

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness Centre

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



七月份节目表 (二零二四年) July 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 (1, 8, 15, 22, 29 七月/July)	棋盘游戏 Board Games 10.00am – 12.00pm 2.30pm – 5.30pm
	四弦琴兴趣班 Ukulele Interest group 2.30pm – 4pm
星期二 Tuesday (2, 9, 16, 23, 30 七月/July)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (10, 17, 24 七月/July)	好朋友 Good Buddy (Please check with staff for timing) (请向职员查看时间详情)
星期四 Thursday (4, 11, 18, 25 七月/July)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (5, 12, 19, 26 七月/July)	乐龄尊巴 Zumba Gold 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 3.00pm – 4.30pm

* 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 (4, 11, 18, 25 七月/July)	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am

讲座 Talk
题目：了解糖尿病 Topic: Understanding Diabetes 7月16日 (星期二) 16/7/24 (Tuesday) 3.00pm – 4.00pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808

义工培训 Volunteer Training
题目：关爱生命课程 Topic: Suicide Awareness Training 7月18日 (星期四) 18/7/24 (Thursday) 2.00pm – 5.00pm 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) at 6019 8530.