

JAN2026@ALJUNIED



Brahm Centre @ Aljunied Blk 108 Aljunied Crescent #01-36, Singapore 380108 Tel: +65 68760262

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>New Year's Day</div>	<div>2</div> <div>9:45AM-11:00AM The Dance Collective 4:00PM-5:00PM Mindful Fitness Exercise</div>	<div>3</div>
<div>4</div>	<div>5</div> <div>9:00AM-10:30AM Rise and Shine Outreach 9:30AM-10:30AM HAPPY Program Exercise 11:00AM-12:00PM Mindful Chair Exercise at Aljunied 108</div>	<div>6</div>	<div>7</div> <div>10:00AM-12:00PM Craft Jamming - CNY Fan 2:00PM-3:00PM Chair Zumba Exercise</div>	<div>8</div> <div>3:00PM-4:00PM Mindfulness for Mental Wellbeing</div>	<div>9</div> <div>9:45AM-11:00AM The Dance Collective 4:00PM-5:00PM Mindful Fitness Exercise</div>	<div>10</div> <div>9:30AM-11:30AM Golden Hours with Youth 3:00PM-4:30PM Youth Xperience: Guitar Appreciation (12 -18 Yrs Old)</div>
<div>11</div>	<div>12</div> <div>9:00AM-10:30AM Rise and Shine Outreach 9:30AM-10:30AM HAPPY Program Exercise 11:00AM-12:00PM Mindful Chair Exercise 2:00PM-4:00PM Art Jam x Watercolour (NSA Course)</div>	<div>13</div> <div>2:00PM-4:00PM Art Jam x Fashion Pencil Sketching (NSA Course)</div>	<div>14</div> <div>2:00PM-3:00PM Chair Zumba Exercise</div>	<div>15</div> <div>9:00AM-10:30AM Rise and Shine Outreach 2:00PM-4:00PM DIY Handy Box Workshop (Men)</div>	<div>16</div> <div>9:45AM-11:00AM The Dance Collective 4:00PM-5:00PM Mindful Fitness Exercise</div>	<div>17</div> <div>9:30AM-11:30AM Golden Hours with Youth 3:00PM-4:30PM Youth Xperience: Guitar Appreciation (12 -18 Yrs Old)</div>
<div>18</div>	<div>19</div> <div>9:00AM-10:30AM Rise and Shine Outreach 9:30AM-10:30AM HAPPY Program Exercise 11:00AM-12:00PM Mindful Chair Exercise at Aljunied 108 2:00PM-4:00PM Art Jam x Watercolour (NSA Course)</div>	<div>20</div> <div>2:00PM-4:00PM Art Jam x Fashion Pencil Sketching (NSA Course)</div>	<div>21</div> <div>10:00AM-12:00PM Craft Jamming - CNY Lantern 2:00PM-3:00PM Chair Zumba Exercise</div>	<div>22</div> <div>3:00PM-4:30PM Stress to Rest Workshop</div>	<div>23</div> <div>9:45AM-11:00AM The Dance Collective 4:00PM-5:00PM Mindful Fitness Exercise</div>	<div>24</div> <div>9:30AM-11:30AM Golden Hours with Youth 1:30PM-4:00PM Musical Project x Brahm Centre</div>
<div>25</div>	<div>26</div> <div>9:00AM-10:30AM Rise and Shine Outreach 9:30AM-10:30AM HAPPY Program Exercise 11:00AM-12:00PM Mindful Chair Exercise 2:00PM-4:00PM Art Jam x Watercolour (NSA Course)</div>	<div>27</div> <div>2:00PM-4:00PM Art Jam x Fashion Pencil Sketching (NSA Course)</div>	<div>28</div> <div>10:00AM-12:00PM Food Demo - Thai Style Lou Hei 2:00PM-3:00PM Chair Zumba Exercise</div>	<div>29</div> <div>9:00AM-10:30AM Rise and Shine Outreach 3:00PM-4:30PM Stress to Rest Workshop</div>	<div>30</div> <div>9:45AM-11:00AM The Dance Collective 4:00PM-5:00PM Mindful Fitness Exercise</div>	<div>31</div>

JAN2026@GROVVE



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6 7:00PM-8:30PM [Internal] MBSR by Erwin & Sean	7	8	9	10
11	12	13 7:00PM-8:30PM [Internal] MBSR by Erwin & Sean	14	15	16	17 2:00PM-4:00PM Financial Literacy Workshop: Youth Got this(15-25Yrs Old) GS20260117YGT
18	19	20 7:00PM-8:30PM [Internal] MBSR by Erwin & Sean	21	22	23	24
25	26	27 7:00PM-8:30PM [Internal] MBSR by Erwin & Sean	28	29	30	31 2:00PM-5:00PM Play It Up! Youth Carnival (For 12-25 yr olds)- GS20260131PIU

JAN2026@LABRADOR



Brahm Centre @ Labrador 2 Telok Blangah Street 31 #02-00, Yeo's Building, Singapore 108942 Tel: +65 68760266

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>New Year's Day</div>	<div>2</div>	<div>3</div>
<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div> <div>7:00PM-8:00PM Mindfulness for Mental Wellbeing @ Labrador</div>	<div>9</div> <div>12:00PM-4:00PM Decoupage Art Class by Angie Ong</div>	<div>10</div> <div>9:00AM-12:00PM Science of Mindfulness & Tools for Well-Being -Prof Ron Siegel & AngieChew 2:00PM-5:00PM Mindfulness for Anxiety and Depression by Prof Ronald Siegel & Angie Chew</div>
<div>11</div> <div>2:00PM-5:00PM Developing Compassion to Avoid Burnout by Prof Ronald Siegel & Angie Chew</div>	<div>12</div> <div>10:00AM-12:40PM Chinese Calligraphy Course by Manlin</div>	<div>13</div> <div>10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling</div>	<div>14</div> <div>2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan</div>	<div>15</div> <div>10:00AM-12:30PM Zentangle Journaling</div>	<div>16</div> <div>12:00PM-4:00PM Decoupage Art Class by Angie Ong</div>	<div>17</div>
<div>18</div>	<div>19</div> <div>10:00AM-12:40PM Chinese Calligraphy Course by Manlin</div>	<div>20</div> <div>10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling</div>	<div>21</div> <div>2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan</div>	<div>22</div> <div>10:00AM-12:30PM Zentangle Journaling</div>	<div>23</div> <div>12:00PM-4:00PM Decoupage Art Class by Angie Ong 7:00PM-9:00PM Mindfulness Foundation Course by May Chng</div>	<div>24</div> <div>9:00AM-5:00PM Mindfulness Based Cognitive Therapy by May Chng</div>
<div>25</div>	<div>26</div> <div>10:00AM-12:40PM Chinese Calligraphy Course by Manlin</div>	<div>27</div> <div>10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling</div>	<div>28</div> <div>2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan</div>	<div>29</div> <div>10:00AM-12:30PM Zentangle Journaling</div>	<div>30</div> <div>12:00PM-4:00PM Decoupage Art Class by Angie Ong 7:00PM-9:00PM Mindfulness Foundation Course by May Chng</div>	<div>31</div>

JAN2026@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
				1 New Year's Day	2 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 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	3
4	5 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise (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 KTV & Potluck 卡拉OK与聚餐聚会 2:00PM-4:00PM GUI FY25 三好人生：吃好，睡好，心情好 Mandarin Talk	7 9:30AM-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60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-5:30PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	8 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 3:30PM-5:00PM Everyday English for Seniors - 乐龄日常英语课程	9 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 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 Look Good Feel Good for this CNY	10
11	12 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise (Chinese) 椅坐功能活动 2:00PM-4:00PM GUI FY25 The Art of Aromatic Living 芳香生活讲座	13 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	14 9:30AM-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60A号亭 11:00AM-12:30PM Bisex Usage Sharing Session - MP20260114BIXEPSHARE 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-5:30PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	15 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	16 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 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	17 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
18	19 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise (Chinese) 椅坐功能活动	20 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM GUI FY25 Food Therapy Talk at KS106 食疗讲座 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	21 9:30AM-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60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-5:30PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	22 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 3:30PM-5:00PM Everyday English for Seniors - 乐龄日常英语课程	23 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 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	24 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
25	26 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise (Chinese) 椅坐功能活动	27 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-2:30PM VISA x BCMP Pre CNY Activity - MP20260127VISACNY 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	28 9:00AM-1:30PM Goldwell x BCMP Seniors Colour and Cut Session 9:30AM-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60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 3:30PM-5:30PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	29 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	30 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 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 12:15PM-1:15PM Simple Zenangle for Seniors 乐龄心境禅绕画班	31 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

JAN2026@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
				1 New Year's Day	2 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	3
4	5	6 10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	7 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	8 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie and Carmen	9 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	10 10:00AM-12:00PM Mindfulness Circle 2:00PM-4:00PM 正念基础课程 CMFC by Amy Fang
11	12	13 10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling	14 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	15 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie and Carmen	16	17 2:00PM-4:00PM 正念基础课程 CMFC by Amy Fang
18	19 10:00AM-12:00PM Mindfulness Foundation Course by May Chng	20 10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng 7:00PM-9:30PM Mindfulness Based Stress Reduction Angie & Ya Wen	21 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	22 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie and Carmen	23	24 10:00AM-12:00PM Mindfulness Circle 2:00PM-4:00PM 正念基础课程 CMFC by Amy Fang
25	26 10:00AM-12:00PM Mindfulness Foundation Course by May Chng	27 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng 7:00PM-9:30PM Mindfulness Based Stress Reduction Angie & Ya Wen	28 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	29 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:30PM Flowers in Motion - Oil Pastel Meets Watercolour by Janice 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie and Carmen	30 7:00PM-8:00PM Mindfulness for Mental Wellbeing @ Newton	31 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle 2:00PM-4:00PM 正念基础课程 CMFC by Amy Fang

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

JAN2026@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 New Year's Day	2 12:00PM-1:00PM Makan & Music 4:00PM-5:00PM HPB Cardio Dance - SMII2026012BCD	3
4	5 2:30PM-3:30PM Sit Stretch and Tone - SMII20260105SST 6:30PM-7:30PM HPB Yoga - SMII20260105HPBYG	6 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance 1:00PM-2:00PM HPB Chair Exercise	7 9:15AM-10:15AM Chair Exercise By Bernice - SMII20260107CEBB 10:30AM-11:30AM Happy Active (Ball Exercise) - SMII20260107HABE 12:00PM-1:00PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo - SMII20260107BG	8 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong - SMII20260108RM	9 9:15AM-10:15AM Social Dance By Edwin - SMII20260102SDBE 12:00PM-1:00PM Makan & Music - SMII20260102MM 2:00PM-3:00PM Basic Chinese Conversational Lesson - SMII20260109BCCL 4:00PM-5:00PM HPB Cardio Dance - SMII2026012BCD	10 10:00AM-12:00PM Mindfulness Foundation Course by Felicia
11	12 2:30PM-3:30PM Sit Stretch and Tone - SMII20260105SST 6:30PM-7:30PM HPB Yoga - SMII20260105HPBYG	13 9:15AM-10:15AM Pilates - SMII20260106PLT 10:16AM-11:15AM Social Dance By Dennis - SMII20260106SDBD 1:00PM-2:00PM HPB Chair Exercise - SMII20260106HPBCE 2:30PM-4:30PM HPB - Rolling Good Time	14 9:15AM-10:15AM Chair Exercise By Bernice - SMII20260107CEBB 10:30AM-11:30AM Happy Active (Ball Exercise) - SMII20260107HABE 12:00PM-1:00PM Mindfulness - An Hour To Be - SMII20260107MHTB 2:00PM-4:00PM Bingo - SMII20260107BG	15 10:30AM-11:30AM Chair Exercise - SMII20260108CE 2:00PM-4:00PM Rumio / Mahjong - SMII20260115RM 2:30PM-4:30PM HPB - Rolling Good Time - SMII20260113RGT	16 9:15AM-10:15AM Social Dance By Edwin - SMII20260102SDBE 12:00PM-1:00PM Makan & Music SMII20260102MM 2:00PM-3:00PM Basic Chinese Conversational Lesson - SMII20260116BCCL 4:00PM-5:00PM HPB Cardio Dance - SMI2026012BCD	17 10:00AM-12:00PM Mindfulness Foundation Course by Felicia
18	19 2:30PM-3:30PM Sit Stretch and Tone - SMII20260105SST 6:30PM-7:30PM HPB Yoga - SMII20260105HPBYG	20 9:15AM-10:15AM Pilates - SMII20260106PLT 10:16AM-11:15AM Social Dance By Dennis - SMII20260106SDBD 1:00PM-2:00PM HPB Chair Exercise - SMII20260106HPBCE 2:30PM-4:30PM HPB - Rolling Good Time - SMII20260113RGT	21 9:15AM-10:15AM Chair Exercise By Bernice - SMII20260107CEBB 10:30AM-11:30AM Happy Active (Ball Exercise) - SMII20260107HABE 12:00PM-1:00PM Mindfulness - An Hour To Be - SMII20260107MHTB 2:00PM-4:00PM Bingo - SMII20260107BG	22 10:30AM-11:30AM Chair Exercise - SMII20260108CE 2:30PM-4:30PM HPB - Rolling Good Time - SMII20260113RGT	23 9:15AM-10:15AM Social Dance By Edwin - SMII20260102SDBE 12:00PM-1:00PM Makan & Music - SMII20260102MM 2:00PM-3:00PM Basic Chinese Conversational Lesson - SMII20260123BCCL 4:00PM-5:00PM HPB Cardio Dance - SMI2026012BCD	24 10:00AM-12:00PM Mindfulness Foundation Course by Felicia
25	26 2:30PM-3:30PM Sit Stretch and Tone - SMII20260105SST 6:30PM-7:30PM HPB Yoga - SMII20260105HPBYG	27 9:15AM-10:15AM Pilates - SMII20260106PLT 10:16AM-11:15AM Social Dance By Dennis - SMII20260106SDBD 1:00PM-2:00PM HPB Chair Exercise - SMII20260106HPBCE 2:30PM-4:30PM HPB - Rolling Good Time - SMII20260113RGT	28 9:15AM-10:15AM Chair Exercise By Bernice - SMII20260107CEBB 10:30AM-11:30AM Happy Active (Ball Exercise) - SMII20260107HABE 12:00PM-1:00PM Mindfulness - An Hour To Be - SMII20260107MHTB 2:00PM-4:00PM Bingo - SMII20260107BG	29 10:30AM-11:30AM Chair Exercise - SMII20260108CE 2:00PM-4:00PM Rumio / Mahjong - SMII20260115RM 2:30PM-4:30PM HPB - Rolling Good Time - SMII20260113RGT	30 9:15AM-10:15AM Social Dance By Edwin - SMII20260102SDBE 12:00PM-1:00PM Makan & Music - SMII20260102MM 2:00PM-3:00PM Basic Chinese Conversational Lesson - SMII20260130BCCL 4:00PM-5:00PM HPB Cardio Dance - SMII2026012BCD	31 10:00AM-12:00PM Mindfulness Foundation Course by Felicia

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

JAN2026@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 New Year's Day	2	3
4	5 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	6 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	7 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre	8 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM Intermediate English 3:30PM-4:30PM Castafit By Serene	9 9:15AM-10:15AM Stand, Tap, Tone 1:30PM-2:30PM Stretch & Tone 3:30PM-5:30PM Singalong	10
11	12 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	13 10:00AM-11:30AM Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	14 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:00AM-11:30AM Singerise @ Sparkle Care 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre	15 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM Intermediate English 3:30PM-4:30PM Castafit By Serene	16 9:15AM-10:15AM Stand, Tap, Tone 1:30PM-2:30PM Stretch & Tone 3:30PM-5:30PM Singalong	17
18	19 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	20 10:00AM-11:30AM Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	21 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:00AM-11:30AM Singerise @ Sparkle Care 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre	22 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM Intermediate English 3:30PM-4:30PM Castafit By Serene	23 9:15AM-10:15AM Stand, Tap, Tone 1:30PM-2:30PM Stretch & Tone 3:30PM-5:30PM Singalong	24
25	26 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	27 10:00AM-11:30AM Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	28 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:00AM-11:30AM Singerise @ Sparkle Care 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre	29 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM Intermediate English 3:30PM-4:30PM Castafit By Serene	30 9:15AM-10:15AM Stand, Tap, Tone 1:30PM-2:30PM Stretch & Tone 3:30PM-5:30PM Singalong	31

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JAN2026@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
				1 New Year's Day	2 10:00AM-11:00AM Brain and Body Exercises for Seniors by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities 1	3 2:00PM-4:00PM Recreation Activities 2
4	5 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-4:00PM Dementia Meeting Room 3:00PM-5:00PM [Internal] MBSR by Jamie & Raymond	6 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga by William Ong 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia 2:00PM-5:00PM Recreation Activities	7 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley 10:30AM-11:30AM HPB Chair Zumba 1:30PM-2:30PM 促进心理健康的正念工作坊, 地点淡滨尼	8 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Low Impact Fitness 2:00PM-4:00PM Craft Workshop (Thurs) 4:00PM-6:00PM [Internal] MBSR by Soh Chin & Xinli	9 10:00AM-11:00AM Brain and Body Exercises for Seniors by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities 1 7:00PM-9:00PM Mindfulness Foundation Course by Ng Yeow Ling	10 2:00PM-4:00PM Recreation Activities 2
11	12 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-4:00PM Dementia Meeting Room 3:00PM-5:00PM [Internal] MBSR by Jamie & Raymond	13 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga by William Ong 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:30PM Graphite Painting Course by Geri Koh 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia 2:00PM-5:00PM Recreation Activities	14 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:40PM Chinese Brush Painting Course (Beg) by Sher Ley 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	15 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Low Impact Fitness 4:00PM-6:00PM [Internal] MBSR by Soh Chin & Xinli	16 10:00AM-11:00AM Brain and Body Exercises for Seniors by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities 1 7:00PM-9:00PM Mindfulness Foundation Course by Ng Yeow Ling	17 2:00PM-4:00PM Recreation Activities 2
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