

December 2024



NOTE: All times listed for online workshops are Central Time (CT)

Workshop times are as follows:

- o Eastern Time is 1 hour ahead of Central Time (+1 hour)
- o Mountain Time is 1 hour behind Central Time (-1 hour)
- o Pacific Time is 2 hours behind Central Time (-2 hours)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Health and Nutrition 1:30 – 2:30 p.m.	3 Financial Literacy 1:30 – 2:30 p.m.	4 GED Online 11 a.m. – 12:45 p.m.	5 Parenting Class 1:30 – 2:30 p.m.	6 Rainbow Fitness 12:30 – 1:15 p.m.	7
8	9 Personal Development 1:30 – 2:30 p.m.	10 Job Readiness 1:30 – 2:30 p.m.	11 GED Online 11 a.m. – 12:45 p.m.	12 Domestic Violence 1:30 – 2:30 p.m.	13 Rainbow Fitness 12:30 – 1:15 p.m.	14
15	16 Continuing Education 1:30 – 2:30 p.m.	17 Computer Training 1:30 – 2:30 p.m.	18 GED Online 11 a.m. – 12:45 p.m.	19 Fire Safety 1:30 – 2:30 p.m.	20 Rainbow Fitness 12:30 – 1:15 p.m.	21
22	23 Housekeeping 1:30 – 2:30 p.m.	24 Rainbow is CLOSED for the Holidays	25 Rainbow is CLOSED for the Holidays	26	27 Rainbow Fitness 12:30 – 1:15 p.m.	28
29	30	31 Rainbow is CLOSED for the Holidays	1 2025 HAPPY NEW YEAR	2	3	 EQUAL HOUSING OPPORTUNITY

To join the classes by phone or online, contact Rainbow for more information.

<https://rainbowhousingresidentportal.com/category/education/live-workshops/> **Password: 122024**

Rainbow Workshops

Visit your community center or join us on any Internet-connected device

2nd: **Setting Your Health Goals**

3rd: **How to Avoid Grocery Debt**

5th: **Guide for First-Time Parents**

9th: **How to Build Confidence**

10th: **5 Tips for Changing Jobs**

12th: **How to Leave Toxic Relationships**

16th: **How to Become a Teacher**

17th: **Cyber Security: Phishing 101**

19th: **Stay Safe: Holiday Fire Prevention**

23rd: **Cleaning Tips and Tricks**

Scan to Sign-Up!



Reminders:

-Update your phone number and e-mail with the leasing office

-Learn to Be: one-on-one live tutoring in all subjects. Available for all school-aged youth. Contact Rainbow to join.



DECEMBER 2024



NOTE: All times listed for online workshops are Central Time (CT)
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Eastern Time is 1 hour ahead of Central Time (+1 hour)
Mountain Time is 1 hour behind Central Time (-1 hour)
Pacific Time is 2 hours behind Central Time (-2 hours)

Facebook Link: <https://www.facebook.com/groups/rainbowseniorcircle/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 On the Move: Exercise 11 a.m.	3 	4 Health and Nutrition 11 a.m.	5	6 Face-to-Face Friday 11:30 a.m.	7
8	9 On the Move: Exercise 11 a.m.	10 Exercising Your Mind 11 a.m.	11	12 Knowledge is Power 11 a.m.	13 Face-to-Face Friday 11:30 a.m.	14
15	16 On the Move: Exercise 11 a.m.	17 	18 Health and Nutrition 11 a.m.	19	20 Face-to-Face Friday 11:30 a.m.	21
22	23	24 Rainbow is CLOSED for the Holidays	25 Rainbow is CLOSED for the Holidays	26	27	28
29	30 On the Move: Exercise 11 a.m.	31 Rainbow is CLOSED for the Holidays				

Senior Circle Workshops

Visit your community center or join us on any Internet-connected device which connects to Facebook

2nd: **On the Move**

3rd: **Bingo**

4th: **How to Stay Active in the Winter**

6th: **Face-to-Face Friday**

9th: **On the Move**

10th: **Exercising Your Mind**

12th: **How to Prepare for the Winter**

13th: **Face-to-Face Friday**

16th: **On the Move**

17th: **Bingo**

18th: **Loneliness and Socialization**

20th: **Face-to-Face Friday**

30th: **On the Move**



EVERY OTHER TUESDAY
December 3rd and 17th at
11 a.m. CT

1. On a smartphone or computer go to www.bingomaker.com
2. Search "Join a Game"
Game Name: Rainbow Senior Circle
3. Password: Rainbow
4. Enter your name/site name to enter



FACE-TO-FACE FRIDAYS!
EVERY FRIDAY via
Zoom at 11:30
a.m. CT

Scan to Join!



Hot Topics News Flash

December 2

Setting Your Health Goals

- What are health goals?
- How to identify your health goals
- How to plan a timeline for your goals
- How to maintain success



December 3

How to Avoid Grocery Debt

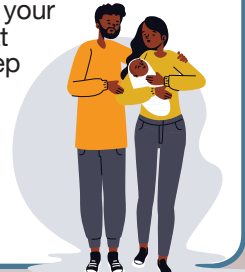
- What is grocery debt?
- A necessary evil
- How to reduce food costs
- How to control impulses
- How to pay off debt



December 5

Guide for First-Time Parents

- How to help
- How to handle your baby
- Bonding with your baby
- Hygiene care for your baby
- Helping your baby eat and sleep



December 9

How to Build Confidence

- What is self-confidence?
- The benefits of confidence
- Confidence vs self-esteem
- Tips to be more confident



December 10

5 Tips for Changing Jobs

- Do not react
- Short-term and long-term goals
- Common mistakes
- The grass is not always greener
- Happiness



December 12

How to Leave Toxic Relationships

- What is a toxic relationship?
- Red flags of toxicity
- Why do people stay?
- Leaving is a process
- Support resources



December 16

How to Become a Teacher

- What is a teacher certification?
- Certification options
- The process to become a licensed teacher



December 17

Cyber Security: Phishing 101

- What is phishing?
- Identify common methods used by scammers
- Recognize red flags and phishing e-mails
- Develop critical thinking skills



December 19

Stay Safe: Holiday Fire Prevention

- Holidays fires are a threat
- How to prevent fires
- How to plan ahead
- What to do in case of a fire



December 23

Cleaning Tips and Tricks

- Introduction to a clean home
- Creating a cleaning routine
- Essential cleaning tools and products
- Effective cleaning techniques



Rainbow Online Workshops: Access online or available at the Resource Center

To join the workshops by phone or online, contact your RSC for more information.



<https://resident.rainbowhousing.org/resident-portal-live-workshops>



LIVE ONLINE TRAINING

WHEN:
Monday-Thursday
1:30p.m. – 2:30p.m. (CDT)

**THE OFFERED TRAININGS ARE
A COLLECTION OF MODULES
STRUCTURED TO PROVIDE
INFORMATION FOR YOUR
AWARENESS.**

FEATURED TOPICS :

- **Continuing Education • Money Management**
- **Health and Nutrition • Job Readiness**
- **Safety • Housekeeping**



Please join our meeting from your computer, tablet, or smart phone by selecting one of the following options:

WEB ADDRESS

www.rainbowhousing.org

Password: 122024

CLICK ON:

Residents Live Training choose the (training of the week)

DIAL IN

1 (914) 614-3221

ACCESS CODE

663-001-124

For more information, call our toll-free number

1 (888) 299-8915



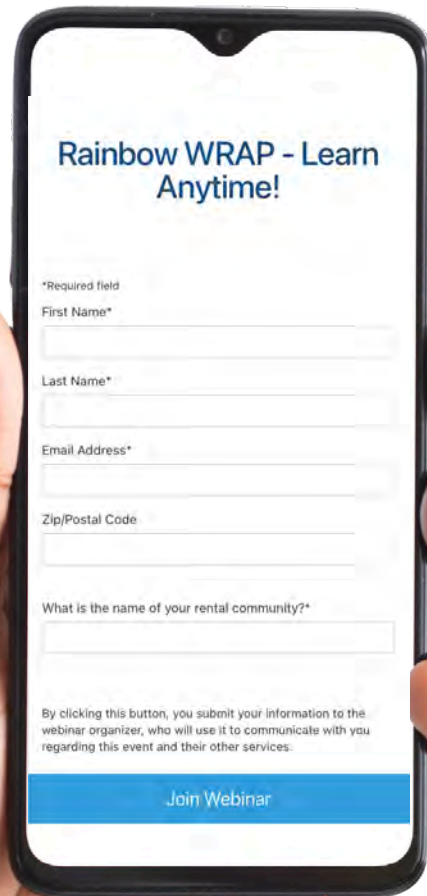
If you do not have Internet or dial-in capability, handouts are available in the leasing office or see your Resident Services Coordinator.



DID YOU MISS TODAY'S CLASS?

**DON'T WORRY! RAINBOW'S FREE ONLINE CLASS FOR
TODAY IS AVAILABLE FOR THE NEXT 24 HOURS!**

 **(888)299-8915**



Rainbow WRAP - Learn Anytime!

*Required field

First Name*

Last Name*

Email Address*

Zip/Postal Code

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SMARTPHONE, OPEN UP THE CAMERA,
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 [@rainbowhousing](https://www.twitter.com/rainbowhousing)



RAINBOW



**EQUAL HOUSING
OPPORTUNITY**