



**JANUARY 2024**

**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/>

- 2nd: Bingo
- 3rd: Foods That Help with Eyesight
- 5th: How to Make a Spending Plan
- 8th: On the Move: Exercise
- 9th: Exercising Your Mind
- 11th: Glaucoma: The Sneak Thief of Sight
- 12th: Ways to Declutter
- 16th: Bingo
- 17th: The Aging Eye: Age-Related Eye Diseases and Conditions
- 19th: Goal Planning
- 22nd: On the Move: Exercise
- 23rd: Exercising Your Mind
- 26th: Coffee and Current Events
- 29th: On the Move: Exercise
- 30th: Bingo



**Every other Tuesday**  
**January 2**  
**January 16**  
**January 30**  
**at 11 a.m. CT**

1. On a smart phone 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/community name

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

**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 	3 Health and Nutrition 11 a.m.	4	5 Supportive Senior Services 11 a.m.	6
7	8 On the Move: Exercise 11 a.m.	9 Exercising Your Mind 11 a.m.	10	11 Knowledge Is Power 11 a.m.	12 Motivational 11 a.m.	13
14	15 	16 	17 Health and Nutrition 11 a.m.	18	19 Motivational 11 a.m.	20
21	22 On the Move: Exercise 11 a.m.	23 Exercising Your Mind 11 a.m.	24	25	26 Coffee and Current Events 11 a.m.	27
28 	29 On the Move: Exercise 11 a.m.	30 	31	1	2	3