



APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Stepping Up Your Nutrition 10:00 a.m. - 12:30 p.m. Engage with Shakespeare's Antony and Cleopatra 1:00 p.m. - 2:00 p.m.	2 Tai Chi 1:00 p.m. - 2:00 p.m.	3
6	7	8 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m.	9 Lunch & Learn: Exploring the Differences Between DO and MD Physicians with Bianca Estropia, DO 12:00 p.m. - 1:30 p.m.	10 Introduction to Genealogy 10:00 a.m. - 11:00 a.m. Game Time 1:00 p.m. - 3:00 p.m.
13 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	14 Yoga Class 10:00 a.m. - 11:00 a.m. or 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. or 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. or 1:00 p.m.-1:45 p.m.	15 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	16	17
20	21	22 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m. A Better Health Program: Grounds for Sculpture Tile Painting & Wellness Walk 1:00 p.m. - 2:00 p.m.	23	24 A Better Health Program: Grounds for Sculpture Tile Painting & Wellness Walk 10:30 a.m. - 11:30 a.m. Game Time 1:00 p.m. - 3:00 p.m.
27 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	28 Yoga Class 10:00 a.m. - 11:00 a.m. or 2:45 p.m. - 3:30 p.m. Meditation Class 11:15 a.m. - 11:45 a.m. or 2:00 p.m. - 2:30 p.m. Chair Yoga 12:00 p.m. - 12:45 p.m. or 1:00 p.m.-1:45 p.m.	29 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Engage with Shakespeare's Antony and Cleopatra 1:00 p.m. - 2:00 p.m.	30 Breakfast & Learn: Tinnitus Diagnosis and Management Options, with Audiologist Caitlin Yesis, AuD, CCC-A 10:00 a.m. - 11:30 a.m. Tai Chi 1:00 p.m. - 2:00 p.m.	

Must be a Better Health Member to attend

A free program for individuals 65+ that integrates health, wellness and education into a welcoming and friendly activity, class, group event or support service to engage the mind, encourage movement and promote reflection. Participate as much or as little as you want, bring your friends or meet new friends, go on outings, and learn from doctors and professionals who prioritize your well-being. Healthy aging is a choice that requires nurturing of the body, mind, and spirit. The Better Health Program focuses on the whole person to create a personalized approach to wellness that is right for you.

The Better Health Program* is located at RWJ Fitness & Wellness Center, 3100 Quakerbridge Road, Hamilton, New Jersey.



Scan this QR code with your smartphone to register and become a member or call 609-584-5900 or email bhprogram@rwjbh.org to learn more.