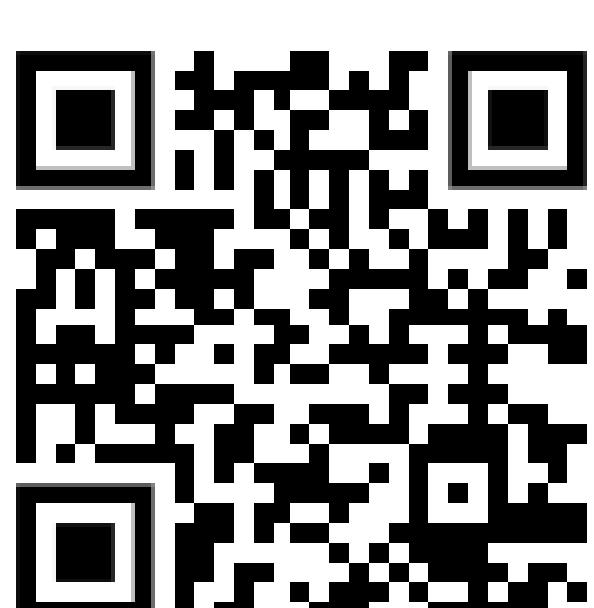


JANUARY 2026

RWJUH Hamilton Community Education Programs

DATE	EVENT NAME	BEGIN	END	LOCATION
1/5/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Computer Lab
1/5/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/5/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Computer Lab
1/6/26	Alzheimer's Support Group	2:00 PM	3:00 PM	Classroom 1
1/7/26	Vision Board Workshop	1:00 PM	3:00 PM	Classroom 2 / 3
1/7/26	Caregiver Support Group	5:30 PM	6:30 PM	Classroom 1
1/7/26	Teen and Child Series: Self-Esteem & Decision Making	6:00 PM	7:30 PM	Conference Room A
1/8/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
1/9/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/9/26	Ask the Dietitian	1:00 PM	4:00 PM	Consult Room #2
1/10/26	Get Covered NJ Marketplace Updates	11:00 AM	12:00 PM	Conference Room A / B
1/10/26	Am I at Risk? Type 2 Diabetes Screening	1:00 PM	4:00 PM	Consult Room #2
1/12/26	Caring for Loved Ones with Chronic Conditions	10:30 AM	11:30 AM	Classroom 2 / 3
1/12/26	The Power of Food: Nutrition Strategies for Diabetes	11:00 AM	12:00 PM	Healthy Cooking Classroom
1/12/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/12/26	Wii Games	4:00 PM	5:00 PM	Conference Room A / B
1/12/26	Adult Children Caring for Parents	5:30 PM	6:30 PM	Classroom 2 / 3
1/13/26	Letting Go of Clutter	1:30 PM	2:30 PM	Classroom 2 / 3
1/13/26	Bariatric Weight Loss Support Group	6:00 PM	7:00 PM	Healthy Cooking Classroom
1/14/26	Ask the Dietitian	5:00 PM	8:00 PM	Consult Room #2
1/14/26	Sound Healing: Himalayan Singing Bowls	6:00 PM	7:15 PM	Conference Room A / B
1/16/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/20/26	Prediabetes Connect Group	11:30 AM	12:30 PM	Healthy Cooking Classroom
1/20/26	Gynecological Support Group	2:00 PM	3:30 PM	offsite: Cancer Center
1/20/26	Internet Safety Class	6:30 PM	8:00 PM	Conference Room A / B
1/21/26	Mindfulness Meditation for Beginners	1:00 PM	1:45 PM	Classroom 2 / 3
1/21/26	Dig In: Your Guide to Growing and Eating Green	6:00 PM	7:00 PM	Healthy Cooking Classroom
1/21/26	Alzheimer's Support Group	6:00 PM	7:00 PM	Classroom 1
1/22/26	Wise Women Discussion Group	1:30 PM	2:30 PM	Classroom 1
1/22/26	Grief & Loss Support Group	1:30 PM	2:30 PM	Classroom 2 / 3
1/23/26	Wii Games	10:00 AM	11:00 AM	Conference Room A / B
1/23/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/26/26	Balance & Hearing Screening - call 609-245-7390 for Appointment	9:00 AM	12:00 PM	Offsite: Hearing & Balance Ctr
1/26/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1
1/26/26	Feed Your Heart: Cooking for Heart Health	1:00 PM	2:00 PM	Healthy Cooking Classroom
1/27/26	Stroke Support Group	4:00 PM	5:00 PM	Conference Room A
1/27/26	The Power of Food: Nutrition Strategies for Diabetes	6:00 PM	7:00 PM	Healthy Cooking Classroom
1/28/26	Woman's Book Club: The Unlikely Pilgrimage of Harold Fry	1:30 PM	3:00 PM	Classroom 2 / 3
1/28/26	Creative Arts: Junk Journaling	2:30 PM	4:00 PM	Better Health Meeting Room
1/28/26	Reiki Share	6:30 PM	8:30 PM	Conference Room B
1/29/26	Dinner With A Doctor: Minutes Matter - Recognizing Heart Attacks and Strokes	6:00 PM	7:00 PM	Conference Room A / B
1/30/26	Bridge Club	12:00 PM	3:00 PM	Classroom 1

HAPPY NEW YEAR 2026!



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

RWJBarnabas
HEALTH

Robert Wood Johnson
University Hospital
Hamilton

Let's be healthy together.