

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness

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



七月份节目表 (二零二六年) July 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 (13,27 七月/July)	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)
星期一 Monday (13 七月/July)	NUHS Community Health Post 国立大学医学组织社区保健站 9.30am – 12pm
星期二 Tuesday (7,14,21,28 七月/July)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
星期三 Wednesday (1,8,15,22 七月/July)	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 (2,16 七月/July)	四弦琴兴趣班 Ukulele Interest Group 2.30pm – 4.30pm
星期四 Thursday (9,23 七月/July)	歌唱兴趣班 Singing Interest Group 2.30pm – 4.30pm
星期五 Friday (3,10,17,24,31 七月/July)	乐龄尊巴 Seniors Zumba Gold 10.00am – 11.00am
	艺术班 Art Class 2.30pm – 4.30pm
Daily 每天	棋盘游戏 Board Games 10.00am – 12.00pm & 2.30pm – 5.30pm

讲座 Talk

题目: 社交媒体 -设置和使用社交媒体应用程序 (Facebook)

Topic: - Set up and Use Social Media App (Facebook)

(Conducted in Mandarin/English)

7 月 21 日 (星期二) 21/07/26 (Tuesday)

3.00pm – 4.30pm

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

义工培训 Volunteer Training

题目: 社区友伴培训 1 (讲座将以英语进行)

Topic: - Befriending (Level 1)

(Conducted in English)

1. Understanding the beneficiaries in the Community
2. Equipping the roles and characteristics of a befriender

7 月 13 日 (星期一) 13/07/26 (Monday)

10.30am – 11.30am

题目: 导师制的成功(讲座将以中英语进行)

Topic: - Mentoring Success

(Conducted in Mandarin/English)

7 月 27 日 (星期一) 27/07/26 (Monday)

3.15pm – 4.15pm

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

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness

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



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 (6,13,20,27 七月/July)	脑力加油站 Brain Boost Hub 10am – 11.30am
星期四 Thursday (2,9,16,23,30 七月/July)	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

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.