



MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	Yoga Class 3 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.	A Social Hour 4 Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m.	Lunch & Learn: 5 Mobility and Fall Prevention with Bianca Estropia, DO 12:00 p.m. - 1:30 p.m.	6
9 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	10	11	Socrates Café 12 10:00 a.m. - 11:00 a.m. Tai Chi Class 1:00 p.m. - 2:00 p.m.	13 Game Time 1:00 p.m. - 3:00p.m.
16	Yoga Class 17 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.	A Social Hour 18 Especially for Seniors 10:00 a.m. - 11:00 a.m. Gentle Jazz Class 12:00 p.m. - 1:00 p.m.	Gambling Awareness Month: Digitized & at Your Fingertips 19 10:00 a.m. - 11:00 a.m. Tai Chi Class 1:00 p.m. - 2:00 p.m.	20 Intergenerational Meetup Lunch and Social 12:00 p.m. - 1:30 p.m.
23 Ageless Grace: Seated Exercise for Brain & Body 10:00 a.m. - 11:00 a.m.	24	25 A Social Hour Especially for Seniors 10:00 a.m. - 11:00 a.m.	Lunch and Learn: Healthy Aging and Medication Safety with Gabriela Alvarez, PharmD, BCPS, BCGP 26 12:00 p.m. - 1:30 p.m.	27 Game Time 1:00 p.m. - 3:00p.m.
30	Yoga Class 31 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.			

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.