

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



八月份节目表 (二零二五年) August 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 (18, 25 八月/Aug)	好朋友 Good Buddy (Please check with the staff regarding the timing as it is subjected to change)
星期二 Tuesday (5, 12, 19, 26 八月/Aug)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
	棋盘游戏 Board Games 4.30pm – 5.30pm
星期三 Wednesday (6, 13, 20, 27 八月/Aug)	天天康龄 @ 裕泉民众俱乐部 Age Well Everyday @ Jurong Spring CC 10.00am - 11.00am
	棋盘游戏 Board Games 2.30pm – 5.30pm
星期四 Thursday (7, 14, 21, 28 八月/Aug)	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 (1, 8, 15, 22, 29 八月/Aug)	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 3.00pm – 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 (7, 14, 21, 28 八月/Aug)	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: 我的健康餐 学习如何吃得更健康, 更营养! 按正确的比例摄入身体所需的营养, 让您每天充满活力! Topic: My Healthy Plate Learn more about eating healthier and nutritious food in the right proportions to meet the daily nutritional needs for our body to function well. 8 月 19 日 (星期二) 19/08/25 (Tuesday) 3.10pm – 4.10pm 地点/Location: Kaki Kampong Seniors Wellness Centre 500 Corporation Road, #03-01 Singapore 649808		

义工培训 Volunteer Training	
Topic: Facilitator training 1. Understanding the goals of facilitation and the different types of facilitation 2. Learn about the role and characteristics of a facilitator Conducted in English 讲座将以英语进行 8 月 25 日 (星期一) 25/08/25 (Monday) 2.30pm – 4.30pm 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