

Kaki Kampong Seniors Wellness Centre

A Programme of Lakeside Family Services

500 Corporation Road #03-01 Singapore 649808

三月份节目表 March 2023 Programme Schedule

地点 LOCATION	<p align="center">Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808 <i>*Centre is closed during lunch from 12.30pm – 1.30pm daily</i></p>	
日 DAY	上午 MORNING	下午 AFTERNOON
星期一 Monday	<p align="center">棋盘游戏 Board Games 9.30am – 12.00pm (6, 13, 20, 27 March) (在中心进行-Conducted at the Centre)</p>	<p align="center">四弦琴兴趣班 Ukulele Interest group (仅限报名- By Registration only) 2.00pm – 4.00pm (6, 13, 20, 27 March) (在中心进行-Conducted at the Centre)</p> <p align="center">棋盘游戏 Board Games 2.30pm – 5.30pm (6, 13, 20, 27 March) (在中心进行-Conducted at the Centre)</p>
星期二 Tuesday	<p align="center">中心暂时关闭 Centre is temporarily closed</p>	<p align="center">缤纷湖畔 Happy Hour 2.30pm – 4.00pm (7, 14, 21, 28 March) (线上和在中心进行-Conducted on Zoom & at the Centre)</p> <p align="center">棋盘游戏 Board Games 4.30pm – 5.30pm (7, 14, 21, 28 March) (在中心进行-Conducted at the Centre)</p>
星期三 Wednesday		<p align="center">好朋友 Good Buddy 2.30pm – 4.00pm (1, 8, 15, 22, 29 March) (在中心进行-Conducted at the Centre)</p>
星期五 Friday	<p align="center">乐龄尊巴 Seniors Chair Zumba 10.00am – 11.00am (3, 10, 17, 24, 31 March) (在中心进行-Conducted at the Centre)</p> <p align="center">棋盘游戏 Board Games 9.30am – 12.00pm (3, 10, 17, 24, 31 March) (在中心进行-Conducted at the Centre)</p>	<p align="center">美术手工班 Art & Craft 2.30pm – 4.00pm (3, 10, 17, 24, 31 March) (在中心进行-Conducted at the Centre)</p> <p align="center">棋盘游戏 Board Games 2.30pm – 5.30pm (3, 10, 17, 24, 31 March) (在中心进行-Conducted at the Centre)</p>

地点 LOCATION	Kaki Kampong Seniors Wellness (Jurong East) Blk 302, Jurong East St 32, #01-22, Lakeside Family Centre (Jurong East) Singapore 600302	
日 DAY	上午 MORNING	下午 AFTERNOON
星期四 Thursday	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am (2, 9, 16, 23, 30 March) (在裕廊东中心进行-Conducted at Lakeside Family Centre (Jurong East))	

特备节目 Special Programme	
HPB 健康讲座 HEALTH TALK BY HPB 讲座主题: 保持联系 Topic: Stay Connected 3月21日(星期二) 21/3/23 (Tuesday) 2.45pm – 4.00pm Located at Kaki Kampong Seniors Wellness Centre, 500 Corporation Road, #03-01 Singapore 649808	

If you have any enquiries, please contact Peter (锦章), Karen (靖荔) or Joyce (晓璇) at 6817 4187.