

MAY 2026 @ 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 |
|--|--|--|--|---|--|--|
| 31 Closed for Vesak Day 10:00AM-3:30PM OMEGA@AJ: OMEGA Picnic at Botanic Gardens | | | | | 1 Closed for Labour Day | 2 1:00PM-2:00PM Scam Talk Workshop by RI 2:00PM-4:00PM Game Development in Unity: Fundamentals of C# (Youth) |
| 3 10:00AM-12:00PM OMEGA@AJ: Basic Conversational English - Hannie 1:00PM-3:30PM OMEGA@AJ: Basic Conversational Chinese - Hannie | 4 9:30AM-10:30AM HAPPY Program Exercise 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐 2:00PM-4:00PM Mosaic Art Course by Angie Ong 4:00PM-6:00PM Chillout AJ20260504COT (youth) | 5 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM Mosaic Art Course by Angie Ong 3:00PM-5:00PM Campfire Jamming AJ20260505CJM | 6 9:00AM-10:00AM Body Conditioning - 保健体能运动 10:30AM-11:30AM SE CDC Wellness Initiative 1 - AJ20260506WOW1 1:00PM-4:00PM BIXEP Assessment 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 5:00PM-7:00PM King of the Table (Youth) | 7 10:00AM-1:00PM Healthier Me - 健康自我 3:00PM-5:00PM GMS VIA (1/2) 3:15PM-5:00PM Nexus Intl Ceramics workshop 4:00PM-6:00PM Sports and Wellness - Soccer (Youth) | 8 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊) | 9 4:00PM-6:00PM Sprint & Solve : Botanic Gardens Race (Youth) |
| 10 10:00AM-12:00PM OMEGA@AJ: Resume Writing - Thaw 1:00PM-3:30PM OMEGA@AJ: Basic Conversational English - Hannie | 11 9:30AM-10:30AM HAPPY Program Exercise 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐 2:00PM-4:00PM Mosaic Art Course by Angie Ong 4:00PM-6:00PM Chillout AJ20260504COT (youth) 5:00PM-7:00PM The Mixing Bowl AJ20260511TMB | 12 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM Craft @ AJ - 手作坊 2:00PM-4:00PM Mosaic Art Course by Angie Ong | 13 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 5:00PM-7:00PM King of the Table (Youth) | 14 10:00AM-1:00PM Healthier Me - 健康自我 3:00PM-4:30PM Feel Good Calligraphy For Seniors 3:15PM-5:00PM Nexus Intl Ceramics workshop | 15 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊) | 16 12:30AM-3:00PM SAAP Collaboration 1:00PM-5:00PM Day Out To The Zoo (Youth) |
| 17 10:00AM-12:00PM OMEGA@AJ: Basic Conversational English - Phyu 1:00PM-3:30PM OMEGA@AJ: English Songs & Dialogue - Phyu | 18 9:30AM-10:30AM HAPPY Program Exercise 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐 | 19 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 | 20 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 2:30PM-5:30PM Clash of Chefs Brahm (Youth) 3:30PM-4:30PM SE CDC Mindfulness Initiative 1 - AJ20260520MM1 | 21 10:00AM-1:00PM Healthier Me - 健康自我 3:00PM-4:30PM 静心好眠工作坊 Mindfulness for Better Sleep by Hsueh Ya Wen 3:15PM-4:45PM GMS(P) VIA Project 3:15PM-5:00PM Nexus Intl Ceramics workshop 4:00PM-6:00PM Sports and Wellness - Soccer (Youth) | 22 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊) | 23 10:00AM-2:00PM AJ Official Opening |
| 24 10:00AM-12:00PM OMEGA@AJ: Learning Basic AI Together - Thaw 1:00PM-3:30PM OMEGA@AJ: Cooking Demo - Hannie 1:00PM-3:30PM OMEGA@AJ: Cooking Demo - Hannie | 25 9:30AM-10:30AM HAPPY Program Exercise 快乐运动 10:45AM-11:45AM Mindful Chair Exercise at Aljunied 108 - 正念椅子运动 12:00PM-1:00PM Plant based lunch at Kampung Senang 轻安村植物午餐 2:00PM-4:00PM Westspring Sec VIA - AJ20250525WSSVIA 5:00PM-7:00PM The Mixing Bowl AJ20260511TMB | 26 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM TKGS VIA | 27 Closed for Hari Raya Haji | 28 10:00AM-1:00PM Healthier Me - 健康自我 3:00PM-5:00PM GMSS VIA 2 | 29 9:45AM-11:00AM Fun and Fit dance - 趣味健身舞 3:30PM-5:30PM Folded Spaces (Youth) 4:00PM-5:00PM Mindful Fitness Exercise at Aljunied 108 正念健身活动 (户外走廊) | 30 |

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

MAY 2026 @ 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 |
|---|---|---|--|--|--|--|
| <p>31 Closed for Vesak Day</p> <p>10:00AM-12:00PM OMEGA@LB: OMEGA Picnic at Botanic Gardens</p> | | | | | <p>1 Closed for Labour Day</p> | <p>2</p> |
| <p>3 10:00AM-12:00PM OMEGA@LB: Baking Demo - Monica</p> <p>1:00PM-3:30PM OMEGA@LB: Dried Flower Card Making - Mok Kim</p> | <p>4</p> | <p>5 10:00AM-12:30PM Pen Ink x Sequential Art by Andrew</p> | <p>6 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan</p> | <p>7 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Paul Lee</p> <p>7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana</p> | <p>8</p> | <p>9 2:30PM-4:00PM A Healthier Life and Longevity by Dr Koh Li Wearn</p> |
| <p>10 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by Irene Tirtajana</p> <p>10:00AM-3:30PM OMEGA@LB: Heritage Walk Through Chinatown</p> | <p>11 2:00PM-5:00PM Art Jam x Tang Yuan in Watercolour by Janice Chin</p> | <p>12 10:00AM-12:30PM Pen Ink x Sequential Art by Andrew</p> | <p>13 2:00PM-4:00PM Coloured Pencil Drawing Course by Kuan</p> | <p>14 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Paul Lee</p> <p>7:00PM-9:30PM Mindfulness Based Cognitive Therapy by Irene Tirtajana</p> | <p>15 10:00AM-12:30PM Zentangle Inspired Art booklet</p> | <p>16</p> |
| <p>17 10:00AM-12:00PM OMEGA@LB: Learning Mobile Apps - Cho</p> <p>1:00PM-3:30PM OMEGA@LB: Email Writing - Thaw</p> | <p>18 2:00PM-5:00PM Art Jam x Tang Yuan in Watercolour by Janice Chin</p> | <p>19 10:00AM-12:30PM Pen Ink x Sequential Art by Andrew</p> | <p>20</p> | <p>21 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Paul Lee</p> | <p>22 10:00AM-12:30PM Zentangle Inspired Art booklet</p> | <p>23</p> |
| <p>24 10:00AM-12:00PM OMEGA@LB: Basic Conversational English - PLN</p> <p>1:00PM-3:30PM OMEGA@LB: Fun English: Songs & Movie Learning - PLN</p> | <p>25 2:00PM-4:40PM Acrylic Painting Course by Tan Ching Ching</p> | <p>26 10:00AM-12:30PM Pen Ink x Sequential Art by Andrew</p> <p>7:00PM-8:00PM Stress Relief Session</p> | <p>27 Closed for Hari Raya Haji</p> | <p>28 2:00PM-4:40PM Watercolour Painting Course (Beginner) by Paul Lee</p> | <p>29 10:00AM-12:30PM Zentangle Inspired Art booklet</p> | <p>30</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

MAY 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 |
|-----------------------------------|---|---|--|--|--|-------------|
| 31 Closed for Vesak Day | | | | | 1 | 2 |
| 3 | 4 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 | 5 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 | 6 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 | 7 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 | 8 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:00AM-12:00PM Hair Atorie x BCMP Free Haircut Session for Seniors 乐龄免费理发服务 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 11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴 | 9 |
| 10 | 11 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 | 12 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 | 13 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭 1:00PM-3:00PM Fun & Games 乐趣和游戏活动 | 14 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise 乐龄健康养生活动 | 15 9:15AM-10:15AM Chair Zumba 椅子尊巴 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 11:00AM-12:00PM HPB Chair Zumba 健康促进局椅子尊巴 | 16 |
| 17 | 18 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 | 19 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 | 20 9:30AM-10:30AM Mindful Exercise @ Blk 55 Void Deck 乐龄健康养生活动 @ 大牌55组屋底层 10:00AM-11:00AM HPB Line Dance @ Blk 60A Pavilion 健康促进局排舞课@大牌60A号亭 | 21 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise @ Blk 55 Void Deck 乐龄健康养生活动 @ 大牌55组屋底层 | 22 9:15AM-10:15AM Chair Zumba @ Blk 55 Void Deck 椅子尊巴 @ 大牌55组屋底层 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 11:00AM-12:00PM HPB Chair Zumba @ Blk 55 Void Deck 健康促进局椅子尊巴 @ 大牌55组屋底层 | 23 |
| 24 | 25 10:00AM-11:00AM HPB Qigong @ Blk 60A 气功@大牌60A号亭 10:45AM-11:45AM Functional Chair Exercise Class (Chinese) 椅坐功能活动 | 26 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 | 27 Closed for Hari Raya Haji | 28 9:30AM-10:30AM Mindful Exercise 乐龄健康养生活动 11:00AM-12:00PM The Dance Collective 舞蹈集选班 2:00PM-3:00PM Mindful Exercise @ Blk 55 Void Deck 乐龄健康养生活动 @ 大牌55组屋底层 | 29 9:15AM-10:15AM Chair Zumba @ Blk 55 Void Deck 椅子尊巴 @ 大牌55组屋底层 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 11:00AM-12:00PM HPB Chair Zumba @ Blk 55 Void Deck 健康促进局椅子尊巴 @ 大牌55组屋底层 | 30 |

MAY 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 |
|---|--|---|---|---|--|--|
| 31 Closed for Vesak Day | | | | | 1 Closed for Labour Day | 2 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas |
| 3 9:00AM-4:00PM One Day Silent Retreat (Chinese) 9:00AM-5:00PM 正念认知疗法(又名生活的正念)CMBCT by Ya Wen - | 4 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee | 5 10:00AM-12:40PM Watercolour Painting Course by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie | 6 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 7:00PM-9:30PM 正念认知疗法(又名生活的正念)CMBCT by Ya Wen - | 7 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:00PM Mindful Compassion Course by Angie Chew 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May | 8 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan | 9 10:00AM-12:00PM Mindfulness Circle @Newton - May 9 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas |
| 10 | 11 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee | 12 10:00AM-12:40PM Watercolour Painting Course by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie | 13 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 12:00PM-1:00PM Stress Relief Session | 14 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:00PM Mindful Compassion Course by Angie Chew 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May | 15 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng | 16 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle @ Newton - May 16 |
| 17 | 18 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina | 19 10:00AM-12:40PM Watercolour Painting Course by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie | 20 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 7:00PM-9:30PM 正念认知疗法(又名生活的正念)CMBCT by Ya Wen - | 21 10:00AM-12:40PM Chinese Brush Painting Course by Manlin 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:00PM Mindful Compassion Course by Angie Chew 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May | 22 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng | 23 10:00AM-12:00PM Mindfulness Circle @Newton - May 23 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas |
| 24 | 25 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina | 26 10:00AM-12:40PM Watercolour Painting Course by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie | 27 Closed for Hari Raya Haji | 28 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:00PM Mindful Compassion Course by Angie Chew 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May | 29 2:00PM-4:00PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:00PM Mindfulness Foundation Course by May Chng | 30 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by May & Thomas |

MAY 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>31 Closed for Vesak Day</p> <p>10:00AM-3:30PM OMEGA@SM: OMEGA Picnic at Botanic Gardens</p> | | | | | <p>1 Closed for Labour Day</p> | <p>2 10:00AM-12:30PM Mindfulness Based Stress Reduction by Christina Liew</p> |
| <p>3 10:00AM-12:00PM OMEGA@SM: Group Workout Games - Gupta 1:00PM-2:30PM OMEGA@SM: Mindfulness - Poe Poe 2:30PM-3:30PM OMEGA@SM: Mindful Yoga - Neeti</p> | <p>4 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga</p> | <p>5 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise</p> | <p>6 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 11:45AM-12:45PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo</p> | <p>7 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)</p> | <p>8 9:15AM-10:15AM Social Dance By Edwin 1:00PM-5:00PM Art of Planting by Margaret Huang 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance</p> | <p>9 8:30AM-1:30PM Soup Buddies</p> |
| <p>10 10:00AM-12:00PM OMEGA@SM: Learning Mobile Apps - Cho 1:00PM-3:30PM OMEGA@SM: Sewing Workshop - Patsy</p> | <p>11 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga</p> | <p>12 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise</p> | <p>13 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 11:45AM-12:45PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo</p> | <p>14 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)</p> | <p>15 9:15AM-10:15AM Social Dance By Edwin 1:00PM-5:00PM Art of Planting by Margaret Huang 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance</p> | <p>16</p> |
| <p>17 10:00AM-12:00PM OMEGA@SM: Basic Conversational English - Swati 1:00PM-2:30PM OMEGA@SM: Dementia Awareness - Poe Poe 2:30PM-3:30PM OMEGA@SM: Mindful Yoga - Neeti</p> | <p>18 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga</p> | <p>19 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise</p> | <p>20 9:15AM-10:15AM Chair Exercise By Bernice 10:30AM-11:30AM Happy Active (Ball Exercise) 11:45AM-12:45PM Mindfulness - An Hour To Be 2:00PM-4:00PM Bingo</p> | <p>21 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)</p> | <p>22 9:15AM-10:15AM Social Dance By Edwin 1:00PM-5:00PM Art of Planting by Margaret Huang 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance</p> | <p>23 8:30AM-1:30PM Soup Buddies</p> |
| <p>24 10:00AM-12:00PM OMEGA@SM: Basic Conversational English - Khari 1:00PM-3:30PM OMEGA@SM: Sewing Workshop - Patsy</p> | <p>25 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 11:00AM-12:30PM Digital Club-Communicate Online: Instant Messaging 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga</p> | <p>26 9:15AM-10:15AM Pilates 10:16AM-11:15AM Social Dance By Dennis 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:30PM Pen Ink Drawing Course by Kuan</p> | <p>27 Closed for Hari Raya Haji</p> | <p>28 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)</p> | <p>29 9:15AM-10:15AM Social Dance By Edwin 1:00PM-5:00PM Art of Planting by Margaret Huang 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance</p> | <p>30</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

MAY 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 |
|-----------------------------------|---|--|---|--|--|---|
| 31 Closed for Vesak Day | | | | | 1 Closed for Labour Day | 2 12:00PM-1:00PM Saturday Social |
| 3 | 4 8:00AM-9:00AM Low Impact Exercise by Christine Chok 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo | 5 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong | 6 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre | 7 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene | 8 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong | 9 12:00PM-1:00PM Saturday Social |
| 10 | 11 8:00AM-9:00AM Low Impact Exercise by Christine Chok 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo | 12 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong | 13 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre | 14 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene | 15 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong | 16 12:00PM-1:00PM Saturday Social 5:00PM-9:00PM VIASTA: Where Every Movement is a Story! 5:00PM-10:30PM The Sheng Siong Show Excursion |
| 17 | 18 8:00AM-9:00AM Low Impact Exercise by Christine Chok 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo | 19 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong | 20 8:00AM-9:00AM Masala Bangra 9:15AM-10:15AM Yoga Level 2 By Chew Ling 9:30AM-1:00PM Community Health Post 10:30AM-11:30AM Yoga Level 1 By Chew Ling 2:00PM-4:00PM Meeting Centre | 21 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene | 22 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong | 23 12:00PM-1:00PM Saturday Social |
| 24 | 25 8:00AM-9:00AM Low Impact Exercise by Christine Chok 9:15AM-10:15AM HPB Zumba Gold 9:30AM-10:30AM Yoga Level 1 by Pheck Choo 2:00PM-4:00PM Bingo | 26 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong | 27 Closed for Hari Raya Haji | 28 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 1:30PM-3:00PM English Tuition 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene | 29 9:15AM-10:15AM Stand & Tap 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong | 30 12:00PM-1:00PM Saturday Social |

MAY 2026 @ 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 |
|---|---|---|---|---|--|---|
| 31 Closed for Vesak Day | | | | | 1 Closed for Labour Day | 2 2:00PM-4:30PM Karaoke - Week 1 & Week 3 |
| 3 | 4 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Mosaic Art Course by Vanessa Mok 2:00PM-4:00PM Meeting Centre | 5 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:00PM Acrylic Painting Course by Steve Liu 2:00PM-5:00PM Recreation Activities | 6 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) | 7 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia | 8 10:00AM-11:00AM Brain and Body Exercises by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Karaoke - Week 1 & Week 3 2:00PM-5:00PM Recreation Activities | 9 10:00AM-12:00PM Mindfulness Foundation Course by Ng Yeow Ling 2:00PM-4:30PM Karaoke - Week 2 & Week 4 |
| 10 | 11 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Mosaic Art Course by Vanessa Mok 2:00PM-4:00PM Meeting Centre | 12 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Community Nurse Post (Wisdom) 2:00PM-4:00PM Community Nurse Post (Contentment) 2:00PM-5:00PM Recreation Activities | 13 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba | 14 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia 2:00PM-4:00PM Craft Workshop (Thurs) | 15 10:00AM-11:00AM Brain and Body Exercises by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-4:00PM Pet Therapy 2:00PM-5:00PM Recreation Activities 2:00PM-5:00PM Karaoke - Week 2 & Week 4 | 16 10:00AM-12:00PM Mindfulness Foundation Course by Ng Yeow Ling 2:00PM-4:30PM Karaoke - Week 1 & Week 3 5:00PM-10:30PM Sheng Shiong Show |
| 17 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by May & Thomas 9:00AM-5:00PM One Day Silent Retreat (English) | 18 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Mosaic Art Course by Vanessa Mok 2:00PM-4:00PM Meeting Centre | 19 9:00AM-4:00PM LB Mamogram Outreach Event (Car Park) 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-5:00PM Recreation Activities | 20 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Round The World With Friends | 21 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia | 22 8:45AM-9:45AM Good Morning Ya Wen 10:00AM-11:00AM Brain and Body Exercises by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Karaoke - Week 1 & Week 3 2:00PM-5:00PM Recreation Activities | 23 10:00AM-12:00PM Mindfulness Foundation Course by Ng Yeow Ling 2:00PM-4:30PM Karaoke - Week 2 & Week 4 |
| 24 | 25 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Meeting Centre | 26 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:00PM Acrylic Painting Course by Steve Liu 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-5:00PM Recreation Activities | 27 Closed for Hari Raya Haji | 28 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia 2:00PM-4:00PM Craft Workshop (Thurs) | 29 8:45AM-9:45AM Good Morning Ya Wen 10:00AM-11:00AM Brain and Body Exercises by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-5:00PM Recreation Activities 2:00PM-5:00PM Karaoke - Week 2 & Week 4 | 30 10:00AM-12:00PM Mindfulness Foundation Course by Ng Yeow Ling 2:00PM-4:30PM Karaoke - Week 1 & Week 3 |