

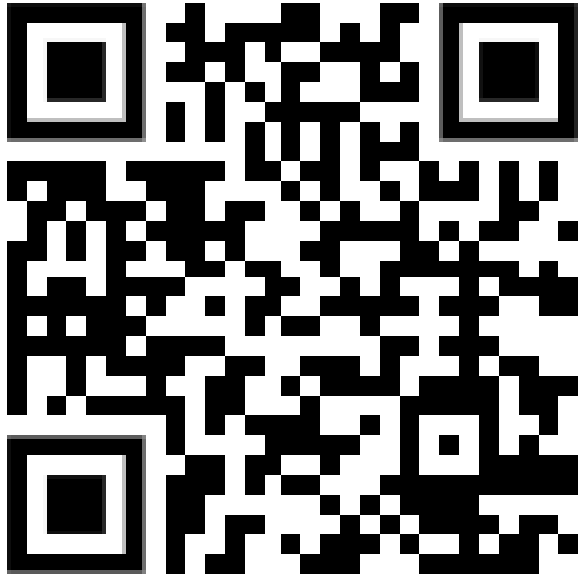


# NOVEMBER 2025



## RWJUH Hamilton Community Education Programs

| DATE     | EVENT NAME   | BEGIN    | END      | LOCATION                        |
|----------|--|----------|----------|---------------------------------|
| 11/3/25  | Caring for Loved Ones with Chronic Conditions:<br>Holidays and Caregiving          | 10:30 AM | 11:30 AM | Computer Lab                    |
| 11/3/25  | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/3/25  | Adult Children Caring for Parents: Seven Stages of<br>Dementia                     | 5:30 PM  | 7:00 PM  | Computer Lab                    |
| 11/4/25  | Alzheimer's Support Group  | 2:00 PM  | 3:00 PM  | Classroom 1                     |
| 11/4/25  | Ask the Dietitian  | 5:00 PM  | 8:00 PM  | Consult Room #2                 |
| 11/4/25  | Breast Cancer Support Group  | 6:00 PM  | 7:30 PM  | Classroom 3                     |
| 11/4/25  | Nicotine and Tobacco Recovery Support Group  | 6:00 PM  | 6:45 PM  | Classroom 1                     |
| 11/5/25  | Basic Car Maintenance  | 1:00 PM  | 2:30 PM  | Conference Room B               |
| 11/5/25  | Caregiver Support Group  | 5:30 PM  | 6:30 PM  | Classroom 1                     |
| 11/5/25  | The Affordable Care Act: What You Need to Know                                     | 6:00 PM  | 7:15 PM  | Classroom 2 / 3                 |
| 11/6/25  | Grief and Loss Support Group   | 1:30 PM  | 2:30 PM  | Classroom 2 / 3                 |
| 11/7/25  | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/10/25 | The Power of Food: Nutrition Strategies for Diabetes                               | 11:00 AM | 12:00 PM | Healthy Cooking Classroom       |
| 11/10/25 | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/10/25 | Wii Games  | 4:00 PM  | 5:00 PM  | Conference Room A / B           |
| 11/11/25 | Letting Go of Clutter  | 1:30 PM  | 2:30 PM  | Classroom 1                     |
| 11/11/25 | Bariatric Weight Loss Support Group  | 6:00 PM  | 7:00 PM  | Healthy Cooking Classroom       |
| 11/11/25 | Nicotine and Tobacco Recovery Support Group  | 6:00 PM  | 6:45 PM  | Classroom 1                     |
| 11/12/25 | Walking Through Grief: Embracing Hope and a<br>Pathway Forward                     | 5:00 PM  | 6:30 PM  | Classroom 2 / 3                 |
| 11/13/25 | Teen and Child Series: Healthy Relationships                                       | 6:00 PM  | 7:30 PM  | Conference Room A               |
| 11/14/25 | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/17/25 | Caring for Loved Ones with Chronic Conditions:<br>Creating a Safe Home Environment | 10:30 AM | 11:30 AM | Computer Lab                    |
| 11/17/25 | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/17/25 | Adult Children Caring for Parents: Holidays and<br>Caregiving                      | 5:30 PM  | 7:00 PM  | Computer Lab                    |
| 11/18/25 | Wii Games  | 10:00 AM | 11:00 AM | Conference Room A / B           |
| 11/18/25 | Prediabetes Connect Group  | 11:30 AM | 12:30 PM | Healthy Cooking Classroom       |
| 11/18/25 | Woman's Book Club: The Tattooist of Auschwitz by<br>Heather Morris                 | 1:00 PM  | 2:30 PM  | Classroom 1                     |
| 11/18/25 | Creative Arts: Junk Journaling   | 2:30 PM  | 4:00 PM  | Classroom 2 / 3                 |
| 11/18/25 | Nicotine and Tobacco Recovery Support Group  | 6:00 PM  | 6:45 PM  | Classroom 1                     |
| 11/18/25 | Dinner With A Doctor: Regenerate, Don't Just Repair!                               | 6:00 PM  | 7:00 PM  | Conference Room A / B           |
| 11/19/25 | Cancer: Thriving and Surviving   | 9:30 AM  | 12:00 PM | Classroom 2 / 3                 |
| 11/19/25 | Wise Woman Discussion Group: Favorite Recipes                                      | 10:30 AM | 11:30 AM | Classroom 1                     |
| 11/19/25 | Mindfulness Meditation for Beginners   | 1:00 PM  | 2:00 PM  | Healthy Cooking Classroom       |
| 11/19/25 | Alzheimer's Support Group  | 6:00 PM  | 7:00 PM  | Classroom 1                     |
| 11/20/25 | Grief and Loss Support Group   | 1:30 PM  | 2:30 PM  | Better Health Meeting Rm.       |
| 11/21/25 | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/24/25 | Bridge Club  | 12:00 PM | 3:00 PM  | Classroom 1                     |
| 11/24/25 | Feed Your Heart: Cooking for Heart Health  | 1:00 PM  | 2:00 PM  | Healthy Cooking Classroom       |
| 11/25/25 | Stroke Support Group   | 4:00 PM  | 5:00 PM  | Conference Room A               |
| 11/25/25 | Nicotine and Tobacco Recovery Support Group  | 6:00 PM  | 6:45 PM  | Classroom 1                     |
| 11/25/25 | The Power of Food: Nutrition Strategies for Diabetes                               | 6:00 PM  | 7:00 PM  | Healthy Cooking Classroom       |
| 11/26/25 | Hearing Screening  | 9:00 AM  | 12:00 PM | Offsite: Hearing & Balance Ctr. |
| 11/26/25 | Balance Screening  | 9:00 AM  | 12:00 PM | Offsite: Hearing & Balance Ctr. |
| 11/26/25 | Cancer: Thriving and Surviving   | 9:30 AM  | 12:00 PM | Classroom 2 / 3                 |
| 11/28/25 | Ask the Dietitian  | 1:00 PM  | 4:00 PM  | Consult Room #2                 |



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the programs listed.  
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Let's be healthy together.

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