

May 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)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 May Theme: Thoughtful Minds, Thriving Lives			Friendly Reminder RENT IS DUE ON THE 1st 😊	1 Personal Development 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	2 Rainbow Fitness 12:15 – 1:15 p.m. Youth Program (YEP)	3
4 Youth Program (YEP) Weekly Focus – Mind Matters	5 Health and Nutrition 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	6 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	7 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	8 Computer Training 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	9 Rainbow Fitness 12:15 – 1:15 p.m. Youth Program (YEP)	10
11 Youth Program (YEP) Weekly Focus – Peaceful Minds, Positive Lives	12 Housekeeping 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	13 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	14 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	15 Senior Topic 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	16 Rainbow Fitness 12:15 – 1:15 p.m. Youth Program (YEP)	17
18 Youth Program (YEP) Weekly Focus – Talk It Out	19 Continuing Education 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	20 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	21 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	22 Substance Abuse 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	23 Rainbow Fitness 12:15 – 1:15 p.m. Youth Program (YEP)	24  EQUAL HOUSING OPPORTUNITY
25 Youth Program (YEP) Weekly Focus – Self-Care Superstars	26 Rainbow is CLOSED 	27 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	28 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	29 LEED 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	30 Youth Program (YEP)	31

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

<https://rainbowhousingresidentportal.com/category/education/live-workshops/> **Password: 52025**

Rainbow Workshops

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

1st: **Anger Management**

5th: **Understanding Mental Health**

6th: **Understanding the Trauma of Money**

8th: **Personal Improvement Through
Technology**

12th: **Bed Bugs Awareness and Prevention**

13th: **Staying Mentally Strong During Job
Searches**

15th: **Fall Prevention Awareness**

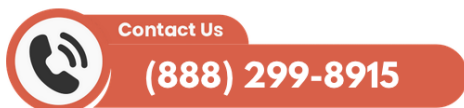
19th: **Certified Jobs: Working Toward
Success**

20th: **Understanding the Trauma of Money**

22nd: **Substance Abuse and Mental Health**

27th: **Staying Mentally Strong During Job
Searches**

29th: **Energy Conservation Awareness**



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.

-Contact your Resident Services
Coordinator for more information
regarding the daily activity
schedule and Youth Enrichment
Program (YEP).

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Friendly Reminder RENT IS DUE ON THE 1st 😊	1 Knowledge Is Power 11 a.m. Book Club 11:30 a.m.	2 Face-to-Face Friday 11:30 a.m.	3
4	5 On the Move: Exercise 11 a.m.	6 Book Club 11:30 a.m.	7 Health and Nutrition 11 a.m.	8 Book Club 11:30 a.m.	9 Face-to-Face Friday 11:30 a.m.	10
11	12 On the Move: Exercise 11 a.m.	13 Exercising Your Mind 11 a.m. Book Club 11:30 a.m.	14	15 ¡En español! El Conocimiento es Poder 11 a.m. Book Club 11:30 a.m.	16 Face-to-Face Friday 11:30 a.m.	17
28	19 On the Move: Exercise 11 a.m.	20 Book Club 11:30 a.m.	21	22 Knowledge Is Power 11 a.m. Book Club 11:30 a.m.	23 Face-to-Face Friday 11:30 a.m.	24
25	26 Rainbow is CLOSED MEMORIAL DAY REMEMBER AND HONOR	27 Exercising Your Mind 11 a.m. Book Club 11:30 a.m.	28 Health and Nutrition 11 a.m.	29 Book Club 11:30 a.m.	30 Face-to-Face Friday 11:30 a.m.	31

Senior Circle Workshops

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

- | | |
|---|---|
| 1st: Taking Time for Self-Care and Book Club | 16th: Face-to-Face Friday |
| 2nd: Face-to-Face Friday | 19th: On the Move: Exercise |
| 5th: On the Move: Exercise | 20th: Bingo and Book Club |
| 6th: Bingo and Book Club | 22nd: Understanding Mental Health and Book Club |
| 7th: Stress: What Causes It and How to Reduce It | 23rd: Face-to-Face Friday |
| 8th: Book Club | 27th: Exercising Your Mind and Book Club |
| 9th: Face-to-Face Friday | 28th: Hearing Loss and Mental Health in Aging Adults |
| 12th: On the Move: Exercise | 29th: Book Club |
| 13th: Exercising Your Mind and Book Club | 30th: Face-to-Face Friday |
| 15th: Entendiendo la Salud Mental and Book Club | |



Contact Us

(888) 299-8915

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

Scan to Join!



EVERY OTHER TUESDAY
May 6th and 20th 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

MAY 2025

R RAINBOW

Hot Topics

THIS MONTH'S
**FEATURED
WORKSHOPS**

Thursday, May 1

Anger Management

- What is anger?
- Causes of anger
- Anger and anxiety
- Anger management techniques



Monday, May 5

Understanding Mental Health

- What is mental health?
- Why it is more than the mind
- Why it is important
- How to maintain positive mental health
- When do you seek professional help?



Tuesday, May 6 and 20

Understanding the Trauma of Money

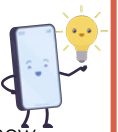
- Understanding trauma
- How trauma affects our lives
- Money and trauma
- How to manage your money



Thursday, May 8

Personal Improvement Through Technology

- Becoming a responsible digital citizen
- Preparing for the future
- Advancing educational opportunities
- Educational resources
- Serving others
- Learning something new



Monday, May 12

Bed Bugs Awareness and Prevention

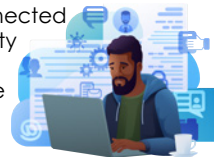
- What do bed bugs look like?
- How bed bugs are transported
- Symptoms of bed bugs bites
- Health concerns
- History of bed bugs
- Bed bugs attack
- Bed bugs life cycle
- Common hiding places
- How to find bed bugs



Tuesday, May 13 and 27

Staying Mentally Strong During Job Searches

- Know the job search process
- Do not take it personally
- Focus on what you can control
- Stay connected to positivity
- How to persevere



Thursday, May 15

Fall Prevention Awareness

- Defining the danger of falling in the home
- Fear of falling
- Risk factors of falling
- Steps to reduce fall danger



Monday, May 19

Certified Jobs: Working Toward Success

- What are job certifications?
- Why get a certificate?
- High-paying certificate jobs
- Health career fields
- Other fast-growing, well-paying jobs



Thursday, May 22

Substance Abuse and Mental Health

- Substance abuse
- Substance dependency
- Types of substances
- How mental health and substances affect each other
- How to find help



Thursday, May 29

Energy Conservation Awareness

- Why should you care about energy use?
- Major home energy usage
- Reading electric or natural gas bills
- Ways to save energy



Workshop Times

11:30 a.m.-12 p.m. and
4-4:30 p.m. (PDT/Arizona)

12:30-1 p.m. and
5-5:30 p.m. (MDT)

1:30-2 p.m. and
6-6:30 p.m. (CDT)

2:30-3 p.m. and
7-7:30 p.m. (EDT)

**Workshops are always
FREE and online -
REGISTER TODAY!**



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

[https://resident.
rainbowhousing.org/
residentportal-live-workshops](https://resident.rainbowhousing.org/residentportal-live-workshops)

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

MAY 2025



THOUGHTFUL MINDS, THRIVING LIVES

Struggling to prioritize your mental well-being? We've got you covered!

This May, join our **FREE** workshops designed to help you build resilience, manage stress, and take the first step toward a **healthier mind**.



Thursday,
May 1st

**Anger
Management**



Monday,
May 5th

**Understanding
Mental Health**



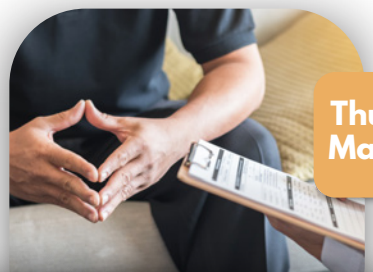
Tuesday,
May 6th
and 20th

**Understanding the
Trauma of Money**



Tuesday,
May 13th
and 27th



**Staying Mentally Strong
During Job Searches**



Thursday,
May 22nd

**Substance Abuse
and Mental Health**



 (888) 299-8915
 www.rainbowhousing.org



Scan to Register



LIVE ONLINE TRAINING

WHEN:

**Monday-Thursday
1:30p.m. – 2:00p.m. and
6:00p.m. – 6:30p.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: 52025**

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

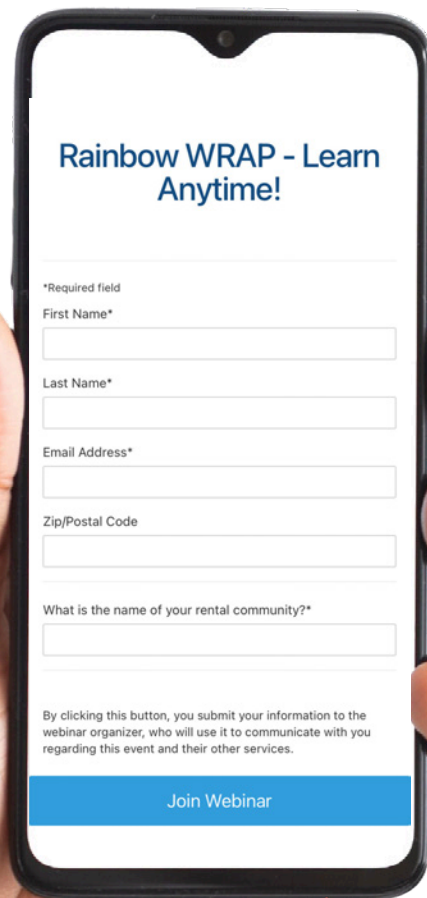


**If you do not have Internet or dial-
in capability, handouts are available
in the leasing office or see your
Resident Services Coordinator.**

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.

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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

