

# APR2026@ALJUNIED



Brahm Centre @ Aljunied Blk 108 Aljunied Crescent #01-36, Singapore 380108 Tel: +65 68760262

| Sunday 周日 | Monday 周一   | Tuesday 周二 | Wednesday 周三  | Thursday 周四 | Friday 周五  | Saturday 周六  |
|-----------|---|------------|---|-------------|--|--|
|           |   |            | <p>1 9:00AM-10:00AM<br/>Body Conditioning - 保健体能运动</p> <p>10:00AM-4:00PM<br/>BIXEP Assessment</p> <p>2:00PM-3:00PM<br/>Chair Zumba Exercise<br/>Wednesday - 椅子尊巴</p> <p>5:30PM-7:15PM<br/>King of the Table</p>   | 2           | <p>3 <b>Closed for Good Friday</b></p>   | <p>4 9:30AM-11:30AM<br/>Golden Hours with Youth - 与青春共度黄金时光</p>  |
| 5         | <p>6 9:30AM-10:30AM<br/>HAPPY Program Exercise<br/>快乐运动</p> <p>10:45AM-11:45AM<br/>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM<br/>Plant based lunch at Kampung Senang 轻安村植物午餐</p>  | 7          | <p>8 9:00AM-10:00AM<br/>Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM<br/>Chair Zumba Exercise<br/>Wednesday - 椅子尊巴</p> <p>5:00PM-6:30PM<br/>The Mixing Bowl (Youth)</p>  | 9           | <p>10 9:45AM-11:00AM<br/>Fun and Fit dance - 趣味健身舞</p> <p>4:00PM-5:00PM<br/>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p>                   | <p>11 9:30AM-11:30AM<br/>Golden Hours with Youth - 与青春共度黄金时光</p> <p>2:00PM-4:00PM<br/>Project Sprout x Brahm Centre Youth - AJ20250307PSBCY</p>  |
| 12        | <p>13 9:30AM-10:30AM<br/>HAPPY Program Exercise<br/>快乐运动</p> <p>10:45AM-11:45AM<br/>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM<br/>Plant based lunch at Kampung Senang 轻安村植物午餐</p> | 14         | <p>15 9:00AM-10:00AM<br/>Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM<br/>Chair Zumba Exercise<br/>Wednesday - 椅子尊巴</p> <p>3:30PM-5:00PM<br/>静心好眠工作坊<br/>Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>5:30PM-7:15PM<br/>King of the Table</p> | 16          | <p>17 10:00AM-1:00PM<br/>Healthier Me - 健康自我</p> <p>3:00PM-5:00PM<br/>Fun and Games by interns</p> <p>3:15PM-5:00PM<br/>Nexus Intl Ceramics workshop</p> | <p>18 9:30AM-11:30AM<br/>Golden Hours with Youth - 与青春共度黄金时光</p> <p>2:00PM-3:30PM<br/>Mindfulness for Better Sleep by May Chng</p> <p>4:00PM-5:00PM<br/>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p> |
| 19        | <p>20 9:30AM-10:30AM<br/>HAPPY Program Exercise<br/>快乐运动</p> <p>10:45AM-11:45AM<br/>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM<br/>Plant based lunch at Kampung Senang 轻安村植物午餐</p> | 21         | <p>22 9:00AM-10:00AM<br/>Body Conditioning - 保健体能运动</p> <p>2:00PM-3:00PM<br/>Chair Zumba Exercise<br/>Wednesday - 椅子尊巴</p> <p>3:30PM-5:00PM<br/>静心好眠工作坊<br/>Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>5:30PM-7:15PM<br/>King of the Table</p> | 23          | <p>24 10:00AM-1:00PM<br/>Healthier Me - 健康自我</p> <p>3:15PM-5:00PM<br/>Nexus Intl Ceramics workshop</p>   | <p>25 9:30AM-11:30AM<br/>Golden Hours with Youth - 与青春共度黄金时光</p> <p>2:00PM-3:30PM<br/>Mindfulness for Better Sleep by May Chng</p> <p>4:00PM-5:00PM<br/>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)</p> |
| 26        | <p>27 9:30AM-10:30AM<br/>HAPPY Program Exercise<br/>快乐运动</p> <p>10:45AM-11:45AM<br/>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动</p> <p>12:00PM-1:00PM<br/>Plant based lunch at Kampung Senang 轻安村植物午餐</p> | 28         | <p>29 10:00AM-12:00PM<br/>The Meeting Room Program Aljunied</p> <p>10:00AM-1:00PM<br/>Healthier Me - 健康自我</p> <p>2:00PM-4:00PM<br/>Craft @ AJ - 手作坊</p>   | 30          | <p>30 10:00AM-1:00PM<br/>Healthier Me - 健康自我</p> <p>3:15PM-5:00PM<br/>Nexus Intl Ceramics workshop</p>   |  |

\* Omega is for Indonesian, Indian and Burmese domestic workers.

This calendar is subject to adjustments. For the latest and calendars of other centres, download from [www.brahmcentre.com](http://www.brahmcentre.com)

# APR2026@LABRADOR



Brahm Centre @ Labrador 2 Telok Blangah Street 31 #02-00, Yeo's Building, Singapore 108942 Tel: +65 68760266

| Sunday 周日  | Monday 周一   | Tuesday 周二  | Wednesday 周三  | Thursday 周四   | Friday 周五  | Saturday 周六   |
|--|---|---|---|---|--|---|
|  |   |   | 1 10:00AM-12:00PM<br>Nagomi Pastel Art Beginner Course by Gina<br>2:00PM-4:00PM<br>Coloured Pencil Drawing Course by Kuan<br>7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng | 2 10:00AM-12:30PM<br>Pen Ink Drawing Course x Doodling by Sher Ley<br>2:00PM-4:00PM<br>Sketching Course by Paul Lee<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by Irene Tirtajana  | 3<br><b>Closed for Good Friday</b>                         | 4   |
| 5 10:00AM-12:00PM<br>OMEGA@LB: Digital Learning Cho<br>1:00PM-3:30PM<br>OMEGA@LB: Resume Writing by Thaw                                     | 6 10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin  | 7 2:00PM-4:00PM<br>正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen  | 8 10:00AM-12:00PM<br>Nagomi Pastel Art Beginner Course by Gina<br>2:00PM-4:00PM<br>Coloured Pencil Drawing Course by Kuan   | 9 10:00AM-12:30PM<br>Pen Ink Drawing Course x Doodling by Sher Ley<br>2:00PM-4:00PM<br>Sketching Course by Paul Lee<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by Irene Tirtajana  | 10 10:00AM-12:30PM<br>Graphite Painting Course by Geri Koh | 11 2:30PM-4:00PM<br>Prevention and Treatment for Colon and Prostate Cancer: Dr Lai Jiunn Heng |
| 12 10:00AM-12:00PM<br>OMEGA@LB: Basic Conversational English by PLN<br>1:00PM-3:30PM<br>OMEGA@LB: Fun English: Songs & Movie Learning by PLN | 13 10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin | 14 2:00PM-4:00PM<br>正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen | 15 10:00AM-12:00PM<br>Nagomi Pastel Art Beginner Course by Gina<br>2:00PM-4:00PM<br>Coloured Pencil Drawing Course by Kuan  | 16 10:00AM-12:30PM<br>Pen Ink Drawing Course x Doodling by Sher Ley<br>2:00PM-4:00PM<br>Sketching Course by Paul Lee<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by Irene Tirtajana | 17 10:00AM-12:30PM<br>Graphite Painting Course by Geri Koh | 18 2:30PM-4:00PM<br>Prevention of Stomach Problems and Cancer by Dr Ng Wee Khoon              |
| 19 10:00AM-3:30PM<br>OMEGA@LB: Water Festival 2026   | 20 10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin | 21 2:00PM-4:00PM<br>正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen | 22 2:00PM-4:00PM<br>Coloured Pencil Drawing Course by Kuan  | 23 10:00AM-12:30PM<br>Pen Ink Drawing Course x Doodling by Sher Ley<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by Irene Tirtajana  | 24   | 25 2:30PM-4:00PM<br>Preventing Eye Macular Degeneration by Dr Augustinus Laude                |
| 26 10:00AM-12:00PM<br>OMEGA@LB: Basic Conversational English by PLN<br>1:00PM-3:30PM<br>OMEGA@LB: Fun English: Songs & Movie Learning by PLN | 27  | 28 2:00PM-4:00PM<br>正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen | 29 2:00PM-4:00PM<br>Coloured Pencil Drawing Course by Kuan  | 30 10:00AM-12:30PM<br>Pen Ink Drawing Course x Doodling by Sher Ley<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by Irene Tirtajana  |  |   |

\* Omega is for Indonesian, Indian and Burmese domestic workers.

This calendar is subject to adjustments. For the latest and calendars of other centres, download from [www.brahmcentre.com](http://www.brahmcentre.com)

# APR 2026 @ 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 |
|-----------|---|---|---|---|--|-------------|
|           |   |   | <p>1 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p>   | <p>2 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Everyday English for Seniors</p>                              | <p>3</p> <p><b>Closed for Good Friday</b></p>  | <p>4</p>    |
| <p>5</p>  | <p>6 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p> <p>3:30PM-5:00PM Cedar Girls x BCMP Engagement with MacPherson Seniors</p> | <p>7 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV &amp; Potluck 卡拉OK与聚餐聚会</p>  | <p>8 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun &amp; Games 乐趣和游戏活动</p>  | <p>9 9:00AM-1:00PM TTSH Frailty Screening 陈笃生医院虚弱筛查</p> <p>11:00AM-12:00PM The Dance Collective @ 60A 舞蹈集选班在大牌60A</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM TCM Talk Sleep Well the TCM Way 中医睡眠有妙招</p> | <p>10 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p> <p>1:00PM-5:00PM TTSH Frailty Screening 陈笃生医院虚弱筛查</p>      | <p>11</p>   |
| <p>12</p> | <p>13 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>   | <p>14 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV &amp; Potluck 卡拉OK与聚餐聚会</p> | <p>15 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun &amp; Games 乐趣和游戏活动</p> | <p>16 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Everyday English for Seniors</p>                             | <p>17 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p>  | <p>18</p>   |
| <p>19</p> | <p>20 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>   | <p>21 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV &amp; Potluck 卡拉OK与聚餐聚会</p> | <p>22 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun &amp; Games 乐趣和游戏活动</p> | <p>23 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p> <p>3:30PM-5:30PM Sleep Well the TCM Way Health Talk (Eng)</p>                 | <p>24 9:15AM-10:15AM Chair Zumba 椅子尊巴</p> <p>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</p> <p>11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴</p> <p>12:15PM-1:15PM Simple Zenangle for Seniors 乐龄心境禅绕画班</p> | <p>25</p>   |
| <p>26</p> | <p>27 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭</p> <p>10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动</p>   | <p>28 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:30PM KTV &amp; Potluck 卡拉OK与聚餐聚会</p> | <p>29 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动</p> <p>10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭</p> <p>1:00PM-3:00PM Fun &amp; Games 乐趣和游戏活动</p> | <p>30 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动</p> <p>11:00AM-12:00PM The Dance Collective 舞蹈集选班</p> <p>2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动</p>   |  |             |

# APR 2026 @ 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  |
|-----------|---|--|---|---|---|--|
|           |   |  | 1 10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by Chew<br>Ping<br>2:00PM-4:30PM<br>Urban Sketching: Pen Ink<br>Intermediate course by Tia<br>7:00PM-9:30PM<br>正念认知疗法(又名生活的正<br>念)CMBCT by Ya Wen - | 2 10:00AM-12:00PM<br>Acrylic Painting Course<br>Intermediate by Steve Liu<br>10:00AM-12:30PM<br>Graphite Painting Course<br>by Janice Chin<br>7:00PM-9:00PM<br>Mindfulness Foundation<br>Course by Thomas Irawan<br>7:00PM-9:00PM<br>Mindful Compassion<br>Course by Angie Chew | 3 <b>Closed for<br/>Good Friday</b>   | 4 10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by May<br>& Thomas   |
| 5         | 6 2:00PM-4:00PM<br>Nagomi Pastel Art Course<br>by Zu Wee  | 7 2:00PM-4:00PM<br>Pencil Sketching Course<br>with Zara<br>2:00PM-4:30PM<br>Basic Journaling Course by<br>Kuan   | 8 10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by Chew<br>Ping<br>2:00PM-4:30PM<br>Urban Sketching: Pen Ink<br>Intermediate course by Tia<br>7:00PM-9:30PM<br>正念认知疗法(又名生活的正<br>念)CMBCT by Ya Wen - | 9 10:00AM-12:30PM<br>Graphite Painting Course<br>by Janice Chin<br>7:00PM-9:00PM<br>Mindfulness Foundation<br>Course by Thomas Irawan<br>7:00PM-9:00PM<br>Mindful Compassion<br>Course by Angie Chew  | 10 10:00AM-12:40PM<br>Nagomi Pastel Art Course<br>by Ruyan<br>2:00PM-4:00PM<br>Chinese Calligraphy<br>Course by Louis Tan | 11 9:00AM-5:00PM<br>Mindfulness Based<br>Cognitive Therapy by Chew<br>Ping<br>10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by May<br>& Thomas |
| 12        | 13 2:00PM-4:00PM<br>Nagomi Pastel Art Course<br>by Zu Wee | 14 2:00PM-4:00PM<br>Pencil Sketching Course<br>with Zara<br>2:00PM-4:30PM<br>Basic Journaling Course by<br>Kuan<br>7:00PM-9:30PM<br>Mindfulness Based Stress<br>Reduction by Angie | 15 10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by Chew<br>Ping<br>7:00PM-9:30PM<br>正念认知疗法(又名生活的正<br>念)CMBCT by Ya Wen -   | 16 10:00AM-12:30PM<br>Graphite Painting Course<br>by Janice Chin<br>7:00PM-9:00PM<br>Mindfulness Foundation<br>Course by Thomas Irawan<br>7:00PM-9:00PM<br>Mindful Compassion<br>Course by Angie Chew   | 17 10:00AM-12:40PM<br>Nagomi Pastel Art Course<br>by Ruyan  | 18 10:00AM-12:00PM<br>正念圈 Chinese<br>Mindfulness Circle @<br>Newton<br>10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by May<br>& Thomas        |
| 19        | 20 2:00PM-4:00PM<br>Nagomi Pastel Art Course<br>by Zu Wee | 21 7:00PM-9:30PM<br>Mindfulness Based Stress<br>Reduction by Angie   | 22 10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by Chew<br>Ping<br>7:00PM-9:30PM<br>正念认知疗法(又名生活的正<br>念)CMBCT by Ya Wen -   | 23 10:00AM-12:30PM<br>Graphite Painting Course<br>by Janice Chin<br>7:00PM-9:00PM<br>Mindful Compassion<br>Course by Angie Chew   | 24 2:00PM-4:00PM<br>Chinese Calligraphy<br>Course by Louis Tan  | 25 10:00AM-12:00PM<br>Mindfulness Circle<br>@Newton - Apr 25<br>10:00AM-12:30PM<br>Mindfulness Based<br>Cognitive Therapy by May<br>& Thomas               |
| 26        | 27 2:00PM-4:00PM<br>Nagomi Pastel Art Course<br>by Zu Wee | 28 7:00PM-9:30PM<br>Mindfulness Based Stress<br>Reduction by Angie   | 29 7:00PM-9:30PM<br>正念认知疗法(又名生活的正<br>念)CMBCT by Ya Wen -  | 30  |   |  |

# APR 2026 @ 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  |
|--|---|--|---|--|--|--|
|  |   |  | <p>1 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>  | <p>2 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>  | <p>3</p> <p><b>Closed for Good Friday</b></p>  | <p>4 10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>                                    |
| <p>5 10:00AM-12:00PM OMEGA@SM: Group Workout Games Gaurav Gupta</p> <p>10:00AM-3:30PM OMEGA@LB: Water Festival Dance Rehearsal</p> <p>1:00PM-2:30PM OMEGA@SM: Basic Conversational Chinese by Poe</p> <p>2:30PM-3:30PM Mindful Yoga by Neeti</p>                 | <p>6 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>   | <p>7 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p>  | <p>8 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p>  | <p>9 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p>  | <p>10 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p> | <p>11 8:30AM-1:30PM Soup Buddies</p> <p>10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p> |
| <p>12 9:00AM-5:00PM Mindfulness Based Stress Reduction by Christina Liew</p> <p>10:00AM-12:00PM OMEGA@SM: Sewing Workshop</p> <p>10:00AM-3:30PM OMEGA@LB: Water Festival Dance Rehearsal</p> <p>1:00PM-3:30PM OMEGA@SM: Basic Conversational English by Phyu</p> | <p>13 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>  | <p>14 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> | <p>15 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p> | <p>16 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p> | <p>17 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p> | <p>18 10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p>                                   |
| <p>19</p>  | <p>20 2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p>  | <p>21 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> | <p>22 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p> | <p>23 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p> | <p>24 9:15AM-10:15AM Social Dance By Edwin</p> <p>2:00PM-3:00PM Basic Mandarin Conversational Lesson</p> <p>4:00PM-5:00PM HPB Cardio Dance</p> | <p>25 8:30AM-1:30PM Soup Buddies</p> <p>10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p> |
| <p>26 10:00AM-12:00PM OMEGA@SM: Sewing Workshop</p> <p>1:00PM-2:30PM OMEGA@SM: Digital Learning Cho</p> <p>2:30PM-3:30PM OMEGA@SM: Mindful Yoga by Neeti</p>   | <p>27 11:00AM-12:30PM Digital Club-Understand and Download Apps</p> <p>2:30PM-3:30PM Sit Stretch and Tone</p> <p>6:30PM-7:30PM HPB Yoga</p> | <p>28 9:15AM-10:15AM Pilates</p> <p>10:16AM-11:15AM Social Dance By Dennis</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> | <p>29 9:15AM-10:15AM Chair Exercise By Bernice</p> <p>10:30AM-11:30AM Happy Active (Ball Exercise)</p> <p>12:00PM-1:00PM Mindfulness - An Hour To Be</p> <p>2:00PM-4:00PM Bingo</p> | <p>30 10:30AM-11:30AM Chair Exercise</p> <p>2:00PM-4:00PM Rumio / Mahjong</p> <p>3:00PM-4:00PM Chair Exercise (PM)</p> |  |  |

\* Omega is for Indonesian, Indian and Burmese domestic workers.

This calendar is subject to adjustments. For the latest and calendars of other centres, download from [www.brahmcentre.com](http://www.brahmcentre.com)

# APR 2026 @ 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 8:00AM-9:00AM<br>Masala Bangra<br>9:15AM-10:15AM<br>Yoga Level 2 By Chew Ling<br>9:30AM-1:00PM<br>Community Health Post<br>10:30AM-11:30AM<br>Yoga Level 1 By Chew Ling<br>2:00PM-4:00PM<br>Meeting Centre  | 2 9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>1:30PM-3:00PM<br>English Tuition<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Castafit By Serene  | 3 <b>Closed for Good Friday</b>   | 4 12:00PM-1:00PM<br>Makan & Music   |
| 5         | 6 9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck Choo<br>2:00PM-4:00PM<br>Bingo  | 7 10:00AM-11:30AM<br>HPB Steady Lah!<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong | 8 8:00AM-9:00AM<br>Masala Bangra<br>9:15AM-10:15AM<br>Yoga Level 2 By Chew Ling<br>9:30AM-1:00PM<br>Community Health Post<br>10:30AM-11:30AM<br>Yoga Level 1 By Chew Ling<br>2:00PM-4:00PM<br>Meeting Centre  | 9 9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>1:30PM-3:00PM<br>English Tuition<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Castafit By Serene  | 10 9:15AM-10:15AM<br>Stand & Tap<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>4:00PM-5:00PM<br>TCM Health Talk by CGH | 11 12:00PM-1:00PM<br>Makan & Music -<br>SM20260404MM<br>2:00PM-3:30PM<br>静心好眠工作坊<br>Mindfulness for Better<br>Sleep by Hsueh Ya Wen |
| 12        | 13 9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck Choo<br>2:00PM-4:00PM<br>Bingo | 14 1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong                                      | 15 8:00AM-9:00AM<br>Masala Bangra<br>9:15AM-10:15AM<br>Yoga Level 2 By Chew Ling<br>9:30AM-1:00PM<br>Community Health Post<br>10:30AM-11:30AM<br>Yoga Level 1 By Chew Ling<br>2:00PM-4:00PM<br>Meeting Centre | 16 9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>1:30PM-3:00PM<br>English Tuition<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Castafit By Serene | 17 9:15AM-10:15AM<br>Stand & Tap<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:30PM-5:30PM<br>Singalong              | 18 12:00PM-1:00PM<br>Makan & Music -<br>SM20260404MM<br>2:00PM-3:30PM<br>静心好眠工作坊<br>Mindfulness for Better<br>Sleep by Hsueh Ya Wen |
| 19        | 20 9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck Choo<br>2:00PM-4:00PM<br>Bingo | 21 1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong                                      | 22 8:00AM-9:00AM<br>Masala Bangra<br>9:15AM-10:15AM<br>Yoga Level 2 By Chew Ling<br>9:30AM-1:00PM<br>Community Health Post<br>10:30AM-11:30AM<br>Yoga Level 1 By Chew Ling<br>2:00PM-4:00PM<br>Meeting Centre | 23 9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>1:30PM-3:00PM<br>English Tuition<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Castafit By Serene | 24 9:15AM-10:15AM<br>Stand & Tap<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:30PM-5:30PM<br>Singalong              | 25 12:00PM-1:00PM<br>Makan & Music -<br>SM20260404MM  |
| 26        | 27 9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck Choo<br>2:00PM-4:00PM<br>Bingo | 28 1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong                                      | 29 8:00AM-9:00AM<br>Masala Bangra<br>9:15AM-10:15AM<br>Yoga Level 2 By Chew Ling<br>9:30AM-1:00PM<br>Community Health Post<br>10:30AM-11:30AM<br>Yoga Level 1 By Chew Ling<br>2:00PM-4:00PM<br>Meeting Centre | 30 9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>1:30PM-3:00PM<br>English Tuition<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Castafit By Serene |   |   |

This calendar is subject to adjustments. For the latest and calendars of other centres, download from [www.brahmcentre.com](http://www.brahmcentre.com)

# APR2026@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   |
|-----------|--|---|---|--|--|---|
|           |  |   | <p>1 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Chair Zumba</p> <p>2:00PM-3:30PM<br/>静心好眠工作坊<br/>Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>2:00PM-4:40PM<br/>Watercolour Painting Course by Jeffrey Ang</p>   | <p>2 9:15AM-10:15AM<br/>Happy Drumming by David Tan</p> <p>10:30AM-11:30AM<br/>Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM<br/>Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:00PM<br/>Craft Workshop (Thurs)</p> <p>2:00PM-4:40PM<br/>Coloured Pencil Drawing Course by Xiang Ling</p>  | <p>3</p> <p><b>Closed for Good Friday</b></p>  | <p>4 2:00PM-4:30PM<br/>Karaoke - Week 1 &amp; Week 3</p>  |
| 5         | <p>6 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM<br/>Dementia Meeting Room</p>  | <p>7 9:15AM-10:15AM<br/>Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM<br/>Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM<br/>Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM<br/>Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p>  | <p>8 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Chair Zumba</p> <p>2:00PM-3:30PM<br/>静心好眠工作坊<br/>Mindfulness for Better Sleep by Hsueh Ya Wen</p> <p>2:00PM-4:00PM<br/>Craft Workshop (Wed)</p> <p>2:00PM-4:40PM<br/>Watercolour Painting Course by Jeffrey Ang</p> | <p>9 9:15AM-10:15AM<br/>Happy Drumming by David Tan</p> <p>10:30AM-11:30AM<br/>Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:40PM<br/>Coloured Pencil Drawing Course by Xiang Ling</p>  | <p>10 10:00AM-11:00AM<br/>Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM<br/>Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p> <p>2:00PM-5:00PM<br/>Karaoke - Week 2 &amp; Week 4</p> | <p>11 2:00PM-4:30PM<br/>Karaoke - Week 2 &amp; Week 4</p> |
| 12        | <p>13 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM<br/>Dementia Meeting Room</p>   | <p>14 9:15AM-10:15AM<br/>Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM<br/>Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM<br/>Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM<br/>Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM<br/>Community Nurse Post</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p> | <p>15 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Chair Zumba</p> <p>2:00PM-4:40PM<br/>Watercolour Painting Course by Jeffrey Ang</p>  | <p>16 9:15AM-10:15AM<br/>Happy Drumming by David Tan</p> <p>10:30AM-11:30AM<br/>Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM<br/>Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:00PM<br/>Craft Workshop (Thurs)</p> <p>2:00PM-4:40PM<br/>Coloured Pencil Drawing Course by Xiang Ling</p> | <p>17 10:00AM-11:00AM<br/>Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM<br/>Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p> <p>2:00PM-5:00PM<br/>Karaoke - Week 1 &amp; Week 3</p> | <p>18 2:00PM-4:30PM<br/>Karaoke - Week 1 &amp; Week 3</p> |
| 19        | <p>20 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM<br/>BRIDGE Program 3 months review</p> <p>2:00PM-4:00PM<br/>Dementia Meeting Room</p> | <p>21 9:15AM-10:15AM<br/>Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM<br/>Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM<br/>Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM<br/>Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p>   | <p>22 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Chair Zumba</p> <p>2:00PM-4:00PM<br/>Craft Workshop (Wed)</p> <p>2:00PM-4:40PM<br/>Watercolour Painting Course by Jeffrey Ang</p>  | <p>23 9:15AM-10:15AM<br/>Happy Drumming by David Tan</p> <p>10:30AM-11:30AM<br/>Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM<br/>Decoupage Art Class by Angie Ong</p> <p>2:00PM-4:40PM<br/>Coloured Pencil Drawing Course by Xiang Ling</p>   | <p>24 10:00AM-11:00AM<br/>Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM<br/>Happy Dance by Linda Wong</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p> <p>2:00PM-5:00PM<br/>Karaoke - Week 2 &amp; Week 4</p> | <p>25 2:00PM-4:30PM<br/>Karaoke - Week 2 &amp; Week 4</p> |
| 26        | <p>27 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM<br/>Dementia Meeting Room</p>   | <p>28 9:15AM-10:15AM<br/>Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM<br/>Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM<br/>Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM<br/>Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-5:00PM<br/>Recreation Activities</p>   | <p>29 9:15AM-10:15AM<br/>Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM<br/>HPB Chair Zumba</p>  | <p>30 9:15AM-10:15AM<br/>Happy Drumming by David Tan</p> <p>10:30AM-11:30AM<br/>Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:40PM<br/>Coloured Pencil Drawing Course by Xiang Ling</p>   |  |   |