March 2025

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

Workshop times are as follows:

- 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)

R RAINBOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March Theme: Healthy Eating, Healthy Living				27	28	1 *Friendly Reminder* **RENT IS DUE ON THE 1st** ☺
2 **Youth Program (YEP) Weekly Focus – Fuel for the Future**	3 Personal Development 1:30 – 2:30 p.m. **RSC Knock and Talk** **Youth Program (YEP)**	4 Financial Literacy 1:30 – 2:30 p.m. **Youth Program (YEP)**	5 GED Online 11 a.m. – 12:45 p.m. **Youth Program (YEP)**	6 Continuing Education 1:30 – 2:30 p.m. **Youth Program (YEP)**	7 Rainbow Fitness 12:15 – 1:15 p.m. **Youth Program (YEP)**	8
9 **Youth Program (YEP) Weekly Focus – Superfoods, Superpower**	10 Housekeeping 1:30 – 2:30 p.m. **RSC Knock and Talk** **Youth Program (YEP)**	11 Health and Nutrition 1:30 – 2:30 p.m. **Youth Program (YEP)**	12 GED Online 11 a.m. – 12:45 p.m. **Youth Program (YEP)**	13 Parenting 1:30 – 2:30 p.m. **Youth Program (YEP)**	14 Rainbow Fitness 12:15 – 1:15 p.m. **Youth Program (YEP)**	15
16 **Youth Program (YEP) Weekly Focus – Women Who Nourish the World**	17 Health and Nutrition 1:30 – 2:30 p.m. **RSC Knock and Talk** **Youth Program (YEP)**	18 Job Readiness 1:30 – 2:30 p.m. **Youth Program (YEP)**	19 GED Online 11 a.m. – 12:45 p.m. **Youth Program (YEP)**	20 Domestic Violence 1:30 – 2:30 p.m. **Youth Program (YEP)**	21 Rainbow Fitness 12:15 – 1:15 p.m. **Youth Program (YEP)**	22
23 **Youth Program (YEP) Weekly Focus – Strong, Smart, and Sustained**	24 Bed Bugs Awareness 1:30 – 2:30 p.m. **RSC Knock and Talk** **Youth Program (YEP)**	25 Health and Nutrition 1:30 – 2:30 p.m. **Youth Program (YEP)**	26 GED Online 11 a.m. – 12:45 p.m. **Youth Program (YEP)**	27 Computer Training 1:30 – 2:30 p.m. **Youth Program (YEP)**	28 Rainbow Fitness 12:15 – 1:15 p.m. **Youth Program (YEP)**	29
30	31 Health and Nutrition 1:30 – 2:30 p.m. **RSC Knock and Talk** **Youth Program (YEP)**	1	2	3	4	5 **EQUAL HOUSING OPPORTUNITY**

To join the classes by phone or online, contact Rainbow for more information.
https://rainbowhousingresidentportal.com/category/education/live-workshops/ **Password: 32025**

Rainbow Workshops

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

3rd: **Setting Your Health Goals**

4th: **Technology and Doing Your Taxes**

6th: **Education Is Power: Guide to Financial Aid**

10th: **Proper Waste Disposal**

11th: **Healthy Eating on a Budget**

13th: **Healthy Eating Kids 1-5**

17th: **BMI and Healthy Weight**

18th: **6 Traits of Successful Employees**

20th: **The Truth About Elder Abuse**

24th: **Bed Bugs Awareness and Prevention**

25th: **Healthy Recipes on a Budget**

27th: **Internet Basics: Staying Safe Online**

31st: **The Benefits of Exercise**

Scan to Sign-Up!

Contact Us
(888) 299-8915

March 2025

RAINBOW SENIOR CIRCLE

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- 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
March is **National Nutrition Month**						1 — Friendly Reminder RENT IS DUE ON THE 1st
2	3 On the Move: Exercise 11 a.m.	4 Exercising Your Mind 11 a.m.	5 ¡En español! Salud y Nutrición 11 a.m.	6	7 Face-to-Face Friday 11:30 a.m.	8
9	10 On the Move: Exercise 11 a.m.	11 BINGO!	12	13 Knowledge Is Power 11 a.m.	14 Face-to-Face Friday 11:30 a.m.	15
16	Wear Green! 17 On the Move: Exercise 11 a.m.	18 Exercising Your Mind 11 a.m.	19 Health and Nutrition 11 a.m.	20	21 Face-to-Face Friday 11:30 a.m.	22
23	24 On the Move: Exercise 11 a.m.	25 BINGO!	26	27 Knowledge Is Power 11 a.m.	28 Face-to-Face Friday 11:30 a.m.	29
30	31 On the Move: Exercise 11 a.m.					

Senior Circle Workshops

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

3rd: **On the Move: Exercise**
4th: **Exercising Your Mind**
5th: **Recetas saludables con un presupuesto**
7th: **Face-to-Face Friday**
10th: **On the Move: Exercise**
11th: **Bingo**
13th: **How Sugar Affects Your Health**
14th: **Face-to-Face Friday**
17th: **On the Move: Exercise**

18th: **Exercising Your Mind**
19th: **Are You Making Healthy Choices?**
21st: **Face-to-Face Friday**
24th: **On the Move: Exercise**
25th: **Bingo**
27th: **10 Common Elderly Health Issues**
28th: **Face-to-Face Friday**
31st: **On the Move: Exercise**

Contact Us
(888) 299-8915

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

Scan to Join!

BINGO!

EVERY OTHER TUESDAY
March 11th and 25th 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

Hot Topics

FEATURED WORKSHOPS

Monday, March 3

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

Tuesday, March 4

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

Thursday, March 6

Education Is Power: Guide to Financial Aid

- What are the three types of colleges?
- Why should you go to college?
- How do you pay for college?

Monday, March 10

Proper Waste Disposal

- Why worry about waste
- All about recycle, reuse, reduce, and down-cycling
- How to dispose of foods and fats
- How to dispose of aluminum, paper, glass, and plastics
- Household garbage hazards

Tuesday, March 11

Healthy Eating on a Budget

- Meal planning to save money
- Cooking tips
- Importance of eating at home
- Store bought vs. homemade
- Unit pricing: save on servings
- Buying and saving in bulk

Thursday, March 13

Healthy Eating Kids 1-5

- Challenges when feeding children
- Examples of a responsible parent and child
- Why do children eat the way they do?
- Why children are unpredictable eaters
- Are picky eaters born or made?
- Why children like to try foods they help make

Monday, March 17

BMI and Healthy Weight

- What is BMI?
- What do the numbers really mean?
- Difference between overweight and obese
- Body fat and body composition
- How to change BMI
- Health issues with obesity

Tuesday, March 18

6 Traits of Successful Employees

- Quality
- Patience
- Respect
- Adaptation
- Punctuality
- Grit/ Perseverance

Thursday, March 20

The Truth About Elder Abuse

- Types of elder abuse
- Elder abuse statistics
- Who commits elder abuse?
- Causes of elder abuse
- List of specific abuse and their details
- Warning signs of elder abuse
- Preventing elder abuse

Monday, March 24

Bed Bugs Awareness and Prevention

- What do bed bugs look like?
- History of bed bugs
- Bed bugs attack
- Bed bugs life cycle
- Common hiding places
- How to find bed bugs
- How bed bugs are transported
- Symptoms of bed bugs bites
- Health concerns

Tuesday, March 25

Healthy Recipes on a Budget

- Benefits of breakfast
- How to create a healthy breakfast
- Cheap, easy, and healthy lunches
- Basic lunch examples
- The modern healthy dinner
- Healthy snacking
- Sample grocery list

Thursday, March 27

Internet Basics: Staying Safe Online

- What is the Internet?
- Some ways to use the Internet
- Where is all of the information?
- What kind of access does the ISP provide?
- Web browsers
- Domain names
- Protect your privacy with passwords
- Internet security - cookies

Monday, March 31

The Benefits of Exercise

- Benefits of physical activity
- National trend
- Understand body composition
- Finding a balance
- Getting enough exercise
- Example of an exercise program
- Target your heart rate

Workshops are always FREE and online- REGISTER TODAY!

Workshop times for March 1-8:

11:30 a.m.-12:30 p.m. (PST),
12:30-1:30 p.m. (MST),
1:30-2:30 p.m. (CST),
2:30-3:30 p.m. (EST)

Workshop times for March 9-3:

11:30 a.m.-12:30 p.m. (PDT/Arizona),
12:30-1:30 p.m. (MDT),
1:30-2:30 p.m. (CDT),
2:30-3:30 p.m. (EDT)

Scan the QR code to sign-up, or visit:

https://resident. rainbowhousing.org/ residentportal-live-workshops

HEALTHY HEALTHY *Eating, Living!*

This March, we are focusing on nutrition at Rainbow!

Stay tuned for **FREE resources and workshops** to help you get started on your path to success!

📞 (888) 299-8915

www.rainbowhousing.org

📷 @rainbowhousinglife

✖ @rainbowhousing

EQUAL HOUSING OPPORTUNITY

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: 32025

CLICK ON:
Residents Live Training choose the (training of the week)

DIAL IN
1 (914) 614-3221

ACCESS CODE
663-001-124

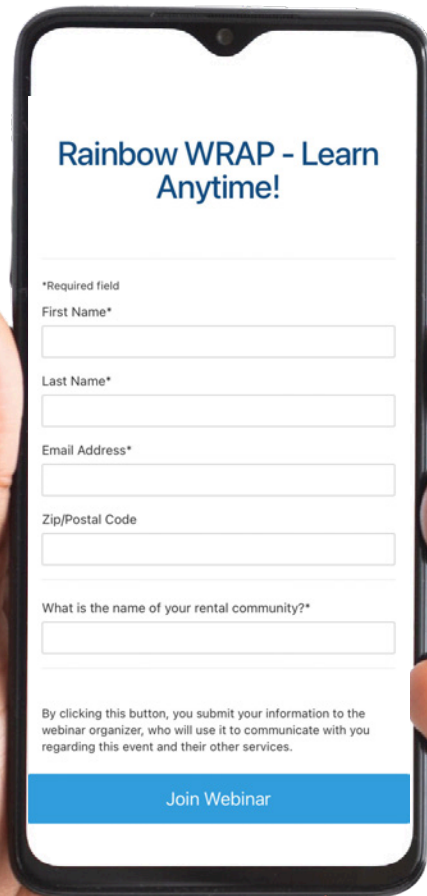### For more information, call our toll-free number
1 (888) 299-8915

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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