

2018		May				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 3pm - 6pm Melodious Drum	2 11am - 12pm Lamrim meditation with Heart Jewel prayers	3 8pm - 9pm Heart Jewel prayers	4 8pm - 9pm Heart Jewel prayers	5 2.30pm - 6pm Foundation Programme	6
7 8pm - 9.30pm Walk-in Class	8 8pm - 9pm Tara Puja	9 11am - 12pm Lamrim meditation with Heart Jewel prayers	10 8pm - 10pm Offering to the Spiritual Guide	11 8pm - 9pm Heart Jewel prayers	12 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class	13 10am - 4.30pm SEADC review 5pm - 6pm Centre Cherishing
14 8pm - 9.30pm Walk-in Class	15 6.30am - 7am Precepts 8pm - 9pm Heart Jewel prayers	16 11am - 12pm Lamrim meditation with Heart Jewel prayers	17 8pm - 9pm Heart Jewel prayers	18 8pm - 9pm Heart Jewel prayers	19 2.30pm - 6pm Foundation Programme	20 10am - 11.30am Learn to Meditate 12pm - 1pm Powa for the Deceased
21 8pm - 9.30pm Walk-in Class	22 8pm - 9pm Learn to Meditate	23 11am - 12pm Lamrim meditation with Heart Jewel prayers	24	25	26 2.30pm - 6pm Foundation Programme	27
28 8pm - 9.30pm Walk-in Class	29 11am - 5pm Vesak Day	30 11am - 12pm Lamrim meditation with Heart Jewel prayers	31			