

# 湖畔乐龄甘榜

## Kaki Kampong Seniors Wellness

A Programme of Lakeside Family Services

500 Corporation Road #03-01 Singapore 649808



### 九月份节目表 (二零二六年) September 2026 Programme Schedule

| 地点<br>LOCATION                                  | 湖畔乐龄甘榜 (裕廊西)<br>Kaki Kampong Seniors Wellness<br>500 Corporation Road, #03-01 Singapore 649808<br><b>* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *</b> |
|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 日期<br>DATE                                      | 节目<br>Programme                                                                                                                                                |
| 星期一<br>Monday<br>(14,21 九月/September)           | <b>好朋友 Good Buddy</b><br>(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<br>Monday<br>(14 九月/September)              | <b>NUHS Community Health Post</b><br>国立大学医学组织社区保健站<br>9.30am – 12pm                                                                                            |
| 星期二<br>Tuesday<br>(1,8,15,22,29 九月/September)   | <b>缤纷湖畔 Happy Hour</b><br>2.45pm – 4.15pm                                                                                                                      |
| 星期三<br>Wednesday<br>(2,9,16,23,30 九月/September) | <b>天天康龄 @ 裕泉民众俱乐部</b><br><b>Age Well Everyday @ Jurong Spring CC</b><br>10.00am – 11.00am                                                                      |
|                                                 | <b>Steady Lah! @ 裕泉民众俱乐部</b><br><b>Steady Lah! @ Jurong Spring CC</b><br>10.00am - 11.30am                                                                     |
| 星期四<br>Thursday<br>(3,17 九月/September)          | <b>四弦琴兴趣班 Ukulele Interest Group</b><br>2.30pm – 4.30pm                                                                                                        |
| 星期四<br>Thursday<br>(24 九月/September)            | <b>歌唱兴趣班 Singing Interest Group</b><br>2.30pm – 4.30pm                                                                                                         |
| 星期五<br>Friday<br>(4,18,25 九月/September)         | <b>乐龄尊巴 Seniors Zumba Gold</b><br>10.00am – 11.00am                                                                                                            |
|                                                 | <b>艺术班 Art Class</b><br>2.30pm – 4.30pm                                                                                                                        |
| Daily 每天                                        | <b>棋盘游戏 Board Games</b><br>10.00am – 12.00pm & 2.30pm – 5.30pm                                                                                                 |

讲座 Talk

**题目: 预先护理计划讲座 –  
为未来的医疗决定做好准备 (讲座将以华语进行)**

**Topic: Advance Care Planning Talk -  
Planning Ahead for Future Healthcare Decisions**  
(Conducted in Mandarin)

9 月 8 日 (星期二) 08/09/26 (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: 有效的志工服务 (讲座将以英语进行)**

**Topic: - Effective Volunteering**  
(Conducted in English)

9 月 7 日 (星期一) 07/09/26 (Monday)  
2.30pm – 4.30pm

**题目: 协调员培训 2 (讲座将以华语进行)**

**Topic: - Facilitator Training 2**  
(Conducted in Mandarin)

9 月 21 日 (星期一) 21/09/26 (Monday)  
2.30pm – 4.30pm

**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



|                                                          |                                                                                                                                                                                                                                           |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>地点</b><br><b>LOCATION</b>                             | <b>湖畔乐龄甘榜 (裕廊东)</b><br><b>Kaki Kampong Seniors Wellness (Jurong East)</b><br>Blk 302, Jurong East St 32, #01-22, Singapore 600302<br>Lakeside Family Centre (Jurong East)<br><b>* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *</b> |
| <b>日期</b><br><b>DATE</b>                                 | <b>节目</b><br><b>Programme</b>                                                                                                                                                                                                             |
| <b>星期一</b><br><b>Monday</b><br>(7,14,21,28 九月/September) | <b>脑力加油站</b><br><b>Brain Boost Hub</b><br>10am – 11.30am                                                                                                                                                                                  |
| <b>星期四</b><br><b>Thursday</b><br>(3,17,24 九月/September)  | <b>保健操</b><br><b>Morning Exercise</b><br>9.15am – 10.00am                                                                                                                                                                                 |
|                                                          | <b>初级英语会话班</b><br><b>Foundation Conversational English Class</b><br>10.15am – 11.15am                                                                                                                                                     |
|                                                          | <b>中级英语会话班</b><br><b>Intermediate Conversational English Class</b><br>10.15am – 11.15am                                                                                                                                                   |

For enquiries on programmes and trainings, please contact Anna (安娜) at 6019 8530 or Peter (锦章).