

JUL2025@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 60A Pavilion 健康促进局排舞课 @ 大牌60A 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	39:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B - MP20250703TMRP 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	49:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ 60A 舞蹈集选班@大牌56 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM HPB Chair Zumba 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 (2/12)	510:00AM-12:00PM Chinese Calligraphy Course by Manlin (4/7) 1:00PM-2:00PM Everyday English for Seniors (12/12) 2:30PM-5:00PM Chinese Brush Painting Course (Beg) by Manlin (4/7)
6	79:00AM-6:00PM Fei Your x BCMP - ACP Consultations for Seniors - MP20250707FYACPCON 9:30AM-11:00AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 2:00PM-5:00PM Adventure in Craft Making by Jayce Yong (1/3)	89:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月KTV	99:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	109:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B - MP20250703TMRP 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	119:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ 60A 舞蹈集选班@大牌56 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM HPB Chair Zumba 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 (3/12)	1211:00AM-2:00PM YOLO Carnival 2025 @ MPCC YOLO 嘉年华 @ 麦波申联络所, 一楼大厅
13	1410:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 2:00PM-5:00PM Adventure in Craft Making by Jayce Yong (2/3)	159:00AM-6:00PM Fei Your x BCMP - ACP Consultations for Seniors - MP20250707FYACPCON 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-4:00PM GUI FY25 Kuan Pop Up Card and POSCA Workshops - MP20250715GUIFY25KUAN	169:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌56 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (1/9)	179:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B - MP20250703TMRP 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	189:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ 60A 舞蹈集选班@大牌56 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM HPB Chair Zumba 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 (4/12)	1910:00AM-12:00PM Chinese Calligraphy Course by Manlin (5/7) 2:30PM-5:00PM Chinese Brush Painting Course (Beg) by Manlin (5/7)
20	219:00AM-6:00PM Fei Your x BCMP - ACP Consultations for Seniors - MP20250707FYACPCON 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 2:00PM-4:00PM Adventure in Craft Making by Jayce Yong (3/3)	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 @ Blk 60A Pavilion 健康促进局排舞课@大牌56 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (2/9)	249:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B - MP20250703TMRP 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 Kopi 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 @ 60A 舞蹈集选班@大牌56 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM HPB Chair Zumba 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)	2610:00AM-12:00PM Chinese Calligraphy Course by Manlin (6/7) 2:30PM-5:00PM Chinese Brush Painting Course (Beg) by Manlin (6/7)
27	2810:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	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 @ Blk 60A Pavilion 健康促进局排舞课@大牌56 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (3/9)	319:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B - MP20250703TMRP 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		

JUL2025@NEWTON



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		17:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	210:00AM-12:00PM 正念基础课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	37:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	410:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	5
6	710:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley 2:00PM-4:30PM Graphite Painting Course by Janice Chin	87:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	910:00AM-12:00PM 正念基础课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	1010:00AM-12:00PM Mindfulness Foundation Course by May Chng 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	1110:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	1210:00AM-12:00PM July 12-Mindfulness Circle (Newton)
13	1410:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley 2:00PM-4:30PM Graphite Painting Course by Janice Chin	152:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	162:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan	1710:00AM-12:00PM Mindfulness Foundation Course by May Chng 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	1810:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	1910:00AM-12:00PM Mindfulness Circle 正念圈 10:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan
20	2110:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley 2:00PM-4:30PM Graphite Painting Course by Janice Chin	222:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	232:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan	2410:00AM-12:00PM Mindfulness Foundation Course by May Chng 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	2510:00AM-12:00PM Nagomi Pastel Art Course by Ruyan	2610:00AM-12:00PM July 26-Mindfulness Circle (Newton) 10:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan
27	2810:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley 2:00PM-4:30PM Graphite Painting Course by Janice Chin	292:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	302:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan	3110:00AM-12:00PM Mindfulness Foundation Course by May Chng 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew		

AUG2025@NEWTON



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
31					110:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	210:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan
39:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie Chew	42:00PM-4:30PM Graphite Painting Course by Janice Chin	52:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	62:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	710:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	810:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	9National Day
10	112:00PM-4:30PM Graphite Painting Course by Janice Chin	122:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	132:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	1410:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	1510:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	1610:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
17	18	192:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	202:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	2110:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee	2210:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	2310:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
24	25	262:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	277:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	2810:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee	292:00PM-4:00PM Pencil Sketching Course by Zara Fong	3010:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling

JUL2025@GROVVE



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
		1	26:30PM-7:30PM YouthXperience: Youthfit Circuit (For 15 - 25 yrs old) - GS20250702YFC	3	44:00PM-6:00PM Interns Weekly Meetup	59:30AM-12:30PM Catching Dreams (For 12 -17 yrs old) - GS20250705CYD 2:00PM-4:00PM Terrarium Making Workshop (For 10 to 18 Yr Olds) - GS20250705HCI
6	7	8	96:30PM-7:30PM YouthXperience: Youthfit Circuit (For 15 - 25 yrs old) - GS20250702YFC	10	114:00PM-6:00PM Interns Weekly Meetup	121:00PM-3:00PM Level Up Your Style (For 18-25 Yr Olds) - GS20250712LUS 3:30PM-5:30PM Parent-Child Workshop on Kindness & Gratitude(For Lower Pri)- GS20250712PCW
13	14	15	16	17	184:00PM-6:00PM Interns Weekly Meetup	191:00PM-3:00PM Journeying Through Journalling (For 13 to 18 Yr Olds) - GS20250719ICS 3:30PM-6:00PM Interns Get Together
20	21	22	23	24	254:00PM-6:00PM Interns Weekly Meetup	261:00PM-3:00PM Journeying Through Journalling (For 13 to 18 Yr Olds) - GS20250719ICS 3:30PM-5:30PM Rube Goldberg Machine Workshop(For 10-18 Yrs old) - GS20250726HCI
27	28	29	30	31		

JUL2025@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
		1 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!	2 9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong SMI20250611DAC	3 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Pastel Art Course by Vanessa	4 9:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	5
6 10:00AM-12:00PM Basic Sewing 1:00PM-3:30PM Financial Literacy Program by DBS Bank	7 2:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	8 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 9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong SMI20250611DAC From Seniors To Seniors	10 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Pastel Art Course by Vanessa	11 9:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	12 10:00AM-11:00AM Bollywood Dance
13 10:00AM-3:30PM Outdoor Event	14 2:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	15 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!	16 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	17 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Pastel Art Course by Vanessa	18 9:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	19 10:00AM-11:00AM Bollywood Dance
20 10:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational Chinese 1:00PM-2:30PM Digital Skills Training 2:30PM-3:30PM Mindful Yoga by Tr. Neeti	21 2:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	22 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!	23 9:30AM-10:30AM Chair Exercise By Bernice 10:30AM-12:30PM Laughter Yoga Wellness With Dr Madan Kataria 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors	24 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-4:00PM Mosaic Art Course by Angie Ong 2:00PM-4:00PM Pastel Art Course by Vanessa	25 9:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	26 10:00AM-11:00AM Bollywood Dance
27 10:00AM-12:00PM Cooking Workshop 1:00PM-3:00PM Dealing with Stress by Aidha	28 2:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	29 9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	30 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	31 10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-4:00PM Mosaic Art Course by Angie Ong 2:00PM-4:00PM Pastel Art Course by Vanessa		

JUL2025@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
		1	2 12:00PM-1:00PM Mindfulness Session - SM20250702MS	3 9:00AM-1:00PM GUI Udders Ice Cream (Full) 9:30AM-11:00AM Line Dance	4 9:00AM-10:00AM Meridian Exercise - SM20250627ME 11:45AM-12:45PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit (Full) 4:00PM-5:30PM SingAlong	5
6	7 9:30AM-10:30AM Yoga	8 9:00AM-10:00AM Wellness Walk	9	10 9:30AM-11:00AM Line Dance	11 9:00AM-10:00AM Meridian Exercise - SM20250627ME 11:45AM-12:45PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit (Full) 4:00PM-5:30PM SingAlong	12
13	14 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning Circle-Search for Information on Internet 2:00PM-4:00PM Digital Learning Circle-One to One	15 9:00AM-10:00AM Wellness Walk	16	17 9:30AM-11:00AM Line Dance	18 9:00AM-10:00AM Meridian Exercise - SM20250627ME 11:45AM-12:45PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit (Full) 4:00PM-5:30PM SingAlong	19
20	21 9:30AM-10:30AM Yoga1	22 9:00AM-10:00AM Wellness Walk	23	24 9:30AM-11:00AM Line Dance	25 9:00AM-10:00AM Meridian Exercise - SM20250627ME 11:45AM-12:45PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit (Full) 4:00PM-5:30PM SingAlong	26
27	28 9:30AM-10:30AM Yoga1 11:00AM-12:30PM Digital Learning Circle-Store/Retrieve/Delete information on Mobile 2:00PM-4:00PM Digital Learning Circle-One to One	29 9:00AM-10:00AM Wellness Walk 9:30AM-11:00AM HAPPY Program (Full)	30 9:30AM-1:00PM Community Nurse Post	31 9:00AM-10:00AM Fitness Exercise 9:30AM-11:00AM Line Dance 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening		

JUL2025@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
		110:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William	29:15AM-10:15AM Low Impact Exercise by William (Wednesday) JULY 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	39:15AM-10:15AM Happy Drumming (JULY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Mindfulness Foundation Course by May Chng - TP20250612MFC 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC 2:00PM-4:00PM Craft Workshop (Thur)	410:00AM-11:00AM Brain and Body Exercises for Seniors (JULY) 11:15AM-12:15PM Happy Dance (JULY) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	59:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 2:00PM-4:00PM Recreation Activities
6	71:00PM-5:00PM Mosaic Art Course by Danica Yip - TP20250707MA 2:00PM-4:00PM Dementia Meeting Room	810:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William 2:00PM-5:00PM Community Nurse Post	99:15AM-10:15AM Low Impact Exercise by William (Wednesday) JULY 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	109:15AM-10:15AM Happy Drumming (JULY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC	1110:00AM-11:00AM Brain and Body Exercises for Seniors (JULY) 11:15AM-12:15PM Happy Dance (JULY) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	129:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 2:00PM-4:00PM Recreation Activities
13	141:00PM-5:00PM Mosaic Art Course by Danica Yip - TP20250707MA 2:00PM-4:00PM Dementia Meeting Room	1510:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William	169:15AM-10:15AM Low Impact Exercise by William (Wednesday) JULY 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	179:15AM-10:15AM Happy Drumming (JULY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC 2:00PM-4:00PM Craft Workshop (Thur)	1810:00AM-11:00AM Brain and Body Exercises for Seniors (JULY) 11:15AM-12:15PM Happy Dance (JULY) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	199:00AM-11:30AM Learning Day Collaboration SGO - TP20250719LDCSGO 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 10:00AM-2:00PM Art of Planting by Margaret Huang 2:00PM-3:30PM 19 July-Mindfulness Circle (Tampines)
20	211:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	2210:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William	239:15AM-10:15AM Low Impact Exercise by William (Wednesday) JULY 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	249:15AM-10:15AM Happy Drumming (JULY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC	2510:00AM-11:00AM Brain and Body Exercises for Seniors (JULY) 11:15AM-12:15PM Happy Dance (JULY) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	2610:00AM-12:00PM BOA Craft Session - TP20250726BOACS 10:00AM-2:00PM Art of Planting by Margaret Huang
279:00AM-5:00PM Mindfulness Based Stress Reduction by Angie Chew	281:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	2910:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William	309:15AM-10:15AM Low Impact Exercise by William (Wednesday) JULY 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	319:15AM-10:15AM Happy Drumming (JULY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC 2:00PM-4:00PM Craft Workshop (Thur)		