

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness

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



五月份节目表 (二零二六年) May 2026 Programme Schedule	
地点 LOCATION	湖畔乐龄甘榜 (裕廊西) Kaki Kampong Seniors Wellness 500 Corporation Road, #03-01 Singapore 649808 * 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *
日期 DATE	节目 Programme
星期一 Monday (11,25 五月/May)	好朋友 Good Buddy (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 (5,12,19,26 五月/May)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
星期三 Wednesday (6,13,20 五月/May)	天天康龄 @ 裕泉民众俱乐部 Age Well Everyday @ Jurong Spring CC 10.00am – 11.00am
	Steady Lah! @ 裕泉民众俱乐部 Steady Lah! @ Jurong Spring CC 10.00am - 11.30am
星期四 Thursday (7, 21 五月/May)	四弦琴兴趣班 Ukulele Interest group 2.30pm – 4.30pm
星期四 Thursday (14, 28 五月/May)	歌唱兴趣班 Singing Interest group 2.30pm – 4.30pm
星期五 Friday (8,15,22,29 五月/May)	乐龄尊巴 Seniors Zumba Gold 10.00am – 11.00am
	艺术班 Arts Class 2.30pm – 4.30pm
Daily 每天	棋盘游戏 Board Games 10.00am – 12.00pm & 2.30pm – 5.30pm

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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) * 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *
日期 DATE	节目 Programme
星期一 Monday (4,11,18,25 五月/May)	脑力加油站 Brain Boost Hub 10am – 11.30am
星期四 Thursday (7,14,21,28 五月/May)	保健操 Morning Exercise 9.15am – 10.00am
	中级英语会话班 Intermediate Conversational English Class 10.15am – 11.15am
	初级英语会话班 Foundation Conversational English Class 10.15am – 11.15am

讲座 Talk

题目: 化挫折為力量 (讲座将以中英语进行)

Topic: - Turning Setbacks into Strength

(Conducted in Mandarin/English)

5 月 14 日 (星期四) 14/05/26 (Thursday)

11.30am – 12.30pm

地点/Location: Kaki Kampong Seniors Wellness (Jurong East)

Blk 302, Jurong East St 32, #01-22, Singapore 600302

Lakeside Family Centre (Jurong East)

讲座 Talk

题目: 跌倒与骨骼健康 (讲座将以中英语进行)

Topic: - Falls + Bone health

(Conducted in Mandarin/English)

5月19日(星期二) 19/05/26 (Tuesday)

3.15pm – 4.15pm

**地点/Location: Kaki Kampong Seniors Wellness
500 Corporation Road, #03-01 Singapore 649808**

义工培训 Volunteer Training

题目: 新义工培训 (讲座将以中英语进行)

帮助了解机构的使命, 以及他们的角色和职责

Topic: - Orientation

(Conducted in Mandarin / English)

To help understand the organisation's mission, their roles and responsibilities.

5月4日(星期一) 04/05/26 (Monday)

10.30am – 11.30am

题目: 社区友伴培训 2 (讲座将以华语进行)

帮助了解机构的使命, 以及他们的角色和职责

Topic: - Befriending (Level 2)

(Conducted in Mandarin)

5月18日(星期一) 18/05/2026 (Monday)

2.30pm – 4.30pm

**地点/Location: Kaki Kampong Seniors Wellness
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.