

# 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 (二零二四年) September 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 (2, 9, 16, 23, 30 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 2.30pm – 4pm
星期二 Tuesday (3, 10, 17, 24 九月/Sep)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (11, 25 九月/Sep)	好朋友 Good Buddy
星期四 Thursday (5, 19, 26 九月/Sep)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (6, 20, 27 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 3.00pm – 4.30pm

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

<b>地点 LOCATION</b>	<b>湖畔乐龄甘榜 (裕廊东)</b> <b>Kaki Kampong Seniors Wellness (Jurong East)</b> Blk 302, Jurong East St 32, #01-22, Singapore 600302 Lakeside Family Centre (Jurong East)
<b>日期 DATE</b>	<b>节目 Programme</b>
<b>星期四 Thursday</b> (5, 19, 26 九月/Sep)	<b>英语会话班/保健操 Conversational English Class and Morning Exercise</b> 9.30am – 11.30am

<b>讲座 Talk</b>
<b>题目：照顾者在预防老年人跌倒方面的压力</b> <b>Topic: Caregiver Stress In Falls Prevention for Elderly</b> 9月17日 (星期二) 17/9/24 (Tuesday) 3.00pm – 4.00pm <b>地点/Location: Kaki Kampong Seniors Wellness Centre</b> <b>500 Corporation Road, #03-01 Singapore 649808</b>

<b>义工培训 Volunteer Training</b>
<b>题目：基本心理辅导</b> <b>Topic: Basic Counselling</b> 9月25日 (星期三) 25/9/24 (Wednesday) 2.30pm – 4.30pm <b>地点/Location: Kaki Kampong Seniors Wellness Centre</b> <b>500 Corporation Road, #03-01 Singapore 649808</b>

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