



OCTOBER 2026



RWJUH Hamilton Community Education Programs

EVENT DATE	EVENT NAME		EVENT BEGIN	EVENT END	PRIMARY ROOM
10/2/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/5/26	AARP Driving Course		9:00 AM	3:00 PM	Conference Room B
10/5/26	Caring for Loved Ones with Chronic Conditions		10:30 AM	11:30 AM	Classroom 2 / 3
10/5/26	RWJUHH Volunteer Knitting and Crocheting Group		12:00 PM	3:00 PM	Computer Lab
10/5/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/5/26	Ask the Dietitian - By appointment only.		1:00 PM	4:00 PM	Consult Room #2
10/5/26	Adult Children Caring for Parents		5:30 PM	6:30 PM	Classroom 2 / 3
10/5/26	In Your BREAST Interest: Bloom with Knowledge		5:30 PM	7:30 PM	Conference Room A / B
10/6/26	Alzheimer's Support Group		2:00 PM	3:00 PM	Classroom 1
10/6/26	Fall Mini Medical School - week 4		6:00 PM	7:00 PM	Conference Room A / B
10/6/26	Breast Cancer Support Group - Call 609-584-6680 to confirm attendance.		6:00 PM	7:00 PM	Classroom 3
10/7/26	Women's Book Club: The Briar Club by Kate Quinn		1:00 PM	2:30 PM	Classroom 1
10/7/26	Creative Arts: Community Crafter's Circle		2:00 PM	4:00 PM	Classroom 2 / 3
10/7/26	Caregiver Support Group		5:30 PM	6:30 PM	Classroom 1
10/8/26	Grief & Loss Support Group		1:30 PM	2:30 PM	Classroom 2 / 3
10/9/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/12/26	The Power of Food: Nutrition Strategies for Diabetes		11:00 AM	12:00 PM	Healthy Cooking Classroom
10/12/26	RWJUHH Volunteer Knitting and Crocheting Group		12:00 PM	3:00 PM	Computer Lab
10/12/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/12/26	Wii Games		4:00 PM	5:00 PM	Conference Room A / B
10/13/26	Ostomy Support Group - Call 609-286-3826 to confirm attendance.		6:00 PM	7:30 PM	Offsite - RWJBH Hamilton
10/13/26	Fall Mini Medical School - week 5		6:00 PM	7:00 PM	Conference Room A / B
10/14/26	Dinner with the Doctor: Built to Last: Tips on Preventing & Managing Knee and Shoulder Pain		6:00 PM	7:30 PM	Conference Room A / B
10/15/26	Your Voice Matters: Discover SPEAK OUT! ®		11:00 AM	12:00 PM	Classroom 1
10/16/26	Everyday Nutrition: Building Healthy Habits - week 1		11:00 AM	12:00 PM	Healthy Cooking Classroom
10/16/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/19/26	Caring for Loved Ones with Chronic Conditions		10:30 AM	11:30 AM	Classroom 2 / 3
10/19/26	RWJUHH Volunteer Knitting and Crocheting Group		12:00 PM	3:00 PM	Computer Lab
10/19/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/19/26	Ask the Dietitian - By appointment only.		1:00 PM	4:00 PM	Consult Room #2
10/19/26	Adult Children Caring for Parents		5:30 PM	6:30 PM	Classroom 2 / 3
10/20/26	Prediabetes Connect Group		11:30 AM	12:30 PM	Healthy Cooking Classroom
10/20/26	Letting Go of Clutter		1:30 PM	2:30 PM	Classroom 1
10/20/26	Gynecological Support Group - Call 609-584-6680 to register		2:00 PM	3:30 PM	Offsite Cancer Center
10/20/26	Fall Mini Medical School - week 6		6:00 PM	7:00 PM	Conference Room A / B
10/21/26	Mindfulness Meditation for Beginners		1:00 PM	1:45 PM	Healthy Cooking Classroom
10/21/26	Alzheimer's Support Group		6:00 PM	7:00 PM	Classroom 1
10/22/26	Grief & Loss Support Group		1:30 PM	2:30 PM	Classroom 2 / 3
10/22/26	Wise Women Discussion Group		1:30 PM	2:30 PM	Classroom 1
10/22/26	Autumn Sound Healing Session - Fee: \$15. Must preregister and pay online.		6:00 PM	7:15 PM	Conference Room A / B
10/23/26	Wii Games		10:00 AM	11:00 AM	Conference Room A / B
10/23/26	Everyday Nutrition: Building Healthy Habits - week 2		11:00 AM	12:00 PM	Healthy Cooking Classroom
10/23/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/26/26	Monthly Balance Screenings - Call 609-245-7390 to schedule an appointment		9:00 AM	12:00 PM	Offsite - Hearing & Balance Center
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10/26/26	RWJUHH Volunteer Knitting and Crocheting Group		12:00 PM	3:00 PM	Computer Lab
10/26/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1
10/26/26	Ask the Dietitian - By appointment only.		5:00 PM	8:00 PM	Consult Room #2
10/27/26	Stroke Support Group		11:00 AM	12:00 PM	Classroom 2 / 3
10/27/26	Heart-Healthy Nutrition		1:00 PM	2:00 PM	Healthy Cooking Classroom
10/27/26	Creative Arts: The Tree of Life Portrait		2:30 PM	4:00 PM	Classroom 2 / 3
10/27/26	The Power of Food: Nutrition Strategies for Diabetes		6:00 PM	7:00 PM	Healthy Cooking Classroom
10/28/26	Caregiver Conference: Caring for the Caregiver		9:00 AM	12:00 PM	Conference Room A / B
10/28/26	Reiki Share		6:30 PM	8:30 PM	Classroom 2 / 3
10/30/26	Everyday Nutrition: Building Healthy Habits - week 3		11:00 AM	12:00 PM	Healthy Cooking Classroom
10/30/26	Bridge Club		12:00 PM	3:00 PM	Classroom 1



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



Robert Wood Johnson
University Hospital
Hamilton