

JULY 2022@NEWTON



Happier & Healthier Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1	2 10am-12pm Zentangle Int. L8 (Samantha) (Level 5) 10am-12.30pm MBSR L1 (Mabel Yap) NT20220702MBSR
3	4 10am-12noon Pencil Sketching L1 (Paul Lee) 2-4pm Coloured Pencil Drawing L1 (Paul Lee)	5 10am-12noon Watercolour Painting L5 (David)	6 10.30am-12.30pm Zentangle Intermediate L1 (Wai Fong&Samantha) 6.30-9pm MBSR L6 (Eric) NT20220601MBSR	7 10am-12noon Chinese Brush Painting L1 (Paul Lee) 3-5pm MFC L1 (Siew Lian) NT20220707MFC	8 10am-12noon Decoupage Art L1 (Pearl Tang)	9 10am-12.30pm MBSR L2 (Mabel Yap) NT20220702MBSR
10	11 10am-12noon Pencil Sketching L2 (Paul Lee) 2-4pm Coloured Pencil Drawing L2 (Paul Lee)	12 10am-12noon Watercolour Painting L6 (David) 6.30-9pm MBCT L1 (Angie Chew) NT20220712MBCT	13 10.30am-12.30pm Zentangle Intermediate L2 (Wai Fong&Samantha) 6.30-9pm MBSR L7 (Eric) NT20220601MBSR	14 10am-12noon Chinese Brush Painting L2 (Paul Lee) 3-5pm MFC L2 (Siew Lian) NT20220707MFC 6.30-9pm MCC L1 (Angie Chew) NT20220714MCC	15 10am-12noon Decoupage Art L2 (Pearl Tang)	16 10am-12pm Zentangle Art L1 (Samantha) 10am-12.30pm MBSR L3 (Mabel Yap) NT20220702MBSR 3-5pm Batik Painting L1 (Lau Cheow Tong)
17	18 10am-12noon Pencil Sketching L3 (Paul Lee) 2-4pm Coloured Pencil Drawing L3 (Paul Lee)	19 10am-12noon Watercolour Painting L7 (David) 6.30-9pm MBCT L2 (Angie Chew) NT20220712MBCT	20 10.30am-12.30pm Zentangle Intermediate L3 (Wai Fong&Samantha) 6.30-9pm MBSR L8 (Eric) NT20220601MBSR	21 10am-12noon Chinese Brush Painting L3 (Paul Lee) 3-5pm MFC L3 (Siew Lian) NT20220707MFC 6.30-9pm MCC L2 (Angie Chew) NT20220714MCC	22 10am-12noon Decoupage Art L3 (Pearl Tang)	23 10am-12pm Zentangle Art L2 (Samantha) 3-5pm Batik Painting L2 (Lau Cheow Tong)
24	25 10am-12noon Pencil Sketching L4 (Paul Lee) 2-4pm Coloured Pencil Drawing L4 (Paul Lee)	26 10am-12noon Watercolour Painting L8 (David) 6.30-9pm MBCT L3 (Angie Chew) NT20220712MBCT	27 10.30am-12.30pm Zentangle Intermediate L4 (Wai Fong&Samantha)	28 10am-12noon Chinese Brush Painting L4 (Paul Lee) 3-5pm MFC L4 (Siew Lian) NT20220707MFC 6.30-9pm MCC L3 (Angie Chew) NT20220714MCC	29 10am-12noon Decoupage Art L4 (Pearl Tang)	30 10am-12pm Zentangle Art L3 (Samantha) 10am-12.30pm MBSR L4 (Mabel Yap) NT20220702MBSR 3-5pm Batik Painting L3 (Lau Cheow Tong)