

January 2025



Resident Testimonial

"I wanted to send a huge thank you to Rainbow and the whole Rainbow team. I appreciate all of the encouragement and resources provided to me throughout my journey to be self-sufficient and productive and to find employment. All the support and resources I received were free and helped me immensely.

I appreciate the care and concern orchestrated by the many phone calls to ask how I was doing and if I needed anything. That gesture made me feel relevant and that someone cared about my well-being. Thank you to the team, as you've given me renewed hope, opportunity, and the ability to spread my wings to fly!"

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 GED Online 11 a.m. – 12:45 p.m.	2 Housekeeping 1:30 – 2:30 p.m.	3 Rainbow Fitness 12:30 – 1:15 p.m.	4
5	6 Health and Nutrition 1:30 – 2:30 p.m.	7 Financial Literacy 1:30 – 2:30 p.m.	8 GED Online 11 a.m. – 12:45 p.m.	9 Crime Prevention 1:30 – 2:30 p.m.	10 Rainbow Fitness 12:30 – 1:15 p.m.	11
12	13 Computer Training 1:30 – 2:30 p.m.	14 Job Readiness 1:30 – 2:30 p.m.	15 GED Online 11 a.m. – 12:45 p.m.	16 Home Ownership 1:30 – 2:30 p.m.	17 Rainbow Fitness 12:30 – 1:15 p.m.	18
19	20 Rainbow is CLOSED MARTIN LUTHER KING JR. *** DAY ***	21 Financial Literacy 1:30 – 2:30 p.m.	22 GED Online 11 a.m. – 12:45 p.m.	23 Personal Development 1:30 – 2:30 p.m.	24 Rainbow Fitness 12:30 – 1:15 p.m.	25
26	27 Continuing Education 1:30 – 2:30 p.m.	28 Job Readiness 1:30 – 2:30 p.m.	29 GED Online 11 a.m. – 12:45 p.m.	30 Financial Literacy 1:30 – 2:30 p.m.	31 Rainbow Fitness 12:30 – 1:15 p.m.	

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

<https://rainbowhousingresidentportal.com/category/education/live-workshops/> **Password: 12025**

Rainbow Workshops

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

- | | |
|---|--|
| 2nd: How to Keep a Clean Home | 21st: Technology and Doing Your Taxes |
| 6th: Health Insurance 101 | 23rd: How to Be a Good Neighbor |
| 7th: Technology and Doing Your Taxes | 27th: College Admissions Process |
| 9th: How to Spot Scams | 28th: CTE: Career and Technical Education |
| 13th: Introduction to Artificial Intelligence (AI) | 30th: Technology and Doing Your Taxes |
| 14th: CTE: Career and Technical Education | |
| 16th: 10 Steps to Buying a Home | |

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.

Scan to Sign-Up!



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

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

Senior Circle Workshops

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

- 3rd: **Face-to-Face Friday**
- 6th: **On the Move: Exercise**
- 7th: **Exercising Your Mind**
- 9th: **How to Make a Spending Plan**
- 10th: **Face-to-Face Friday**
- 13th: **On the Move: Exercise**
- 14th: **Bingo**
- 15th: **Foods that Help with Eyesight**
- 17th: **Face-to-Face Friday**
- 21st: **Exercising Your Mind**
- 23rd: **Ways to Declutter**
- 24th: **Face-to-Face Friday**
- 27th: **On the Move: Exercise**
- 28th: **Bingo**
- 29th: **Glaucoma: The Sneak Thief of Eyesight**
- 31st: **Face-to-Face Friday**



EVERY OTHER TUESDAY
January 14th and 28th 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

Contact Us
(888) 299-8915

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

Scan to Join!



Hot Topics News Flash

January 2

How to Keep a Clean Home

- Easy and cheap DIY cleaning products
- Keeping it clean room-to-room:
 - Kitchen
 - Living Room
 - Bathroom
 - Bedroom
- Make a cleaning schedule with example



January 6

Health Insurance 101

- What is health insurance?
- How does Healthcare.gov work?
- Healthcare options
- Resources and support



January 7, 21, 30

Technology and Doing Your Taxes

- What are tax returns and do I have to file them?
- Tax basics: due dates?
- What is "e-file online"?
- How to use tax preparation software or services
- Common tax scams
- Questions



January 9

How to Spot Scams

- How to spot and stop common scams
- How to report scams
- How to stay up to date on new scams
- How to check your credit for free

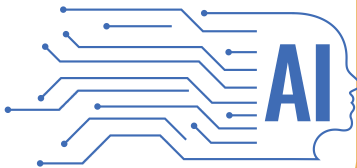


SCAM ALERT

January 13

Introduction to Artificial Intelligence (AI)

- What is AI?
- What are the benefits of AI?
- What are the negatives to AI?
- How can I use AI to help me?
- AI learning resources



January 14, 28

CTE: Career and Technical Education

- Career transition and advancement opportunities
- Comparable options for students of all backgrounds
- CTE program benefits
- Economic outlook
- Workforce development
- Achieve a good standard of living with a technical career



January 16

10 Steps to Buying a Home

- Reasons to buy a home/property
- Important information
- Renting vs. buying
- Truth about down payments
- Where to check your credit for free
- 10 steps of buying a home
- Questions and answers



January 23

How to Be a Good Neighbor

- What is a good neighbor?
- 10 tips to be a good neighbor
- How to handle neighbor issues
- Lead by example
- Questions and answers



January 27

College Admissions Process

- Basic college admissions requirements
- College admissions steps
- How to find financial aid
- Preparing for successful applications



Happy New Year 2025

RAINBOW

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: 12025

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

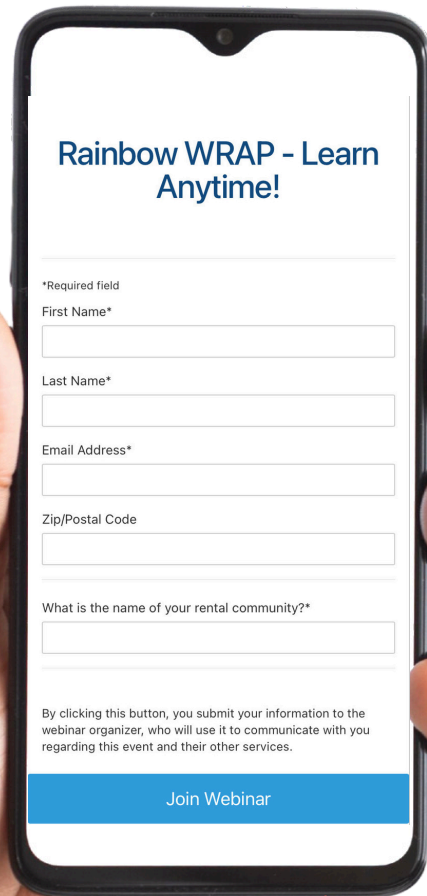


If you do not have Internet or dial-in capability, handouts are available in the leasing office or see your Resident Services Coordinator.

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

What is the name of your rental community?*

By clicking this button, you submit your information to the webinar organizer, who will use it to communicate with you regarding this event and their other services.

[Join Webinar](#)

SCAN ME



**TO WATCH: TAKE OUT YOUR
SMARTPHONE, OPEN UP THE CAMERA,
POINT AT QR CODE, AND SIGN UP!**

www.rainbowhousing.org

 [@rainbowhousinglife](https://www.instagram.com/rainbowhousinglife)

 [@rainbowhousing](https://www.twitter.com/rainbowhousing)



RAINBOW



**EQUAL HOUSING
OPPORTUNITY**