

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



五月份节目表（二零二五年）

May 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 (5, 26 五月/May)	好朋友 Good Buddy (Please check with the staff regarding the timing as it is subjected to change)
星期二 Tuesday (6, 13, 20, 27 五月/May)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (7, 14, 21, 28 五月/May)	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 (8, 15, 22, 29 五月/May)	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 (2, 9, 16, 23, 30 五月/May)	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 3pm – 4.30pm

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 (8, 15, 22, 29 五月/May)	保健操 Morning Exercise 9.30am – 10.30am
	中级英语会话班 Intermediate Conversational English Class 10.30am – 11.30am
	初级英语会话班 (新) Foundation Conversational English Class (New) 10.30am – 11.30am

讲座 Talk
题目: 第 1 部分 技能创前程 培训指导 讲座 Topic: Part 1 SkillsFuture Advice Workshop 5 月 20 日 (星期二) 20/05/25 (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: 社区友伴培训 Topic: Befriender training 5 月 5 日 (星期一) 05/05/25 (Monday) 2.30pm – 4.30pm - Chinese version. 讲座将以华语进行 5 月 26 日 (星期一) 26/05/25 (Monday) 2.30pm – 4.30pm - English version. 讲座将以英语进行 题目: 基本心理辅导 Topic: Basic Counselling training 5 月 19 日 (星期一) 19/05/25 (Monday) 2.30pm – 4.30pm - Chinese version. 讲座将以华语进行 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808

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