Rediscover your Mind, Body & Spirit in Retirement

Better Health Program

Complimentary Membership at 65+ years old



Robert Wood Johnson University Hospital Hamilton

Better Health Program



NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Ageless Grace: Seated Exercise for Brain & Body** 10:00 a.m. - 11:00 a.m.	**3** **Lunch & Learn: Nutrition 101: Holiday Tips** 12:00 Noon- 1:30 p.m.	**4** **A Social Hour Especially for Seniors** 10:00 a.m. - 11:00 a.m.	**5** **Genealogy Workgroup** 10:00 a.m. - 11:30 a.m. **Tai Chi** 1:30 p.m. - 2:30 p.m.	**6** **Learn to Recognize Potential Scams and More** 11:00 a.m. - 12:00 p.m. **Game Time** 1:00 p.m. - 3:00 p.m.
9 **Lunch & Learn: Improving Sleep and Insomnia** 12:00 Noon - 1:30 p.m.	**10** **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.	**11** **A Social Hour Especially for Seniors** 10:00 a.m. - 11:00 a.m. **Chair Yoga Dance** 12:00 Noon - 1:00 p.m.	**12**	**13** **Diamond Painting Workgroup** 10:00 a.m. - 11:30 a.m.
16 **Ageless Grace: Seated Exercise for Brain & Body** 10:00 a.m. - 11:00 a.m.	**17** **Lunch & Learn: Maintaining Healthy Hips with Age** 12:00 Noon- 1:30 p.m.	**18** **A Social Hour Especially for Seniors** 10:00 a.m. - 11:00 a.m.	**19** **Friendsgiving Lunch** 12:00 Noon - 2:00 p.m. 	**20** **Socrates Café** Noon to 1:00 p.m. **Game Time** 1:00 p.m. - 3:00 p.m.
23	**24** **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.	**25** **A Social Hour Especially for Seniors** 10:00 a.m. - 11:00 a.m.	**26** 	**27**
30 				

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.**

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