


# NOVEMBER 2026




## RWJUH Hamilton Community Education Programs

| EVENT DATE | EVENT NAME | EVENT BEGIN | EVENT END | PRIMARY ROOM |
|---|---|---|---|---|
| 11/2/26 | RWJUHH Volunteer Knitting and Crocheting Group | 12:00 PM | 3:00 PM | Computer Lab |
| 11/2/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/3/26 | Alzheimer's Support Group | 2:00 PM | 3:00 PM | Classroom 1 |
| 11/3/26 | Breast Cancer Support Group - Call 609-584-6680 to confirm attendance. | 6:00 PM | 7:00 PM | Classroom 3 |
| 11/4/26 | Creative Arts: Community Crafter's Circle | 2:00 PM | 4:00 PM | Classroom 2 / 3 |
| 11/4/26 | Caregiver Support Group | 5:30 PM | 6:30 PM | Classroom 1 |
| 11/5/26 | Grief & Loss Support Group | 1:30 PM | 2:30 PM | Classroom 2 / 3 |
| 11/6/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/9/26 | Caring for Loved Ones with Chronic Conditions | 10:30 AM | 11:30 AM | Classroom 2 / 3 |
| 11/9/26 | RWJUHH Volunteer Knitting and Crocheting Group | 12:00 PM | 3:00 PM | Computer Lab |
| 11/9/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/9/26 | Small Steps Towards a Healthier Lifestyle | 2:00 PM | 3:00 PM | Classroom 2 / 3 |
| 11/9/26 | Wii Games | 4:00 PM | 5:00 PM | Conference Room A / B |
| 11/9/26 | Adult Children Caring for Parents | 5:30 PM | 6:30 PM | Classroom 1 |
| 11/10/26 | Letting Go of Clutter | 1:30 PM | 2:30 PM | Classroom 1 |
| 11/10/26 | Bariatric Weight Loss Support Group | 6:00 PM | 7:00 PM | Healthy Cooking Classroom |
| 11/10/26 | Sound Healing Seminar | 6:00 PM | 7:00 PM | Conference Room A |
| 11/12/26 | Wise Women Discussion Group | 1:30 PM | 2:30 PM | Classroom 2 / 3 |
| 11/13/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/16/26 | RWJUHH Volunteer Knitting and Crocheting Group | 12:00 PM | 3:00 PM | Computer Lab |
| 11/16/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/17/26 | Prediabetes Connect Group | 11:30 AM | 12:30 PM | Classroom 1 |
| 11/17/26 | Gynecological Support Group - Call 609-584-6680 to register | 2:00 PM | 3:30 PM | Offsite Cancer Center |
| 11/17/26 | Menopause and Perimenopause: Separating Fact from Fiction | 5:30 PM | 7:00 PM | Conference Room A / B |
| 11/18/26 | Mindfulness Meditation for Beginners | 1:00 PM | 1:45 PM | Classroom 2 / 3 |
| 11/18/26 | Alzheimer's Support Group | 6:00 PM | 7:00 PM | Classroom 1 |
| 11/19/26 | Your Voice Matters: Discover SPEAK OUT! ® | 11:00 AM | 12:00 PM | Classroom 1 |
| 11/19/26 | Grief & Loss Support Group | 1:30 PM | 2:30 PM | Classroom 2 / 3 |
| 11/20/26 | Wii Games | 10:00 AM | 11:00 AM | Conference Room A / B |
| 11/20/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/23/26 | Caring for Loved Ones with Chronic Conditions | 10:30 AM | 11:30 AM | Computer Lab |
| 11/23/26 | RWJUHH Volunteer Knitting and Crocheting Group | 12:00 PM | 3:00 PM | Computer Lab |
| 11/23/26 | Bridge Club | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/23/26 | Creative Arts: The Thankful Box | 2:30 PM | 4:00 PM | Classroom 2 / 3 |
| 11/23/26 | Adult Children Caring for Parents | 5:30 PM | 6:30 PM | Classroom 2 / 3 |
| 11/24/26 | Stroke Support Group | 11:00 AM | 12:00 PM | Healthy Cooking Classroom |
| 11/24/26 | The Power of Food: Nutrition Strategies for Diabetes | 6:00 PM | 7:00 PM | Healthy Cooking Classroom |
| 11/30/26 | Monthly Balance Screenings - Call 609-245-7390 to schedule an appointment. | 9:00 AM | 12:00 PM | Offsite - Hearing & Balance Center |
| 11/30/26 | Monthly Hearing Screenings - Call 609-245-7390 to schedule an appointment. | 12:00 PM | 3:00 PM | Computer Lab |
| 11/30/26 | RWJUHH Volunteer Knitting and Crocheting Group | 12:00 PM | 3:00 PM | Classroom 1 |
| 11/30/26 | Bridge Club | | | |

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