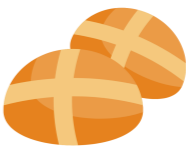


# APR2025@MACPHERSON

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




Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		19:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	29:30AM-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	39:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:00PM The Dance Collective 舞蹈 集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康 养生活动 3:30PM-5:00PM April 2025 Monthly Birthday & Hari Raya Celebration	49:00AM-10:00AM Walk & Drink 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 CC 麦波申社俱乐 部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴 2:00PM-3:30PM HPB STEADY LAH Program 新加 坡健康促进局 - STEADY LAH 计 划 (5/12)	510:00AM-11:30AM Volunteer Training: Home Engagement Activities 10:00AM-12:00PM Chinese Calligraphy Course 1:00PM-2:00PM Everyday English for Seniors 2:30PM-4:30PM Chinese Brush Painting Course (Beg)
6	710:00AM-11:00AM HPB Qigong @ Blk 60A 气 功在大牌60A号亭	89:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 10:00AM-3:30PM IMDA Digital Learning Circle Engagement 2025 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	99:00AM-12:30PM TTSH Frailty Screening 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	109:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:00PM The Dance Collective 舞蹈 集选班 1:00PM-5:00PM TTSH Frailty Screening	119:00AM-10:00AM Walk & Drink 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 CC 麦波申社俱乐 部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴 2:00PM-3:30PM HPB STEADY LAH Program 新加 坡健康促进局 - STEADY LAH 计 划 (6/12)	1210:00AM-12:00PM Chinese Calligraphy Course 1:00PM-2:00PM Everyday English for Seniors 2:30PM-4:30PM Chinese Brush Painting Course (Beg)
13	149:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功在大牌60A号亭 2:00PM-5:00PM Adventure in Craft Making	159:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	169:30AM-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 11:00AM-1:00PM STM x BCMP Seniors Engagement 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	179:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:00PM The Dance Collective 舞蹈 集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康 养生活动	18  <b>Good Friday</b>	1910:00AM-12:00PM Chinese Calligraphy Course 1:00PM-2:00PM Everyday English for Seniors 2:30PM-4:30PM Chinese Brush Painting Course (Beg)
20	219:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功在大牌60A号亭 2:00PM-5:00PM Adventure in Craft Making	229:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	239:30AM-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	249:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 10:00AM-5:00PM IMDA Digital Learning Circle Engagement 2025 11:00AM-12:00PM The Dance Collective 舞蹈 集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康 养生活动	259:00AM-10:00AM Walk & Drink 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 CC 麦波申社俱乐 部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴 2:00PM-3:30PM HPB STEADY LAH Program 新加 坡健康促进局 - STEADY LAH 计 划 (7/12)	2610:00AM-12:00PM Chinese Calligraphy Course 1:00PM-2:00PM Everyday English for Seniors 2:30PM-4:30PM Chinese Brush Painting Course (Beg)
27	289:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功在大牌60A号亭 2:00PM-5:00PM Adventure in Craft Making	299:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	309:30AM-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			

# APR2025@NEWTON




Brahm Centre @ Newton 47, Scotts Road 4F (#04-02A), 5F(#05-02), Goldbell Towers Singapore 228233 Tel: +65 6990 5349

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		110:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S1 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S1 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew S2	210:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S1 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S1	310:00AM-12:30PM Pen Ink Drawing Course (Int) - Tia S1 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S1 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew S2	410:00AM-12:40PM Pastel Art Course (Int) - Ruyan S1 2:30PM-5:10PM Coloured Pencil Drawing Course - Xiang Ling S1	510:00AM-12:00PM 正念基础课程 CMFC - Ya Wen S3 1:30PM-4:30PM Adventure in Craft Making - Cindy S1
6	710:00AM-12:40PM Acrylic Painting Course Abstract - Yan Hong S1 2:00PM-4:30PM Graphite Painting Course - Janice S1	810:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S2 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S2 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew S3	910:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S2 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S2	1010:00AM-12:30PM Pen Ink Drawing Course (Int) - Tia S2 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S2 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew S3	1110:00AM-12:40PM Pastel Art Course (Int) - Ruyan S2 2:30PM-5:10PM Coloured Pencil Drawing Course - Xiang Ling S2 7:00PM-9:00PM Mindfulness Foundation Course - May Chng S3	1210:00AM-12:00PM 正念基础课程 CMFC - Ya Wen S4 10:00AM-12:40PM Acrylic Painting Course (Beg) - Hui Ting S1
13	1410:00AM-12:40PM Acrylic Painting Course Abstract - Yan Hong S2 2:00PM-4:30PM Graphite Painting Course - Janice S2	1510:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S3 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S3 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew S4	1610:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S3 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S3	1710:00AM-12:30PM Pen Ink Drawing Course (Int) - Tia S3 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S3 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew S4	18   Good Friday	1910:00AM-12:40PM Acrylic Painting Course (Beg) - Hui Ting S2 1:30PM-4:30PM Adventure in Craft Making - Cindy S2
20	2110:00AM-12:40PM Acrylic Painting Course Abstract - Yan Hong S3 2:00PM-4:30PM Graphite Painting Course - Janice S3 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S1	2210:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S4 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S4 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew S5	2310:00AM-12:00PM Mindfulness Foundation Course - May Chng S1 10:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S4 1:00PM-5:00PM Mosaic Art Course - Pauline S1 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S4	2410:00AM-12:30PM Pen Ink Drawing Course (Int) - Tia S4 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S4 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew S5	2510:00AM-12:40PM Pastel Art Course (Int) - Ruyan S3 2:30PM-5:10PM Coloured Pencil Drawing Course - Xiang Ling S3 7:00PM-9:00PM Mindfulness Foundation Course - May Chng S4	2610:00AM-12:00PM Mindfulness Circle 10:00AM-12:40PM Acrylic Painting Course (Beg) - Hui Ting S3 1:30PM-4:30PM Adventure in Craft Making - Cindy S3
27	2810:00AM-12:40PM Acrylic Painting Course Abstract - Yan Hong S4 2:00PM-4:30PM Graphite Painting Course - Janice S4 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S2	2910:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S5 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew S6	3010:00AM-12:00PM Mindfulness Foundation Course - May Chng S2 10:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S5 1:00PM-5:00PM Mosaic Art Course - Pauline S2 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S5			

# APR2025@SIMEI 148

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




Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		19:00AM-10:00AM PILATES 10:00AM-1:00PM Adventure in Craft Making 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB CHAIR EXERCISE	29:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course 1:00PM-5:00PM FROM SENIORS TO SENIORS	310:30AM-11:30AM CHAIR EXERCISE 11:00AM-1:00PM WEAVING HAPPINESS 12:00PM-1:30PM LINE DANCE 2:00PM-4:40PM Acrylic Painting Course	49:30AM-11:00AM Social Dance by Edwin 4:00PM-5:00PM HPB Cardio Dance	510:00AM-11:00AM BOLLYWOOD DANCE
610:00AM-12:00PM Basic Conversational English 1:00PM-2:30PM Digital Skills Training by Tr. Cho 2:30PM-3:30PM Digital Skills Training by Tr. Cho	76:30PM-7:30PM HPB YOGA	89:00AM-10:00AM PILATES 10:00AM-1:00PM Adventure in Craft Making 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB CHAIR EXERCISE	99:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course 1:00PM-5:00PM FROM SENIORS TO SENIORS	1010:30AM-11:30AM CHAIR EXERCISE 11:00AM-1:00PM WEAVING HAPPINESS 12:00PM-1:30PM LINE DANCE 2:00PM-4:40PM Acrylic Painting Course	119:30AM-11:00AM Social Dance By Edwin 4:00PM-5:00PM HPB Cardio Dance	1210:00AM-11:00AM BOLLYWOOD DANCE
1310:00AM-3:30PM Water Festival (Thingyan)	146:30PM-7:30PM HPB YOGA	159:00AM-10:00AM PILATES 10:00AM-1:00PM Adventure in Craft Making 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB CHAIR EXERCISE	169:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course 1:00PM-5:00PM FROM SENIORS TO SENIORS	1710:30AM-11:30AM CHAIR EXERCISE 11:00AM-1:00PM WEAVING HAPPINESS 12:00PM-1:30PM LINE DANCE	18   Good Friday	1910:00AM-11:00AM BOLLYWOOD DANCE
2010:00AM-11:00AM Basic Conversational English by Tr. Khari 10:00AM-12:00PM Basic Sewing 11:00AM-12:00PM Dementia Awareness (Caregiver Tips) 1:00PM-2:30PM Basic Conversational English by Tr. May Thu 2:30PM-3:30PM Yoga By Tr. Neeti	216:30PM-7:30PM HPB YOGA	229:00AM-10:00AM PILATES 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB CHAIR EXERCISE 3:00PM-4:30PM Steady Lah! Registration	239:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course 1:00PM-5:00PM FROM SENIORS TO SENIORS	2410:30AM-11:30AM CHAIR EXERCISE 11:00AM-1:00PM WEAVING HAPPINESS 12:00PM-1:30PM LINE DANCE 2:00PM-4:40PM Acrylic Painting Course	259:30AM-11:00AM Social Dance By Edwin 4:00PM-5:00PM HPB Cardio Dance	2610:00AM-11:00AM BOLLYWOOD DANCE
2710:00AM-12:00PM Cooking Workshop 10:00AM-12:00PM Basic Conversational Chinese 1:00PM-2:30PM Digital Skills Training(Navigating Computer Operating System) 2:30PM-3:30PM Yoga By Tr. Neeti	286:30PM-7:30PM HPB YOGA	299:00AM-10:00AM PILATES 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB CHAIR EXERCISE	309:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM FROM SENIORS TO SENIORS			

# APR2025@SIMEI 227

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




Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		11:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio/Mahjong	28:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre	39:00AM-10:00AM FitnessExercise 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	49:00AM-10:00AM Meridian Exercise- SM20250404ME 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone 2:00PM-3:00PM AquaFunFit@OTH 3:00PM-5:00PM Mindfulness Foundation Course by Lily Gan	59:00AM-10:00AM HPB Low Impact Cardio
6	79:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning Circle 3:00PM-5:00PM Bingo	89:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio/Mahjong	98:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:00AM-12:00PM SparkleCare Singing 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre	109:00AM-10:00AM FitnessExercise 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	119:00AM-10:00AM Meridian Exercise- SM20250404ME 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone 2:00PM-3:00PM AquaFunFit@OTH 3:00PM-5:00PM Mindfulness Foundation Course by Lily Gan	129:00AM-10:00AM HPB Low Impact Cardio
13	149:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning Circle 3:00PM-5:00PM Bingo	159:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio/Mahjong	168:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre	179:00AM-10:00AM FitnessExercise 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	18  <b>Good Friday</b>	199:00AM-10:00AM HPB Low Impact Cardio
20	219:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 3:00PM-5:00PM Bingo	229:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio/Mahjong	238:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:00AM-12:00PM SparkleCare Singing 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre	249:00AM-10:00AM FitnessExercise 12:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rummio/Mahjong	259:00AM-10:00AM Meridian Exercise- SM20250404ME 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone 2:00PM-3:00PM AquaFunFit@OTH 3:00PM-5:00PM Mindfulness Foundation Course by Lily Gan	269:00AM-10:00AM HPB Low Impact Cardio
27	289:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning Circle 3:00PM-5:00PM Bingo	299:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Combat Age-related Loss of Muscle 3:00PM-5:00PM Rumio/Mahjong	308:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre			

# APR2025@TAMPINES



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		19:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William 1:30PM-4:00PM Pen Ink Drawing Course (Intermediate) by Tia 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-5:00PM Recreation Activities	29:15AM-10:15AM Low Impact Exercise by William (Wednesday) APRIL 10:30AM-11:30AM HPB Chair Zumba 1:30PM-4:10PM Watercolour Painting Course (Beg) by Lee Nee 2:00PM-4:40PM Chinese Brush Painting Course (Beg) by Sher Ley	39:15AM-10:15AM Happy Drumming (APRIL) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Craft Workshop (Thur)	410:00AM-11:00AM Brain and Body Exercises for Seniors (APRIL) 11:15AM-12:15PM Happy Dance (APRIL) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	59:15AM-10:30AM Therapeutic Yoga (SATURDAYS)
6	79:15AM-10:15AM Low Impact Exercise by William 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip	89:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 1:30PM-4:00PM Pen Ink Drawing Course (Intermediate) by Tia 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Recreation Activities	99:15AM-10:15AM Low Impact Exercise by William (Wednesday) APRIL 10:30AM-11:30AM HPB Chair Zumba 1:30PM-4:10PM Watercolour Painting Course (Beg) by Lee Nee 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:40PM Chinese Brush Painting Course (Beg) by Sher Ley	109:15AM-10:15AM Happy Drumming (APRIL) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	1110:00AM-11:00AM Brain and Body Exercises for Seniors (APRIL) 11:15AM-12:15PM Happy Dance (APRIL) 1:00PM-3:00PM Hari Raya Celebration	129:15AM-10:30AM Therapeutic Yoga (SATURDAYS)
13	149:15AM-10:15AM Low Impact Exercise by William 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip	159:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 1:30PM-4:00PM Pen Ink Drawing Course (Intermediate) by Tia 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-5:00PM Recreation Activities	169:15AM-10:15AM Low Impact Exercise by William (Wednesday) APRIL 10:30AM-11:30AM HPB Chair Zumba 1:30PM-4:10PM Watercolour Painting Course (Beg) by Lee Nee 2:00PM-4:40PM Chinese Brush Painting Course (Beg) by Sher Ley	179:15AM-10:15AM Happy Drumming (APRIL) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Craft Workshop (Thur)	18  <b>Good Friday</b>	199:15AM-10:30AM Therapeutic Yoga (SATURDAYS)
20	219:15AM-10:15AM Low Impact Exercise by William 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip	229:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 1:30PM-4:00PM Pen Ink Drawing Course (Intermediate) by Tia 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-5:00PM Recreation Activities	239:15AM-10:15AM Low Impact Exercise by William (Wednesday) APRIL 10:30AM-11:30AM HPB Chair Zumba 1:30PM-4:10PM Watercolour Painting Course (Beg) by Lee Nee 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:40PM Chinese Brush Painting Course (Beg) by Sher Ley	249:15AM-10:15AM Happy Drumming (APRIL) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	2510:00AM-11:00AM Brain and Body Exercises for Seniors (APRIL) 11:15AM-12:15PM Happy Dance (APRIL) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	269:15AM-10:30AM Therapeutic Yoga (SATURDAYS)
279:00AM-5:00PM Mindfulness Based Stress Reduction by Angie Chew	289:15AM-10:15AM Low Impact Exercise by William 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip	299:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 1:30PM-4:00PM Pen Ink Drawing Course (Intermediate) by Tia 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-5:00PM Recreation Activities	309:15AM-10:15AM Low Impact Exercise by William (Wednesday) APRIL 10:30AM-11:30AM HPB Chair Zumba 1:30PM-4:10PM Watercolour Painting Course (Beg) by Lee Nee 2:00PM-4:40PM Chinese Brush Painting Course (Beg) by Sher Ley			