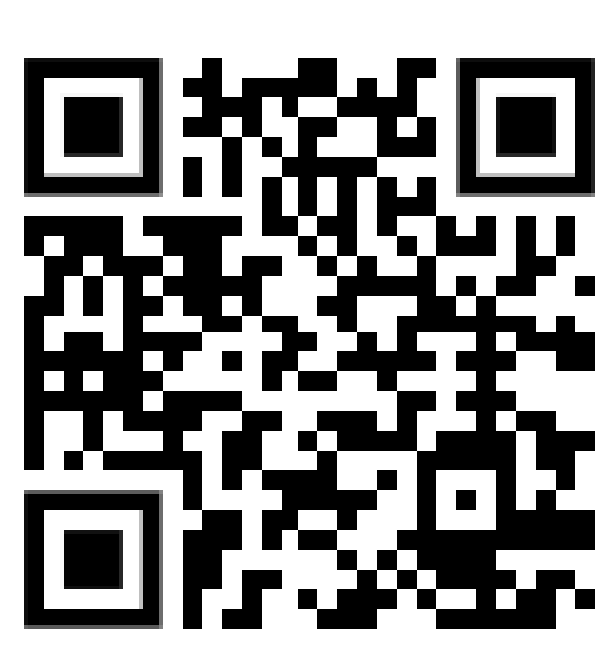


DATE	EVENT NAME	BEGIN	END	LOCATION
12/1/25	AARP Driving Course	9:00 AM	3:00 PM	Conference Room B
12/1/25	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
12/1/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/1/25	Adult Children Caring for Parents	5:30 PM	7:00 PM	Classroom 2 / 3
12/2/25	Alzheimer's Support Group	2:00 PM	3:00 PM	Healthy Cooking Classroom
12/2/25	Breast Cancer Support Group	6:00 PM	7:30 PM	Classroom 3
12/3/25	Cancer: Thriving and Surviving	9:30 AM	12:00 PM	Classroom 2 / 3
12/3/25	Colon Health Lecture and Take-Home Screening Kit	1:30 PM	2:30 PM	Classroom 2 / 3
12/3/25	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
12/3/25	Angels Among Us: Getting Clear Guidance	6:00 PM	8:00 PM	Classroom 2 / 3
12/4/25	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
12/5/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/8/25	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
12/8/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/8/25	Talk Saves Lives: An Introduction to Suicide Prevention	1:00 PM	2:30 PM	Conference Room A
12/8/25	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
12/9/25	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 1
12/9/25	Ask the Dietitian	5:00 PM	8:00 PM	Consult Room #2
12/10/25	Cancer: Thriving and Surviving	9:30 AM	12:00 PM	Classroom 2 / 3
12/10/25	Holiday Card Making	1:30 PM	3:30 PM	Classroom 2 / 3
12/10/25	Sacred Breathwork	6:00 PM	7:15 PM	Conference Room A
12/11/25	Don't Bet Your Future	5:30 PM	6:30 PM	Classroom 2 / 3
12/12/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/13/25	Global Grooves: Bollywood Beats	11:00 AM	12:00 PM	Conference Room A / B
12/15/25	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
12/15/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/15/25	Ask the Dietitian	1:00 PM	4:00 PM	Consult Room #2
12/15/25	Wise Woman Discussion Group	1:30 PM	2:30 PM	Classroom 2 / 3
12/15/25	Adult Children Caring for Parents	5:30 PM	7:00 PM	Classroom 2 / 3
12/16/25	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
12/16/25	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
12/16/25	Gynecological Support Group	2:00 PM	3:30 PM	offsite: Cancer Center
12/16/25	Dinner With A Doctor: The Hidden Connection Between Oral Health and Restful Sleep	5:30 PM	6:30 PM	Conference Room A / B
12/17/25	Cancer: Thriving and Surviving	9:30 AM	12:00 PM	Healthy Cooking Classroom
12/17/25	Mindfulness Meditation for Beginners	1:00 PM	2:00 PM	Classroom 2 / 3
12/17/25	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
12/17/25	Teen and Child Series: Social Media Safety	6:00 PM	7:30 PM	Conference Room A
12/18/25	Grief and Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
12/19/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/22/25	Bridge Club	12:00 PM	3:00 PM	Classroom 1
12/23/25	Cancer: Thriving and Surviving	9:30 AM	12:00 PM	Classroom 2 / 3
12/23/25	Stroke Support Group	4:00 PM	5:00 PM	Conference Room A
12/23/25	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
12/29/25	Heart-Healthy Nutrition	1:00 PM	2:00 PM	Healthy Cooking Classroom
12/30/25	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Classroom 2 / 3



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