

# 湖畔乐龄甘榜

## Kaki Kampong Seniors Wellness

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



六月份节目表 (二零二六年) June 2026 Programme Schedule	
<b>地点</b> <b>LOCATION</b>	<b>湖畔乐龄甘榜 (裕廊西)</b> <b>Kaki Kampong Seniors Wellness</b> 500 Corporation Road, #03-01 Singapore 649808 * 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *
<b>日期</b> <b>DATE</b>	<b>节目</b> <b>Programme</b>
<b>星期一</b> <b>Monday</b> (8,22 六月/June)	<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)
<b>星期二</b> <b>Tuesday</b> (2,9,16,23,30 六月/June)	<b>缤纷湖畔 Happy Hour</b> 2.45pm – 4.15pm
<b>星期三</b> <b>Wednesday</b> (3,10,17,24 六月/June)	<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>Steady Lah! @ 裕泉民众俱乐部</b> <b>Steady Lah! @ Jurong Spring CC</b> 10.00am - 11.30am
<b>星期四</b> <b>Thursday</b> (4,18 六月/June)	<b>四弦琴兴趣班 Ukulele Interest Group</b> 2.30pm – 4.30pm
<b>星期四</b> <b>Thursday</b> (11,25 六月/June)	<b>歌唱兴趣班 Singing Interest Group</b> 2.30pm – 4.30pm
<b>星期五</b> <b>Friday</b> (5,12,19,26 六月/June)	<b>乐龄尊巴 Seniors Zumba Gold</b> 10.00am – 11.00am <b>艺术班 Arts Class</b> 2.30pm – 4.30pm
<b>Daily 每天</b>	<b>棋盘游戏 Board Games</b> 10.00am – 12.00pm & 2.30pm – 5.30pm

讲座 Talk

**题目: 口腔保健**(讲座将以中英语进行)

**Topic: - Oral Health**

(Conducted in Mandarin/English)

6月23日(星期二) 23/06/26 (Tuesday)

3.15pm – 4.15pm

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

**题目: 协调员培训**(讲座将以英语进行)

1. 理解协调的目标和区分不同类型的协调
2. 理解协调员的角色

**Topic: - Facilitator Training**

(Conducted in English)

1. Understanding the goals of facilitation and the different types of facilitation
2. Learn about the role and characteristics of a facilitator

6月22日(星期一) 22/06/26 (Monday)

10.30am – 11.30am

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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> (8,15,22,29 六月/June)	<b>脑力加油站</b> <b>Brain Boost Hub</b> 10am – 11.30am
<b>星期四</b> <b>Thursday</b> (4,11,18,25 六月/June)	<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

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.