

# OCT2025@GROVVE



Brahm Centre @ grovve \*SCAPE, 2 Orchard Link, #04-06, Singapore 237978 Tel: +65 88664811

| Sunday | Monday          | Tuesday | Wednesday | Thursday | Friday | Saturday   |
|--------|-----------------|---------|-----------|----------|--------|--|
|        |                 |         | 1         | 2        | 3      | 4<br>1:00PM-3:00PM<br>Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)-GS20250920MCLS<br>3:30PM-5:30PM<br>Building Secure Connections: Understanding Attachment Styles |
| 5      | 6               | 7       | 8         | 9        | 10     | 11   |
| 12     | 13              | 14      | 15        | 16       | 17     | 18   |
| 19     | 20<br>Deepavali | 21      | 22        | 23       | 24     | 25<br>12:00PM-5:00PM<br>Slayer of Somerset Escape Room (For ages 15 - 25) -GS20250920MESM  |
| 26     | 27              | 28      | 29        | 30       | 31     |  |

# OCT2025@MACPHERSON

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



| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|--|--|--|--|---|
|  |   |  | <div>1</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-11:00AM<br/>HPB Line Dance @ Blk 60A Pavilion</div> <div>1:00PM-3:00PM<br/>Fun &amp; Games</div>  | <div>2</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:00PM<br/>The Dance Collective</div> <div>2:00PM-3:00PM<br/>Mindful Exercise</div> <div>3:30PM-5:00PM<br/>Everyday English for Seniors</div>  | <div>3</div> <div>9:15AM-10:15AM<br/>Chair Zumba</div> <div>10:00AM-11:00AM<br/>The Dance Collective @ Blk 60A Pavilion</div> <div>10:30AM-11:30AM<br/>Chair Zumba @ MPCC, Level 2 Theatre</div> <div>11:00AM-12:00PM<br/>HPB Chair Zumba</div> <div>2:30PM-5:00PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div>  | <div>4</div> <div>10:00AM-12:00PM<br/>Mindfulness Foundation Course by May Chng</div> <div>2:00PM-4:00PM<br/>Nagomi Pastel Art Course by Vanessa Mok</div>  |
| <div>5</div>   | <div>6</div> <div>9:30AM-10:30AM<br/>HPB HAPPY Program - HAPPY (8/12)</div> <div>10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A Pavilion</div> <div>10:45AM-11:45AM<br/>Functional Chair Exercise (Chinese)</div> <div>2:00PM-4:30PM<br/>Pen Ink Drawing Course x Patterns by Adeline Ho</div> <div>3:30PM-4:30PM<br/>KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT</div>  | <div>7</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:30PM<br/>KTV &amp; Potluck OK</div> <div>1:30PM-3:00PM<br/>NTU x BCMP Healthier Minds Healthier Lives Talk (M) - MP20251007HMLNTU</div> <div>6:30PM-10:00PM<br/>Mid Autumn Celebrations Lights By The Lake - MP20250909MAFLBTB</div> | <div>8</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-11:00AM<br/>HPB Line Dance @ Blk 60A Pavilion</div> <div>1:00PM-3:00PM<br/>Fun &amp; Games</div>  | <div>9</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:00PM<br/>The Dance Collective</div> <div>2:00PM-3:00PM<br/>Mindful Exercise</div>  | <div>10</div> <div>9:15AM-10:15AM<br/>Chair Zumba</div> <div>10:00AM-11:00AM<br/>The Dance Collective @ Blk 60A Pavilion</div> <div>10:30AM-11:30AM<br/>Chair Zumba @ MPCC, Level 2 Theatre</div> <div>11:00AM-12:00PM<br/>HPB Chair Zumba</div> <div>2:30PM-5:00PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div> <div>3:00PM-5:00PM<br/>NHG Health talk for Incontinence (Chinese)</div> | <div>11</div> <div>10:00AM-12:00PM<br/>Mindfulness Foundation Course by May Chng</div> <div>2:00PM-4:00PM<br/>Chinese Calligraphy Course by Louis Tan</div> |
| <div>12</div> <div>5:00PM-9:00PM<br/>MacPherson Mid-Autumn Festival 2025</div> | <div>13</div> <div>9:30AM-10:30AM<br/>HPB HAPPY Program - HAPPY (9/12)</div> <div>10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A Pavilion</div> <div>10:45AM-11:45AM<br/>Functional Chair Exercise (Chinese)</div> <div>2:00PM-4:30PM<br/>Pen Ink Drawing Course x Patterns by Adeline Ho</div> <div>3:30PM-4:30PM<br/>KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT</div> | <div>14</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-5:00PM<br/>SDO 1-to-1 Digital Learning Session</div> <div>11:00AM-12:30PM<br/>KTV &amp; Potluck OK</div> <div>1:30PM-3:00PM<br/>NTU x BCMP Healthier Minds Healthier Lives Talk (F) - MP20251007HMLNTU</div>                           | <div>15</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-11:00AM<br/>HPB Line Dance @ Blk 60A Pavilion</div> <div>1:00PM-3:00PM<br/>Fun &amp; Games</div> | <div>16</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:00PM<br/>The Dance Collective</div> <div>2:00PM-3:00PM<br/>Mindful Exercise</div> <div>3:30PM-5:00PM<br/>Everyday English for Seniors</div>   | <div>17</div> <div>9:15AM-10:15AM<br/>Chair Zumba</div> <div>10:00AM-11:00AM<br/>The Dance Collective @ Blk 60A Pavilion</div> <div>10:30AM-11:30AM<br/>Chair Zumba @ MPCC, Level 2 Theatre</div> <div>11:00AM-12:00PM<br/>HPB Chair Zumba</div> <div>2:30PM-5:00PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div> <div>7:00PM-8:00PM</div>  | <div>18</div> <div>2:00PM-4:00PM<br/>Chinese Calligraphy Course by Louis Tan</div>  |
| <div>19</div>  | <div>20</div> <div>Deepavali</div>  | <div>21</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:30PM<br/>KTV &amp; Potluck OK</div> <div>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div>  | <div>22</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-11:00AM<br/>HPB Line Dance @ Blk 60A Pavilion</div> <div>1:00PM-3:00PM<br/>Fun &amp; Games</div> | <div>23</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-5:00PM<br/>SDO 1-to-1 Digital Learning Session</div> <div>11:00AM-12:00PM<br/>The Dance Collective</div> <div>2:00PM-3:00PM<br/>Mindful Exercise</div> <div>3:30PM-5:00PM<br/>Everyday English for Seniors</div> | <div>24</div> <div>9:15AM-10:15AM<br/>Chair Zumba</div> <div>10:00AM-11:00AM<br/>The Dance Collective @ Blk 60A Pavilion</div> <div>10:30AM-11:30AM<br/>Chair Zumba @ MPCC, Level 2 Theatre</div> <div>11:00AM-12:00PM<br/>HPB Chair Zumba</div> <div>2:30PM-5:00PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div>   | <div>25</div> <div>2:00PM-4:00PM<br/>Chinese Calligraphy Course by Louis Tan</div>  |
| <div>26</div>  | <div>27</div> <div>9:30AM-10:30AM<br/>HPB HAPPY Program - HAPPY (10/12)</div> <div>10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A Pavilion</div> <div>10:45AM-11:45AM<br/>Functional Chair Exercise (Chinese)</div> <div>3:30PM-4:30PM<br/>KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT</div>   | <div>28</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:30PM<br/>KTV &amp; Potluck OK</div> <div>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div>  | <div>29</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>10:00AM-11:00AM<br/>HPB Line Dance @ Blk 60A Pavilion</div> <div>1:00PM-3:00PM<br/>Fun &amp; Games</div> | <div>30</div> <div>9:30AM-10:30AM<br/>Mindful Exercise</div> <div>11:00AM-12:00PM<br/>The Dance Collective</div> <div>2:00PM-3:00PM<br/>Mindful Exercise</div> <div>3:30PM-5:00PM<br/>Everyday English for Seniors</div>   | <div>31</div> <div>9:15AM-10:15AM<br/>Chair Zumba</div> <div>10:00AM-11:00AM<br/>The Dance Collective @ Blk 60A Pavilion</div> <div>10:30AM-11:30AM<br/>Chair Zumba @ MPCC, Level 2 Theatre</div> <div>11:00AM-12:00PM<br/>HPB Chair Zumba</div> <div>2:30PM-5:00PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div>   |   |

# OCT2025@NEWTON



Brahm Centre @ Newton 47, Scotts Road L4 (#04-02A), L5 (#05-02), Goldbell Towers Singapore 228233

| Sunday        | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|---------------|--|---|--|--|---|---|
|               |  |   | <div>1</div> <div>10:00AM-12:00PM<br/>Chinese Calligraphy Course by Manlin<br/>10:00AM-12:30PM<br/>Mindfulness Based Cognitive Therapy by May &amp; Chew Ping<br/>2:30PM-4:30PM<br/>Watercolour Painting Course (Beginner) by Geri</div> | <div>2</div> <div>10:00AM-12:00PM<br/>Pastel Art Course by Ruyan<br/>2:00PM-4:30PM<br/>Pen Ink Drawing Course (Int) by Tia<br/>7:00PM-9:00PM<br/>Mindfulness Foundation Course by Angie &amp; May</div>  | <div>3</div> <div>10:00AM-12:30PM<br/>Pen Ink Drawing x Tangles by Gina Lim<br/>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div>           | <div>4</div> <div>10:00AM-12:30PM<br/>( ) CMBCT by Lily &amp; Ya Wen<br/>2:00PM-4:30PM<br/>Coloured Pencil Drawing Course by Xiang Ling</div>   |
| <div>5</div>  | <div>6</div> <div>10:00AM-12:40PM<br/>From Still Life to Style: A Colour Pencil Journey<br/>2:00PM-4:00PM<br/>Chinese Brush Painting Course by Sher Ley</div>  | <div>7</div> <div>10:00AM-12:00PM<br/>Watercolour Painting Course (Beginner) by Jeffrey Ang<br/>2:00PM-4:30PM<br/>Pastel Art Course (Int) by Zu Wee<br/>7:00PM-9:30PM<br/>Mindfulness Based Cognitive Therapy by Angie &amp; May</div>  | <div>8</div> <div>10:00AM-12:00PM<br/>Chinese Calligraphy Course by Manlin<br/>10:00AM-12:30PM<br/>Mindfulness Based Cognitive Therapy by May &amp; Chew Ping</div>  | <div>9</div> <div>10:00AM-12:00PM<br/>Pastel Art Course by Ruyan<br/>2:00PM-4:30PM<br/>Pen Ink Drawing Course (Int) by Tia</div>   | <div>10</div> <div>10:00AM-12:30PM<br/>Pen Ink Drawing x Tangles by Gina Lim<br/>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div>          | <div>11</div> <div>10:00AM-12:00PM<br/>Mindfulness Circle<br/>10:00AM-12:30PM<br/>( ) CMBCT by Lily &amp; Ya Wen</div>  |
| <div>12</div> | <div>13</div> <div>10:00AM-12:40PM<br/>From Still Life to Style: A Colour Pencil Journey<br/>2:00PM-4:00PM<br/>Chinese Brush Painting Course by Sher Ley</div> | <div>14</div> <div>10:00AM-12:00PM<br/>Watercolour Painting Course (Beginner) by Jeffrey Ang<br/>2:00PM-4:30PM<br/>Pastel Art Course (Int) by Zu Wee</div>  | <div>15</div> <div>10:00AM-12:30PM<br/>Mindfulness Based Cognitive Therapy by May &amp; Chew Ping<br/>2:30PM-4:30PM<br/>Watercolour Painting Course (Beginner) by Geri</div>   | <div>16</div> <div>10:00AM-12:00PM<br/>Pastel Art Course by Ruyan</div>  | <div>17</div> <div>10:00AM-12:30PM<br/>Pen Ink Drawing x Tangles by Gina Lim<br/>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div>          | <div>18</div> <div>10:00AM-12:30PM<br/>( ) CMBCT by Lily &amp; Ya Wen<br/>2:00PM-4:40PM<br/>Batik Painting Course by Tan Ching Ching</div>  |
| <div>19</div> | <div>20</div> <div>Deepavali</div>   | <div>21</div> <div>10:00AM-12:00PM<br/>Watercolour Painting Course (Beginner) by Jeffrey Ang<br/>7:00PM-9:30PM<br/>Mindfulness Based Cognitive Therapy by Angie &amp; May</div>   | <div>22</div> <div>10:00AM-12:30PM<br/>Mindfulness Based Cognitive Therapy by May &amp; Chew Ping<br/>2:30PM-4:30PM<br/>Watercolour Painting Course (Beginner) by Geri</div>   | <div>23</div> <div>10:00AM-12:00PM<br/>Pastel Art Course by Ruyan<br/>2:00PM-4:40PM<br/>Pencil Sketching Course by Paul Lee<br/>7:00PM-9:30PM<br/>Mindfulness Based Stress Reduction by Angie Chew</div> | <div>24</div> <div>10:00AM-12:30PM<br/>Pastel Art Course (Int) x B&amp;W by Audrey Ng<br/>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div> | <div>25</div> <div>10:00AM-12:00PM<br/>Mindfulness Circle<br/>10:00AM-12:30PM<br/>( ) CMBCT by Lily &amp; Ya Wen<br/>2:00PM-4:40PM<br/>Batik Painting Course by Tan Ching Ching</div> |
| <div>26</div> | <div>27</div> <div>10:00AM-12:40PM<br/>From Still Life to Style: A Colour Pencil Journey<br/>2:00PM-4:00PM<br/>Chinese Brush Painting Course by Sher Ley</div> | <div>28</div> <div>10:00AM-12:00PM<br/>Watercolour Painting Course (Beginner) by Jeffrey Ang<br/>2:00PM-4:30PM<br/>Pastel Art Course (Int) by Zu Wee<br/>7:00PM-9:30PM<br/>Mindfulness Based Cognitive Therapy by Angie &amp; May</div> | <div>29</div> <div>10:00AM-12:40PM<br/>Nagomi Pastel Art Course by Kim Fong<br/>2:30PM-4:30PM<br/>Watercolour Painting Course (Beginner) by Geri<br/>7:00PM-9:00PM<br/>Mindfulness Foundation Course by Angie Chew</div>                 | <div>30</div> <div>10:00AM-12:00PM<br/>Pastel Art Course by Ruyan<br/>2:00PM-4:40PM<br/>Pencil Sketching Course by Paul Lee<br/>7:00PM-9:30PM<br/>Mindfulness Based Stress Reduction by Angie Chew</div> | <div>31</div> <div>10:00AM-12:30PM<br/>Pastel Art Course (Int) x B&amp;W by Audrey Ng<br/>2:00PM-4:30PM<br/>Pen Ink Drawing x Peranakan by Kuan</div> |   |

# OCT2025@SIMEI 148



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

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|---|---|--|---|---|
|   |   |   | 19:30AM-10:30AM<br>Chair Exercise By Bernice<br>10:30AM-1:30PM<br>From Seniors To Seniors<br>12:00PM-1:00PM<br>Mindfulness - An Hour of Calm<br>12:00PM-4:00PM<br>Decoupage Art Course by Angie Ong<br>2:00PM-4:00PM<br>Moon Cake Making Workshop 1 | 210:30AM-11:30AM<br>Chair Exercise<br>11:00AM-1:00PM<br>Weaving Happiness<br>2:00PM-4:00PM<br>Moon Cake Making Workshop 2  | 39:30AM-10:30AM<br>Social Dance By Edwin<br>12:00PM-1:00PM<br>Communal Dining<br>4:00PM-5:00PM<br>HPB Cardio Dance<br>4:00PM-5:30PM<br>SingAlong                                      | 410:00AM-11:00AM<br>Bollywood Dance - SMI120250906BD  |
| 510:00AM-12:00PM<br>Basic Conversational English by Tr. May Thu<br>10:00AM-12:00PM<br>Wound Management and Dressings by Tr. Phyu<br>1:00PM-3:30PM<br>Basic Conversational English by Tr. Phyu<br>1:00PM-3:30PM<br>Healthy Teeth Healthy Gums Talk by Dr Yang Jingrong | 66:30PM-7:30PM<br>HPB Yoga  | 79:00AM-10:00AM<br>Pilates<br>10:15AM-11:15AM<br>Social Dance By Dennis<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Mahjong  | 89:30AM-10:30AM<br>Chair Exercise By Bernice<br>10:30AM-1:00PM<br>From Seniors To Seniors<br>12:00PM-1:00PM<br>Mindfulness - An Hour of Calm<br>12:00PM-4:00PM<br>Decoupage Art Course by Angie Ong   | 910:30AM-11:30AM<br>Chair Exercise<br>11:00AM-1:00PM<br>Weaving Happiness<br>12:30PM-4:30PM<br>Mosaic Art Course by Angie Ong<br>2:00PM-4:00PM<br>Mahjong              | 109:30AM-10:30AM<br>Social Dance By Edwin<br>12:00PM-1:00PM<br>Communal Dining<br>4:00PM-5:00PM<br>HPB Cardio Dance<br>4:00PM-5:30PM<br>SingAlong                                     | 1110:00AM-11:00AM<br>Bollywood Dance - SMI120250906BD |
| 1210:00AM-11:00AM<br>Basic Conversational Chinese<br>11:00AM-12:00PM<br>Basic Conversational English by Tr.PLN<br>1:00PM-3:30PM<br>Basic Conversational English by Tr.PLN   | 1312:30PM-4:30PM<br>Mosaic Art Course by Angie Ong<br>6:30PM-7:30PM<br>HPB Yoga | 149:00AM-10:00AM<br>Pilates<br>10:15AM-11:15AM<br>Social Dance By Dennis<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Mahjong | 159:30AM-10:30AM<br>Chair Exercise By Bernice<br>10:30AM-1:30PM<br>From Seniors To Seniors<br>12:00PM-1:00PM<br>Mindfulness - An Hour of Calm<br>12:00PM-4:00PM<br>Decoupage Art Course by Angie Ong  | 1610:30AM-11:30AM<br>Chair Exercise<br>11:00AM-1:00PM<br>Weaving Happiness<br>2:00PM-4:00PM<br>Mahjong   | 179:30AM-10:30AM<br>Social Dance By Edwin<br>12:00PM-1:00PM<br>Communal Dining<br>4:00PM-5:00PM<br>HPB Cardio Dance<br>4:00PM-5:30PM<br>SingAlong                                     | 1810:00AM-11:00AM<br>Bollywood Dance - SMI120250906BD |
| 1910:00AM-11:00AM<br>Basic Conversational English by Tr.Khari<br>10:00AM-12:00PM<br>Sewing Workshop<br>11:00AM-12:00PM<br>Basic Conversational English<br>1:00PM-3:30PM<br>Cooking Workshop- Mooncake<br>1:00PM-3:30PM<br>Basic Conversational Chinese                | 20Deepavali   | 219:00AM-10:00AM<br>Pilates<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Mahjong  | 229:30AM-10:30AM<br>Chair Exercise By Bernice<br>10:30AM-1:30PM<br>From Seniors To Seniors<br>12:00PM-1:00PM<br>Mindfulness - An Hour of Calm   | 2310:30AM-11:30AM<br>Chair Exercise<br>11:00AM-1:00PM<br>Weaving Happiness<br>2:00PM-4:00PM<br>Mahjong<br>2:00PM-4:40PM<br>Watercolour Painting Course (Beg) by Janice | 249:30AM-10:30PM<br>Social Dance By Edwin<br>12:00PM-1:00PM<br>Communal Dining<br>12:00PM-1:45PM<br>Diwali Potluck<br>4:00PM-5:00PM<br>HPB Cardio Dance<br>4:00PM-5:30PM<br>SingAlong | 2510:00AM-11:00AM<br>Bollywood Dance - SMI120250906BD |
| 2610:00AM-2:00PM<br>Deepavali Celebration   | 276:30PM-7:30PM<br>HPB Yoga   | 289:00AM-10:00AM<br>Pilates<br>10:15AM-11:15AM<br>Social Dance By Dennis<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Mahjong | 299:30AM-10:30AM<br>Chair Exercise By Bernice<br>10:30AM-1:30PM<br>From Seniors To Seniors<br>12:00PM-1:00PM<br>Mindfulness - An Hour of Calm   | 3010:30AM-11:30AM<br>Chair Exercise<br>11:00AM-1:00PM<br>Weaving Happiness<br>2:00PM-4:00PM<br>Mahjong<br>2:00PM-4:40PM<br>Watercolour Painting Course (Beg) by Janice | 319:30AM-10:30AM<br>Social Dance By Edwin<br>12:00PM-1:00PM<br>Communal Dining<br>4:00PM-5:00PM<br>HPB Cardio Dance<br>4:00PM-5:30PM<br>SingAlong                                     |   |



# OCT2025@SIMEI 227

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



| Sunday        | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---------------|--|---|---|--|---|--|
|               |  |   | <div>1</div> <div>8:00AM-9:00AM<br/>Low Impact Exercise</div> <div>9:15AM-10:15AM<br/>Yoga</div> <div>9:30AM-1:00PM<br/>Community Nurse Post</div> <div>10:30AM-11:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Meeting Centre</div>  | <div>2</div> <div>9:15AM-10:15AM<br/>Fitness Exercise</div> <div>10:30AM-12:00PM<br/>Line Dance</div> <div>1:30PM-3:00PM<br/>Intermediate English</div> <div>2:00PM-4:00PM<br/>Rumio / Mahjong</div>   | <div>3</div> <div>9:15AM-10:15AM<br/>Meridian Exercise</div> <div>12:00PM-1:00PM<br/>Communal Dining</div> <div>1:00PM-2:00PM<br/>Stretch And Tone</div> <div>4:00PM-5:30PM<br/>Singalong</div>   | <div>4</div>   |
| <div>5</div>  | <div>6</div> <div>9:15AM-10:15AM<br/>HPB Zumba Gold</div> <div>9:30AM-10:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Bingo</div>  | <div>7</div> <div>9:30AM-11:30AM<br/>Art &amp; Craft Workshop -<br/>SM20250902A&amp;CW</div> <div>10:00AM-12:00PM<br/>HAPPY Program</div> <div>1:00PM-2:00PM<br/>HPB Chair Exercise</div> <div>2:30PM-4:30PM<br/>Rumio / Mahjong</div> <div>5:00PM-9:00PM<br/>Mid Autumn Festival<br/>Celebration</div> | <div>8</div> <div>8:00AM-9:00AM<br/>Low Impact Exercise</div> <div>9:15AM-10:15AM<br/>Yoga</div> <div>9:30AM-1:00PM<br/>Community Nurse Post</div> <div>10:30AM-11:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Meeting Centre</div>  | <div>9</div> <div>9:15AM-10:15AM<br/>Fitness Exercise</div> <div>10:30AM-12:00PM<br/>Line Dance</div> <div>1:30PM-3:00PM<br/>Intermediate English</div> <div>2:00PM-4:00PM<br/>Rumio / Mahjong</div> <div>4:00PM-6:00PM<br/>CMFC - Lily</div>  | <div>10</div> <div>9:15AM-10:15AM<br/>Meridian Exercise</div> <div>12:00PM-1:00PM<br/>Communal Dining</div> <div>1:00PM-2:00PM<br/>Stretch And Tone</div> <div>4:00PM-5:30PM<br/>Singalong</div>  | <div>11</div>  |
| <div>12</div> | <div>13</div> <div>9:15AM-10:15AM<br/>HPB Zumba Gold</div> <div>9:30AM-10:30AM<br/>Yoga</div> <div>11:00AM-12:30PM<br/>Digital Learning Centre-<br/>Transport-Grab/Zig App</div> <div>2:00PM-4:00PM<br/>Digital Learning Circle-One<br/>to One</div> <div>2:00PM-4:00PM<br/>Bingo</div>                      | <div>14</div> <div>9:30AM-11:30AM<br/>Art &amp; Craft Workshop -<br/>SM20250902A&amp;CW</div> <div>10:00AM-12:00PM<br/>HAPPY Program</div> <div>1:00PM-2:00PM<br/>HPB Chair Exercise</div> <div>2:30PM-4:30PM<br/>Rumio / Mahjong</div>   | <div>15</div> <div>8:00AM-9:00AM<br/>Low Impact Exercise</div> <div>9:15AM-10:15AM<br/>Yoga</div> <div>9:30AM-1:00PM<br/>Community Nurse Post</div> <div>10:30AM-11:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Meeting Centre</div> | <div>16</div> <div>9:15AM-10:15AM<br/>Fitness Exercise</div> <div>10:30AM-12:00PM<br/>Line Dance</div> <div>1:30PM-3:00PM<br/>Intermediate English</div> <div>2:00PM-4:00PM<br/>Rumio / Mahjong</div> <div>4:00PM-6:00PM<br/>CMFC - Lily</div> | <div>17</div> <div>9:15AM-10:15AM<br/>Meridian Exercise</div> <div>12:00PM-1:00PM<br/>Communal Dining</div> <div>1:00PM-2:00PM<br/>Stretch And Tone</div> <div>4:00PM-5:30PM<br/>Singalong</div>  | <div>18</div> <div>9:30AM-1:00PM<br/>Kampung Fiesta Sports<br/>Events (By Project AMICA)</div> |
| <div>19</div> | <div>20</div> <div>Deepavali</div>   | <div>21</div> <div>9:30AM-11:30AM<br/>Art &amp; Craft Workshop -<br/>SM20250902A&amp;CW</div> <div>10:00AM-12:00PM<br/>HAPPY Program</div> <div>1:00PM-2:00PM<br/>HPB Chair Exercise</div> <div>2:30PM-4:30PM<br/>Rumio / Mahjong</div>   | <div>22</div> <div>8:00AM-9:00AM<br/>Low Impact Exercise</div> <div>9:15AM-10:15AM<br/>Yoga</div> <div>9:30AM-1:00PM<br/>Community Nurse Post</div> <div>10:30AM-11:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Meeting Centre</div> | <div>23</div> <div>9:15AM-10:15AM<br/>Fitness Exercise</div> <div>10:30AM-12:00PM<br/>Line Dance</div> <div>1:30PM-3:00PM<br/>Intermediate English</div> <div>2:00PM-4:00PM<br/>Rumio / Mahjong</div> <div>4:00PM-6:00PM<br/>CMFC - Lily</div> | <div>24</div> <div>9:15AM-10:15AM<br/>Meridian Exercise</div> <div>12:00PM-1:00PM<br/>Communal Dining</div> <div>1:00PM-2:00PM<br/>Stretch And Tone</div> <div>2:30PM-5:00PM<br/>Combat Age-related Loss<br/>of Muscle (CALM)</div> <div>4:00PM-5:30PM<br/>Singalong</div>  | <div>25</div>  |
| <div>26</div> | <div>27</div> <div>9:15AM-10:15AM<br/>HPB Zumba Gold</div> <div>9:30AM-10:30AM<br/>Yoga</div> <div>11:00AM-12:30PM<br/>Digital Learning Circle-<br/>Identify &amp; Act against<br/>Common Scams</div> <div>2:00PM-4:00PM<br/>Digital Learning Circle-One<br/>to One</div> <div>2:00PM-4:00PM<br/>Bingo</div> | <div>28</div> <div>9:30AM-11:30AM<br/>Art &amp; Craft Workshop -<br/>SM20250902A&amp;CW</div> <div>10:00AM-12:00PM<br/>HAPPY Program</div> <div>1:00PM-2:00PM<br/>HPB Chair Exercise</div> <div>2:30PM-4:30PM<br/>Rumio / Mahjong</div>   | <div>29</div> <div>8:00AM-9:00AM<br/>Low Impact Exercise</div> <div>9:15AM-10:15AM<br/>Yoga</div> <div>9:30AM-1:00PM<br/>Community Nurse Post</div> <div>10:30AM-11:30AM<br/>Yoga</div> <div>2:00PM-4:00PM<br/>Meeting Centre</div> | <div>30</div> <div>9:15AM-10:15AM<br/>Fitness Exercise</div> <div>10:30AM-12:00PM<br/>Line Dance</div> <div>1:30PM-3:00PM<br/>Intermediate English</div> <div>2:00PM-4:00PM<br/>Rumio / Mahjong</div> <div>4:00PM-6:00PM<br/>CMFC - Lily</div> | <div>31</div> <div>9:00AM-12:30PM<br/>Rummi-Con 2025</div> <div>9:15AM-10:15AM<br/>Meridian Exercise</div> <div>10:30AM-11:15AM<br/>Combat Age-related Loss of<br/>Muscle (CALM)</div> <div>12:00PM-1:00PM<br/>Communal Dining</div> <div>1:00PM-2:00PM<br/>Stretch And Tone</div> <div>4:00PM-5:30PM<br/>Singalong</div> |  |

# OCT2025@TAMPINES



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

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|--|---|---|---|---|---|---|
|  |   |   | 19:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Chair Zumba<br>2:00PM-4:00PM<br>Craft Workshop (Wed)  | 29:15AM-10:15AM<br>Happy Drumming<br>10:30AM-11:30AM<br>Functional Movement Class   | 310:00AM-11:00AM<br>Brain and Body Exercises for Seniors<br>11:15AM-12:15PM<br>Happy Dance<br>2:00PM-5:00PM<br>Recreation Activities<br>2:00PM-5:00PM<br>Recreation Activities 2  | 410:00AM-12:00PM<br>BOA Craft Session<br>10:00AM-3:00PM<br>Art of Planting by Margaret Huang<br>2:00PM-4:00PM<br>Recreation Activities  |
| 5  | 69:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:00AM-12:30PM<br>Acrylic Painting Course (Int) by Laura Soon<br>10:30AM-11:30AM<br>HPB Resistance Band Exercise<br>1:00PM-5:00PM<br>Decoupage Art Course by Danica Yip<br>2:00PM-4:00PM<br>Dementia Meeting Room | 79:15AM-10:15AM<br>Physical Toning Exercise by William Ong<br>10:00AM-12:40PM<br>Nagomi Pastel Art Course by Ruyan<br>2:00PM-4:30PM<br>Pen Ink Drawing Course by Tia<br>2:00PM-5:00PM<br>Recreation Activities<br>5:00PM-9:00PM<br>Lights By The Lake Mid Autumn Celebrations | 89:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Chair Zumba   | 99:15AM-10:15AM<br>Happy Drumming<br>10:30AM-11:30AM<br>Functional Movement Class<br>2:00PM-4:00PM<br>Craft Workshop (Thur)   | 1010:00AM-11:00AM<br>Brain and Body Exercises for Seniors<br>11:15AM-12:15PM<br>Happy Dance<br>2:00PM-5:00PM<br>Recreation Activities<br>2:00PM-5:00PM<br>Recreation Activities 2 | 1110:00AM-3:00PM<br>Art of Planting by Margaret Huang<br>2:00PM-4:00PM<br>Recreation Activities<br>2:30PM-4:30PM<br>Mindfulness Foundation Course by May Chng   |
| 12   | 139:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Resistance Band Exercise<br>1:00PM-5:00PM<br>Decoupage Art Course by Danica Yip<br>2:00PM-4:00PM<br>Dementia Meeting Room  | 149:15AM-10:15AM<br>Physical Toning Exercise by William Ong<br>10:00AM-12:40PM<br>Nagomi Pastel Art Course by Ruyan<br>10:30AM-11:30AM<br>Yogasana Yoga by William<br>2:00PM-5:00PM<br>Community Nurse Post<br>2:00PM-5:00PM<br>Recreation Activities                         | 159:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Chair Zumba<br>2:00PM-4:00PM<br>Craft Workshop (Wed) | 169:15AM-10:15AM<br>Happy Drumming<br>10:30AM-11:30AM<br>Functional Movement Class  | 1710:00AM-11:00AM<br>Brain and Body Exercises for Seniors<br>11:15AM-12:15PM<br>Happy Dance<br>2:00PM-5:00PM<br>Recreation Activities<br>2:00PM-5:00PM<br>Recreation Activities 2 | 1810:00AM-3:00PM<br>Art of Planting by Margaret Huang<br>2:00PM-3:30PM<br>18 October Mindfulness Circle<br>2:00PM-4:00PM<br>Recreation Activities<br>2:30PM-4:30PM<br>Mindfulness Foundation Course by May Chng |
| 199:00AM-5:00PM<br>Mindfulness Based Cognitive Therapy by Angie & May<br>9:00AM-5:00PM<br>Mindfulness Based Cognitive Therapy by May & Chew Ping | 20Deepavali   | 219:15AM-10:15AM<br>Physical Toning Exercise by William Ong<br>10:00AM-12:40PM<br>Nagomi Pastel Art Course by Ruyan<br>10:30AM-11:30AM<br>Yogasana Yoga by William<br>2:00PM-5:00PM<br>Recreation Activities  | 229:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Chair Zumba  | 239:15AM-10:15AM<br>Happy Drumming<br>10:30AM-11:30AM<br>Functional Movement Class<br>2:00PM-4:00PM<br>Craft Workshop (Thur)<br>2:00PM-4:40PM<br>Watercolour Painting Course (Beg) by Lee Nee | 2410:00AM-11:00AM<br>Brain and Body Exercises for Seniors<br>11:15AM-12:15PM<br>Happy Dance   | 2510:00AM-12:40PM<br>Coloured Pencil Drawing Course by Xiang Ling<br>10:00AM-3:00PM<br>Art of Planting by Margaret Huang<br>2:00PM-4:00PM<br>Recreation Activities  |
| 26   | 279:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Resistance Band Exercise<br>1:00PM-5:00PM<br>Decoupage Art Course by Danica Yip<br>2:00PM-4:00PM<br>Dementia Meeting Room  | 289:15AM-10:15AM<br>Physical Toning Exercise by William Ong<br>10:00AM-12:40PM<br>Nagomi Pastel Art Course by Ruyan<br>10:30AM-11:30AM<br>Yogasana Yoga by William<br>2:00PM-5:00PM<br>Recreation Activities  | 299:15AM-10:15AM<br>Low Impact Exercise by William Ong<br>10:30AM-11:30AM<br>HPB Chair Zumba<br>2:00PM-4:00PM<br>Craft Workshop (Wed) | 309:15AM-10:15AM<br>Happy Drumming<br>10:30AM-11:30AM<br>Functional Movement Class<br>2:00PM-4:40PM<br>Watercolour Painting Course (Beg) by Lee Nee   | 3110:00AM-11:00AM<br>Brain and Body Exercises for Seniors<br>11:15AM-12:15PM<br>Happy Dance   |   |