

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 (二零二四年) November 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 (4, 11, 18, 25 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 2.30pm – 4pm
星期二 Tuesday (5, 12, 19, 26 十一月/Nov)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (20, 27 十一月/Nov)	好朋友 Good Buddy (Please check with the staff regarding the timing as it is subjected to change)
星期四 Thursday (7, 14, 21, 28 十一月/Nov)	棋盘游戏 Board Games 2.30pm – 5.30pm
星期五 Friday (1, 8, 15, 22, 29 十一月/Nov)	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 2.30pm – 4.00pm

* 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 (7, 14, 21, 28 十一月/Nov)	英语会话班/保健操 Conversational English Class and Morning Exercise 9.30am – 11.30am

讲座 Talk	
题目：网上保持安全、明智和友善 Topic: Be Safe, Smart and Kind Online 11 月 19 日 (星期二) 19/11/24 (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	地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808
题目：有效义工服务 (中文版) Topic: Effective Volunteering (Chinese Version) 11 月 6 日 (星期三) 06/11/24 (Wednesday) 2.30pm – 4.30pm	
题目：轮椅的操作 (中文版) Topic: Chaperone Services (Chinese Version) 11 月 20 日 (星期三) 20/11/24 (Wednesday) 2.30pm – 4.30pm	

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