

SEP2024@MACPHERSON

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



SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
1	2 10:00AM-12:00PM Diabetes Management Workshop by TTSH 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功在大牌60A号亭 2:00PM-4:40PM Watercolour Painting Course (Intermediate) 水彩绘画课程 (中级班) L6	3 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	4 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	5 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Training By Dementia SG 百仁中心与新加坡痴呆症协会合作的会议室计划。 11:00AM-12:00PM Happy Dance 快乐舞蹈 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	6 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 椅子尊巴 2 @ 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)	7 10:00AM-12:00PM Chinese Calligraphy Course 中文书法课程 L2 2:00PM-4:00PM Chinese Brush Painting Course 水墨画课程L5
8	9 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功在大牌60A号亭 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L1	10 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会 1:30PM-5:30PM Mosaic Art Course 马赛克艺术课程 L1 2:00PM-3:30PM Bryan Arts and Crafts Jam	11 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	12 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Training By Dementia SG 百仁中心与新加坡痴呆症协会合作的会议室计划。 11:00AM-12:00PM Happy Dance 快乐舞蹈 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 3:30PM-4:30PM Monthly Birthday Celebrations September 九月生日庆祝活动	13 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 椅子尊巴 2 @ 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-5:00PM Adventure in Craft Making 手工艺品制作冒险L1	14 10:00AM-12:00PM Chinese Calligraphy Course 中文书法课程 L3 2:00PM-4:00PM Chinese Brush Painting Course 水墨画课程L6
15	16 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功在大牌60A号亭 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L2 2:00PM-4:30PM Acrylic Painting Course (Intermediate)L1	17 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会 1:30PM-5:30PM Mosaic Art Course 马赛克艺术课程 L2	18 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 3:30PM-5:30PM Chinese Mindfulness Foundation Course 正念基础课程 L1	19 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-12:00PM The Meeting Room Training By Dementia SG 百仁中心与新加坡痴呆症协会合作的会议室计划。 11:00AM-12:00PM Happy Dance 快乐舞蹈 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动	20 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 椅子尊巴 2 @ 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-5:00PM Adventure in Craft Making 手工艺品制作冒险L2	21 10:00AM-12:00PM Chinese Calligraphy Course 中文书法课程 L4 2:00PM-4:00PM Chinese Brush Painting Course 水墨画课程L7
22	23 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功在大牌60A号亭 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L3 2:00PM-4:30PM Acrylic Painting Course (Intermediate)L2	24 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:30PM KTV & Potluck 卡拉OK与聚餐聚会	25 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 3:30PM-5:30PM Chinese Mindfulness Foundation Course 正念基础课程 L2	26 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 10:00AM-5:00PM SDO x Brahm Digital learning for Seniors 10:00AM-12:00PM The Meeting Room Training By Dementia SG 百仁中心与新加坡痴呆症协会合作的会议室计划。 11:00AM-12:00PM Happy Dance 快乐舞蹈 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动	27 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 椅子尊巴 2 @ 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-5:00PM Adventure in Craft Making 手工艺品制作冒险L3	28 10:00AM-12:00PM Chinese Calligraphy Course 中文书法课程 L5 2:00PM-4:00PM Chinese Brush Painting Course 水墨画课程L8
29	30 10:00AM-11:00AM HPB Qigong@ Blk 60A 气功在大牌60A号亭 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L4 2:00PM-4:30PM Acrylic Painting Course (Intermediate)L3					

SEP2024@NEWTON



Brahm Centre @ Newton 47, Scotts Road #04-02A Goldbell Towers Singapore 228233 Tel: +65 6610 3870

SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
1	<p>2 10:00AM-12:30PM Chinese Brush Painting Course (Intermediate) L6</p> <p>10:30AM-11:30AM Growing Up Mindfully for Secondary School Students(Level 1)</p> <p>7:00PM-9:00PM Mindfulness Foundation Course 正念基础课程L3</p>	<p>3 10:00AM-12:30PM Pen Ink Drawing Course L1</p> <p>10:30AM-11:30AM Growing Up Mindfully for Secondary School Students(Level 1)</p> <p>1:30PM-5:30PM Girls in STEM (For 15 to 18 Yr Olds)</p> <p>2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L4</p>	<p>4 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L5</p> <p>10:30AM-11:30AM Growing Up Mindfully for Secondary School Students(Level 1)</p> <p>2:00PM-4:30PM Pen Ink Drawing Course L4</p> <p>2:00PM-3:30PM Youth Study Skills Workshop</p>	<p>5 10:00AM-12:40PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L3</p> <p>10:30AM-11:30AM Growing Up Mindfully for Secondary School Students(Level 1)</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L3</p>	<p>6 9:30AM-11:30PM Pastel Art Course by Zu Wee Ling</p> <p>2:30PM-5:10PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L6</p>	<p>7 10:00AM-12:40PM Water Colour Florals and Brush Lettering Course 水彩花卉和英文艺术字课程 L6</p> <p>2:00PM-4:40PM Acrylic Painting Course 丙烯酸画课程 L4</p> <p>2:00PM-4:00PM Craft Workshop 手工班</p>
8	<p>9 2:00PM-4:30PM Graphite Painting Course L1</p> <p>7:00PM-9:00PM Mindfulness Foundation Course 正念基础课程L4</p>	<p>10 10:00AM-12:30PM Pen Ink Drawing Course L2</p> <p>2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L5</p>	<p>11 10:00AM-12:40PM Chinese Calligraphy Course 中文书法课程 L6</p> <p>2:00PM-4:30PM Pen Ink Drawing Course L5</p> <p>7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L1</p>	<p>12 10:00AM-12:40PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L4</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L4</p>	<p>13 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L1</p>	<p>14 10:00AM-12:40PM Pencil Sketching Course - Intermediate 铅笔绘画课程-中级班 L1</p> <p>2:00PM-4:40PM Acrylic Painting Course 丙烯酸画课程 L5</p>
15	<p>16 10:00AM-12:40PM Watercolour Painting Course (Intermediate) 水彩绘画课程 (中级班) L1</p> <p>2:00PM-4:30PM Graphite Painting Course L2</p>	<p>17 10:00AM-12:30PM Pen Ink Drawing Course L3</p> <p>2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L6</p>	<p>18 2:00PM-4:30PM Pen Ink Drawing Course L6</p> <p>7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L2</p>	<p>19 10:00AM-12:40PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L5</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L5</p>	<p>20 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L2</p> <p>1:00PM-5:00PM Decoupage Art Course by Danica Yip 蝶古巴特课程 L1</p>	<p>21 10:00AM-12:40PM Pencil Sketching Course - Intermediate 铅笔绘画课程-中级班 L2</p> <p>2:00PM-4:40PM Acrylic Painting Course 丙烯酸画课程 L6</p>
22	<p>23 10:00AM-12:40PM Watercolour Painting Course (Intermediate) 水彩绘画课程 (中级班) L2</p> <p>2:00PM-4:30PM Graphite Painting Course L3</p>	<p>24 10:00AM-12:30PM Pen Ink Drawing Course L4</p> <p>2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L7</p>	<p>25 10:00AM-12:30PM Acrylic Painting Course (Intermediate)L1</p> <p>7:00PM-9:30PM Mindfulness Based Stress Reduction 正念减压课程L3</p>	<p>26 10:00AM-12:40PM Coloured Pencil Drawing Course 彩色铅笔绘画课程L6</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L6</p>	<p>27 10:00AM-12:00PM Pastel Art Course 粉彩艺术课程 L3</p> <p>1:00PM-5:00PM Decoupage Art Course by Danica Yip 蝶古巴特课程 L2</p>	<p>28 10:00AM-12:40PM Pencil Sketching Course - Intermediate 铅笔绘画课程-中级班 L3</p>
29	<p>30 10:00AM-12:40PM Watercolour Painting Course (Intermediate) 水彩绘画课程 (中级班) L3</p> <p>2:00PM-4:30PM Graphite Painting Course L4</p>					

SEP2024@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 OMEGA PROGRAMS 10:00AM-11:30AM Conversational Chinese 11:30AM-1:00PM SingAlong 1:00PM-2:00PM Conversational English Class 2:00PM-3:00PM Dance / Yoga Stretching 2:00PM-3:00PM Experience Sharing Session	2 1:00PM-5:00PM Mosaic Art Course 马赛克艺术课程 L1 6:30PM-7:30PM HPB YOGA	3 10:00AM-11:00AM SOCIAL DANCE 1:00PM-2:00PM HPB Chair Exercise 1:00PM-3:00PM Craft Workshop 手工班	4 12:00PM-4:00PM Decoupage Art Course 蝶古巴特课程 L4 1:00PM-3:00PM FROM SENIORS TO SENIORS 4:00PM-5:30PM Shake It Off (For 11 to 18 Yr Olds)	5 10:30AM-11:30AM Chair Exercise 椅子运动 11:00AM-1:00PM Weaving Happiness L1 2:00PM-4:40PM Acrylic Painting Course 丙烯画课程 L6 2:00PM-3:30PM Youth Study Skills Workshop 4:00PM-5:30PM Mindful Exercise 乐龄健康养生活动	6 10:00AM-12:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L5 10:00AM-12:30PM Pen Ink Drawing Course L3 1:30PM-5:45PM Chang'e Returns: The Escape Room 2:00PM-4:30PM Chinese Brush Painting Course (Intermediate) L5 6:30PM-7:30PM HPB - Cardio Dance	7 10:00AM-11:30AM Youth Study Skills Workshop L4
8 OMEGA PROGRAMS 10:00AM-3:00PM Kopi with Cops	9 1:00PM-5:00PM Mosaic Art Course 马赛克艺术课程 L2 6:30PM-7:30PM HPB YOGA	10 10:00AM-1:00PM Adventure in Craft Making 手工艺品制作冒险L1 10:00AM-11:00AM SOCIAL DANCE 1:00PM-2:00PM HPB Chair Exercise	11 1:00PM-3:00PM FROM SENIORS TO SENIORS	12 10:30AM-11:30AM Chair Exercise 椅子运动 11:00AM-1:00PM Weaving Happiness L2	13 10:00AM-12:40PM Watercolour Painting Course (Beginners) 水彩绘画课程 (初级班) L6 10:00AM-12:30PM Pen Ink Drawing Course L4 2:00PM-4:30PM Chinese Brush Painting Course (Intermediate) L6 6:30PM-7:30PM HPB - Cardio Dance	14 10:00AM-11:30AM Youth Study Skills Workshop L5 5:00PM-8:00PM Family Fest on Mid-Autumn
15 OMEGA PROGRAMS 10:00AM-11:30AM Conversational English and Chinese 1:30PM-3:00PM DBS Sailing by the Bay	16 6:30PM-7:30PM HPB YOGA	17 10:00AM-1:00PM Adventure in Craft Making 手工艺品制作冒险L2 10:00AM-11:00AM SOCIAL DANCE 1:00PM-2:00PM HPB Chair Exercise	18 1:00PM-3:00PM FROM SENIORS TO SENIORS	19 10:30AM-11:30AM Chair Exercise 椅子运动 11:00AM-1:00PM Weaving Happiness L3	20 10:00AM-12:30PM Pen Ink Drawing Course L5 6:30PM-7:30PM HPB - Cardio Dance	21 10:00AM-11:30AM Youth Study Skills Workshop L6
22 OMEGA PROGRAMS 10:00AM-11:30AM Cooking Demo 11:30AM-1:00PM SingAlong 1:00PM-2:00PM Conversational English Class 2:00PM-3:00PM Dance / Yoga Stretching 2:00PM-3:00PM Experience Sharing Session	23 6:30PM-7:30PM HPB YOGA	24 10:00AM-12:00PM Adventure in Craft Making 手工艺品制作冒险L3 10:00AM-11:00AM SOCIAL DANCE 1:00PM-2:00PM HPB Chair Exercise	25 1:00PM-3:00PM FROM SENIORS TO SENIORS	26 10:30AM-11:30AM Chair Exercise 椅子运动 11:00AM-1:00PM Weaving Happiness L4	27 10:00AM-12:30PM Pen Ink Drawing Course L6 6:30PM-7:30PM HPB - Cardio Dance	28 10:00AM-11:30AM Youth Study Skills Workshop L7
29 OMEGA PROGRAMS 11:00AM-3:00PM OMEGA Outreach	30 6:30PM-7:30PM HPB YOGA					

SEP2024@SIMEI 227

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SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
1	<p>2 9:00AM-10:00AM HPB Zumba Gold - HPB尊巴舞黄金</p> <p>9:30AM-10:30AM Yoga1 瑜伽1</p> <p>3:00PM-5:00PM Bingo 活动抽奖游戏</p> <p>5:00PM-6:00PM GARDENING</p>	<p>3 9:00AM-10:00AM Wellness Walk 健身步行</p> <p>9:30AM-10:30AM Happy Dance 快乐舞蹈</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>4 8:00AM-9:00AM Low Impact Exercise 低强度运动</p> <p>9:30AM-11:30AM Yoga3 瑜伽3</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动</p> <p>10:45AM-11:45AM Yoga3 瑜伽3</p> <p>12:30PM-2:30PM Chinese Singing Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>5 9:00AM-10:00AM Fitness Exercise 健身运动</p> <p>10:30AM-11:30AM Line Dance</p> <p>11:00AM-12:30PM Foundation English Class</p> <p>1:00PM-2:30PM Intermediate English Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>6 9:00AM-10:00AM Functional Movement Class</p> <p>9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)</p> <p>10:30AM-12:00PM SingAlong</p> <p>1:00PM-2:00PM Stretch and Tone</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p> <p>7:00PM-9:30PM Chinese Mindfulness-Based Cognitive Therapy 正念认知疗法(中) L1</p>	<p>7 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动</p> <p>10:00AM-11:00AM Bollywood Dance 宝莱坞舞蹈</p>
8	<p>9 9:00AM-10:00AM HPB Zumba Gold - HPB尊巴舞黄金</p> <p>9:30AM-10:30AM Yoga1 瑜伽1</p> <p>3:00PM-5:00PM Bingo 活动抽奖游戏</p> <p>5:00PM-6:00PM GARDENING</p>	<p>10 9:00AM-10:00AM Wellness Walk 健身步行</p> <p>9:30AM-10:30AM Happy Dance 快乐舞蹈</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>11 8:00AM-9:00AM Low Impact Exercise 低强度运动</p> <p>9:30AM-11:30AM Yoga3 瑜伽3</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动</p> <p>10:45AM-11:45AM Yoga3 瑜伽3</p> <p>12:30PM-2:30PM Chinese Singing Class</p> <p>1:00PM-2:30PM CGH Talk</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>12 9:00AM-10:00AM Fitness Exercise 健身运动</p> <p>10:30AM-11:30AM Line Dance</p> <p>11:00AM-12:30PM Foundation English Class</p> <p>1:00PM-2:30PM Intermediate English Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>13 9:00AM-10:00AM Functional Movement Class</p> <p>9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)</p> <p>10:30AM-12:00PM SingAlong</p> <p>1:00PM-2:00PM Stretch and Tone</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p> <p>7:00PM-9:30PM Chinese Mindfulness-Based Cognitive Therapy 正念认知疗法(中) L2</p>	<p>14 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动</p> <p>10:00AM-11:00AM Bollywood Dance 宝莱坞舞蹈</p>
15	<p>16 9:00AM-10:00AM HPB Zumba Gold - HPB尊巴舞黄金</p> <p>9:30AM-10:30AM Yoga1 瑜伽1</p> <p>3:00PM-5:00PM Bingo 活动抽奖游戏</p> <p>5:00PM-6:00PM GARDENING</p>	<p>17 9:00AM-10:00AM Wellness Walk 健身步行</p> <p>9:30AM-10:30AM Happy Dance 快乐舞蹈</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>18 8:00AM-9:00AM Low Impact Exercise 低强度运动</p> <p>9:30AM-11:30AM Yoga3 瑜伽3</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动</p> <p>10:45AM-11:45AM Yoga3 瑜伽3</p> <p>12:30PM-2:30PM Chinese Singing Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>19 9:00AM-10:00AM Fitness Exercise 健身运动</p> <p>10:30AM-11:30AM Line Dance</p> <p>11:00AM-12:30PM Foundation English Class</p> <p>1:00PM-2:30PM Intermediate English Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>20 9:00AM-10:00AM Functional Movement Class</p> <p>9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)</p> <p>10:30AM-12:00PM SingAlong</p> <p>1:00PM-2:00PM Stretch and Tone</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p> <p>7:00PM-9:30PM Chinese Mindfulness-Based Cognitive Therapy 正念认知疗法(中) L3</p>	21
22	<p>23 9:00AM-10:00AM HPB Zumba Gold - HPB尊巴舞黄金</p> <p>9:30AM-10:30AM Yoga1 瑜伽1</p> <p>3:00PM-5:00PM Bingo 活动抽奖游戏</p> <p>5:00PM-6:00PM GARDENING</p>	<p>24 9:00AM-10:00AM Wellness Walk 健身步行</p> <p>9:30AM-10:30AM Happy Dance 快乐舞蹈</p> <p>1:00PM-2:00PM HPB Chair Exercise</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>25 8:00AM-9:00AM Low Impact Exercise 低强度运动</p> <p>9:30AM-11:30AM Yoga3 瑜伽3</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动</p> <p>10:45AM-11:45AM Yoga3 瑜伽3</p> <p>12:30PM-2:30PM Chinese Singing Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>26 9:00AM-10:00AM Fitness Exercise 健身运动</p> <p>10:30AM-11:30AM Line Dance</p> <p>11:00AM-12:30PM Foundation English Class</p> <p>1:00PM-2:30PM Intermediate English Class</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p>	<p>27 9:00AM-10:00AM Functional Movement Class</p> <p>9:00AM-10:00AM TBT CLASS (Tummy, Butt, Thigh)</p> <p>10:30AM-12:00PM SingAlong</p> <p>1:00PM-2:00PM Stretch and Tone</p> <p>3:00PM-5:00PM Rumio/Mahjong 数字麻将/麻将</p> <p>5:00PM-6:00PM GARDENING</p> <p>7:00PM-9:30PM Chinese Mindfulness-Based Cognitive Therapy 正念认知疗法(中) L4</p>	<p>28 9:00AM-10:00AM HPB Low Impact Cardio 低强度有氧运动</p> <p>10:00AM-12:00PM Mindfulness Foundation Course 正念基础课程L1</p> <p>10:30AM-11:30AM Bollywood Dance 宝莱坞舞蹈</p>
29	<p>30 9:00AM-10:00AM HPB Zumba Gold - HPB尊巴舞黄金</p> <p>9:30AM-10:30AM Yoga1 瑜伽1</p> <p>3:00PM-5:00PM Bingo 活动抽奖游戏</p> <p>5:00PM-6:00PM GARDENING</p>					

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SUNDAY 星期日	MONDAY 周一	TUESDAY 周二	WEDNESDAY 周三	THURSDAY 周四	FRIDAY 星期五	SATURDAY 周六
1	2 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM Growing Up Mindfully (Level 1) L1 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:40PM Acrylic Painting Course 丙烯画课程 L6 2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L6	3 9:15AM-10:15AM Yogasana Yoga 10:30AM-11:30AM Growing Up Mindfully (Level 1) L1 10:30AM-11:30AM Yogasana Plus 1:30PM-4:00PM Chinese Brush Painting Course 水墨画课程 L6 2:00PM-4:00PM Recreation Activities 康乐活动	4 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班程 L4 10:30AM-11:30PM HPB Chair Zumba 椅子尊巴 2:00PM-4:40PM Chinese Calligraphy Course 中文书法课程 L1 2:00PM-4:00PM Craft Workshop 手工班	5 9:30AM-10:30AM Functional Movement Class 10:00AM-12:30PM Pen Ink Drawing Course L4 10:45AM-11:45AM Ropeflow Exercise Class 1:00PM-5:00PM Decoupage Art Course 蝶古巴特课程 L1 7:00PM-8:00PM Latin Dance	6 10:00AM-11:00AM Brain & Body Exercise 身心健康运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday)	7 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽 10:00AM-3:00PM Garden to Fork 101 by Margaret Huang L3
8	9 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L7	10 10:00AM-12:00PM Pastel Art Course (Intermediate) 粉彩艺术课程 (中级班) L2 1:30PM-4:00PM Chinese Brush Painting Course 水墨画课程 L7 1:30PM-3:30PM Chinese Brush Painting Course 水墨画课程 L8 2:00PM-5:00PM Community Nurse Post 社区护士站 2:00PM-4:00PM Recreation Activities 康乐活动 2:30PM-5:30PM Adventure in Craft Making 手工艺品制作冒险 L1	11 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班程 L5 10:30AM-11:30PM HPB Chair Zumba 椅子尊巴 2:00PM-4:40PM Chinese Calligraphy Course 中文书法课程 L2	12 9:30AM-10:30AM Functional Movement Class 10:00AM-12:30PM Pen Ink Drawing Course L5 10:45AM-11:45AM Ropeflow Exercise Class 1:00PM-5:00PM Decoupage Art Course 蝶古巴特课程 L2 2:00PM-4:00PM Craft Workshop 手工班 7:00PM-8:00PM Latin Dance	13 10:00AM-11:00AM Brain & Body Exercise 身心健康运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday)	14 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
15	16 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动	17 10:00AM-12:00PM Pastel Art Course (Intermediate) 粉彩艺术课程 (中级班) L3 2:00PM-4:00PM Recreation Activities 康乐活动 2:30PM-5:30PM Adventure in Craft Making 手工艺品制作冒险 L2	18 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:00AM-12:40PM Zentangle Intermediate Course 禅绕画中级班程 L6 10:30AM-11:30PM HPB Chair Zumba 椅子尊巴 2:00PM-4:40PM Chinese Calligraphy Course 中文书法课程 L3 2:00PM-4:00PM Craft Workshop 手工班	19 9:30AM-10:30AM Functional Movement Class 10:00AM-12:30PM Pen Ink Drawing Course L6 10:45AM-11:45AM Ropeflow Exercise Class 1:00PM-5:00PM Decoupage Art Course 蝶古巴特课程 L3	20 10:00AM-11:00AM Brain & Body Exercise 身心健康运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 1:00PM-3:00PM Mid-Autumn Festival Celebration 2:00PM-5:00PM Recreation Activities (Friday)	21 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
22	23 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动 2:00PM-4:00PM Pastel Art Course 粉彩艺术课程 L8	24 10:00AM-12:00PM Pastel Art Course (Intermediate) 粉彩艺术课程 (中级班) L4 2:00PM-4:00PM Recreation Activities 康乐活动 2:30PM-4:30PM Adventure in Craft Making 手工艺品制作冒险 L3	25 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30PM HPB Chair Zumba 椅子尊巴 2:00PM-4:40PM Chinese Calligraphy Course 中文书法课程 L4	26 9:30AM-10:30AM Functional Movement Class 10:45AM-11:45AM Ropeflow Exercise Class 1:00PM-5:00PM Decoupage Art Course 蝶古巴特课程 L4 2:00PM-4:00PM Craft Workshop 手工班	27 10:00AM-11:00AM Brain & Body Exercise 身心健康运动 11:15AM-12:15PM Happy Dance 快乐舞蹈 2:00PM-5:00PM Recreation Activities (Friday)	28 9:15AM-10:30AM Therapeutic Yoga 疗愈瑜伽
29	30 9:15AM-10:15AM Low Impact Exercise 低强度运动 10:30AM-11:30AM HPB Resistance Band Exercise 阻力带运动					