

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness Centre

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



十一月份节目表

November 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 (6, 20, 27 十一月/Nov)	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 (7, 14, 21, 28 十一月/Nov)	缤纷湖畔 Happy Hour 2.30pm – 4.00pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (8, 15, 22 十一月/Nov)	好朋友 Good Buddy 2.30pm – 4.00pm
星期四 Thursday (2, 9, 16, 23, 30 十一月/Nov)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (3, 10, 17, 24 十一月/Nov)	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

<p>地点 LOCATION</p>	<p>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)</p>
<p>日期 DATE</p>	<p>节目 Programme</p>
<p>星期四 Thursday (2, 9, 16, 23, 30 十一月/Nov)</p>	<p>英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am</p>

<p>义工培训 Training for Volunteers</p>
<p>题目: 护送服务培训 Topic: Training for Chaperone Service 11月22日 (星期三) 22/11/23 (Wednesday) 2.00pm – 4.00pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808</p>

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