

# AUGUST 2022 @ NEWTON



Happier & Healthier Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10am-12noon Pencil Sketching L4 (Paul Lee)  2-4pm Coloured Pencil Drawing L4 (Paul Lee)	<b>2</b> 10am-12noon Coloured Pencil Drawing L1 (David)  2-4pm Pencil Sketching L1 (David)  6.30-9pm MBCT L4 (Angie Chew) NT20220712MBCT	<b>3</b> 10.30am-12.30pm Zentangle Intermediate L5 (Wai Fong&Samantha)  6.30-9pm MBTI L1 (Eric) NT20220803MBTI	<b>4</b> 10am-12noon Chinese Brush Painting L5 (Paul Lee)  2.30-4.30pm Watercolour Florals and Brush Lettering L1 (Kathleen)  6.30-9pm MCC L4 (Angie Chew) NT20220714MCC	<b>5</b> 10am-12noon Decoupage Art L5 (Pearl Tang)  7-9pm MFC L1 (May Chng)	<b>6</b> 10am-12pm Zentangle Art L4 (Samantha)  10am-12.30pm MBSR L5 (Mabel Yap) NT20220702MBSR  3-5pm Batik Painting L4 (Lau Sheow Tong)  3-5pm Mindful Teen L1 (May Chng) NT20220806MTC
<b>7</b>	<b>8</b> 10am-12noon Pencil Sketching L5 (Paul Lee)  2-4pm Coloured Pencil Drawing L5 (Paul Lee)  6.30-9pm MBCT L5 (Angie Chew) NT20220712MBCT	<b>9</b>  <b>NATIONAL DAY</b>	<b>10</b> 6.30-9pm MBTI L2 (Eric) NT20220803MBTI	<b>11</b> 10am-12noon Chinese Brush Painting L6 (Paul Lee)  2.30-4.30pm Watercolour Florals and Brush Lettering L2 (Kathleen)  6.30-9pm MCC L5 (Angie Chew) NT20220714MCC	<b>12</b> 10am-12noon Decoupage Art L6 (Pearl Tang)  7-9pm MFC L2 (May Chng)	<b>13</b> 10am-12pm Zentangle Art L5 (Samantha)  9.30am-3.30pm MCC L9 (Angie Chew) NT20220714MCC  3-5pm Batik Painting L5 (Lau Sheow Tong)  3-5pm Mindful Teen L2 (May Chng) NT20220806MTC
<b>14</b>	<b>15</b> 10am-12noon Pencil Sketching L6 (Paul Lee)  2-4pm Coloured Pencil Drawing L6 (Paul Lee)	<b>16</b> 10am-12noon Coloured Pencil Drawing L2 (David)  2-4pm Pencil Sketching L2 (David)  6.30-9pm MBCT L6 (Angie Chew) NT20220712MBCT	<b>17</b> 10.30am-12.30pm Zentangle Intermediate L6 (Wai Fong&Samantha)  6.30-9pm MBTI L3 (Eric) NT20220803MBTI	<b>18</b> 10am-12noon Chinese Brush Painting L7 (Paul Lee)  2.30-4.30pm Watercolour Florals and Brush Lettering L3 (Kathleen)  6.30-9pm MCC L6 (Angie Chew) NT20220714MCC	<b>19</b> 10am-12noon Decoupage Art L7 (Pearl Tang)  7-9pm MFC L3 (May Chng)	<b>20</b> 10am-12pm Zentangle Art L6 (Samantha)  9.30am-3.30pm MBSR L6 (Mabel Yap) NT20220702MBSR  3-5pm Batik Painting L6 (Lau Sheow Tong)  3-5pm Mindful Teen L3 (May Chng) NT20220806MTC
<b>21</b>	<b>22</b> 10am-12noon Pencil Sketching L7 (Paul Lee)  2-4pm Coloured Pencil Drawing L7 (Paul Lee)	<b>23</b> 10am-12noon Coloured Pencil Drawing L3 (David)  2-4pm Pencil Sketching L3 (David)  6.30-9pm MBCT L7 (Angie Chew) NT20220712MBCT	<b>24</b> 10.30am-12.30pm Zentangle Intermediate L7 (Wai Fong&Samantha)  6.30-9pm MBTI L4 (Eric) NT20220803MBTI	<b>25</b> 10am-12noon Chinese Brush Painting L8 (Paul Lee)  2.30-4.30pm Watercolour Florals and Brush Lettering L4 (Kathleen)  6.30-9pm MCC L7 (Angie Chew) NT20220714MCC	<b>26</b> 10am-12noon Decoupage Art L8 (Pearl Tang)  7-9pm MFC L4 (May Chng)	<b>27</b> 10am-12pm Zentangle Art L7 (Samantha)  9.30am-3.30pm MBSR L7 (Mabel Yap) NT20220702MBSR  3-5pm Batik Painting L7 (Lau Sheow Tong)
<b>28</b>	<b>29</b> 10am-12noon Pencil Sketching L8 (Paul Lee)  2-4pm Coloured Pencil Drawing L8 (Paul Lee)	<b>30</b> 10am-12noon Coloured Pencil Drawing L4 (David)  2-4pm Pencil Sketching L4 (David)  6.30-9pm MBCT L8 (Angie Chew) NT20220712MBCT	<b>31</b> 10.30am-12.30pm Zentangle Intermediate L8 (Wai Fong&Samantha)  6.30-9pm MBTI L5 (Eric) NT20220803MBTI  6.30-9pm MCC L8 (Angie Chew) NT20220714MCC			