

JUL2026@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 2:00PM-4:30PM Pen Ink Drawing by Tia	2 10:00AM-12:40PM Chinese Brush Painting Course by Manlin	3 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Watercolour Painting Course (Beginner) by Geri Koh	4
5	6 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	7 12:00PM-1:00PM Stress Relief Session (July) 7:00PM-9:00PM Mindful Compassion Course by Christina Liew	8 2:00PM-4:30PM Pen Ink Drawing by Tia	9 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Coloured Pencil Drawing Course by Paul Lee 7:00PM-9:00PM Mindfulness Foundation Course by Angie Chew	10 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 1:00PM-3:00PM Watercolour Painting Course (Beginner) by Geri Koh 4:01PM-5:30PM [Corporate Workshop] - Mindfulness workshop for Air Liquide by May	11 10:00AM-12:00PM Mindfulness Circle
12	13 10:00AM-12:30PM Pen Ink Drawing Course by Andrew Tan 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	14 10:00AM-12:40PM Pet Portrait Pencil Sketching Intermediate by Jeffrey 7:00PM-9:00PM Mindful Compassion Course by Christina Liew	15	16 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Coloured Pencil Drawing Course by Paul Lee 7:00PM-9:00PM Mindfulness Foundation Course by Angie Chew	17 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Watercolour Painting Course (Beginner) by Geri Koh 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	18 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle
19	20 10:00AM-12:30PM Pen Ink Drawing Course by Andrew Tan 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	21 10:00AM-12:40PM Pet Portrait Pencil Sketching Intermediate by Jeffrey 7:00PM-9:00PM Mindful Compassion Course by Christina Liew	22 10:00AM-12:40PM Watercolour Painting Course Beginner by Sher Ley	23 2:00PM-4:00PM Coloured Pencil Drawing Course by Paul Lee 7:00PM-9:00PM Mindfulness Foundation Course by Angie Chew	24 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Watercolour Painting Course (Beginner) by Geri Koh 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	25 10:00AM-12:00PM Mindfulness Circle 2:00PM-5:00PM PEASE CAFE
26	27 10:00AM-12:30PM Pen Ink Drawing Course by Andrew Tan 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee	28 10:00AM-12:40PM Pet Portrait Pencil Sketching Intermediate by Jeffrey 7:00PM-9:00PM Mindful Compassion Course by Christina Liew	29 10:00AM-12:40PM Watercolour Painting Course Beginner by Sher Ley	30 10:00AM-12:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Coloured Pencil Drawing Course by Paul Lee 7:00PM-9:00PM Mindfulness Foundation Course by Angie Chew	31 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 2:00PM-4:00PM Watercolour Painting Course (Beginner) by Geri Koh 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May Chng	

JUL2026@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	
			1 9:15AM-10:15AM Low Impact Exercise - 低强度运动 10:30AM-11:30AM HPB Chair Zumba - 椅子尊巴 2:00PM-4:00PM Craft & Kopi - 手工与交流会 2:00PM-4:40PM Chinese Brush Painting by Sher Ley	2 9:15AM-10:15AM Happy Drumming - 快乐击鼓 10:30AM-11:30AM Piloxing Lite Fitness - 轻量皮拉搏击健身 2:00PM-4:30PM Pen Ink Drawing by Tia	3 10:00AM-11:00AM Brain and Body Exercises - 健脑益体运动 11:15AM-12:15PM Happy Dance - 快乐舞蹈 2:00PM-4:00PM Meeting Centre - 聚乐中心 2:00PM-5:00PM Recreation Group A - 康乐活动A组 2:00PM-5:00PM Karaoke Group A 卡拉OK A组	4 2:00PM-4:30PM Karaoke Group A 卡拉OK A组	
5	6 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 Meeting Centre - 聚乐中心 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	7 9:15AM-10:15AM Physical Toning Exercise - 身体塑形运动 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Yogasana Yoga- 瑜伽体式 10:30AM-11:30AM Masala Bhangra Dance - 马萨拉邦格拉舞 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-5:00PM Recreation Group B - 康乐活动B组	8 9:15AM-10:15AM Low Impact Exercise - 低强度运动 10:30AM-11:30AM HPB Chair Zumba - 椅子尊巴 2:00PM-4:00PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen	9 9:15AM-10:15AM Happy Drumming - 快乐击鼓 10:30AM-11:30AM Piloxing Lite Fitness - 轻量皮拉搏击健身 2:00PM-4:00PM Craft & Kopi - 手工与交流会 2:00PM-4:30PM Pen Ink Drawing by Tia	10 10:00AM-11:00AM Brain and Body Exercises - 健脑益体运动 11:15AM-12:15PM Happy Dance - 快乐舞蹈 2:00PM-4:00PM Meeting Centre - 聚乐中心 2:00PM-5:00PM Recreation Group B - 康乐活动B组 2:00PM-5:00PM Karaoke Group B 卡拉OK B组	11 10:00AM-3:00PM Art of Planting by Margaret Huang 2:00PM-4:30PM Karaoke Group B 卡拉OK B组	
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Building
Resilient
And
Happy
Minds

BRAHM CENTRE LABRADOR

2 Telok Blangah St 31,
Yeo's Bldg (Level 2) S108942



ART • MINDFULNESS • HEALTH SEMINARS • EXCURSIONS

Join us for activities designed to support learning, wellness, creativity and meaningful connections.



FREE SATURDAY SEMINARS

Free

11 July (Saturday)
2:30pm-4pm

Overcoming Our Fears Towards AI



A/Prof Angie Chew

Chief Executive Officer
& Mindfulness Principal

25 July (Saturday)
2:30pm-4pm

Healthier Life for Longevity Part II



Dr Koh Li Wearn

Senior Consultant, TTSH



MINDFULNESS PROGRAMS

Stress Relief Session

Free

A free one-hour session with mindfulness and gentle stretching to release stress and restore calm.



16 Jul (Thu)



7pm-8pm

Mindfulness Based Stress Reduction by
Ya Wen

Reduce stress, improve symptoms of anxiety and chronic pain through present-moment awareness and gentle movement.



From 22 Jul (Wed)



7pm-9:30pm

Mindfulness Foundation Course by
Thomas Irawan

Develop awareness and learn tools to manage life's challenges with greater ease.



From 4 Aug (Tue)



10am-12pm

Therapeutic Nature Walk @ Labrador by May Chng

Step into nature and restore your mind and body with mindful walking and gentle stretches.



15 Aug (Sat)



8am-9.45am

Mindfulness for Better Sleep Course by May Chng

Practical mindfulness and wind-down routines to calm the mind and support better sleep.



From 20 Aug (Thu)



10am-11.30am

Mindfulness Based Cognitive Therapy (MBCT)
by May Chng

Learn to identify and challenge negative thought patterns while cultivating mindfulness and self-compassion.



From 27 Aug (Thu)



7pm-9.30pm



ART COURSES

Nagomi Pastel Art Course (Black & White)
by Audrey Ng
15 Jul (Wed) 10am-12pm

Graphite Painting Course by Janice
27 Jul (Mon) 2pm-4:30pm

Watercolour Painting Course by Lee Nee
28 Jul (Tue) 2:30pm-5:10pm

Pen Ink Drawing Course x Bali by Kuan
28 Jul (Tue) 6:45pm-9:15pm



NATIONAL
Silver
ACADEMY

learning continues @ 50+

MySKILLSfuture

SCAN TO JOIN
OUR MAILING LIST



SCAN TO
REGISTER

Contact
Us

Call: 6876 0266
Email: info@brahmcentre.com
Website: www.brahmcentre.com
Registered Charity UEN No. 200200167M



Aljunied and MacPherson Centres Activity Schedule

Weekly regular activities + monthly special activities

Brahm Centre @ Aljunied
Blk 108 Aljunied Crescent #01-36 S380108 ☎ 6876 0262

Monday 星期一	早上 9:30 - 10:30 am	HAPPY Program Exercise 快乐运动
	早上 10:45 - 11:45 am	Mindful Chair Exercise @ Aljunied 108 正念椅子运动
	下午 12:00 - 1:00 pm	Plant based lunch @ Kampung Senang 轻安村植物午餐
	-	Course Coming Soon
Tuesday 星期二	下午 5:00 - 6:30 pm	The Mixing Bowl (For Youths) on 7 th & 21 st
	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon
Wednesday 星期三	早上 9:00 - 10:00 am	Body Conditioning 保健体能运动
	下午 2:00 - 3:00 pm	Chair Zumba 椅子尊巴
	下午 4:00 - 6:00 pm	Study Space x ChillOut (For Youths) - 青年学习休闲区
	-	Course Coming Soon
Thursday 星期四	下午 4:00 - 6:00 pm	Study Space x ChillOut (For Youths) - 青年学习休闲区
	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon
Friday 星期五	早上 9:45 - 10:45 am	Fun and Fit Dance 趣味健身舞
	下午 4:00 - 5:00 pm	Mindful Fitness Exercise @ Aljunied 108 - 正念健身活动 (户外走廊)
	-	Course Coming Soon
	-	Course Coming Soon
Saturday 星期六	早上 9:30 - 11:30 am	Golden Hour 与青春共度黄金时光
	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon

Brahm Centre @ MacPherson
Blk 55 Pipit Road #01-01 S370055 ☎ 6741 1131



Monday 星期一	早上 10:00 - 11:00 am	HPB Qi Gong @ BLK 60A Pavilion 气功 @ 大牌60A号亭
	早上 10:45 - 11:45 am	Chair Zumba Class (Chinese) 椅坐功能活动
	-	Course Coming Soon
	-	Course Coming Soon
Tuesday 星期二	早上 9:30 - 10:30 am	Mindful Exercise 乐龄健康养生活动
	早上 11:00 - 12:30 pm	KTV & Potluck 卡拉OK欢乐聚会
	-	Course Coming Soon
	-	Course Coming Soon
Wednesday 星期三	早上 9:30 - 10:30 am	Mindful Exercise 乐龄健康养生活动
	早上 10:00 - 11:00 am	HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭
	-	Course Coming Soon
	下午 1:00 - 3:00 pm	Fun & Games 乐趣和游戏活动
Thursday 星期四	早上 9:30 - 10:30 am	Mindful Exercise 乐龄健康养生活动
	早上 11:00 - 12:00pm	The Dance Collective 舞蹈集选班
	下午 2:00 - 3:00 pm	Mindful Exercise 乐龄健康养生活动
	-	Course Coming Soon
Friday 星期五	早上 9:15 - 10:15 am	Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂
	早上 10:30 - 11:30 am	Chair Zumba @ MPCC, Level 2 Theatre 椅子尊巴@麦波申社俱乐部, 二楼礼堂
	-	Course Coming Soon
	-	Course Coming Soon
Saturday 星期六	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon

This month's special activities

FOR SENIORS		FOR YOUTHS	
Food Demonstration: 7 Jul 2026 Tue 1pm - Xiao Long Bao/Siew Mai 14 Jul 2026 Tue 1pm - Korean Japchae	Singapore Garden Festival Outing 10 Jul 2026 Fri 1pm	Girls Day Out 14 & 28 Jul Tues 4.30pm Food Tasting 8 Jul 2026 Wed 5pm Sauce Lab 29 Jul 2026 Wed 5pm	
Craft Jamming 28 Jul 2026 Tue 2pm - DIY Tassels	Beverage Container Return Scheme (BCRS) Talk by GreenNudge 16 Jul 2026 Thur 10am		

This month's special activities

Racial Harmony Appreciation Day 种族和谐日 21 Jul 2026 Tue 2pm
BCMP Free Haircut Session for Seniors 免费理发服务 24 Jul 2026 10am

Simei Centres Weekly Activity Schedule 每周活动安排



BRAHM CENTRE 107 百仁中心 大牌107
 Bk 107 Simei Street 1 #01-838 S520107 TEL: 6612 8396

BRAHM CENTRE 148 百仁中心 大牌148
 Bk 148 Simei Street 1 #01-121 S520148 TEL: 6612 6125

BRAHM CENTRE 227 百仁中心 大牌227
 Bk 227 Simei Street 4 #01-50 S520227 TEL: 6786 0800

Monday 星期一		早上 9.30am	Low Impact Ex 低冲击运力操 Blk 106
	★	下午 2pm	Mahjong & Rummikub 麻将 & 拉密数字牌
		下午 3pm	Rhythmic Resistance 低冲击运力操 Blk 106
Tuesday 星期二		早上 8am	Zumba Toning 尊巴塑形 Blk 106
		下午 2pm	Chair Exercise 椅子运动 Blk 107
	-	-	Course Coming Soon
Wednesday 星期三		早上 9.15am	Piloxing for Seniors Blk 106
	★	下午 2pm	Mahjong & Rummikub 麻将 & 拉密数字牌
	-	-	Course Coming Soon
Thursday 星期四		早上 8am	Low Impact Dance 低冲击运力操 Blk 106
	-	-	Course Coming Soon
		下午 2pm	Happy Active Ex 开心动一动 Blk 106
Friday 星期五	-	-	Course Coming Soon
		下午 2pm	Masala Bangra 玛萨拉邦格拉舞 Blk 106
		下午 3pm	Chair Yoga 椅子瑜伽 Blk 107
Saturday 星期六	★	早上 11am	Saturday Social (Games & Makan)
	-	-	Course Coming Soon
	-	-	Course Coming Soon

Monday 星期一		早上 9.30am	Pilates 普拉提 (\$5)
	★	早上 11.30am	Line Dance Beginner 初级排舞 (\$5)
		下午 2.30pm	Sit, Stretch and Tone 坐姿伸展 (\$5)
		晚上 6.30pm	HPB Yoga HPB 瑜伽
Tuesday 星期二		早上 9.15am	Pilates 普拉提 (\$5)
	★	早上 10.15am	Social Dance 社交舞 (\$5)
		下午 1pm	HPB Chair Exercise HPB 椅子运动
		早上 9.15am	Chair Exercise 椅子运动 (\$5)
Wednesday 星期三		早上 10.30am	Happy Active (Ball Ex) 开心动一动 (\$5)
		早上 11.45am	Mindfulness: An Hour To Be 早上: 一小时静心
	★	下午 2pm	Bingo 数字宾果
		早上 10.30am	Chair Exercise 椅子运动 (\$5)
Thursday 星期四	-	-	Course Coming Soon
	★	下午 2pm	Mahjong & Rummikub 麻将 & 拉密数字牌
		下午 3pm	Chair Exercise 椅子运动 (\$5)
	★	早上 9.15am	Social Dance 社交舞 (\$5)
Friday 星期五	-	-	Course Coming Soon
	-	-	Course Coming Soon
		下午 4pm	HPB Cardio Dance HPB 健身运动
	-	-	Course Coming Soon
Saturday 星期六	-	-	Course Coming Soon
	-	-	Course Coming Soon
	-	-	Course Coming Soon

Monday 星期一		早上 8am	Low Impact Cardio 低冲击运力操 Netball Court
		早上 9.15am	HPB Zumba Gold HPB 尊巴金 Blk 229A
		早上 9.30am	Yoga Lvl 1 瑜伽一级 (\$5)
	★	下午 2pm	Bingo 数字宾果
Tuesday 星期二	-	-	Course Coming Soon
	-	-	Course Coming Soon
		下午 1pm	HPB Chair Exercise HPB 椅子运动 Blk 228
	★	下午 2pm	Mahjong & Rummikub 麻将 & 拉密数字牌
Wednesday 星期三		早上 8am	Masala Bangra 玛萨拉邦格拉舞 Netball Court
		早上 9.15am	Yoga Lvl 2 瑜伽二级 (\$5)
		早上 10.30am	Yoga Lvl 1 瑜伽一级 (\$5)
		早上 9.15am	Dancercise 舞动运动 Blk 229A
Thursday 星期四	★	早上 10.30am	Line Dance for Higher Beginner 初高级排舞 (\$5)
		下午 1.30pm	Chair Exercise Blk 228
	★	下午 2pm	Mahjong & Rummikub 麻将 & 拉密数字牌
		早上 9.15am	Stand and Tap 拍打 Blk 229A
Friday 星期五		下午 1pm	English Tuition 英文课
		下午 1.30pm	Sit, Stretch and Tone 坐姿伸展 Blk 228
	★	下午 3pm	Sing-Along 一起唱
	★	早上 11am	Saturday Social (Games & Makan)
Saturday 星期六	★	下午 1pm	Sing-Along 一起唱
	-	-	Course Coming Soon
	-	-	Course Coming Soon

Exercise 运动
 Mindfulness 正念
 Learning 学习
 Recreational 娱乐