

FEB2026@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
1	2 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 11:00AM-12:00PM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 2:00PM-4:00PM Art Jam x Watercolour by Janice Chin	3 2:00PM-4:00PM Craft @ AJ - 手作坊	4 10:00AM-4:00PM BIXEP Pre-Assessment - AJ20260204BIXEPPA 2:00PM-3:00PM Chair Zumba Exercise	5 10:00AM-12:00PM Craft Jamming - CNY Fish Deco 1 - 手工班 - 新年红包鱼 2:00PM-4:00PM Craft Jamming - CNY Fish Deco 2 - 手工班 - 新年红包鱼	6 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 3:00PM-4:00PM 促进心理健康的正念工作坊, 地点阿裕尼 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身运动 (户外走廊)	7 9:30AM-11:30AM Golden Hours with Youth - 黄金时光 (青少年活动) 2:00PM-4:00PM Project Alleviate: Board Games Parlour
8	9 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 11:00AM-12:00PM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 2:00PM-4:00PM Art Jam x Watercolour by Janice Chin	10 2:00PM-4:00PM Craft @ AJ - 手作坊	11 2:00PM-3:00PM Chair Zumba Exercise	12 10:00AM-12:00PM Food Demo - Abacus Bead - 美食示范 — 算盘子	13 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身运动 (户外走廊)	14 9:30AM-11:30AM Golden Hours with Youth - 黄金时光 (青少年活动) 2:00PM-4:00PM Project Alleviate: CNY Crafts Workshop
15	16	17	18	19	20 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身运动 (户外走廊)	21 9:30AM-11:30AM Golden Hours with Youth - 黄金时光 (青少年活动)
	Centre Close	Chinese New Year	Chinese New Year			
22	23 9:30AM-10:30AM HAPPY Program Exercise - 快乐运动 11:00AM-12:00PM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 2:00PM-4:00PM Art Jam x Watercolour by Janice Chin	24 2:00PM-4:00PM Craft @ AJ - 手作坊	25 2:00PM-3:00PM Chair Zumba Exercise	26	27 11:30AM-2:00PM Aljunied Centre Opening Ceremony- 阿裕尼中心开幕庆典 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 - 正念健身运动 (户外走廊)	28 9:30AM-11:30AM Golden Hours with Youth - 黄金时光 (青少年活动) 2:00PM-4:00PM Project Alleviate: Terrarium Making Workshop 2:00PM-4:00PM Chinese New Year Celebration - 新年庆祝会

FEB2026@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	2 10:00AM-12:40PM Chinese Calligraphy Course by Manlin	3 10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling	4 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan	5 10:00AM-12:30PM Zentangle Journaling 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	6 12:00PM-4:00PM Decoupage Art Class by Angie Ong	7 3:00PM-5:00PM Managing Emotions Workshop - LA20260207MEW
8	9 10:00AM-12:40PM Chinese Calligraphy Course by Manlin	10 10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling	11 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan	12 10:00AM-12:30PM Zentangle Journaling 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	13	14
15	16	17	18	19	20	21
	Centre Close	Chinese New Year	Chinese New Year			
22	23 10:00AM-12:40PM Chinese Calligraphy Course by Manlin	24 10:00AM-12:00PM Jump Start to Creativity with Nagomi Art 6:30PM-8:45PM Pen Ink Drawing Course by Xiang Ling	25 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Kuan	26 10:00AM-12:30PM Zentangle Journaling 2:00PM-4:00PM Sketching Course by Paul Lee 7:00PM-8:00PM Mindfulness for Mental Wellbeing @ Labrador	27	28

FEB2026@MACPHERSON

Brahm Centre @ MacPherson Blk 55 Pipit Road, #01-01 Singapore 370055 Tel: +65 6741 1131



SUPPORTED BY MOH AND AIC

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 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	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 @ 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	5 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	6 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Thetrete 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	7 10:00AM-11:00AM 乐活当下体验课 Introduction to Mindful Living by Hsueh Ya Wen 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
8	9 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	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 @ 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	12 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 - MP20260108EES	13 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Thetrete 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	14 10:00AM-11:00AM 乐活当下体验课 Introduction to Mindful Living by Hsueh Ya Wen 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
15	16	17	18	19 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	20 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Thetrete 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	21 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
22	23 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	24 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 4:00PM-5:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen	25 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	26 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	27 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Thetrete 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 Zentangle for Seniors 乐龄心境禅绕画班	28 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan

FEB2026@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	2 10:00AM-12:00PM Mindfulness Foundation Course by May Chng	3 10:00AM-12:30PM Chinese Brush Painting Course (Intermediate) by Sher Ley 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng 7:00PM-9:30PM Mindfulness Based Stress Reduction Angie & Ya Wen	4 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	5 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	6	7
8	9 10:00AM-12:00PM Mindfulness Foundation Course by May Chng	10 10:00AM-11:00AM Mindfulness for Mental Wellbeing @ Newton 10:00AM-12:30PM Chinese Brush Painting Course (Intermediate) by Sher Ley 7:00PM-9:30PM Mindfulness Based Stress Reduction Angie & Ya Wen	11 2:00PM-4:30PM Pen Ink Drawing Course (Beg) by Tia	12 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	13	14 10:00AM-12:00PM Mindfulness Circle @Newton
15	16	17	18	19	20	21
	Centre Close	Chinese New Year	Chinese New Year			
22	23 10:00AM-12:30PM Nagomi Intermediate Aerial Rose by Audrey Ng	24 10:00AM-12:30PM Chinese Brush Painting Course (Intermediate) by Sher Ley 7:00PM-9:30PM Mindfulness Based Stress Reduction Angie & Ya Wen	25 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Chew Ping	26 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	27 10:00AM-12:40PM Nagomi Pastel Art Course by Ruyan 7:00PM-9:00PM Mindfulness Foundation Course by Hwa Mee Thoo	28 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie and Carmen 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle

FEB2026@SIMEI 148

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



Building
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And
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Minds



SUPPORTED BY MOH AND AIC

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	3 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM HPB - Rolling Good Time	4 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 12:00PM-1:00PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo	5 10:30AM-11:30AM Chair Exercise by William 2:30PM-4:30PM HPB - Rolling Good Time	6 9:15AM-10:15AM Social Dance By Edwin 12:00PM-1:00PM Makan & Music 2:00PM-3:00PM Basic Chinese Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	7
8	9 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	10 9:15AM-10:15AM Pilates - SMII20260106PLT 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM HPB - Rolling Good Time	11 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 12:00PM-1:00PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo	12 10:30AM-11:30AM Chair Exercise by William 2:00PM-4:00PM Rumio / Mahjong 2:30PM-4:30PM HPB - Rolling Good Time	13 9:15AM-10:15AM Social Dance By Edwin 12:00PM-1:00PM Makan & Music 2:00PM-3:00PM Basic Chinese Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	14
15	16 Centre Close	17 Chinese New Year	18 Chinese New Year	19 10:30AM-11:30AM Chair Exercise by William 2:00PM-4:00PM Rumio / Mahjong 2:30PM-4:30PM HPB - Rolling Good Time	20 9:15AM-10:15AM Social Dance By Edwin 12:00PM-1:00PM Makan & Music 2:00PM-3:00PM Basic Chinese Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	21
22	23 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	24 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM HPB - Rolling Good Time	25 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 12:00PM-1:00PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo	26 10:30AM-11:30AM Chair Exercise - SMII20260226CE 2:00PM-4:00PM Rumio / Mahjong	27 9:15AM-10:15AM Social Dance By Edwin 12:00PM-1:00PM Makan & Music 2:00PM-3:00PM Basic Chinese Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	28

FEB2026@SIMEI 227

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



Building
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And
Happy
Minds



SUPPORTED BY MOH AND AIC

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
1	2 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	3 10:00AM-11:30AM HPB Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	4 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	5 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 by Mr Chu 3:30PM-4:30PM Castafit By Serene	6 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong 7:00PM-8:00PM 促进心理健康的正念工作坊, 地点四美	7
8	9 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	10 10:00AM-11:30AM HPB Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	11 2:00PM-4:00PM Meeting Centre	12 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 by Mr Chu 3:30PM-4:30PM Castafit By Serene	13 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong	14
15	16	17	18	19 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 by Mr Chu 3:30PM-4:30PM Castafit By Serene	20 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong	21
22	23 9:15AM-10:15AM HPB ZUMBA GOLD 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo	24 10:00AM-11:30AM HPB Steady Lah! 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	25 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	26 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 by Mr Chu 3:30PM-4:30PM Castafit By Serene	27 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:30PM-5:30PM Singalong 7:00PM-9:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	28

FEB2026@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	2 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 Dementia Meeting Room	3 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 7:00PM-8:00PM Mindfulness for Mental Wellbeing @ Tampines	4 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 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen	5 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)	6 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 2:00PM-4:00PM Recreation Activities 2
8	9 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 Dementia Meeting Room	10 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	11 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen 2:00PM-4:00PM Craft Workshop (Wed)	12 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Low Impact Fitness	13 10:00AM-11:00AM Brain and Body Exercises for Seniors by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 12:30PM-3:30PM Chinese New Year Celebration	14 2:00PM-4:00PM Recreation Activities 2
15	16 Centre Close	17 Chinese New Year	18 Chinese New Year	19 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)	20 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	21 2:00PM-4:00PM Recreation Activities 2
22	23 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Dementia Meeting Room	24 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-5:00PM Recreation Activities	25 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM 正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen 2:00PM-4:00PM Craft Workshop (Wed)	26 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Low Impact Fitness	27 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	28 2:00PM-4:00PM Recreation Activities 2