

FEB 2025 @ MACPHERSON

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



Happier & Healthier 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 CLOSED
2 CENTRE CLOSED	3 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	4 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课 1:00PM-3:00PM Fun and Games 乐趣和游戏活 动	6 9:30AM-10:30AM Mindful Exercise 乐龄健康养生 活动 11:00AM-12:00PM Movement & Dance 运动和舞蹈 课程 3:30PM-5:00PM February 2025 Monthly Birthday + CNY Celebrations 2025 年 2 月生日 + 农历新年庆祝 活动	7 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 10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼 礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB)	8
9	10 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	11 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV 2:00PM-5:10PM Acrylic Painting Course by Steve Liu丙烯画课程 L4	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课 1:00PM-3:00PM Fun and Games 乐趣和游戏活 动	13 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 11:00AM-12:00PM Movement & Dance 运动和 舞蹈课程 2:00PM-3:00PM Mindful Exercise 乐龄健康养 生活动	14 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 10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB) 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	15
16	17 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭 10:30AM-11:30AM HPB Health Talk -Keep my Brain Active 健康讲座-脑筋动 一动	18 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV 2:00PM-5:10PM Acrylic Painting Course by Steve Liu丙烯画课程 L5	19 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课 1:00PM-3:00PM Fun and Games 乐趣和游戏 活动	20 9:30AM-10:30AM Mindful Exercise 乐龄健康养生 活动 11:00AM-12:00PM Movement & Dance 运动和舞蹈 课程 2:00PM-3:00PM Mindful Exercise 乐龄健康养生 活动 3:30PM-5:00PM Everyday English for Seniors乐 龄日常英语课程	21 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 10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦 波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB) 2:00PM-3:30PM HPB Steady Lah Exercise Assessment 身体功能性训练测试	22 10:00AM-11:00AM 促进心理健康的正念练习, 地点 麦波申
23	24 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功 在大牌60A号亭	25 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 11:00AM-12:30PM Golden Years KTV 黄金岁月 KTV 2:00PM-5:10PM Acrylic Painting Course by Steve Liu丙烯画课程 L6	26 9:30AM-10:30AM Mindful Exercise 乐龄健康养 生活动 10:00AM-11:00AM HPB Line Dance Class @ Blk 56 Pavilion 健康促进局 - 大牌 56排舞课 1:00PM-3:00PM Fun and Games 乐趣和游戏活 动	27 9:30AM-10:30AM Mindful Exercise 乐龄健康养生 活动 11:00AM-12:00PM Movement & Dance 运动和舞蹈 课程 2:00PM-3:00PM Mindful Exercise 乐龄健康养生 活动 3:30PM-5:00PM Everyday English for Seniors乐 龄日常英语课程	28 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 10:30AM-11:30AM Chair Zumba 2 Macpherson Community Club Level 2 Auditorium 麦波申社俱乐部, 二楼礼堂 11:00AM-12:00PM Chair Zumba 3 (HPB) 椅子尊巴 3 (HPB) 2:00PM-3:30PM HPB Steady Lah Exercise Assessment 身体功能性训练测试	

FEB 2025 @ NEWTON

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



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 CLOSED
2 CENTRE CLOSED	3 3:30PM-5:30PM Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr Olds)	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 正念基础课程 L4 4:00PM-5:30PM Kids Xperience: Kalimba for Parent-Child (For 7 to 13 Yr Olds)	6 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L4	7 4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L1	8 10:00AM-12:00PM Mindfulness Circle 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting 丙烯画课程 L4 1:00PM-3:00PM Youth Xperience: Digital Art Illustration (12 to 18 Yrs Old) 3:30PM-5:00PM Mindfulness for Youth (Secondary School)
9	10 10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong 丙烯画课程 L4 2:00PM-4:30PM Pen Ink Drawing Course x Couture by Janice Chin L4	11 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan 水彩绘画课程 (初级班) L4 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew 正念减压课程 L5	12 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L4 2:00PM-4:30PM Pen Ink Drawing Course by Andrew Tan L4 4:00PM-5:30PM Kids Xperience: Kalimba for Parent-Child (For 7 to 13 Yr Olds)	13 10:00AM-12:40PM Chinese Calligraphy Course by Manlin 中文书法课程 L5 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L5	14 10:00AM-12:40PM Zentangle Intermediate Course by Wai Fong 禅绕画中级班 L5 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 彩色铅笔绘画课程 L5 4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L2	15 9:00AM-5:00PM 3-Day Mindfulness Course by Dr David Treleavan & Adj A/Prof Angie Chew L1 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting 丙烯画课程 L5 1:00PM-3:00PM Youth Xperience: Digital Art Illustration (12 to 18 Yrs Old) 3:30PM-5:00PM Board Game Café
16 9:00AM-5:00PM 3-Day Mindfulness Course by Dr David Treleavan & Adj A/Prof Angie Chew L2	17 9:00AM-5:00PM 3-Day Mindfulness Course by Dr David Treleavan & Adj A/Prof Angie Chew L3 10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong 丙烯画课程 L5 2:00PM-4:30PM Pen Ink Drawing Course x Couture by Janice Chin L5 3:30PM-5:30PM Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr Olds)	18 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan 水彩绘画课程 (初级班) L5 3:30PM-4:30PM Mindfulness for Youth (Lower Primary) 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew 正念减压课程 L6	19 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L5 2:00PM-4:30PM Pen Ink Drawing Course by Andrew Tan L5 2:30PM-5:00PM Body Project Workshop for Girls (Feb)	20 10:00AM-12:40PM Chinese Calligraphy Course by Manlin 中文书法课程 L6 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L6	21 10:00AM-12:40PM Zentangle Intermediate Course by Wai Fong 禅绕画中级班 L6 2:30PM-5:10PM Coloured Pencil Drawing Course by Xiang Ling 彩色铅笔绘画课程 L6 4:00PM-6:00PM Interns Weekly Meetup 7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L3	22 10:00AM-12:00PM Mindfulness Circle 10:00AM-12:40PM Acrylic Painting Course (Beg) by Hui Ting 丙烯画课程 L6 1:00PM-3:00PM Youth Xperience: Digital Art Illustration (12 to 18 Yrs Old) 3:30PM-4:30PM Mindfulness for Youth (Lower Primary) 3:30PM-4:30PM Mindfulness for Youth (Upper Primary)
23	24 10:00AM-12:00PM Acrylic Painting Course (Beg) by Yan Hong 丙烯画课程 L6 2:00PM-4:30PM Pen Ink Drawing Course x Couture by Janice Chin L6 3:30PM-5:30PM Youth Learning Lounge for Jan & Feb (For 12 to 25 Yr Olds)	25 2:00PM-4:40PM Watercolour Painting Course (Beg) by Kuan 水彩绘画课程 (初级班) L6 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew 正念减压课程 L7	26 10:00AM-12:30PM Pen Ink Drawing Course x Couture by Sher Ley L6 2:00PM-4:30PM Pen Ink Drawing Course by Andrew Tan L6 2:30PM-5:00PM Body Project Workshop for Girls (Feb)	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 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L7	28 4:00PM-6:00PM Interns Weekly Meetup 7:00PM-8:30PM Mindfulness for Mental Wellbeing, Venue Newton 7:00PM-9:00PM Mindfulness Foundation Course by Hsueh Ya Wen 正念基础课程 L4	

MAR 2025 @ NEWTON

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



SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
30	31  Hari Raya Puasa					1 2:00PM-4:00PM Youth Xperience: Guided Bouldering
2	3 3:30PM-5:30PM Youth Learning Lounge	4 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	7 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	10 3:30PM-5:30PM Youth Learning Lounge	11	12	13	14 4:00PM-6:00PM Interns Weekly Meetup	15 10:00AM-11:30AM Kids Xperience: Shrink Art 2:00PM-4:00PM Youth Xperience: Guided Bouldering
16	17 9:30AM-11:30AM Guided Walk to MacRitchie	18 12:00PM-5:00PM Escape Room	19 1:00PM-3:30PM Chess Clash	20 10:00AM-8:00PM Art Exhibition "Art: A Creative Journey" 1:00PM-5:00PM Dungeons & Dragons (for beginners)	21 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	25 7:00PM-9:00PM Mindfulness Based Stress Reduction by Angie Chew 正念减压课程 L1	26	27 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Angie Chew 正念认知疗法 L1	28 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 正念基础课程 L2 1:00PM-3:00PM Terrarium Making Workshop

FEB 2025 @ SIMEI 148



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 周六
						1 CENTRE CLOSED
2 CENTRE CLOSED	3 6:30PM-7:30PM HPB YOGA	4 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	7 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
9 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	12 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	14 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
16 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	18 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	21 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
23 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	28 9:30AM-10:30AM Social Dance By Edwin 健康舞蹈 6:30PM-7:30PM HPB CARDIO DANCE	

FEB 2025 @ SIMEI 227



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

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 CLOSED
2 CENTRE CLOSED	3 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM Gardening	4 9:00AM-10:00AM Wellness Walk 健身步行 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	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 9:30AM-10:30AM Yoga3 瑜伽3 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	6 10:30AM-11:30AM Line Dance 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	7 9:00AM-10:00AM Meridian Exercise 9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh) 10:30AM-12:00PM SingAlong 1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	8 9:00AM-10:00AM HPB Low Impact cardio 低强度有氧运动 10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
9	10 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM Gardening	11 9:00AM-10:00AM Wellness Walk 健身步行 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	12 8:00AM-9:00AM 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 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	13 10:30AM-11:30AM Line Dance 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	14 9:00AM-10:00AM Meridian Exercise 9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh) 10:30AM-12:00PM SingAlong 1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	15 9:00AM-10:00AM HPB Low Impact cardio 低强度有氧运动 10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
16	17 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM Gardening	18 9:00AM-10:00AM Wellness Walk 健身步行 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	19 8:00AM-9:00AM 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 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	20 10:30AM-11:30AM Line Dance 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	21 9:00AM-10:00AM Meridian Exercise 9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh) 10:30AM-11:30AM SingAlong 1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	22 9:00AM-10:00AM HPB Low Impact cardio 低强度有氧运动 10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈
23	24 9:00AM-10:00AM HPB Zumba Gold HPB尊巴舞黄金 9:30AM-10:30AM Yoga1 瑜伽1 3:00PM-5:00PM Bingo 活动抽奖游戏 5:00PM-6:00PM Gardening	25 9:00AM-10:00AM Wellness Walk 健身步行 1:00PM-2:00PM HPB Chair Exercise 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	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 9:30AM-10:30AM Yoga3 瑜伽3 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 10:45AM-11:45AM Yoga3 瑜伽3 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	27 10:30AM-11:30AM Line Dance 1:00PM-2:30PM Intermediate English 3:00PM-5:00PM Rumio / Mahjong 数字麻将/麻将 5:00PM-6:00PM Gardening	28 9:00AM-10:00AM Meridian Exercise 10:30AM-11:30AM SingAlong 1:00PM-2:00PM Stretch and Tone 2:30PM-5:00PM AAP@Home 5:00PM-6:00PM Gardening	

FEB2025@TAMPINES



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

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 CLOSED
2 CENTRE CLOSED	3 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	4 9:15AM-10:15AM Physical Toning Exercise - by William Ong 2:00PM-5:00PM Recreation Activities	5 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	6 9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 手工班	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) 疗愈瑜伽
9 9:00AM-5:00PM Mindfulness Based Stress Reduction by Angie Chew L9	10 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 2:00PM-4:00PM 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	11 9:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 粉彩艺术课程 L4 2:00PM-5:00PM Community Nurse Post 社区护士站 2:00PM-4:30PM Graphite Painting Course by Geri Koh L4 2:00PM-5:00PM Recreation Activities	12 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon L4 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:00PM Craft Workshop (Wed) 手工班	13 9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:00AM-12:30PM Pen Ink Drawing Course by Tia L4 10:30AM-11:30AM Functional Movement Class	14 10:00AM-11:00AM Brain and Body Exercises for Seniors (FEBRUARY) 身心健康运动 11:15AM-12:15PM Happy Dance (FEBRUARY) 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	15 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗愈瑜伽 10:00AM-3:00PM Garden to Fork 101 by Margaret Huang L1
16	17 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 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 粉彩艺术课程 L5 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee 水彩绘画课程 (初级班) L5	18 9:15AM-10:15AM Physical Toning Exercise - by William Ong 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 Geri Koh L5 2:00PM-5:00PM Recreation Activities	19 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon L5 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴	20 9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:00AM-12:30PM Pen Ink Drawing Course by Tia L5 10:30AM-11:30AM Functional Movement Class 2:00PM-4:00PM Craft Workshop (Thur) 手工班	21 10:00AM-11:00AM Brain and Body Exercises for Seniors (FEBRUARY) 身心健康运动 11:15AM-12:15PM Happy Dance (FEBRUARY) 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	22 9:15AM-10:30AM Therapeutic Yoga (SATURDAYS) 疗愈瑜伽 10:00AM-3:00PM Garden to Fork 101 by Margaret Huang L2
23 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Angie Chew L9	24 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 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 粉彩艺术课程 L6 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee 水彩绘画课程 (初级班) L6	25 9:15AM-10:15AM Physical Toning Exercise - by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 粉彩艺术课程 L6 2:00PM-4:30PM Graphite Painting Course by Geri Koh L6 2:00PM-5:00PM Recreation Activities	26 9:15AM-10:15AM Low Impact Exercise by William (Wednesday) FEBRUARY 低强度运动 10:00AM-12:30PM Acrylic Painting Course (Int) by Laura Soon L6 10:30AM-11:30AM HPB Chair Zumba 椅子尊巴 2:00PM-4:00PM Craft Workshop (Wed) 手工班	27 9:15AM-10:15AM Happy Drumming (FEBRUARY) 10:00AM-12:30PM Pen Ink Drawing Course by Tia L6 10:30AM-11:30AM Functional Movement Class	28 10:00AM-11:00AM Brain and Body Exercises for Seniors (FEBRUARY) 身心健康运动 11:15AM-12:15PM Happy Dance (FEBRUARY) 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday) 2:00PM-5:00PM Recreation Activity 2	