

# JUN2026@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   |
|---|---|---|---|---|--|---|
|   | 1<br><b>Centre Closed</b>   | 2<br>10:00AM-12:00PM<br>The Meeting Room Program Aljunied<br>10:00AM-1:00PM<br>Healthier Me - 健康自我<br>1:00PM-4:00PM<br>BrainForge: Solve the unsolvable (12 – 17 years old)<br>3:00PM-4:30PM<br>Nexus Intl Ceramics workshop Exhibition - AJ20260503NICWE               | 3<br>9:00AM-10:00AM<br>Body Conditioning - 保健体能运动<br>10:00AM-4:00PM<br>BIXEP Assessment<br>10:30AM-12:00PM<br>SE CDC Wellness Initiative 1 - AJ20260603WOW2<br>2:00PM-3:00PM<br>Chair Zumba Exercise Wednesday - 椅子尊巴<br>5:00PM-7:00PM<br>The Mixing Bowl AJ20260511TMB   | 4<br>10:00AM-1:00PM<br>Healthier Me - 健康自我<br>2:30PM-5:30PM<br>Clash of Chefs Brahm (Youth)<br>3:00PM-4:30PM<br>静心好眠工作坊<br>Mindfulness for Better Sleep by Hsueh Ya Wen | 5<br>9:45AM-11:00AM<br>Fun and Fit dance - 趣味健身舞<br>3:00PM-5:00PM<br>Campfire Jamming<br>4:00PM-5:00PM<br>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)                                 | 6<br>9:00AM-11:00AM<br>Project Alleviate Tennis Workshop (Youth)<br>9:30AM-11:30AM<br>Golden Hours - 与青春共度黄金时光  |
| 7<br>10:00AM-12:00PM<br>OMEGA@AJ: Basic Conversational Chinese - Hannie<br>1:00PM-3:30PM<br>OMEGA@AJ: Intro to Financial Education - Aida | 8<br>9:30AM-10:30AM<br>HAPPY Program Exercise 快乐运动<br>10:45AM-11:45AM<br>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动<br>12:00PM-1:00PM<br>Plant based lunch at Kampung Senang 轻安村植物午餐<br>2:00PM-5:00PM<br>Acrylic Painting Workshop (10-16 years old) AJ20260608APW<br>4:00PM-6:00PM<br>Chillout AJ20260504COT (youth)        | 9<br>10:00AM-11:00AM<br>A Hour of Calm @ AJ<br>10:00AM-12:00PM<br>The Meeting Room Program Aljunied<br>1:00PM-4:00PM<br>BrainForge: Solve the unsolvable (12 – 17 years old)<br>2:00PM-4:00PM<br>Craft @ AJ - 手作坊   | 10<br>9:00AM-10:00AM<br>Body Conditioning - 保健体能运动<br>2:00PM-3:00PM<br>Chair Zumba Exercise Wednesday - 椅子尊巴<br>2:30PM-5:30PM<br>OverCook Brahm   | 11<br>3:00PM-5:00PM<br>Parents Day Celebration  | 12<br>9:00AM-3:00PM<br>Island Quest: Sentosa Orienteering<br>9:45AM-11:00AM<br>Fun and Fit dance - 趣味健身舞<br>4:00PM-5:00PM<br>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)              | 13<br>9:00AM-11:00AM<br>Project Alleviate Tennis Workshop (Youth)<br>9:30AM-11:30AM<br>Golden Hours - 与青春共度黄金时光 |
| 14<br>10:00AM-12:00PM<br>OMEGA@AJ: Basic Conversational English - Phyu<br>1:00PM-3:30PM<br>OMEGA@AJ: Caregiving Monitoring - Phyu         | 15<br>9:30AM-10:30AM<br>HAPPY Program Exercise 快乐运动<br>10:45AM-11:45AM<br>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动<br>12:00PM-1:00PM<br>Plant based lunch at Kampung Senang 轻安村植物午餐<br>2:00PM-5:00PM<br>Youth Acrylic Painting Workshop (10-16 years old) AJ20260615APW<br>4:00PM-6:00PM<br>Chillout AJ20260504COT (youth) | 16<br>10:00AM-11:00AM<br>A Hour of Calm @ AJ<br>10:00AM-12:00PM<br>The Meeting Room Program Aljunied<br>10:00AM-5:00PM<br>Project Alleviate June Holidays Youth Camp (Lower Secondary) [Youth]<br>1:00PM-4:00PM<br>BrainForge: Solve the unsolvable (12 – 17 years old) | 17<br>9:00AM-10:00AM<br>Body Conditioning - 保健体能运动<br>10:00AM-5:00PM<br>Project Alleviate June Holidays Youth Camp (Lower Secondary) [Youth]<br>2:00PM-3:00PM<br>Chair Zumba Exercise Wednesday - 椅子尊巴<br>3:30PM-5:30PM<br>Take It To The Streets @ Brahm (AJ20260618TTS) | 18<br>2:00PM-4:00PM<br>正念基础课程 Mindfulness Foundation Course (CL) by Hsueh Ya Wen  | 19<br>9:00AM-3:00PM<br>Ubin Unleashed: Youth Adventure Hunt<br>9:45AM-11:00AM<br>Fun and Fit dance - 趣味健身舞<br>4:00PM-5:00PM<br>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊)            | 20<br>9:30AM-11:30AM<br>Golden Hours - 与青春共度黄金时光  |
| 21<br>10:00AM-3:30PM<br>OMEGA@AJ: Omega Excursion to Ice Cream Museum   | 22<br>9:30AM-10:30AM<br>HAPPY Program Exercise 快乐运动<br>10:45AM-11:45AM<br>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动<br>12:00PM-1:00PM<br>Plant based lunch at Kampung Senang 轻安村植物午餐<br>1:30PM-3:30PM<br>TCM Health Talk - 膝关节保养 - AJ20262206TCMHT<br>4:00PM-6:00PM<br>Chillout AJ20260504COT (youth)                       | 23<br>10:00AM-11:00AM<br>A Hour of Calm @ AJ<br>10:00AM-12:00PM<br>The Meeting Room Program Aljunied  | 24<br>9:00AM-10:00AM<br>Body Conditioning - 保健体能运动<br>2:00PM-3:00PM<br>Chair Zumba Exercise Wednesday - 椅子尊巴  | 25<br>9:30AM-6:00PM<br>June Escape Room (Seniors) - AJ20260629JER   | 26<br>9:45AM-11:00AM<br>Fun and Fit dance - 趣味健身舞<br>2:30PM-3:30PM<br>SE CDC Mindfulness Initiative 2 - AJ20260620MM2<br>4:00PM-5:00PM<br>Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊) | 27  |
| 28<br>10:00AM-12:00PM<br>OMEGA@AJ: Learning Mobile Apps - Cho<br>1:00PM-3:30PM<br>OMEGA@AJ: Cooking Demo - Hannie                         | 29<br>9:30AM-10:30AM<br>HAPPY Program Exercise 快乐运动<br>10:45AM-11:45AM<br>Mindful Chair Exercise at Aljunied 108 - 正念椅子运动<br>12:00PM-1:00PM<br>Plant based lunch at Kampung Senang 轻安村植物午餐<br>4:00PM-6:00PM<br>Chillout AJ20260504COT (youth)   | 30<br>10:00AM-11:00AM<br>A Hour of Calm @ AJ<br>10:00AM-12:00PM<br>The Meeting Room Program Aljunied - AJ20260407TMRAJ<br>1:00PM-4:00PM<br>BrainForge: Solve the unsolvable (12 – 17 years old)<br>2:00PM-4:00PM<br>Craft @ AJ - 手作坊                                    |   |   |  |   |

\* 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)

# JUN2026@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<br><b>Centre Closed</b>   | 2 10:00AM-12:30PM<br>Pen Ink x Sequential Art by Andrew       | 3 10:00AM-12:40PM<br>Watercolour Painting Course Intermediate by Jeffrey Ang<br>2:00PM-4:00PM<br>Pastel Art Course by Kim Ng   | 4   | 5 10:00AM-12:30PM<br>Zentangle Inspired Art booklet  | 6   |
| 7 10:00AM-12:00PM<br>OMEGA@LB: Learning Mobile Apps - Cho<br>1:00PM-3:30PM<br>OMEGA@LB: Mindfulness - Thaw  | 8 2:00PM-4:40PM<br>Acrylic Painting Course by Tan Ching Ching                 | 9 7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng  | 10 10:00AM-12:40PM<br>Watercolour Painting Course Intermediate by Jeffrey Ang<br>2:00PM-4:00PM<br>Pastel Art Course by Kim Ng<br>6:45PM-9:25PM<br>Coloured Pencil Drawing Course by Xiang Ling | 11  | 12 10:00AM-12:30PM<br>Zentangle Inspired Art booklet<br>7:00PM-8:00PM<br>Stress Relief Session (June) - Labrador | 13  |
| 14 10:00AM-12:00PM<br>OMEGA@LB: Basic Conversational English - PLN<br>1:00PM-3:00PM<br>OMEGA@LB: Mindfulness - Thaw<br>1:00PM-3:30PM<br>OMEGA@LB: Fun English: Songs & Movie Learning - PLN | 15 2:00PM-4:40PM<br>Acrylic Painting Course by Tan Ching Ching                | 16 7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng | 17 10:00AM-12:40PM<br>Watercolour Painting Course Intermediate by Jeffrey Ang<br>2:00PM-4:00PM<br>Pastel Art Course by Kim Ng<br>6:45PM-9:25PM<br>Coloured Pencil Drawing Course by Xiang Ling | 18 10:00AM-12:30PM<br>Impasto Acrylic Painting Course (Int) by Laura Soon | 19 10:00AM-12:30PM<br>Zentangle Inspired Art booklet   | 20 9:00AM-5:00PM<br>3-Day Mindfulness Retreat by A/Prof Angie Chew & May Chng |
| 21 9:00AM-5:00PM<br>3-Day Mindfulness Retreat by A/Prof Angie Chew & May Chng<br>10:00AM-3:30PM<br>OMEGA@LB: Omega Excursion to Ice Cream Museum  | 22 9:00AM-5:00PM<br>3-Day Mindfulness Retreat by A/Prof Angie Chew & May Chng | 23 7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng | 24 10:00AM-12:40PM<br>Watercolour Painting Course Intermediate by Jeffrey Ang<br>2:00PM-4:00PM<br>Pastel Art Course by Kim Ng<br>6:45PM-9:25PM<br>Coloured Pencil Drawing Course by Xiang Ling | 25 10:00AM-12:30PM<br>Impasto Acrylic Painting Course (Int) by Laura Soon | 26   | 27 2:30PM-4:00PM<br>What We Read, and Why Book Launch by Warren Fernandez     |
| 28 10:00AM-12:00PM<br>OMEGA@LB: Dried Flower Card Making - Mok Kim<br>1:00PM-3:00PM<br>OMEGA@LB: Mindfulness - Thaw   | 29 2:00PM-4:40PM<br>Acrylic Painting Course by Tan Ching Ching                | 30 7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng |  |   |  |   |

\* 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)

# JUN2026@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</p> <p><b>Centre Closed</b></p>   | <p>2 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康<br/>养生活动</p>  | <p>3 9:30AM-10:30AM<br/>Mindful Exercise Wed 乐龄<br/>健康养生活动</p> <p>10:00AM-11:00AM<br/>HPB Line Dance @ Blk<br/>60A Pavilion 健康促进局排<br/>舞课@大牌60A号亭</p>  | <p>4 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p> <p>11:00AM-12:00PM<br/>The Dance Collective 舞蹈集<br/>选班</p> <p>1:30PM-4:30PM<br/>NHG Group Coaching in<br/>English -<br/>MP202604062026NHGGCE</p> <p>2:00PM-3:00PM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p>  | <p>5 9:15AM-10:15AM<br/>Chair Zumba 椅子尊巴</p> <p>10:30AM-11:30AM<br/>Chair Zumba @ MPCC,<br/>Level 2 Theatre 椅子尊巴<br/>@麦波申社俱乐部, 二楼礼<br/>堂</p>  | 6           |
| 7         | <p>8 10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A 气<br/>功@大牌60A号亭</p> <p>10:45AM-11:45AM<br/>Functional Chair Exercise<br/>Class (Chinese) 椅坐功能<br/>活动</p> <p>2:00PM-3:00PM<br/>SE CDC Wellness Initiative<br/>2 - MP20260608WOW2</p>        | <p>9 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康<br/>养生活动</p>  | <p>10 9:30AM-10:30AM<br/>Mindful Exercise Wed 乐龄<br/>健康养生活动</p> <p>10:00AM-11:00AM<br/>HPB Line Dance @ Blk<br/>60A Pavilion 健康促进局排<br/>舞课@大牌60A号亭</p> | <p>11 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康养生活<br/>动</p> <p>11:00AM-12:00PM<br/>The Dance Collective 舞蹈集选班</p> <p>12:30PM-1:30PM<br/>TCM Qigong Workshop with Dr<br/>Lim Xiang Jun -<br/>MP20260611TCMDRLIM</p> <p>1:30PM-4:30PM<br/>NHG Group Coaching in English -<br/>MP202604062026NHGGCE</p> <p>2:00PM-3:00PM<br/>Mindful Exercise 乐龄健康养生活<br/>动</p> | <p>12 9:15AM-10:15AM<br/>Chair Zumba 椅子尊巴</p> <p>10:30AM-11:30AM<br/>Chair Zumba @ MPCC,<br/>Level 2 Theatre 椅子尊巴<br/>@麦波申社俱乐部, 二楼礼<br/>堂</p> | 13          |
| 14        | <p>15 10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A 气<br/>功@大牌60A号亭</p> <p>10:45AM-11:45AM<br/>Functional Chair Exercise<br/>Class (Chinese) 椅坐功能<br/>活动</p>  | <p>16 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康<br/>养生活动</p> | <p>17 9:30AM-10:30AM<br/>Mindful Exercise Wed 乐龄<br/>健康养生活动</p> <p>10:00AM-11:00AM<br/>HPB Line Dance @ Blk<br/>60A Pavilion 健康促进局排<br/>舞课@大牌60A号亭</p> | <p>18 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p> <p>11:00AM-12:00PM<br/>The Dance Collective 舞蹈集<br/>选班</p> <p>1:30PM-4:30PM<br/>NHG Group Coaching in<br/>English -<br/>MP202604062026NHGGCE</p> <p>2:00PM-3:00PM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p>   | <p>19 9:15AM-10:15AM<br/>Chair Zumba 椅子尊巴</p> <p>10:30AM-11:30AM<br/>Chair Zumba @ MPCC,<br/>Level 2 Theatre 椅子尊巴<br/>@麦波申社俱乐部, 二楼礼<br/>堂</p> | 20          |
| 21        | <p>22 10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A 气<br/>功@大牌60A号亭</p> <p>10:45AM-11:45AM<br/>Functional Chair Exercise<br/>Class (Chinese) 椅坐功能<br/>活动</p> <p>3:30PM-4:30PM<br/>SE CDC Mindfulness<br/>Initiative 2 -<br/>MP20260522MM2</p> | <p>23 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康<br/>养生活动</p> | <p>24 9:30AM-10:30AM<br/>Mindful Exercise Wed 乐龄<br/>健康养生活动</p> <p>10:00AM-11:00AM<br/>HPB Line Dance @ Blk<br/>60A Pavilion 健康促进局排<br/>舞课@大牌60A号亭</p> | <p>25 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p> <p>11:00AM-12:00PM<br/>The Dance Collective 舞蹈集<br/>选班</p> <p>1:30PM-4:30PM<br/>NHG Group Coaching in<br/>English -<br/>MP202604062026NHGGCE</p> <p>2:00PM-3:00PM<br/>Mindful Exercise 乐龄健康养<br/>生生活动</p>   | <p>26 9:15AM-10:15AM<br/>Chair Zumba 椅子尊巴</p> <p>10:30AM-11:30AM<br/>Chair Zumba @ MPCC,<br/>Level 2 Theatre 椅子尊巴<br/>@麦波申社俱乐部, 二楼礼<br/>堂</p> | 27          |
| 28        | <p>29 10:00AM-11:00AM<br/>HPB Qigong @ Blk 60A 气<br/>功@大牌60A号亭</p> <p>10:45AM-11:45AM<br/>Functional Chair Exercise<br/>Class (Chinese) 椅坐功能<br/>活动</p>  | <p>30 9:30AM-10:30AM<br/>Mindful Exercise 乐龄健康<br/>养生活动</p> |  |  |   |             |

# JUN2026@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<br><b>Centre Closed</b>  | 2<br>10:00AM-12:40PM<br>Watercolour Painting Course by Jeffrey Ang<br>7:00PM-9:30PM<br>Mindfulness Based Stress Reduction by Angie | 3<br>10:00AM-12:30PM<br>Impasto Acrylic Painting Course (Int) by Laura Soon<br>12:00PM-1:00PM<br>Stress Relief Session (June)<br>2:00PM-4:30PM<br>Pen Ink Drawing by Tia<br>6:30PM-7:30PM<br>Briefing on Mindful Journey To Bhutan<br>7:00PM-8:30PM<br>Mindfulness for Better Sleep by Hsueh Ya Wen | 4<br>10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin<br>2:00PM-4:30PM<br>Pen Ink Drawing by Xiang Ling<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by May  | 5<br>2:00PM-3:00PM<br>Mindfulness for Better Focus (Pri)<br>7:00PM-9:00PM<br>Mindfulness Foundation Course by May Chng | 6   |
| 7         | 8<br>10:00AM-12:00PM<br>Nagomi Pastel Art Course Beginner by Audrey Ng<br>2:00PM-4:00PM<br>Nagomi Pastel Art Course by Gina  | 9<br>2:00PM-3:00PM<br>Meeting Big Feelings (Primary)   | 10<br>10:00AM-12:30PM<br>Impasto Acrylic Painting Course (Int) by Laura Soon<br>2:00PM-4:30PM<br>Pen Ink Drawing by Tia<br>7:00PM-8:30PM<br>Mindfulness for Better Sleep by Hsueh Ya Wen  | 11<br>10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin<br>2:00PM-4:30PM<br>Pen Ink Drawing by Xiang Ling<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by May | 12   | 13<br>10:00AM-12:00PM<br>Mindfulness Circle @Newton - Jun 13              |
| 14        | 15<br>10:00AM-12:00PM<br>Nagomi Pastel Art Course Beginner by Audrey Ng<br>2:00PM-4:00PM<br>Nagomi Pastel Art Course by Gina | 16<br>10:00AM-11:00AM<br>Meeting Big Feelings (Primary)<br>7:00PM-9:30PM<br>Mindfulness Based Stress Reduction by Angie            | 17<br>2:00PM-4:30PM<br>Pen Ink Drawing by Tia   | 18<br>10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by May   | 19   | 20<br>10:00AM-12:00PM<br>正念圈 Chinese Mindfulness Circle @ Newton - Jun 20 |
| 21        | 22<br>10:00AM-12:00PM<br>Nagomi Pastel Art Course Beginner by Audrey Ng<br>2:00PM-4:00PM<br>Nagomi Pastel Art Course by Gina | 23<br>7:00PM-9:30PM<br>Mindfulness Based Stress Reduction by Angie   | 24<br>2:00PM-4:30PM<br>Pen Ink Drawing by Tia   | 25<br>10:00AM-12:40PM<br>Chinese Brush Painting Course by Manlin<br>7:00PM-9:30PM<br>Mindfulness Based Cognitive Therapy by May   | 26   | 27<br>10:00AM-12:00PM<br>Mindfulness Circle @Newton - Jun 27              |
| 28        | 29<br>10:00AM-12:00PM<br>Nagomi Pastel Art Course Beginner by Audrey Ng<br>2:00PM-4:00PM<br>Nagomi Pastel Art Course by Gina | 30<br>7:00PM-9:00PM<br>Mindful Compassion Course by Christina Liew<br>7:00PM-9:30PM<br>Mindfulness Based Stress Reduction by Angie |   |   |  |   |

# Simei Centres 每周活动安排

## Weekly Activity Schedule



📍 Blk 107 Simei Street 1 #01-838 S520107 TEL: 6612 6125

|                  |                 |  |
|------------------|-----------------|--|
| Monday<br>星期一    | 早上 9.30-10.30am | Low Impact Ex   低冲击运力操   Blk 106       |
|                  | 下午 2-4pm        | Mahjong & Rummikub   Blk 107           |
|                  | 下午 3-4pm        | Rhythmic Resistance   低冲击运力操   Blk 106 |
| Tuesday<br>星期二   | 早上 8-9am        | Zumba Toning   尊巴塑形   Blk 106          |
|                  | -               | Course Coming Soon                     |
|                  | -               | Course Coming Soon                     |
| Wednesday<br>星期三 | -               | Course Coming Soon                     |
|                  | 下午 2-4pm        | Mahjong & Rummikub   Blk 107           |
|                  | -               | Course Coming Soon                     |
| Thursday<br>星期四  | 早上 8-9am        | Low Impact Dance   低冲击运力操   Blk 106    |
|                  | -               | Course Coming Soon                     |
|                  | 下午 2-3pm        | Happy Active Ex   开心动一动   Blk 106      |
| Friday<br>星期五    | -               | Course Coming Soon                     |
|                  | 下午 2-3pm        | Masala Bangra   玛萨拉邦格拉舞   Blk 106      |
|                  | 下午 3-4pm        | Chair Yoga   椅子瑜伽   Blk 107            |



📍 Blk 148 Simei Street 1 #01-121 S520148 TEL: 6612 6125

|                  |                      |  |
|------------------|----------------------|--|
| Monday<br>星期一    | 早上 9.30-10.30am      | Pilates   普拉提 (\$5)                    |
|                  | ★ 早上 11.30-12.30pm   | Line Dance Beginner   初級排舞 (\$5)       |
|                  | 下午 2.30-3.30pm       | Sit, Stretch and Tone   坐姿伸展 (\$5)     |
|                  | 晚上 6.30-7.30pm       | HPB Yoga   HPB 瑜伽                      |
| Tuesday<br>星期二   | 早上 9.15-10.15am      | Pilates   普拉提 (\$5)                    |
|                  | 早上 10.15-11.15am     | Social Dance   社交舞 (\$5)               |
|                  | 下午 1-2pm             | HPB Chair Exercise   HPB 椅子运动          |
| Wednesday<br>星期三 | 早上 9.15 - 10.15am    | Chair Exercise   椅子运动 (\$5)            |
|                  | 早上 10.30 - 11.30am   | Happy Active (Ball Ex)   开心动一动 (\$5)   |
|                  | 🧘 下午 11.45 - 12.45pm | Mindfulness: An Hour To Be   正念: 一小时静心 |
|                  | ★ 下午 2 - 4pm         | Bingo   数字宾果                           |
| Thursday<br>星期四  | 早上 9.15 - 10.15am    | Chair Exercise   椅子运动 (\$5)            |
|                  | -                    | Course Coming Soon                     |
|                  | ★ 下午 2 - 4pm         | Mahjong & Rummikub   麻将 & 拉密数字牌        |
|                  | 下午 3 - 4pm           | Chair Exercise   椅子运动 (\$5)            |
| Friday<br>星期五    | 早上 9.15 - 10.15am    | Social Dance   社交舞 (\$5)               |
|                  | -                    | Course Coming Soon                     |
|                  | 📖 下午 2 - 3pm         | Beginner Mandarin Convo   初级华语课        |
|                  | 下午 4 - 5pm           | HPB Cardio Dance   HPB 健身运动            |



📍 Blk 227 Simei Street 4 #01-50 S520227 TEL: 6786 0800

|                  |                    |  |
|------------------|--------------------|--|
| Monday<br>星期一    | 早上 8am - 9am       | Low Impact Cardio   低冲击运力操   Netball Court   |
|                  | 早上 9.15 - 10.15am  | HPB Zumba Gold   HPB 尊巴金   Blk 229A          |
|                  | 早上 9.30 - 10.30am  | Yoga Lvl 1   瑜伽一级 (\$5)                      |
|                  | ★ 下午 2 - 4pm       | Bingo   数字宾果                                 |
| Tuesday<br>星期二   | -                  | Course Coming Soon                           |
|                  | -                  | Course Coming Soon                           |
|                  | 下午 1 - 2pm         | HPB Chair Exercise   HPB 椅子运动   Blk 228      |
| Wednesday<br>星期三 | ★ 下午 2 - 4pm       | Mahjong & Rummikub   麻将 & 拉密数字牌              |
|                  | 早上 8am - 9am       | Masala Bangra   玛萨拉邦格拉舞   Netball Court      |
|                  | 早上 9.15 - 10.15am  | Yoga Lvl 2   瑜伽二级 (\$5)                      |
| Thursday<br>星期四  | 早上 10.30 - 11.30am | Yoga Lvl 1   瑜伽一级 (\$5)                      |
|                  | 早上 9.15 - 10.15am  | Dancercise   舞动运动   Blk 229A                 |
|                  | 早上 10.30 - 12pm    | Line Dance for Higher Beginner   初高级排舞 (\$5) |
| Friday<br>星期五    | ★ 下午 2 - 4pm       | Mahjong & Rummikub   麻将 & 拉密数字牌              |
|                  | ★ 下午 3.30 - 4.30pm | Zumba Gold   尊巴金   Blk 229A (\$5)            |
|                  | 早上 9.15 - 10.15am  | Stand and Tap   拍打   Blk 229A                |
| Friday<br>星期五    | 下午 1 - 2.30pm      | English Tuition   英文课                        |
|                  | 📖 下午 1.30 - 2.30pm | Sit, Stretch and Tone   坐姿伸展   Blk 228       |
|                  | 下午 3 - 5.30pm      | Sing-Along   一起唱                             |



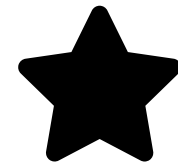
Exercise  
运动



Mindfulness  
正念



Learning  
学习



Recreational  
娱乐

# JUN2026@SIMEI 107



Brahm Centre @ Simei 107 Blk 107 Simei Street 1, #01-838 Singapore 520107 Tel: +65 null

| Sunday 周日 | Monday 周一   | Tuesday 周二 | Wednesday 周三 | Thursday 周四  | Friday 周五  | Saturday 周六 |
|-----------|---|------------|--------------|--|--|-------------|
|           | 1<br><b>Centre Closed</b>   | 2          | 3            | 4<br>8:00AM-9:00AM<br>Low-Impact Dance<br>Aerobics by William<br>2:00PM-3:00PM<br>Happy Active Exercise by<br>Crystal  | 5<br>2:00PM-3:00PM<br>Masala Bangra by<br>Margaret Ng  | 6           |
| 7         | 8<br>9:30AM-10:30AM<br>Low-Impact Exercise by<br>Christine Chok-<br>107SM20260608LIECC<br>3:00PM-4:00PM<br>Rhythmic Resistance<br>Workout by William Ong  | 9          | 10           | 11<br>8:00AM-9:00AM<br>Low-Impact Dance<br>Aerobics by William<br>2:00PM-3:00PM<br>Happy Active Exercise by<br>Crystal | 12<br>2:00PM-3:00PM<br>Masala Bangra by<br>Margaret Ng | 13          |
| 14        | 15<br>9:30AM-10:30AM<br>Low-Impact Exercise by<br>Christine Chok-<br>107SM20260608LIECC<br>3:00PM-4:00PM<br>Rhythmic Resistance<br>Workout by William Ong | 16         | 17           | 18<br>8:00AM-9:00AM<br>Low-Impact Dance<br>Aerobics by William<br>2:00PM-3:00PM<br>Happy Active Exercise by<br>Crystal | 19<br>2:00PM-3:00PM<br>Masala Bangra by<br>Margaret Ng | 20          |
| 21        | 22<br>9:30AM-10:30AM<br>Low-Impact Exercise by<br>Christine Chok-<br>107SM20260608LIECC<br>3:00PM-4:00PM<br>Rhythmic Resistance<br>Workout by William Ong | 23         | 24           | 25<br>8:00AM-9:00AM<br>Low-Impact Dance<br>Aerobics by William<br>2:00PM-3:00PM<br>Happy Active Exercise by<br>Crystal | 26<br>2:00PM-3:00PM<br>Masala Bangra by<br>Margaret Ng | 27          |
| 28        | 29<br>9:30AM-10:30AM<br>Low-Impact Exercise by<br>Christine Chok-<br>107SM20260608LIECC<br>3:00PM-4:00PM<br>Rhythmic Resistance<br>Workout by William Ong | 30         |              |  |  |             |

# JUN2026@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  |
|---|---|--|--|--|--|--|
|   | 1<br><b>Centre Closed</b>   | 2<br>9:15AM-10:15AM Pilates<br>10:16AM-11:15AM Social Dance By Dennis<br>1:00PM-2:00PM HPB Chair Exercise<br>2:00PM-4:30PM Pen Ink Drawing Course by Kuan  | 3<br>9:15AM-10:15AM Chair Exercise By Bernice<br>10:30AM-11:30AM Happy Active (Ball Exercise)<br>11:45AM-12:45PM Mindfulness - An Hour To Be<br>2:00PM-4:00PM Bingo  | 4<br>10:30AM-11:30AM Chair Exercise<br>2:00PM-4:00PM Rumio / Mahjong<br>3:00PM-4:00PM Chair Exercise (PM)  | 5<br>9:15AM-10:15AM Social Dance By Edwin<br>12:00PM-5:00PM Simei Got Talent (Audition)<br>2:00PM-3:00PM Basic Mandarin Conversational Lesson<br>4:00PM-5:00PM HPB Cardio Dance  | 6<br>9:30AM-12:30PM Soup Buddies                                   |
| 7<br>10:00AM-12:00PM OMEGA@SM: Sewing Workshop - Auntie Patsy<br>1:00PM-3:30PM OMEGA@SM: Mindful Stretching - Poe Poe   | 8<br>9:00AM-1:00PM Discover Kampung Glam<br>10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley<br>11:30AM-12:30PM Beginner Line dance<br>2:30PM-3:30PM Sit Stretch and Tone<br>6:30PM-7:30PM HPB Yoga | 9<br>9:15AM-10:15AM Pilates<br>10:16AM-11:15AM Social Dance By Dennis<br>1:00PM-2:00PM HPB Chair Exercise<br>2:00PM-4:30PM Pen Ink Drawing Course by Kuan  | 10<br>9:15AM-10:15AM Chair Exercise By Bernice<br>10:30AM-11:30AM Happy Active (Ball Exercise)<br>11:45AM-12:45PM Mindfulness - An Hour To Be<br>2:00PM-4:00PM Bingo | 11<br>10:30AM-11:30AM Chair Exercise<br>2:00PM-4:00PM Rumio / Mahjong<br>3:00PM-4:00PM Chair Exercise (PM) | 12<br>9:15AM-10:15AM Social Dance By Edwin<br>2:00PM-3:00PM Basic Mandarin Conversational Lesson<br>4:00PM-5:00PM HPB Cardio Dance   | 13   |
| 14<br>10:00AM-12:00PM OMEGA@SM: Group Workout Games<br>1:00PM-3:30PM OMEGA@SM: Mindfulness - Poe Poe  | 15<br>10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley<br>11:30AM-12:30PM Beginner Line dance<br>2:30PM-3:30PM Recreation Activity<br>6:30PM-7:30PM HPB Yoga  | 16<br>9:15AM-10:15AM Pilates<br>10:16AM-11:15AM Social Dance By Dennis<br>1:00PM-2:00PM HPB Chair Exercise<br>2:00PM-4:30PM Pen Ink Drawing Course by Kuan | 17<br>9:15AM-10:15AM Chair Exercise By Bernice<br>10:30AM-11:30AM Happy Active (Ball Exercise)<br>11:45AM-12:45PM Mindfulness - An Hour To Be<br>2:00PM-4:00PM Bingo | 18<br>10:30AM-11:30AM Chair Exercise<br>2:00PM-4:00PM Rumio / Mahjong<br>3:00PM-4:00PM Chair Exercise (PM) | 19<br>9:15AM-10:15AM Social Dance By Edwin<br>12:00PM-5:00PM Simei Got Talent (Audition)<br>2:00PM-3:00PM Basic Mandarin Conversational Lesson<br>4:00PM-5:00PM HPB Cardio Dance | 20<br>9:30AM-12:30PM Soup Buddies                                  |
| 21<br>10:00AM-3:30PM OMEGA@SM: Omega Excursion to Ice Cream Museum  | 22<br>10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley<br>11:30AM-12:30PM Beginner Line dance<br>2:30PM-3:30PM Sit Stretch and Tone<br>6:30PM-7:30PM HPB Yoga                                       | 23<br>9:15AM-10:15AM Pilates<br>10:16AM-11:15AM Social Dance By Dennis<br>1:00PM-2:00PM HPB Chair Exercise<br>2:00PM-4:30PM Pen Ink Drawing Course by Kuan | 24<br>9:15AM-10:15AM Chair Exercise By Bernice<br>10:30AM-11:30AM Happy Active (Ball Exercise)<br>11:45AM-12:45PM Mindfulness - An Hour To Be<br>2:00PM-4:00PM Bingo | 25<br>10:30AM-11:30AM Chair Exercise<br>2:00PM-4:00PM Rumio / Mahjong<br>3:00PM-4:00PM Chair Exercise (PM) | 26<br>9:15AM-10:15AM Social Dance By Edwin<br>2:00PM-3:00PM Basic Mandarin Conversational Lesson<br>4:00PM-5:00PM HPB Cardio Dance   | 27<br>10:00AM-11:30AM Mindfulness for Better Sleep by Hsueh Ya Wen |
| 28<br>10:00AM-12:00PM OMEGA@SM: Sewing Workshop - Auntie Patsy<br>10:00AM-12:00PM OMEGA@SM: Basic Conversational English - Khari<br>1:00PM-2:30PM OMEGA@SM: Mindfulness - Poe Poe<br>2:30PM-3:30PM OMEGA@SM: Mindful Yoga - Neeti | 29<br>11:00AM-12:30PM Digital Club-Transact Online: Citizen Services (SINGPASS)<br>11:30AM-12:30PM Beginner Line dance<br>2:30PM-3:30PM Sit Stretch and Tone<br>6:30PM-7:30PM HPB Yoga                                | 30<br>9:15AM-10:15AM Pilates<br>10:16AM-11:15AM Social Dance By Dennis<br>1:00PM-2:00PM HPB Chair Exercise<br>2:00PM-4:30PM Pen Ink Drawing Course by Kuan |  |  |  |  |

\* 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)

# JUN2026@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<br><b>Centre Closed</b>  | 2<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong  | 3<br>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  | 4<br>9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Zumba Gold By Serene  | 5<br>9:15AM-10:15AM<br>Stand & Tap<br>1:00PM-2:30PM<br>English Tuition<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:00PM-5:30PM<br>Singalong  | 6<br>12:00PM-1:00PM<br>Saturday Social  |
| 7         | 8<br>8:00AM-9:00AM<br>Low Impact Exercise by<br>Christine Chok<br>9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck<br>Choo<br>2:00PM-4:00PM<br>Bingo  | 9<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong  | 10<br>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 | 11<br>9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Zumba Gold By Serene | 12<br>9:15AM-10:15AM<br>Stand & Tap<br>1:00PM-2:30PM<br>English Tuition<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:00PM-5:30PM<br>Singalong | 13<br>12:01PM-1:00PM<br>Saturday Social |
| 14        | 15<br>8:00AM-9:00AM<br>Low Impact Exercise by<br>Christine Chok<br>9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck<br>Choo<br>2:00PM-4:00PM<br>Bingo | 16<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong | 17<br>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 | 18<br>9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Zumba Gold By Serene | 19<br>9:15AM-10:15AM<br>Stand & Tap<br>1:00PM-2:30PM<br>English Tuition<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:00PM-5:30PM<br>Singalong | 20<br>12:00PM-1:00PM<br>Saturday Social |
| 21        | 22<br>8:00AM-9:00AM<br>Low Impact Exercise by<br>Christine Chok<br>9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck<br>Choo<br>2:00PM-4:00PM<br>Bingo | 23<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong | 24<br>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 | 25<br>9:15AM-10:15AM<br>Dancercise by William<br>10:30AM-12:00PM<br>Line dance for higher<br>beginner by Rosalind Lam<br>2:00PM-4:00PM<br>Rumio / Mahjong<br>3:30PM-4:30PM<br>Zumba Gold By Serene | 26<br>9:15AM-10:15AM<br>Stand & Tap<br>1:00PM-2:30PM<br>English Tuition<br>1:30PM-2:30PM<br>Sit, Stretch & Tone<br>3:00PM-5:30PM<br>Singalong | 27<br>12:00PM-1:00PM<br>Saturday Social |
| 28        | 29<br>8:00AM-9:00AM<br>Low Impact Exercise by<br>Christine Chok<br>9:15AM-10:15AM<br>HPB Zumba Gold<br>9:30AM-10:30AM<br>Yoga Level 1 by Pheck<br>Choo<br>2:00PM-4:00PM<br>Bingo | 30<br>1:00PM-2:00PM<br>HPB Chair Exercise<br>2:00PM-4:00PM<br>Rumio / Mahjong |  |  |   |   |

# JUN2026@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  |  |
|-----------|---|--|--|--|--|--|--|
|           | <b>Centre Closed</b>  | <p>2 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Acrylic Painting Course by Steve Liu</p> <p>2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee</p> <p>2:00PM-5:00PM Recreation Activities Group A</p>  | <p>3 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:40PM Chinese Brush Painting by Sher Ley</p>  | <p>4 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:00PM Craft Workshop (Thurs)</p> <p>2:00PM-4:30PM Pen Ink Drawing by Tia</p>                        | <p>5 10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-4:00PM Onwards to Ageing Holistically (OTAH) program</p> <p>2:00PM-5:00PM Recreation Activities Group A</p> <p>2:00PM-5:00PM Karaoke Group A - Week 1 &amp; Week 3</p> | <p>6 10:00AM-12:00PM BOA Craft Session</p> <p>2:00PM-4:30PM Karaoke Group A - Week 1 &amp; Week 3</p>    |  |
| 7         | <p>8 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Meeting Centre</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee</p>  | <p>9 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Acrylic Painting Course by Steve Liu</p> <p>2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee</p> <p>2:00PM-4:00PM Recreation Activities Group B</p> <p>2:00PM-4:00PM Community Nurse Post (Contentment)</p> <p>2:00PM-4:00PM Community Nurse Post (Wisdom)</p> | <p>10 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:00AM-12:00PM Beverage Container Return Scheme Talk - TP20260610BCRS</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:00PM Craft Workshop (Wed)</p> <p>2:00PM-4:40PM Chinese Brush Painting by Sher Ley</p> | <p>11 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:30PM Pen Ink Drawing by Tia</p>   | <p>12 8:45AM-9:45AM Good Morning Ya Wen</p> <p>10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-4:00PM Recreation Activities Group B</p> <p>2:00PM-5:00PM Karaoke Group B - Week 2 &amp; Week 4</p>                          | <p>13 1:00PM-2:00PM Good Afternoon Ya Wen</p> <p>2:00PM-4:30PM Karaoke Group B - Week 2 &amp; Week 4</p> |  |
| 14        | <p>15 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Meeting Centre</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee</p> | <p>16 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Acrylic Painting Course by Steve Liu</p> <p>2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee</p> <p>2:00PM-5:00PM Recreation Activities Group A</p>   | <p>17 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:40PM Chinese Brush Painting by Sher Ley</p> <p>3:30PM-5:00PM Mindfulness for Better Sleep by May Chng</p>   | <p>18 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>1:00PM-5:00PM Functional Screening by SingHealth &amp; CGH</p> <p>2:00PM-4:00PM Craft Workshop (Thurs)</p> | <p>19 10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-4:00PM Pet Therapy</p> <p>2:00PM-5:00PM Recreation Activities Group A</p> <p>2:00PM-5:00PM Karaoke Group A - Week 1 &amp; Week 3</p>                                  | <p>20 2:00PM-4:30PM Karaoke Group A - Week 1 &amp; Week 3</p>  |  |
| 21        | <p>22 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Meeting Centre</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee</p> | <p>23 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Acrylic Painting Course by Steve Liu</p> <p>2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee</p> <p>2:00PM-4:00PM Recreation Activities Group B</p>   | <p>24 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Chair Zumba</p> <p>2:00PM-4:00PM Craft Workshop (Wed)</p> <p>2:00PM-4:40PM Chinese Brush Painting by Sher Ley</p> <p>3:30PM-5:00PM Mindfulness for Better Sleep by May Chng</p>                 | <p>25 9:15AM-10:15AM Happy Drumming by David Tan</p> <p>10:30AM-11:30AM Piloxing Lite Fitness by Leticia</p> <p>2:00PM-4:30PM Pen Ink Drawing by Tia</p>   | <p>26 8:45AM-9:45AM Good Morning Ya Wen</p> <p>10:00AM-11:00AM Brain and Body Exercises by Ai Ling</p> <p>11:15AM-12:15PM Happy Dance by Linda Wong</p> <p>2:00PM-4:00PM Recreation Activities Group B</p> <p>2:00PM-5:00PM Karaoke Group B - Week 2 &amp; Week 4</p>                          | <p>27 1:00PM-2:00PM Good Afternoon Ya Wen</p> <p>2:00PM-4:30PM Karaoke Group B - Week 2 &amp; Week 4</p> |  |
| 28        | <p>29 9:15AM-10:15AM Low Impact Exercise by William Ong</p> <p>10:30AM-11:30AM HPB Resistance Band Exercise</p> <p>2:00PM-4:00PM Meeting Centre</p> <p>2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee</p> | <p>30 9:15AM-10:15AM Physical Toning Exercise by William Ong</p> <p>10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan</p> <p>10:30AM-11:30AM Yogasana Yoga by William Ong</p> <p>10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng</p> <p>2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee</p> <p>2:00PM-5:00PM Recreation Activities Group A</p>  |  |  |  |  |  |