

# 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
	<b>May Theme:</b> <b>Thoughtful Minds,</b> <b>Thriving Lives</b>			1 Personal Development 1:30 – 2 p.m. and 6 – 6:30 p.m.	2 Rainbow Fitness 12:15 – 1:15 p.m.	3
	4	5 Health and Nutrition 1:30 – 2 p.m. and 6 – 6:30 p.m.	6 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m.	7 GED Online 11 a.m. – 12:45 p.m.	8 Computer Training 1:30 – 2 p.m. and 6 – 6:30 p.m.	9 Rainbow Fitness 12:15 – 1:15 p.m.
	11 Housekeeping 1:30 – 2 p.m. and 6 – 6:30 p.m.	12 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m.	13 GED Online 11 a.m. – 12:45 p.m.	14 Senior Topic 1:30 – 2 p.m. and 6 – 6:30 p.m.	15 Rainbow Fitness 12:15 – 1:15 p.m.	16
	17	18 Continuing Education 1:30 – 2 p.m. and 6 – 6:30 p.m.	19 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m.	20 GED Online 11 a.m. – 12:45 p.m.	21 Substance Abuse 1:30 – 2 p.m. and 6 – 6:30 p.m.	22 Rainbow Fitness 12:15 – 1:15 p.m.
23	24 	25 Rainbow is <b>CLOSED</b> 	26 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m.	27 GED Online 11 a.m. – 12:45 p.m.	28 LEED 1:30 – 2 p.m. and 6 – 6:30 p.m.	29
30	31	32	33	34	35	36

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**

## 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!**



# May 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)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Friendly Reminder</b> <b>RENT IS DUE</b> <b>ON THE 1<sup>st</sup></b> 😊	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 <b>¡En español!</b> 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 <b>CLOSED</b> 	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: <b>Taking Time for Self-Care and Book Club</b>     | 16th: <b>Face-to-Face Friday</b>                            |
| 2nd: <b>Face-to-Face Friday</b>                         | 19th: <b>On the Move: Exercise</b>                          |
| 5th: <b>On the Move: Exercise</b>                       | 20th: <b>Bingo and Book Club</b>                            |
| 6th: <b>Bingo and Book Club</b>                         | 22nd: <b>Understanding Mental Health and Book Club</b>      |
| 7th: <b>Stress: What Causes It and How to Reduce It</b> | 23rd: <b>Face-to-Face Friday</b>                            |
| 8th: <b>Book Club</b>                                   | 27th: <b>Exercising Your Mind and Book Club</b>             |
| 9th: <b>Face-to-Face Friday</b>                         | 28th: <b>Hearing Loss and Mental Health in Aging Adults</b> |
| 12th: <b>On the Move: Exercise</b>                      | 29th: <b>Book Club</b>                                      |
| 13th: <b>Exercising Your Mind and Book Club</b>         | 30th: <b>Face-to-Face Friday</b>                            |
| 15th: <b>Entendiendo la Salud Mental and Book Club</b>  |   |



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](http://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

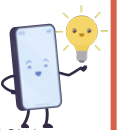
- Understanding trauma
- How trauma affects our lives
- Money and trauma
- How to manage your money



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

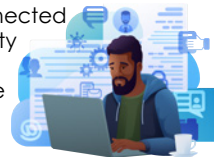
- What do bed bugs look like?
- How bed bugs are transported
- Symptoms of bed bugs bites
- Health concerns
- History of bed bugs
- Bed bugs attack
- Bed bugs life cycle
- Common hiding places
- How to find bed bugs



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>

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**



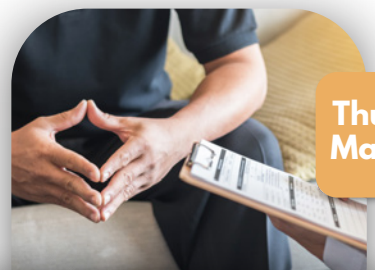
Tuesday,  
May 6th  
and 20th

**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](http://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](http://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**

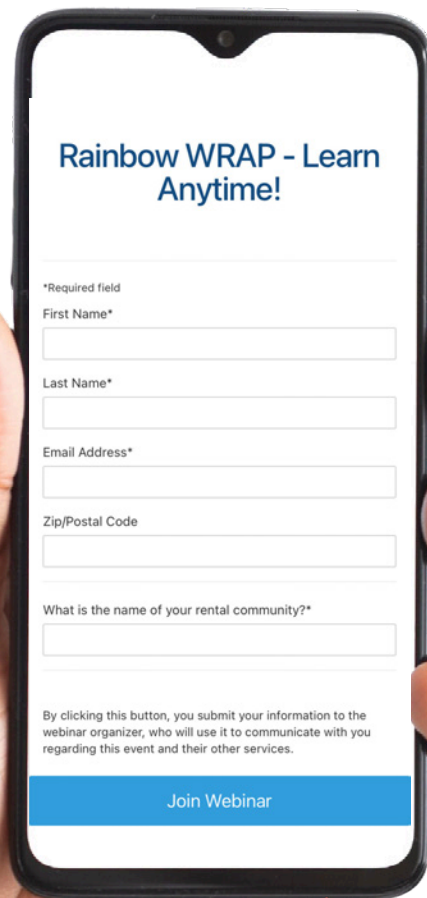


**If you do not have Internet or dial-  
in capability, handouts are available  
in the leasing office or see your  
Resident Services Coordinator.**

# 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.

[Join Webinar](#)

**SCAN ME**



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

[www.rainbowhousing.org](http://www.rainbowhousing.org)

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

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



**RAINBOW**



**EQUAL HOUSING  
OPPORTUNITY**