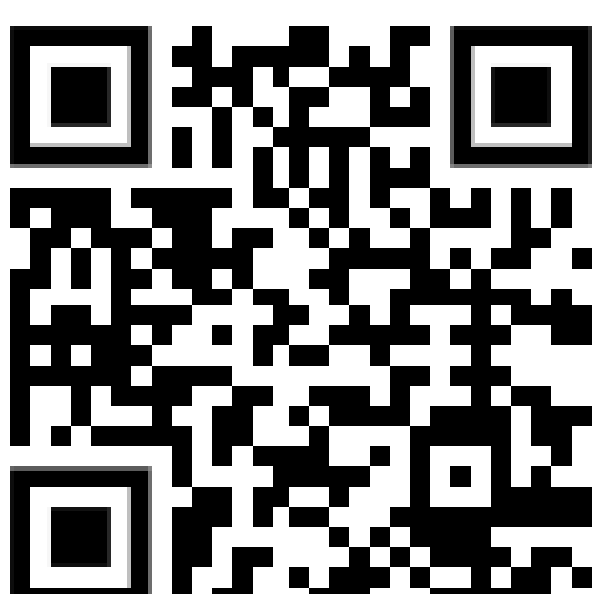


APRIL 2026

RWJUH Hamilton Community Education Programs



DATE	EVENT NAME	BEGIN	END	LOCATION
4/1/2026	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
4/2/2026	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
4/2/2026	Developing Your Intuition - Part One - Fee: \$15	6:00 PM	8:00 PM	Classroom 2 / 3
4/3/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/6/2026	AARP Safe Driving Course - Fee: \$20 AARP members / \$25 non-members	9:00 AM	3:00 PM	Conference Room B
4/6/2026	Caring for Loved Ones with Chronic Conditions: Homecare vs. Placement	10:30 AM	11:30 AM	Classroom 2 / 3
4/6/2026	Knitting Group	12:00 PM	3:00 PM	Computer Lab
4/6/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/6/2026	Ask the Dietitian - Email CommunityEdHam@rwjbh.org for appt.	1:00 PM	4:00 PM	Consult Room #2
4/6/2026	Adult Children Caring for Parents: Coping with Memory Loss	5:30 PM	6:30 PM	Classroom 2 / 3
4/7/2026	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
4/7/2026	Crystal Bowl Sound Immersion - Fee: \$15	6:00 PM	7:15 PM	Conference Room A / B
4/7/2026	Breast Cancer Support Group	6:00 PM	7:30 PM	Classroom 3
4/8/2026	Recycling in New Jersey, Fact or Fiction?	1:00 PM	2:30 PM	Conference Room B
4/8/2026	Understanding New Jersey's Children's System of Care (CSOC) and CMO Services	6:00 PM	8:00 PM	Conference Room A / B
4/9/2026	Am I at Risk? Type 2 Diabetes Screening - Email CommunityEdHam@rwjbh.org for appt.	4:00 PM	8:00 PM	Consult Room #2
4/10/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/13/2026	Stanford Chronic Disease Self-Management Program - Week 1	10:00 AM	12:30 PM	Healthy Cooking Classroom
4/13/2026	Caring for Loved Ones with Chronic Conditions: Dealing with Challenging Behaviors	10:30 AM	11:30 AM	Classroom 1
4/13/2026	Knitting Group	12:00 PM	3:00 PM	Computer Lab
4/13/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/13/2026	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
4/13/2026	Adult Children Caring for Parents: Signs That Your Loved Ones Might Need Assistance	5:30 PM	6:30 PM	Classroom 2 / 3
4/14/2026	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
4/14/2026	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
4/14/2026	Spring Mini Medical School - Week 1	6:00 PM	7:00 PM	Conference Room A / B
4/15/2026	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
4/15/2026	Ask the Dietitian-Email CommunityEdHam@rwjbh.org for appt.	5:00 PM	8:00 PM	Consult Room #2
4/15/2026	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
4/16/2026	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
4/16/2026	Dinner with a Doctor: The Narrow Path	6:00 PM	7:00 PM	Conference Room A / B
4/16/2026	Developing Your Intuition - Part Two - Fee: \$15	6:00 PM	8:00 PM	Classroom 2 / 3
4/17/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/20/2026	Stanford Chronic Disease Self-Management Program - Wk 2	10:00 AM	12:30 PM	Healthy Cooking Classroom
4/20/2026	Knitting Group	12:00 PM	3:00 PM	Computer Lab
4/20/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/20/2026	Heart-Healthy Nutrition	1:00 PM	2:00 PM	Healthy Cooking Classroom
4/21/2026	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
4/21/2026	Gynecological Support Group - Call 609-584-6680 to register	2:00 PM	3:30 PM	Offsite: Cancer Center
4/21/2026	Spring Mini Medical School - Week 2	6:00 PM	7:00 PM	Conference Room A / B
4/21/2026	Understanding Hand Mudras - Fee: \$15	6:00 PM	7:00 PM	Classroom 2 / 3
4/22/2026	Reiki Share	6:30 PM	8:30 PM	Conference Room B
4/23/2026	Wise Women Discussion Group	1:30 PM	2:30 PM	Classroom 2 / 3
4/24/2026	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
4/24/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/24/2026	Ask the Dietitian-Email CommunityEdHam@rwjbh.org for appt.	1:00 PM	4:00 PM	Consult Room #2
4/27/2026	Stanford Chronic Disease Self-Management Program - Wk 3	10:00 AM	12:30 PM	Healthy Cooking Classroom
4/27/2026	Knitting Group	12:00 PM	3:00 PM	Computer Lab
4/27/2026	Bridge Club - New members welcome	12:00 PM	3:00 PM	Classroom 1
4/27/2026	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Better Health Meeting Room
4/28/2026	Stroke Support Group	11:00 AM	12:00 PM	Healthy Cooking Classroom
4/28/2026	Spring Mini Medical School - Week 3	6:00 PM	7:00 PM	Conference Room A / B
4/29/2026	Monthly Hearing/Balance Screenings-Call 609-245-7390 for appt.	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr
4/29/2026	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 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