

JUN2025@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	2	3	4	5	6	7
	9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (7/12) 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月KTV	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 3:30PM-5:30PM 正念基础课程 Chinese Mindfulness Foundation Course (4/4)	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	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 舞蹈集选班在大牌60A号亭 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴	Hari Raya Haji
8	9	10	11	12	13	
	9:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-5:00PM SDO x Brahm Centre Mobile Digital Learning Session 手机学习课程 11:00AM-12:30PM Golden Years KTV 黄金岁月KTV	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 Fun and Games 乐趣和游戏活动 3:00PM-4:30PM Health Talk - Create a Safer Home For You and Your Loved Ones (Chinese)	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 Monthly Birthday June & Father Day Celebration 六月生日及父亲节庆祝会	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 舞蹈集选班在大牌60A号亭 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴 2:00PM-3:30PM HPB Steady Lah Program Assessment 新加坡健康促进局 STEADY LAH 计划测试	
15	16	17	18	19	20	
	9:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月KTV	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	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	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 舞蹈集选班在大牌60A号亭 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴	
22	23	24	25	26	27	
	9:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月KTV	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	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-10:45AM SG Digital Workshop: Transact Online (English) 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	9:00AM-10:00AM Walk & Drink 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 舞蹈集选班在大牌60A号亭 10:30AM-11:30AM Chair Zumba CC 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 健康促进局 - 椅子尊巴 2:00PM-3:30PM HPB STEADY LAH Program 新加坡健康促进局 - STEADY LAH 计划 (1/12)	
29	30					
	9:30AM-10:30AM HPB HAPPY Program 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功在大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动					

JUN2025@NEWTON



Brahm Centre @ Newton 47, Scotts Road 4F (#04-02A), 5F(#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	22:00PM-4:40PM Watercolour Painting Course (Int) - Sher Ley S 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250623MFC	39:30AM-10:30AM Mindfulness for Lower Primary Students 10:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP 11:00AM-12:00PM Mindfulness for Upper Primary Students	4	59:00AM-6:00PM Art Exhibition, "An Uplifting Journey" Newton L4 & Newton L5	69:00AM-6:00PM Art Exhibition, "An Uplifting Journey" Newton L4 & Newton L5	79:00AM-6:00PM Art Exhibition, "An Uplifting Journey" Newton L4 & Newton L5
8	97:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250623MFC	1010:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP	11	12	132:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	1410:00AM-12:00PM 14 June Mindfulness Circle 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
15	167:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250623MFC	1710:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP	1810:00AM-12:00PM 正念基础课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	19	202:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	2110:00AM-12:00PM 6月21日正念圈 2:00PM-4:30PM Pencil Sketching Course by Jeffrey Ang
22	2310:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley - NT20250623WPCB 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250623MFC	2410:00AM-12:30PM Chinese Brush Painting Course (Beg) by Sher Ley - NT20250520CBP 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	2510:00AM-12:00PM 正念基础课程 Chinese Mindfulness Foundation Course by Hsueh Ya Wen	269:30AM-10:30AM Mindfulness for Lower Primary Students - NT20250626MYLP 11:00AM-12:00PM Mindfulness for Upper Primary Students - NT20250626MYUP 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	272:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	2810:00AM-12:00PM 28 June Mindfulness Circle
29	3010:00AM-12:30PM Watercolour Painting Course (Beginner) by Sher Ley - NT20250623WPCB					

JUN2025@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
<div>1</div> <div>10:00AM-12:00PM Basic Sewing 1:00PM-2:30PM Basic Conversational Chinese 2:30PM-3:30PM Mindful Yoga by Tr. Neeti</div>	<div>2</div> <div>6:30PM-7:30PM HPB Yoga</div>	<div>3</div> <div>9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!</div>	<div>4</div> <div>9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors</div>	<div>5</div> <div>10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-3:00PM Laughter Ypga</div>	<div>6</div> <div>9:30AM-12:00PM Amica Games Day 4:00PM-5:00PM HPB Cardio Dance</div>	<div>7</div> <div>Hari Raya Haji</div>
<div>8</div> <div>10:00AM-3:30PM Basic Conversational English</div>	<div>9</div> <div>6:30PM-7:30PM HPB Yoga</div>	<div>10</div> <div>9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!</div>	<div>11</div> <div>9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong - SMII20250611DAC 1:00PM-5:00PM From Seniors To Seniors</div>	<div>12</div> <div>10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance</div>	<div>13</div> <div>9:30AM-12:00PM Amica Games Day 4:00PM-5:00PM HPB Cardio Dance</div>	
<div>15</div> <div>10:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational Chinese 1:00PM-2:30PM Basic Conversational English By Tr. May Thu 2:30PM-3:30PM Mindful Yoga by Tr. Neeti</div>	<div>16</div> <div>12:00PM-4:00PM Mosaic Art Course by Angie Ong - SMII20250602MA 6:30PM-7:30PM HPB Yoga</div>	<div>17</div> <div>9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!</div>	<div>18</div> <div>9:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong - SMII20250611DAC 1:00PM-5:00PM From Seniors To Seniors</div>	<div>19</div> <div>10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-3:00PM Laughter Yoga 2:00PM-4:40PM Acrylic Painting Course by Steve Liu - SMII20250619APC</div>	<div>20</div> <div>9:30AM-11:00AM Social Dance By Edwin 4:00PM-5:00PM HPB Cardio Dance</div>	<div>21</div> <div>10:00AM-11:00AM Bollywood Dance</div>
<div>22</div> <div>10:00AM-12:00PM Basic Conversational Chinese 1:00PM-3:30PM Digital Skills Training by Tr. Khin Myint Cho</div>	<div>23</div> <div>6:30PM-7:30PM HPB Yoga</div>	<div>24</div> <div>9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 3:00PM-4:30PM Steady Lah!</div>	<div>25</div> <div>9:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM From Seniors To Seniors</div>	<div>26</div> <div>10:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-1:30PM Line Dance 2:00PM-4:40PM Acrylic Painting Course by Steve Liu - SMII20250619APC</div>	<div>27</div> <div>9:30AM-11:00AM Social Dance By Edwin 4:00PM-5:00PM HPB Cardio Dance</div>	<div>28</div> <div>10:00AM-11:00AM Bollywood Dance</div>
<div>29</div> <div>10:00AM-11:00AM Basic Conversational Chinese 11:00AM-12:00PM Mindful Stretching Exercise 1:00PM-3:30PM DBS Financial Literacy Program</div>	<div>30</div> <div>12:00PM-4:00PM Mosaic Art Course by Angie Ong - SMII20250602MA 6:30PM-7:30PM HPB Yoga</div>					

JUN2025@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	29:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	39:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	48:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	59:00AM-10:00AM Fitness Exercise 5:00PM-6:00PM Gardening	69:00AM-10:00AM TBT CLASS (Tummy, Butt, Tuck) - SM20250606TBT 10:01AM-11:30AM SingAlong 11:31AM-12:30PM Communal Lunch 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM Combat Age-related Loss Of Muscle 5:00PM-6:00PM Gardening	7
8	99:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	109:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	118:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:00AM-12:00PM SparkleCare Singing 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	129:00AM-10:00AM Fitness Exercise 5:00PM-6:00PM Gardening	1310:01AM-11:30AM SingAlong 11:31AM-12:30PM Communal Lunch 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM Combat Age-related Loss of Muscle 5:00PM-6:00PM Gardening	14
15	169:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	179:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	188:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	199:00AM-10:00AM Fitness Exercise 5:00PM-6:00PM Gardening	2010:00AM-11:30AM SingAlong 11:31AM-12:30PM Communal Lunch 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM Combat Age-related Loss of Muscle 5:00PM-6:00PM Gardening	21
22	239:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	249:00AM-10:00AM Wellness Walk 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	258:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:00AM-12:00PM SparkleCare Singing 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	269:00AM-10:00AM Fitness Exercise 5:00PM-6:00PM Gardening	2710:00AM-11:30AM SingAlong 11:31AM-12:30PM Communal Lunch 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM Combat Age-related Loss of Muscle 5:00PM-6:00PM Gardening	28
29	309:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 1:00PM-1:45PM CGH HealthTalk - SM20250630CGHHT 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening					

JUN2025@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 (Monday) JUNE 10:30AM-11:30AM HPB Resistance Band Exercise 1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee 2:00PM-4:00PM Dementia Meeting Room	3 9:15AM-10:15AM Physical Toning Exercise	4 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) JUNE 10:30AM-11:30AM HPB Chair Zumba 2:00PM-5:00PM Recreation Activities	5 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur)	6 10:00AM-11:00AM Brain and Body Exercises for Seniors (JUNE) 11:15AM-12:15PM Happy Dance (JUNE) 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities (Friday)	7 <div>Hari Raya Haji</div>
8	9 9:15AM-10:15AM Low Impact Exercise by William (Monday) JUNE 10:30AM-11:30AM HPB Resistance Band Exercise 1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee 2:00PM-4:00PM Dementia Meeting Room	10 9:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250610YY 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Adventure in Craft Making by Jayce Yong	11 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) JUNE 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed)	12 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Mindfulness Foundation Course by May Chng - TP20250612MFC	13 10:00AM-11:00AM Brain and Body Exercises for Seniors (JUNE) - TP20250606BB 11:15AM-12:15PM Happy Dance (JUNE) 1:00PM-3:00PM Parents Day Celebration	14 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 1:30PM-5:30PM Functional Screening by SGO - TP20250614FS
15	16 9:15AM-10:15AM Low Impact Exercise by William (Monday) JUNE 10:30AM-11:30AM HPB Resistance Band Exercise 1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee 2:00PM-4:00PM Dementia Meeting Room	17 9:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250610YY 2:00PM-5:00PM Adventure in Craft Making by Jayce Yong	18 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) JUNE 10:30AM-11:30AM HPB Chair Zumba 2:00PM-5:00PM Recreation Activities	19 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 2:00PM-4:00PM Mindfulness Foundation Course by May Chng - TP20250612MFC	20 10:00AM-11:00AM Brain and Body Exercises for Seniors (JUNE) - TP20250606BB 11:15AM-12:15PM Happy Dance (JUNE) 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities (Friday)	21 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 10:00AM-12:30PM Pen Ink Drawing Course by Xiang Ling - TP20250503PID 2:00PM-3:30PM Mindfulness Circle - TP20250621MC
22	23 9:15AM-10:15AM Low Impact Exercise by William (Monday) JUNE 10:30AM-11:30AM HPB Resistance Band Exercise 1:30PM-4:10PM Pastel Art Course (Int) by Zu Wee 2:00PM-4:00PM Dementia Meeting Room	24 9:15AM-10:15AM Physical Toning Exercise 10:30AM-11:30AM Yogasana Yoga (TUESDAYS) by William - TP20250610YY 2:00PM-5:00PM Adventure in Craft Making by Jayce Yong	25 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) JUNE 10:00AM-12:30PM Chinese Brush Painting by Sher Ley - TP20250625CBP 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley - TP20250625PID	26 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Mindfulness Foundation Course by May Chng - TP20250612MFC	27 10:00AM-11:00AM Brain and Body Exercises for Seniors (JUNE) - TP20250606BB 11:15AM-12:15PM Happy Dance (JUNE) 2:00PM-5:00PM Recreation Activities 2 2:00PM-5:00PM Recreation Activities (Friday)	28 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) - TP20250524TY 10:00AM-11:30AM Mindfulness for Mental Wellbeing - TP20250628MW 2:00PM-5:00PM Recreation Activities
29	30 9:15AM-10:15AM Low Impact Exercise by William (Monday) JUNE 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Dementia Meeting Room					