

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness Centre

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



十月份节目表 (二零二四年) October 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 (7, 14, 21, 28 十月/Oct)	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 (1, 8, 15, 22, 29 十月/Oct)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (2, 23 十月/Oct)	好朋友 Good Buddy 9am – 11am
星期四 Thursday (3, 10, 17, 24 十月/Oct)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (4, 11, 18, 25 十月/Oct)	乐龄尊巴 Seniors 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 (3, 10, 17, 24 十月/Oct)	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am

讲座 Talk	
题目: 了解失智症 Topic: Understanding Dementia 10月15日 (星期二) 15/10/24 (Tuesday) 2.30pm – 3.30pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808	

义工培训 Volunteer Training	
题目: 社区友伴培训 (仅限英语) Topic: Befrienders Training (English speaking ONLY) 10月23日 (星期三) 23/10/24 (Wednesday) 2.30pm – 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) at 6019 8530.