

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

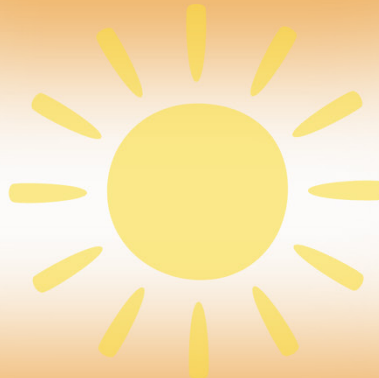
-Learn To Be: one-on-one live tutoring in all subjects. Available for all school-aged youth. Contact Rainbow to join.



**Scan to Sign-Up!**













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

## 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](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

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

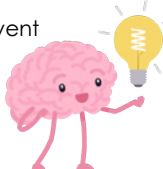
- Do not react
- Short- and long-term goals
- Common mistakes
- The grass is not always greener
- Happiness



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

 @rainbowhousinglife

 @rainbowhousing





# Rainbow Fitness

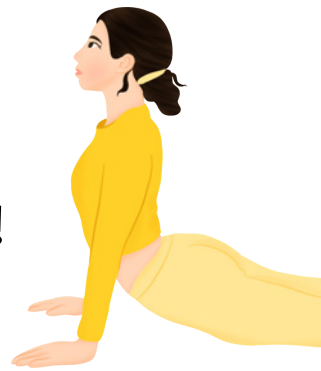
Free, Live Streaming Exercise Classes

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

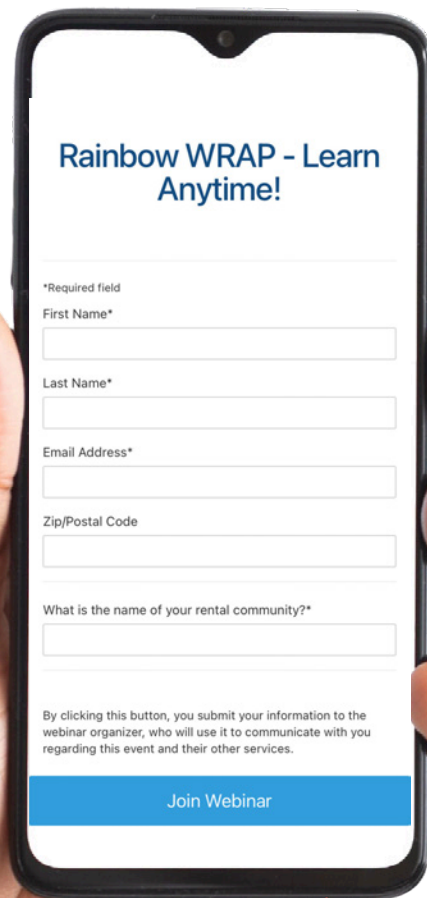


**If you do not have Internet or dial-  
in capability, handouts are available  
in the leasing office or see your  
Resident Services Coordinator.**

# 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!

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

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



**RAINBOW**

