



MAY 2026

RWJUH Hamilton Community Education Programs



DATE	EVENT NAME	BEGIN	END	LOCATION
5/1/2026	Intro to Bridge - email CommunityEdHam@rwjbh.org to register	11:00 AM	12:00 PM	Classroom 1
5/1/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/1/2026	Speak Your Truth: Art Gallery	6:00 PM	8:00 PM	Conference Room A / B
5/4/2026	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
5/4/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/5/2026	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
5/5/2026	Breast Cancer Support Group	6:00 PM	7:30 PM	Classroom 3
5/6/2026	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
5/7/2026	Ask the Dietitian - Email CommunityEdHam@rwjbh.org to schedule an appt.	1:00 PM	4:00 PM	Consult Room #2
5/7/2026	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
5/7/2026	Am I at Risk? Type 2 Diabetes Screening - Email CommunityEdHam@rwjbh.org to schedule an appointment	4:00 PM	8:00 PM	Consult Room #2
5/8/2026	Intro to Bridge - email CommunityEdHam@rwjbh.org to register	11:00 AM	12:00 PM	Classroom 1
5/8/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/11/2026	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Computer Lab
5/11/2026	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
5/11/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/11/2026	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
5/11/2026	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
5/12/2026	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
5/12/2026	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
5/12/2026	Bariatric Weight Loss Support Group	6:00 PM	7:00 PM	Healthy Cooking Classroom
5/12/2026	Rent Smart: Understanding Your Lease Agreement	6:00 PM	7:00 PM	Classroom 2 / 3
5/13/2026	Walk and Talk with Doctors	4:00 PM	5:00 PM	Offsite - RWJ Hamilton
5/13/2026	Ostomy Support Group - Call 609-286-3826 to register	6:00 PM	7:30 PM	Offsite - RWJBH Hamilton
5/15/2026	Intro to Bridge - email CommunityEdHam@rwjbh.org to register	11:00 AM	12:00 PM	Classroom 1
5/15/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/18/2026	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 1
5/18/2026	Knitting Groups	12:00 PM	3:00 PM	Computer Lab
5/18/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/18/2026	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
5/19/2026	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
5/19/2026	Gynecological Support Group - Call 609-584-6680 to register	2:00 PM	3:30 PM	Offsite Cancer Center
5/19/2026	The Healing Power of Frequencies with Tuning Forks	6:00 PM	7:30 PM	Classroom 2 / 3
5/20/2026	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
5/20/2026	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
5/21/2026	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 1
5/21/2026	Dinner With A Doctor: Diabetes and Putting Your Best Foot Forward	6:00 PM	7:00 PM	Conference Room A / B
5/22/2026	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
5/22/2026	Intro to Bridge - email CommunityEdHam@rwjbh.org to register	11:00 AM	12:00 PM	Classroom 1
5/22/2026	Bridge Club	12:00 PM	3:00 PM	Classroom 1
5/26/2026	Stroke Support Group	11:00 AM	12:00 PM	Conference Room A
5/26/2026	Crystal Bowl Sound Immersion	6:00 PM	7:15 PM	Conference Room A / B
5/26/2026	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
5/27/2026	Monthly Hearing/Balance Screenings - Call 609-245-7390 to schedule an appt	9:00 AM	12:00 PM	Offsite - Hearing & Balance Ctr
5/27/2026	Woman's Book Club: Becoming Madam Secretary by Stephanie Dray	1:00 PM	2:30 PM	Classroom 1
5/27/2026	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Better Health Meeting Room
5/27/2026	Reiki Share	6:30 PM	8:30 PM	Classroom 2 / 3
5/28/2026	Wise Woman Discussion Group	1:30 PM	2:30 PM	Classroom 1
5/29/2026	Intro to Bridge - email CommunityEdHam@rwjbh.org to register	11:00 AM	12:00 PM	Classroom 1
5/29/2026	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