

# 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



### 十月份节目表 (二零二五年) October 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 (27 十月/Oct)	<b>好朋友 Good Buddy</b> (Please check with the staff regarding the timing as it is subjected to change 时间可能会有变动, 请咨询工作人员)
星期二 Tuesday (7, 14, 21, 28 十月/Oct)	<b>缤纷湖畔 Happy Hour</b> 2.45pm – 4.15pm
	<b>棋盘游戏 Board Games</b> 4.30pm – 5.30pm
星期三 Wednesday (1, 8, 15, 22, 29 十月/Oct)	<b>天天康龄 @ 裕泉民众俱乐部</b> <b>Age Well Everyday @ Jurong Spring CC</b> 10.00am - 11.00am
	<b>棋盘游戏 Board Games</b> 2.30pm – 5.30pm
星期四 Thursday (2, 9, 16, 23, 30 十月/Oct)	<b>四弦琴兴趣班 Ukulele Interest Group</b> 2.30pm – 4pm
	<b>棋盘游戏 Board Games</b> 10.00am - 12.00pm 4.30pm – 5.30pm
星期五 Friday (3, 10, 17, 24, 31 十月/Oct)	<b>乐龄尊巴 Seniors Zumba Gold</b> 10.00am – 11.00am
	<b>棋盘游戏 Board Games</b> 10.00am – 12.00pm 2.30pm – 5.30pm
	<b>艺术班 Arts Class</b> 2.30pm – 4.00pm

<b>地点</b> <b>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</b> <b>DATE</b>	<b>节目</b> <b>Programme</b>
<b>星期四</b> <b>Thursday</b> (2, 9, 16, 23, 30 十月/Oct)	<b>保健操</b> <b>Morning Exercise</b> 9.30am – 10.30am
	<b>中级英语会话班</b> <b>Intermediate Conversational English Class</b> 10.30am – 11.30am
	<b>初级英语会话班 (新)</b> <b>Foundation Conversational English Class (New)</b> 10.30am – 11.30am

<b>讲座 Talk</b>
<b>题目: 化挫折为力量</b> <b>Topic: Turning setback into strength</b> 10 月 21 日 (星期二) 21/10/25 (Tuesday) 3.10pm – 4.10pm <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: 预防意外及家居安全 (讲座将以华语进行)</b> 1. 了解乐龄居家安全和防跌倒的重要性    2. 学习为乐龄进行居家安全评估 10 月 6 日 (星期一) 06/10/25 (Monday) 2.30pm – 4.30pm  <b>Topic: Home Safety and Fall Prevention (Conducted in English)</b> 1. Understanding of the importance of home safety and fall prevention for seniors 2. Learn to conduct home safety assessment for seniors 10 月 27 日 (星期一) 27/10/25 (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