

# 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	41:00PM-3:00PM Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)-GS20250920MCLS 3:30PM-5:30PM Building Secure Connections: Understanding Attachment Styles
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20Deepavali	21	22	23	24	2512:00PM-5:00PM 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
			19:30AM-10:30AM Mindful Exercise  10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion @ 60A 1:00PM-3:00PM Fun & Games	29:30AM-10:30AM Mindful Exercise  11:00AM-12:00PM The Dance Collective  2:00PM-3:00PM Mindful Exercise  3:30PM-5:00PM Everyday English for Seniors	39:15AM-10:15AM Chair Zumba 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre @ 11:00AM-12:00PM HPB Chair Zumba  2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	410:00AM-12:00PM Mindfulness Foundation Course by May Chng 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok
5	69:30AM-10:30AM HPB HAPPY Program - HAPPY (8/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion @ 60A 10:45AM-11:45AM Functional Chair Exercise (Chinese)  2:00PM-4:30PM Pen Ink Drawing Course x Patterns by Adeline Ho 3:30PM-4:30PM KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT	79:30AM-10:30AM Mindful Exercise  11:00AM-12:30PM KTV & Potluck OK  1:30PM-3:00PM NTU x BCMP Healthier Minds Healthier Lives Talk (M) - MP20251007HMLNTU 6:30PM-10:00PM Mid Autumn Celebrations Lights By The Lake - MP20250909MAFLBTB	89:30AM-10:30AM Mindful Exercise  10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion @ 60A 1:00PM-3:00PM Fun & Games	99:30AM-10:30AM Mindful Exercise  11:00AM-12:00PM The Dance Collective  2:00PM-3:00PM Mindful Exercise	109:15AM-10:15AM Chair Zumba 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre @ 11:00AM-12:00PM HPB Chair Zumba 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling 3:00PM-5:00PM NHG Health talk for Incontinence (Chinese)	1110:00AM-12:00PM Mindfulness Foundation Course by May Chng 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
125:00PM-9:00PM MacPherson Mid-Autumn Festival 2025	139:30AM-10:30AM HPB HAPPY Program - HAPPY (9/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion @ 60A 10:45AM-11:45AM Functional Chair Exercise (Chinese)  2:00PM-4:30PM Pen Ink Drawing Course x Patterns by Adeline Ho 3:30PM-4:30PM KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT	149:30AM-10:30AM Mindful Exercise  10:00AM-5:00PM SDO 1-to-1 Digital Learning Session  11:00AM-12:30PM KTV & Potluck OK  1:30PM-3:00PM NTU x BCMP Healthier Minds Healthier Lives Talk (F) - MP20251007HMLNTU	159:30AM-10:30AM Mindful Exercise  10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion @ 60A 1:00PM-3:00PM Fun & Games	169:30AM-10:30AM Mindful Exercise  11:00AM-12:00PM The Dance Collective  2:00PM-3:00PM Mindful Exercise  3:30PM-5:00PM Everyday English for Seniors	179:15AM-10:15AM Chair Zumba 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre @ 11:00AM-12:00PM HPB Chair Zumba 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling 7:00PM-8:00PM	182:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
19	20	219:30AM-10:30AM Mindful Exercise  11:00AM-12:30PM KTV & Potluck OK  2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan	229:30AM-10:30AM Mindful Exercise  10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion @ 60A 1:00PM-3:00PM Fun & Games	239:30AM-10:30AM Mindful Exercise  10:00AM-5:00PM SDO 1-to-1 Digital Learning Session  11:00AM-12:00PM The Dance Collective  2:00PM-3:00PM Mindful Exercise  3:30PM-5:00PM Everyday English for Seniors	249:15AM-10:15AM Chair Zumba 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre @ 11:00AM-12:00PM HPB Chair Zumba  2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	252:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
26	279:30AM-10:30AM HPB HAPPY Program - HAPPY (10/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion @ 60A 10:45AM-11:45AM Functional Chair Exercise (Chinese) 3:30PM-4:30PM KWS Collaboration - Seniors Table Tennis Session - MP20251006KWSTT	289:30AM-10:30AM Mindful Exercise  11:00AM-12:30PM KTV & Potluck OK  2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan	299:30AM-10:30AM Mindful Exercise  10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion @ 60A 1:00PM-3:00PM Fun & Games	309:30AM-10:30AM Mindful Exercise  11:00AM-12:00PM The Dance Collective  2:00PM-3:00PM Mindful Exercise  3:30PM-5:00PM Everyday English for Seniors	319:15AM-10:15AM Chair Zumba 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatre @ 11:00AM-12:00PM HPB Chair Zumba  2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	

# 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 Chinese Calligraphy Course by Manlin 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May &amp; Chew Ping 2:30PM-4:30PM Watercolour Painting Course (Beginner) by Geri</div>	<div>2</div> <div>10:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia 7:00PM-9:00PM Mindfulness Foundation Course by Angie &amp; May</div>	<div>3</div> <div>10:00AM-12:30PM Pen Ink Drawing x Tangles by Gina Lim 2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan</div>	<div>4</div> <div>10:00AM-12:30PM ( ) CMBCT by Lily &amp; Ya Wen 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling</div>
<div>5</div>	<div>6</div> <div>10:00AM-12:40PM From Still Life to Style: A Colour Pencil Journey 2:00PM-4:00PM Chinese Brush Painting Course by Sher Ley</div>	<div>7</div> <div>10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:00PM-4:30PM Pastel Art Course (Int) by Zu Wee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie &amp; May</div>	<div>8</div> <div>10:00AM-12:00PM Chinese Calligraphy Course by Manlin 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May &amp; Chew Ping</div>	<div>9</div> <div>10:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia</div>	<div>10</div> <div>10:00AM-12:30PM Pen Ink Drawing x Tangles by Gina Lim 2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan</div>	<div>11</div> <div>10:00AM-12:00PM Mindfulness Circle 10:00AM-12:30PM ( ) CMBCT by Lily &amp; Ya Wen</div>
<div>12</div>	<div>13</div> <div>10:00AM-12:40PM From Still Life to Style: A Colour Pencil Journey 2:00PM-4:00PM Chinese Brush Painting Course by Sher Ley</div>	<div>14</div> <div>10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:00PM-4:30PM Pastel Art Course (Int) by Zu Wee</div>	<div>15</div> <div>10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May &amp; Chew Ping 2:30PM-4:30PM Watercolour Painting Course (Beginner) by Geri</div>	<div>16</div> <div>10:00AM-12:00PM Pastel Art Course by Ruyan</div>	<div>17</div> <div>10:00AM-12:30PM Pen Ink Drawing x Tangles by Gina Lim 2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan</div>	<div>18</div> <div>10:00AM-12:30PM ( ) CMBCT by Lily &amp; Ya Wen 2:00PM-4:40PM 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 Watercolour Painting Course (Beginner) by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie &amp; May</div>	<div>22</div> <div>10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May &amp; Chew Ping 2:30PM-4:30PM Watercolour Painting Course (Beginner) by Geri</div>	<div>23</div> <div>10:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:40PM Pencil Sketching Course by Paul Lee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew</div>	<div>24</div> <div>10:00AM-12:30PM Pastel Art Course (Int) x B&amp;W by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan</div>	<div>25</div> <div>10:00AM-12:00PM Mindfulness Circle 10:00AM-12:30PM ( ) CMBCT by Lily &amp; Ya Wen 2:00PM-4:40PM Batik Painting Course by Tan Ching Ching</div>
<div>26</div>	<div>27</div> <div>10:00AM-12:40PM From Still Life to Style: A Colour Pencil Journey 2:00PM-4:00PM Chinese Brush Painting Course by Sher Ley</div>	<div>28</div> <div>10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:00PM-4:30PM Pastel Art Course (Int) by Zu Wee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie &amp; May</div>	<div>29</div> <div>10:00AM-12:40PM Nagomi Pastel Art Course by Kim Fong 2:30PM-4:30PM Watercolour Painting Course (Beginner) by Geri 7:00PM-9:00PM Mindfulness Foundation Course by Angie Chew</div>	<div>30</div> <div>10:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:40PM Pencil Sketching Course by Paul Lee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew</div>	<div>31</div> <div>10:00AM-12:30PM Pastel Art Course (Int) x B&amp;W by Audrey Ng 2:00PM-4:30PM 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 Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm 12:00PM-4:00PM Decoupage Art Course by Angie Ong 2:00PM-4:00PM Moon Cake Making Workshop 1	210:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Moon Cake Making Workshop 2	39:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 4:00PM-5:30PM SingAlong	410:00AM-11:00AM Bollywood Dance - SM120250906BD
510:00AM-12:00PM Basic Conversational English by Tr. May Thu 10:00AM-12:00PM Wound Management and Dressings by Tr. Phyu 1:00PM-3:30PM Basic Conversational English by Tr. Phyu 1:00PM-3:30PM Healthy Teeth Healthy Gums Talk by Dr Yang Jingrong	66:30PM-7:30PM HPB Yoga	79:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	89:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:00PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm 12:00PM-4:00PM Decoupage Art Course by Angie Ong	910:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:30PM-4:30PM Mosaic Art Course by Angie Ong 2:00PM-4:00PM Mahjong	109:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 4:00PM-5:30PM SingAlong	1110:00AM-11:00AM Bollywood Dance - SM120250906BD
1210:00AM-11:00AM Basic Conversational Chinese 11:00AM-12:00PM Basic Conversational English by Tr.PLN 1:00PM-3:30PM Basic Conversational English by Tr.PLN	1312:30PM-4:30PM Mosaic Art Course by Angie Ong 6:30PM-7:30PM HPB Yoga	149:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	159:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm 12:00PM-4:00PM Decoupage Art Course by Angie Ong	1610:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong	179:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 4:00PM-5:30PM SingAlong	1810:00AM-11:00AM Bollywood Dance - SM120250906BD
1910:00AM-11:00AM Basic Conversational English by Tr.Khari 10:00AM-12:00PM Sewing Workshop 11:00AM-12:00PM Basic Conversational English 1:00PM-3:30PM Cooking Workshop- Mooncake 1:00PM-3:30PM Basic Conversational Chinese	20Deepavali	219:00AM-10:00AM Pilates 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	229:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm	2310:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong 2:00PM-4:40PM Watercolour Painting Course (Beg) by Janice	249:30AM-10:30PM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 12:00PM-1:45PM Diwali Potluck 4:00PM-5:00PM HPB Cardio Dance 4:00PM-5:30PM SingAlong	2510:00AM-11:00AM Bollywood Dance - SM120250906BD
2610:00AM-2:00PM Deepavali Celebration	276:30PM-7:30PM HPB Yoga	289:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	299:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm	3010:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong 2:00PM-4:40PM Watercolour Painting Course (Beg) by Janice	319:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 4:00PM-5:30PM 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
			1 8:00AM-9:00AM Low Impact Exercise 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Nurse Post 10:30AM-11:30AM Yoga 2:00PM-4:00PM Meeting Centre	2 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 1:30PM-3:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong	3 9:15AM-10:15AM Meridian Exercise 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch And Tone 4:00PM-5:30PM Singalong	4
5	6 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo	7 9:30AM-11:30AM Art & Craft Workshop - SM20250902A&CW 10:00AM-12:00PM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong 5:00PM-9:00PM Mid Autumn Festival Celebration	8 8:00AM-9:00AM Low Impact Exercise 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Nurse Post 10:30AM-11:30AM Yoga 2:00PM-4:00PM Meeting Centre	9 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 1:30PM-3:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 4:00PM-6:00PM CMFC - Lily	10 9:15AM-10:15AM Meridian Exercise 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch And Tone 4:00PM-5:30PM Singalong	11
12	13 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Centre- Transport-Grab/Zig App 2:00PM-4:00PM Digital Learning Circle-One to One 2:00PM-4:00PM Bingo	14 9:30AM-11:30AM Art & Craft Workshop - SM20250902A&CW 10:00AM-12:00PM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	15 8:00AM-9:00AM Low Impact Exercise 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Nurse Post 10:30AM-11:30AM Yoga 2:00PM-4:00PM Meeting Centre	16 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 1:30PM-3:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 4:00PM-6:00PM CMFC - Lily	17 9:15AM-10:15AM Meridian Exercise 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch And Tone 4:00PM-5:30PM Singalong	18 9:30AM-1:00PM Kampung Fiesta Sports Events (By Project AMICA)
19	20 <b>Deepavali</b>	21 9:30AM-11:30AM Art & Craft Workshop - SM20250902A&CW 10:00AM-12:00PM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	22 8:00AM-9:00AM Low Impact Exercise 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Nurse Post 10:30AM-11:30AM Yoga 2:00PM-4:00PM Meeting Centre	23 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 1:30PM-3:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 4:00PM-6:00PM CMFC - Lily	24 9:15AM-10:15AM Meridian Exercise 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch And Tone 2:30PM-5:00PM Combat Age-related Loss of Muscle (CALM) 4:00PM-5:30PM Singalong	25
26	27 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle- Identify & Act against Common Scams 2:00PM-4:00PM Digital Learning Circle-One to One 2:00PM-4:00PM Bingo	28 9:30AM-11:30AM Art & Craft Workshop - SM20250902A&CW 10:00AM-12:00PM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	29 8:00AM-9:00AM Low Impact Exercise 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Nurse Post 10:30AM-11:30AM Yoga 2:00PM-4:00PM Meeting Centre	30 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 1:30PM-3:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 4:00PM-6:00PM CMFC - Lily	31 9:00AM-12:30PM Rummi-Con 2025 9:15AM-10:15AM Meridian Exercise 10:30AM-11:15AM Combat Age-related Loss of Muscle (CALM) 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch And Tone 4:00PM-5:30PM Singalong	



# 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
			1 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	2 9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class	3 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance 2:00PM-5:00PM Recreation Activities 2:00PM-5:00PM Recreation Activities 2	4 10:00AM-12:00PM BOA Craft Session 10:00AM-3:00PM Art of Planting by Margaret Huang 2:00PM-4:00PM Recreation Activities
5	6 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	7 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course by Tia 2:00PM-5:00PM Recreation Activities 5:00PM-9:00PM Lights By The Lake Mid Autumn Celebrations	8 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba	9 9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur)	10 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance 2:00PM-5:00PM Recreation Activities 2:00PM-5:00PM Recreation Activities 2	11 10:00AM-3:00PM Art of Planting by Margaret Huang 2:00PM-4:00PM Recreation Activities 2:30PM-4:30PM Mindfulness Foundation Course by May Chng
12	13 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	14 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Yogasana Yoga by William 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Recreation Activities	15 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	16 9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class	17 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance 2:00PM-5:00PM Recreation Activities 2:00PM-5:00PM Recreation Activities 2	18 10:00AM-3:00PM Art of Planting by Margaret Huang 2:00PM-3:30PM 18 October Mindfulness Circle 2:00PM-4:00PM Recreation Activities 2:30PM-4:30PM Mindfulness Foundation Course by May Chng
19 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie & May 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by May & Chew Ping	20 <b>Deepavali</b>	21 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Yogasana Yoga by William 2:00PM-5:00PM Recreation Activities	22 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba	23 9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	24 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance	25 10:00AM-12:40PM Coloured Pencil Drawing Course by Xiang Ling 10:00AM-3:00PM Art of Planting by Margaret Huang 2:00PM-4:00PM Recreation Activities
26	27 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	28 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Yogasana Yoga by William 2:00PM-5:00PM Recreation Activities	29 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	30 9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	31 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance	