

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

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

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

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
	1 Centre Closed	2 9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动	3 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	4 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	5 9:15AM-10:15AM Chair Zumba @ MPCC Level 2 Theatre 椅子尊巴 @麦波申社俱乐部, 二楼礼 堂 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	6
7	8 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促 进局椅子尊巴 2:00PM-3:00PM SE CDC Wellness Initiative 2 - MP20260608WOW2	9 9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动	10 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	11 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	12 9:15AM-10:15AM Chair Zumba @ MPCC Level 2 Theatre 椅子尊巴 @麦波申社俱乐部, 二楼礼 堂 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	13
14	15 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促 进局椅子尊巴	16 9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动	17 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	18 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	19 9:15AM-10:15AM Chair Zumba @ MPCC Level 2 Theatre 椅子尊巴 @麦波申社俱乐部, 二楼礼 堂 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	20
21	22 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促 进局椅子尊巴	23 9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动	24 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	25 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	26 9:15AM-10:15AM Chair Zumba @ MPCC Level 2 Theatre 椅子尊巴 @麦波申社俱乐部, 二楼礼 堂 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	27
28	29 10:00AM-11:00AM HPB Qigong @ Blk 60A 气 功@大牌60A号亭 10:45AM-11:45AM HPB Chair Zumba 健康促 进局椅子尊巴	30 9:30AM-10:30AM Mindful Exercise 乐龄健康 养生活动				

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

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 Centre Closed	2 10:00AM-12:40PM Watercolour Painting Course by Jeffrey Ang 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	3 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 12:00PM-1:00PM Stress Relief Session (June) 2:00PM-4:30PM Pen Ink Drawing by Tia 6:30PM-7:30PM Briefing on Mindful Journey To Bhutan 7:00PM-8:30PM Mindfulness for Better Sleep by Hsueh Ya Wen	4 10:00AM-12:40PM Chinese Brush Painting Course by Manlin 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May	5 2:00PM-3:00PM Mindfulness for Better Focus (Pri) 7:00PM-9:00PM Mindfulness Foundation Course by May Chng	6
7	8 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	9 2:00PM-3:00PM Meeting Big Feelings (Primary)	10 10:00AM-12:30PM Impasto Acrylic Painting Course (Int) by Laura Soon 2:00PM-4:30PM Pen Ink Drawing by Tia 7:00PM-8:30PM Mindfulness for Better Sleep by Hsueh Ya Wen	11 10:00AM-12:40PM Chinese Brush Painting Course by Manlin 2:00PM-4:30PM Pen Ink Drawing by Xiang Ling 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May	12	13 10:00AM-12:00PM Mindfulness Circle @Newton - Jun 13
14	15 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	16 10:00AM-11:00AM Meeting Big Feelings (Primary) 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	17 2:00PM-4:30PM Pen Ink Drawing by Tia	18 10:00AM-12:40PM Chinese Brush Painting Course by Manlin 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May	19	20 10:00AM-12:00PM 正念圈 Chinese Mindfulness Circle @ Newton - Jun 20
21	22 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	23 7:00PM-9:30PM Mindfulness Based Stress Reduction by Angie	24 2:00PM-4:30PM Pen Ink Drawing by Tia	25 10:00AM-12:40PM Chinese Brush Painting Course by Manlin 7:00PM-9:30PM Mindfulness Based Cognitive Therapy by May	26	27 10:00AM-12:00PM Mindfulness Circle @Newton - Jun 27
28	29 10:00AM-12:00PM Nagomi Pastel Art Course Beginner by Audrey Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Gina	30 7:00PM-9:00PM Mindful Compassion Course by Christina Liew 7:00PM-9:30PM 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 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 星期二	早上 8-9am	Zumba Toning 尊巴塑形 Blk 106
	-	Course Coming Soon
	-	Course Coming Soon

Wednesday 星期三	-	Course Coming Soon
	下午 2-4pm	Mahjong & Rummikub Blk 107
	-	Course Coming Soon

Thursday 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 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 星期一	早上 9.30-10.30am	Pilates 普拉提 (\$5)
	★ 早上 11.30-12.30pm	Line Dance Beginner 初级排舞 (\$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 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 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 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 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 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 星期二	-	Course Coming Soon
	-	Course Coming Soon
	下午 1 - 2pm	HPB Chair Exercise HPB 椅子运动 Blk 228
	★ 下午 2 - 4pm	Mahjong & Rummikub 麻将 & 拉密数字牌

Wednesday 星期三	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)
	早上 10.30 - 11.30am	Yoga Lvl 1 瑜伽一级 (\$5)

Thursday 星期四	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)
	★ 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)

Friday 星期五	早上 9.15 - 10.15am	Stand and Tap 拍打 Blk 229A
	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



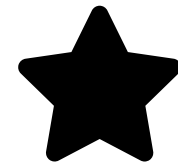
Exercise
运动



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 Centre Closed	2	3	4 8:00AM-9:00AM Low-Impact Dance Aerobics by William 2:00PM-3:00PM Happy Active Exercise by Crystal	5 2:00PM-3:00PM Masala Bangra by Margaret Ng	6
7	8 9:30AM-10:30AM Low-Impact Exercise by Christine Chok- 107SM20260608LIECC 3:00PM-4:00PM Rhythmic Resistance Workout by William Ong	9	10	11 8:00AM-9:00AM Low-Impact Dance Aerobics by William 2:00PM-3:00PM Happy Active Exercise by Crystal	12 2:00PM-3:00PM Masala Bangra by Margaret Ng	13
14	15 9:30AM-10:30AM Low-Impact Exercise by Christine Chok- 107SM20260608LIECC 3:00PM-4:00PM Rhythmic Resistance Workout by William Ong	16	17	18 8:00AM-9:00AM Low-Impact Dance Aerobics by William 2:00PM-3:00PM Happy Active Exercise by Crystal	19 2:00PM-3:00PM Masala Bangra by Margaret Ng	20
21	22 9:30AM-10:30AM Low-Impact Exercise by Christine Chok- 107SM20260608LIECC 3:00PM-4:00PM Rhythmic Resistance Workout by William Ong	23	24	25 8:00AM-9:00AM Low-Impact Dance Aerobics by William 2:00PM-3:00PM Happy Active Exercise by Crystal	26 2:00PM-3:00PM Masala Bangra by Margaret Ng	27
28	29 9:30AM-10:30AM Low-Impact Exercise by Christine Chok- 107SM20260608LIECC 3:00PM-4:00PM Rhythmic Resistance 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 Centre Closed	2 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	3 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	4 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)	5 9:15AM-10:15AM Social Dance By Edwin 12:00PM-5:00PM Simei Got Talent (Audition) 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	6 9:30AM-12:30PM Soup Buddies
7 10:00AM-12:00PM OMEGA@SM: Sewing Workshop - Auntie Patsy 1:00PM-3:30PM OMEGA@SM: Mindful Stretching - Poe Poe	8 9:00AM-1:00PM Discover Kampung Glam 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 11:30AM-12:30PM Beginner Line dance 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	9 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	10 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	11 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)	12 9:15AM-10:15AM Social Dance By Edwin 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	13
14 10:00AM-12:00PM OMEGA@SM: Group Workout Games 1:00PM-3:30PM OMEGA@SM: Mindfulness - Poe Poe	15 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 11:30AM-12:30PM Beginner Line dance 2:30PM-3:30PM Recreation Activity 6:30PM-7:30PM HPB Yoga	16 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	17 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	18 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)	19 9:15AM-10:15AM Social Dance By Edwin 12:00PM-5:00PM Simei Got Talent (Audition) 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	20 9:30AM-12:30PM Soup Buddies
21 10:00AM-3:30PM OMEGA@SM: Omega Excursion to Ice Cream Museum	22 10:00AM-12:40PM Watercolour Painting Course (Beginner) by Sher Ley 11:30AM-12:30PM Beginner Line dance 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	23 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	24 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	25 10:30AM-11:30AM Chair Exercise 2:00PM-4:00PM Rumio / Mahjong 3:00PM-4:00PM Chair Exercise (PM)	26 9:15AM-10:15AM Social Dance By Edwin 2:00PM-3:00PM Basic Mandarin Conversational Lesson 4:00PM-5:00PM HPB Cardio Dance	27 10:00AM-11:30AM Mindfulness for Better Sleep by Hsueh Ya Wen
28 10:00AM-12:00PM OMEGA@SM: Sewing Workshop - Auntie Patsy 10:00AM-12:00PM OMEGA@SM: Basic Conversational English - Khari 1:00PM-2:30PM OMEGA@SM: Mindfulness - Poe Poe 2:30PM-3:30PM OMEGA@SM: Mindful Yoga - Neeti	29 11:00AM-12:30PM Digital Club-Transact Online: Citizen Services (SINGPASS) 11:30AM-12:30PM Beginner Line dance 2:30PM-3:30PM Sit Stretch and Tone 6:30PM-7:30PM HPB Yoga	30 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				

* 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

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 Centre Closed	2 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	3 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	4 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene	5 9:15AM-10:15AM Stand & Tap 1:00PM-2:30PM English Tuition 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong	6 12:00PM-1:00PM Saturday Social
7	8 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	9 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	10 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	11 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene	12 9:15AM-10:15AM Stand & Tap 1:00PM-2:30PM English Tuition 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong	13 12:01PM-1:00PM Saturday Social
14	15 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	16 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	17 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	18 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene	19 9:15AM-10:15AM Stand & Tap 1:00PM-2:30PM English Tuition 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong	20 12:00PM-1:00PM Saturday Social
21	22 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	23 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM Rumio / Mahjong	24 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	25 9:15AM-10:15AM Dancercise by William 10:30AM-12:00PM Line dance for higher beginner by Rosalind Lam 2:00PM-4:00PM Rumio / Mahjong 3:30PM-4:30PM Zumba Gold By Serene	26 9:15AM-10:15AM Stand & Tap 1:00PM-2:30PM English Tuition 1:30PM-2:30PM Sit, Stretch & Tone 3:00PM-5:30PM Singalong	27 12:00PM-1:00PM Saturday Social
28	29 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	30 1:00PM-2:00PM HPB Chair Exercise 2:00PM-4:00PM 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
	1 Centre Closed	2 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 Group A	3 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:40PM Chinese Brush Painting by Sher Ley	4 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) 2:00PM-4:30PM Pen Ink Drawing by Tia	5 10:00AM-11:00AM Brain and Body Exercises by Ai Ling 11:15AM-12:15PM Happy Dance by Linda Wong 2:00PM-4:00PM Onwards to Ageing Holistically (OTAH) program 2:00PM-5:00PM Recreation Activities Group A 2:00PM-5:00PM Karaoke Group A - Week 1 & Week 3	6 10:00AM-12:00PM BOA Craft Session 2:00PM-4:30PM Karaoke Group A - Week 1 & Week 3
7	8 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Meeting Centre 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	9 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga 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-4:00PM Recreation Activities Group B 2:00PM-4:00PM Community Nurse Post (Contentment) 2:00PM-4:00PM Community Nurse Post (Wisdom)	10 9:15AM-10:15AM Low Impact Exercise by William Ong 10:00AM-12:00PM Beverage Container Return Scheme Talk - TP20260610BCRS 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:40PM Chinese Brush Painting by Sher Ley	11 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia 2:00PM-4:30PM Pen Ink Drawing by Tia	12 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-4:00PM Recreation Activities Group B 2:00PM-5:00PM Karaoke Group B - Week 2 & Week 4	13 1:00PM-2:00PM Good Afternoon Ya Wen 2:00PM-4:30PM Karaoke Group B - Week 2 & Week 4
14 9:00AM-5:00PM Mindfulness Based Cognitive Therapy by May 9:00AM-5:00PM One Day Silent Retreat (English)	15 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Meeting Centre 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	16 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga 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 Group A	17 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:40PM Chinese Brush Painting by Sher Ley 3:30PM-5:00PM Mindfulness for Better Sleep by May Chng	18 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia 1:00PM-5:00PM Functional Screening by SingHealth & CGH 2:00PM-4:00PM Craft Workshop (Thurs)	19 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 Group A 2:00PM-5:00PM Karaoke Group A - Week 1 & Week 3	20 2:00PM-4:30PM Karaoke Group A - Week 1 & Week 3
21	22 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Meeting Centre 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	23 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:30AM-11:30AM Yogasana Yoga 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-4:00PM Recreation Activities Group B	24 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Chair Zumba 2:00PM-4:00PM Craft Workshop (Wed) 2:00PM-4:40PM Chinese Brush Painting by Sher Ley 3:30PM-5:00PM Mindfulness for Better Sleep by May Chng	25 9:15AM-10:15AM Happy Drumming by David Tan 10:30AM-11:30AM Piloxing Lite Fitness by Leticia 2:00PM-4:30PM Pen Ink Drawing by Tia	26 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-4:00PM Recreation Activities Group B 2:00PM-5:00PM Karaoke Group B - Week 2 & Week 4	27 1:00PM-2:00PM Good Afternoon Ya Wen 2:00PM-4:30PM Karaoke Group B - Week 2 & Week 4
28 9:00AM-5:00PM Mindfulness Based Stress Reduction by Angie 9:00AM-5:00PM One Day Silent Retreat (English)	29 9:15AM-10:15AM Low Impact Exercise by William Ong 10:30AM-11:30AM HPB Resistance Band Exercise 2:00PM-4:00PM Meeting Centre 2:00PM-4:40PM Watercolour Painting Course (Beg) by Lee Nee	30 9:15AM-10:15AM Physical Toning Exercise by William Ong 10:00AM-12:00PM Nagomi Pastel Art Course by Ruyan 10:30AM-11:30AM Yogasana Yoga by William Ong 10:30AM-11:30AM Masala Bhangra Dance by Margaret Ng 2:00PM-4:00PM Nagomi Pastel Art Course by Zu Wee 2:00PM-5:00PM Recreation Activities Group A				