### MAY2025@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
				Labour Day	2 9:00AM-10:00AM Walk & Drink 健康步行与咖啡之 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐 部,二楼礼室 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	Polling Day (General Election)
4	9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (4/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能 活动	6 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	7 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	8 9:30AM-10:30AM Mindful Exercise 乐龄健康 乔生活动 11:00AM-12:00PM The Dance Collective 舞蹈 集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康 乔生活动	部,一楼孔室 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 (9/12)	10 10:00AM-12:00PM Chinese Calligraphy Course 11:00AM-1:30PM Monthly Birthday May & Mother Day Celebration @MPCC 2:30PM-4:30PM Chinese Brush Painting Course (Beg)
11	Vesak Day	9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动 10:00AM-5:00PM IMDA Digital Learning Circle Engagement 11:00AM-12:30PM Golden Years KTV 黄金岁 月KTV	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活 10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌56排舞 课 10:00AM-12:00PM Free Haircuts By Team MDI for MP Seniors 1:00PM-3:00PM Fun and Games 乐趣和游戏活动 3:30PM-5:30PM 止念基础课程 Chinese Mindfulness Foundation Course	9:30AM-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	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective at Blk 60A Pavilion - MP20250516TDC260A 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 (10/12)	
18	9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (5/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	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	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 Eun and Games 乐趣和游戏活 动 3:30PM-5:30PM 正念基础课程 Chinese Mindfulness Foundation Course	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	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 (1/1/2)	
25	9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (6/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能 活动	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 2:00PM-3:00PM 促进心理健康的正念练习 @ 麦波甲	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 Eun and Games 乐趣和游戏活 动 3:30PM-5:30PM 正念基础课程 Chinese Mindfulness Foundation Course	9:30AM-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	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective at Blk 60A Pavilion - MP20250516TDC260A 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐部,二 楼礼室 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅 子尊已 2:00PM-3:30PM HPB STEADY LAH Program 新加坡健康促进局 - STEADY LAH 计划 (12/12)	

#### MAY2025@NEWTON

brahm centre Happy Minds

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

Biailiii Ceillie @ N	iewton 47, Scotts h	0a0 4F (#04-02A), 5	F(#05-02), Goldbell	Towers Singapore 2	220233	
Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五  10:00AM-12:40PM Pastel Art Course (Int) - Ruyan S	Saturday 周六
				Labour Day	Ruyan S Course (III) P Ruyan S - 10PM 2:30PM-5-10PM Coloured Pencil Drawing Course - Xlang Ling S	Polling Day (General Election)
4	5 10:00AM-12:40PM Acrylic Painting Course Abstract - Yan Hong S 2:00PM-4:30PM Graphite Painting Course - Janice S 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S	6 10:00AM-12:40PM Chinese Brush Painting Course (Beg) - Sher Ley S 2:00PM-4:00PM Nagoni Pastel Art Course - Zu Wee S 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	10:00AM-12:30PM Acrylic Painting Course (Int) - Laura Soon S 2:00PM-4:30PM Pen Ink Drawing Course (Int) - Andrew S 7:00PM-9:00PM Mindfulness for Mental Wellbeing, Venue Newton - NT20250507MW	8 10:00AM-12:30PM pen Ink Drawing Course (int) - Tia S 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angle Chew S6	9 10:00AM-12:40PM Pastel Art Course (Int) - Ruyan 5 2:30PM-5:10PM Coloured Pencil Drawing Course - Xlang Ling S	10:00AM-12:00PM Mindfulness Circle - 10 May 2025 10:00AM-12:40PM Acrylic Painting Course (Beg) - Hul Ting S 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
11	Vesak Day	13 2:00PM-4:00PM Nagomi Pastel Art Course -Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	14 Mindfulness Foundation Course - May Chng S	15 10:00AM-12:30PM Pen Ink Drawing Course (Int) - Tia S 2:00PM-4:40PM Pencil Sketching Course - Paul Lee S 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angle Chew S7	16 Passed Art Course (Int) - Ruyan S 2:30PM-5-10PM Coloured Pencil Drawing Course - Xlang Ling S	17 10:00AM-12:00PM 5月17日正念分享圈 10:00AM-12:40PM Acrylic Painting Course (Beg) - Hui Ting 2:00PM-4:30PM Pencij Sketiching Course by Jeffrey Ang
18	19 Acrollo AM-12-40PM Acrylic Painting Course Abstract - Yan Hong S 2:00PM-4:30PM Graphite Painting Course - Janice S 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S	20 10:00AM-12:30PM Chinese Brush Painting Course Begn by Sher Ley -N120:3020CBP 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S	21	7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angle Chew S8	23	24 10:00AM-12:00PM Mindfuness Circle - 24 May 2025 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
25	26 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S	27 10:00AM-12:30PM Chinese Brush Painting Course Begp by Sher Ley -NT20250520CBP 2:00PM-4:00PM Nagomi Pastel Art Course - Zu Wee S	28	29	30	31 Ac-90AM-12-40PM Acylic Painting Course (Beg) - Hui Ting S 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang

#### JUN2025@NEWTON



Brahm Centre @ N	<b>lewton</b> 47, Scotts R	oad 4F (#04-02A), 5	F(#05-02), Goldbell	Towers Singapore 2	228233	
Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 2:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S 7:00PM-9:00PM Mindfulness Foundation Course by May Ching - NT20250623MFC	3 9:30AM-10:30AM Mindfulness for Lower Primary Students 10:00AM-12:30PM Chinese Brush Painting Chinese Brush Painting Chinese Brush Painting Chinese Brush Painting Chinese Brush Painting 11:00AM-12:00PM Mindfulness for Upper Primary Students	4	5	6	Hari Raya Haji
8	9 T/30PM-305PM Mindfulness Foundation Course by May Chng - NT20250623MFC	10:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP	11	12	13	14 10:00AM-12:00PM 14 June Mindfulness Circle 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
15	16 Mindfulness Foundation Course by May Chng - NT20250623MFC	17 10:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP	18 10:00AM-12:00PM 正是基础课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	19	20	21 6月21日之 6月21日之 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
22	23 10:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley - NT/20250623WCB 7:00PM-9:00PM Mindfulness Foundation Course by May Ching - NT20250623MFC	24 10:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT 202505/20BP 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	25 10:00AM:-12:00PM 止為更加课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	26 7:00P.M-3:09AM Mindfulness Based Cognitive Therapy by Angie Chew	27	28 June Mindfulness Circle
29	30 10:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley - NT20250623WPCB 2:00PM-4:30PM Graphite Painting Course by Jance Chin- NT20250630GPC					

### MAY2025@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
				Labour Day	2 10:00AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dinning 4:00PM-5:00PM HPB Cardio Dance	Polling Day (General Election)
4 10:00AM-11:00AM Basic Conversational English 11:00AM-12:00PM Basic Conversational English 1:00PM-2:30PM Dementia Awareness (Care Dementia-II) 2:30PM-3:30PM Mindful Yoga by Tr.Neeti	5 12:00PM-4:00PM Mosaic Art Course by Angie Ong 6:30PM-7:30PM HPB Yoga	6 9:00AM-10:00AM Pilates  10:15AM-12:15PM Moments and Memories 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah! 4:45PM-5:45PM Social Dance By Dennis	7 9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors	8 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-3:00PM Laughter Yoga 2:00PM-4:40PM Acrylic Painting Course	9 9:30AM-11:00AM Social Dance By Edwin 12:00PM-3:00PM Mother's Day PotLuck 4:00PM-5:00PM HPB Cardio Dance	10 10:00AM-11:00AM Bollywood Dance
10:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational English 1:00PM-2:30PM Mother's Day Craft Class 2:30PM-3:30PM Mothers Day Craft Class	Vesak Day	9:00AM-10:00AM Pilates  10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!	9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors	15 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance	16 10:00AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	17 10:00AM-11:00AM Bollywood Dance
10:00AM-11:00AM Workshop on Stress Management and Emotional Resilience 11:00AM-12:00PM Workshop on Stress Management and Emotional Resilience 1:00PM-2:30PM Basic Conversational English by Tr. May Thu 2:30PM-3:30PM Mindful Yoga by Tr.Neeti	6:30PM-7:30PM HPB Yoga	9:00AM-10:00AM Pilates  10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!	9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors	10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-3:00PM Laughter Yoga 2:00PM-4:40PM Acrylic Painting Course	23 10:00AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	24 10:00AM-11:00AM Bollywood Dance
25 10:00AM-11:00AM Basic Conversational Chinese 11:00AM-12:00PM Basic Conversational Chinese 1:00PM-2:30PM Digital Skills Training by Tr.Khin Myint Cho 2:30PM-3:30PM Digital Skills Training by Tr.Khin Myint Cho	26 6:30PM-7:30PM HPB Yoga	9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!	9:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM From Seniors To Seniors	29 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-4:40PM Acrylic Painting Course 7:00PM-8:30PM Mindfulness for Mental Wellbeing, Venue Simei - SM20250529MW	30 10:00AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	31 10:00AM-11:00AM Bollywood Dance

# MAY2025@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
				Labour Day	2 10:30AM-12:00PM Singalong 1:00PM-2:00PM Stretch And Tone 2:00PM-3:00PM AquaFunFit@OTH	Polling Day (General Election)
4	5 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 3:00PM-5:00PM Bingo 5:00PM-6:00PM Gardening	6 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	8:00AM-9:00AM Low Impact Exercise 9:01AM-9:59AM HPB Resistance Band Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	8 9:00AM-10:00AM Fitness Exercise 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	9 9:00AM-10:00AM TBT CLASS (Tummy,Butt,Thigh) 10:30AM-12:00PM SingAlong - SM20250509SA 1:00PM-2:00PM Stretch and Tone - SM20250502SNT 5:00PM-6:00PM Gardening	10 9:00AM-10:00AM HPB Low impact Cardio
11	Vesak Day	9:30AM-11:00AM HAPPY Program  1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	8:00AM-9:00AM Low Impact Exercise 9:01AM-9:59AM HPB Resistance Band 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 5:00PM-6:00PM Gardening	9:00AM-10:00AM Fitness Exercise 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	9:00AM-10:00AM TBT CLASS (Tummy,Butt,Thigh) 10:30AM-12:00PM SingAlong - SM20250509SA 11:30AM-12:30PM Communal Lunch - SM20250516CD 1:00PM-2:00PM Stretch and Tone - SM20250502SNT 5:00PM-6:00PM Gardening	9:00AM-10:00AM HPB Low impact Cardio
18	9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 3:00PM-5:00PM Bingo 5:00PM-6:00PM Gardening	20 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	8:00AM-9:00AM Low Impact Exercise 9:01AM-9:59AM HPB Resistance Band Exercise 9:30AM-10:30AM Yoga3 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga3 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	9:00AM-10:00AM Fitness Exercise 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	9:00AM-10:00AM TBT CLASS (Tummy,Butt,Thigh) 10:30AM-12:00PM SingAlong - SM20250509SA 11:30AM-12:30PM Communal Lunch - SM20250516CD 1:00PM-2:00PM Stretch and Tone - SM20250502SNT 5:00PM-6:00PM Gardening	9:00AM-10:00AM HPB Low impact Cardio
25	9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning - SM20250526DLC 2:00PM-4:00PM Digital Learning Circle - SM20250526DLC 3:00PM-5:00PM Bingo 5:00PM-6:00PM Gardening	9:30AM-11:00AM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	8:00AM-9:00AM Low Impact Exercise 9:01AM-9:59AM HPB Resistance Band 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 5:00PM-6:00PM Gardening	9:00AM-10:00AM Fitness Exercise 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	30 9:00AM-10:00AM TBT CLASS (Tummy,Butt,Thigh) 10:30AM-12:00PM SingAlong - SM20250509SA 11:30AM-12:30PM Communal Lunch - SM20250516CD 1:00PM-2:00PM Stretch and Tone - SM20250502SNT 5:00PM-6:00PM Gardening	9:00AM-10:00AM HPB Low impact Cardio

## MAY2025@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
				Labour Day	2 10:00AM-11:00AM Brain and Body Exercises for Seniors (MAY) 11:15AM-12:15PM Happy Dance (MAY) 2:00PM-5:00PM Recreation Actitvities (Friday)	Polling Day (General Election)
9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie Chew S	9:15AM-10:15AM Low Impact Exercise by William (Monday) MAY  10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon  10:30AM-11:30AM HPB Resistance Band Exercise  2:00PM-5:00PM Recreation Actitvities - TP20250505RAFR	9:15AM-10:15AM Physical Toning Exercise 10:00AM-1:00PM Adventure in Craft Making by Jayce Yong 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 Actitvities	9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MAY 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	8 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	9 10:00AM-11:00AM Brain and Body Exercises for Seniors (MAY) 11:15AM-12:15PM Happy Dance (MAY) 2:00PM-5:00PM Recreation Actitvities (Friday)	9:15AM-10:30AM Therapeutic Yoga (SATURDAYS)  10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID  2:00PM-4:00PM Recreation Actitvities - TP20250510RAFR
11	Vesak Day	9:15AM-10:15AM Physical Toning Exercise 10:00AM-1:00PM Adventure in Craft Making by Jayce Yong 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Recreation Actitvities	9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MAY 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	10:00AM-11:00AM Brain and Body Exercises for Seniors (MAY) 11:15AM-12:15PM Happy Dance (MAY) 2:00PM-5:00PM Recreation Actitvities (Friday)	9:15AM-10:30AM Therapeutic Yoga (SATURDAYS)  10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 2:00PM-4:00PM Recreation Actitvities - TP20250510RAFR
18	9:15AM-10:15AM Low Impact Exercise by William (Monday) MAY 10:30AM-11:30AM HPB Resistance Band Exercise 1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee	9:15AM-10:15AM Physical Toning Exercise 10:00AM-1:00PM Adventure in Craft Making by Jayce Yong 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 2:00PM-5:00PM Recreation Actitvities	9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MAY 10:30AM-11:30AM HPB Chair Zumba 2:00PM-5:00PM Recreation Actitvities - TP20250521RAFR	22 2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	23 10:00AM-11:00AM Brain and Body Exercises for Seniors (MAY) 11:15AM-12:15PM Happy Dance (MAY) 2:00PM-5:00PM Recreation Actitvities (Friday)	10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 2:00PM-4:00PM Recreation Actitvities - TP20250510RAFR
25	9:15AM-10:15AM Low Impact Exercise by William (Monday) MAY  10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon  10:30AM-11:30AM HPB Resistance Band Exercise  1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee	9:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250408YY 2:00PM-5:00PM Recreation Actitvities	9:15AM-10:15AM Low Impact Exercise by William (Wednesday) MAY 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	2:00PM-4:00PM Nagomi Pastel Art Course by Ruyan	30 10:00AM-11:00AM Brain and Body Exercises for Seniors (MAY) 11:15AM-12:15PM Happy Dance (MAY) 2:00PM-5:00PM Recreation Actitvities (Friday)	10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 2:00PM-4:00PM Managing Pain through Palliative Care and Mindfulness