

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness Centre

A Programme of Lakeside Family Services
500 Corporation Road #03-01 Singapore 649808



九月份节目表 September 2023 Programme Schedule	
地点 LOCATION	湖畔乐龄甘榜 (裕廊西) Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808
日期 DATE	节目 Programme
星期一 Monday (4, 11, 18, 25 九月/Sep)	棋盘游戏 Board Games 10.00am – 12.00pm 2.30pm – 5.30pm
	四弦琴兴趣班 Ukulele Interest group 2.00pm – 4.00pm
星期二 Tuesday (5, 12, 19, 26 九月/Sep)	缤纷湖畔 Happy Hour 2.30pm – 4.00pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (20, 27 九月/Sep)	好朋友 Good Buddy 2.30pm – 4.00pm
星期四 Thursday (14, 21, 28 九月/Sep)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (15, 22, 29 九月/Sep)	乐龄尊巴 Seniors Chair Zumba 10.00am – 11.00am
	棋盘游戏 Board Games 10.00am – 12.00pm 2.30pm – 5.30pm
	美术手工班 Art & Craft 2.30pm – 4.00pm

* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm

地点 LOCATION	湖畔乐龄甘榜 (裕廊东) Kaki Kampong Seniors Wellness (Jurong East) Blk 302, Jurong East St 32, #01-22, Singapore 600302 Lakeside Family Centre (Jurong East)
日期 DATE	节目 Programme
星期四 Thursday (14, 21, 28 九月/Sep)	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am

讲座 Talk
题目：预先医疗指示 & 预先护理计划 Topic: Advanced Medical Directive & Advance Care Planning 9月19日 (星期二) 19/09/23 (Tuesday) 3.00pm – 4.00pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808

义工培训 Training for Volunteers
题目：友伴培训 Topic: Training for Befrienders 9月27日 (星期三) 27/09/23 (Wednesday) 2.00pm – 4.30pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808

If you have any enquiries, please contact Peter (锦章) or Karen (靖荔) or Janine (明慧) at 6019 8530.