

# MAR2025@MACPHERSON




Brahm Centre @ MacPherson Blk 55 Pipit Road, #01-01 Singapore 370055 Tel: +65 6741 1131

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
30	31  <i>Hari Raya Puasa</i>					1 1:30PM-4:30PM How to be Happy Collaboration with MacPherson CC
2	3 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭  10:30AM-11:30AM HPB Health Talk: How am I feeling today? 健康讲座 - 我今天 心情如何?  2:00PM-4:00PM Walking FoodPedia Program by TTSH (1/4)	4 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活 动  10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌56排舞 课  1:00PM-3:00PM Fun and Games 乐趣和游戏活动	6 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:00PM Movement & Dance 运动和舞 蹈课程  2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动	7 9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约  9:15AM-10:15AM Chair Zumba 椅子尊巴  10:30AM-11:30AM Chair Zumba 椅子尊巴 2 MacPherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 椅子尊巴 3 (HPB)  2:00PM-3:30PM HPB STEADY LAH Program 新加坡健 康促进局 - STEADY LAH 计划	8
9	10 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭  2:00PM-4:00PM Walking FoodPedia Program by TTSH (2/4)	11 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活 动  10:00AM-12:00PM Free Haircuts By Team MDI for MP Seniors 为老年人提供免费理发 服务  10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌56排舞课  1:00PM-3:00PM Fun and Games 乐趣和游戏活动	13 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:00PM Movement & Dance 运动和舞 蹈课程  2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动  3:30PM-5:00PM Monthly Birthday Celebration March 三月生日庆祝活动	14 9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约  9:15AM-10:15AM Chair Zumba 椅子尊巴  10:30AM-11:30AM Chair Zumba 椅子尊巴 2 MacPherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 椅子尊巴 3 (HPB)  2:00PM-3:30PM HPB STEADY LAH Program 新加坡健 康促进局 - STEADY LAH 计划	15
16	17 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭  2:00PM-4:00PM Walking FoodPedia Program by TTSH (3/4)	18 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	19 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课  1:00PM-3:00PM Fun and Games 乐趣和游戏 活动	20 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:00PM Movement & Dance 运动和舞 蹈课程  2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动	21 9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约  9:15AM-10:15AM Chair Zumba 椅子尊巴  10:30AM-11:30AM Chair Zumba 椅子尊巴 2 MacPherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 椅子尊巴 3 (HPB)  2:00PM-3:30PM HPB STEADY LAH Program 新加坡健 康促进局 - STEADY LAH 计划	22 1:00PM-2:00PM Everyday English for Seniors 乐龄日常英语课程
23	24 9:30AM-10:30AM HPB Happy Program Registration Day 新加坡健康 促进局 - HAPPY 计划 (登记日)  10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭  2:00PM-4:00PM Walking FoodPedia Program by TTSH (4/4)	25 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	26 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活 动  10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌56排舞课  1:00PM-3:00PM Fun and Games 乐趣和游戏活动  3:30PM-5:30PM 正念基础课程 Chinese Mindfulness Foundation by Ya Wen 正念基础课程 L1	27 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:00PM Movement & Dance 运动和 舞蹈课程  2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动	28 9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约  9:15AM-10:15AM Chair Zumba 椅子尊巴  10:30AM-11:30AM Chair Zumba 椅子尊巴 2 MacPherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 椅子尊巴 3 (HPB)  12:15PM-1:15PM Simple Zentangle Workshop for BCMP Seniors手工班  2:00PM-3:30PM HPB STEADY LAH Program 新加坡健康促进 局 - STEADY LAH 计划	29 1:00PM-2:00PM Everyday English for Seniors 乐龄日常英语课程

# MAR2025@TAMPINES



Brahm Centre @ Tampines Blk 473 Tampines Street 43, #01-94 Singapore 520473 Tel: +65 6908 2122

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
30	31 <i>Hari Raya Puasa</i> 					1 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽  10:00AM-3:00PM Garden to Fork 101 by Margaret HuangL3
2	3 9:15AM-10:15AM Low Impact Exercise by William (Monday) MARCH- 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 粉彩艺术课程 L7	4 9:15AM-10:15AM Physical Toning Exercise - by William Ong  10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 粉彩艺术课程 L7  10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William  2:00PM-5:00PM Recreation Activities	5 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MARCH- 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	6 9:15AM-10:15AM Happy Drumming (MARCH)  10:30AM-11:30AM Functional Movement Class.  2:00PM-4:00PM Craft Workshop (Thur) 手工班	7 10:00AM-11:00AM Brain and Body Exercises for Seniors (MARCH) 身心活动  11:15AM-12:15PM Happy Dance (MARCH) 快乐舞蹈  2:00PM-5:00PM Recreation Activities (Friday)  2:00PM-5:00PM Recreation Activity 2	8 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽
9	10 9:15AM-10:15AM Low Impact Exercise by William (Monday) MARCH- 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 粉彩艺术课程 L8	11 9:15AM-10:15AM Physical Toning Exercise - by William Ong  10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 粉彩艺术课程 L8  10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William  2:00PM-5:00PM Community Nurse Post 社区护士站  2:00PM-5:00PM Recreation Activities	12 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MARCH- 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴  2:00PM-4:00PM Craft Workshop (Wed) 手工班	13 9:15AM-10:15AM Happy Drumming (MARCH)  10:30AM-11:30AM Functional Movement Class	14 10:00AM-11:00AM Brain and Body Exercises for Seniors (MARCH) 身心活动  11:15AM-12:15PM Happy Dance (MARCH) 快乐舞蹈  2:00PM-5:00PM Recreation Activities (Friday)  2:00PM-5:00PM Recreation Activity 2	15 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽
16	17 9:15AM-10:15AM Low Impact Exercise by William (Monday) MARCH- 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	18 9:15AM-10:15AM Physical Toning Exercise - by William Ong  10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William  2:00PM-5:00PM Recreation Activities	19 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MARCH- 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	20 9:15AM-10:15AM Happy Drumming (MARCH)  10:30AM-11:30AM Functional Movement Class  2:00PM-4:00PM Craft Workshop (Thur) 手工班	21 10:00AM-11:00AM Brain and Body Exercises for Seniors (MARCH) 身心活动  11:15AM-12:15PM Happy Dance (MARCH) 快乐舞蹈  2:00PM-5:00PM Recreation Activities (Friday)  2:00PM-5:00PM Recreation Activity 2	22 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽  2:00PM-4:30PM Holiday Program: Squid Race for Family (7 Yrs old and above)
23	24 9:15AM-10:15AM Low Impact Exercise by William (Monday) MARCH- 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	25 9:15AM-10:15AM Physical Toning Exercise - by William Ong  10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William  2:00PM-5:00PM Recreation Activities	26 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MARCH- 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴  2:00PM-4:00PM Craft Workshop (Wed) 手工班	27 9:15AM-10:15AM Happy Drumming (MARCH)  10:30AM-11:30AM Functional Movement Class	28 10:00AM-11:00AM Brain and Body Exercises for Seniors (MARCH) 身心活动  11:15AM-12:15PM Happy Dance (MARCH) 快乐舞蹈  2:00PM-5:00PM Recreation Activities (Friday)  2:00PM-5:00PM Recreation Activity 2	29 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽

# MAR2025 @ NEWTON



Brahm Centre @ Newton 47, Scotts Road 4F (#04-02A), 5F(#05-02), Goldbell Towers Singapore 228233

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
30	31 <i>Hari Raya Puasa</i> 					1 9:30AM-11:30AM Youth Volunteer Mental Health Training  2:00PM-4:00PM Youth Xperience: Guided Bouldering 3 Lessons (12 - 18Yrs Old)
2	3 3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	4 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew L8	5 9:00AM-12:00PM Customer Service Training - Best Practices 2	6 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L8	7 4:00PM-6:00PM Interns Weekly Meetup	8 10:00AM-11:30AM Kids Xperience: Shrink Art for Parent-Child(7 to 13 Yr Olds)  2:00PM-4:00PM Youth Xperience: Guided Bouldering 3 Lessons (12 - 18Yrs Old)
9	10 3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	11	12	13	14 4:00PM-6:00PM Interns Weekly Meetup	15 10:00AM-11:30AM Kids Xperience: Shrink Art for Parent-Child(7 to 13 Yr Olds)  2:00PM-4:00PM Youth Xperience: Guided Bouldering 3 Lessons (12 - 18Yrs Old)
16 Min	17 9:30AM-11:30AM Guided Walk to MacRitchie (For 10 to 18 Yr Olds)	18 12:00PM-5:00PM Escape Room: Chamber of Secrets(7 yrs old & above)	19 2:00PM-4:30PM Chess Clash (For 12 to 25 Yr Olds)	20 9:30AM-10:30AM Mindfulness for Lower Primary Students  10:00AM-8:00PM Public Art Exhibition  11:00AM-12:00PM Mindfulness for Upper Primary Students  2:00PM-5:00PM Dungeons & Dragons For Beginners (For 12 to 18 Yr Olds)	21 10:00AM-8:00PM Public Art Exhibition  4:00PM-6:00PM Interns Weekly Meetup  7:00PM-9:00PM Mindfulness Foundation Course by May Chng L1	22 10:00AM-8:00PM Public Art Exhibition  10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen L1
23	24 3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	25 7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L1	26	27 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L1	28 4:00PM-6:00PM Interns Weekly Meetup  7:00PM-9:00PM Mindfulness Foundation Course by May Chng L2	29 10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen L2  10:00AM-12:00PM Mindfulness Circle  2:00PM-4:00PM Terrarium Making Workshop (For 10 to 18 Yr Olds)

# APR2025 @ NEWTON



Brahm Centre @ Newton 47, Scotts Road 4F (#04-02A), 5F(#05-02), Goldbell Towers Singapore 228233

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
		1 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley L1  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee L1  7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L2	2 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura SoonL1	3 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L2	4 10:00AM-12:40PM Pastel Art Course (Int) by Ruyan L1  2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling L1  4:00PM-6:00PM Interns Weekly Meetup	5 9:30AM-11:30AM Beach Clean Up (For 10 to 18 Yr Olds)  10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen L3  1:00PM-5:00PM Youth Xperience: D&D(For 16 to 25 Yr Olds)
6	7 10:00AM-12:40PM Acrylic Painting Course (Beg) x Abstract by Yan Hong L1  3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	8 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley L2  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee L2  7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L3	9 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura SoonL2	10 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L3	11 10:00AM-12:40PM Pastel Art Course (Int) by Ruyan L2  2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling L2  4:00PM-6:00PM Interns Weekly Meetup  7:00PM-9:00PM Mindfulness Foundation Course by May Chng L3	12 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting L1  10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen L4  10:00AM-12:00PM Mindfulness Circle  1:00PM-5:00PM Youth Xperience: D&D(For 16 to 25 Yr Olds)
13	14 10:00AM-12:40PM Acrylic Painting Course (Beg) x Abstract by Yan Hong L2  3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	15 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley L3  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee L3  7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L4	16 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura SoonL3	17 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L4	18 <i>Good Friday</i> 	19 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting L2  1:00PM-5:00PM Youth Xperience: D&D(For 16 to 25 Yr Olds)
20	21 10:00AM-12:40PM Acrylic Painting Course (Beg) x Abstract by Yan Hong L3  3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	22 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley L4  2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee L4  7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L5	23 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura SoonL4  10:00AM-12:00PM Mindfulness Foundation Course by May Chng L1	24 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew L5	25 10:00AM-12:40PM Pastel Art Course (Int) by Ruyan L3  2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling L3  4:00PM-6:00PM Interns Weekly Meetup  7:00PM-9:00PM Mindfulness Foundation Course by May Chng L4	26 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting L3  10:00AM-12:00PM Mindfulness Circle  1:00PM-5:00PM Youth Xperience: D&D(For 16 to 25 Yr Olds)
27	28 10:00AM-12:40PM Acrylic Painting Course (Beg) x Abstract by Yan Hong L4  3:30PM-5:30PM Youth Learning Lounge for Mar & Apr (For Pri 6 & Above)	29 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley L5  7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew L6	30 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura SoonL5  10:00AM-12:00PM Mindfulness Foundation Course by May Chng L2			




# MAR2025@SIMEI 148

Brahm Centre @ Simei 148 Blk 148 Simei Street 1, #01-121 Singapore 520148 Tel: +65 6612 6125



Happier & Healthier Living

SUPPORTED BY MOH AND AIC

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
<b>30</b> OMEGA PROGRAMS 10:00AM-12:00PM Workshop on Stress Management and Emotional Resilience (Self Care) 1:00PM-2:30PM Essential Skills (Money Exchange Knowledge) 2:30PM-3:30PM Health and Wellness Classes (Care Dementia-I)	<b>31</b>  Hari Raya Puasa					<b>1</b>
<b>2</b> OMEGA PROGRAMS 10:00AM-11:00AM Basic Conversational English 11:00AM-12:00PM Basic Conversational Chinese 1:00PM-2:30PM Health and Wellness (Menstrual Hygiene) 2:30PM-3:30PM Basic Conversational English by Tr. May Thu	<b>3</b> 6:30PM-7:30PM HPB YOGA	<b>4</b> 9:00AM-10:00AM PILATES 10:15AM-11:15AM SOCIAL DANCE BY DENNIS 健康舞蹈 1:00PM-2:00PM HPB CHAIR EXERCISE	<b>5</b> 1:00PM-3:00PM FROM SENIORS TO SENIORS	<b>6</b> 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS	<b>7</b> 9:30AM-11:00AM Social Dance By Edwin 健康舞蹈 3:00PM-4:00PM STRETCH AND TONE	<b>8</b>
<b>9</b> OMEGA PROGRAMS 10:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational Chinese 1:00PM-3:30PM Digital Skills Training by Khin Myint Thu	<b>10</b> 6:30PM-7:30PM HPB YOGA	<b>11</b> 9:00AM-10:00AM PILATES 10:15AM-11:15AM SOCIAL DANCE BY DENNIS 健康舞蹈 1:00PM-2:00PM HPB CHAIR EXERCISE	<b>12</b> 1:00PM-3:00PM FROM SENIORS TO SENIORS	<b>13</b> 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS	<b>14</b> 9:30AM-11:00AM Social Dance By Edwin 健康舞蹈 3:00PM-4:00PM STRETCH AND TONE	<b>15</b>
<b>16</b> OMEGA PROGRAMS 10:00AM-12:00PM Cooking Workshop 1:00PM-3:30PM Sewing and Crafts	<b>17</b> 6:30PM-7:30PM HPB YOGA	<b>18</b> 9:00AM-10:00AM PILATES 10:15AM-11:15AM SOCIAL DANCE BY DENNIS 健康舞蹈 1:00PM-2:00PM HPB CHAIR EXERCISE	<b>19</b> 1:00PM-3:00PM FROM SENIORS TO SENIORS	<b>20</b> 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS	<b>21</b> 9:30AM-11:00AM Social Dance By Edwin 健康舞蹈 3:00PM-4:00PM STRETCH AND TONE	<b>22</b>
<b>23</b> OMEGA PROGRAMS Stay Tuned for Details	<b>24</b> 6:30PM-7:30PM HPB YOGA	<b>25</b> 9:00AM-10:00AM PILATES 10:15AM-11:15AM SOCIAL DANCE BY DENNIS 健康舞蹈 1:00PM-2:00PM HPB CHAIR EXERCISE	<b>26</b> 1:00PM-3:00PM FROM SENIORS TO SENIORS	<b>27</b> 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS Weaving Happiness	<b>28</b> 9:30AM-11:00AM Social Dance By Edwin 健康舞蹈 3:00PM-4:00PM STRETCH AND TONE	<b>29</b>


# MAR2025@SIMEI 227

Brahm Centre @ Simei 227 Blk 227 Simei Street 4, #01-50 Singapore 520227 Tel: +65 6786 0800



Happier & Healthier Living

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SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
<b>30</b>	<b>31</b>  Hari Raya Puasa					<b>1</b>
<b>2</b>	<b>3</b> 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏	<b>4</b> 9:00AM-10:00AM Wellness Walk 健身步行 3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将	<b>5</b> 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3 10:45AM-11:45AM Yoga3 瑜伽3	<b>6</b> 9:00AM-10:00AM FitnessExercise 身心健康运动 10:30AM-11:30AM Line Dance 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	<b>7</b> 9:00AM-10:00AM TBT Class(Tummy,Butt,Thigh) 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone	<b>8</b>
<b>9</b>	<b>10</b> 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 11:00AM-12:30PM Digital Learning Circle 3:00PM-5:00PM Bingo 活动抽奖游戏	<b>11</b> 9:00AM-10:00AM Wellness Walk 健身步行 3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将	<b>12</b> 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3 10:45AM-11:45AM Yoga3 瑜伽3	<b>13</b> 9:00AM-10:00AM FitnessExercise 身心健康运动 10:30AM-11:30AM Line Dance 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	<b>14</b> 9:00AM-10:00AM TBT Class(Tummy,Butt,Thigh) 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone	<b>15</b>
<b>16</b>	<b>17</b> 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏	<b>18</b> 9:00AM-10:00AM Wellness Walk 健身步行 3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将	<b>19</b> 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3 10:45AM-11:45AM Yoga3 瑜伽3	<b>20</b> 9:00AM-10:00AM FitnessExercise 身心健康运动 10:30AM-11:30AM Line Dance 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	<b>21</b> 9:00AM-10:00AM TBT Class(Tummy,Butt,Thigh) 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone	<b>22</b>
<b>23</b>	<b>24</b> 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 11:00AM-12:30PM Digital Learning Circle 3:00PM-5:00PM Bingo 活动抽奖游戏	<b>25</b> 9:00AM-10:00AM Wellness Walk 健身步行 3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将	<b>26</b> 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3 10:45AM-11:45AM Yoga3 瑜伽3	<b>27</b> 9:00AM-10:00AM FitnessExercise 身心健康运动 10:30AM-11:30AM Line Dance 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	<b>28</b> 9:00AM-10:00AM TBT Class(Tummy,Butt,Thigh) 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone	<b>29</b>