

AUG2025@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
31					1 9:00AM-10:00AM Walk & Drink Kopi 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 @ 60A 舞蹈集选班@大牌60A 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 11:00AM-12:00PM HPB Chair Zumba 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 (6/12)	2 10:00AM-12:30PM Chinese Calligraphy Course by Manlin (7/7) 2:30PM-5:00PM Chinese Brush Painting Course (Beg) by Manlin (7/7)
3	4 9:30AM-10:30AM HPB HAPPY Program Registration Day 新加坡健康促进局 HAPPY 计划测试 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	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 11:00AM-12:30PM Golden Years KTV 卡拉OK 与聚餐聚会	6 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A号亭 1:00PM-3:00PM BINGO Engagement by BOA 乐趣和游戏活动 3:30PM-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (4/9)	7 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活活动 3:30PM-5:00PM August Monthly Birthday & National Day Celebration 八月生日及国庆庆祝活动	8 9:00AM-10:00AM Walk & Drink Kopi 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 @ 60A 舞蹈集选班@大牌60A号亭 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 11:00AM-12:00PM HPB Chair Zumba 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 (7/12)	9 National Day
10	11 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 2:00PM-4:30PM Pen Ink Drawing Course x Patterns by Adeline Ho (1/6)	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	13 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-11:00AM HPB Line Dance Class @ 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-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (5/9)	14 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活活动	15 9:00AM-10:00AM Walk & Drink Kopi 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 @ 60A 舞蹈集选班@大牌60A号亭 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 11:00AM-12:00PM HPB Chair Zumba 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 (8/12)	16 10:00AM-12:00PM Mindfulness for Mental Wellbeing 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok (1/8)
17	18 9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 HAPPY 计划 (1/12) 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	19 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	20 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-11:00AM HPB Line Dance Class @ 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-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (6/9)	21 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活活动 3:30PM-5:00PM Everyday English for Seniors 乐龄日常英语课程	22 9:00AM-10:00AM Walk & Drink Kopi 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 @ 60A 舞蹈集选班@大牌60A号亭 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 11:00AM-12:00PM HPB Chair Zumba 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 (9/12)	23 9:30AM-1:00PM BCMP Volunteer Appreciation 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok (2/8)
24	25 9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 HAPPY 计划 (2/12) 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 2:00PM-4:30PM Pen Ink Drawing Course x Patterns by Adeline Ho (2/6)	26 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	27 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-11:00AM HPB Line Dance Class @ 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-6:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (7/9)	28 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活活动 10:00AM-12:00PM The Meeting Room Program at Blk 65 Zone B 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活活动 3:30PM-5:00PM Everyday English for Seniors 乐龄日常英语课程	29 9:00AM-10:00AM Walk & Drink Kopi 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 @ 60A 舞蹈集选班@大牌60A号亭 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 11:00AM-12:00PM HPB Chair Zumba 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 (10/12)	30 10:00AM-11:30AM Fostering Positive Medication Habits in Chinese 培养良好的药物管理习惯 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok (3/8)

AUG2025@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
31					110:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	210:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan
3	42:00PM-4:30PM Graphite Painting Course by Janice Chin	52:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	62:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	710:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	810:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 12:30PM-1:30PM Art & Mindfulness Workshop by Angie and Wai Fong 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	9National Day
10	1110:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng 2:00PM-4:30PM Graphite Painting Course by Janice Chin	122:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	132:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	1410:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew	1510:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	1610:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
17	1810:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng 1:30PM-5:30PM Adventure in Craft Making by Jayce Yong	192:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	202:00PM-4:30PM Pen Ink Drawing Course (Intermediate) by Andrew Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	2110:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee	2210:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 12:30PM-1:30PM Boost Your Emotional Intelligence by Angie Chew 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	2310:00AM-12:00PM Mindfulness Circle 10:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
24	2510:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng 1:30PM-5:30PM Adventure in Craft Making by Jayce Yong	262:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	277:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250806MFC	2810:00AM-12:00PM Acrylic Painting Course by Steve Liu 10:00AM-12:00PM Coloured Pencil Drawing Course by Paul Lee 2:00PM-4:00PM Watercolour Painting Course - Paul Lee	292:00PM-4:00PM Pencil Sketching Course by Zara Fong	3010:00AM-12:30PM Pen Ink Drawing Course x Japan by Kuan 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling

AUG2025@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	Thursday 周四	Friday 周五	Saturday 周六
31					1	2
3	4	5	6	7	8	9 National Day
10	11	12	13	14	15	16 1:00PM-3:00PM Youth Xperience: Digital Art with Krita (12-18 Yrs Old)- GS20250816DAK 3:30PM-5:30PM Play Lah! Workshop (12-16 Yr Olds) - GS20250816GZ
17	18	19	20	21	22	23 1:00PM-3:00PM Youth Xperience: Digital Art with Krita (12-18 Yrs Old)- GS20250816DAK 3:30PM-5:30PM Paint Lah! Workshop (12- 16 Yr Olds) - GS20250823GZ
24	25	26	27	28	29	30 1:00PM-3:00PM Youth Xperience: Digital Art with Krita (12-18 Yrs Old)- GS20250816DAK 3:30PM-5:30PM Say It Well: Navigating Life With Clarity & Confidence(18-25 Yrs)- GS20250830SIW

AUG2025@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
3110:00AM-12:00PM Sewing Workshop (Basic) 1:00PM-3:30PM DBS Financial Literacy Workshop					19:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	210:00AM-11:00AM Bollywood Dance
310:00AM-12:00PM Basic First Aid & Emergency Response 1:00PM-2:30PM Dementia Awareness (Caregiver Tips) 1:00PM-3:30PM Basic Conversational English 2:30PM-3:30PM Mindful Yoga by Tr. Neeti	42:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	59:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	69:30AM-10:30AM Chair Exercise By Bernice 12:00PM-4:00PM Decoupage Art Course by Angie Ong 1:00PM-5:00PM From Seniors To Seniors	710:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Pastel Art Course by Vanessa	89:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	9National Day
1010:00AM-3:30PM National Day Celebration 4:00PM-9:00PM National Day Celebration - SMII20250810NDP	112:00PM-4:30PM Pen Ink Drawing Course x Japan by Kuan 6:30PM-7:30PM HPB Yoga	129:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 10:30AM-12:30PM August Birthday Celebration with Nation at METTA 1:00PM-2:00PM HPB Chair Exercise	139:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM From Seniors To Seniors	1410:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness	159:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	1610:00AM-11:00AM Bollywood Dance
179:00AM-5:00PM Mindfulness Based Cognitive Therapy Course (MBCT) 10:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational English by Tr. May Thu 1:00PM-3:30PM Self Care Talk by Nirali Mehta (Mindknit)	186:30PM-7:30PM HPB Yoga	199:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	209:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM From Seniors To Seniors	2110:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-4:00PM Mosaic Art Course by Angie Ong	229:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:45PM National Day Celebration Potluck 4:00PM-5:00PM HPB Cardio Dance 7:00PM-9:00PM Mindfulness Based Cognitive Therapy Course	2310:00AM-11:00AM Bollywood Dance
2410:00AM-12:00PM Basic Conversational English by Tr. PLN 1:00PM-3:30PM Basic Conversational English by Tr. PLN	256:30PM-7:30PM HPB Yoga	269:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise	279:30AM-10:30AM Chair Exercise By Bernice 1:00PM-5:00PM From Seniors To Seniors	2810:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 12:00PM-4:00PM Mosaic Art Course by Angie Ong	299:30AM-10:30AM Social Dance By Edwin 11:00AM-12:00PM LTA - Bus Safety Engagement Briefing 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	3010:00AM-11:00AM Bollywood Dance

AUG2025@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
31					19:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch and Tone 2:00PM-3:00PM Dementia 101 Talk 3:00PM-4:00PM AquaFunFit@BedokHeartbeat 5:00PM-6:00PM Gardening	2
3	49:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 1:00PM-2:00PM CGH Health Talk- Understanding Healthcare Schemes & Policy 2:01PM-4:00PM Bingo - 5:00PM-6:00PM Gardening	59:00AM-10:00AM Wellness Walk - SM20250705WW 9:30AM-11:00AM HAPPY Program 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	68:00AM-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	79:00AM-10:00AM Fitness Exercise 9:30AM-11:00AM Line Dance 11:30AM-1:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	89:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit@BedokHeartbeat 4:00PM-5:30PM SingAlong 5:00PM-6:00PM Gardening	9National Day
10	119:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle-Setup & use Singpass 2:00PM-4:00PM Digital Learning Centre-One to One 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	129:00AM-10:00AM Wellness Walk - SM20250705WW 9:30AM-11:00AM HAPPY Program 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	138:00AM-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	149:00AM-10:00AM Fitness Exercise 9:30AM-11:00AM Line Dance 11:30AM-1:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	159:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 9:00AM-12:00PM Outreach Carnival 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit@BedokHeartbeat 4:00PM-5:30PM SingAlong 5:00PM-6:00PM Gardening	1610:00AM-1:00PM National Day Sports Events (By Project AMICA)
17	189:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	199:00AM-10:00AM Wellness Walk - SM20250705WW 10:00AM-12:00PM Art & Craft Workshop - SM20250819A&CW 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	208:00AM-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	219:00AM-10:00AM Fitness Exercise 9:30AM-11:00AM Line Dance 11:30AM-1:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	229:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit@BedokHeartbeat 4:00PM-5:30PM SingAlong 5:00PM-6:00PM Gardening	23
24	259:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle-Online Banking & E-payment 2:00PM-4:00PM Digital Learning Centre-One to One 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	269:00AM-10:00AM Wellness Walk - SM20250705WW 9:00AM-12:00PM Art & Craft Workshop - SM20250726A&CW 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	278:00AM-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	289:00AM-10:00AM Fitness Exercise 9:30AM-11:00AM Line Dance 10:00AM-12:00PM GUI Udders Ice Cream 11:30AM-1:00PM Intermediate English 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	299:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 12:00PM-1:00PM Communal Dining 1:00PM-2:00PM Stretch and Tone 3:00PM-4:00PM AquaFunFit@BedokHeartbeat 4:00PM-5:30PM SingAlong 5:00PM-6:00PM Gardening	30

AUG2025@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
31					110:00AM-11:00AM Brain and Body Exercises for Seniors (AUGUST) 11:15AM-12:15PM Happy Dance (AUGUST) 1:30PM-3:30PM National Day Celebration	29:15AM-10:30AM Therapeutic Yoga 10:00AM-11:00AM 促进心理健康的正念练习, 地点淡滨尼 - TP20250802MW 10:00AM-2:00PM Art of Planting by Margaret Huang 2:00PM-4:00PM Recreation Activities
39:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie Chew	49:15AM-10:15AM Low Impact Exercise by William (Monday) AUGUST 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	59:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-5:00PM Recreation Activities	69:15AM-10:15AM Low Impact Exercise by William (Wednesday) AUGUST 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	79:15AM-10:15AM Happy Drumming (AUGUST) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan - TP20250703CC	810:00AM-11:00AM Brain and Body Exercises for Seniors (AUGUST) 11:15AM-12:15PM Happy Dance (AUGUST) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	9National Day 9:15AM-10:30AM Therapeutic Yoga
10	119:15AM-10:15AM Low Impact Exercise by William (Monday) AUGUST 10:30AM-11:30AM HPB Resistance Band Exercise 1:00PM-5:00PM Decoupage Art Course by Danica Yip 2:00PM-4:00PM Dementia Meeting Room	129:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-5:00PM Community Nurse Post 2:00PM-5:00PM Recreation Activities	139:15AM-10:15AM Low Impact Exercise by William (Wednesday) AUGUST 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	149:15AM-10:15AM Happy Drumming (AUGUST) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur)	1510:00AM-11:00AM Brain and Body Exercises for Seniors (AUGUST) 11:15AM-12:15PM Happy Dance (AUGUST) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	169:15AM-10:30AM Therapeutic Yoga 10:00AM-2:00PM Art of Planting by Margaret Huang 2:00PM-4:00PM Mindfulness Circle 2:00PM-4:00PM Recreation Activities
17	189:15AM-10:15AM Low Impact Exercise by William (Monday) AUGUST 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Dementia Meeting Room	199:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-5:00PM Recreation Activities	209:15AM-10:15AM Low Impact Exercise by William (Wednesday) AUGUST 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	219:15AM-10:15AM Happy Drumming (AUGUST) 10:30AM-11:30AM Functional Movement Class	2210:00AM-11:00AM Brain and Body Exercises for Seniors (AUGUST) 11:15AM-12:15PM Happy Dance (AUGUST) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	239:15AM-10:30AM Therapeutic Yoga 2:00PM-4:00PM Recreation Activities
249:00AM-5:00PM 正念认知疗法(又名生活的正念) by Lily/Ya Wen (9/9)	259:15AM-10:15AM Low Impact Exercise by William (Monday) AUGUST 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Dementia Meeting Room	269:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-5:00PM Recreation Activities	279:15AM-10:15AM Low Impact Exercise by William (Wednesday) AUGUST 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling	289:15AM-10:15AM Happy Drumming (AUGUST) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur)	2910:00AM-11:00AM Brain and Body Exercises for Seniors (AUGUST) 11:15AM-12:15PM Happy Dance (AUGUST) 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activities 2	309:15AM-10:30AM Therapeutic Yoga 2:00PM-4:00PM Recreation Activities