

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness Centre

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



二月份节目表 (二零二四年) February 2024 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 (26 二月/Feb)	棋盘游戏 Board Games 10.00am – 12.00pm 2.30pm – 5.30pm
	四弦琴兴趣班 Ukulele Interest group (Resume on 26 Feb / 二月 26 日开始) 2pm – 4pm
星期二 Tuesday (6, 13, 20, 27 二月/Feb)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (21 二月/Feb)	好朋友 Good Buddy 2.30pm – 4.00pm
星期四 Thursday (1, 15, 22, 29 二月/Feb)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (2, 16, 23 二月/Feb)	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 3.30pm – 5.00pm

* 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 (1, 15, 22, 29 二月/Feb)</p>	<p>英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am</p>

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