湖畔乐龄甘榜
Kaki Kampong Seniors Wellness

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

十一月份节目表（二零二六年） November 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 /星期四 **Monday** (16 十一月/**November**)	**好朋友 Good Buddy** 10.00am – 12.00pm
星期二 **Tuesday** (3,10,17,24 十一月/**November**)	**缤纷湖畔 Happy Hour** 2.45pm – 4.15pm
星期三 **Wednesday** (4,11,18,25 十一月/**November**)	**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** (5,19 十一月/**November**)	**四弦琴兴趣班 Ukulele Interest Group** 2.30pm – 4.30pm
星期四 **Thursday** (12,26 十一月/**November**)	**歌唱兴趣班 Singing Interest Group** 2.30pm – 4.30pm
星期五 **Friday** (6,13,20,27 十一月/**November**)	**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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Lakeside Family Services
Changing Lives, Transforming Communities

讲座 **Talk**

题目: 在网上搜索信息 -
如何使用生成式人工智能 (Gen AI)
(将以华语进行)
Topic: Explore Information Online -
Common Features and Steps to Use Gen AI
(Conducted in Mandarin)

日期/Date: 11 月 17 日(星期二) 17/11/26 (Tuesday)
时间/Time: 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: 协调员培训 2
(将以华语进行)
Topic: - Facilitator Training Level 2
(Conducted in Mandarin)
日期/Date: 11 月 16 日 (星期一) 16/11/26 (Monday)
时间/Time: 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** (2,16,23,30 十一月/**November**)	**脑力加油站** **Brain Boost Hub** 10am – 11.30am
星期四 **Thursday** (5,12,19,26 十一月/**November**)	**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.