

June 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
1 Youth Program (YEP) Weekly Focus – Celebrate You	2 Health and Nutrition 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	3 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	4 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	5 Computer Training 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	6 Rainbow Fitness: Pilates 12:30 – 1:15 p.m. Youth Program (YEP)	7
8 Youth Program (YEP) Weekly Focus – Unity in Community	9 Domestic Violence 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	10 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	11 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	12 Senior Topic 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	13 Rainbow Fitness: Pilates 12:30 – 1:15 p.m. Youth Program (YEP)	14
15 Youth Program (YEP) Weekly Focus – Walk in My Shoes	16 Continuing Education 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	17 Financial Literacy 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	18 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	19 Rainbow is CLOSED 	20 Rainbow Fitness: Pilates 12:30 – 1:15 p.m. Youth Program (YEP)	21
22 Youth Program (YEP) Weekly Focus – Strength in Differences	23 Bed Bugs Awareness 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	24 Job Readiness 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	25 GED Online 11 a.m. – 12:45 p.m. Youth Program (YEP)	26 Parenting 1:30 – 2 p.m. and 6 – 6:30 p.m. Youth Program (YEP)	27 Rainbow Fitness: Pilates 12:30 – 1:15 p.m. Youth Program (YEP)	28 
29	30 Personal Development 1:30 – 2 p.m. and 6 – 6:30 p.m. RSC Knock and Talk Youth Program (YEP)	 <div> <h2>June Theme:</h2> <h1>Stronger Together</h1> </div>				

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

<https://rainbowhousingresidentportal.com/category/education/live-workshops/> **Password: 62025**

Rainbow Workshops

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

2nd: **Social Emotional Learning**
3rd: **Why Have Renters Insurance**
5th: **10 Ways to Be Tech Savvy**
9th: **How to Leave Toxic Relationships**
10th: **5 Tips for Changing Jobs**
12th: **Memory Support**
16th: **How to Become a Teacher**

17th: **Why Have Renters Insurance**
23rd: **Bed Bugs Awareness and Prevention**
24th: **5 Tips for Changing Jobs**
26th: **Get Help: Resource Support**
30th: **Introduction to Sign Language**

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.

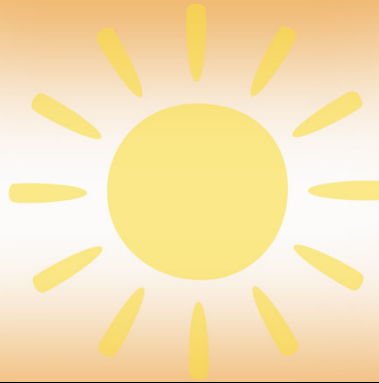
-Contact your Resident Services Coordinator for more information regarding the daily activity schedule and Youth Enrichment Program (YEP).



Scan to Sign-Up!













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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 On the Move: Exercise 11 a.m.	3  Book Club 11:30 a.m.	4	5 Knowledge Is Power 11 a.m.  Book Club 11:30 a.m.	6 Face-to-Face Friday 11:30 a.m.	7
8	9 On the Move: Exercise 11 a.m.	10 Exercising Your Mind 11 a.m.  Book Club 11:30 a.m.	11 Health and Nutrition 11 a.m.	12  Book Club 11:30 a.m.	13 Face-to-Face Friday 11:30 a.m.	14
15	16 On the Move: Exercise 11 a.m.	17  Book Club 11:30 a.m.	18 El Conocimiento es Poder 11 a.m. <i>¡En español!</i>	19 Rainbow is CLOSED 	20	21
22	23 On the Move: Exercise 11 a.m.	24 Exercising Your Mind 11 a.m.  Book Club 11:30 a.m.	25	26 Knowledge Is Power 11 a.m.  Book Club 11:30 a.m.	27 Face-to-Face Friday 11:30 a.m.	28 
29	30 On the Move: Exercise 11 a.m.	Facebook Link: https://www.facebook.com/groups/rainbowseniorcircle/ 				

Senior Circle Workshops

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

2nd: **On the Move: Exercise**

3rd: **Bingo and Book Club**

5th: **Identity Theft and Book Club**

6th: **Face-to-Face Friday**

9th: **On the Move: Exercise**

10th: **Exercising Your Mind and Book Club**

11th: **Poison Control**

12th: **Book Club**

13th: **Face-to-Face Friday**

16th: **On the Move: Exercise**

17th: **Bingo and Book Club**

18th: **Robo de identidad**

23rd: **On the Move: Exercise**

24th: **Exercising Your Mind and Book Club**

26th: **What You Should and Shouldn't Do on Facebook**

27th: **Face-to-Face Friday**

30th: **On the Move: Exercise**



EVERY OTHER TUESDAY
June 3rd and 17th 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

Scan to Join!



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



Contact Us

(888) 299-8915

JUNE 2025



Hot Topics

THIS MONTH'S
FEATURED
WORKSHOPS

Monday, June 2

Social Emotional Learning

- What is SEL?
- Self-regulation
- Social awareness
- Relationship skills
- Responsible decision-making



Tuesday, June 3 and 17

Why Have Renters Insurance

- Renters insurance costs
- What is insurance and risk?
- Introduction to renters insurance
- Options for payouts
- Types of coverage
- What is covered?
- What is not covered?
- The sign-up process



Thursday, June 5

10 Ways to Be Tech Savvy

- Browser basics
- Search engines
- Word processing
- Spreadsheets
- Virus/malware scanning
- Keyboard commands
- Basic hardware terms
- Simple networking diagnosis
- Connecting hardware
- Security 101



Monday, June 9

How to Leave Toxic Relationships

- What is a toxic relationship?
- Red flags of toxicity
- Why do people stay?
- Leaving is a process
- Serving others
- Support resources



Tuesday, June 10 and 24

5 Tips for Changing Jobs

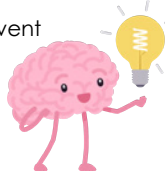
- Do not react
- Short- and long-term goals
- Common mistakes
- The grass is not always greener
- Happiness



Thursday, June 12

Memory Support

- Defining Alzheimer's
- 10 early signs and symptoms of Alzheimer's
- 10 warning signs of Alzheimer's
- 6 things to prevent memory loss



Monday, June 16

How to Become a Teacher

- What is a teacher certification?
- Certification options
- The process to become a licensed teacher



Monday, June 23

Bed Bugs Awareness and Prevention

- 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



Thursday, June 26

Get Help: Resource Support

- National resources and benefits
- How to find state and local resources
- How to use the Internet to find what you need
- How to mentally survive parenting
- Support resources



Monday, June 30

Introduction to Sign Language

- Basic greetings
- Know your manners
- Essential words and phrases



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**.

JUNE 2025




STRONGER TOGETHER:

*Building Bridges in
Our Community*

**This June, we are focusing
on diversity and inclusion
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





Rainbow Fitness

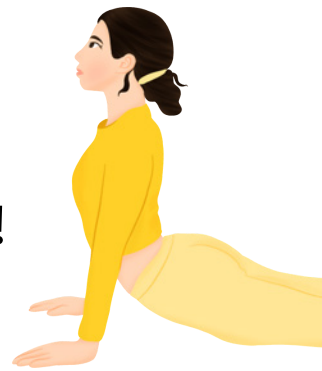
Free, Live Streaming Exercise Classes

New Class Styles Every Month!

JUNE 2025

PILATES

**Sculpt, Tone, and Renew Your Body!
with Your Ideal Fit**



**Every Friday in
June**

12:30–1:15 p.m. CST

10:30 – 11:15 a.m. PST

11:30 a.m. – 12:15 p.m. MST

1:30–2:15 p.m. EST


All classes are beginner-friendly. No equipment required!



How It Works:

- 1 Scan the QR code
- 2 Enter all fields to register
- 3 Access from any internet-connected device



 (888) 299-8915

www.rainbowhousing.org

 @rainbowhousinglife

 @rainbowhousing

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: 62025**

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

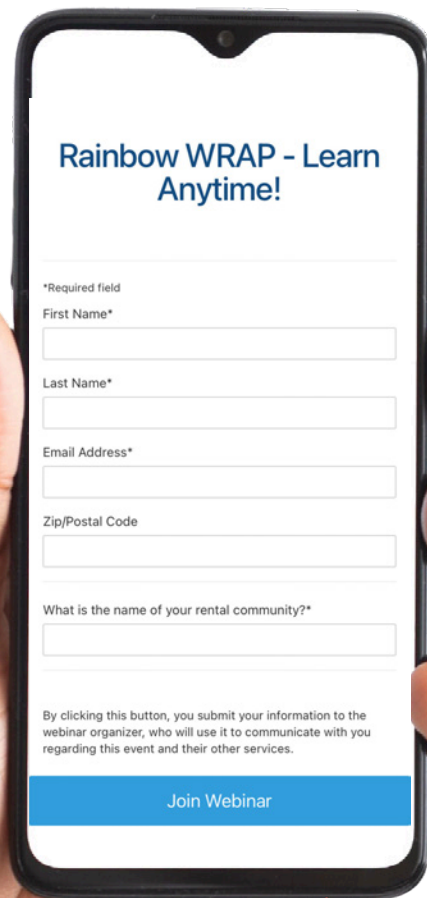


**If you do not have Internet or dial-
in capability, handouts are available
in the leasing office or see your
Resident Services Coordinator.**

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

