

April - May 2019

# clubspirit



## ANNIVERSARY ISSUE!

### 1955: FOUNDER'S DAY

Serangoon Gardens Country Club's 64th  
Anniversary Celebration  
Save-The-Date 26 April 2019

*plus!*

Mother's Day  
Easter Egg Hunt  
and more...



## MAIN RECEPTION

Tel: 6286 8888  
Daily: 9am – 10pm  
www.sgcc.com.sg

## FOOD & BEVERAGE OUTLETS

### Atrium Café

Tel: 6286 8888 ext. 309  
Mon-Fri: 11am – 3pm, 6pm – 10pm  
Sat, Sun & PH: 11am – 10pm

### Bowling Snack Bar

Tel: 6286 8888 ext. 340  
Mon – Fri & Eve of PH: 1pm – 11pm  
Sat: 11am – 11pm  
Sun & PH: 10am – 11pm

### Coffee Deli

Tel: 6286 8888 ext. 312  
Mon – Thu & PH: 8.30am – 9pm  
Fri, Sat, Sun & Eve of PH: 8.30am – 10pm

### Club Twenty-Two

Tel: 6286 8888 ext. 386  
Mon – Thu: 4pm – 12am\*  
Fri & Eve of PH: 4pm – 1am  
Sat: 2pm – 1am  
Sun & PH: 2pm – 12am  
\* The Karaoke Lounge opens at 2pm on Tuesdays.  
Operation on Tuesday (2pm-5pm) is strictly for members only.

### Crossroads Lounge

Tel: 6286 8888 ext. 310  
Mon – Thu: 4pm -12am  
Fri & Eve of PH: 4pm – 1am  
Sat: 2pm – 1am  
Sun & PH: 2pm – 12am

### Garden Grill

Tel: 6286 8888 ext. 313  
Mon – Thu: 12pm – 3pm, 6pm – 10pm  
Fri – Sun, Eve of PH & PH: 12pm – 3pm,  
6pm – 10pm

### Swatow Garden

Tel: 6343 1717  
Weekdays: 11am – 3pm, 6pm – 11pm  
Weekends, Eve of PH & PH: 9am – 3pm,  
6pm – 11pm

## SPORTS & RECREATION FACILITIES

### Billiard Room

Tel: 6286 8888 ext. 346  
Sun – Fri & PH: 1pm – 10pm  
Sat & Eve of PH: 1pm – 11pm

### Darts Lounge (Club Twenty - Two)

Mon – Thu: 4pm – 12am  
Fri & Eve of PH: 4pm – 1am  
Sat: 2pm -1am  
Sun & PH: 2pm – 12am

### Gardens Bowl

Tel: 6286 8888 ext. 340  
Mon – Fri & Eve of PH: 1pm – 11pm  
Sat: 11am – 11pm  
Sun & PH: 10am – 11pm  
Off-peak hours: Mon – Fri & Eve of PH: 1pm – 6pm  
Peak hours: Mon – Fri & Eve of PH: 6pm – 11pm  
Sat, Sun & PH: Whole day

### Gymnasium

Tel: 6286 8888 ext. 331  
Daily: 5.30am – 10pm  
Except during scheduled partial closure for maintenance, 4 times a year where it opens from 6pm onwards. Refer to www.sgcc.com.sg for partial closure dates.

Off-peak hours: Daily: 10am – 5pm

Peak hours: Daily: 5pm – 10pm\*

\*After 5pm, no guests allowed

## Swimming Pool / Spa Pools

Daily: 5.30am – 10pm  
Closed on the last Wednesday of every month unless otherwise stated.

## Water Play Area

Daily: 8am – 8pm  
Closed on the last Wednesday of every month unless otherwise stated.

## Sauna / Steam Bath

Daily: 8.30am – 10pm

## Squash Courts

Tel: 6286 8888 ext. 331  
Daily: 8am – 10pm  
Off-peak hours: Mon – Fri & Eve of PH: 8am – 5pm  
Peak hours: Mon – Fri & Eve of PH: 5pm -10pm  
Sat, Sun & PH: 8am- 10pm

## Tennis Courts

Tel: 6286 8888 ext. 340  
Daily: 7am – 10pm  
Off-peak hours: Mon - Fri & Eve of PH: 7am – 5pm  
Peak hours: Mon – Fri & Eve of PH: 5pm – 10pm  
Sat, Sun & PH: Whole day  
Tennis training night: Thu 7pm-10pm

## Table Tennis

Tel: 6286 8888 ext. 331  
Daily: 8am – 10pm  
Off-peak hours: Mon – Fri & Eve of PH: 8am – 5pm  
Peak hours: Mon – Fri & Eve of PH: 5pm – 10pm  
Sat, Sun & PH: 8am – 10pm

## Mahjong / Cards Rooms

Tel: 6286 8888  
Sun – Thu & PH: 11am – 12am  
Fri, Sat & Eve of PH: 11am – 1am

## OTHER FACILITIES

### Jackpot Room

Tel: 6398 5362  
Sun – Mon: 10am – 11pm

### Kiddieland

Daily: 9am – 10pm

### Lat Salon

Tel: 6286 8262, by appointment only  
11am – 7pm, closed on Mon & PH

## Functions Rooms / Ballroom

For bookings, please call  
6398 5381 / 387 / 365  
Email: banquetsales@sgcc.com.sg

## Male & Female Changing Rooms

Daily: 5.30am – 10.30pm

## Study Room

Daily: 9am – 11pm

## The Hangout

Mon – Thu, Sun & PH: 9am – 12am  
Fri, Sat & Eve of PH: 9am – 1am

## Cambridge Pre-School

Tel: 6282 8455  
Mon – Fri: 7am – 7pm  
Sat: 7am – 2pm  
Serangoon@cambridge.school

## MANAGEMENT STAFF

### General Manager

Farrock Ebrahim 6398 5329  
farrock@sgcc.com.sg

### Personal Assistant cum Office Manager (General Manager's Office)

Casey Chang 6398 5301  
casey\_chang@sgcc.com.sg

### Senior Manager (Food & Beverage)

Adrian Chew 6398 5368  
adrian\_chew@sgcc.com.sg

### Facilities, Maintenance & Safety Manager

Charles Ling 6398 5311  
charles\_ling@sgcc.com.sg,  
fms@sgcc.com.sg

### Finance Manager

Avelyn Tam 6398 5303/ 358  
avelyn\_tam@sgcc.com.sg

### Human Resource Manager

Elleana Ho 6398 5366  
elleana\_ho@sgcc.com.sg

### Marketing & Communications Manager

Garry Moss 6398 5337  
garry\_moss@sgcc.com.sg

### Membership Relations Assistant Manager

Dawn Lee 6398 5332/ 305  
dawn\_lee@sgcc.com.sg

### Security Operations Assistant Manager

Sritharan Lingam 6398 5315  
sritharan@sgcc.com.sg

### Sports & Recreation Manager

Steven Goh 6398 5372/ 353  
steven\_goh@sgcc.com.sg

## CLUB ADMINISTRATION

Mon – Fri: 9am – 6.30pm

### Membership

6398 5383  
membership@sgcc.com.sg

### Accounts

6398 5325/ 358  
members\_account@sgcc.com.sg

### Sports & Recreation

recreation@sgcc.com.sg

### Youth, Chess, Yoga, Golf, Fitness, Taekwondo, Aikido, Muay Thai, Judo & Billiards

Terrence Ho 6398 5389

### Squash, Tennis, Swimming & Darts

Daniel Chong 6398 5351

### Fitness Fun, Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Qi Gong, Chinese Martial Arts, Zumba, Piloxing & Mahjong

Julia Kong 6398 5352

### Bowling & Bridge

Zaleha Hanibah 6398 5373

### Food & Beverage

fnb\_outlets@sgcc.com.sg

### Banquet Sales

6398 5381/ 387 / 365  
banquetsales@sgcc.com.sg

### Advertisement Bookings

Jeremy Tan 6398 5320  
jeremy\_tan@sgcc.com.sg

### Data Protection Officer

dpo@sgcc.com.sg

# CONTENTS

APRIL - MAY 2019



## REGULAR

- 03** In the spotlight
- 04** President's Message
- 05** Welcome & Farewell

## SPECIAL

- 06** 64 Years and Counting...
- 07** Remembering Michael Khor & Moses Tan
- 08** 1955: Founder's Day - Serangoon Gardens Country Club's 64th Anniversary Celebration
- 10** Of Leaping Lions and Dancing Dragon

## UPCOMING

- 21** Beverage Promotions
- 25** Urban Farming with Microgreens
- 52** Adventure Camp 2019

## PAST

- 43** Sports and Recreation
- 46** Food & Beverage

### PATRON-IN-CHIEF

Mr Goh Chok Tong  
Emeritus Senior Minister

### PATRONS

Mrs Lim Hwee Hua  
Mr George Yeo  
Ms Sylvia Lim

### TRUSTEES

Mr Hendrick Koh  
PPA BBM PBM

Mr Anthony Tan  
Mr Pao Kiew Tee

### GENERAL COMMITTEE

Mr Terrence Fernandez  
President

Mr Benjamin Wong  
Vice-President

Mr Rayner Ng  
Honorary Treasurer

Mr Eric Lee  
Honorary Secretary

### COMMITTEE MEMBERS

Mr Daniel Ho  
Mr George Lim Yort Gue  
Mr Rodrigues John Jack Patrick

### CONVENORS

Mr Emrys Phua  
Mr Edward Tan  
Mr Ronnie Ng

Billiards  
Bowling  
Chess

Mr Rick Seah  
Mr Eddie Ng  
Mr Aaron Lim  
Mr Edwin Lee  
Mr Steven Lee

Darts  
Fitness  
Golf  
Squash  
Tennis

### EDITORIAL COMMITTEE

Mr. Farrock Ebrahim  
Mr. Adrian Chew  
Mr. Garry Moss  
Ms. Dawn Lee  
Ms. Michelle Yee  
Mr. Jeremy Tan

### PRINTING

Oversea Supplies Pte Ltd

ClubSpirit is a bi-monthly publication of Serangoon Gardens Country Club.  
22 Kensington Park Road  
Singapore 557271  
Tel: 6286 8888 Fax: 6398 5355  
www.sgcc.com.sg

MCI (P) 066 / 02 / 2019. All rights reserved. Copyright. No article may be reprinted in part or in full without the permission of the publishers. The information published in this magazine is correct at the time of printing. The views and opinions expressed in the magazine are not necessarily that of the Club's. The Club accepts no responsibility for the quality of the goods and services advertised. While information stated is considered to be true and correct at the date of publication, changes in circumstance after the time of publication may impact on the accuracy of the information. The information may change without prior notice and the club is not in any way liable for the accurate of any information printed or in any way interpreted and used by the user.

By attending events organised by the Club held within the Club's premises or at off-site locations, you consent to photography, audio / video recording and its / their release, publication, exhibition or reproduction to be used for articles featuring events organized by the Club, marketing & promotions (video production, publications, Club website or social media sites) and archiving for future reference.

# HIGHLIGHTS

APRIL - MAY 2019

## 1955: Founder's Day Serangoon Gardens Country Club's 64th Anniversary Celebrations

**8** Celebrate with us on our 64th anniversary,  
Peranakan style (26 April 2019).



## Easter Egg Hunt

**12** Enjoy a morning searching for  
Hidden Easter Eggs and tuck in to  
a gourmet buffet Easter spread on  
Sunday 21 April 2019.



## SGCC Prince Squash Open

**33** Pit your racket skills against the  
best from 7-15 June 2019.



## Have a Date with Mummy Dearest

**14** Pamper your mum with a special  
Mother's Day Set menu at  
Garden Grill on 4 & 5 May and  
11 & 12 May 2019.



# FACILITIES REFURBISHMENTS

We are continuously working towards making improvements to the Club's equipment without breaking the bank. Refurbishments to the high mast lighting pole at the swimming pool include it being repainted after checks on its condition proved that it need not be replaced. After proper checks were made, the high mast was removed of its rust and given a fresh coat of paint. With its spanking new paint job, we hope it will continue to provide the swimming pool with the necessary lighting. Happy swimming!





*"We are what we repeatedly do. **Excellence**, then,  
is not an act, but **a habit**."*  
- Aristotle

This applies perfectly to what the Management and General Committee have been committed to for the last few months. We listened, evaluated and implemented changes that will benefit the financial health of the Club without compromising on the member experience.

We have embarked on bold events targeted at different interest groups to excite and heighten the engagement level of members and their guests. As we roll these plans out in the coming months, look out for these announcements via our communication portals – Social Media, Notice boards and so on.

The Club is also currently reviewing the charges mapped out for event space rentals and fees paid out to our professional coaches and instructors. This review will provide us vital data to help ensure that our MICE sector's pricing structure remain competitive in the market.

As we embark further into the task at hand, it is more apparent that building and strengthening our Marketing and Communications should be a priority. This led us to bringing Mr. Garry Moss on as our new HOD, Marketing & Communications, who will lead our Membership Relations Department. He brings with him more than 17 years of experience and creativity in the private sector. His role is to be a custodian, of sorts, for our Club's overall branding, and communications channels. Do give him your support when you see him around the club.

64 years ago, on the 29th of April, our Club was founded. In honour of this day, we have decided to position this celebration as an annual core event – 1955: Founder's Day, celebrated this year on Friday, 26th April 2019 with a Peranakan theme that will follow through in a series of activities throughout the weekend.

We must be proud of the legacy we have built, and continue to build upon, and be reminded of the sacrifice and dedication of people who brought us this far. This includes the selfless support of our Grand Members, who were instrumental in building and carrying on our Club's legacy for over 25 years. Grand Membership is bestowed to Ordinary Members who are currently 70 years and older.

The next opportunity for us to come together as a club is at our upcoming Annual General Meeting, to be held on 30 June 2019. It is important for members to be involved and engaged in the life of the club. The General Committee and I would like to extend an invitation to our Grand Members to join us in attendance for this upcoming AGM.

Lastly, I would like to thank all members who had contributed generously to our staff's Chinese New Year Ang Pow fund. We were able to collectively present our staff with a generous appreciation sum, which says a lot about our care, support and appreciation for their tireless efforts in upkeeping our Club.

As a Club we will be remembered for not what we have, but rather for how much we can give.

Always in your service,

A handwritten signature in dark ink, appearing to be 'TF' or 'Terrence Fernandez' in a stylized script.

**TERRENCE FERNANDEZ**  
PRESIDENT

# WELCOME

A warm welcome to the following members who have joined us from December 2018 to February 2019:

## GRAND MEMBER

Heng Cher Joo  
Kaw Jit Sik  
Song Seah Beng, Philip

## ORDINARY MEMBER

Andre Juan Casson  
Chua Beng Ee  
Kwek Siew Hwee  
Ng Jen Min  
Ng Eng Gim Gary  
Neo Kee Hwee  
Edward Song Soon Lee  
Wong Chow Yuan  
Wong Lin Tze  
Ang Huat Chye, George  
Shalinda Balakrishnan  
Fernando Samantha Elizabeth  
Goh Chengwei Marcus  
Liow Jian Quan, Kenneth  
Tan Chee Choon Raymond  
Teo Hooi Ling, Sarah-Anne

## TERM MEMBER

Jacques Barbier  
Xavier Buboiss  
Van Den Heuvel Sara Magdalena  
Christina Verspieren Alexandra

## FAREWELL

Alhadeve Marc Elie Henri  
Balakrishnan s/o Jaganathan  
Johanna Ruth Crichton  
Chng Lip Ping, Edwin  
Dugue Stephane Jean Robert  
Fernando Russell Keith  
Fernando Samantha Elizabeth  
Goh Keng Lian  
Goh Aloysius Bonaventure  
Hiam Michael Neil  
James Ian Brian  
Michael Khor Teik Hean, JP  
Koh Pit Kuang Roy  
Koh Chin Guan  
Lee Kien Fatt, Sean

Lee Wei-Lin, Joey  
Lanternier Alexis Philippe  
Liow Poh Voon, Vincent  
Loke Li Hoong  
Pierre Marie Michel Rossignol  
Quah Chwee Seng, Roy  
Thinesh Supramaniam  
Tan Ah Hong  
Tan Kian Tai Harry  
Tan Seng Hock  
Tan Siew Lian  
Woo Sook Fong, Amber  
Yap Hern An, Eugene

*Do not forget!*

## Membership Card Checks by Security

Members are reminded to bring along their Membership Cards at all times when entering the Club premises.

Kindly be aware that Security may request for your Membership Card to be presented for identification purposes upon entry to the Club, failing which you will be required to register your details at the reception desk before proceeding with your activities.

Thank you.

SERANGOON GARDENS COUNTRY CLUB (SINCE 1955)

# SIXTY-FOUR YEARS AND COUNTING...

**W**hat does it mean to own a Country Club membership? It's not just any plastic card you hold between your fingers, but rather a piece of a legacy, 64 years in the making.

Serangoon Gardens Estate was built sometime in the 1950s and is one of Singapore's oldest estates; primarily built to house British (sometimes Australian and New Zealand) army officers and their families. This is why many of the streets' names remain British till today. The man responsible for developing much of the estate at the time was a private British developer, named Steven Charles Macey.

Given its unique position, residents here were rather closed off to other parts of Singapore, thus a need for some form of recreation. This led to Macey canvassing the Singapore Rural Board for a plot of land to be used for a recreational club, which launched in 1956 as the Serangoon Gardens Sports Club. The Club at the time charged a mere \$2 per month for membership, just for residents of the estate.

Through the decades the Club had evolved, earning a reputation as a sports and recreational social club in Singapore; one of the first on our island.

It wasn't until 1981, under the supervision of Dr Lau Teik Soon that the Club was redeveloped, and renamed Serangoon Gardens Country Club.

The Club continues to be a grand feature of Serangoon Gardens' heritage and community. With a 999-year leasehold, the Club's legacy continues to be forged by a community of more than 6,000 members, their families and staff. Join us in cheering on another decade of success for Serangoon Gardens Country Club!

**2015**

The Club celebrated its 60th Anniversary.

**2009**

Completion of Addition and Alteration works to Main Clubhouse.

**2005**

The Club celebrated its 50th Anniversary.

**1994**

Heliconia Wing completed.

**1986**

Official Opening of the Main Clubhouse and Palm Wing.

**1984**

Construction of 3-storey Main Clubhouse, Olympic-sized swimming pool and Palm Wing commenced.

**1981**

The Club was redeveloped and renamed Serangoon Gardens Country Club.

**1956**

Official opening of the Serangoon Gardens Sports Club.

**1955**

Serangoon Gardens Sports Club was founded by Mr. S. C. Macey and some Serangoon Gardens residents.



40th Anniversary Celebrations



41st Annual General Meeting

# REMEMBERING MICHAEL KHOR & MOSES TAN



40th Anniversary Celebrations with Michael Khor &amp; Moses Tan



Scholarship Award Ceremony 1997



Appointment of Patron-In-Chief Dinner



*The Peranakan Voices*

**Celebrate with us on  
our 64th anniversary,  
Peranakan style.**

*Veteran Peranakan  
stage actor and female  
impersonator GT Lye*



# 1955: Founder's Day Serangoon Gardens Country Club's 64th Anniversary Celebration

**Friday 26 April 2019 – 1955: Founder's Day**  
Serangoon Gardens Country Club's 64th Anniversary Celebration

7.30pm – 11.15pm

**Saturday 27 & Sunday 28 April – Peranakan Marketplace**  
11am – 7pm

The Marketplace will showcase Nyonya attire with jewelry, batik material, handicraft (eg Bead works), sales of assortment of Nyonya kueh and many more.

## **1955: Founder's Day Serangoon Gardens Country Club's 64th Anniversary Celebration**

Date: Friday 26 April 2019

Time: 7.30pm - 11.15pm

Venue: Kensington Ballroom

Charges:

(Member) \$60w/GST

(Guest) \$70 w/GST or \$650 w/GST  
per table of 10pax

### **HIGHLIGHTS**

- 8-course Peranakan dinner
- Emcee Baba Eng Thye
- Veteran Peranakan stage actor and female impersonator GT Lye
  - The Peranakan Voices
  - Best dressed competition
- 'Live' band Merrilads (6-piece)
- Celebrity Chef Shirley Tay

Contact Adrian Chew at 9115 0417 or 6398 5368 or [adrian\\_chew@sgcc.com.sg](mailto:adrian_chew@sgcc.com.sg)



From left: Mr Rayner Ng, Mr Terrence Fernandez, Mr Benjamin Wong & Mr George Lim posing with the 8 lions all lined up to welcome guests

# OF LEAPING LIONS AND DANCING DRAGON

## A LOOK BACK ON SGCC'S CHINESE NEW YEAR CELEBRATIONS 2019



Freestyle acrobatics performance - Mei Hua Zhuang



Mr Jack Rodrigues & Mr Terrence Fernandez distributing oranges and Hong Baos

It goes without doubt that Serangoon Gardens Country Club's annual Chinese New Year event, celebrated on the 2nd day, is one of the most anticipated festivities for Club members and staff alike. This year was no exception with an estimated turnout of more than 600 members and guests.

Club President and Vice President, Mr Terrence Fernandez and Mr Benjamin Wong were joined with representatives of the General Committee to welcome guests. They later distributed gifts of oranges and Hong Baos to share Luck and Prosperity with all members and guests in attendance.

Mr Fernandez and Mr Wong were then invited to open the festivities by dotting the eyes of two new lions; to symbolize empowering the new lions to fulfill their duty of bringing Protection, Good Luck, Health and Prosperity to all.



Mr Benjamin Wong & Mr Terrence Fernandez with the good luck scrolls given after the dotting of the eyes of the new lions



Heart pumping drumming show



Awakening of the dancing dragon

Guests, both young and old, were treated to death-defying stunts, heart pumping drum beats from a 12-man drum troupe and colourful costumes as the Wei Jin Dragon and Lion Dance Association (Singapore) performed their feats in the Club's lobby.

Putting us all on the edge of our seats were the new lions who kicked things into high gear, performing the traditional Cai Qing (plucking the greens), and Mei Hua Zhuang; a freestyle acrobatic performance by a single lion on metal poles. Specially choreographed steps were meant to tease the audience who loved every minute of the action.

On behalf of the staff, management and General Committee of Serangoon Gardens Country Club, we wish all members great Health and Wealth in the new year!



God of Fortune making his rounds



Plucking the greens (Cai Qing)

# EASTER EGG HUNT

Enjoy a morning of fun hunting for hidden Easter Eggs along with a host of activities.

Hungry after all the fun and games? Proceed to Garden Grill for an Easter Sunday Buffet Brunch that includes Parma Ham and Rock Melon; Angus Beef Sirloin; Hot Cross Buns and much more.

**Sunday 21 April 2019**  
**9.00am – 11.00am**

**ADMISSION CHARGE**

JG member: \$10.70 w/GST  
SGCC member: \$16.05 w/GST  
Guest: \$21.40 w/GST

**ADD-ON BUFFET BRUNCH**

JG member: \$32.10 w/GST  
SGCC member: \$37.45 w/GST  
Guest: \$42.80 w/GST

Contact **Adrian Chew** at **9115 0417**





## EASTER TEA DANCE PARTY WITH LIVE BAND SOUND SENSATION

**Sunday 21 April 2019  
12.00pm – 4.30pm  
CLUB TWENTY-TWO**

Member: \$18.00 w/GST  
Guest: \$28.00 w/GST  
Inclusive of light buffet lunch

Contact **Club Twenty-Two** at **6398 5386**



## **APRIL BALL: LATIN & BALLROOM DANCE PARTY WITH DJ DENNIS GOH**

Wednesday 17 April 2019  
7.30pm – 11.30pm  
Kensington Ballroom

Member: \$32.00 w/GST  
Guest: \$42.00 w/GST  
inclusive of light buffet dinner

Contact **Adrian Chew** at **9115 0417**

# HAVE A DATE WITH MUMMY DEAREST



**4 & 5 May 2019**

Lunch: \$33.00 w/GST per person (3-course)

Dinner: \$43.00 w/GST per person (4-course)

**11 & 12 May 2019**

Lunch: \$38.00 w/GST per person (3-course)

Dinner: \$48.00 w/GST per person (4-course)

12.00pm - 3.00pm

6.00pm - 10.00pm

Contact **Garden Grill** at **6398 5313**



## MOTHER'S DAY SET MENU

**Saturday 4 & Sunday 5 May 2019**

SET MENU

Steamed Prawn with Garlic Brittle

Resting on Sautéed Four Sided Beans

Mushroom Cappuccino with Cheese Stick

Pan-seared Cod Fish with Preserved Vegetable Salsa

or

Grilled Beef Sirloin accompanied with Madagascar

Peppercorn Sauce

Baked Apple & Banana in Filo Dough

Resting on Vanilla Sauce perfumed with Pandan Leave

Coffee or Tea

**Saturday 11 & Sunday 12 May 2019**

SET MENU

Prawn with Hot Garlic Sauce

Grilled on skewer and served with lemon

Aussie Mud Crab Bisque flamed with Cognac

Pan Fried Lemon Sole Fillet with Caper Sauce

Served with vegetables and Lyonnaise potato

or

Beef Tenderloin Forrestiere

Accompanied by vegetables and jacket potato

Macadamia Ice Cream with Kahlua Liqueur

Coffee or Tea

# *Celebrate Mother's Day With An Unforgettable East-West Buffet Dinner*

**11 & 12 May 2019  
Saturday & Sunday  
6.00pm – 10.00pm  
Atrium Café / Coffee Deli**

**Early Bird (by 30 April): Adult: \$32.80 w/GST /  
Child 5 – 12yrs: \$16.40 w/GST  
After Early Bird: Adult: \$35.80 w/GST /  
Child 5 – 12yrs: \$17.90 w/GST**

*(The regular a la carte menu at Atrium Café and Coffee Deli will not be available from 6pm on the above dates. Only the buffet is available and reservation is required.)*

**Min. to commence: 150  
Max. participants: 250**

**Contact Atrium Cafe at 6398 5309**

# BEST OF ITALIAN RECIPES

**1 – 30 April 2019**

(except lunch on Sun 21 April due to  
Easter Sunday Brunch)

Daily: 12nn – 3pm

Mon – Fri: 6pm – 10pm

*(last order: 30 minutes before closing)*

12nn – 3pm / 6pm – 10pm

*(last order: 30 minutes before closing)*

Garden Grill

3-course set from \$20.05 w/GST per person

4-course set from \$25.40 w/GST per person

*\$2.65 w/GST discount for Senior Citizens  
age 55 years old and above, and Students*

Surcharge

\* \$4.25 w/GST

\*\* \$8.55 w/GST

\*\*\* \$12.80 w/GST

## APPETIZERS

Poached Chicken Roulade with Tuna Sauce

or

Baked Prune stuffed with Cheese wrapped with Bacon  
served with Mini Salad

or

Mixed Salad with Cheese, Avocado, Tomatoes, Bread  
Croutons and Boiled Egg in Italian Dressing

## SOUP

Minestrone Lombardia

or

Chicken and Kidney Bean Soup

## MAIN COURSE

Large Flat Pasta

tossed in Classic Minced Beef Sauce

or

Baked Malabar Snapper  
with Fennel served on White Wine sauce

or

Seared Cod wrapped Parma Ham  
drizzled with Warmed Balsamic Sauce \*\*

or

De-bone Baby Chicken on Roast Potato and Ham  
with Rosemary Gravy

or

Grilled Ribeye Steak  
with Grain Mustard and Thyme Sauce \*\*\*

## DESSERTS

Ricotta Cheese Cake  
with Apricot and Raspberry Coulis

or

Homemade Tiramisu

COFFEE OR TEA

Contact Garden Grill at 6398 5313 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)

Visit our Dining and Entertainment Promotions at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.

# GREEK COOKING

**1 – 31 May 2019**

(except on 4, 5, 11 & 12 May for Mother's Day Celebration)

Daily: 12nn – 3pm

Mon – Fri: 6pm – 10pm

*(Last order: 30 minutes before closing)*

12nn – 3pm / 6pm – 10pm

*(Last order: 30 minutes before closing)*

Garden Grill

3-course set from \$20.05 w/GST per person

4-course set from \$25.40 w/GST per person

\$2.65 w/GST discount for Senior Citizens

age 55 years old and above, and Students

Surcharge

\* \$4.28 w/GST

\*\* \$8.55 w/GST

\*\*\* \$12.80 w/GST

Contact Garden Grill at 6398 5313

## APPETIZERS

Cucumber and Tomato Salad with Feta Cheese  
and Fresh Mint

*or*

Taramasalata

*or*

Mixed Seafood in Filo-parcel

## SOUP

Lentil & Tomato Soup

*or*

Chicken and Kidney Bean Soup

## MAIN COURSE

Zucchini Stew with Lentil Rice

*or*

Swordfish Kebab

*or*

Casserole Giant Prawns with Feta \*

*or*

Moussaka

(Baked Grounded Beef, Eggplant and Fat-Free  
Cream Cheese)

*or*

Braised Lamb Shank with Orzo Pasta \*\*

## DESSERTS

Pistachio Ice Cream

*or*

Baklava

Filo Pastry with Walnut

COFFEE OR TEA

Contact Garden Grill at 6398 5313 or [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)  
Visit our Dining and Entertainment Promotions at [www.sgcc.com.sg](http://www.sgcc.com.sg) for more details.



# FATHER'S DAY CELEBRATION

A father doesn't tell you he loves you. He shows you. So show him how much you love him with a special treat.

## 8 & 9 June 2019

Lunch: \$33.00 w/GST per person (3-course)  
Dinner: \$43.00 w/GST per person (4-course)

## 15 & 16 June 2019

Lunch: \$38.00 w/GST per person (3-course)  
Dinner: \$48.00 w/GST per person (4-course)

Saturday & Sunday  
12.00 - 3.00pm / 6.45pm - 10.00pm  
(Last order: 30 minutes before closing)  
Garden Grill

(Regular a la carte menu will not be available.)

Contact **Garden Grill** at **6398 5313** or **fnb\_outlets@sgcc.com.sg**

Reservation advisable



## Saturday 8 & Sunday 9 June 2019

### APPETIZER

Tower of Steamed Chicken with Pineapple, Smoked Salmon & Avocado Quiche  
with Bush Salad tossed in Balsamic Dressing

### SOUP

Consommé of Chinese Black Mushroom  
with Winter Melon Cubes

### CHOICE OF MAIN COURSE

Seared Malabar Snapper with Lemon Grass Emulsion  
Resting on Mashed Potato and Seasonal Vegetables

or

Grilled Striploin of Beef  
Accompanied with Shallot Pepper Sauce with Mediterranean Grilled Vegetables

### DESSERT

Baked Apple Strudel  
Served with Classic Anglaise Sauce & Sour Cherry

COFFEE or TEA

## Saturday 15 & Sunday 16 June 2019

### COLD APPETIZER

Chilled Prawn on Cured Portobello Mushroom  
with mini Mesclun

### SOUP

Chicken Gumbo  
topped with Fresh Italian Parsley

### CHOICE OF MAIN COURSE

Pan-roasted Cod Fillet  
topped with Wasabi Crust  
accompanied by Teriyaki Glazed

or

Braised Wagyu Beef Cheek  
with Spring Vegetable & Garlic Mashed Potato

### DESSERT

Iced Nougat

COFFEE or TEA



## FATHER'S DAY ASIAN BUFFET @ ATRIUM CAFE

### Saturday 15 & Sunday 16 June 2019

Early Bird (by 31 May): Adult: \$30.80 w/GST / Child 5 - 12yrs: \$15.40 w/GST  
After Early Bird: Adult: \$32.80 w/GST / Child 5 - 12yrs: \$16.40 w/GST

11.00am - 3.00pm / 6.00 - 10.00pm  
Atrium Café / Coffee Deli

Contact **Atrium Cafe** at **6398 5309**

# HAPPY FATHER'S DAY

# THROW A PARTY @ SGCC AND **BE REWARDED**

We've got the best venues for your party – from anniversary celebrations and weddings to kids' birthday bashes. The best part is that you'll be rewarded with up to \$300 worth of F&B vouchers.

Recommend a friend or company to hold an event at SGCC  
and you'll be rewarded too!

Check out our incentive scheme below, valid for bookings from now  
till February 2020.


BANQUET EXPENDITURE (w/ GST)	YOUR INCENTIVE
\$4,280 - \$8,558.90	\$100 F&B Voucher
\$8,560 - \$12,838.90	\$200 F&B Voucher
\$12,840 & above	\$300 F&B Voucher

For enquiries and bookings, kindly contact the Banquet Sales Department  
@ 6398 5381 / 387 or 365.

#### Terms & Conditions

1. Incentive scheme is only applicable for events held in SGCC with a minimum expenditure of \$4,280. 2. Incentive scheme is only applicable if a member refers a non-member or a company. 3. The F&B vouchers may only be used at SGCC's F&B outlets and cannot be used to offset the banquet expenditure. 4. Incentives will only be issued after the function, at the end of the month. 5. Vouchers are valid for 6 months from date of issue. 6. Vouchers may not be used in conjunction with any other promotion. 7. The Management reserves the right to amend the Terms & Conditions without prior notice.





**HERE'S MORE  
DELECTABLES  
& BEVERAGES  
PROMOTIONS FOR YOU**

**HAPPY HOUR**

All beverages at  
**20% off** (except  
for bottled liquor &  
bottled wine  
at 10% discount)  
before 8pm

**APRIL & MAY 2019 \*BEVERAGE PROMOTIONS**

1 April - 31 May 2019 (Daily)

Crossroads Lounge, Karaoke Rooms & Lounge, Dance & Music Lounge

Check out our Premium Wine Bottle Promotions @ Crossroads Lounge at affordable prices!

*Gin*

**The Botanist Islay Dry Gin**

1 bottle @ \$138 w/GST  
2 bottles @ \$238 w/GST  
(UP: \$147.65 w/GST per bottle)

*Beer*

**Beer Deal**

Carlsberg  
20% OFF all night

*Whiskey*

**Bruichladdich  
The Classic Laddie**

1 bottle @ \$148 w/GST  
2 bottles @ \$248 w/GST  
(UP: \$169.05 w/GST  
per bottle)

**Port Charlotte 10**

1 bottle @ \$158 w/GST  
2 bottles @ \$258 w/GST  
(UP: \$179.75 w/GST  
per bottle)

*Brandy*

**Remy Martin Club**

1 bottle @ \$138 w/GST  
(UP: \$158.00 w/GST  
per bottle)

**Remy Martin XO**

1 bottle @ \$298 w/GST  
(UP: \$338 w/GST  
per bottle)

*\*Happy Hour discount is not applicable to the above Beverage promotion.*

*# The above photographs / images are for illustration purpose only.*

**WAIVER OF GUEST COVER CHARGE**

Members who spend \$107 w/GST and above at any of the F&B outlets will be entitled to the following promotion:

- Minimum spending of \$107 w/GST: waiver of cover charges for 2 guests
- Minimum spending of \$214 w/GST: waiver of cover charges for 5 guests
- Minimum spending of \$321 w/GST: waiver of cover charges for 8 guests

Waivers of guest cover charges at Club Twenty-Two will be valid only on the day of spending and CANNOT be used for special events held at Club Twenty-Two.

*\*No Happy Hour discount for the above promotion*



## WEEKEND INTERNATIONAL BUFFET DINNER

*Garden Grill*

Every diner also enjoys one complimentary serving of  
(a) 200gm of Lobster with Choice of Cheese, Black Pepper or Herb Butter

or

(b) 60gm of Foie Gras with Port Wine Sauce or Raspberry Sauce

or

(c) 200gm of Crab with Choice of Chilli or Black Pepper

**Saturdays & Sundays**

*(Commencing from 2 March 2019)*

6.00pm – 10.00pm

*(Last order: 30 minutes before closing)*

### **PRICING**

Adult: \$40.00 w/GST

Child (5 – 12yrs): \$22.00 w/GST

Senior Member (55 yrs and above): \$32.00 w/GST

Contact **Garden Grill** at **6398 5313** or **fnb\_outlets@sgcc.com.sg**  
Visit our Dining and Entertainment Promotions at **www.sgcc.com.sg** for more details.

## WHET YOUR APPETITE! NEW A LA CARTE MENUS

**@ GARDEN GRILL, ATRIUM CAFÉ,  
COFFEE DELI & BAR OUTLETS**

Our new a la carte menus offer you more  
mouth-watering dishes to savour!

**Available from Monday 1 April 2019**

## BRUICHLADDICH WHISKY DINNER WITH SCOTT FITZGERALD

Join our highly anticipated gastronomic 5-course dinner paired with exquisite whiskies by Bruichladdich. Hosted by Remy Cointreau Singapore for an evening of wine and dine.

Scott Fitzgerald - A veteran in the hospitality and spirits industry, Manager of Education and Engagement Scott Fitzgerald leads the development of Rémy Cointreau's trade network across Southeast Asia from the Singapore office.

**Friday 24 May 2019**

**7.00pm – 10.00pm**

**Garden Grill**

Connoisseur Circle Member: \$50.00 w/GST

SGCC Member: \$60.00 w/GST

Guest: \$70.00 w/GST

Min. to Commence: 30

Contact **Garden Grill** at **6398 5313**

### **SET MENU**

#### **APPETIZER**

Homemade Foie Gras Terrine, Iberico Ham & Melon and Seafood Crème Brulee  
*scented with Bonito Flakes*

#### **SOUP**

White Onion Consommé  
*with Poached Quail Egg & Parmesan Biscuit*

#### **MAIN COURSE**

Seared Salmon Confit with Scallop  
Fresh Basil Puree and Seasonal Vegetable

*or*

Braised Beef Short Rib in Red Wine  
on Mashed Potato and Root Vegetable

#### **DESSERT**

Brick of Bitter Sweet Chocolate Marquise  
*with Yuzu Sorbet*

COFFEE OR TEA



## SUMMER HEAT DANCE PARTY WITH LIVE BAND SOUND SENSATION

Wednesday 1 May 2019

12.00pm – 4.30pm

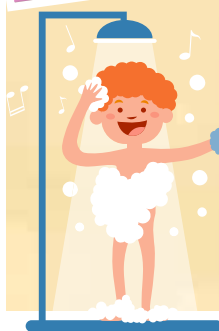
**Club Twenty-Two**

Member: \$18.00 w/GST

Guest: \$28.00 w/GST

Inclusive of light buffet lunch

Contact **Club Twenty-Two** at **6398 5386**



## SOAP MAKING

*(scented and non-scented)*

Using natural ingredients, we will try our hand at making our own diy scented/non-scented soap suitable for people with sensitive skin such as skin allergies or who are prone to rashes. Using soap is a much healthier way to absorb the goodness into our skin instead of mass-produced body shower gels loaded with chemicals. Our soaps comes in the regular rectangle shape or more fancy flower, animal, seashell shapes! You can make it as a gift for your mummy on Mother's Day!

Saturday 4 May 2019

2.00pm - 4.00pm

Clover Room

\$56.00 w/ GST (Junior Gems)

\$59.00 w/ GST (Member)

\$65.00 w/ GST (Guest)

Min. Participants: 10

Closing date: Wednesday 24 April 2019

Contact Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)

## BATH BOMBS MAKING

Give your bath time a fun fizzy time by making your own diy bath bombs with or without toys/glitter/embellishments inside for a nice surprise!

Using only pure ingredients and food colouring, we will easily make bath bombs suitable for all ages and skin types. You can make it as a gift for your daddy on Father's Day!

Saturday 25 May 2019

2.00pm - 4.00pm

Clover Room

\$52.00 w/ GST (Junior Gems)

\$54.00 w/ GST (Member)

\$60.00 w/ GST (Guest)

Min. Participants: 10

Closing date: Wednesday 15 May 2019

Contact Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)





## INTRODUCTION TO DIY DRONE

Participants will get a hands on learning experience on how a drone works by assembling a drone together as a family. They will be able to foster stronger family bonds as they discuss and learn together during the process of assembling their DIY Drones. After which, they will be learning to fly their drones together & will get to take the drone set that they made home, to enjoy their new hobby as a family.



Friday 7 June 2019  
1.00pm - 5.00pm  
Carnation Room

\$110.00 w/ GST (Junior Gems)  
\$115.00 w/ GST (Member)  
\$125.00 w/ GST (Guest)  
(Price inclusive of entry for one child and one parent)

Min. Participants: 10  
Closing date: Wednesday 29 May 2019

Contact **Jean Lee** at **6398 5383** or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)



## Urban Farming With Microgreens

People living in Singapore today are increasingly focused on developing healthier eating habits. The consumption of organic, GMO-free food and ingredients is more prevalent and we are seeing an increasing number of households cooking their own meals instead of eating out.

Mass produced crops comes with drawbacks as a constant and predictable crop supply requires the use of genetically modified seeds and fertilisers. This concern with purity of food has led to a growing urban farming community across many city-states, including Singapore.

Sakina Dhilawala founder of Everything Green Pte Ltd educates and enables Singaporeans to grow their own greens in the form of Microgreens. There will also be a demonstration on how to prepare Watermelon with Microgreens Starter.

### Outline of the Talk

- What are they?
- How to grow microgreens
- Growing medium- what is suitable for microgreens
- Demonstration on how to correctly sow and allow for germination of microgreens
- Participants will be taught a simple salad recipe incorporating the use of microgreens.

**Thursday 27 June 2019**  
**2.30pm – 4.00pm**  
**Casuarina Room**

**\$26.75 w/GST (Member)**  
**\$32.10 w/GST (Guest)**




*Include all materials for the Sow & Grow component for participants, grown microgreens in various stages, notes for each participants. Participants will be given a grow kit which can be used to sow their seeds.*

Min. Participants: 15  
Max. Participants: 30  
Closing date: Thursday 20 June 2019

Contact **Iris Ong** at **6398 5374** or [iris\\_ong@sgcc.com.sg](mailto:iris_ong@sgcc.com.sg)



# APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 	2 Musical Afternoon <u>Club 22 2pm</u>	3 Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22 8.30pm</u>	4 25th Inter-Club Bowling Mixed League <u>Gardens Bowl 7pm</u>	5 Lynn & The Lovebirds <u>Club 22 8pm</u>	6 - Saturday Night Live with Locomotion <u>Club 22 8pm</u>  - One day Tennis <u>Tennis Courts 5pm</u>	7 - Quarterly Bowl <u>Gardens Bowl 8am</u>  - 8-Ball Pool <u>Billiard Room 12pm</u>
8	9 Musical Afternoon <u>Club 22 2pm</u>	10 Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22 8.30pm</u>	11 Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge 4pm</u>	12 Lynn & The Lovebirds <u>Club 22 8pm</u>	13 - Saturday Night Live with Locomotion <u>Club 22 8pm</u>  - One day Tennis <u>Tennis Courts 5pm</u>	14 
15	16 Musical Afternoon <u>Club 22 2pm</u>	17 April Ball with DJ Dennis Goh <u>Kensington Ballroom</u> <b>7.30pm</b>	18 Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge 4pm</u> 	19 <b>PUBLIC HOLIDAY: GOOD FRIDAY</b> - Lynn & The Lovebirds <u>Club 22 8pm</u>  - TCA Chess <u>Kensington Ballroom 8am</u>	20 Saturday Night Live with Locomotion <u>Club 22 8pm</u>	21 Easter Tea Dance Party with Sound Sensation <u>Club 22 12pm</u>  - Easter Egg Hunt & Sunday Brunch Buffet <u>SGCC 9am</u> <u>Garden Grill 11am</u>
22	23 Musical Afternoon <u>Club 22 2pm</u>	24 <b>SWIMMING POOL CLOSED</b> Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22 8.30pm</u>	25 Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge 4pm</u>	26 - Lynn & The Lovebirds <u>Club 22 8pm</u>  - 1955: Founder's Day - SGCC's 64th Anniversary Celebration (Peranakan theme) <u>Kensington Ballroom</u> <b>7.30pm</b>	27 - Saturday Night Live with Locomotion <u>Club 22 8pm</u>  - Peranakan Marketplace <u>Main Lobby 11am - 7pm</u>  - Darts Convenor Cup <u>Darts Lounge 2pm</u>	28 - Line Dance Afternoon with DJ Dennis Goh <u>Club 22 2.30pm</u>  - Peranakan Marketplace <u>Main Lobby 11am - 7pm</u>
29	30 Musical Afternoon <u>Club 22 2pm</u>	Information is subjected to changes without prior notice.  For more updated Club happenings, log on to our online Events Calendar at <a href="http://www.sgcc.com.sg">www.sgcc.com.sg</a> .				

# MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> <b>PUBLIC HOLIDAY:</b> <b>LABOUR DAY</b> - Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22</u> <b>8.30pm</b> - Summer Heat Dance Party <u>Club 22</u> <b>12pm</b>	<b>2</b> Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge</u> <b>4pm</b>	<b>3</b> Lynn & The Lovebirds <u>Club 22</u> <b>8pm</b>	<b>4</b> - Saturday Night Live with Locomotion <u>Club 22</u> <b>8pm</b> - One day Squash Squash Courts <b>5pm</b> - Mother's Day Set <u>Garden Grill</u> <b>7.30pm</b>	<b>5</b> Mother's Day Set <u>Garden Grill</u> <b>7.30pm</b>
<b>6</b> SGCC Tennis Tournament (6-18 May) <u>Tennis Courts</u> <b>7.30pm</b>	<b>7</b> Musical Afternoon <u>Club 22</u> <b>2pm</b>	<b>8</b> Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22</u> <b>8.30pm</b>	<b>9</b> Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge</u> <b>4pm</b>	<b>10</b> - Lynn & The Lovebirds <u>Club 22</u> <b>8pm</b> - Dr Lau Teik Soon Golf Challenge (10-11 May) <u>Batam</u>	<b>11</b> Saturday Night Live with Locomotion <u>Club 22</u> <b>8pm</b> - Mother's Day Set <u>Garden Grill</u> <b>7.30pm</b> - Mother's Day East-West Buffet Dinner <u>Atrium Cafe/Coffee Deli</u> <b>6pm</b>	<b>12</b> Bowling Convenor Cup <u>Gardens Bowl</u> <b>9am</b> - Mother's Day Set <u>Garden Grill</u> <b>7.30pm</b> - Mother's Day East-West Buffet Dinner <u>Atrium Cafe/Coffee Deli</u> <b>6pm</b>
<b>13</b>	<b>14</b> Musical Afternoon <u>Club 22</u> <b>2pm</b>	<b>15</b> Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22</u> <b>8.30pm</b>	<b>16</b> Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge</u> <b>4pm</b>	<b>17</b> Lynn & The Lovebirds <u>Club 22</u> <b>8pm</b>	<b>18</b> - Saturday Night Live with Locomotion <u>Club 22</u> <b>8pm</b> - CPF and Retirement Talk <u>Casuarina Room</u> <b>10.30am</b>	<b>19</b>
<b>20</b> <b>PUBLIC HOLIDAY:</b> <b>VESAK DAY</b>	<b>21</b> Musical Afternoon <u>Club 22</u> <b>2pm</b>	<b>22</b> Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22</u> <b>8.30pm</b>	<b>23</b> - SGCC Golf Section May Monthly Medal Warren Golf & Country Club <b>12pm</b> - Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge</u> <b>4pm</b>	<b>24</b> - Lynn & The Lovebirds <u>Club 22</u> <b>8pm</b> - Bruichladdich Whisky Dinner <u>Garden Grill</u> <b>7pm</b>	<b>25</b> - Saturday Night Live with Locomotion <u>Club 22</u> <b>8pm</b> - 301 Darts (Individual) <u>Darts Lounge</u> <b>2pm</b>	<b>26</b> Line Dance Afternoon with DJ Dennis Goh <u>Club 22</u> <b>2.30pm</b>
<b>27</b>	<b>28</b> Musical Afternoon <u>Club 22</u> <b>2pm</b>	<b>29</b> <b>SWIMMING POOL CLOSED</b> Social & Ballroom Dance Nite with DJ Dennis Goh <u>Club 22</u> <b>8.30pm</b>	<b>30</b> Sing-a-long Nostalgia with Bob & Larry <u>Crossroads Lounge</u> <b>4pm</b>	<b>31</b> Lynn & The Lovebirds <u>Club 22</u> <b>8pm</b>	Information is subjected to changes without prior notice. For more updated Club happenings, log on to our online Events Calendar at <a href="http://www.sgcc.com.sg">www.sgcc.com.sg</a> .	

## Optimizing your Golden Year CPF and Retirement

Ever wonder what are your needs in your old age and how you can optimize funds and CPF for it and also share some pillars of wealth management.

Apex is a wealth management unit, acting as a subsidiary of PIAS (Professional Investment Advisory Services) who will share:

- CPF Overview & Explanation of Core Flaws & Key Benefits
- Analysis of CPF Life schemes
- Current Financial Market Scene, Breakdown of Strategies
- Case studies of our past clients

Saturday 18 May 2019  
10.30am to 12.00pm  
Casuarina Room

\$5.00 (Member)  
\$8.00 (Guest)  
Charges inclusive of light snacks

Min. Participants: 15  
Max. Participants: 40  
Closing date: Saturday 11 May 2019

Contact **Iris Ong** at **6398 5374** or **iris\_ong@sgcc.com.sg**



## Visit to NTU Community Herb Garden

If you believe "the best doctor is always your own body; the best medication should be something grown in your backyard, not produced from a chemical factory", the NTU Community Herb Garden is a place you cannot miss. Founded in 2009, it provides traditional herbal treatment education to the public and free herbs to patients and medicine research centres across Singapore. To date, it has helped more than 4000 patients, with more than 300 of them being cancer patients. Neither funded by the government nor the school, they rely purely on donations from visitors and beneficiaries. Join us on this visit, led by Jin, the current president of the NTU Community Herb Garden Committee and witness what miracle herbs can bring to you with your own eyes.

Programme:

- 15-minute introduction to the NTU Community Herb Garden
- 1-hour educational talk
- 30-minute walk around the 2-acre herb garden
- 30-minute free herb collection session
- Lunch at a nearby food centre (at own expense)

Friday 19 July 2019  
9.30am to 12.00pm

Meet at the club - 9.15am

\$12.85 w/GST (Member)  
\$16.05 w/GST (Guest)

Min. Participants: 35  
Max. Participants: 40  
Closing date: Thursday 25 April 2019

Contact **Iris Ong** at **6398 5374**  
or **iris\_ong@sgcc.com.sg**



**COMING SOON!**  
**26 APRIL 2019**

# **Mi NUMBER**

## **SERIES**



## ONE DAY TENNIS

Come and join us for a morning of fun-filled social tennis. You will be paired up with other attendees in a game of mixed doubles. We switch it up so you can play with a different combination of players.

One Day Tennis (Men's Blind Doubles)

– 6 April 2019, Saturday

One Day Tennis (Mixed Blind Doubles)

– 13 April 2019, Saturday

8.00am - 12.00pm

*Tennis Courts*

\$10.70 w/GST (Member only)

Min. to commence: 16 pax

Max. participants: 32 pax

Closing Date:

One Day Tennis (Men's Blind Doubles)

– 24 March 2019, Sunday

One Day Tennis (Mixed Blind Doubles)

– 31 March 2019, Sunday

## SGCC TENNIS TOURNAMENTS

Sign up with a partner for competitive play.

All players must be SGCC members.

Men's/Ladies Doubles – 6 – 18 May 2019

Men's/Ladies Single – 27 May – 9 June 2019

Men's/Ladies Master (Age limited to 45 year old)

– 17 – 29 June 2019

Mixed Doubles (Combine age of 55 year old)

– 8 – 21 July 2019

7.30pm - 10.00pm

*Tennis Courts*

\$10.70 w/GST per category (Member only)

Closing Date:

Men's/Ladies Doubles – 21 April 2019, Sunday

Men's/Ladies Single – 12 May 2019, Sunday

Men's/Ladies Master – 02 June 2019, Sunday

Mixed Doubles – 23 June 2019, Sunday

## DARTS CONVENOR CUP (SURVIVAL SHOWDOWN – ELIMINATION MATCH)

Will you be the last person standing in the elimination game of the Darts Convenor Cup? Winner will walk away with attractive prizes.

27 April 2019, Saturday  
2.00pm onwards

*Darts Lounge*

\$10.70 W/GST (Members)

Min. to commence: 16 pax  
Max. participants: 28 pax

Closing Date: 14 April 2019, Sunday



### 301 DARTS (INDIVIDUAL)

Be the first player to clear 301 points in a series of three games to win attractive prizes.

25 May 2019, Saturday  
2.00pm onwards

*Darts Lounge*

\$10.70 W/GST (Members)

Min. to commence: 16 pax  
Max. participants: 28 pax

Closing Date: 12 May 2019, Sunday

### DARTS SC SHIELD

This will be a Blind Doubles event and the format of play will be 501 Single in-Double out (SIDO) and the Standard Cricket. In the event of a tie, the final and deciding tie-breaker will be 301 Double in-Double out (DIDO).

13 July 2019, Saturday  
2.00pm onwards

*Darts Lounge*

\$10.70 w/GST (Member)  
\$16.05 w/GST (Guest)

Min. to commence: 16 pax  
Max. participants: 40 pax

Closing Date: 30 June 2019, Sunday

## 30TH SGCC AGE GROUP SWIM MEET 2019



Come and join us and see how fast you can go.

28 July 2019, Sunday

12.00pm - 10.00pm

*Swimming Pool*

(The pool will be closed for the event)

\$3.21 w/GST per event (Member)

\$10.70 w/GST per event (Guest)

Closing Date: 15 July 2019, Monday

Contact **Daniel Chong** at **6398 5351** or  
**recreation@sgcc.com.sg**

---

## BRIDGE SPARKLING DIAMOND

Calling all senior or veteran bridge players to join in the Bridge Sparkling Diamond game. Stand to win attractive prizes if you are good in counting, mind games and reading your partner's cards.

18 June 2019, Tuesday

9.30am

*Casuarina Room*

\$10.70 w/GST (Member)

\$15.00 w/GST (Guest)

Min. to commence: 16 pax

Max. participants: 28 pax

Closing Date: 4 June 2019, Tuesday

Contact **Zaleha** at **6398 5373** or  
**recreation@sgcc.com.sg**

## ONE DAY SQUASH



Sign up to enjoy competitive match play in a social environment. Players are assigned to teams in order to achieve a competitive balance.

4 May 2019, Saturday

3pm Onwards

*Squash Courts*

\$10.70 w/GST (Member)

\$21.40 w/GST (Guest)

\$16.05 w/GST (Dinner only)

Min. to commence: 18 pax

Max. participants: 30 pax

Closing Date: 21 April 2019, Sunday

Contact **Daniel Chong** at **6398 5351** or  
**recreation@sgcc.com.sg**

## SGCC PRINCE SQUASH OPEN 2019



Come join the SGCC Prince Squash Open and win attractive prizes sponsored by Prince.

7 – 15 June 2019

Open & Handicap Categories

*Squash Courts*

TBC w/GST (Member/ Guest)

Closing Date: 26 May 2019, Sunday

Contact **Daniel Chong** at **6398 5351** or **recreation@sgcc.com.sg**

## BOWLING CONVENOR CUP

Calling all bowlers to join in the Convenor Cup where you can stand to win attractive prizes. Points accumulated will render you eligible to bowl for Bowler of the Year in December 2019. Bowlers participating in this event are also eligible for the \$1,500 plus 100 free games voucher in the perfect game award.

12 May 2019, Sunday  
Check -In Time: 8.45am  
Roll-Off Time: 9.00am

*Gardens Bowl*

\$42.80 w/GST (Member)

Closing Date: 28 April 2019, Sunday



Contact **Zaleha** at **6398 5373** or **recreation@sgcc.com.sg**

## BOWLING BLIND DOUBLE 2019

Calling all veteran and bowlers age 21 & above to participate in this novelty event. A blind draw will be conducted on the day of event for fair game. All players will be awarded a handicap and those without will be awarded one after the 8th game bowled.

8 June 2019, Saturday  
Check-In Time: 2.30pm  
Roll-Off Time: 2.45pm  
Format: Best of 8 games

*Gardens Bowl*

\$37.45w/GST (Member)

Min. to commence: 20 pax  
Max. participants: 30 pax

Closing Date: 24 May 2019, Friday



## JUNIOR BOWLING CHAMPIONSHIP 2019

This is the only Junior event for the year, therefore we encourage all juniors out there to join this event. Get to know your own score averages, meet other youth bowlers as well as receive attractive door gifts and lucky draw prizes.

13 July 2019, Saturday

*Gardens Bowl*

### Category - Boys & Girls Cat A (13 Yrs & Above)

Check-In Time	Roll-off Time	Format
10.00am	10.15am	Best of 8 games
\$32.00w/GST (Member)		

### Category B

(Below 13 yrs)

Check-In Time	Roll-off Time	Format
10.00am	10.15am	Best of 6 games
\$25.00w/GST (Member)		

Handicaps will be given as follows :

### Boys & Girls Category A (13 yrs & Above)

- National Youth (Boys & Girls) – 0 Handicap
- SGCC Youth (Boys) – 5 Handicap
- SGCC Youth (Girls) – 10 Handicap

- Boys (Non- member of National Youth & SGCC Youth squad (applicable to Feeder squad) – 10 Handicap
- Girls (Non- member of National Youth & SGCC Youth squad (applicable to Feeder squad) – 20 Handicap

### Boys & Girls Category B (Below 13 yrs)

- SGCC Youth Feeder Squad (Boys & Girls) (5 Handicap)
- Non member of SGCC Youth Bowling Team (Boys & Girls) (15 Handicap)

Min. to commence: 20 pax  
Max. participants: 30 pax

Closing Date: 28 June 2019, Friday



## HOLIDAY BOWLING

Come and try bowling in the dark!

15 June 2019, Saturday

7.00-11.00pm

*Gardens Bowl*

Charges:

\$21.40 w/GST per hour per lane  
(Member) (max. 6 pax per lane)

\$25.68 w/GST per hour per lane (Guest)  
(max. 6 pax per lane)

Shoes rental: \$1.07 per pair

Closing Date: 4 June 2019, Tuesday

Contact **Zaleha** at **6398 5373** or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## SGCC GOLF SECTION MAY MONTHLY MEDAL

23 May 2019, Thursday

Tee-off Time – 12.00pm onwards

*Warren Golf & Country Club*

Format: Strokeplay

Charges:

\$40.00 w/GST (SGCC Golf Section  
Member with WGCC Membership)

\$140.00 w/GST (SGCC Golf Section Member)

\$50.00 w/GST (SGCC Member &  
Guest with WGCC Membership)

\$150.00 w/GST (SGCC Member & Guest)

Min. to commence: 20 pax

Closing Date: 9 May 2019, Thursday



Contact **Terrence Ho** at **6398 5389** or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)



## CHESS LESSONS FOR ALL LEVELS

Every Saturday, 1pm - 2.30pm

Clover Room

*\$85.60 w/GST (Member)*

*\$96.30 w/GST (Guest)*

*Charges are for 4 lessons a month. There will be an additional charge if there are 5 weeks/lessons in a month*

Eligibility: 6 years and above. Adults are welcome to join.  
Min. to start: 4 pax

### **About the Trainer | Lincoln Yap**

Lincoln Yap is a FIDE (Federation Internationale des Echecs - World Chess Federation) instructor and International Arbiter (IA). He is an experienced chess coach who is accredited by the Singapore Chess Federation (SCF) and a qualified trainer of the Singapore National Junior Squad. He is also MOE-registered and teaches regularly at SCF and at various schools in Singapore and the Philippines.

# ADVERTISE WITH US!

With a reach of more than 4,000 captivated readers bi-monthly, an audience profile of affluent taste-makers and c-suite level business professionals and entrepreneurs, you can be sure to reach the right eyes.

For advertising rates and inquiries, call **6398 5320** or email [jeremy\\_tan@sgcc.com.sg](mailto:jeremy_tan@sgcc.com.sg)

Out-Of-Home advertising space available upon request.



## MUAY THAI

Every Saturday, 9.00am – 10.30am

Every Sunday, 9.00am – 10.30am

Aerobics Studio

*Unlimited Sessions*

*\$107.00 w/GST (Member)*

*\$117.70 w/GST (Guest)*

Eligibility: 6 years old & above

Min. to start: 6 pax

Max. participants: 20 pax

### About the Trainer | Dejun

A member of the national Muay Thai team, Dejun brings with him seven years of experience, both as a fighter and an instructor. He is trained by one of the oldest Muay Thai gyms in Singapore, BXG Boxing & Fitness, which has produced many other local professional Muay Thai fighters.



## JUDO FOR KIDS



Every Thursday, 4.30pm – 5.30pm

Aerobics Studio

*\$85.60 w/GST per month (Member)*

*\$96.30 w/GST per month (Guest)*

Eligibility: 5 years old & above

Min. to start: 6 pax

Max. participants: 20 pax

### About the Trainer | Md Azfar Ali

A 2nd Dan black belt, Azfar has been coaching for several years and has trained as a coach at the Kodokan Judo Institute in Japan, under the ASEAN-Jita Kyoei Program. He believes in focusing on fundamental skills development and strives to make learning judo an enjoyable and enriching experience for learners of all age.

## AIKIDO FOR KIDS AND ADULTS

Every Saturday

4.30pm – 5.30pm

Aerobics Studio

*\$53.50 w/GST per month (Member)*

*\$64.20 w/GST per month (Guest)*

*Charges are for 4 lessons in a month. There will be additional charges if there are 5 weeks or/ lessons in a month.*

Eligibility: 6 years old & above

Min. to start: 6 – 8 pax

Max. participants: 20 pax

### About the Trainer | George Chang Koon Chua

A President and Chief Instructor of Ueshiba Aikido Association, George is a qualified Aikido instructor and the only 7th Dan holder in Singapore. He is officially recognised by Aikido World Headquarters in Japan (Japan Aikido HQ), and has taught Aikido in community centres, country clubs and other organisations in Singapore. He is the Head Instructor of the Teaching and Grading Committee and is authorised to conduct grading examinations of Aikido students.

## TAEKWONDO



### *Beginner*

*Every Friday*

*6.15pm – 7.00pm (For ages 4 – 6)*

*7.00pm – 7.45pm (For ages 6 & above)*

*\$74.90 w/GST (Member)*

*\$85.60 w/GST (Guest)*

### *Intermediate*

*Every Friday, 8.00pm – 9.15pm*

*\$74.90 w/GST (Member)*

*\$85.60 w/GST (Guest)*

### *Sparring*

*Every Sunday, 5.15pm – 6.45pm*

*\$85.60 w/GST (Member)*

*\$96.30 w/GST (Guest)*

*Charges are for 4 lessons in a month. There will be additional charges if there are 5 weeks / lessons in a month.*

### Aerobics Studio

Min. to start: 6 pax

Max. participants: 20 pax

### **About the Trainer | Patrick Tan**

Patrick Tan has more than 37 years of Taekwondo coaching experience, which includes teaching in the armed forces, international schools, commercial gyms as well as private clubs and organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) 7th Degree Black Belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor and a STF referee (Poomsae and Kyorugi). Under Patrick's training, some of our Club members have emerged as champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.

## HATHA YOGA

Every Monday, 7.30pm – 8.30pm

Every Monday, 9.00pm – 10.00pm

Every Saturday, 3.15pm – 4.15pm

### Aerobics Studio

*\$64.20 w/GST (Member)*

*\$74.90 w/GST (Guest)*

Eligibility: 6 years old & above

Min. to start: 6 pax

Max. participants: 30 pax

### **About the Trainer | Michael Choong**

A full-time, freelance yoga instructor and personal trainer at several clubs, companies and community centres, Michael holds an International Diploma in Ashtanga Yoga. He is also certified in Therapeutic Healing Yoga and has attended the Sivananda Yoga Teacher Training Course.

## VINYASA FLOW YOGA

Every Thursday, 7.30am – 8.30am

Every Thursday, 9.00am – 10.00am

### Aerobics Studio

*\$64.20 w/GST (Member)*

*\$74.90 w/GST (Guest)*

Eligibility: 6 years old & above

Min. to start: 6 pax

Max. participants: 30 pax

### **About the Trainer | Dawn**

As a former accountant, being on the yoga mat after a long day at work became Dawn's quick-fix for stress relief. Having practised for more than 6 years, she is constantly inspired by the amazing benefits of yoga. Other than improved flexibility and strength, yoga has brought overall body and mental wellness to many others and herself. She strongly recommends a little bit of yoga to melt away any body tensions and bring some calmness to your mind! Dawn believes it is most important to have a fun and safe practice, and encourages students not to be too hard on themselves on the mat. Her teaching emphasises proper alignment to build a strong foundation.

### Certifications:

- Mindful Birth Teacher Training Yoga For Pregnancy, Birth and Baby (Module 1: Pregnancy Yoga)
- Mastering the Art of Vinyasa Yoga 50-Hr Teacher Training with Jason Crandell

Styles: Hatha, Vinyasa Flow, Prenatal

## LEARN-TO-SWIM PROGRAMME & DEVELOPMENT PROGRAMME BY QUATTOR SWIM SCHOOL

### Learn-to-Swim Programme

Monday 4-5pm, 5-6pm, 6-7pm

Tuesday 4-5pm, 5-6pm, 6-7pm

Thursday 4-5pm, 5-6pm, 6-7pm

Saturday 9-10am, 10-11am, 11-12nn

Sunday 9-10am, 10-11am, 11-12nn

Note: Free assessment will be conducted for new students (applies to fresh beginner) as to streamline according to their skills levels.

### Development Programme

Monday 7.30pm - 9pm

Wednesday 7.30pm - 9pm

Friday 7.30pm - 9pm

Saturday 10.30am - 12nn

Sunday 10.30am - 12nn

The Learn-to-Swim Programme is on the SwimSafer Criteria whereby students would be trained and taught according to the requirements for different levels.

The Development Programme caters to swimmers who wish to further improve their competitive swimming knowledge and skills. This programme focuses on boosting the efficiency of a swimmer's stroke technique, and improving their swimming stamina. This programme is a step up from the SwimSafer requirements as swimmers will be trained to progress to a competitive level.



### Learn-to-Swim Programme

	ATTENDING ONE SESSION PER WEEK (4 TIMES A MONTH)	ATTENDING TWO SESSIONS PER WEEK (8 TIMES A MONTH)
MEMBER	*\$64.20 w/ GST	*\$85.60 w/ GST
GUEST	*\$64.20 + (Additional Guest Fee Payable as per table below)	*\$85.60 + (Additional Guest Fee Payable as per table below)

*\*Above lessons fees (exclude Guest Fee payable) are subjected to prorate in the event of public holidays or if there is a fifth week in the month.*

### Additional Guest Fee Payable

ATTENDING ONE SESSION PER WEEK	
Weekday session	\$10.70 w/ GST
Weekend session	\$21.40 w/ GST
ATTENDING TWO SESSIONS PER WEEK	
Weekdays session	\$21.40 w/ GST
1 Weekday & 1 Weekend session	\$32.10 w/ GST
Weekends session	\$42.80 w/ GST

### Development Programme

	ATTENDING ONE SESSION PER WEEK (4 TIMES A MONTH)	ATTENDING THREE SESSIONS PER WEEK (12 TIMES A MONTH)
MEMBER	**\$74.90 w/ GST	**\$96.30 w/ GST
GUEST	**\$74.90 + (Additional Guest Fee Payable as per table below)	**\$96.30 + (Additional Guest Fee Payable as per table below)

### Additional Guest Fee Payable

ATTENDING ONE SESSION PER WEEK	
Weekday session	\$10.70 w/ GST
Weekend session	\$21.40 w/ GST
ATTENDING THREE SESSIONS PER WEEK	
Weekdays session	\$32.10 w/ GST
1 Weekday & 2 Weekends sessions	\$53.50 w/ GST
2 Weekdays & 1 Weekend session	\$42.80 w/ GST

*\*\*The above lessons fees (include Guest Fee payable) are NOT subjected to prorate in the event of public holidays or if there is a fifth week in the month.*

Contact Julia Kong at 6398 5352 or Daniel Chong at 6398 5351 or recreation@sgcc.com.sg.  
Visit [www.sgcc.com.sg](http://www.sgcc.com.sg) for more information.



## BIO BOWLING ACADEMY

### Junior Bowling (For ages 3 – 8)

Every Wednesday, 6pm – 7pm

Every Friday, 3.45pm – 4.45pm

Every Friday, 4.45pm – 5.45pm

Every Sunday, 4pm – 5pm

Aerobics Studio

*9 Lessons*

*\$385.20 w/GST (Member)*

*\$481.50 w/GST (Guest)*

*18 Lessons*

*\$749.00 w/GST (Junior Gems Member)*

Min. to start: 3 pax

Max. participants: 10 pax

### About the Trainer | Vanessa Fung

Bio Bowling Academy was inceptioned in 2012 and has since been endorsed as a Centre of Excellence by the Singapore Bowling Federation in 2013. Supported by a team of experienced coaches, we have been offering training programmes to school teams in the Primary and Secondary Schools of the Ministry of Education. As part of our expansion efforts, we have invited Ms Vanessa Fung to join our ranks from 20 December 2017.

Ms Vanessa Fung brings with her an extensive network of private students from the clubs. Prior to her stint in Singapore, she was a private bowling instructor in Hong Kong for 10 years. As a national athlete for 12 years, she had also participated in numerous international competitions between 2000 & 2012 and won Women's Masters 3rd runner-up in World Games 2005, Duisburg, Germany and Women's 2nd runner-up in AVIVA Asian Bowling Tour, Grand Slam Finals 2001. In addition, she had also won the Women's 2nd runner-up in Asian Bowler of the Year 2009.

## BOWLING CLASSES

### Bowling Classes

Every Sunday, 10am – 12pm

Gardens Bowl

*Group Coaching For Samuel Ho & Peter Chng*

*\$42.80 w/GST per session (Member)*

*\$53.50 w/GST per session (Guest)*

Min. to start: 3 pax

Max. participants: 10 pax

### Bowling

To arrange with instructor

Gardens Bowl

Private Coaching

1 student: \$74.90 w/GST per session (Member)

2 students: \$58.85 w/GST per session (Member)

1 student: \$85.60 w/GST per session (Guest)

2 students: \$69.55 w/GST per session (Guest)

### About the Trainers | Samuel Ho & Peter Chng

Samuel Ho is a qualified bowling instructor with more than 20 years of experience. His working experience includes being a resident coach for SGCC and Singapore Swimming Club. His professional qualifications and certifications include being a registered coach with the Sports Council (NROC) and the Singapore Bowling Federation.

Peter Chng has 10 years of coaching experience, he's been the Club's resident coach since 2017 and also has 2 years of experience in coaching various schools: Maris Stella Primary & Secondary School, ACS (Barker), Nanyang Girls' and Special Olympic School. His professional qualifications and certifications include being a registered coach with Singapore Bowling Federation.

## PERSONAL TRAINERS (HAZLI & ANDREW)



### About the Trainers Hazli Ansar

- Certified fitness instructor from Singapore Fitness Instructor Association
- Have worked with youths and adults alike (Army personnel, youths with special needs, adults with various health/medical issues as well as assisting physios with sports injuries rehab)
- Speciality: Strength and Conditioning training, Weight Loss

### Andrew Chan

Andrew is a certified strength & conditioning coach and is also qualified in first aid, CPR and AED. He specialises in weight loss, sport-specific training, functional training, high intensity/circuit training and general strength training. He may be reached at 9187 0996.

Contact Terrence Ho at 6398 5389 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## TENNIS COACHING BY ACES TENNIS

### Adult Group Coaching Programme

Beginner: Saturday (3.30pm – 5pm)

Intermediate: Monday (8.30pm – 10pm)

Ladies' Intermediate: Friday (8am – 9.30am)

Tennis Court

*\$141.24 w/GST (Member)*

*\$157.29 w/GST (Guest)*

*Charges are for 4 lessons in a month. There will be additional charges if there are 5 weeks of lessons in a month.*

### Junior Group Coaching Programme

#### Monster Tennis (3 – 7 years old)

Monday (4.30pm – 5.30pm), Sunday (9am – 10am)

*\$94.16 w/GST (Member)*

*\$110.21 w/GST (Guest)*

#### Beginner Level 1 (7 – 12 years old)

Friday (3pm – 4.30pm)

#### Beginner Level 2 (7 – 12 years old)

Tuesday, Wednesday and Friday (4.30pm – 6pm)

#### Intermediate Level 1 (7 – 12 years old)

Tuesday (7.30pm – 9pm)

#### Intermediate Level 2 (7 – 12 years old)

Wednesday (6pm – 7.30pm)

#### Beginner Level 1 (12 – 18 years old)

Tuesday (6pm – 7.30pm)

#### Beginner Level 2 (12 – 18 years old)

Monday (5.30pm – 7pm)

#### Intermediate Level 2 (12 – 18 years old)

Monday (7pm – 8.30pm)

#### Junior Level 3 (12 – 18 years old)

Sunday (9.30am – 11am)

*\$141.24 w/GST (Member)*

*\$157.29 w/GST (Guest)*

#### Advanced (12 – 18 years old)

Sunday (10am – 12pm)

*\$188.32 w/GST (Member)*

*\$209.72 w/GST (Guest)*

*Charges are for 4 lessons in a month, there will be additional charges if there are 5 weeks of lessons in a month.*

Contact Daniel Chong at 6398 5351 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)



## FITNESS FUN PROGRAMMES

On-going

### Dancercise

1. Monday at 10am to 11am
2. Saturday at 12pm to 1pm

### ABTsolutely Fabulous

1. Monday at 11.30am to 12.30pm

### PowerStretch™

1. Tuesday at 7.45pm to 8.45pm,
2. Wednesday at 7.45pm to 8.45pm,
3. Friday at 10am to 11am
4. Saturday at 1.45pm to 2.45pm

### ABTsolutely Sculpted (NEW)

1. Friday at 11.30am to 12.30pm

### Bodyblast

1. Wednesday at 10am to 11am

### Jazz4U

1. Thursday at 7.45pm to 8.45pm

### Aerobics Studio

### **Fitness Fun Monthly Charges:** **Member**

- 1 lesson per week: \$58.85 w/GST
- 2 lessons per week: \$80.25 w/GST
- 3 lessons per week: \$96.30 w/GST
- 4 lessons per week: \$112.35 w/GST

### **Guest**

Additional monthly charge of \$21.40 w/GST will be imposed.

### **Ad hoc / Trial session (PINK FORM)**

\$21.40 w/GST per session (Member)

\$26.75 w/GST per session (Guest)

Applicable for monthly registered students to use for \*CLASS THAT ARE FULLY SUBSCRIBED\* (as per monthly schedule posted on the notice board) and to Non monthly registered members & guests.

### **INCENTIVE ADHOC for NON-FULLY SUBSCRIBED CLASSES™ (WHITE FORM)**

\$10.70 w/GST per session (Member)

\$16.05 w/GST per session (Guest)

Applicable for class that are \* NOT FULLY SUBSCRIBED\* (as per monthly schedule posted on the notice board) and for CURRENT \*MONTHLY REGISTERED \* Students & Guests

All guest's \*INCENTIVE ADHOC MUST be billed to the respective member who signed her/him for the monthly class\*

### **About Our Instructors**

**Derrick Ee** – (PowerStretch™, Bodyblast, Dancercise, ABTsolutely Fabulous and Jazz4U)

Derrick has been the Chief Aerobic Instructor of the Club since 2000. He is a multi-disciplined talented dancer, choreographer, dance and fitness instructor with over 2 decades of experience. Combining various disciplines, Derrick has developed the following unique classes for his students: PowerStretch™, Bodyblast, Dancercise, ABTsolutely Fabulous and Jazz4U.

**James Shaw** – (ABTsolutely Sculpted class: NEW)

James has been in the fitness industry since 1982, teaching group exercises as well as conducting personal training. He has taught in various countries including Singapore, Thailand and the USA.



# BE SEEN & HEARD @ SGCC EVENTS

## GOLF CONVENOR CUP CUM ANG POW GAME



Champion Paul Toh with Golf Convenor Aaron Lim

32 golfers participated in the Golf Convenor Cup cum Ang Pow Game 2019 held at the Marina Bay Golf Course on Wednesday, 13 February 2019. Playing on a stableford format, golfers teed-off from 12.20pm onwards with very windy but sunny weather.

Luckily with no stoppages, everyone managed to complete a round of 18 and the scores tabulated. After everyone refreshed themselves with a shower and change of clothes, it was back to the Club's Casuarina Room, for Lo-hei Dinner cum prize presentation.

In addition to the golfing prizes, Ang Baos were been given out to 10 lucky draw winners.

### Results

Champion: Paul Toh

2nd: Neo Kim Seah

3rd: Mike Tan

1st Nine: Quek Nam Teck

2nd Nine: Raymond Wong

Nearest-To-Pin: Gordon Po

Nearest-To-Pin: Raymond Wong

Nearest-To-Pin: Teh Kwi Huat



(From L-R) Raymond Wong, Dhanvinder Singh, Terrence Fernandez, Ibrahim Atan



## ANG POW BRIDGE

Bridge is a trick-taking card game, played by four players in two competing partnerships with partners sitting opposite each other around a table, using a standard 52-card deck. 20 members and guests came together in the Ang Pow Bridge, which was held on Tuesday, 12 February 2019 at the Kensington Ballroom 1.

After three hours of competition, everyone adjourned for 'Lo Hei', prize giving and also a sumptuous lunch buffet.



Champion Pair: Ng Kong & Henry Goh

### Results

1st: Henry Goh & Ng Kong  
2nd: Loh Lye Meng & James Ng  
3rd: Pauline Ng & Iris Lim



All Winner: Catherine, Debbie, Samuel, Lee How Wang, Tan Gian Yion

### Results

#### **Men's Category**

1st: Samuel Ho (1,596 pin falls)  
2nd: Lee How Wang (1,578 pin falls)  
3rd: Tan Gian Yion (1,490 pin falls)

#### **Ladies Category**

1st: Catherine Chua (1,366 pin falls)

## ANG POW BOWLING

The Bowling Ang Pow game kicked off at the Gardens Bowl on Sunday, 17 February 2019 with all bowlers in the festive mood and Chinese New Year songs playing in the background.

Additional Red Packet games were to be given out but in order for all bowlers to receive them, everyone had to meet four different game requirements (to bowl a strike, to bowl a spare, to hit minimum 4 pins and above or bowl 9 pins). After all the excitement and games, bowlers were treated to a lunch buffet followed by prize presentation.

## ANG POW ONE DAY SQUASH

31 Squash players participated in the Ang Pow One Day Squash on Saturday, 16 February 2019. Players were assigned to three teams in order to achieve a competitive balance. The three teams included Team Harmony lead by Rayden Tan, Team Peace lead by Sean Lim & Team Prosperity lead by Ian Liew, with Team Peace eventually emerging overall winners of the competition.

Attendees proceeded with Chinese New Year celebrations of a 'Lo Hei' at the Club's Coffee Deli after the game followed by dinner. Overall, it was a great bonding time between members and their guests.



Cheers to a great year ahead



Champion Team

### Results

#### **Champion - Team Peace**

Sean Lim  
Charles Li  
Raymond Tan  
Jean-Phillipe Filhol  
Kenneth Low  
Tio Hong Tjoen  
Chris Pua  
Joseph Liew  
Shirley Chou  
Ken Pua  
Pauline Debrand

#### **Runner up - Team Prosperity**

Ian Liew  
Daryl Khoo  
Allan Chang  
Dennis Tan  
Jason Lee  
Eugene Lee  
Peter Lim  
Stephan Chan  
Waverly Wu  
Molly Chua

#### **Third Place - Team Harmony**

Rayden Tan  
Edwin Lee  
Woffles Wu  
Tan Chee Seng  
Xavier Boutin  
Jack Lim  
Chen Chin Sang  
Michelle  
Edward Chia  
Mikael Lee



Main Event Champion -  
Francis Tay, Mark Leong and Sub-Com, Iris Lim

### Results

#### **Main Event**

Champions – Francis Tay & Mark Leong  
Runners-up – Liesje Shing & Tay Sai Huay

## ANG POW DARTS CRICKET

32 Darters participated in the Ang Pow Darts Cricket on Saturday, 16 February 2019. The highlight of the event was the Chinese New Year celebrations 'Lo Hei' or also known as 'Prosperity Toss'.

After all the festivities, the games commenced with an exciting showdown of who had the best aim. It was evenly matched to the end, with the clock going into overtime but eventually the winners emerged with a pair of champions for both the Plate and Main events.

#### **Plate Event**

Champions – Rick Seah & Hayley Chong  
Runners-up – Yoong Fah Kong & Matthias Lee

## CHINESE NEW YEAR REUNION DINNER

Monday, 4 February 2019



## CHAP GOH MEH DINNER

Tuesday, 19 February 2019



## LO HEI DINNER

Monday, 11 February 2019



## NITE WITH TOKYO SQUARE

Friday, 22 February 2019



## VALENTINE'S DINNER

Thursday, 14 February 2019



## KARAOKE CHALLENGE

Sunday, 20 January 2019

It was a day of songs as contestants belted out Hokkien to Mandarin tunes to English pop favourites. Competition was stiff but ultimately a winner had to be crowned. A big shout out to POPSICAL for sponsoring the event.



First	Andy Ho De Shen	心酸的情歌
Second	Esmond Tan	过火
Third	Aw Mei Jun	可惜不是你
Best Dressed Award	Jo Kang	你不是神
Best Stage Performance Award	Linda Ong	宝贝对不起
Special Award (Lady)	Alice Tan	是你违背我
Special Award (Male)	Ee Hoon Meng	Speak Softly Love

Special thanks to Emcee Cecilia Woo and Francis Tan for organizing the event.

Event Sponsor:

**POPSICAL**

## REGULAR AFFILIATE CLUBS

Enjoy non-resident privileges at 15 other affiliate clubs overseas. Members must obtain their Introduction Letter from SGCC at least 1 week before their scheduled visit to the reciprocal club. The Introduction Letter can be obtained from the Membership Relations Office. Please call **6286 8888** or email **membership@sgcc.com.sg** for enquiries.

### AUSTRALIA

#### CANBERRA

**Canberra Southern Cross Club**  
Corner of Hindmarsh Drive  
and Callam Steet Philip,  
Canberra  
Tel: 61(02) 6283 7200

#### MELBOURNE

**The Kelvin Club**  
Melbourne Place,  
Melbourne, Victoria 3000  
Tel: 61-3-96545711  
\*2, 3, 6, 9

#### SYDNEY

**CTA Business Club Ltd**  
MLC Centre, Martin Place,  
Sydney NSW 2000  
Tel: 61-2-9232 7344  
\*1, 2, 3, 6, 9

### CANADA

#### ONTARIO

**The Mandarin Golf and Country Club**  
11207 Kennedy Road, Markham  
Ontario, Canada L6C 1P2  
Tel: 905-887-9887  
www.golfmandarin.com  
\*2, 3, 6, 10, 22

### VANCOUVER

#### Terminal City Club

837 West Hastings Street  
Vancouver, BC, Canada  
V6C 1B6  
Tel: 604-681-4121  
Fax: 604-681-9634  
members@tcclub.com  
www.tcclub.com  
\*2, 3, 5, 6, 9, 11, 13, 16,  
18, 22

### CHINA

#### HONG KONG

**Hong Kong Football Club**  
3 Sports Road, Happy Valley  
Tel: (852) 28309500  
www.hkfc.com.hk  
\*2, 3, 5, 6, 7, 8, 9, 11, 13,  
14, 16, 19

### SHANGHAI

#### Shanghai International Tennis Center Club

516 Heng Shan Road  
Tel: 86-21-6415 5588\*82  
www.regal-eastasia.com  
\*4, 9, 10, 11, 13, 16, 19, 20

#### Ambassy Club

No. 1500 Central,  
Huai Hai Road,  
Shanghai, PRC, 200031  
Tel: 86-21-6437 9800  
\*2, 3, 4, 11, 13, 16, 19, 22

### INDIA

#### RAJASTHAN

**Jaisal Club**  
Jethawai Road,  
Jaisalmer — 345001,  
Rajasthan, India  
Tel: 91-02992-255555 /  
254999  
\*2, 3, 6, 8, 10, 11, 19

### INDONESIA

#### JAKARTA

**International Sports Club of Indonesia**  
Jalan Liputat Raya  
Tangerang, 2 Wis Java  
Indonesia  
Tel: 62-21-749 0540  
\*2, 3, 5, 6, 7, 10, 13, 14,  
15, 16, 19

### SURABAYA

#### The Heritage Club

Basuki Ralehmat 129-137,  
Surabaya 60271 Indonesia  
Tel: 62-31-531 6755  
\*3, 6, 9, 11, 15, 17, 20,  
21, 22

### MALAYSIA

#### KUANTAN

**Kelab Kuantan**  
Jalan Merdeka, 25000  
Kuantan Pahang Darulmakmur  
Tel: 02-09-521130  
\*2, 3, 5, 7, 8

#### KUALA LUMPUR

#### Royal Selangor Club

Dataran Clubhouse  
Jalan Raja P.O. Box 10137,  
50704 Kuala Lumpur  
Tel: 603 2692 7166  
Fax: 603 2693 4724

#### Bukit Kiara Sports Annexe

Jalan Bukit Kiara Off  
Jalan Damansara, 60000 Kuala  
Lumpur  
Tel: 603-2093 2277  
Fax: 603-2093 3677  
rscmail@rscweb.org.my  
http://rsc.org.my/  
\*2, 3, 6, 9, 11, 12, 13, 15, 16,  
19, 22, 23

### SELANGOR

#### Kelab Shah Alam Selangor

Peti Surat 7116, 40704 Shah  
Alam, Selangor Darul Ehsan  
Tel: 02-03-551-00001  
\*2, 3, 5, 6, 9, 11, 13, 16, 19

### LEGEND

- 1 Accommodation
- 2 Banquet Room
- 3 Dining Area
- 4 Games Area
- 5 Library
- 6 Lounge / Bar
- 7 Race Course
- 8 Badminton
- 9 Billiard Room
- 10 Golf
- 11 Gym / Health
- 12 Hockey
- 13 Pool
- 14 Rugby
- 15 Soccer
- 16 Squash Court
- 17 Sailing
- 18 Sauna / Steam Bath
- 19 Tennis
- 20 Massage
- 21 Mini Theatre
- 22 Meeting Facilities
- 23 Cricket Pitch



## Best Authentic Teochew Cuisine & Dim Sum 享誉国内外的正宗潮州佳肴

# \$30 Gift Voucher

#### Terms & Conditions:

- Valid only for dine-in at Swatow Garden @ Serangoon Gardens Country Club.
- Valid with a minimum spending of \$100 before GST & service charge; beverages excluded.
- Not valid for use on eve of public holidays, public holidays & festive days.
- Voucher not exchangeable for cash, and cannot be used with set menus, other promotions, offers & discounts.
- Original voucher must be presented upon payment.
- 1 voucher can be used per transaction.
- Swatow management reserves the right to change or amend the T&Cs without prior notice.
- Valid until 31st May 2019.



#### Open to Public

**Swatow Garden @ Serangoon Gardens Country Club**  
22 Kensington Park Road, Heliconia Wing, Singapore 557271.  
Tel: **6343 1717**

Cut out this physical voucher to enjoy the benefits of this voucher!

[www.swatow.com.sg](http://www.swatow.com.sg)



INTRODUCE  
YOUR FRIENDS  
TO THE CLUB

---

**DRINKS  
ON US!**

Get your friends to be part of the SGCC family. Arrange for a personalised tour of the Club with the Membership Relations team where they explain to them all the nitty-gritty of the membership schemes while you sit back and relax with drinks\* on the house!

Be rewarded^ when they sign up as SGCC members:

**\$200 spending credit** for  
Term Membership referral

**\$500 spending credit** for  
Ordinary Membership referral

Contact the **Membership Relations team!**  
Email **[membership@sgcc.com.sg](mailto:membership@sgcc.com.sg)** for your  
personalise tour of the Club!

Visit [www.sgcc.com.sg](http://www.sgcc.com.sg) for details.

\*Does not apply to alcoholic beverages. ^Your friend must include you as a proposer in their membership application form.  
Upon approval of their membership, the spending credit will be credited to your account. Spending credit will be credited to your membership account and can be used on F&B, lesson fees, facilities, social events and activities in the Club. Only for new membership sign-ups, management reserves the right to change any of the incentives or promotional rewards at any time without prior notice.

---

SGCC



*11 & 12 June 2019*

**TUESDAY & WEDNESDAY  
2 DAYS CAMP**

**COME JOIN US FOR TWO WHOLE DAYS OF FUN-FILLED  
ADVENTURE. (NO OVERNIGHTER)**



**ACTIVITIES INCLUDE EXPLORING TREE TOP WALK @ MACRITCHIE RESERVOIR,  
PRAWNING/FISHING, HAY DAIRIES GOAT FARM, MARUGEN KOI FARM**

\$125.00 w/GST (Member)\*    \$155.00 w/GST (Guest)  
(\*\$105.00 w/GST for each subsequent child. Does not apply to guest)

Inclusive of Breakfast, Lunch, Dinner, one Camp T-shirt and a Certificate  
of Participation, to be awarded at a Presentation Ceremony on the last day.

Eligibility: 6 – 12 years old

Min. to commence: 20

Closing date: Monday, 3 June 2019

**Presentation Ceremony  
@ Club 22 on 12 June**  
\$ 26.75 w/GST Members  
\$ 37.45 w/GST Guests

Includes a buffet dinner  
and non-alcoholic drinks.

Contact **Terrence** at **6398 5389** or **recreation@sgcc.com.sg**