

APR2026@ALJUNIED



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六	
			<p>1 9:00AM-10:00AM Body Conditioning - 保健体能运动</p> <p>10:00AM-4:00PM BIXEP Assessment</p> <p>2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴</p> <p>5:30PM-7:15PM King of the Table</p>	2	<p>3</p> <p>Closed for Good Friday</p>	<p>4 9:30AM-11:30AM Golden Hours with Youth - 与青春共度黄金时光</p>	
5	<p>6 9:30AM-10:30AM HAPPY Program Exercise 快乐运动</p> <p>10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐</p>	7	<p>8 9:00AM-10:00AM Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴</p> <p>5:00PM-6:30PM The Mixing Bowl (Youth)</p>	9	<p>10 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞</p> <p>4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p>	<p>11 9:30AM-11:30AM Golden Hours with Youth - 与青春共度黄金时光</p> <p>2:00PM-4:00PM Project Sprout x Brahm Centre Youth - AJ20250307PSBCY</p>	
12	<p>13 9:30AM-10:30AM HAPPY Program Exercise 快乐运动</p> <p>10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐</p>	14	<p>15 9:00AM-10:00AM Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴</p> <p>3:30PM-5:00PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>5:30PM-7:15PM King of the Table</p>	16	<p>17 10:00AM-1:00PM Healthier Me - 健康自我</p> <p>3:00PM-5:00PM Fun and Games by interns</p> <p>3:15PM-5:00PM Nexus Intl Ceramics workshop</p>	<p>18 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞</p> <p>2:00PM-3:30PM Mindfulness for Better Sleep by May Chng</p> <p>4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p>	<p>19 9:30AM-11:30AM Golden Hours with Youth - 与青春共度黄金时光</p>
19	<p>20 9:30AM-10:30AM HAPPY Program Exercise 快乐运动</p> <p>10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐</p>	21	<p>22 9:00AM-10:00AM Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴</p> <p>3:30PM-5:00PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>5:30PM-7:15PM King of the Table</p>	23	<p>24 10:00AM-1:00PM Healthier Me - 健康自我</p> <p>3:15PM-5:00PM Nexus Intl Ceramics workshop</p>	<p>25 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞</p> <p>2:00PM-3:30PM Mindfulness for Better Sleep by May Chng</p> <p>4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p>	<p>26 9:30AM-11:30AM Golden Hours with Youth - 与青春共度黄金时光</p>
26	<p>27 9:30AM-10:30AM HAPPY Program Exercise 快乐运动</p> <p>10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐</p>	28	<p>29 9:00AM-10:00AM Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴</p> <p>5:30PM-7:15PM King of the Table</p>	30	<p>10:00AM-1:00PM Healthier Me - 健康自我</p> <p>3:15PM-5:00PM Nexus Intl Ceramics workshop</p>		

* Omega is for Indonesian, Indian and Burmese domestic workers.

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

APR2026@LABRADOR



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
			1 10:00AM-12:00PM Nagomi Pastel Art Beginner Course by Gina 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	2 10:00AM-12:30PM Pen Ink Drawing Course x Doodling by Sher Ley 2:00PM-4:00PM Sketching Course by Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana	3 Closed for Good Friday	4
5 10:00AM-12:00PM OMEGA@LB: Digital Learning Cho 1:00PM-3:30PM OMEGA@LB: Resume Writing by Thaw	6 10:00AM-12:40PM Chinese Brush Painting Course by Manlin	7 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	8 10:00AM-12:00PM Nagomi Pastel Art Beginner Course by Gina 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan	9 10:00AM-12:30PM Pen Ink Drawing Course x Doodling by Sher Ley 2:00PM-4:00PM Sketching Course by Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana	10 10:00AM-12:30PM Graphite Painting Course by Geri Koh	11 2:30PM-4:00PM Prevention and Treatment for Colon and Prostate Cancer: Dr Lai Jiunn Heng
12 10:00AM-12:00PM OMEGA@LB: Basic Conversational English by PLN 1:00PM-3:30PM OMEGA@LB: Fun English: Songs & Movie Learning by PLN	13 10:00AM-12:40PM Chinese Brush Painting Course by Manlin	14 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	15 10:00AM-12:00PM Nagomi Pastel Art Beginner Course by Gina 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan	16 10:00AM-12:30PM Pen Ink Drawing Course x Doodling by Sher Ley 2:00PM-4:00PM Sketching Course by Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana	17 10:00AM-12:30PM Graphite Painting Course by Geri Koh	18 2:30PM-4:00PM Prevention of Stomach Problems and Cancer by Dr Ng Wee Khoon
19 10:00AM-3:30PM OMEGA@LB: Water Festival 2026	20 10:00AM-12:40PM Chinese Brush Painting Course by Manlin	21 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	22 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan	23 10:00AM-12:30PM Pen Ink Drawing Course x Doodling by Sher Ley 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana	24	25 2:30PM-4:00PM Preventing Eye Macular Degeneration by Dr Augustinus Laude
26 10:00AM-12:00PM OMEGA@LB: Basic Conversational English by PLN 1:00PM-3:30PM OMEGA@LB: Fun English: Songs & Movie Learning by PLN	27	28 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	29 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan	30 10:00AM-12:30PM Pen Ink Drawing Course x Doodling by Sher Ley 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana		

* Omega is for Indonesian, Indian and Burmese domestic workers.

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

APR 2026 @ 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
			<p>1 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p>	<p>2 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Everyday English for Seniors</p>	<p>3</p> <p>Closed for Good Friday</p>	<p>4</p>
5	<p>6 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p> <p>3:30PM-5:00PM Cedar Girls x BCMP Engagement with MacPherson Seniors</p>	<p>7 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会</p>	<p>8 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun & Games 乐趣和游戏活动</p>	<p>9 9:00AM-1:00PM TTSH Frailty Screening 陈笃生医院虚弱筛查</p> <p>11:00AM-12:00PM The Dance Collective @ 60A 舞蹈集选班在大牌60A</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM TCM Talk Sleep Well the TCM Way 中医睡眠有妙招</p>	<p>10 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p> <p>1:00PM-5:00PM TTSH Frailty Screening 陈笃生医院虚弱筛查</p>	11
12	<p>13 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>	<p>14 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会</p>	<p>15 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun & Games 乐趣和游戏活动</p>	<p>16 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Everyday English for Seniors</p>	<p>17 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p>	18
19	<p>20 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>	<p>21 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会</p>	<p>22 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun & Games 乐趣和游戏活动</p>	<p>23 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Sleep Well the TCM Way Health Talk (Eng)</p>	<p>24 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p> <p>12:15PM-1:15PM Simple Zenangle for Seniors 乐龄心境禅绕画班</p>	25
26	<p>27 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>	<p>28 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会</p>	<p>29 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun & Games 乐趣和游戏活动</p>	<p>30 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p>		

APR 2026 @ 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 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Chew Ping 2:00PM-4:30PM Urban Sketching: Pen Ink Intermediate course by Tia 7:00PM-9:30PM 正念认知疗法(又名生活的正 念)CMBCT by Ya Wen -	2 10:00AM-12:00PM Acrylic Painting Course Intermediate by Steve Liu 10:00AM-12:30PM Graphite Painting Course by Janice Chin 7:00PM-9:00PM Mindfulness Foundation Course by Thomas Irawan 7:00PM-9:00PM Mindful Compassion Course by Angie Chew	3 Closed for Good Friday	4 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas
5	6 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	7 2:00PM-4:00PM Pencil Sketching Course with Zara 2:00PM-4:30PM Basic Journaling Course by Kuan	8 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Chew Ping 2:00PM-4:30PM Urban Sketching: Pen Ink Intermediate course by Tia 7:00PM-9:30PM 正念认知疗法(又名生活的正 念)CMBCT by Ya Wen -	9 10:00AM-12:30PM Graphite Painting Course by Janice Chin 7:00PM-9:00PM Mindfulness Foundation Course by Thomas Irawan 7:00PM-9:00PM Mindful Compassion Course by Angie Chew	10 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan	11 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Chew Ping 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas
12	13 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	14 2:00PM-4:00PM Pencil Sketching Course with Zara 2:00PM-4:30PM Basic Journaling Course by Kuan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	15 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Chew Ping 7:00PM-9:30PM 正念认知疗法(又名生活的正 念)CMBCT by Ya Wen -	16 10:00AM-12:30PM Graphite Painting Course by Janice Chin 7:00PM-9:00PM Mindfulness Foundation Course by Thomas Irawan 7:00PM-9:00PM Mindful Compassion Course by Angie Chew	17 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan	18 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle @ Newton 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas
19	20 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	21 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	22 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Chew Ping 7:00PM-9:30PM 正念认知疗法(又名生活的正 念)CMBCT by Ya Wen -	23 10:00AM-12:30PM Graphite Painting Course by Janice Chin 7:00PM-9:00PM Mindful Compassion Course by Angie Chew	24 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan	25 10:00AM-12:00PM Mindfulness Circle @Newton - Apr 25 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas
26	27 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	28 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	29 7:00PM-9:30PM 正念认知疗法(又名生活的正 念)CMBCT by Ya Wen -	30		

APR 2026 @ 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
			<p>1 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>	<p>2 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>	<p>3</p> <p>Closed for Good Friday</p>	<p>4 10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>
<p>5 10:00AM-12:00PM OMEGA@SM: Group Workout Games Gaurav Gupta</p> <p>10:00AM-3:30PM OMEGA@LB: Water Festival Dance Rehearsal</p> <p>1:00PM-2:30PM OMEGA@SM: Basic Conversational Chinese by Poe</p> <p>2:30PM-3:30PM Mindful Yoga by Neeti</p>	<p>6 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>	<p>7 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p>	<p>8 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>	<p>9 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>	<p>10 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p>	<p>11 8:30AM-1:30PM Soup Buddies</p> <p>10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>
<p>12 9:00AM-5:00PM Mindfulness Based Stress Reduction by Christina Liew</p> <p>10:00AM-12:00PM OMEGA@SM: Sewing Workshop</p> <p>10:00AM-3:30PM OMEGA@LB: Water Festival Dance Rehearsal</p> <p>1:00PM-3:30PM OMEGA@SM: Basic Conversational English by Phyu</p>	<p>13 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>	<p>14 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p>	<p>15 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>	<p>16 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>	<p>17 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p>	<p>18 10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>
<p>19</p>	<p>20 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>	<p>21 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p>	<p>22 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>	<p>23 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>	<p>24 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p>	<p>25 8:30AM-1:30PM Soup Buddies</p> <p>10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>
<p>26 10:00AM-12:00PM OMEGA@SM: Sewing Workshop</p> <p>1:00PM-2:30PM OMEGA@SM: Digital Learning Cho</p> <p>2:30PM-3:30PM OMEGA@SM: Mindful Yoga by Neeti</p>	<p>27 11:00AM-12:30PM Digital Club-Understand and Download Apps</p> <p>2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>	<p>28 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p>	<p>29 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>	<p>30 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>		

* Omega is for Indonesian, Indian and Burmese domestic workers.

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

APR2026@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 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	2 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Castafit By Serene	3 Closed for Good Friday	4 12:00PM-1:00PM Makan & Music
5	6 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	7 10:00AM-11:30AM HPB Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	8 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	9 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Castafit By Serene	10 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 4:00PM-5:00PM TCM Health Talk by CGH	11 12:00PM-1:00PM Makan & Music - SM20260404MM 2:00PM-3:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen
12	13 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	14 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	15 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	16 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Castafit By Serene	17 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong	18 12:00PM-1:00PM Makan & Music - SM20260404MM 2:00PM-3:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen
19	20 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	21 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	22 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	23 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Castafit By Serene	24 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong	25 12:00PM-1:00PM Makan & Music - SM20260404MM
26	27 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	28 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	29 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	30 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Castafit By Serene		

APR 2026 @ 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
			<p>1 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-3:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>2:00PM-4:40PM Watercolour Painting Course by Jeffrey Ang</p>	<p>2 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:00PM Craft Workshop (Thurs)</p> <p>2:00PM-4:40PM Coloured Pencil Drawing Course by Xiang Ling</p>	<p>3</p> <p>Closed for Good Friday</p>	<p>4 2:00PM-4:30PM Karaoke - Week 1 & Week 3</p>
5	<p>6 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Dementia Meeting Room</p>	<p>7 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-5:00PM Recreation Activities</p>	<p>8 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-3:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>2:00PM-4:00PM Craft Workshop (Wed)</p> <p>2:00PM-4:40PM Watercolour Painting Course by Jeffrey Ang</p>	<p>9 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:40PM Coloured Pencil Drawing Course by Xiang Ling</p>	<p>10 10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM Recreation Activities</p> <p>2:00PM-5:00PM Karaoke - Week 2 & Week 4</p>	<p>11 2:00PM-4:30PM Karaoke - Week 2 & Week 4</p>
12	<p>13 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Dementia Meeting Room</p>	<p>14 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Community Nurse Post</p> <p>2:00PM-5:00PM Recreation Activities</p>	<p>15 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:40PM Watercolour Painting Course by Jeffrey Ang</p>	<p>16 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:00PM Craft Workshop (Thurs)</p> <p>2:00PM-4:40PM Coloured Pencil Drawing Course by Xiang Ling</p>	<p>17 10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM Recreation Activities</p> <p>2:00PM-5:00PM Karaoke - Week 1 & Week 3</p>	<p>18 2:00PM-4:30PM Karaoke - Week 1 & Week 3</p>
19	<p>20 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM BRIDGE Program 3 months review</p> <p>2:00PM-4:00PM Dementia Meeting Room</p>	<p>21 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-5:00PM Recreation Activities</p>	<p>22 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:00PM Craft Workshop (Wed)</p> <p>2:00PM-4:40PM Watercolour Painting Course by Jeffrey Ang</p>	<p>23 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:40PM Coloured Pencil Drawing Course by Xiang Ling</p>	<p>24 10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM Recreation Activities</p> <p>2:00PM-5:00PM Karaoke - Week 2 & Week 4</p>	<p>25 2:00PM-4:30PM Karaoke - Week 2 & Week 4</p>
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