

## 湖畔乐龄甘榜（裕廊西）

### Kaki Kampong Seniors Wellness (Jurong West)

Blk 516 Jurong West St 52 #01-73 Singapore 640516

#### 节目表 (Program Schedule)

星期二 (Tuesday)	节目内容 (Content)		
05/02/19	没有活动（农历新年休息） No activities (Chinese New Year break)		
12/02/19	医疗保健操 (Health exercise)  9:00am - 9:45am	讲座：高血压与胆固醇/ 排舞 Talk: Hypertension and Cholesterol  10:00am - 11:00am	排舞 (Line dancing)  11:45am-12:45pm
19/02/19		阻力带运动  10:00am - 11:00am	
26/02/19		讲座：迈向圆满人生/ 排舞 Talk: Towards a happy life  10:00am - 11:00am	排舞 (Line dancing)  11:45am-12:45pm

若有兴趣或任何疑问，请致电给彩毓/ 骏宏/ 凤鸣（6817 4187）

If you are interested or have any enquiries, please contact Weedy/ Bryan/ Foong Ming (6817 4187)