


# DEC 2024 @ 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
1	2 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	3 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐 聚会	4 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  10:00AM-12:00PM Free Haircuts By Team MDI for MP Seniors 为老年人提供免费护理 - 由 MDI 志 愿者提供  1:00PM-3:00PM Fun and Games 乐趣和游戏活动  3:30PM-6:00PM Mindfulness Based Cognitive Therapy 正 念认知疗法L7	5 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 Everyday English for Seniors 乐 龄日常英语课程	6 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 2 椅子尊巴 2 @ 麦 波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	7
8	9 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	10 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐 聚会	11 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-2:30PM Christmas Cookies Workshop 圣诞 饼干装饰工作坊  1:00PM-3:00PM Fun and Games 乐趣和游戏活动  3:30PM-6:00PM Mindfulness Based Cognitive Therapy 正念认知疗法L8	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  10:00AM-5:00PM SDO x Brahm Digital learning for Seniors  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	13 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 2 椅子尊巴 2 @ 麦 波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	14
15	16 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	17 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动  11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐 聚会	18 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	19 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 Everyday English for Seniors 乐龄日 常英语课程  3:30PM-5:30PM December 2024 Monthly Birthday + Christmas Celebration 十二月生日 庆祝活动	20 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 2 椅子尊巴 2 @ 麦 波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	21
22	23 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	24 <b>CENTRE CLOSED</b>	25 	26 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	27 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 2 椅子尊巴 2 @ 麦 波申社俱乐部, 二楼礼堂  11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	28
29	30 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	31 <b>CENTRE CLOSED</b>				


# DEC2024 @SIMEI 148



Happier & Healthier Living

SUPPORTED BY MOH AND AIC


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

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
<b>1 OMEGA PROGRAMS</b> 11:00AM-3:00PM Celebration with Movie Screening: Me Before You	<b>2 6:30PM-7:30PM</b> HPB YOGA	<b>3 10:00AM-11:00AM</b> SOCIAL DANCE  1:00PM-2:00PM HPB Chair Exercise  3:00PM-5:00PM GUI - ABC Nutrition	<b>4 1:00PM-3:00PM</b> FROM SENIORS TO SENIORS	<b>5 10:30AM-11:30AM</b> Chair Exercise 椅子运动  11:00AM-1:00PM Weaving Happiness	<b>6 6:30PM-7:30PM</b> HPB - Cardio Dance	<b>7 1:00PM-2:30PM</b> Piano Appreciation (For 11 - 18 Yr Olds)
<b>8 OMEGA PROGRAMS</b> 12:30PM-2:30PM National Gallery by DBS  2:00PM-3:00PM OMEGA Outreach	<b>9 6:30PM-7:30PM</b> HPB YOGA	<b>10 10:00AM-11:00AM</b> SOCIAL DANCE  1:00PM-2:00PM HPB Chair Exercise  3:00PM-5:00PM GUI - ABC Nutrition	<b>11 1:00PM-3:00PM</b> FROM SENIORS TO SENIORS	<b>12 10:30AM-11:30AM</b> Chair Exercise 椅子运动  11:00AM-1:00PM Weaving Happiness  2:00PM-5:00PM D&D Learn to Play: The Wolves of Welton (For 16 to 25 Yr Olds)	<b>13 6:30PM-7:30PM</b> HPB - Cardio Dance	<b>14 10:00AM-12:00PM</b> Craft Workshop 手工班  1:00PM-2:30PM Piano Appreciation (For 11 - 18 Yr Olds)
<b>15 OMEGA PROGRAMS</b> 10:30AM-3:30PM Basic Sewing Class (Garment Making)L3  10:30AM-12:30PM Conversational English 英语对话课程  1:30PM-3:00PM Basic First Aid Learning  3:00PM-3:30PM Zumba Dance	<b>16 6:30PM-7:30PM</b> HPB YOGA	<b>17 10:00AM-11:00AM</b> SOCIAL DANCE  1:00PM-2:00PM HPB Chair Exercise	<b>18 1:00PM-3:00PM</b> FROM SENIORS TO SENIORS	<b>19 10:30AM-11:30AM</b> Chair Exercise 椅子运动  11:00AM-1:00PM Weaving Happiness	<b>20 6:30PM-7:30PM</b> HPB - Cardio Dance	<b>21</b>
<b>22 OMEGA PROGRAMS</b> 11:00AM-3:00PM Potluck Party	<b>23 6:30PM-7:30PM</b> HPB YOGA	<b>24</b>  <b>CENTRE CLOSED</b>	<b>25</b>  	<b>26 10:30AM-11:30AM</b> Chair Exercise 椅子运动  11:00AM-1:00PM Weaving Happiness	<b>27 6:30PM-7:30PM</b> HPB - Cardio Dance	<b>28</b>
<b>29 OMEGA PROGRAMS</b> 10:30AM-3:30PM Basic Sewing Class (Garment Making)L4  10:30AM-12:00PM Conversational Chinese  1:00PM-2:30PM Conversational English 英语对话课程  2:30PM-3:30PM Experience Sharing Session	<b>30 6:30PM-7:30PM</b> HPB YOGA	<b>31</b>  <b>CENTRE CLOSED</b>				

# DEC 2024 @SIMEI 227




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

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
1	2 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  5:00PM-6:00PM GARDENING	3 9:00AM-10:00AM Wellness Walk 健身步行  10:00AM-12:00PM GUI - ABC of Nutrition and Lunch  1:00PM-2:00PM HPB Chair Exercise  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	4 8:00AM-9:00AM Low Impact Exercise 低强度运动  9:30AM-10:30AM Yoga3 瑜伽3  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动  10:45AM-11:45AM Yoga3 瑜伽3  12:30PM-2:30PM Chinese Singing Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	5 9:00AM-10:00AM Fitness Exercise 健身运动  10:30AM-11:30AM Line Dance  1:00PM-2:30PM Intermediate English Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	6 9:00AM-10:00AM Functional Movement Class  9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)  10:00AM-12:00PM GUI - Farm Tour  10:30AM-11:30AM HAPPY Program  1:00PM-2:00PM Stretch and Tone  4:00PM-5:30PM SingAlong  5:00PM-6:00PM GARDENING	7 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动  10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
8	9 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  5:00PM-6:00PM GARDENING	10 9:00AM-10:00AM Wellness Walk 健身步行  10:00AM-12:00PM GUI - ABC of Nutrition and Lunch  1:00PM-2:00PM HPB Chair Exercise  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	11 8:00AM-9:00AM Low Impact Exercise 低强度运动  9:30AM-10:30AM Yoga3 瑜伽3  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动  10:45AM-11:45AM Yoga3 瑜伽3  12:30PM-2:30PM Chinese Singing Class  1:00PM-2:30PM CGH Talk  1:00PM-2:00PM Health Talk 健康讲座  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	12 9:00AM-10:00AM Fitness Exercise 健身运动  10:30AM-11:30AM Line Dance  1:00PM-2:30PM Intermediate English Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	13 9:00AM-10:00AM Functional Movement Class  9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)  10:00AM-12:00PM GUI - Farm Tour  10:30AM-11:30AM HAPPY Program  1:00PM-2:00PM Stretch and Tone  4:00PM-5:30PM SingAlong  5:00PM-6:00PM GARDENING	14 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动  10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
15	16 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  5:00PM-6:00PM GARDENING	17 9:00AM-10:00AM Wellness Walk 健身步行  1:00PM-2:00PM HPB Chair Exercise  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	18 8:00AM-9:00AM Low Impact Exercise 低强度运动  9:30AM-10:30AM Yoga3 瑜伽3  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动  10:45AM-11:45AM Yoga3 瑜伽3  12:30PM-2:30PM Chinese Singing Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	19 9:00AM-10:00AM Fitness Exercise 健身运动  10:30AM-11:30AM Line Dance  1:00PM-2:30PM Intermediate English Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	20 9:00AM-10:00AM Functional Movement Class  9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)  10:00AM-12:00PM GUI - Farm Tour  10:30AM-11:30AM HAPPY Program  1:00PM-2:00PM Stretch and Tone  4:00PM-5:30PM SingAlong  5:00PM-6:00PM GARDENING	21 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动  10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
22	23 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  5:00PM-6:00PM GARDENING	24 <b>CENTRE CLOSED</b>	25 	26 9:00AM-10:00AM Fitness Exercise 健身运动  10:30AM-11:30AM Line Dance  1:00PM-2:30PM Intermediate English Class  3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将  5:00PM-6:00PM GARDENING	27 9:00AM-10:00AM Functional Movement Class  9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)  10:30AM-11:30AM HAPPY Program  1:00PM-2:00PM Stretch and Tone  4:00PM-5:30PM SingAlong  5:00PM-6:00PM GARDENING	28 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动  10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
29	30 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  5:00PM-6:00PM GARDENING	31 <b>CENTRE CLOSED</b>				

# DEC2024 @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
1 9:00AM-5:00PM Mindfulness Based Cognitive Therapy 正念认知疗法L9	2 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	3 9:15AM-10:15AM Physical Toning  10:30AM-11:30AM Yogasana Yoga  2:00PM-5:00PM Recreation Activities 康乐活动	4 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	5 10:30AM-11:30AM Functional Movement Class  2:00PM-4:00PM Craft Workshop 手工班	6 10:00AM-11:00AM Brain & Body Exercise 身心健康运动  11:15AM-12:15PM Happy Dance  2:00PM-5:00PM Recreation Activities (Friday)	7 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
8 9:00AM-5:00PM Mindfulness Based Cognitive Therapy 正念认知疗法L9	9 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	10 9:15AM-10:15AM Physical Toning  10:30AM-11:30AM Yogasana Yoga  2:00PM-5:00PM Recreation Activities 康乐活动  2:00PM-5:00PM Community Nurse Post 社区护士站	11 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴  2:00PM-4:00PM Craft Workshop 手工班	12 10:30AM-11:30AM Functional Movement Class	13 10:00AM-11:00AM Brain & Body Exercise 身心健康运动  11:15AM-12:15PM Happy Dance  2:00PM-4:00PM Volunteer Appreciation  2:00PM-5:00PM Recreation Activities (Friday)	14 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
15	16 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	17 9:15AM-10:15AM Physical Toning  10:30AM-11:30AM Yogasana Yoga  2:00PM-5:00PM Recreation Activities 康乐活动	18 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	19 10:30AM-11:30AM Functional Movement Class  2:00PM-4:00PM Craft Workshop 手工班	20 10:00AM-11:00AM Brain & Body Exercise 身心健康运动  11:15AM-12:15PM Happy Dance  1:00PM-3:00PM Christmas cum New Year Celebration	21 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
22	23 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	24 <b>CENTRE CLOSED</b>	25 	26 10:30AM-11:30AM Functional Movement Class	27 10:00AM-11:00AM Brain & Body Exercise 身心健康运动  11:15AM-12:15PM Happy Dance  1:00PM-3:00PM Christmas cum New Year Celebration  2:00PM-5:00PM Recreation Activities (Friday)	28 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
29	30 9:15AM-10:15AM Low Impact Exercise 低强度运动  10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	31 <b>CENTRE CLOSED</b>				

# DEC2024@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 9:30AM-3:30PM Mindful Compassion Course 正念慈悲课程 L9	2 2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画 课程 (初级班) L5	3 2:00PM-4:30PM Parenting Workshop: The Gardener and the Carpenter  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L6	4 .	5 12:00PM-1:00PM Yoga and Mindfulness Class  7:00PM-9:00PM Mindful Compassion Course 正念慈悲课程 L6	6 10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L2	7 .
8 .	9 10:00AM-11:00AM Growing Up Mindfully for Secondary School Students (Level 1)  11:30AM-12:30PM Growing Up Mindfully for Primary School Students (Level 1)  2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画 课程 (初级班) L6	10 2:30 PM-5:00PM Body Training Workshop  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L7	11 9:00AM-5:00PM Customer Service Training - Best Practices  10:00AM-11:00AM Growing Up Mindfully for Secondary School Students (Level 1)  11:30AM-12:30PM Growing Up Mindfully for Primary School Students (Level 1)  2:00PM-4:00PM Mindfulness Workshop: Parenting Techniques To Reduce Stress & Anxiety	12 9:00AM-10:00AM Yoga and Mindfulness Class  2:30 PM-5:00PM Body Training Workshop  7:00PM-9:00PM Mindful Compassion Course 正念慈悲课程 L7	13 9:00AM-5:00PM Customer Service Training - Best Practices  10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L3	14 10:00AM-12:00PM Mindfulness Circle  2:30PM-4:00PM Understanding Youth Mental Health Seminar  4:00PM-6:00PM Parenting Workshop: The Gardener and the Carpenter
15 .	16 2:00PM-5:00PM D&D Learn to Play: The Wolves of Welton (For 16 to 25 Yr Olds)	17 2:00PM-4:00PM Terrarium Making Workshop (For 10 to 18 Yr Olds)  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L8	18 2:00PM-4:00PM Scented Candle-Making Workshop (For 10 - 18 Yr Olds)	19 12:00PM-1:00PM Yoga and Mindfulness Class  7:00PM-9:00PM Mindful Compassion Course 正念慈悲课程 L8	20 10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L4	21 12:00PM-4:00PM Santa Escape for Youth and Parents (For 12 to 17 Yrs Old)  2:00PM-5:00PM Interns Get Together
22 .	23 2:00PM-4:00PM Christmas Tree Craft for Parent & Child	24 .  <b>CENTRE CLOSED</b>	25 .  	26 12:00PM-1:00PM Yoga and Mindfulness Class	27 10:00AM-11:00AM Mindfulness Talk in Mandarin 促进心理健康的正念 练习	28 .
29 .	30 .	31 .  <b>CENTRE CLOSED</b>	. .	. .	. .	. .

# JAN2025@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 .  	2 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L1	3 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班L1  2:30PM-5:10PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L1	4 10:00AM-12:40PM Acrylic Painting Course 丙烯 画课程 L1
5 .	6 10:00AM-12:00PM Acrylic Painting Course 丙烯 画课程 L1  2:00PM-4:30PM Pen Ink Drawing Course L1	7 2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画 课程 (初级班) L1  7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L1	8 10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L1  10:00AM-12:30PM Pen Ink Drawing Course L1  2:00PM-4:30PM Pen Ink Drawing Course L1	9 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L2  2:00PM-5:00PM Adventure in Craft Making 手工艺品制作冒险L1  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L1	10 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班L2  2:30PM-5:10PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L2	11 10:00AM-12:00PM Mindfulness Circle  10:00AM-12:40PM Acrylic Painting Course 丙烯 画课程 L2
12 .	13 10:00AM-12:00PM Acrylic Painting Course 丙烯 画课程 L2  2:00PM-4:30PM Pen Ink Drawing Course L2	14 2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画 课程 (初级班) L2  7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L2	15 10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L2  10:00AM-12:30PM Pen Ink Drawing Course L2  2:00PM-4:30PM Pen Ink Drawing Course L2	16 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L3  2:00PM-5:00PM Adventure in Craft Making 手工艺品制作冒险L2  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L2	17 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班L3  2:30PM-5:10PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L3	18 10:00AM-12:40PM Acrylic Painting Course 丙烯 画课程 L3
19 .	20 10:00AM-12:00PM Acrylic Painting Course 丙烯 画课程 L3  2:00PM-4:30PM Pen Ink Drawing Course L3	21 2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画 课程 (初级班) L3  7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L3	22 10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L3  10:00AM-12:30PM Pen Ink Drawing Course L3  2:00PM-4:30PM Pen Ink Drawing Course L3	23 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L4  2:00PM-5:00PM Adventure in Craft Making 手工艺品制作冒险L3  7:00PM-9:30PM Mindfulness Based Cognitive Therapy 正念认知 疗法L3	24 2:30PM-5:10PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L4	25 .  <b>CENTRE CLOSED</b>
26 .  <b>CENTRE CLOSED</b>	27 .  <b>CENTRE CLOSED</b>	28 .  <b>CENTRE CLOSED</b>	29 .  	30 .  	31 .  <b>CENTRE CLOSED</b>	. .  <b>CENTRE CLOSED</b>