

# 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



### 九月份节目表（二零二五年） September 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 (15, 22 九月/Sep)	<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 (2, 9, 16, 23, 30 九月/Sep)	<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 (3, 10, 17, 24 九月/Sep)	<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 (4, 18, 25 九月/Sep)	<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 (5, 19, 26 九月/Sep)	<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> (4, 18, 25 九月/Sep)	<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: 应对焦虑</b> <b>Topic: Dealing with Anxiety</b> 9 月 16 日 (星期二) 16/09/25 (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: 成就由指导开始</b> 1. 了解不同的指导方式和指导情境 2. 学习建立有效的指导关系 9 月 15 日 (星期一) 15/09/25 (Monday) 2.30pm – 4.30pm <b>Conducted in Chinese</b> 讲座将以华语进行 <b>Topic: Effective Volunteering</b> 1. Understanding the importance of volunteering 2. Understanding the role of a volunteer 3. Understanding the multifaceted needs of the seniors 4. Personal testimony 9 月 29 日 (星期一) 29/09/25 (Monday) 2.30pm – 4.30pm <b>Conducted in English</b> 讲座将以英语进行 <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