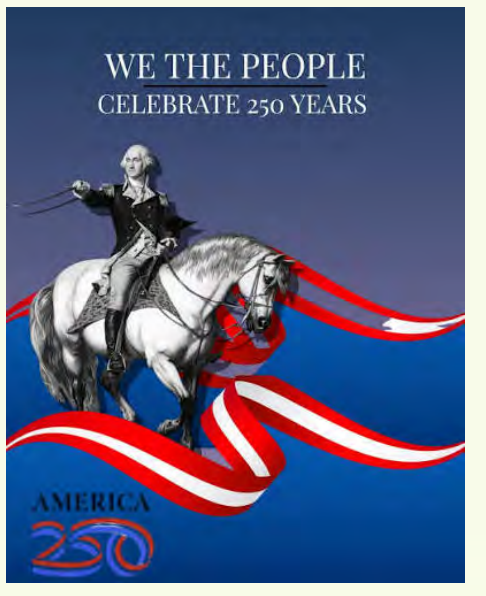




Robert Wood Johnson University Hospital Hamilton Better Health Program



JULY 2026







MONDAY

TUESDAY

WEDNESDAY

THURSDAY

		1 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	2 Tai Chi 1:00 p.m. - 2:00 p.m.	3
6 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	7	8 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m. Chair Yoga Dance Noon - 1:00 p.m.	9 Genealogy Workgroup 10:00 a.m. to 11:30 a.m.	10 Game Time 1:00 p.m. - 3:00 p.m.
13	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. A Better Health Program: Grounds for Sculpture Mandala Workshop 1:00 p.m. - 2:30 p.m.	16 A Better Health Program: Grounds for Sculpture Mandala Workshop 10:30 a.m. - Noon	17
20 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	21 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.	22 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	23 Tai Chi 1:00 p.m. - 2:00 p.m.	24 Socrates Café 11:00 a.m. to Noon Game Time 1:00 p.m. - 3:00 p.m.
27	28	29 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	30 	31 

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.

*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.