welcome to come listen to a volunteer from the Champaign Public Library read stories about the wintertime. There will also be crafts and snacks. Children must be supervised. Contact Kim at kmlewis5@illinois.edu with any questions.

**WINTER SKATE**

*Saturday, December 14, 4:30–6:30 p.m.*

*Ice Arena (406 E Armory Ave, Champaign, IL)*

Come ice skate with FGH and some very special winter friends. We will have hot chocolate and skating is free. Young children must be supervised by a parent. Contact Max at maxwk2@illinois.edu with any questions.

**HOLIDAY FOOD POTLUCK**

*Sunday, December 15, 1 p.m.*

Bring your favorite holiday dish to share with your community. It can be from any holiday not just the winter holidays. Plates, drinks, and utensils will be provided for the event. Contact Max at maxwk2@illinois.edu with any questions.

**BIRTHDAY BINGO**

*Tuesday, December 17, 6 p.m.*

Celebrate our residents with December birthdays with a game of bingo and mystery prizes. Please remember that it is one Bingo ticket per resident. Each resident must remain at the table and play their own card. Residents must be age 6 or over to receive a Bingo card. Contact Max at maxwk2@illinois.edu with any 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 working together to prepare food. All ages and levels of experience are welcome. Contact Lauren at leberle2@illinois.edu with any questions or with foods you are interested in preparing. Childcare will be provided.

*December 4:* Cranberry Sauce
*December 11:* Garlic Cheesy Biscuits
*December 18:* Gingerbread Cookies
FAMILY & KIDS PROGRAMS

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 care program has a few openings for the remainder of the fall semester. The program is free to residents of University Apartments. Children 5 years of age and in kindergarten through 12 years of age are eligible. Kids’ Club meets from 3 to 5:30 p.m. Monday through Friday at the Orchard Downs Community Center. The children participate in arts and crafts, games, outdoor play, and are provided a snack daily. For questions or more information please contact Sara Jenkins at jenkins@illinois.edu.

ORCHARD DOWNS WALKING GROUP WINTER BREAK
The Orchard Downs Walking Group is taking a break this month. We will return next semester. In the meantime, feel free to join our Whatsapp group at go.illinois.edu/ODWalk. Email mchc@illinois.edu with any questions.

COMMUNITY HEALTH DINNER: WINTER IS HERE!
Sunday, December 8, 5:30 p.m.
The topic for this month’s community health dinner is winter! Snow and cold are both here earlier than usual, and now is the time to come discuss winter health with our resident resource, Ammarah Mashhood. We will also serve a full, healthy dinner and give out freebies! In collaboration with the Graduate Program in Public Health and the Pakistani Graduate Students Association. Email mchc@illinois.edu with any questions.

DRIVING IN WINTER
We have already had our first snowstorm! It is important to take good care of yourself and follow some basic tips when driving this winter season. Make sure you have a cold weather bundle in your car. Include blankets, warm clothes, a flashlight, water, and non-perishable food for emergencies. Drive slowly and carefully, and in snow, only drive if absolutely necessary. Watch your braking and acceleration and avoid hard stops on slippery roads.

If you get caught in a storm and are unable to move, stay in your car. It will provide some shelter and make it easier for a rescue crew to find you. If you’re outside, keep your hands, feet, and head covered.

Attend our community health dinner on December 8 for more discussions on preparing for the winter. Email mchc@illinois.edu with any questions.

YOGA AND MEDITATION!
Our friends at SkyUIUC are taking a winter break and there will be no yoga during December. They will return next semester! Email mchc@illinois.edu with any questions.

PLAY TIC-TAG-TOE!
(aka Noughts & Crosses, or Xs & Os)

**KIDS’ CORNER**
Remember, the preschool will be closed December 23—January 13 for winter break.

Hold on to your hats ... December is here!
Orchard Downs Preschool will start the month learning about seasons and weather. During our Science Experiments Unit, students will get to pretend they are scientists. Students will get to make hypothesis about what happens when you put an egg into vinegar.

Children will also be learning about different holidays around the world as we wrap up our December units.
Families will get to partake in our end of the semester winter family fun night! We will have games, crafts, and cookie decorating!
EAT YOUR CARROTS!

Carrots are good for you. They are delicious and very healthy! While they may not be in season in December, they are available at local grocery stores from storage.

Carrots contain antioxidants that help avoid several types of cancer and cardiovascular diseases. They are also very rich in vitamins, minerals, and fiber — making them an ultimate health food! Carrot juice helps fight leukemia, and it also helps keep eyes healthy. Not only that, but carrots are also very useful in regulating blood sugar and blood pressure. And the Vitamin C in them boosts your immunity!

Recipe: Sweet and Sour Carrots

Among the simplest, and tastiest ways to enjoy your carrots!

**What you need:**
- 1/2 cup water
- 14 ounces carrots, cut into 1.5-inch pieces
- 1/4 cup diced green onions
- 1 tablespoon toasted sesame oil
- 3 garlic cloves, sliced
- 2 tablespoons apple cider vinegar
- 2 tablespoons sweet chili sauce
- 1/4 teaspoon salt
- 1/2 teaspoon sesame seeds

**What you do:**
1. Combine water and carrots in a skillet over medium-high heat; bring to a boil.
2. Reduce heat and simmer, partially covered, for 6 minutes.
3. Increase heat to medium-high again; cook, uncovered for 4 minutes or until liquid evaporates.
4. Add green onions, sesame oil, and garlic; cook for 3 minutes.
5. Stir in vinegar, chili sauce, and salt. Top with sesame seeds.

FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE

Wednesdays from 3-4:30 p.m. (No class on December 25)

NOTE CHANGE IN VENUE: Learning Resource Center (2044-A Orchard Place)

Interested in learning new cooking techniques? Wondering how to eat healthy on a budget? This is the program for you! We get together and make a recipe each week. 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! Email Khadiga at kmohamed@illinois.edu with any questions.