

# 湖畔乐龄甘榜

## Kaki Kampong Seniors Wellness Centre

A Programme of Lakeside Family Services  
500 Corporation Road #03-01 Singapore 649808



### 四月份节目表 (二零二六年) April 2026 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 <b>* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *</b>
日期 DATE	节目 Programme
星期一 Monday (13, 27 四月/Apr)	<b>好朋友 Good Buddy</b> (Please check with the staff regarding the timing as it is subjected to change 日期, 以时间可能会有变动, 请咨询工作人员)
星期二 Tuesday (7, 14, 21, 28 四月/Apr)	<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 四月/Apr)	<b>天天康龄 @ 裕泉民众俱乐部</b> <b>Age Well Everyday @ Jurong Spring CC</b> 10.00am - 11.30am
	<b>棋盘游戏 Board Games</b> 2.30pm – 5.30pm
星期四 Thursday (2, 9, 16, 23, 30 四月/Apr)	<b>棋盘游戏 Board Games</b> 10.00am - 12.00pm 4.30pm – 5.30pm
星期五 Friday (10, 17, 24 四月/Apr)	<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 – 4.30pm

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<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>* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *</b>
<b>日期</b> <b>DATE</b>	<b>节目</b> <b>Programme</b>
<b>星期一</b> <b>Monday</b> (6, 13, 20, 27 四月/Apr)	<b>脑力加油站</b> <b>Brain Boost Hub</b> 10am – 11.30am
<b>星期四</b> <b>Thursday</b> (2, 9, 16, 23, 30 四月/Apr)	<b>保健操</b> <b>Morning Exercise</b> 9.15am – 10.00am
	<b>中级英语会话班</b> <b>Intermediate Conversational English Class</b> 10.15am – 11.15am
	<b>初级英语会话班</b> <b>Foundation Conversational English Class</b> 10.15am – 11.15am

讲座 Talk

题目: 发现并运用幸福之钥 (讲座将以中英语进行)

**Topic: Keys to Happiness**  
*Bilingual (Mandarin/English)*

4 月 21 日 (星期二) 21/04/26 (Tuesday)  
3.10pm – 4.10pm

地点/Location: Kaki Kampong Seniors Wellness Centre  
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义工培训 Volunteer Training

题目: 有效的义工服务 (讲座将以华语进行)

1. 了解义工服务的意义
2. 了解乐龄多方面的需求

**Topic: Effective volunteering** (*Conducted in Mandarin*)

1. *Understanding the importance of volunteering*
2. *Understanding the role of a volunteer*

4 月 6 日 (星期一) 06/04/2026 (Monday)  
2.30pm – 4.30pm

题目: 预防意外及家居安全 (讲座将以华语进行)

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

**Topic: Fall Prevention** (*Conducted in Mandarin*)

1. *Understanding of the importance of home safety and fall prevention for seniors*
2. *Learn to conduct home safety assessment for senior*

4 月 20 日 (星期一) 20/04/2026 (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.