

SEP2025@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
	1	2	3	4	5	6
7	81:00PM-3:00PM Draw It Together to Write it Together (For 13-16 Yrs old)-GS20250908DIT 3:30PM-5:30PM Youth Xperience:Creative Sketchbook Wonder(Fr 13-16 Yrs old)-GS20250908CSW	91:00PM-3:00PM Draw It Together to Write it Together (For 13-16 Yrs old)-GS20250908DIT 3:30PM-5:30PM Youth Xperience:Creative Sketchbook Wonder(Fr 13-16 Yrs old)-GS20250908CSW	10	11	12	13
14	15	16	17	18	19	201:00PM-3:00PM Youth Xperience: Guitar Appreciation (12 -18 Yrs Old) GS20250920GA 1:00PM-3:00PM Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)-GS20250920MCLS 3:30PM-5:00PM Managing Exam Stress With Mindfulness (Pri 6-Sec 5 students)-GS20250920MESM
21	22	23	24	25	26	271:00PM-3:00PM Youth Xperience: Guitar Appreciation (12 -18 Yrs Old) GS20250920GA 1:00PM-3:00PM Youth Xperience: More Chess, Less Stress (12 - 25 Yrs Old)-GS20250920MCLS 3:30PM-5:00PM Managing Exam Stress With Mindfulness (Pri 6-Sec 5 students)-GS20250920MESM
28	29	30				

SEP2025@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
	<div>1</div> <div>9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (3/12) 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</div>	<div>2</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 卡拉OK与聚餐聚会</div>	<div>3</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A 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 (8/9)</div>	<div>4</div> <div>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</div>	<div>5</div> <div>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</div>	<div>6</div> <div>2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok</div>
<div>7</div>	<div>8</div> <div>9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (4/12) 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</div>	<div>9</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-5:00PM Digital Learning for Seniors 数码乐龄学习班 11:00AM-12:30PM Golden Years KTV 卡拉OK与聚餐聚会</div>	<div>10</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A 1:00PM-3:00PM Fun & Games 乐趣和游戏活动</div>	<div>11</div> <div>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 September 2025 Monthly Birthday Celebration 九月生日庆祝活动</div>	<div>12</div> <div>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 (11/12)</div>	<div>13</div> <div>2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok</div>
<div>14</div>	<div>15</div> <div>9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (5/12) 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</div>	<div>16</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 卡拉OK与聚餐聚会</div>	<div>17</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A 1:00PM-3:00PM Fun & Games 乐趣和游戏活动</div>	<div>18</div> <div>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</div>	<div>19</div> <div>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 (12/12)</div>	<div>20</div> <div>10:00AM-12:00PM Mindfulness Foundation Course by May Chng 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok</div>
<div>21</div>	<div>22</div> <div>9:30AM-10:30AM HPB HAPPY Program 新加坡健康促进局 - HAPPY 计划 (6/12) 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</div>	<div>23</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 卡拉OK与聚餐聚会 1:30PM-5:30PM Adventure in Craft Making</div>	<div>24</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 60A Pavilion 健康促进局排舞课 @ 大牌60A 1:00PM-3:00PM Fun & Games 乐趣和游戏活动</div>	<div>25</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-10:45AM SG Digital Workshop: Be Safe, Smart and Kind Online (Chinese) 11:00AM-12:00PM The Dance Collective 舞蹈集选班 11:00AM-5:00PM Digital Learning for Seniors 数码乐龄学习班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 3:30PM-5:00PM Everyday English for Seniors</div>	<div>26</div> <div>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 2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling</div>	<div>27</div> <div>10:00AM-12:00PM Mindfulness Foundation Course by May Chng 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok</div>
<div>28</div>	<div>29</div> <div>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 Pavilion 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</div>	<div>30</div> <div>9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM Golden Years KTV 卡拉OK与聚餐聚会 1:30PM-5:30PM Adventure in Craft Making</div>				

SEP2025@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
	110:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng 2:00PM-4:00PM Chinese Brush Painting Course by Sher Ley	210:00AM-12:30PM Pen Ink Drawing Course by Jeffrey Ang 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie & Thomas	310:00AM-12:00PM Chinese Calligraphy Course by Manlin	410:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia 7:00PM-9:00PM Mindfulness Foundation Course by Angie & May	511:00AM-12:00PM Mindfulness for Primary School Students - NT20250905MYP 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	6
7	810:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng	910:00AM-12:30PM Pen Ink Drawing Course by Jeffrey Ang 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250909MFC 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie & Thomas	1010:00AM-12:00PM Chinese Calligraphy Course by Manlin 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Chew Ping 2:00PM-4:30PM Mosaic Art Course by Vanessa Mok	112:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia	1210:00AM-12:30PM Zentangle Journalling by Gina Lim 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	1310:00AM-12:00PM Mindfulness Circle
14	1510:00AM-12:30PM Pastel Art Course (Int) by Audrey Ng 2:00PM-4:00PM Chinese Brush Painting Course by Sher Ley	1610:00AM-12:30PM Pen Ink Drawing Course by Jeffrey Ang 2:00PM-4:30PM Pastel Art Course (Int) by Zu Wee 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250909MFC 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie & Thomas	1710:00AM-12:00PM Chinese Calligraphy Course by Manlin 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Chew Ping 2:00PM-4:30PM Mosaic Art Course by Vanessa Mok	1810:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia 7:00PM-9:00PM Mindfulness Foundation Course by Angie & May	1910:00AM-12:30PM Zentangle Journalling by Gina Lim 2:00PM-4:00PM Pencil Sketching Course by Zara Fong	2010:00AM-12:30PM 正念认知疗法(又名生活的正念) CMBCT by Lily & Ya Wen 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
21	222:00PM-4:00PM Chinese Brush Painting Course by Sher Ley 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	2310:00AM-12:30PM Pen Ink Drawing Course by Jeffrey Ang 2:00PM-4:30PM Pastel Art Course (Int) by Zu Wee 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250909MFC 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie & Thomas	2410:00AM-12:00PM Chinese Calligraphy Course by Manlin 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Chew Ping 2:00PM-5:00PM Mosaic Art Course by Vanessa Mok	2510:00AM-12:00PM Pastel Art Course by Ruyan 2:00PM-4:30PM Pen Ink Drawing Course (Int) by Tia 7:00PM-9:00PM Mindfulness Foundation Course by Angie & May	2610:00AM-12:30PM Zentangle Journalling by Gina Lim	2710:00AM-12:00PM Mindfulness Circle 10:00AM-12:30PM 正念认知疗法(又名生活的正念) CMBCT by Lily & Ya Wen 2:00PM-4:30PM Coloured Pencil Drawing Course by Xiang Ling
28	292:00PM-4:00PM Chinese Brush Painting Course by Sher Ley 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	302:00PM-4:30PM Pastel Art Course (Int) by Zu Wee 7:00PM-9:00PM Mindfulness Foundation Course by May Chng - NT20250909MFC 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie & Thomas				

SEP2025@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
	16:30PM-7:30PM HPB Yoga	29:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	39:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm	410:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong	59:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	6
710:00AM-12:00PM Basic Conversational English by Tr. May Thu 10:00AM-12:00PM Medication Care Tips By Tr. Phyu 1:00PM-2:30PM Basic Conversational English by Tr. Phyu 2:30PM-3:30PM Mindful Yoga by Tr. Neeti	812:00PM-4:00PM Mosaic Art Course by Angie Ong 6:30PM-7:30PM HPB Yoga	99:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	109:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm 12:00PM-4:00PM Decoupage Art Course by Angie Ong	1110:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong	129:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 11:00AM-3:00PM Decoupage Art Course by Angie Ong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	13
1410:00AM-11:00AM Basic Conversational English by Tr. Khari 11:00AM-12:00PM Basic Conversational English by Tr. PLN 1:00PM-3:30PM Basic Conversational English by Tr. PLN	1512:00PM-4:00PM Mosaic Art Course by Angie Ong 6:30PM-7:30PM HPB Yoga	169:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	179:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm 12:00PM-4:00PM Decoupage Art Course by Angie Ong	1810:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong	199:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 11:00AM-3:00PM Decoupage Art Course by Angie Ong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	20
2110:00AM-12:00PM Personal Hygiene Talk by Pamela 1:00PM-3:30PM Cooking Workshop 1:00PM-3:30PM Basic Conversational Chinese	226:30PM-7:30PM HPB Yoga	239:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong	249:30AM-10:30AM Chair Exercise By Bernice 10:30AM-1:30PM From Seniors To Seniors 12:00PM-1:00PM Mindfulness - An Hour of Calm	2510:30AM-11:30AM Chair Exercise 11:00AM-1:00PM Weaving Happiness 2:00PM-4:00PM Mahjong	269:30AM-10:30AM Social Dance By Edwin 10:45AM-11:45AM SingAlong 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM HPB Cardio Dance	27
2810:00AM-12:00PM Outreach- Fortcaning Area 10:00AM-12:00PM Sewing Workshop 2:00PM-3:30PM Basic Crochet by Tanvi	296:30PM-7:30PM HPB Yoga	309:00AM-10:00AM Pilates 10:15AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Mahjong				

SEP2025@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 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	2 9:00AM-10:00AM Wellness Walk - SM20250705WW 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	3 8:00AM-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	4 9:00AM-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	5 9:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 9:00AM-10:00AM Meridian Exercise 12:00PM-1:00PM Communal Dining 3:00PM-4:00PM AquaFunFit 4:00PM-5:30PM Singalong 5:00PM-6:00PM Gardening	6
7	8 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle-Setup & use Health Apps 2:00PM-4:00PM Digital Learning Centre-One to One 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	9 9:00AM-10:00AM Wellness Walk - SM20250705WW 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	10 8:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:00AM-11:30AM SparkleCare Singing 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	11 9:00AM-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	12 9:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 9:00AM-10:00AM Meridian Exercise 12:00PM-1:00PM Communal Dining 3:00PM-3:45PM AquaFunFit 4:00PM-5:30PM Singalong 5:00PM-6:00PM Gardening	13
14	15 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	16 9:00AM-10:00AM Wellness Walk - SM20250705WW 10:00AM-12:00PM Art & Craft Workshop 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	17 8:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:00AM-11:30AM SparkleCare Singing 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	18 9:00AM-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	19 9:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 9:00AM-10:00AM Meridian Exercise 12:00PM-1:00PM Communal Dining 4:00PM-5:00PM 促进心理健康的正念练习 (Mindfulness for Mental Wellbeing) 5:00PM-6:00PM Gardening	20
21	22 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 11:00AM-12:30PM Digital Learning Circle-Transport- SimplyGO 2:00PM-4:00PM Digital Learning Centre-One to One 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	23 9:00AM-10:00AM Wellness Walk - SM20250705WW 10:00AM-12:00PM Art & Craft Workshop 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening	24 8:00AM-9:00AM Low Impact Exercise 9:30AM-10:30AM Yoga 9:30AM-1:00PM Community Nurse Post 10:00AM-11:30AM SparkleCare Singing 10:45AM-11:45AM Yoga 2:00PM-4:00PM Meeting Centre 5:00PM-6:00PM Gardening	25 9:00AM-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	26 9:00AM-10:00AM TBT Class (Tummy,Butt,Thigh) 9:00AM-10:00AM Meridian Exercise 12:00PM-1:00PM Communal Dining 4:00PM-5:30PM Singalong 5:00PM-6:00PM Gardening	27
28	29 9:00AM-10:00AM HPB Zumba Gold 9:30AM-10:30AM Yoga 2:00PM-4:00PM Bingo 5:00PM-6:00PM Gardening	30 9:00AM-10:00AM Wellness Walk - SM20250705WW 10:00AM-12:00PM Art & Craft Workshop 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 5:00PM-6:00PM Gardening				

SEP2025@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
	<div>1</div> <div>9:15AM-10:15AM Low Impact Exercise by William</div> <div>10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon</div> <div>10:00AM-3:00PM Adventure in Craft Making by Jayce Yong</div> <div>10:30AM-11:30AM HPB Resistance Band Exercise</div> <div>2:00PM-4:00PM Dementia Meeting Room</div>	<div>2</div> <div>9:15AM-10:15AM Physical Toning Exercise - by William Ong</div> <div>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</div> <div>10:30AM-11:30AM Yogasana Yoga by William</div> <div>2:00PM-4:30PM Pen Ink Drawing Course by Tia</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>3</div> <div>9:15AM-10:15AM Low Impact Exercise by William Ong</div> <div>10:30AM-11:30AM HPB Chair Zumba</div> <div>2:00PM-4:00PM Craft Workshop (Wed)</div> <div>2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee</div> <div>2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling</div>	<div>4</div> <div>9:15AM-10:15AM Happy Drumming</div> <div>10:30AM-11:30AM Functional Movement Class</div> <div>2:00PM-4:00PM 正念基础课程 CMFC by Lily Gan</div>	<div>5</div> <div>10:00AM-11:00AM Brain and Body Exercises for Seniors</div> <div>11:15AM-12:15PM Happy Dance</div> <div>2:00PM-5:00PM Recreation Activities 2</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>6</div> <div>9:15AM-10:30AM Therapeutic Yoga</div> <div>10:00AM-3:00PM Garden to Fork 101 by Margaret Huang</div> <div>2:00PM-4:00PM Recreation Activities</div>
<div>7</div>	<div>8</div> <div>9:15AM-10:15AM Low Impact Exercise by William</div> <div>10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon</div> <div>10:00AM-3:00PM Adventure in Craft Making by Jayce Yong</div> <div>10:30AM-11:30AM HPB Resistance Band Exercise</div> <div>2:00PM-4:00PM Dementia Meeting Room</div>	<div>9</div> <div>9:15AM-10:15AM Physical Toning Exercise - by William Ong</div> <div>10:30AM-11:30AM Yogasana Yoga by William</div> <div>2:00PM-4:30PM Pen Ink Drawing Course by Tia</div> <div>2:00PM-5:00PM Community Nurse Post</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>10</div> <div>9:15AM-10:15AM Low Impact Exercise by William Ong</div> <div>10:30AM-11:30AM HPB Chair Zumba</div> <div>2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee</div> <div>2:30PM-5:00PM Coloured Pencil Drawing Course by Xiang Ling</div>	<div>11</div> <div>9:15AM-10:15AM Happy Drumming</div> <div>10:30AM-11:30AM Functional Movement Class</div> <div>2:00PM-4:00PM 正念基础课程 CMFC by Lily Gan</div> <div>2:00PM-4:00PM Craft Workshop (Thur)</div>	<div>12</div> <div>10:00AM-11:00AM Brain and Body Exercises for Seniors</div> <div>11:15AM-12:15PM Happy Dance</div> <div>2:00PM-5:00PM Recreation Activities 2</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>13</div> <div>9:15AM-10:30AM Therapeutic Yoga</div> <div>10:00AM-3:00PM Garden to Fork 101 by Margaret Huang</div> <div>2:00PM-4:00PM Recreation Activities</div>
<div>14</div>	<div>15</div> <div>9:15AM-10:15AM Low Impact Exercise by William</div> <div>10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon</div> <div>10:30AM-11:30AM HPB Resistance Band Exercise</div>	<div>16</div> <div>9:15AM-10:15AM Physical Toning Exercise - by William Ong</div> <div>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</div> <div>10:30AM-11:30AM Yogasana Yoga by William</div> <div>2:00PM-4:30PM Pen Ink Drawing Course by Tia</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>17</div> <div>9:15AM-10:15AM Low Impact Exercise by William Ong</div> <div>10:30AM-11:30AM HPB Chair Zumba</div> <div>2:00PM-4:00PM Craft Workshop (Wed)</div> <div>2:00PM-4:40PM Watercolour Painting Course (Int) by Lee Nee</div>	<div>18</div> <div>9:15AM-10:15AM Happy Drumming</div> <div>10:30AM-11:30AM Functional Movement Class</div> <div>2:00PM-4:00PM 正念基础课程 CMFC by Lily Gan</div>	<div>19</div> <div>10:00AM-11:00AM Brain and Body Exercises for Seniors</div> <div>11:15AM-12:15PM Happy Dance</div> <div>2:00PM-5:00PM Recreation Activities 2</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>20</div> <div>9:15AM-10:30AM Therapeutic Yoga</div> <div>2:00PM-3:30PM 20 September Mindfulness Circle</div> <div>2:00PM-4:00PM Recreation Activities</div>
<div>21</div>	<div>22</div> <div>9:15AM-10:15AM Low Impact Exercise by William</div> <div>10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon</div> <div>10:30AM-11:30AM HPB Resistance Band Exercise</div> <div>2:00PM-4:00PM Dementia Meeting Room</div>	<div>23</div> <div>9:15AM-10:15AM Physical Toning Exercise - by William Ong</div> <div>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</div> <div>10:30AM-11:30AM Yogasana Yoga by William</div> <div>2:00PM-4:30PM Pen Ink Drawing Course by Tia</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>24</div> <div>9:15AM-10:15AM Low Impact Exercise by William Ong</div> <div>10:30AM-11:30AM HPB Chair Zumba</div>	<div>25</div> <div>9:15AM-10:15AM Happy Drumming</div> <div>10:30AM-11:30AM Functional Movement Class</div> <div>2:00PM-4:00PM 正念基础课程 CMFC by Lily Gan</div>	<div>26</div> <div>10:00AM-11:00AM Brain and Body Exercises for Seniors</div> <div>10:00AM-7:00PM Art Exhibition & Mindfulness Workshops</div> <div>11:15AM-12:15PM Happy Dance</div> <div>2:00PM-5:00PM Recreation Activities 2</div> <div>2:00PM-5:00PM Recreation Activities</div>	<div>27</div> <div>10:00AM-7:00PM Art Exhibition & Mindfulness Workshops</div> <div>2:00PM-4:00PM Recreation Activities</div>
<div>28</div> <div>10:00AM-7:00PM Art Exhibition & Mindfulness Workshops</div>	<div>29</div> <div>9:15AM-10:15AM Low Impact Exercise by William</div> <div>10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon</div> <div>10:30AM-11:30AM HPB Resistance Band Exercise</div> <div>2:00PM-4:00PM Dementia Meeting Room</div>	<div>30</div> <div>9:15AM-10:15AM Physical Toning Exercise - by William Ong</div> <div>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</div> <div>10:30AM-11:30AM Yogasana Yoga by William</div> <div>2:00PM-4:30PM Pen Ink Drawing Course by Tia</div> <div>2:00PM-5:00PM Recreation Activities</div>				