



NATIONAL MENTAL HEALTH AWARENESS MONTH



Senior Circle Workshops

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

Facebook LINK:

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

- 3rd: Taking Time for Self-Care
- 6th: On the Move: Exercise
- 7th: Bingo
- 13th: On the Move: Exercise
- 14th: Exercising Your Mind
- 15th: Understanding Mental Health in Seniors
- 17th: Kindness Matters
- 20th: On the Move: Exercise
- 21st: Bingo
- 23rd: Can Hearing Loss Affect Mental Health
- 24th: Stress: What Causes It?
- 28th: Exercising Your Mind
- 29th: Healthy Food Habits
- 31st: Coffee and Current Events

May 2024



**Every other Tuesday
May 7th
May 21st
at 11 a.m. CT**

1. On a smart phone 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

For more information contact us at (888) 299-8915

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
<p>WHEN YOU TAKE CARE OF YOURSELF, YOU'RE A BETTER PERSON FOR OTHERS. WHEN YOU FEEL GOOD ABOUT YOURSELF, YOU TREAT OTHERS BETTER. - SOLANGE KNOWLES</p>					Supportive Senior Services 11:15 a.m.	
5	6	7	8	9	10	11
	On the Move: Exercise 11 a.m.					
12	13	14	15	16	17	18
	On the Move: Exercise 11 a.m.	Exercising Your Mind 11 a.m.	Health and Nutrition 11 a.m.		Motivational 11:15 a.m.	
19	20	21	22	23	24	25
	On the Move: Exercise 11 a.m.			Knowledge Is Power 11 a.m.	Motivational 11:15 a.m.	
26	27	28	29	30	31	1
		Exercising Your Mind 11 a.m.	Health and Nutrition 11 a.m.		Coffee and Current Events 11:15 a.m.	
<p>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)</p>						8