

March 2025



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
				27	28	
2	3 Personal Development 1:30 – 2:30 p.m.	4 Financial Literacy 1:30 – 2:30 p.m.	5 GED Online 11 a.m. – 12:45 p.m.	6 Continuing Education 1:30 – 2:30 p.m.	7 Rainbow Fitness 12:15 – 1:15 p.m.	8
9	10 Housekeeping 1:30 – 2:30 p.m.	11 Health and Nutrition 1:30 – 2:30 p.m.	12 GED Online 11 a.m. – 12:45 p.m.	13 Parenting 1:30 – 2:30 p.m.	14 Rainbow Fitness 12:15 – 1:15 p.m.	15
16	17 Health and Nutrition 1:30 – 2:30 p.m.	18 Job Readiness 1:30 – 2:30 p.m.	19 GED Online 11 a.m. – 12:45 p.m.	20 Domestic Violence 1:30 – 2:30 p.m.	21 Rainbow Fitness 12:15 – 1:15 p.m.	22
23	24 Bed Bugs Awareness 1:30 – 2:30 p.m.	25 Health and Nutrition 1:30 – 2:30 p.m.	26 GED Online 11 a.m. – 12:45 p.m.	27 Computer Training 1:30 – 2:30 p.m.	28 Rainbow Fitness 12:15 – 1:15 p.m.	29
30	31 Health and Nutrition 1:30 – 2:30 p.m.	1	2	3	4	

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 | 20th: The Truth About Elder Abuse |
| 4th: Technology and Doing Your Taxes | 24th: Bed Bugs Awareness and Prevention |
| 6th: Education Is Power: Guide to Financial Aid | 25th: Healthy Recipes on a Budget |
| 10th: Proper Waste Disposal | 27th: Internet Basics: Staying Safe Online |
| 11th: Healthy Eating on a Budget | 31st: The Benefits of Exercise |
| 13th: Healthy Eating Kids 1-5 | |
| 17th: BMI and Healthy Weight | |
| 18th: 6 Traits of Successful Employees | |

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.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 March is National Nutrition Month						
2	3 On the Move: Exercise 11 a.m.	4 Exercising Your Mind 11 a.m.	5 <i>iEn español!</i> 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 	12	13 Knowledge Is Power 11 a.m.	14 Face-to-Face Friday 11:30 a.m.	15
16	17 Wear Green!  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 	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**

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

Scan to Join!



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



Contact Us

(888) 299-8915

Hot Topics

THIS MONTH'S
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>

Have questions about joining? Contact your Resident Services Coordinator or call our Hotline at **(888) 299-8915**.

MARCH 2025




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



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

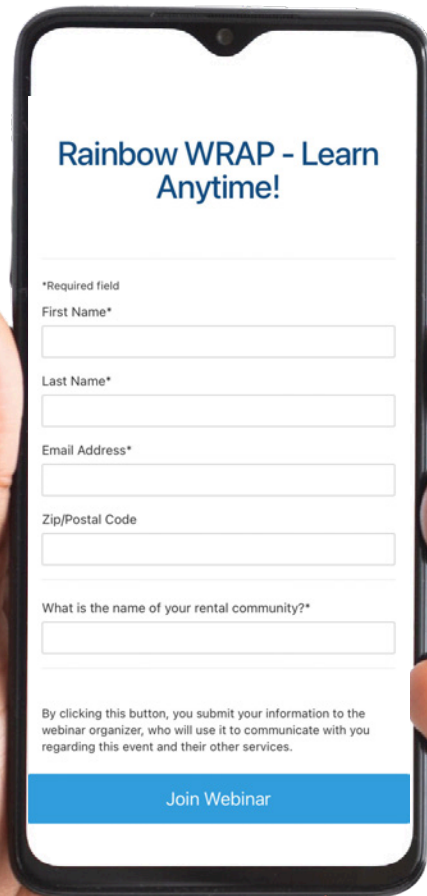


If you do not have Internet or dial-in capability, handouts are available in the leasing office or see your Resident Services Coordinator.

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

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**