FEB2025@MACPHERSON





Brahm Centre @ Ma	acPherson Blk 55 Pipi	it Road, #01-01 Singa	pore 370055 Tel: +65	6741 1131	Happier & Healthies	Living SUPPORTED BY MOH AND AIC
SUNDAY星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
			•	•		1
						CENTRE
						CENTRE
						CLOSED
2 .	3 10:00AM-11:00AM	4 9:30AM-10:30AM	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养	6 9:30AM-10:30AM	7 9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡	8 .
	3 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	Mindful Exercise 乐龄健康养生活动	Mindful Exercise	Mindful Exercise 乐龄健康养生活动	之约	
CENTRE		11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌	11:00AM-12:00PM Movement & Dance 运动和舞蹈 课程	9:15AM-10:15AM Chair Zumba 椅子尊巴	
CLOSED		KIV	56排舞课 	3:30PM-5:00PM February 2025 Monthly	10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦波申社俱乐部,二楼 礼堂	
CLOSLD			1:00PM-3:00PM Fun and Games 乐趣和游戏活 动	February 2025 Monthly Birthday + CNY Celebrations 2025 年 2 月生日 + 农历新年庆祝 活动	礼堂 11:00AM-12:00PM	
					Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	
9	10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动	9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动	13 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动	9:00AM-10:00AM Walk & Drink Kopi 健康步行与咖啡之约 9:15AM-10:15AM	15
	ITY(I+00K 3 F	11:00AM-12:30PM	10:00AM-11:00AM	11:00AM-12:00PM Movement & Dance 运动和	9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Leyel 2 Auditorium 麦波申社俱乐部,	
		Golden Years KTV 黄金岁月 KTV	HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课	舞蹈课程	Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂	
		2:00PM-5:10PM Acrylic Painting Course by Steve Liu丙烯画课程 L4	 1:00PM-3:00PM Fun and Games 乐趣和游戏活	2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动	11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	
		Steve Liu丙烯画课程 L4 	动		2:30PM-4:00PM Increase Physical Activity & Enhance Mobility Workshop by TTSH 陈笃生医院 - 增加体力活动并增强您的活动能力	
16	10:00AM-11:00AM HPB Qigong@ Blk 60A 气功	9:30AM-10:30AM Mindful Exercise 乐龄健康养	9:30AM-10:30AM Mindful Exercise 乐龄健康养	20 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活		22 10:00AM-11:00AM 促进心理健康的正念练习, 地点
	在大牌6ŎA号亭 10:30AM-11:30AM	生活动 11:00AM-12:30PM	生活动 10:00AM-11:00AM	动 11:00AM-12:00PM	9:15AM-10:15AM Chair Zumba 椅子尊巴	麦波申
	HPB Health Talk -Keep my Brain Active 健康讲座-脑筋动	Golden Years KTV 黄金岁月	HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌	Movement & Dance 运动和舞蹈 课程	10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦 波申社俱乐部,二楼礼堂	
	一动	2:00PM-5:10PM Acrylic Painting Course by Steve Liu丙烯画课程 L5	56排舞课 1:00PM-3:00PM	2:00PM-3:00PM Mindful Exercise 乐龄健康养生活 动	ルデロドバル・コンド 11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	
		Steve Liu丙烯画课程 L5 	Fun and Games 乐趣和游戏 活动	3:30PM-5:00PM Everyday English for Seniors乐	2:00PM-3:30PM HPB Steady Lah Exercise Assessment 身體功能性训练测试	
23 ·	24 10:00AM-11:00AM	25 9:30AM-10:30AM	26 9:30AM-10:30AM	龄日常英语课程 9:30AM-10:30AM	9:00AM-10:00AM	
	HPB Qigong@ Blk 60A 气功 在大牌60A号亭	Mindful Exercise 乐龄健康养生活动	Mindful Exercise 乐龄健康养生活动	Mindful Exercise 乐龄健康养生活动	Walk & Drink Kopi 健康步行与咖啡之约 9:15AM-10:15AM Chair Zumba 椅子尊巴	
		11:00AM-12:30PM Golden Years KTV 黄金岁月	10:00AM-11:00AM HPB Line Dance Class @ Blk	11:00AM-12:00PM Movement & Dance 运动和舞蹈 课程	10:30AM-11:30AM Chair Zumba 2 Macpherson	
		KTV 2:00PM-5:10PM	56 Pavilion 健康促进局 - 大牌 56排舞课 	2:00PM-3:00PM Mindful Exercise 乐龄健康养生	Community Club Level 2 Auditorium 麦波申社俱乐部,二楼礼堂 11:00AM-12:00PM	
		Acrylic Painting Course by Steve Liu丙烯画课程 L6	1:00PM-3:00PM Fun and Games 乐趣和游戏活 动	活动	Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB) 2:00PM-3:30PM	
			~~	Everyday English for Seniors乐 龄日常英语课程	HPB Steady Lah Exercise Assessment 身體功能性训练测试	

FEB2025@NEWTON Brahm Centre @ Newton 47, Scotts Road 4F (#04-02A), 5F(#05-02), Goldbell Towers Singapore 228233



		, , ,	5-02), Goldbell Tower	• .		
UNDAY星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周:
						CENTRE
						CLOSED
	3:30PM-5:30PM Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr	4 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew 正 念减压课程 L4	5 10:00AM-12:00PM Mindfulness Foundation Course by May Chng正念基础	7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie	7 4:00PM-6:00PM Interns Weekly Meetup	8 10:00AM-12:00PM Mindfulness Circle 10:00AM-12:40PM
CENTRE	Olds)	ぶ城広珠柱 L4	课程 L4 4:00PM-5:30PM Kids Xperience:Kalimba for	Chew 正念认知疗法 L4	7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正 念基础课程 L1	Acrylic Painting Course (Bourse) by Hui Ting丙烯画课程 L4
CLOSED			Parent-Child(For 7 to 13 Yr Olds)		- with right Field ALIV labe - made	1:00PM-3:00PM Youth Xperience: Digital A Illustration (12 to 18 Yrs Ol
						3:30PM-5:00PM Mindfulness for Youth (Secondary School)
	10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong丙烯画课程	11 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan水彩绘 画课程 (初级班) L4	12 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L4	10:00AM-12:40PM Chinese Calligraphy Course by Manlin中文书法课程 L5	10:00AM-12:40PM Zentangle Intermediate Course by Wai Fong禅绕画中级班程 L5	9:00AM-5:00PM 3-Day Mindfulness Course David Treleavan & Adj A/Pro Angie Chew L1
	L4 2:00PM-4:30PM Pen Ink Drawing Course x	7:00PM-9:30PM Mindfulness Based Stress	2:00PM-4:30PM Pen Ink Drawing Course by Andrew TanL4	7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L5	2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 彩色铅笔绘画课程 L5	
	Couture by Janice Chin L4	Reduction by Angie Chew 正 念减压课程 L5	4:00PM-5:30PM Kids Xperience:Kalimba for Parent-Child(For 7 to 13 Yr	Chew 正念认知疗法 L5	4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM	1:00PM-3:00PM Youth Xperience: Digital Ar Illustration (12 to 18 Yrs Old
			Olds)		Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L2	3:30PM-5:00PM Board Game Café
9:00AM-5:00PM 3-Day Mindfulness Course by Dr David Treleavan & Adj	9:00AM-5:00PM 3-Day Mindfulness Course by Dr David Treleavan & Adj A/Prof Angie Chew L3	18 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan水彩绘 画课程 (初级班) L5	19 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L5	20 10:00AM-12:40PM Chinese Calligraphy Course by Manlin中文书法课程 L6	21 10:00AM-12:40PM Zentangle Intermediate Course by Wai Fong禅绕画中级班程 L6	10:00AM-12:00PM Mindfulness Circle 10:00AM-12:40PM
A/Prof Angie Chew L2	10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong丙烯画课程 L5	画课程 (初级班) L5 3:30PM-4:30PM Mindfulness for Youth	2:00PM-4:30PM Pen Ink Drawing Course by Andrew TanL5	7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie	2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 彩色铅笔绘画课程 L6	Acrylic Painting Course (Beg) I Ting丙烯画课程 L6 1:00PM-3:00PM Youth Xperience: Digital Art
	2:00PM-4:30PM Pen Ink Drawing Course x Couture by Janice Chin L5	(Lower Primary) 7:00PM-9:30PM	2:30PM-5:00PM Body Project Workshop for Girls (Feb)	Chew 正念认知疗法 L6	4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM	Youth Xperience: Digital Art Illustration (12 to 18 Yrs Old) 3:30PM-4:30PM Mindfulness for Youth (Lower
	3:30PM-5:30PM Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr Olds)	Mindfulness Based Stress Reduction by Angie Chew 正 念减压课程 L6	GII IS (FED)		Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L3	Primary) 3:30PM-4:30PM Mindfulness for Youth (Upper Primary)
	24 10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong丙烯画课程	25 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan水彩绘 画课程 (初级班) L6	26 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L6	27 10:00AM-11:00AM 促进心理健康的正念练习, 地点 纽顿 促进心理健康的正念练习, 地点纽顿	4:00PM-6:00PM Interns Weekly Meetup	
	L6 2:00PM-4:30PM Pen Ink Drawing Course x	画课程 (初级班) L6 7:00PM-9:30PM Mindfulness Based Stress	2:00PM-4:30PM Pen Ink Drawing Course by Andrew TanL6	地点纽顿 7:00PM-9:30PM Mindfulness Based	7:00PM-8:30PM Mindfulness for Mental Wellbeing, Venue Newton	
	Couture by Janice Chin L6	Reduction by Angie Chew 正 念减压课程 L7	2:30PM-5:00PM Body Project Workshop for	Cognitive Therapy by Angie Chew 正念认知疗法 L7	7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正	
	Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr Olds)		Girls (Feb)		念基础课程 L4	

MAR2025@NEWTON



Brahm Centre @ SUNDAY星期	Newton 47, Scotts Road H MONDAY 周一			s Singapore 228233 THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
SUNDAY 生 期	日 MONDAY 周一 31 Hari Raya Puasa	TOESDAY 周	WEDNESDAY /同一	THURSDAY 周四		1 2:00PM-4:00PM Youth Xperience: Guided Bouldering
2 .	3 3:30PM-5:30PM Youth Learning Lounge	7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew 正 念减压课程 L8	5 9:00AM-12:00PM Training for Customer Service Operations (2/2)	6 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L8	4:00PM-6:00PM Interns Weekly Meetup	8 10:00AM-11:30AM Kids Xperience: Shrink Art 2:00PM-4:00PM Youth Xperience: Guided Bouldering
9	3:30PM-5:30PM Youth Learning Lounge	11	12	13	4:00PM-6:00PM Interns Weekly Meetup	15 10:00AM-11:30AM Kids Xperience: Shrink Art 2:00PM-4:00PM Youth Xperience: Guided Bouldering
1 6	9:30AM-11:30AM Guided Walk to MacRitchie	12:00PM-5:00PM Escape Room	1:00PM-3:30PM Chess Clash	10:00AM-8:00PM Art Exhibition "Art: A Creative Journey" 1:00PM-5:00PM Dungeons & Dragons (for beginners)	10:00AM-8:00PM Art Exhibition "Art: A Creative Journey" 4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM Mindfulness Foundation Course by May Chng正念基础 课程 L1	22 10:00AM-8:00PM Art Exhibition "Art: A Creative Journey" 10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen 正 念基础课程 L1
23 ·	24 3:30PM-5:30PM Youth Learning Lounge	7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew 正 念减压课程 L1	26	7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L1	4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM Mindfulness Foundation Course by May Chng正念基 础课程 L2	29 10:00AM-12:00PM 正念基础课程Chinese Mindfulness Foundation Course by Hsueh Ya Wen I 念基础课程 L2 1:00PM-3:00PM Terrarium Making Worksho

FEB2025@SIMEI 148

brahm centre Happier & Healthier Living



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

SUNDAY星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周
						CENTRE
CENTRE	3 6:30PM-7:30PM HPB YOGA	10:30AM-11:30AM SOCIAL DANCE 1:00PM-2:00PM HPB CHAIR EXERCISE	5 1:00PM-3:00PM FROM SENIORS TO SENIORS	6 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS Weaving Happiness	9:30AM-10:30AM Social Dance By Edwin 健康 舞蹈 1:00PM-2:30PM Mindfulness for Mental Wellbeing, Venue Simei 148 6:30PM-7:30PM HPB CARDIO DANCE HPB - Cardio Dance	8
OMEGA PROGRAMS 10:00AM-12:00PM Cooking Workshop 1:00PM-2:30PM Sewing and Craft 2:30PM-3:30PM Digital Skills Training	10 6:30PM-7:30PM HPB YOGA	11 10:30AM-11:30AM SOCIAL DANCE 1:00PM-2:00PM HPB CHAIR EXERCISE	1:00PM-3:00PM FROM SENIORS TO SENIORS	13 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS Weaving Happiness	9:30AM-10:30AM Social Dance By Edwin 健康 舞蹈 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey AngL5 6:30PM-7:30PM HPB CARDIO DANCE	15
OMEGA PROGRAMS 10:00AM-11:00AM Conversational English Class 11:00AM-12:00PM Conversational Chinese Class 1:00PM-2:30PM Digital Skills Training 2:30PM-3:30PM Health and Wellness Class	17 12:00PM-4:00PM Decoupage Course by Angie Ong 蝶古巴特课程 L4 6:30PM-7:30PM HPB YOGA	10:30AM-11:30AM SOCIAL DANCE 1:00PM-2:00PM HPB CHAIR EXERCISE	19 1:00PM-3:00PM FROM SENIORS TO SENIORS	20 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS Weaving Happiness	9:30AM-10:30AM Social Dance By Edwin 健康 舞蹈 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey AngL6 6:30PM-7:30PM HPB CARDIO DANCE	22
OMEGA PROGRAMS 10:00AM-12:00PM Digital Skills Training 1:00PM-2:30PM Conversational Chinese Class 2:30PM-3:30PM Health and Wellness Class	24 6:30PM-7:30PM HPB YOGA	25 10:30AM-11:30AM SOCIAL DANCE 1:00PM-2:00PM HPB CHAIR EXERCISE	26 1:00PM-3:00PM FROM SENIORS TO SENIORS	27 10:30AM-11:30AM CHAIR EXERCISE 椅子运动 11:00AM-1:00PM WEAVING HAPPINESS Weaving Happiness	9:30AM-10:30AM Social Dance By Edwin 健康 舞蹈 6:30PM-7:30PM HPB CARDIO DANCE	

FEB2025@SIMEI 227

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





Healthian Living SUPPORTED BY MOH AND AIC

SUNDAY星期日		TUESDAY E		THURSDAY 周四	EDIDAY 見期工	SATURDAY 周六
SUNDAY 生期口	MONDAY 周一	· · ·	WEDNESDAY 同二	THORSDAY 同四	FRIDAY 生期 工	SATURDAY 周八
						CENTRE
						CLOSED
2 .	3 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞 黄金	4 9:00AM-10:00AM Wellness Walk 健身步行	5 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站	6 10:30AM-11:30AM Line Dance	7 9:00AM-10:00AM Meridian Exercise 9:00AM-10:00AM	8 9:00AM-10:00AM HPB Low Impact cardio 低强 度有氧运动
CENTRE	9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM	1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM	9:30AM-10:30AM Yoga3 瑜伽3 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻	TBT CLASS (Tummy, Butt, Thigh) 10:30AM-12:00PM SingAlong	10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
CLOSED	S:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM Gardening	Rumio / Mahjong 数字麻将/麻 将 5:00PM-6:00PM	2:30PM-5:00PM AAP@Home 5:00PM-6:00PM	将 5:00PM-6:00PM Gardening	1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM AAP@Home	
9	9:00AM-10:00AM	Gardening 9:00AM-10:00AM Wellness Walk 健身步行	Gardening 8:00AM-9:00AM Low Impact Exercise 低强度运动	13 10:30AM-11:30AM Line Dance	5:00PM-6:00PM Gardening 14 9:00AM-10:00AM Meridian Exercise	15 9:00AM-10:00AM
	HPB Zumba Gold HPB尊巴舞 黄金 9:30AM-10:30AM Yoga1 瑜伽1 Wellness Walk 健身步行 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM	9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3 10:30AM-11:30AM	1:00PM-2:30PM Intermediate English 3:00PM-5:00PM	9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)	HPB Low Impact cardio 低强度有氧运动 10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈	
	3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM	Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home	Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	SingAlong 1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM	
	Gardening 17 9:00AM-10:00AM	9:00AM-10:00AM	5:00PM-6:00PM Gardening 8:00AM-9:00AM	20 10:30AM-11:30AM	AAP@Home 5:00PM-6:00PM Gardening 9:00AM-10:00AM	9:00AM-10:00AM
L6 ·	HPB Zumba Gold HPB尊巴舞 黄金 9:30AM-10:30AM	18 9:00AM-10:00AM Wellness Walk 健身步行 1:00PM-2:00PM	19 Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站 9:30AM-10:30AM Yoga3 瑜伽3	1:00PM-2:30PM Intermediate English	9:00AM-10:00AM Meridian Exercise 9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)	HPB Low Impact cardio 低强度有氧运动 10:30AM-11:30AM
	Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏	HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 数字麻将/原	10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3	3:00PM-5:00PM Rumio / Mahjong 数字麻将/ 麻将	10:30AM-11:30AM SingAlong 1:00PM-2:00PM Stretch and Tone	Bollywood Dance 宝莱坞舞
	5:00PM-6:00PM Gardening	5:00PM-6:00PM Gardening	2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	5:00PM-6:00PM Gardening	2:30PM-5:00PM AAP@Home 5:00PM	
23	24 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞 黄金	25 9:00AM-10:00AM Wellness Walk 健身步行	26 8:00AM-9:00AM Low Impact Exercise 低强度运动 9:30AM-1:00PM Community Nurse Post 社区护士站	27 10:30AM-11:30AM Line Dance	9:00AM-10:00AM Meridian Exercise	
	9:30AM-10:30AM Yoga1 瑜伽1	1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM	9:30AM-10:30AM Yoga3 瑜伽3 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	1:00PM-2:30PM Intermediate English 3:00PM-5:00PM	10:30AM-11:30AM SingAlong 1:00PM-2:00PM Stretch and Tone	
	3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM	Rumio / Mahjong 数字麻将/麻 将 5:00PM-6:00PM	10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home	Rumio / Mahjong 数字麻将/ 麻将	2:30PM-5:00PM AAP@Home	

FEB2025@TAMPINES

brahm entre living

Brahm Centre @ Tampines Blk 473 Tampines Street 43, #01-94 Singapore 520473 Tel: +65 6908 2122

Brahm Centre @ Ta	mpines Blk 4/3 Tamp	oines Street 43, #01-9	4 Singapore 5204 <i>1</i> 3 T	el: +65 6908 2122		Happier & Healthier Living
SUNDAY星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
						CENTRE
						CLOSED
2	3 9:15AM-10:15AM Low Impact Exercise by William (Monday) FEBRUARY 低强度运动	9:15AM-10:15AM Physical Toning Exercise - by William Ong 2:00PM-5:00PM	5 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动	9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:30AM-11:30AM	7 1:00PM-3:00PM Chinese New Year Celebration农历新年庆祝活动	8 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽
CENTRE CLOSED	10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	Recreation Actitvities	10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 手工 班		
9:00AM-5:00PM Mindfulness Based Stress	9:15AM-10:15AM Low Impact Exercise by William (Monday) FEBRUARY 低强度运动	9:15AM-10:15AM Physical Toning Exercise - by	9:15AM-10:15AM Low Impact Exercise by William	13 9:15AM-10:15AM	10:00AM-11:00AM Brain and Body Exercises for	15 9:15AM-10:30AM
Reduction by Angie Chew L9	10:30AM-11:30AM HPB Resistance Band Exercise 阻力 带运动 2:00PM-4:00PM	William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 粉彩艺术课程 L4 2:00PM-5:00PM	(Wednesday) FEBRUARY 低强度 运动	Happy Drumming (FEBRUARY) 10:00AM-12:30PM Pen Ink Drawing Course by Tia L4	Seniors (FEBRUARY) 身心健康运动 11:15AM-12:15PM Happy Dance (FEBRUARY) 快乐舞蹈	Therapeutic Yoga (SATURDAYS) 疗癒瑜伽 10:00AM-3:00PM Garden to Fork 101 by Margaret HuangL1
	Nagomi Pastel Art Course by Zu Wee粉彩艺术课程 L4 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee 水彩绘画课程 (初级班) L4	Community Nurse Post 社区护士站 2:00PM-4:30PM Graphite Painting Course by Geri KohL4 2:00PM-5:00PM	10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:00PM Craft Workshop (Wed) 手工班	10:30AM-11:30AM Functional Movement Class	2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	
16	9:15AM-10:15AM Low Impact Exercise by William (Monday) FEBRUARY 低强度运动 10:30AM-11:30AM	Pecreation Actitvities 9:15AM-10:15AM Physical Toning Exercise - by William Ong	19 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动	9:15AM-10:15AM Happy Drumming (FEBRUARY)	21 10:00AM-11:00AM Brain and Body Exercises for Seniors (FEBRUARY) 身心健康运 动	9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗癒瑜伽
	HPB Resistance Band Exercise 阻力 带运动 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee粉彩艺术课程 L5	10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan粉彩艺术课程 L5 2:00PM-4:30PM Graphite Painting Course by	10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon L5	10:00AM-12:30PM Pen Ink Drawing Course by Tia L5 10:30AM-11:30AM	11:15AM-12:15PM Happy Dance (FEBRUARY) 快乐 舞蹈 2:00PM-5:00PM	10:00AM-3:00PM Garden to Fork 101 by Margaret HuangL2
	2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee 水彩绘画课程 (初级班) L5	Geri KohL5 2:00PM-5:00PM Recreation Actitvities	10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 手工 班	Recreation Actitvities (Friday) 2:00PM-5:00PM Recreation Activity 2	
9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie Chew L9	9:15AM-10:15AM Low Impact Exercise by William (Monday) FEBRUARY 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力 带运动	9:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by	9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度 运动 10:00AM-12:30PM	9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:00AM-12:30PM	10:00AM-11:00AM Brain and Body Exercises for Seniors (FEBRUARY) 身心健康运 动 11:15AM-12:15PM	•
	2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee粉彩艺术课程 L6 2:00PM-4:40PM	Ruyan粉彩艺术课程 L6 2:00PM-4:30PM Graphite Painting Course by Geri KohL6	Acrylic Painting Course (Int) by Laura Soon L6 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	Pen Ink Drawing Course by Tia L6 10:30AM-11:30AM Functional Movement Class	Happy Dance (FEBRUARY) 快乐 舞蹈 2:00PM-5:00PM Recreation Actitvities (Friday)	
	Watercolour Painting Course (Beg) by Lee Nee 水彩绘画课程 (初级班) L6	2:00PM-5:00PM Recreation Actitvities	2:00PM-4:00PM Craft Workshop (Wed) 手工班	i unctional movement class	2:00PM-5:00PM Recreation Activity 2	

This calendar is subject to adjustments. For the latest and calendars of other centres, download from <u>www.brahmcentre.c</u>