

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness

A Programme of Lakeside Family Services

500 Corporation Road #03-01 Singapore 649808



八月份节目表 (二零二六年) August 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 (24,31 八月/August)	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 (4,11,18,25 八月/August)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
星期三 Wednesday (5,12,19,26 八月/August)	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 (6,20 八月/August)	四弦琴兴趣班 Ukulele Interest Group 2.30pm – 4.30pm
星期四 Thursday (13,27 八月/August)	歌唱兴趣班 Singing Interest Group 2.30pm – 4.30pm
星期五 Friday (7,14,21,28 八月/August)	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: 用智能手机下载应用程序 - 了解应用程序商店的运用和用智能手机下载
应用程序 (安卓/苹果系统)**

Topic: - Download Apps on Mobile Device.

Understand App Stores & Download Apps on Mobile Device (Android / iOS)

(Conducted in Mandarin/English)

八月 18 日 (星期二) 18/08/26 (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: 大使培训(讲座将以中语进行)

Topic: - Ambassador Training

(Conducted in Mandarin)

八月 3 日 (星期一) 3/08/26 (Monday)

2.30pm – 4.30pm

题目: 成就由指导开始(讲座将以中语进行)

Topic: - Mentoring Success

(Conducted in Mandarin)

八月 24 日 (星期一) 24/08/26 (Monday)

2.30pm – 4.30pm

地点/Location: Kaki Kampong Seniors Wellness

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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 (3,17,24,31 八月/August)	脑力加油站 Brain Boost Hub 10am – 11.30am
星期四 Thursday (6,13,20,27 八月/August)	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.