

湖畔乐龄甘榜

Kaki Kampong Seniors Wellness

A Programme of Lakeside Family Services

500 Corporation Road #03-01 Singapore 649808



十月份节目表 (二零二六年) October 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 <i>* 中心的午餐时间 Lunch time for Centre at 12.30pm – 1.30pm *</i>
日期 DATE	节目 Programme
星期一 / 星期四 Monday / Thursday (12,29 十月/October)	好朋友 Good Buddy 星期一 Monday (12 十月 / Oct) @ 9.30–11.30am 星期四 Thursday (29 十月 / Oct) @ 2-4 pm
星期一 Monday (12 十月/October)	NUHS Community Health Post 国立大学医学组织社区保健站 9.30am –12pm
星期二 Tuesday (6 13,20,27 十月/October)	缤纷湖畔 Happy Hour 2.45pm – 4.15pm
星期三 Wednesday (7,14,21,28 十月/October)	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 (1,15 十月/October)	四弦琴兴趣班 Ukulele Interest Group 2.30pm – 4.30pm
星期四 Thursday (8,22 十月/October)	歌唱兴趣班 Singing Interest Group 2.30pm – 4.30pm
星期五 Friday (2,9,16,23,30 十月/October)	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
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讲座 Talk

**题目: 在网上和他人沟通 -
设置和使用即时通讯 (讲座将以华语进行)**

**Topic: Communicate Online -
Set up and Use Instant Messaging**
(Conducted in Mandarin)

10 月 20 日 (星期二) 20/10/26 (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: 预防意外及家居安全 (讲座将以英语进行)

Topic: - Home Safety and Fall Prevention
(Conducted in English)

10 月 5 日 (星期一) 05/10/26 (Monday)
2.30pm – 4.30pm

题目: 协调员培训 (讲座将以华语进行)

Topic: - Facilitator Training
(Conducted in Mandarin)

10 月 12 日 (星期一) 12/10/26 (Monday)
2.30pm – 4.30pm

题目: 协调员培训 2 (讲座将以华语进行)

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

10 月 26 日 (星期一) 26/10/26 (Monday)
2.30pm – 4.30pm

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

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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 (5,12,19,26 十月/October)	脑力加油站 Brain Boost Hub 10am – 11.30am
星期四 Thursday (1,8,15,22,29 十月/October)	保健操 Morning Exercise 9.15am – 10.00am
	初级英语会话班 Foundation Conversational English Class 10.15am – 11.15am
	中级英语会话班 Intermediate Conversational English Class 10.15am – 11.15am

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