

Kaki Kampong Seniors Wellness Centre 湖畔乐龄甘榜

by Lakeside Family Services 隶属于湖畔家庭服务



Community Outreach 社区外展



Chinese Painting 国画



Good Men's Group
好男人小组



Talks 讲座

SUCCESSFUL AGEING

Kaki Kampong Seniors Wellness promotes successful ageing through the 6 dimensions of wellness. We empower seniors in seeking life's purpose and meaning, and help them take charge of their lives and well-being.



成功老龄化

湖畔乐龄甘榜通过健康的六个维度促进成功老龄化。我们希望能协助乐龄人士寻求生活的目标和意义，并帮助他们掌控生活和改善福祉。



Crafts 手工



Exercise 运动



Cooking Demonstrations
烹饪示范

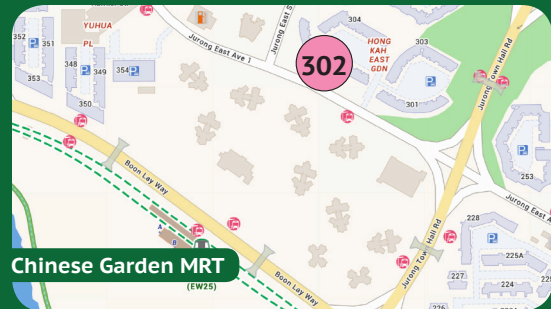


Outings 郊游

Our Locations 我们的地点



- **500 Corporation Road #03-01 Singapore 649808**
Open Daily from 9 am - 5:30 pm
每日早上9点至下午5点半开放
- **516 Jurong West Street 52 #01-73 Singapore 640516**
Open Every Tuesday 9 am - 1 pm
每逢星期二早上9点至下午1点开放



- **302 Jurong East Street 32 #01-22 Singapore 600302**
Open every Thursday from 9 am - 1 pm
每逢星期四早上9点至下午1点开放

Contact us to find out more!
有关更多信息, 请联系我们!

☎ 6817 4187
✉ kkseniors@lakeside.org.sg

Additional Programmes 额外活动



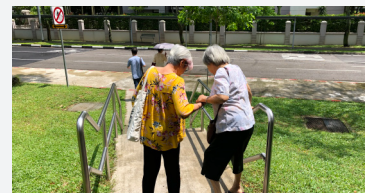
Table with Neighbours 一起同桌

Offers communal dining for vulnerable seniors to reduce isolation and encourage healthy eating through bonding, activities, and planned meals.
为弱势年长者提供社区聚餐, 透过建立社交关系和膳食, 以鼓励健康饮食和减少孤立。



Give and Be Filled 为邻舍献爱心

Encourages able-bodied seniors to give back to the community and start their volunteering journey through various activities.
为鼓励体格健全的年长者回馈社会, 透过各项活动展开义工之旅。



Be Part of Our Chaperone & Transport Team 加入我们的护送队

Provides chaperone or transport for seniors with limiting health conditions (e.g., Dementia) to increase their participation in our programmes.
为虚弱或有健康状况的年长者 (例如失智症) 提供护送服务, 以增加活动参与次数。

Supported by
支持机构



Volunteer with Us 加入我们为义工

Make a difference in the lives of our seniors.
为我们的年长者尽一份力。

- Conduct classes and workshops (language, music, crafts, cooking, dancing, digital literacy, etc.) 举办课程和工作坊 (语言、音乐、手工、烹饪、舞蹈、科技等)
- Read with seniors 与年长者一起阅读
- Befriend the seniors 与年长者交朋友
- Chaperone and transport frail seniors to and from the centre 接送体弱的年长者往返于中心



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Towards Successful Ageing
迈向成功老龄化

