OCT2026@ALJUNIED

Brahm Centre @ Aljunied Blk 108 Aljunied Crescent #01-36, Singapore 380108 Tel: +65 68760262

Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
				1 10:00AM-1:00PM Healthier Me - 健康自我	2 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)	3 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
4 10:30AM-12:00PM OMEGA@AJ: Mindful Yoga - Hui Min 12:30PM-1:30PM OMEGA@AJ:Dance Dance Revolution - William 1:31PM-3:31PM OMEGA@AJ: Basic Conversational Mandarin - Hannie	5 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	6 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-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	7 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 4:30PM-5:30PM SE CDC Wellness Initiative 1 - AJ20261007WOW6	8 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM Food Demo - Shepherd Pie - 美食示范 - 英式牧羊人派	9 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)	10 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
11	12 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-5:00PM Exam Stress Management Program (For Upper Primary School Children)	13 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	14 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴	15 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM Food Demo - Chicken Rendang -美食示范-仁当鸡	16 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) 4:30PM-5:45PM Project Gembira 快乐时辰	17 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
18 10:00AM-12:00PM OMEGA@AJ: English Song & Dialog - Phyu 1:00PM-3:30PM OMEGA@AJ: Basic Conversational English - Phyu	19 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 Craft Jamming - Hanging Kokedama - 手工工作坊 - 悬挂式苔玉	20 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-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	21 9:00AM-10:00AM Body Conditioning - 保健体能运动 1:00PM-6:00PM RC4 Youth Engagement with Seniors - National Gallery 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴 3:30PM-5:30PM SE CDC Mindfulness Initiative 2 - AJ20261021MM6	22 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM ACP/LPA Workshop by Feiyue (English) - 预先护理计划与有限授权书工作坊	23 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)	24 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光
25 10:00AM-12:00PM OMEGA@AJ: Vital Sign Assesment and Monitoring - Mya 1:00PM-3:30PM OMEGA@AJ:Protect Yourself from Scams - Aidha	26 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	27 10:00AM-12:00PM The Meeting Room Program Aljunied 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:30PM 正念认知疗法(又名生活的正念) by Ya Wen	28 9:00AM-10:00AM Body Conditioning - 保健体能运动 2:00PM-3:00PM Chair Zumba Exercise Wednesday - 椅子尊巴	29 10:00AM-1:00PM Healthier Me - 健康自我 2:00PM-4:00PM ACP/LPA Workshop by Feiyue (Chineses) - 预先护理计划与有限授权书工作坊 — 中文举办	30 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) 4:30PM-5:45PM Project Gembira 快乐时辰	31 9:30AM-11:30AM Golden Hours - 与青春共度黄金时光 2:00PM-3:00PM Fun and Games with TOUCH Youths - 趣味游戏 · TOUCH青年同行

* 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

OCT2026@MACPHERSON

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

Building Resilient And Happy Minds

active ageing CENTRE
SUPPORTED BY MOH AND AIC

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
				1 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 3:30PM-5:00PM Everyday English for Seniors - MP20260924EES	2 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 1:30PM-5:30PM Smartphone Photography Workshop 智能手机摄影工作坊	3 10:00AM-12:00PM Chinese Calligraphy Course by Manlin
4	5 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴	6 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	7 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	8 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 3:30PM-5:00PM Everyday English for Seniors - MP20260924EES	9 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂	10 10:00AM-12:00PM Dementia Awareness Talk by Dr. Joshua Lee - MP20261010DATMPCC 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok
11	12 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴 2:30PM-3:30PM SE CDC Wellness Initiative 2	13 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	14 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	15 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 3:30PM-5:00PM Everyday English for Seniors - MP20260924EES	16 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 2:30PM-3:30PM An Hour of Calm | 一个小时的平静	17 10:00AM-12:00PM Dementia Awareness Talk by A/Prof Angie Chew - MP20261017DATAC 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok
18	19 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴	20 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	21 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	22 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 3:30PM-5:00PM Everyday English for Seniors - MP20260924EES	23 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 2:30PM-3:30PM An Hour of Calm | 一个小时的平静	24 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok
25	26 10:00AM-11:00AM HPB Qigong @ Blk 60A Pavilion 气功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促进局椅子尊巴 3:30PM-5:00PM SE CDC Mindfulness Initiative 2	27 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	28 9:30AM-10:30AM Mindful Exercise Wed 乐龄健康养生活动 1:00PM-3:00PM Fun & Games 乐趣和游戏活动	29 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	30 9:15AM-10:15AM Chair Zumba 椅子尊巴 10:30AM-11:30AM Chair Zumba @ MPCC, Level 2 Theatrette 椅子尊巴@麦波申社俱乐部，二楼礼堂 12:15PM-1:15PM Simple Zentangle for Seniors 乐龄心境禅绕画班 2:30PM-3:30PM An Hour of Calm | 一个小时的平静	31 10:00AM-12:30PM Mindfulness Based Stress Reduction by Hsueh Ya Wen 2:00PM-4:40PM Nagomi Pastel Art Course by Vanessa Mok

This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

OCT2026@NEWTON

Brahm Centre @ Newton 47, Scotts Road L4 (#04-02A), L5 (#05-02), Goldbell Towers Singapore 228233

brahm centre — Building Resilient And Happy Minds

Sunday 周日	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Saturday 周六
				1 10:00AM-12:40PM Impasto Acrylic Painting Course (Int) by Laura Soon 2:00PM-4:40PM Pencil Sketching Course by Kuan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew -	2 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	3
4 9:00AM-5:00PM Mindfulness Based Stress Reduction by Angie Chew -	5 10:00AM-12:40PM Coloured Pencil Drawing Course by Xiang Ling 2:00PM-4:40PM Watercolour Painting Course by Janice	6 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok 7:00PM-9:00PM Mindfulness Foundation Course by Mee Thoo	7 10:00AM-12:30PM Mindfulness Based Cognitive Therapy by Tan Chew Ping 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	8 10:00AM-12:40PM Impasto Acrylic Painting Course (Int) by Laura Soon 2:00PM-4:40PM Pencil Sketching Course by Kuan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew -	9 7:00PM-9:00PM Mindfulness Foundation Course by Carmen Kee	10 10:00AM-12:00PM Mindfulness Circle @Newton - Oct 10
11	12 2:00PM-4:40PM Watercolour Painting Course by Janice 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew -	13 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok 7:00PM-9:00PM Mindfulness Foundation Course by Mee Thoo	14 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	15	16 7:00PM-9:00PM Mindfulness Foundation Course by Carmen Kee	17
18	19 10:00AM-12:40PM Coloured Pencil Drawing Course by Xiang Ling 2:00PM-4:40PM Watercolour Painting Course by Janice	20 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey 2:00PM-4:00PM Nagomi Pastel Art Course by Vanessa Mok	21 10:00AM-12:40PM Chinese Brush Painting by Manlin 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	22 10:00AM-12:40PM Impasto Acrylic Painting Course (Int) by Laura Soon 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	23 10:00AM-12:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina 7:00PM-9:00PM Mindfulness Foundation Course by Carmen Kee	24 10:00AM-12:00PM Mindfulness Circle @Newton - Oct 24
25	26 2:00PM-4:40PM Watercolour Painting Course by Janice	27 10:00AM-12:30PM Pen Ink Drawing Course by Jeffrey	28 2:00PM-4:40PM Coloured Pencil Drawing Course by Kuan	29 10:00AM-12:40PM Impasto Acrylic Painting Course (Int) by Laura Soon 2:00PM-4:40PM Chinese Calligraphy Course by Louis Tan 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie Chew	30 10:00AM-12:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng 2:00PM-4:30PM Pen Ink Drawing Course x Tangles by Gina 7:00PM-9:00PM Mindfulness Foundation Course by Carmen Kee	31

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OCT2026@TAMPINES

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

brahm centre — Building Resilient And Happy Minds

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 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-4:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng	2 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-5:00PM Recreation Group A - 康乐活动A组 2:00PM-5:00PM Karaoke Group A 卡拉OK A组	3 2:00PM-4:30PM Karaoke Group A 卡拉OK A组
4 9:00AM-5:00PM One Day Silent Retreat (English)	5 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	6 9:15AM-10:15AM Physical Toning Exercise 身体塑形运动 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 Interest Group 兴趣小组 2:00PM-4:40PM Watercolour Painting Course by Geri 2:00PM-5:00PM Recreation Group B - 康乐活动B组	7 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	8 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-4:40PM Nagomi Pastel Art Course (Black & White) by Audrey Ng	9 8:45AM-9:45AM Good Morning Ya Wen (Kindness to Self) 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-5:00PM Recreation Group B - 康乐活动B组 2:00PM-5:00PM Karaoke Group B 卡拉OK B组	10 2:00PM-4:30PM Karaoke Group B 卡拉OK B组
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This calendar is subject to adjustments. For the latest and calendars of other centres, download from www.brahmcentre.com

Simei Centres Weekly Activity Schedule 每周活动安排

Brahm Centre-PCF Sparkle Care Active Aging @ Simei 107
Blk 107 Simei Street 1
#01-838 S520107 TEL: 6612 8396

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 Yoga (Robust) | 椅子瑜伽 (强壮)
	-	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
	下午 2pm	Happy Active Ex | 开心动一动 | Blk 106
	下午 3.15pm	Chair Exercise | 椅子运动
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 (Frail) | 椅子瑜伽 (脆弱)
Saturday 星期六	早上 11am	Saturday Social (Games & Makan)
	-	Course Coming Soon
	-	Course Coming Soon

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

Monday 星期一	早上 9.30am	Pilates | 普拉提（$5）
	早上 11.30am	Line Dance Beginner｜初級排舞（$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
Wednesday 星期三	早上 9.15am	Chair Exercise | 椅子运动 ($5)
	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
Thursday 星期四	早上 10.30am	Chair Exercise | 椅子运动 ($5)
	-	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)
Friday 星期五	早上 9.15am	Social Dance | 社交舞 ($5)
	-	Course Coming Soon
	-	Course Coming Soon
	下午 4pm	HPB Cardio Dance | HPB 健身运动
Saturday 星期六	-	Course Coming Soon
	-	Course Coming Soon
	-	Course Coming Soon

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

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)
Thursday 星期四	早上 9.15am	Dancercise | 舞动运动 | Blk 229A
	早上 10.30am	Line Dance for Higher Beginner | 初高级排舞 ($5)
	下午 1pm	Chair Exercise | Blk 228
	下午 2pm	Mahjong & Rummikub | 麻将 & 拉密数字牌
Friday 星期五	早上 9.15am	Stand and Tap | 拍打 | Blk 229A
	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
Saturday 星期六	早上 11am	Saturday Social (Games & Makan)
	下午 1pm	Sing-Along | 一起唱
	-	Course Coming Soon

Exercise 运动 | Mindfulness 正念 | Learning 学习 | Recreational 娱乐

brahm centre — Building Resilient And Happy Minds

BRAHM CENTRE LABRADOR

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

OCT 2026

ART • MINDFULNESS • HEALTH SEMINARS • EXCURSIONS

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

FREE SATURDAY HEALTH SEMINARS

Free

31 Oct (Sat)
2:30pm-4.30pm

Boosting The Energy in Your Body & Mind

Dr Koh Li Wearn
Senior Consultant, TTSH

A/Prof Angie Chew
Chief Executive Officer & Mindfulness Principal

WELLNESS PROGRAMS

From 13 Oct (Tue)
9.30-10.30am

Brain & Body

A program specializing in dual task exercises to slow down onset dementia and reduce fall risk.

MINDFULNESS PROGRAMS

Mindfulness Foundation Course by Thomas Irawan

This 4-sessions course will teach you how secular mindfulness can reduce stress, improve your mental health and enhance your wellbeing.

17 Oct (Sat) — 10am-12pm

Therapeutic Nature Walk @ Labrador

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

17 Oct (Sat) — 8am-9.45am

One Day Retreat by May Chng

For graduates of the 8-week MBSR/MBCT programmes, this retreat offers a dedicated space to pause, step away from distractions, and reconnect with your practice.

3 Oct (Sat) — 9am–5pm

Stress Reduction and Cognitive Resilience Course by Angie Chew

An 8-week mindfulness program that builds upon key elements of Mindfulness-Based Stress Reduction and Mindfulness-Based Cognitive Therapy, offering the opportunity to deepen learnings, practice and application.

From 7 Oct (Wed) — 7pm-9pm

ART COURSES

Brush Pen Ink Drawing Course by Andrew Tan
2 Oct (Fri) 10am–12.30pm
Pen Ink Drawing x Couture by Janice
13 Oct (Tue) 2.30pm-5pm
Mosaic Art Course by Angie Ong
16 Nov (Mon) 1pm–5pm

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