



# NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>3</b>	<b>4</b>	<b>5</b> A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.  Gentle Jazz Dance Class 12:00 p.m. - 1:00 p.m.	<b>6</b>   Tai Chi Class 1:00 p.m. - 2:00 p.m.	<b>7</b>   Nourish Your Brain: Cooking for Brain Health 11:00 a.m. - 12:30 p.m.  Game Time 1:00 p.m. - 3:00 p.m.
<b>10</b>  Lunch & Learn with Bianca Estropia, D.O., Mobility and Fall Prevention 12:00 p.m. - 1:30 p.m.	<b>11</b>  Yoga Class 10:00 a.m. - 11:00 a.m.  Meditation Class 11:15 a.m. - 11:45 a.m.  Chair Yoga 12:00 p.m. - 12:45 p.m.	<b>12</b>  A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	<b>13</b>	<b>14</b>  Ageless Grace: Seated Exercise for the Brain & Body 1:00 p.m. - 2:00 p.m.
<b>17</b>	<b>18</b>  Yoga Class 10:00 a.m. - 11:00 a.m.  Meditation Class 11:15 a.m. - 11:45 a.m.  Chair Yoga 12:00 p.m. - 12:45 p.m.	<b>19</b>  Friendsgiving Lunch 12:00 p.m. - 2:00 p.m.	<b>20</b>   Tai Chi Class 1:00 p.m. - 2:00 p.m.	<b>21</b>   Game Time 1:00 p.m. - 3:00 p.m.
<b>24</b>	<b>25</b>  Ageless Grace: Seated Exercise for the Brain & Body 10:00 a.m. - 11:00 a.m.	<b>26</b>  A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	<b>27</b> 	<b>28</b>

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](tel:609-584-5900) or email [bhprogram@rwjbh.org](mailto:bhprogram@rwjbh.org) to learn more.

\*All programs will be held at the RWJ Fitness & Wellness Center at 3100 Quakerbridge Road in Hamilton unless otherwise noted in the program description. All programs can be found online at [rwjbh.org/HamiltonPrograms](http://rwjbh.org/HamiltonPrograms).