

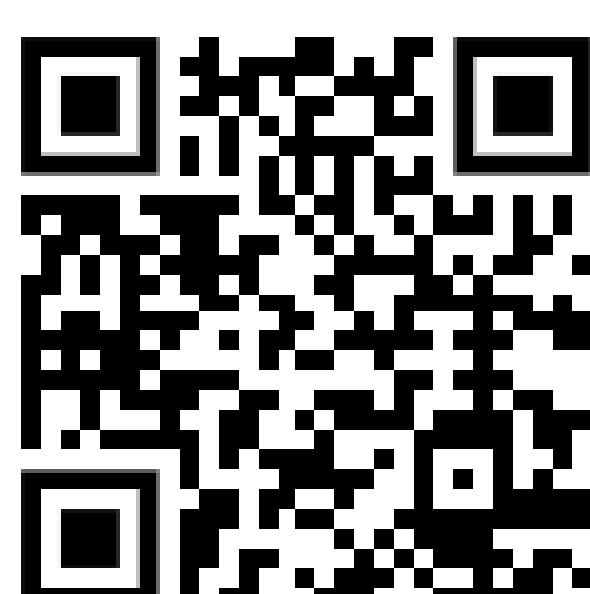


FEBRUARY 2026

RWJUH Hamilton Community Education Programs



DATE	EVENT NAME	BEGIN	END	LOCATION
2/2/26	AARP Driving Course	9:00 AM	3:00 PM	Conference Room B
2/2/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
2/2/26	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
2/2/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/2/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
2/3/26	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
2/3/26	Breast Cancer Support Group	6:00 PM	7:30 PM	Classroom 3
2/4/26	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
2/5/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
2/6/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/6/26	Ask the Dietitian - call 609-584-5900 for appointment	1:00 PM	4:00 PM	Consult Room #2
2/9/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
2/9/26	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
2/9/26	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
2/9/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/9/26	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
2/9/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
2/10/26	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
2/10/26	Dinner With A Doctor: Men's Wellness Edition	4:30 PM	5:30 PM	Conference Room A / B
2/11/26	Ask the Dietitian - call 609-584-5900 for appointment	5:00 PM	8:00 PM	Consult Room #2
2/11/26	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
2/12/26	Discover the Link Between Hearing Loss & Dementia	11:00 AM	12:00 PM	Conference Room A
2/13/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/13/26	Snack and Chat - Matters of the Heart	1:00 PM	2:00 PM	Conference Room A
2/16/26	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
2/16/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/17/26	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
2/17/26	Color Me Hoopy: Hoola-Hooping for Fun & Fitness!	1:00 PM	2:00 PM	Conference Room A / B
2/18/26	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3 C
2/18/26	L.E.T.S. Save Lives: An Introduction to Suicide Prevention for all Communities	5:30 PM	7:30 PM	Conference Room A
2/19/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
2/19/26	Heart and Soul - Slide Into Better Health!	6:00 PM	8:00 PM	Conference Room A / B
2/20/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/21/26	Global Grooves: Foot Loose & Fancy-Free Line Dancing	11:00 AM	12:00 PM	Conference Room A / B
2/23/26	Balance and Hearing Screenings - call 609-245-7390 for appointment	9:00 AM	12:00 PM	Offsite: hearing & Balance Ctr
2/23/26	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
2/23/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/24/26	Stroke Support Group	4:00 PM	5:00 PM	Conference Room A
2/24/26	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
2/25/26	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Classroom 2 / 3
2/25/26	Reiki Share	6:30 PM	8:30 PM	Conference Room B
2/26/26	Wise Women Discussion Group: "What are your Healthy Boundaries?"	1:30 PM	2:30 PM	Classroom 2 / 3
2/26/26	Experience the Energy of Your Chakras	6:00 PM	7:30 PM	Classroom 2 / 3
2/27/26	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
2/27/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
2/27/26	Heart-Healthy Nutrition	1:00 PM	2:00 PM	Healthy Cooking Classroom



Scan QR code to view & register on-line for the programs listed. Visit rwjbh.org/HamiltonPrograms Email: CommunityEdHam@rwjbh.org Call 609-584-5900 to learn more

RWJBarnabas
HEALTH

Robert Wood Johnson
University Hospital
Hamilton

Let's be healthy together.