

# 湖畔乐龄甘榜

## Kaki Kampong Seniors Wellness Centre

A Programme of Lakeside Family Services

500 Corporation Road #03-01 Singapore 649808

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



### 一月份节目表 (二零二五年)

### January 2025 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 (13, 20 一月/Jan)	好朋友 Good Buddy (Please check with the staff regarding the timing as it is subjected to change)
星期二 Tuesday (7, 14, 21 一月/Jan)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (8, 15, 22 一月/Jan)	天天康龄 @ 裕泉民众俱乐部 Age Well Everyday @ Jurong Spring CC 10.00am - 11.30am
	棋盘游戏 Board Games 2.30pm – 5.30pm
星期四 Thursday (9, 16, 23 一月/Jan)	四弦琴兴趣班 Ukulele Interest group 2.30pm – 4pm
	棋盘游戏 Board Games 10.00am - 12.00pm 4.30pm – 5.30pm
星期五 Friday (10, 17, 24 一月/Jan)	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
	艺术班 Arts Class 2.30pm – 4.30pm

<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> (9, 16, 23 一月/Jan)	<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：设置和使用智能设备</b> <b>Topic: Set up and Use Smart Devices</b> 1 月 21 日 (星期二) 21/1/25 (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：数码公民</b> <b>设置和使用数码公民(Singpass)</b> <b>Topic: Citizen Services</b> <b>Set up and Use Citizen Services (Singpass)</b> 1 月 20 日 (星期一) 20/01/25 (Monday) 2.30pm – 4.30pm <b>地点/Location: Kaki Kampong Seniors Wellness Centre</b> <b>500 Corporation Road, #03-01 Singapore 649808</b>

For enquiries on programmes, please contact Peter (锦章) or Karen (靖荔) at 6019 8530.

For enquiries on trainings, please contact Anna (安娜) or Peter (锦章) at 6019 8530.