DEC2025@GROVVE



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

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三		Friday 周五	Saturday 周六
Sunday д	1	2 2	3 2:00PM-4:00PM Level Up Your Listening & Communication Skills (13- 16 Yr Old)	4 3:30PM-5:30PM Body Project Workshop for Young Females (12 yrs & above)		6 1:00PM-3:00PM The Art Cart: Floral Lanterr Making (12 – 16 yrs old)
7	8	9 3:30PM-5:30PM Youth Xperience: Creative Canvas Painting (12-18Yrs Old)	2:00PM-4:00PM Level Up Your Listening & Communication Skills (13- 16 Yr Old) 3:30PM-5:30PM Youth Xperience: Creative Canvas Painting (12-18Yrs Old)	3:30PM-5:30PM Body Project Workshop for Young Females (12 yrs & above)	12	1:00PM-3:00PM Build your own Self-Love Explosion Box! (15-25 Yr Olds)
14	15	2:00PM-4:00PM Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)	2:00PM-4:00PM Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)	3:00PM-4:30PM Mindfulness for Secondary School Students	19	20
21	22	23 2:00PM-4:00PM DIY Scrapbooking Greeting Card (15-25 Yr Olds)	Centre Close	Christmas Day	26	27
28	29	30	31			
			Centre Close ents. For the latest and calendars of other centres,			

DEC2025@MACPHERSON



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

Brainii Centre @ Wi	acriferson Dik 33 i	i ipit i toad, #01-01 c	nigapore 370033 re	51. TOS 07 TT 1101		
Sunday 周日	Monday 启 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号 亨 10:45AM-11:45AM Functional Chair Exercise (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 KTV & Potluck 卡拉OK与 聚餐聚会 2:00PM-4:30PM Pen Ink Drawing x Peranakan by Kuan	Wednesday 月三 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-4:30PM 促进心理健康的正念工作坊,地点麦波申	11:00AM-12:00PM The Dance Collective 舞蹈 集选班	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 @ MPCC, Level 2 Theatrette 椅子尊巴 @麦波申社俱乐部,一楼礼堂 11:00AM-12:00PM HPB Chair Zumba 健康促进 局椅子尊巴	Saturday 周六 6 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan
7 10:00AM-12:00PM Basic Conversational English by Tr.PLN 1:00PM-3:30PM Basic Conversational English by Tr.PLN	8 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号 亭 10:45AM-11:45AM Functional Chair Exercise (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 1-to-1 Digital Learning Session —对一手 机与网络有关讯息服务 11:00AM-12:30PM KTV & Potluck 卡拉OK与 聚餐聚会	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	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	9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Pavilion 舞蹈集选班任大 牌60A号亭 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴. @麦波申社俱乐部, 一楼礼堂 11:00AM-12:00PM HPB Chair Zumba 健康促进 局椅子尊巴	13
14 10:00AM-12:00PM Basic Conversational English by Tr.Khari	10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号 亨 10:45AM-11:45AM Functional Chair Exercise (Chinese) 椅坐功能活动	16 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	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	9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM SG Digital Workshop: Staying Safe & Smart in the Age of Generative AI (English) 11:00AM-12:00PM The Dance Collective 舞蹈集选班 11:00AM-5:00PM SDO 1-to-1 Digital Learning Session 一对一手机与网络有关讯息服务 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动	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 @ MPCC Level 2 Theatrette 椅子算巴 @麦波申社俱乐部,一楼礼堂	
21	22 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号 亭 10:45AM-11:45AM Functional Chair Exercise (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 KTV & Potluck 卡拉OK与 聚餐聚会 2:00PM-4:00PM December 2025 Monthly Birthday & Christmas Celebration (Sift Launch of AL108)		Christmas Day	26 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-11:00AM The Dance Collective @ Blk 60A Payilion 舞蹈集选班在大 牌60A号亭 10:30AM-11:30AM Chair Zumba @ MPCC Level 2 Theatrette 椅子奠巴 @麦波申社俱乐部,一楼礼堂 11:00AM-12:00PM HPB Chair Zumba 健康促进 局椅子尊巴	27
28	29 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号 亨 10:45AM-11:45AM Functional Chair Exercise (Chinese) 椅坐功能活动	30	Centre Close			

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

DEC2025@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		Friday 周五	Saturday 周六
	1 10:00AM-12:40PM Acrylic Painting Course on Textiles by Pauline Goh 7:00PM-9:00PM Mindfulness Foundation Course by Carmen	2 10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling	3 10:00AM-12:40PM Nagomi Pastel Art Course by Kim Ng	4 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	5 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	6 促进心理健康的正念工作 坊,地点纽顿
7	8 10:00AM-12:40PM Acrylic Painting Course on Textiles by Pauline Goh 2:00PM-5:00PM Art Jam x Watercolour Christmas by Janice Chin 7:00PM-9:00PM Mindfulness Foundation Course by Carmen	9 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	10	11 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	12 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	13 10:00AM-12:00PM Mindfulness Circle
14	15 10:00AM-12:40PM Acrylic Painting Course on Textiles by Pauline Goh 7:00PM-9:00PM Mindfulness Foundation Course by Carmen		3:00PM-4:00PM Mindfulness for Primary School Students	9:30AM-12:30PM Mindfulness Workshop - Parenting and Caregiving	19 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	9:30AM-5:30PM 1-Day Mindfulness Cours Reset and Refresh
21	7:00PM-9:00PM Mindfulness Foundation Course by Carmen	23 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	Centre Close	Christmas Day	26 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Kuan	27
28	29	30 10:00AM-12:00PM Watercolour Painting Course (Beginner) by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	Centre Close			

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

DEC2025@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 6:30PM-7:30PM HPB Yoga	2 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!	3 9:30AM-10:30AM Chair Exercise By Bernice 12:01PM-1:01PM Mindfulness - An Hour of Calm - SMII20251105MHC 2:00PM-4:40PM Acrylic Painting Course on Textiles by Pauline Goh	4 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Mahjong	5 9:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	6
7 10:00AM-12:00PM Basic Conversational English by Tr. Swati 1:00PM-3:30PM Basic Conversational English by Tr. MayThu	8 6:30PM-7:30PM HPB Yoga	9 9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:30PM-5:30PM GUI Kampung Senang - 制 作香草皂 (CHN) 3:00PM-4:30PM Steady Lah!	9:30AM-10:30AM Chair Exercise By Bernice 12:01PM-1:01PM Mindfulness - An Hour of Calm - SMII20251105MHC 2:00PM-4:40PM Acrylic Painting Course on Textiles by Pauline Goh	11 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Mahjong	9:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	13
14 10:00AM-12:00PM Basic Conversational English by Tr. Swati 1:00PM-2:30PM What are the Poisons In The Home by Dr. Phua Dong Haur	15 6:30PM-7:30PM HPB Yoga	9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	9:30AM-10:30AM Chair Exercise By Bernice 12:01PM-1:01PM Mindfulness - An Hour of Calm - SMII20251105MHC	18 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Mahjong	9:30AM-10:30AM Social Dance By Edwin 12:00PM-2:00PM Christmas Potluck 4:00PM-5:00PM HPB Cardio Dance	20
10:00AM-12:00PM Mental Health 101:Caring for Your Mind by Tr. Phyu 1:00PM-3:30PM Basic Conversational English by Tr. Phyu	22 6:30PM-7:30PM HPB Yoga	9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	Centre Close	Christmas Day	9:30AM-10:30AM Social Dance By Edwin 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	27
28 10:00AM-3:30PM Christmas Celebration	29 2:00PM-4:00PM GUI Kampung Senang - 制作香草皂 (CHN) 6:30PM-7:30PM HPB Yoga	9:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	Centre Close			

DEC2025@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 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo	2 10:00AM-11:00AM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	3 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Health Post - SM20251105CHP 10:30AM-12:30PM Yoga 2:00PM-4:00PM Meeting Centre	4 9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 2:00PM-4:00PM Rumio / Mahjong	9:15AM-10:15AM Meridian Exercise 10:30AM-11:30AM Combat Age-related Loss of Muscle (CALM) 1:30PM-2:30PM Stretch And Tone 3:30PM-5:30PM Singalong	6
7	8 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle-Detect Malicious Content & Protect with Anti Malware.8 2:00PM-4:00PM Digital Learning Circle-One to One 2:00PM-4:00PM Bingo	9 10:00AM-11:00AM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong 2:30PM-4:30PM Rumio / Mahjong	10 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Health Post - SM20251105CHP 10:30AM-12:30PM Yoga 2:00PM-4:00PM Meeting Centre	9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 2:00PM-4:00PM Rumio / Mahjong	9:15AM-10:15AM Meridian Exercise 1:30PM-2:30PM Stretch And Tone 2:30PM-5:00PM Combat Age-related Loss of Muscle (CALM) 3:30PM-5:30PM Singalong	13
14	9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo	16 10:00AM-11:00AM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise	17 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga 9:30AM-1:00PM Community Health Post - SM20251105CHP 10:30AM-12:30PM Yoga 2:00PM-4:00PM Meeting Centre	9:15AM-10:15AM Fitness Exercise 10:30AM-12:00PM Line Dance 2:00PM-4:00PM Rumio / Mahjong	9:15AM-10:15AM Meridian Exercise 1:30PM-2:30PM Stretch And Tone 3:30PM-5:30PM Singalong	20
21	9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle- Protect Data Privacy 2:00PM-4:00PM Digital Learning Circle-One to One 2:00PM-4:00PM Bingo	23 10:00AM-11:00AM HAPPY Program 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	Centre Close	Christmas Day	9:15AM-10:15AM Meridian Exercise 1:30PM-2:30PM Stretch And Tone 3:30PM-5:30PM Singalong	27
28	9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo	30 1:00PM-2:00PM HPB Chair Exercise 2:30PM-4:30PM Rumio / Mahjong	Centre Close			

DEC2025@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
	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 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga by William 2:00PM-5:00PM Recreation Activities 2:00PM-6:00PM Art of Planting by Margaret Huang	9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley 2:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-6:00PM Art of Planting by Margaret Huang	5 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 7:00PM-8:00PM Mindfulness for Mental Wellbeing	6 10:00AM-12:40PM Coloured Pencil Drawing Course by Xiang Ling 2:00PM-4:00PM Recreation Activities 2:00PM-4:00PM 正念基础课程 CMFC by Felicia Lauw
7	8 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	9 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Recreation Activities	9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:30PM Pen Ink Drawing Course x Doodling by Sher Ley 2:30PM-5:00PM Pen Ink Drawing Course by Xiang Ling	9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class	12 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	2:00PM-4:00PM Recreation Activities
14	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	9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance 2:00PM-5:00PM Recreation Activities	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	9:15AM-10:15AM Happy Drumming 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Wed)	19 10:00AM-11:00AM Brain and Body Exercises for Seniors 11:15AM-12:15PM Happy Dance 1:00PM-3:00PM Christmas Celebration	2:00PM-4:00PM Recreation Activities
21	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 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance 2:00PM-5:00PM Recreation Activities	Centre Close	Christmas Day	26 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	27 2:00PM-4:00PM Recreation Activities
28	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 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance 2:00PM-5:00PM Recreation Activities	Centre Close			