



## Mommie Dearest

As Mother's Day draws near, treat her to a meal at SGCC specially catered for her. Turn to page 34 for more details.



**7**  
Alternative swimming arrangements



**15**  
Taken with taekwondo



**16**  
Welcoming the Year of the Rat



**17**  
A peek at our year-end party

## CLUB DIRECTORY

### 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–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  
Daily: 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

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  
Peak hours (Sat–Sun & PH): Whole day

#### Gymnasium

Tel: 6286 8888 ext. 331  
Daily: 5.30am–10pm  
Except during scheduled partial closure for maintenance four 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  
Peak hours (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  
Peak hours (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  
Peak hours (Sat–Sun & PH): 8am–10pm

#### Mahjong / Cards Rooms

Tel: 6286 8888  
Sun–Thu & PH: 10am–12am  
Fri–Sat & Eve of PH: 10am–1am

### OTHER FACILITIES

#### Jackpot Room

Tel: 6398 5362  
Sun–Mon: 10am–11pm

#### Kiddieland

Daily: 9am–10pm

#### Lat Salon

Tel: 6286 8262, by appointment only  
Tue–Sun: 11am–7pm  
Mon & PH: Closed

#### 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  
Email: Serangoon@cambridge.school

### MANAGEMENT STAFF

#### General Manager

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#### Duty Manager

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### CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

#### Membership

Tel: 6398 5383  
Email: membership@sgcc.com.sg

#### Accounts

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

#### Sports & Recreation

Email: 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, Chinese Martial Arts & Mahjong

Julia Kong 6398 5352

#### Bowling & Bridge

Zaleha Hanibah 6398 5373

#### Food & Beverage

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#### Banquet Sales

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#### Advertisement Bookings

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#### Data Protection Officer

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## PATRON-IN-CHIEF

Mr Goh Chok Tong  
Emeritus Senior Minister

## PATRONS

Ms Sylvia Lim  
Mrs Lim Hwee Hua  
Mr George Yeo

## TRUSTEES

Mr Hendrick Koh  
PPA BBM PBM  
Mr Anthony Tan  
Mr Pao Kiew Tee

## GENERAL COMMITTEE

Mr Terrence Fernandez  
President  
Mr George Lim Yort Gue  
Assistant Honorary Secretary  
Mr Lee How Giap  
Assistant Honorary Treasurer

## COMMITTEE MEMBERS

Mr Ng Teng Hee  
Mr Arulananthan Subramaniam  
Mr Peter Karsono Lee

## CONVENORS

Mr Emrys Phua  
Billiards  
Mr Edward Tan  
Bowling  
Mr Ronnie Ng  
Chess  
Mr Rick Seah  
Darts  
Mr Eddie Ng  
Fitness  
Mr Aaron Lim  
Golf  
Mr Edwin Lee  
Squash  
Mr Steven Lee  
Tennis

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Mr Daryl Neo

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You can't go back and change the beginning, but you can start where you are and change the ending.

— C S Lewis

I firmly believe that, as President, I should provide judgment and guidance not based on what makes me popular, but rather on the right thing to do. When in doubt, the person in this position should be guided by the Rule of Law; leaders — regardless of who they may be — must be guided by and held accountable to it.

I wish to assure all Members that, in the final months of my term, I will work hard with the General Committee and Management to set the Club in the right direction. It's important that our Members understand that the right people are in place to make the tough decisions for our Club's well-being.

I'm very proud that our Club has quickly implemented action plans to ensure the health and safety of all our Members during this period of the COVID-19 pandemic. The Club was swift to turn around solutions in line with the Ministry of Health's (MOH) guidelines — for that, we should all be very thankful. Contact tracing is now a necessary inconvenience for both Members and Guests who enter the Club, which helps MOH contain the virus if there's a case among our Members.

I'll be working with management to put together an SGCC COVID-19 Task Force, comprising representatives from Management and General Committee. The Task Force also includes one of our Trustees, as well as a Member with extensive medical background who has stepped forward to consult from a medical standpoint. We have met to address current issues pertaining to the virus, and mapped out action plans for various scenarios. As a family Club with a large number of children and seniors — the most vulnerable groups of people to this virus — we cannot afford to be complacent, and must continue to be vigilant.

One other important matter is the extended refurbishment of our Swimming Pool. I've taken steps to form a team of Members and Management representatives to address all of your concerns, which include the disruption to training and routine, a preventative maintenance programme to ensure this does not occur again, and the quality and timing of all communication that goes out to Members. It is my hope that we can form a Swimming sub-committee to serve as a bridge between Members and Management.

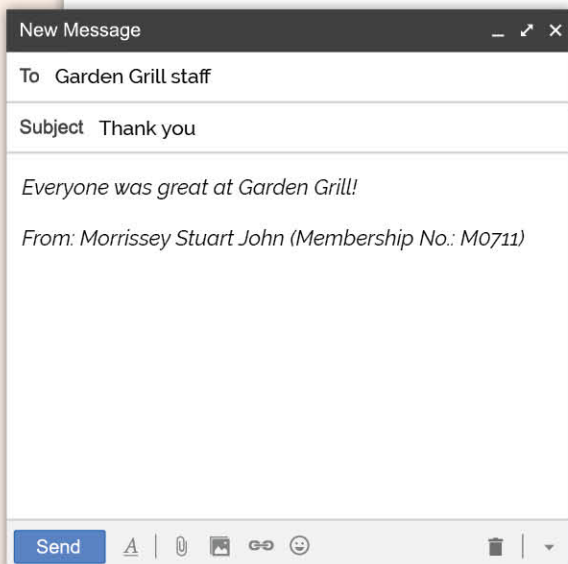
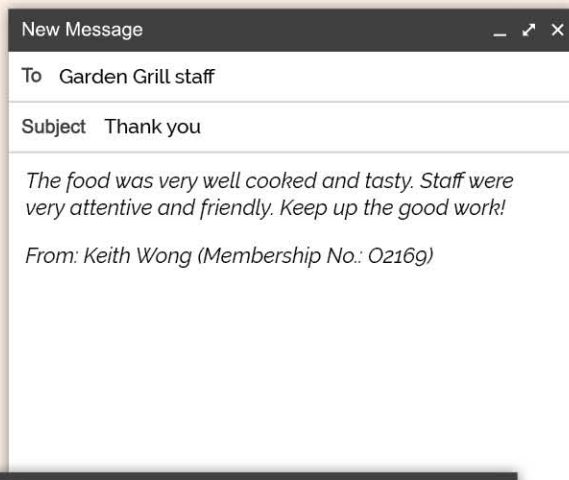
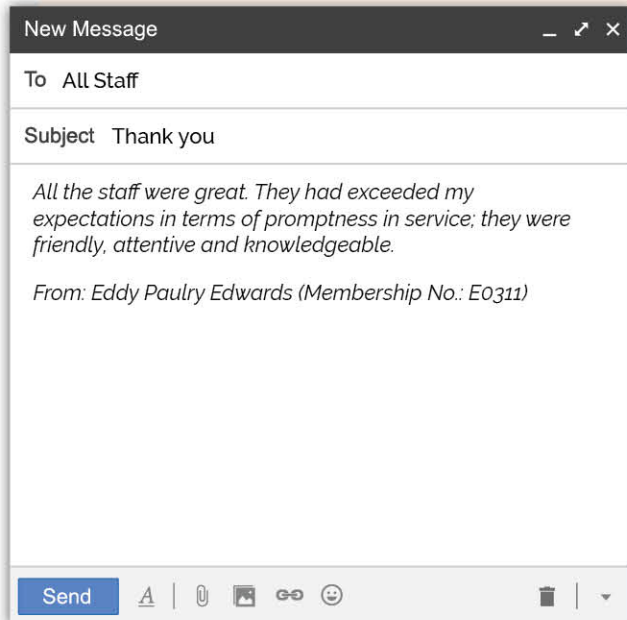
Many Members have now received their new Membership Card and car decal. Each new card contains an RFID chip, giving Members the opportunity to 'tap-n-go' upon entry and at various outlets. A refresh of these cards enhances security, and maintains the exclusivity of the Club for Members. This, coupled with frequent card checks at the entrance, significantly reduces the number of non-members accessing our premises.

The year has certainly gotten off to an interesting start for all of us. April marks our Club's 65<sup>th</sup> anniversary and, of course, Easter — a symbol of new life, rebirth and new beginnings. Stay safe, stay healthy, wash your hands regularly, and have a very blessed Easter celebration!

**Terrence Fernandez**  
President

# ABOVE AND BEYOND

Members compliment SGCC staff for going the extra mile.



## A warm welcome to:

Lim Weili	Nominee
Thoo Lee Ming	Nominee
Yap Poh Suan	Nominee
Chee Chern Ai, Sharon (Xu Cheng' Ai)	Ordinary Member
Chen Shuowen	Ordinary Member
Khoo Boon Chiu Roderich Reuben	Ordinary Member
Low Ah Bah	Ordinary Member
Pughallenthy Naidu	Ordinary Member
Tan Kar Hui	Ordinary Member
Christie Chua Su-E	Ordinary Member
Lim Chee Yong	Ordinary Member
Lim Zhi Cong	Ordinary Member
Rachel Yao Mingyi	Ordinary Member
Boulet Aurelien Christophe	Term Member
Guillemin Vincent Jean Hubert	Term Member
Maximilian Kalis	Term Member
Patricia Noelia Rivero Duque	Term Member
Reena Kaur Naranjan Singh	Term Member

## A fond farewell to:

Low Geok Bian	Grand Member
Achmad Mary	Ordinary Member
Chay Wai Chuen	Ordinary Member
Lim Soon Chong	Ordinary Member
Lee Hak Boon	Ordinary Member
Phua Cheok Kwang, Patrick	Ordinary Member
Tan Chee Seng	Ordinary Member
Tan Soh Lan	Ordinary Member
Lim Jia Hui	Ordinary Member
Lim Tow Boon	Ordinary Member
Peck Lee Wee	Ordinary Member
Tan Shuo Hui	Ordinary Member
John Frazer Anderson	Term Member
Chaumeton Cedric Paul	Term Member
Grammare Christophe Frederic	Term Member
Gharbi Hakim	Term Member
Sauco Mauro David	Term Member

# PRECAUTIONARY MEASURES FOR THE COVID-19 VIRUS

With immediate effect until 10 May 2020, our Club will be enforcing stricter precautionary measures to prevent the spread of COVID-19 to our community. These measures follow guidelines shared by the Ministry of Health, and any non-compliance will result in penalties under the Infectious Diseases Act. The Club may consider Disciplinary Action on Members who fail to comply with the regulations. Visit <http://bit.ly/sgccsa> for a comprehensive list of all the measures that will be enforced Club-wide.

Our Club values the health and wellness of all our Members. We apologise for any disruption this may cause to your weekly activities and routine. The Club will continue to monitor the situation meticulously, and update Members on new developments as they occur.

We encourage all Members to be diligent in maintaining personal hygiene and conscientious in conducting health screening, and to avoid large group gatherings within the Club.

These photos show some of the measures taken by the Club to ensure your health and safety.

## Contact Tracing Measures

Since the start of February 2020, our Club has started contact tracing measures for all individuals (Members, Guests, Staff and Vendors) entering the premises. This is

a necessary inconvenience in our efforts to circumvent spread of the virus within our Club.

We request all Members to present their Membership Card at the entrance for scanning; Members who fail to do so may not be permitted entry. Disciplinary action may be taken against Members who hand their Membership Cards to others for use to enter the Club premises, as this is misrepresentation and against the Club's Constitution.

Guests will be required to fill in the contact tracing form at <http://bit.ly/ctqsgcc> prior to entry.

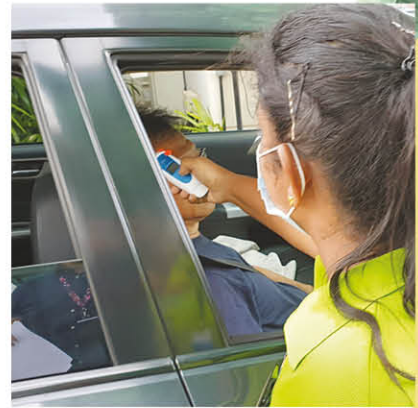
All visitors must truthfully declare their travel history to Club security. **Anyone who has travelled outside of Singapore in the 14 days prior will not be permitted entry.**

**If you have been in contact with an individual who is a confirmed or suspected COVID-19 case, you should stay home and will not be permitted into the Club within the 14-day cycle.**

Let's all work together to do our part to stay healthy.



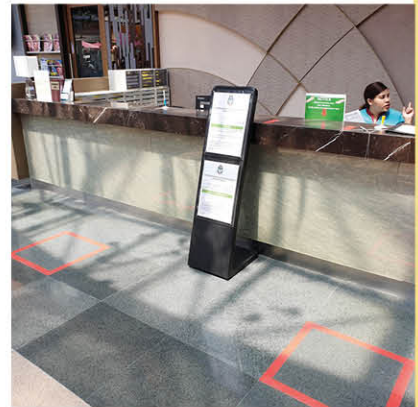
Periodic disinfection of SGCC premises



Temperature screening for driver and passengers of vehicles entering SGCC



Temperature-taking stand



Social distancing using floor markers





# OPT-OUT OF ELECTRONIC CLUBSPIRIT MAGAZINE

In our Club's efforts to be more environmentally-friendly and minimise paper wastage, with effect from the August/September 2020 issue, we will be switching to electronic copies of our Club Spirit Magazine (E-ClubSpirit)

## What does that mean for Members?

- Members with the e-copy of Club Spirit can also expect to receive their e-copy earlier than the current hardcopies, as well as a few additional perks to be announced at a later date.
- Members will not receive the hardcopy magazine in their mail
- Members may choose to opt-out of this exercise and continue to receive their hardcopy (see details below)

Should you wish to opt-out of receiving the electronic version of ClubSpirit, kindly fill up the form at: <http://bit.ly/csoptout> or scan the QR code



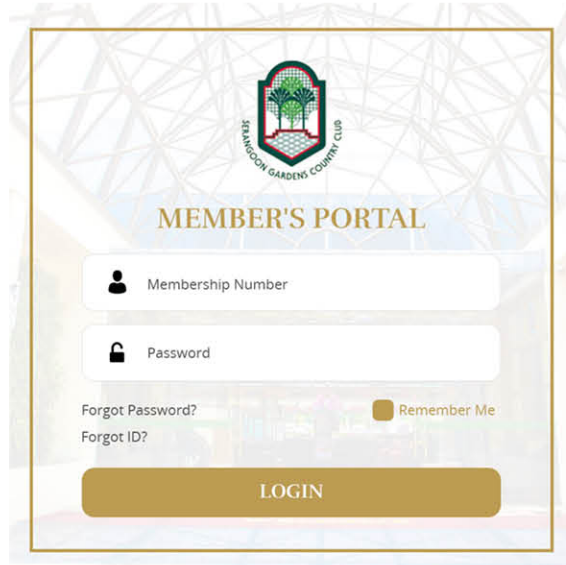
SCAN ME

We encourage all members to update your email address with our Membership Relations Team

\*Kindly note that by sending us the requested details, you agree to our Club's standard PDPA policies for collection of your personal data in regards to the above exercise.

## DELAYED LAUNCH

The Member's Portal, an online platform for the booking of Club facilities, will be rolled out later than targeted.



During the trial period for the new system, we received useful feedback from Members, and will thus be taking additional time to look into the issues that were raised.

As such, the launch date of the booking platform will be delayed till 4 May 2020.

In the meantime, we recommend that all members update their email address with the Membership Relations Department as the primary mode of contact for the online facilities booking platform.

## GOING GREEN AT SGCC

The Club will be ramping up sustainability efforts to be more environmentally friendly and reduce its carbon footprint.

Here is a list of initiatives Members can expect in the coming months:

- With immediate effect, our F&B outlets will be reducing the use of plastic straws. Straws will be made available only upon request.
- Reduction of hardcopy issues of our bi-monthly *ClubSpirit* magazine. Members will start receiving electronic copies of the magazine sent to their registered emails from the June/July 2020 issue onwards.
- With effect from 1 May 2020, foam cups will no longer be provided at the Billiard Room, Gym Counter, Mahjong Rooms and Gardens Bowl.
- Foam cups will be replaced with reusable ones at the Mahjong Rooms and Gardens Bowl.
- With effect from 1 June 2020, plastic bags will no longer be dispensed/issued to Members at the Gym Counter. Members are advised to bring their own bags for their wet/dirty clothing.

We will continue to evaluate our practices and update Members on future environmentally friendly changes within the Club.

We would like to thank our Members in advance for their cooperation in ensuring that SGCC is truly a Green Club.



# EXPECT A NEWLY MINTED POOL COME 1 MAY 2020



Our swimming pool, the jewel of our Country Club, has been taking a much-needed rest. Current works are on target to be reopened by 1 May 2020.

The extensive refurbishment exercise includes upgrades to our three filtration systems, retiling and painting of the circumference of the pool, a change of swimming pool furniture, as well as a new vibrant look and feel to both the swimming pool and kid's waterplay feature. We're very excited to unveil the new look once it is ready, so do look out for updates soon.

Updates on the progress of our swimming pool works will be shared with Members every **Friday evening (via a white notice board placed at Palm Wing, and on our website at <http://bit.ly/poolupdates>) leading to the relaunch.**

The General Committee would like to welcome Members to step forward to be a part of a new Swimming Sub-Committee. If you are interested, kindly send an email to [snr@sgcc.com.sg](mailto:snr@sgcc.com.sg).

# SOCIAL CLUBS ANNUAL GOLF 2019

On Thursday, 14 November 2019, 16 golfers from SGCC gathered at Warren Golf & Country Club for a game, which had a shotgun tee at 1pm. Despite a light drizzle, the golfers had an enjoyable game. The event closed with a sumptuous dinner at Fu Lin Men restaurant.



# QUARTERLY BOWL 2019

Our third Quarterly Bowl was held on Sunday, 17 November 2019. The top 20 winners for the Men's category and the top 10 winners for the Ladies' category competed in the Bowler of the Year competition. The results are as follows:

	Men's Category	Boys' Category	Ladies' Category
<b>1<sup>st</sup> Place</b>	Lee How Wang (1,954 pinfalls)	Tay Hui Chiang (2,117 pinfalls)	Lily Leow (1,781 pinfalls)
<b>2<sup>nd</sup> Place</b>	Ken Tan (1,817 pinfalls)	Leonard Leong (2,023 pinfalls)	Catherine Chua (1,731 pinfalls)
<b>3<sup>rd</sup> Place</b>		John Faragalla (1,969 pinfalls)	



Men's Category Champion: Lee How Wang



Ladies' Category Champion: Lily Leow

# SENIOR BOWLING

Reserved for bowlers aged 50 and above, the Senior Bowling competition saw a total of 15 participants who turned up to pit their skills against each other. The results are as follows:

	Men's Category	Ladies' Category
<b>1<sup>st</sup> Place</b>	Joseph Tan (1,561 pinfalls)	Adeline Law (1,520 pinfalls)
<b>2<sup>nd</sup> Place</b>	Edwin Koh (1,549 pinfalls)	Lily Leow (1,452 pinfalls)



# BOWLER OF THE YEAR 2019

Held on Sunday, 8 December 2019, the battle to be crowned Bowler of the Year for 2019 saw 25 participants vying for the title. After three rounds, Tan Hui Xian won the title in the Ladies' Category for the third consecutive year, while Samuel Ho held on to his title in the Men's Category.



Men's Category Champion: Samuel Ho



Ladies' Category Champion: Tan Hui Xian

# CHRISTMAS DARTS CHALLENGE

A total of 20 darters spent their afternoon pitting their skills against fellow enthusiasts for the Christmas Darts Challenge on Saturday, 14 December 2019. The game ended with a gift exchange. The results are as follows:

	Main Event	Plate Event	Bowl Event
<b>Champion</b>	Chan Man / Jacqueline Chua	Gilbert Low / James Ng	Rick Seah / Roger Koo
<b>Runner-up</b>	Stephen Seah / Mark Leong	Fred Kang / Albert Heng	Yoong Fah Kong / Jenn Wong
<b>3<sup>rd</sup> Place</b>	William Ng / Rodney Ho	Tay Sai Huay / Brown Pereira	
<b>4<sup>th</sup> Place</b>	Philip Lam / Joseph Koh	Iris Lim / Irene Teo	

Highest Check-out: Chan Man / Jacqueline Chua  
 Highest Score: Chan Man / Jacqueline Chua



# CHRISTMAS BOWLING

Christmas came early for the SGCC bowlers who had gathered for a celebration on Saturday, 21 December 2019. A total of 35 Members and guests enjoyed bowling as well as Christmas trivia quizzes and photo taking sessions. This was followed by a dinner buffet, during which Santa Claus appeared to distribute confections to all children present. All in all, it was a fun night for the attendees.



# BOWLING FRIENDLY MATCH

On Sunday, 15 December 2019, SGCC took part in a friendly bowling match against three other clubs: Singapore Swimming Club, Chinese Swimming Club, and Seletar Country Club. The event aimed to promote camaraderie among bowlers from the different clubs. A total of 70 participants signed up for the event, which was held in our Gardens Bowl. After the results were tallied, the bowlers were treated to a delicious meal and a karaoke session. Our team captains then presented tokens of appreciation to the other clubs.



# EXPLORING SINGAPORE SERIES 6: GREEN CORRIDOR

A total of 10 participants turned up on Saturday, 18 January 2020, for a trek through the Green Corridor. The pleasant walk, enhanced by good weather, started at 7.30am at Commonwealth Avenue and ended at 10.30am at the Old Bukit Timah Railway Station.



# ANG POW SQUASH

SGCC's Squash Fraternity celebrated the Lunar New Year on Saturday, 1 February 2020, with a squash game followed by dinner and a prize presentation at the Casuarina Room. The Squash Convenor also handed each attendee a bag containing a mandarin orange and a *hong bao* with a TOTO Hong Bao Draw ticket inside. The evening concluded with a *lo hei* prosperity toss together with the Guest of Honour, Mr Yew Kai Boon from Sportsmatch Marketing Pte Ltd.



Ang Pow Squash champions (from left): Vinny Nguyen, Ken Pua, Michelle Yee, Convenor Edwin Lee, Peter Lim and Jason Lee

# ANG POW DARTS

The Darts Fraternity also celebrated the Lunar New Year on Saturday, 1 February 2020: 22 of them spent the afternoon shooting darts, and later adjourned for dinner. Attendees did a prosperity toss with the Convenor of the Darts Sub-Committee.



Main event winners



# ANG POW GOLF

A total of 32 golfers participated in the Ang Pow Golf game at Orchid Country Club on Tuesday, 4 February 2020. The first tee-off started at 12.01pm. When the game concluded, the golfers assembled at the Casuarina Room for dinner, which included *yusheng* for luck and prosperity. Before the game, each golfer was handed a *hong bao* containing a TOTO Hong Bao Draw ticket.



(From left) Nicholas Goh, Richard Koh, Alvin Goh and Chong Boon Yee



Ang Pow draw winners

# ANG POW BRIDGE

On Tuesday, 4 February 2020, eight Members and eight guests gathered at the Casuarina Room for mini games of bridge. The results are as follows:

1 <sup>st</sup> Place	2 <sup>nd</sup> Place
Ng Kong & Jenny	Mary Lee & Iris Lim



# HOLE-IN-ONE ACHIEVEMENT

Congratulations to our Member Mr Teh Kwi Huat (in white shirt) for achieving a hole-in-one at Warren Golf & Country Club on Tuesday, 11 February 2020, during the You Yi Friendly Golf Game 2020.



# ANG POW BOWLING

On Saturday, 8 February 2020, 16 bowlers gathered at the Gardens Bowl for the Ang Pow Bowling event. Red packets were given out to winners and Chinese New Year songs were played, in keeping with the season. After six games, the bowlers were treated to a dinner buffet followed by a prize presentation. The results are as follows:



Convenor Edward Tan (centre) flanked by Men's Category winners

	Men's Category	Ladies' Category
<b>1st Place</b>	Lee How Wang (1,114 pinfalls)	Catherine Chua (1,208 pinfalls)
<b>2nd Place</b>	Ken Tan (1,090 pinfalls)	Candy Ong (990 pinfalls)
<b>3rd Place</b>	John Faragalla (1,044 pinfalls)	



Convenor Edward Tan with Ladies' Category winners Catherine Chua (left) and Candy Ong

# 43<sup>RD</sup> INTER-TEAM BOWLING MIXED LEAGUE

After 15 weeks of intense competition, the 43<sup>rd</sup> Inter-Team Bowling Mixed League concluded on Wednesday, 12 February 2020. The winning teams were Break Free, Star Bowlers, and Just Bowl. Many thanks to the captains, whose contributions were vital to the success of the league: Catherine Chua (Bowling Buddies), Chaw Wai Har (Fantastic Forces), Elena Chua (Ace Bowlers), Jason Ng (Just Bowl), Derrick Sim (Break Free), and Winner Ng (Star Bowlers).

The full results of the Masters events are as follows:

SCRATCH	Men's Category	Ladies' Category
<b>Champion</b>	Lee Chew W'ha (1,564 pinfalls)	Catherine Chua (1,432 pinfalls)
<b>Runner-up</b>	C K Kwong (1,550 pinfalls)	
<b>2<sup>nd</sup> Runner-up</b>	Jeffrey Woon (1,546 pinfalls)	

W/HCP	Men's Category	Ladies' Category
<b>Champion</b>	Alex Chua (1,550 pinfalls)	Lily Leow (1,459 pinfalls)
<b>Runner-up</b>	Ang Leu Khim (1,506 pinfalls)	
<b>2<sup>nd</sup> Runner-up</b>	Ken Tan (1,497 pinfalls)	



Champion Team: Break Free



Runner-up Team: Star Bowlers

### CHINESE NEW YEAR EVE REUNION DINNER

On Friday, 24 January 2020, the Club held its much-anticipated Chinese New Year Eve Reunion Dinner at the Main Lobby instead of its usual venue, the Kensington Ballroom. Members were treated to a selection of sumptuous traditional and modern dishes that catered to the varied tastes and preferences of Members.



### LO-HEI DINNER WITH SOUND SENSATION

On Friday, 31 January 2020, Members and their guests celebrated the seventh day of the Lunar New Year at the Kensington Ballroom. After tossing the prosperity salad, they danced the night away to live music provided by Sound Sensation.



## HONG BAO TEA DANCE

On Tuesday, 4 February 2020, more than 90 Members turned up at Club Twenty-Two to have lunch and jive to the groovy tunes belted out by Sound Sensation.



## FRENCH NIGHT

Aficionados of French culture and music were in for a treat on Friday, 7 February 2020. DJ Steph and guest band The French Buns — the only pop rock band that performs purely French songs in Singapore — entertained Members at Club Twenty-Two. Fronted by four ladies, the band rocked with an extensive repertoire of French hits and classics tunes.





**CHAP GOH MEH DINNER & DANCE WITH LOCOMOTION**

Members celebrated the last night of the Lunar New Year on Saturday, 8 February 2020, at the Kensington Ballroom. Locomotion was on hand to provide live music for the night — their repertoire of lively tunes and dance music did not disappoint.



**VALENTINE'S DAY DINNER**

On Valentine's Day, Members and guests were treated to an exquisite dinner prepared by Senior Chef de Cuisine Simon Ng at Garden Grill. In keeping with the occasion, Daphne & Mathew entertained diners with beloved ballads throughout the dinner. The talented duo upped the tempo towards the end of the evening, which got diners onto the dance floor.







# The Art of Taekwondo

As a taekwondo instructor at SGCC, Patrick Tan has been coaching our Members for about 18 years. *ClubSpirit* chats with him to find out why he is so passionate about this form of martial arts.

## What got you interested in taekwondo?

I started learning the art of taekwondo in 1977, when I was 12 years old, as I was inspired by Bruce Lee's movies. It was also a means to defend my family members and myself against gangsters and bullies.

## What does it take to be good at taekwondo?

Taekwondo is a unique type of martial arts that does not just teach the technical components, but also seeks to inculcate sound values and beliefs to all practitioners. With the right values and beliefs, every practitioner is able to surpass his or her expectations in learning and appreciating this unique form of self-defence, which originated in Korea. It empowers trainees to stay optimistic in the face of challenges, as well as defend themselves in adversarial situations.

## How did you get started teaching it?

I first started assisting my instructor in coaching the junior belt classes in 1980, after earning a black belt. I continued to learn and teach at the same time before becoming a professional coach in 2001.

## What do you enjoy most about teaching taekwondo?

I enjoy connecting with my students. They are my real masters in my quest to continually refine my coaching technique, and remain down to

earth despite being a senior figure in taekwondo in Singapore.

## You've won several medals in this sport. Tell us about these.

I was crowned Champion in the Senior Master category for Poomsae in 2011 and 2019. I was a medallist in the Free Sparring division during my earlier years as a competitive Korugi player, both in the Army and at National Championship levels. The Yidojang Taekwondo Group, of which I am the principal instructor, came in first runner-up in the National Korugi Championship in 2011. All these trophies are on display in the trophy cabinet at SGCC.

## Having taught for 40 years, what would you say is the secret of your success as a taekwondo instructor?

I strongly believe that a teacher who loves teaching will easily be able to inculcate a love for learning in his pupils. I believe that, as long as I connect well with various stakeholders — such as the club management, parents and trainees — I will be well placed to empower my trainees with the art of self-defence as well as contribute to their character development.

## What are some memorable comments you've received from students over the years?

Past trainees have referred to me as "fierce, firm and funny" — the three Fs. Fierce as needed, firm in inculcating in



"After returning to the US, they wrote me a letter thanking me for teaching them valuable life lessons."

them a strong belief system, and funny as I enjoy lightening the mood during trainings with a joke or two. The most memorable feedback I've received was from two brothers who were originally from the United States. After returning to the US, they wrote me a letter thanking me for teaching them valuable life lessons. I am gratified that the younger brother continues to practise taekwondo, and even met his wife through the training. The couple now have a 13-year-old, who holds a second-degree junior black belt.

## What would you say is your greatest achievement as a taekwondo instructor?

My proudest moments are seeing my trainees imbibe good values through the training.



The General Committee and invited guests posing with eight lions

# Celebrating the Lunar New Year



Abundant fortunes were bestowed as SGCC ushered in the Year of the Rat!

The Year of the Rat kicked off with a big bang on Sunday, 26 January 2020, at our Club's lobby. The God of Fortune was on hand to distribute lucky numbers and chocolate coins to Members; and a lion dance troupe, boasting a pride of eight colourful lions,

pranced and leaped to usher good luck into the Club.

The General Committee and management were also present to wish all Members and guests a prosperous year ahead by handing out mandarin oranges and ang pows to everyone present.



The God of Fortune bestowing everyone with lucky numbers and chocolate coins



Distributing mandarin oranges



# Be Part of Our Countdown Party

Counting down to the New Year with style and flair at SGCC's most-anticipated event of the year!

Serangoon Gardens Country Club's (SGCC) annual year-end countdown celebration has been a much-anticipated event among our Members for many decades. It's their humble way of showing support for their beloved Club, and a chance to usher in the new year with the adopted family they've made within our walls.

In recent years, the celebration has been held at the Kensington Ballroom, with guests dressed to the nines dancing the night away. But it wasn't that long ago that such celebrations were held in our Club's Main Lobby. Every year, management tries to delight guests with whimsical party themes that delight and surprise: from *Moulin Rouge* and *Glitterati* to *Hollywood Glamour* and *Beehive*, we've done it all!

The recipe for an exciting countdown celebration at our Club has always been a combination of great photo opportunities, eye-catching entertainment, superb live music, and delicious food.

This year's celebration will be no different, as we have worked hard to put together an amazing line-up of dinner entertainment to get our guests to midnight. The official theme for this year will be *Alice in Wonderland*, a reflection of the whimsical Lewis Carroll classic. We're going to take guests down the rabbit hole to join the Mad Hatter's special tea party and, in the midst of the COVID-19 pandemic, you can rest assured that the Club will take all necessary precautions for Members and their guests.

More details to be released in June 2020. Early-bird bookings will start from June to November 2020!

Members give feedback about the SGCC Countdown Celebration:

"As a Member, I feel I should support the Club. Friends I have invited (to the Countdown) also like to come along because of the friendly staff. SGCC is also easy to access if they don't drive."

— Edwin Tan

"Everything — from the hot music and dancing to the good food. Of course, I love the photo taking sessions, (because it's) from these photos that I remember each and every event, and the people who were there with me."

— Betty Chua

"I feel happy and satisfied (with the event), and think it is (an event) that money cannot buy."

— Mary Poh



Mardi Gras



Night At The Circus



Beehive



Glitterati

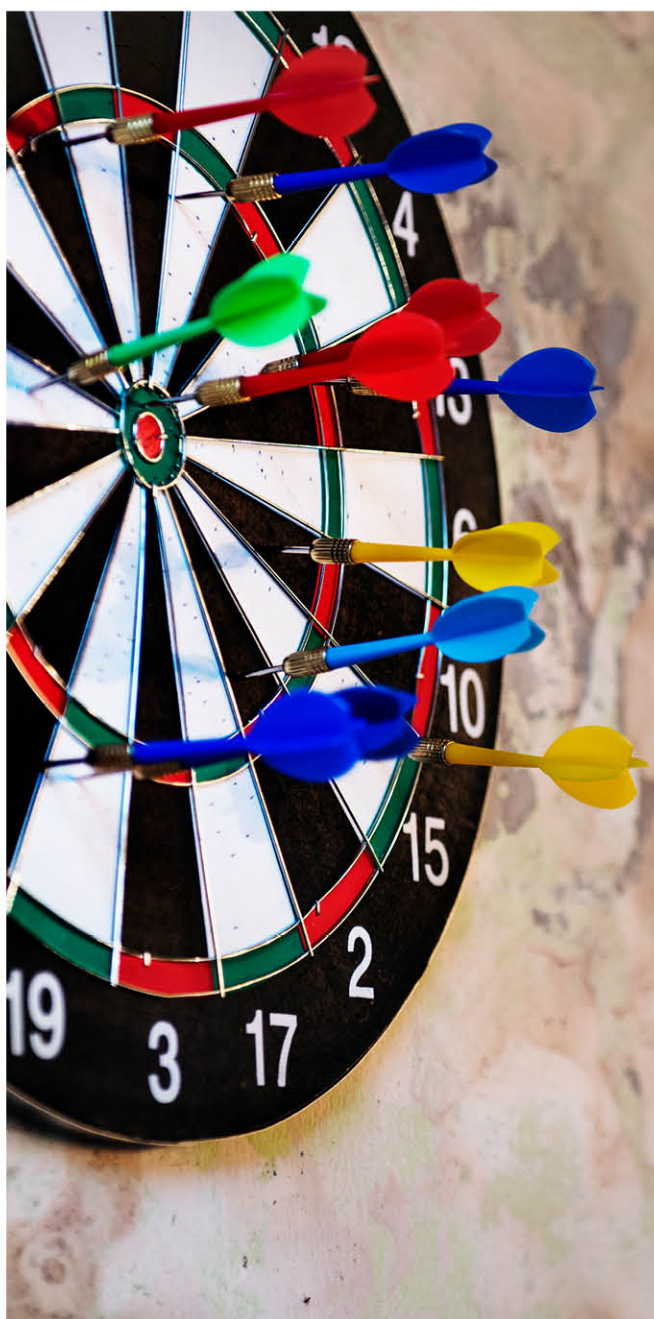


# COMPETITIONS

## DARTS 301 INDIVIDUAL

Pit yourself against fellow Members and see which of you can hit the bullseye. And make some new friends while you are at it!

DATE	
16 May 2020, Saturday	
TIME	VENUE
2pm onwards	Darts Lounge
FEE	
\$10.70 w/GST (Member)	
MIN / MAX	CLOSING DATE
16 / 24 participants	3 May 2020, Sunday



## SGCC-PRINCE SQUASH HANDICAP TOURNAMENT 2020

The SGCC-PRINCE Squash Handicap Tournament will be back in June 2020, so mark your calendar! More details will be released closer to the date.



## ONE DAY SQUASH

Pit your squash skills against fellow Members in this one-day event, then adjourn for a sumptuous dinner thereafter.

DATE	
23 May 2020, Saturday	
TIME	VENUE
3pm-6pm Competition 6.30pm-10pm Dinner	Squash Courts
FEE	
\$12 w/GST (Member)	
\$12 w/GST (Guest)	
\$15 w/GST (Dinner only)	
MIN / MAX	CLOSING DATE
12 / 24 participants	10 May 2020, Sunday

### CONTACT

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



### BOWLING CONVENOR CUP

Sign up for this festive bowling competition and see how many strikes you can hit in the Best-of-10-Games format.

DATE	
17 May 2020, Sunday	
TIME	VENUE
8.45am Check-in 9am Roll-off	Gardens Bowl
FEE	ELIGIBILITY
\$42.80 w/GST (Member)	Members only
MIN / MAX	CLOSING DATE
20 / 30 participants	3 May 2020, Sunday

### BOWLING BLIND DOUBLES 2020

All bowlers aged 21 years and above are invited to participate in this novelty event. A draw will be conducted on the day of event, based on current league averages and handicaps. For bowlers without averages and handicaps, the results will be tallied after eight bowls. Handicaps will be obtained from the in-house league or SBF.

DATE	VENUE
20 June 2020, Saturday	Gardens Bowl
FEE	ELIGIBILITY
\$37.45 w/GST	21 years & above
MIN / MAX	CLOSING DATE
20 / 30 participants	5 June 2020, Friday

### BOWLER OF THE YEAR 2020: FIRST QUALIFYING ROUND

All bowlers are eligible to take part in this event; qualifying is based on a three-game total pin fall (Scratch). A total of 10 ladies and 20 men will qualify for the finals.

DATE	TIME
Commencement: 1 June 2020, Monday End: 12 June 2020, Friday Monday-Friday only	1pm-10pm
VENUE	FEE
Gardens Bowl	\$12.84 w/GST

### CONTACT

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



EVENTS CALENDAR

APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1</b> The Best of Scottish Recipes <b>Garden Grill</b> 12pm & 6pm (whole month) 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Good Friday	<b>11</b> Easter Egg Hunt <b>Main Lobby</b> 1pm 	<b>12</b> Easter Sunday Set Menu <b>Garden Grill</b> 12pm & 6pm 
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

Information is subject to change without prior notice. For more updated Club happenings, log on to our online Events Calendar at [www.sgcc.sg](http://www.sgcc.sg)

MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1 Labour Day</b> Creole-Cajun Cooking of New Orleans <b>Garden Grill</b> 12pm & 6pm (whole month) Adil & Friends <b>Crossroads Lounge</b> 8.30pm 	<b>2</b> Saturday Night Live with Matthew & The Mandarins <b>Club Twenty-Two</b> 7.30pm 	<b>3</b>
<b>4</b>	<b>5</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>6</b> Social & Ballroom Dance Night with DJ Dennis Goh <b>Club Twenty-Two</b> 8.30pm 	<b>7 Vesak Day</b>	<b>8</b> Adil & Friends <b>Crossroads Lounge</b> 8.30pm 	<b>9</b> Mother's Day Celebration <b>Garden Grill</b> 12pm & 6pm Saturday Night Live with Matthew & The Mandarins <b>Club Twenty-Two</b> 7.30pm 	<b>10</b> Mother's Day Celebration <b>Garden Grill</b> 12pm & 6pm 
<b>11</b>	<b>12</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>13</b> Social & Ballroom Dance Night with DJ Dennis Goh <b>Club Twenty-Two</b> 8.30pm 	<b>14</b>	<b>15</b> Adil & Friends <b>Crossroads Lounge</b> 8.30pm 	<b>16</b> Mason Jar Painting <b>Clover Room</b> 10.30am Darts <b>301 Individual Darts Lounge</b> 2pm Saturday Night Live with Matthew & The Mandarins <b>Club Twenty-Two</b> 7.30pm 	<b>17</b> Bowling Convenor <b>Cup Gardens Bowl</b> 8.45am 
<b>18</b>	<b>19</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>20</b> Social & Ballroom Dance Night with DJ Dennis Goh <b>Club Twenty-Two</b> 8.30pm 	<b>21</b>	<b>22</b> Adil & Friends <b>Crossroads Lounge</b> 8.30pm 	<b>23</b> Saturday Night Live with Matthew & The Mandarins <b>Club Twenty-Two</b> 7.30pm One Day Squash <b>Squash Courts</b> 3pm	<b>24 Hari Raya Puasa</b>
<b>25</b>	<b>26</b> Musical Afternoon Club <b>Twenty-Two</b> 2pm 	<b>27</b> Social & Ballroom Dance Night with DJ Dennis Goh <b>Club Twenty-Two</b> 8.30pm 	<b>28</b>	<b>29</b> Adil & Friends <b>Crossroads Lounge</b> 8.30pm 	<b>30</b> Saturday Night Live with Matthew & The Mandarins <b>Club Twenty-Two</b> 7.30pm 	<b>31</b>

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.

### SGCC INVITATIONAL SWIM MEET

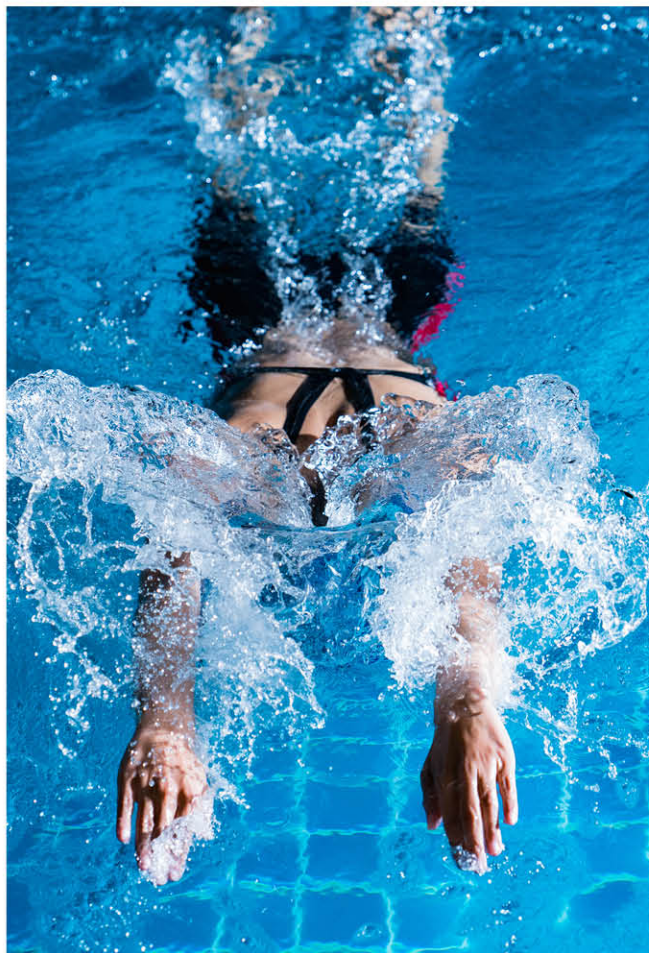
Think you can beat Joseph Schooling? Take part in this swim meet to see how fast you can go in the water!

DATE	
10 May 2020, Sunday	
TIME	VENUE
12pm onwards	Swimming Pool
FEE	
\$8.56 w/GST for the first and second events registered, free for the third event onwards (Member)	\$10.70 w/GST per event (Guest)
CLOSING DATE	
26 April 2020, Sunday	

### 30<sup>TH</sup> SGCC AGE GROUP SWIM MEET 2020

Pit your prowess in the water against fellow swimmers in this competition.

DATE	
26 July 2020, Sunday	
TIME	VENUE
12pm onwards	Swimming Pool
FEE	
\$3.21 w/GST for the first and second events registered, free for the third event onwards (Member)	\$10.70 w/GST per event (Guest)
CLOSING DATE	
12 July 2020, Sunday	



### JUNIOR BASKETBALL TRAINING TRIAL CLASS

Aspire to be the next Michael Jordan? Join us for the Junior Basketball Training Trial Class and be introduced to the fundamentals of basketball, techniques and basic moves. Have fun while picking up the qualities of good sportsmanship.

DATE	TIME
21 June 2020, Sunday	3pm-4pm
VENUE	ELIGIBILITY
Tennis Court	For juniors aged 4 years to 12 years old
MIN / MAX	CLOSING DATE
4 / 8 participants	7 June 2020, Sunday



#### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg



# CLASSES

## LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.

### WEEKDAY SESSIONS

Mondays, Tuesdays, Thursdays, Fridays:  
4pm-5pm, 5pm-6pm, 6pm-7pm

### WEEKEND SESSIONS

Saturdays, Sundays:  
9am-10am, 10am-11am, 11am-12pm

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session.

### FEE: 1 SESSION / WEEK

\$67.41 w/GST (Member)	\$78.65 w/GST (Guest) Weekday	\$89.88 w/GST (Guest) Weekend
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### FEE: 2 SESSIONS / WEEK

\$89.88 w/GST (Member)  
\$112.35 w/GST (Guest) Both sessions on weekdays  
\$123.59 w/GST (Guest) 1 session on weekday & 1 session on weekend  
\$134.82 w/GST (Guest) Both sessions on weekend

Note: The above fees (excludes Guests) will be pro-rated in the event of public holidays or if there is a fifth week in the month.



## PRIVATE WATERBABIES LESSONS

Allow your babies to experience the joys of being in the water. This course is a one-on-one session for children from six to 42 months old. Each child is to be accompanied by a parent.

### VENUE

Swimming Pool

### FEE

\$134.82 w/GST for 4 sessions @ 15mins per session

Note: Additional guest charges of \$5.35 w/GST per weekday and \$8.56 w/GST per weekend.

### ABOUT THE TRAINER

Barbara Lina Lei has been coaching multi-sensory swimming programmes for kids since 1999.



## SWIMMING DEVELOPMENT PROGRAMME

Run by Quattor Swim School, this programme caters to swimmers who wish to improve their competitive swimming knowledge and skills. It focuses on boosting stamina as well as efficiency of a swimmer's stroke technique. This programme is a step up from the SwimSafer requirements as swimmers will be trained to progress to a competitive level.



### WEEKDAY SESSIONS

Mondays, Wednesdays, Fridays: 7.30pm-9pm

### WEEKEND SESSIONS

Saturdays, Sundays: 10.30am-12pm

### FEE: 1 SESSION / WEEK

\$78.65 w/GST (Member)	\$89.88 w/GST (Guest) Weekday	\$101.12 w/GST (Guest) Weekend
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### FEE: 3 SESSIONS / WEEK

\$101.12 w/GST (Member)  
\$134.82 w/GST (Guest) All sessions on weekdays  
\$157.29 w/GST (Guest) 1 session on weekday & 2 sessions on weekend  
\$146.06 w/GST (Guest) 2 sessions on weekdays & 1 session on weekend

Note: The above fees (including guest fee payable) will not be pro-rated in the event of public holidays or if there is a fifth week in the month.

## CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg



**COOL WATER WORKOUT**

Hate feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. This is the coolest way to keep fit!

**ABOUT THE TRAINER**

Pamela Sashai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

**LESSONS**

Mondays 8.30am-9.30am; Tuesdays 7pm-8pm; Thursdays 8.30am-9.30am & 7pm-8pm

**ELIGIBILITY**

16 years old and above

**FEE**

- \$67.41\* w/GST once a week per month (Member)
- \$112.35\* w/GST twice a week per month (Member)
- \$84.26\* w/GST once a week per month (Guest)
- \$129.20\* w/GST twice a week per month (Guest)

\* Fee not inclusive of a personal wetsuit, which must be purchased for the class.



**CHINESE MARTIAL ARTS**

Learn a variety of Chinese martial arts — such as Taiji, Xingyi boxing, and Bagua Palms — under Master Ngiam Tong Kheng.

**LESSON**

Sundays: 2.15pm-3.45pm

**VENUE**

Aerobics Studio

**FEE**

\$101.12 w/GST  
(Member)

\$117.97 w/GST  
(Guest)

**ABOUT THE TRAINER**

Master Ngiam Tong Kheng has more than 50 years of experience imparting his knowledge of various Chinese martial arts. He holds a World Tradition Martial Arts Union ninth Dan, and is an International Wushu Judge (International Wushu Federation).

**TABLE TENNIS (PRIVATE COACHING)**

Hone your skills in this fast-paced sport through private coaching.

**VENUE**

Squash Court 4

**INDIVIDUAL FEE**

\$44.94 w/GST per hour (Member)

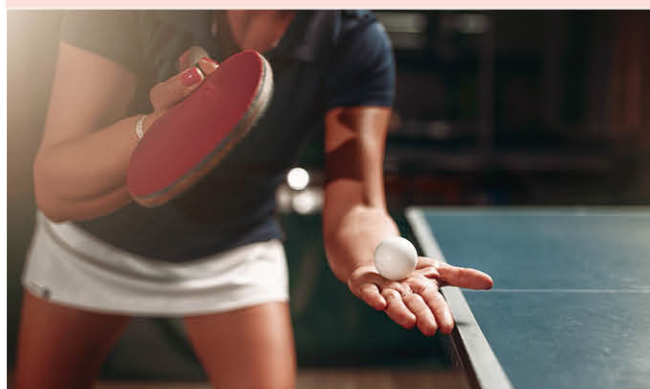
**GROUP FEE (2 PLAYERS)**

\$56.18 w/GST per hour

Note: Additional \$10.70 w/GST per guest. Fees do not include court bookings.

**ABOUT THE TRAINER**

Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has coached individuals and groups for kids and adults since 2000.



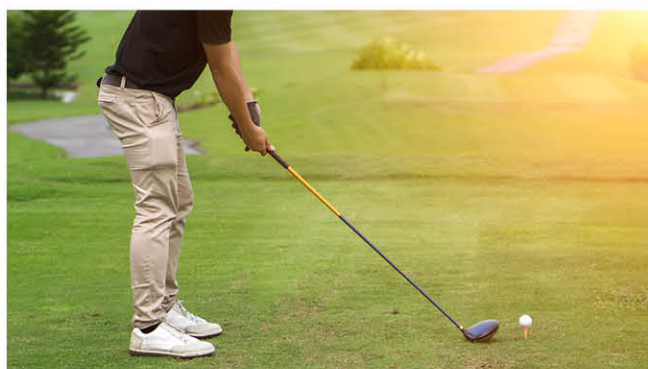
**CONTACT**

Julia Kong at 6398 5352 or recreation@sgcc.com.sg

## JOIN THE SGCC BILLIARDS SECTION!

All levels are welcome. For a minimum monthly subscription of \$5, you are entitled to the following:

- Participate in tournaments organised by SGCC
  - Snooker Open Championship
  - Snooker President Cup
  - Snooker Convenor Cup
  - 8 Ball Pool Tournament
  - 8 Ball Blind Doubles Pool Tournament
  - 9 Ball Pool Tournament
- Represent SGCC in invitational events (friendly matches with other clubs, tournaments organised by Cuesports Singapore)
- Souvenir from the section
- Billiards Section gatherings
- Coaching from our experts



## JOIN THE SGCC GOLF SECTION

The SGCC Golf Section is open to all SGCC members who enjoy golfing. For a monthly fee of \$8 w/GST, SGCC Golf Section members will enjoy the following benefits:

- Exclusive golf souvenirs, gifts, and goodies periodically
- Subsidised rates for golfing events (Golf Monthly Medal, SGCC Golf Section Annual Tournament, and local or overseas golf trips)
- Eligible for Monthly Medals and Champion of Champions Tournament
- Invitation to attend Golf Section Year-End Party for a token fee
- The spouse of a Golf Section Member pays only half of the monthly contribution if he/she signs up as a section member
- Receive updates on upcoming golfing events

### CONTACT

If you are interested, kindly obtain a form from the Sports & Recreation Department. We hope to see you soon.



## CENTRE OF EXCELLENCE PROGRAM FOR BOWLING

The Centre of Excellence (COE) programme is open to all aspiring bowlers who wish to improve their game or aspire to join the ranks of the National Youth Development Bowler or SGCC Youth Team Bowler.

COE is a three-year structured programme consisting of three levels: Elementary, Intermediate and Advanced.

The Elementary curriculum covers Fundamental, Footwork, Posture and Swing; Timing, Flow and Swing Plane are covered at the Intermediate level; while the Advanced level emphasises Release, Tactical Movement and Competitive Skills.

The programme will be conducted by SBF-appointed COE coaches Mr John Liaw and Mr Samuel Ho.

### DATE

April 2020

### TIME

12pm-2pm

### VENUE

Gardens Bowl

### FEE

\$2,889.00\* w/GST  
(Member)

\$3,210.00\* w/GST  
(Guest)

Note:

- 1st downpayment of \$1,000, followed by \$170/month X 10 instalments (Member)
- 60 sessions of training programme per year: 2 training sessions per week (1 weekday and 1 weekend)
- Training class will commence in February 2020

### ELIGIBILITY

Must have completed the Bowling Elementary Programme. Minimum age for enrolment is 10 years old and maximum, 17 years old.

### MIN / MAX

8 / 15 participants

### CONTACT

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



**CHESS LESSONS FOR ALL LEVELS**

<b>LESSON</b> Saturdays: 1pm-2.30pm	<b>VENUE</b> Clover Room
<b>FEE</b>	
\$89.88 w/GST (Member)	\$101.12 w/GST (Guest)
Note: Charges are for a cycle of four lessons a month. There will be an additional charge if there are five lessons in a month.	
<b>ELIGIBILITY</b> 6 years old and above; adults are welcome	<b>MIN</b> 4 participants

**ABOUT THE TRAINER**  
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 in the Philippines.

**AIKIDO**

<b>WEEKEND</b> Saturdays	<b>TIME</b> 4.30pm-5.30pm
<b>VENUE</b> Aerobics Studio	
<b>FEE</b>	
\$56.18 w/GST per month (Member)	\$67.41 w/GST per month (Guest)
Note: Charges are for four lessons in a month. There will be additional charges if there are five lessons in a month.	
<b>ELIGIBILITY</b> 6 years old and above	<b>MIN / MAX</b> 6 / 20 participants

**ABOUT THE TRAINER**

George Chang Koon Chua is President and Chief Instructor of the Ueshiba Aikido Association. Officially recognised by Aikido World Headquarters in Japan, he is a qualified Aikido instructor, and the only seventh Dan holder in Singapore. He is the Head Instructor of the Teaching and Grading Committee, and is authorised to conduct grading examinations of Aikido students. He has taught this form of martial arts in community centres, country clubs and other organisations in Singapore.



**CONTACT**

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg

## VINYASA FLOW YOGA

Soothe your bodily tensions while improving flexibility and physical strength — sign up for classes in Vinyasa Flow Yoga today!

<b>LESSON</b>	<b>VENUE</b>
Thursdays: 7.30am-8.30am, 9am-10am	Aerobics Studio
<b>FEE</b>	
\$67.41 w/GST (Member)	\$78.65 w/GST (Guest)
<b>ELIGIBILITY</b>	<b>MIN / MAX</b>
6 years old and above	6 / 30 participants

### ABOUT THE TRAINER

Dawn Wong has been practising yoga for more than six years. She has teaching certifications in Pregnancy Yoga and Vinyasa Yoga. She believes it is 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.



### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg

## FITNESS FUN PROGRAMMES

Maintain an active lifestyle while having fun with our wide range of fitness programmes.

### DANCERISE

Mondays: 10am-11am

### ABTSOLUTELY FABULOUS

Mondays: 11.30am-12.30pm

### BODYBLAST

Wednesdays: 10am-11am

### STREET JAZZ

Thursdays: 7.45pm-8.45pm

### DYNAMIC SCULPT

Fridays: 11.30am-12.30pm

### POWERSTRETCH™

Tuesdays: 7.45pm-8.45pm  
Wednesdays: 12pm-1pm (NEW SLOT!)  
Wednesdays: 7.45pm-8.45pm  
Fridays: 10am-11am  
Saturdays: 1.45pm-2.45pm

### LYRICAL JAZZ

Saturdays: 12pm-1pm

### VENUE

Aerobics Studio

### 1 LESSON / WEEK

\$61.79 w/GST (Member)

Note: An additional monthly charge of \$21.40 w/GST will be imposed for guests.

### 2 LESSONS / WEEK

\$84.26 w/GST (Member)

### 3 LESSONS / WEEK

\$101.12 w/GST (Member)

Note: Applicable for monthly registered students to use for CLASSES THAT ARE FULLY SUBSCRIBED (as per monthly schedule posted on the notice board)

### 4 LESSONS / WEEK

\$117.97 w/GST (Member)

### AD HOC / TRIAL SESSION (PINK FORM)

\$21.40 w/GST per session  
(Member)

\$26.75 w/GST per session  
(Guest)

### INCENTIVE AD HOC FOR NON-FULLY SUBSCRIBED CLASSES (WHITE FORM)

\$10.70 w/GST per session  
(Member)

\$16.05 w/GST per session  
(Guest)

Note: Applicable for classes that are not fully subscribed (as per monthly schedule posted on the notice board) and for current monthly registered students and guests. Each guest under Incentive Ad Hoc must be billed to the respective member who signed her/him for the monthly class.



### CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg

**JUDO FOR KIDS**

LESSON	VENUE
Thursdays: 4.30pm-5.30pm	Aerobics Studio

FEE	
\$89.88 w/GST per month (Member)	\$101.12 w/GST per month (Guest)

ELIGIBILITY	MIN / MAX
5 years old and above	6 / 20 participants

**ABOUT THE TRAINER**

Md Azfar Ali possesses a second Dan black belt, and trained to be a Judo coach at the Kodokan Judo Institute in Japan under the ASEAN-Jita Kyoei Programme. Azfar, who has been coaching for several years, believes in focusing on fundamental skills development, and strives to make learning the sport an enjoyable and enriching experience for learners of all ages.

**CONTACT**

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg



**SQUASH (PRIVATE TRAINING)**

Whether you are a beginner or someone who would like to get back into the game, the private coaching sessions will definitely help you work towards being the best.

**INDIVIDUAL LESSON FEE**

\$85.60 w/GST per hour (Member)

**GROUP LESSON FEE (2-4 PAX PER GROUP)**

\$128.40 w/GST per hour

Note: Additional \$16.05 per hour W/GST per guest; fees do not include court bookings

**ABOUT THE TRAINER**

Allan Chang is a certified squash coach with more than 20 years of experience.



**ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS**

CLASS	LESSON
Beginner	Saturdays: 3.30pm-5pm

CLASS	LESSON
Intermediate	Mondays: 7pm-8.30pm, 8.30pm-10pm

CLASS	LESSON
Ladies' Intermediate	Fridays: 8am-9.30am

FEE	
\$148.30 w/GST (Member)	\$165.15 w/GST (Guest)

Note: Charges are for a cycle of four lessons in a month. There will be additional charges if there are five weeks of lessons in a month.

VENUE
Tennis Courts

**CONTACT**

Daniel Chong at 6739 5351 or recreation@sgcc.com.sg



## MUAY THAI

<b>WEEKEND</b>	<b>TIME</b>
Saturdays-Sundays	9am-10.30am
<b>VENUE</b>	<b>SESSIONS</b>
Aerobics Studio	Unlimited
<b>FEE</b>	
\$112.35 w/GST (Member)	\$123.59 w/GST (Guest)
<b>ELIGIBILITY</b>	
6 years old and above	
<b>MIN / MAX</b>	
6 / 20 participants	

## TAEKWONDO

<b>CLASS</b>	<b>WEEKDAY</b>
Beginner	Fridays
<b>TIME</b>	
6pm-7pm (For ages 4-6); 7pm-7.45pm (For ages 6 and above)	
<b>FEE</b>	
\$78.65 w/GST (Member)	\$89.88 w/GST (Guest)
<b>CLASS</b>	<b>WEEKDAY</b>
Intermediate	Fridays
<b>TIME</b>	
8pm-9.15pm	
<b>FEE</b>	
\$78.65 w/GST (Member)	\$89.88 w/GST (Guest)

<b>CLASS</b>	<b>WEEKEND</b>
Sparring	Sundays
<b>TIME</b>	
5.15pm-6.45pm	
<b>FEE</b>	
\$89.88 w/GST (Member)	\$101.12 w/GST (Guest)
<b>VENUE FOR ALL CLASSES</b>	
Aerobics Studio	
<b>MIN / MAX</b>	
6 / 20 participants	

Note: Charges are for four lessons in a month. There will be additional charges if there are five lessons in a month.

### ABOUT THE TRAINER

Patrick Tan has more than 37 years of Taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other 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 his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.



### CONTACT

Terrence Ho at 6398 5389 or recreation@sgcc.com.sg

## The Best of Scottish Recipes

Indulge in the best that the Scottish Highlands has to offer this April.

**1-30 April 2020 (except 12 April, owing to Easter Sunday Celebrations)**

**Daily: 12pm-3pm / 6pm-10pm** (Last order: 30 minutes before closing)

### PRICE

**3-course set meal: \$20.12 w/GST per person**

**4-course set meal: \$25.47 w/GST per person**

\$2.68 discount for Students and Senior Members (aged 55 years and older)



Scotch Egg

### SET MENU

#### APPETISER

- Filo Flower with Whisky Mushroom Mousse
- or
- Smoked Salmon Omelette with Watercress Cream
- or
- Scotch Egg

#### SOUP

- Cock-a-Leekie Soup
- or
- Scotch Broth

#### MAIN COURSE

- Penne with Broccoli and Mustardy Sausage Meatballs
- or
- Salmon on Savoy Cabbage with Mushroom Vinaigrette
- or
- Chicken Bonnie Prince Charlie
- or
- Scottish Pie (Mutton)
- or
- Steak 'Auld Reekie' \*\*\*



Steak 'Auld Reekie'

#### DESSERT

- Drambuie Macadamia Ice Cream
- or
- Raspberry & Whisky Cheesecake

#### COFFEE / TEA

#### Surcharges for Garden Grill

Items indicated with single, double and triple asterisks are subject to the following surcharges:

- \* \$4.28
- \*\* \$8.55
- \*\*\* \$12.80

Contact Garden Grill at 6398 5313



# Creole-Cajun Cooking of New Orleans

Savour the exotic flavours of Creole-Cajun cooking at SGCC this May.

**1-31 May 2020**

**Daily: 12pm-3pm / 6pm-10pm** (Last order: 30 minutes before closing)

## PRICE

**3-course set meal: \$20.12 w/GST per person**

**4-course set meal: \$25.47 w/GST per person**

\$2.68 discount for Students and Senior Members (55 years old and above)



Mixed Seafood Cocktail

## SET MENU

### APPETISER

Mixed Seafood Cocktail

or

Crispy Fried Soft-Shell Crab

or

Twice-Baked Stuffed Sweet Potato

### SOUP

Bayou Corn & Potato Chowder

or

Seafood Filé Gumbo

### MAIN COURSE

Seafood Jambalaya\*

or

Grilled Catfish Fillet with Creole Mixed Shellfish Sauce

or

Golden Cornmeal Fried Half Spring Chicken

or

Creole BBQ Pork Ribs

or

New Orleans Braised Beef \*\*\*

### DESSERT

New Orleans-style Beignet

or

Bananas Foster

### COFFEE / TEA



Seafood Jambalaya

### Surcharges for Garden Grill

Items indicated with single, double and triple asterisks are subject to the following surcharges:

\* \$4.28

\*\* \$8.55

\*\*\* \$12.80

Contact Garden Grill at 6398 5313

## Easter Sunday Set Menu

Celebrate Easter with these family favourites.

**Sunday, 12 April 2020**

**12pm-3pm / 6pm-10pm** (Last order: 30 minutes before closing)

### PRICE

**3-course set meal: \$28 w/GST per person (appetiser / soup, choice of main course, dessert)**

**4-course set meal: \$38 w/GST per person (appetiser, soup, choice of main course, dessert)**

### SET MENU

#### APPETISER

**Salmon Gravlax**  
with Fresh Dill

#### SOUP

**Butternut Pumpkin Soup**

Butternut Pumpkin Soup served with Crab Meat and Herbed Croutons

#### MAIN COURSE

**Pan-Seared Red Snapper**

with Fennel, Grape Tomatoes and Capers  
or

**Rosemary & Garlic Oven-Roasted Rack of Lamb**  
with Mint Sauce

#### DESSERT

**Hot Butter & Cheese Pudding**

with Raspberry Coulis

#### COFFEE / TEA

**Contact Garden Grill at 6398 5313**



# Japanese Sake Pairing Dinner. Hokkaido Night

Love Japanese cuisine? Then make time for this exclusive dining experience. Each exquisitely presented course is complemented by a particular sake brew to lift your dining pleasure to the next level!

Friday, 24 April 2020

7pm-10pm

Price: \$128.40 w/GST (Member) | \$139.10 w/GST (Guest)

## APPETISER

Shitake Niku Zume | Salmon Namban Zuke | Hotate Mentaiko Yaki

## HAMACHI CARPACCIO

Yellow Tail Fish with Carpaccio Onion Dressing

## SASHIMI

Maguro (Blue Fin), Hamachi (Yellow Tail) & Salmon

## TEMPURA MORIAWASE

Assorted Tempura

## BARA CHIRASHI

Sushi Rice topped with Assorted Cube-cut Fresh Raw Fish, Japanese Egg Omelette, Unagi (Eel), Ikura (Salmon Roe) & Tobiko (Flying Fish Roe)

## KINOKO MISO SOUP

Mixed Japanese Mushroom with Miso Soup

## MATCHA ICE CREAM WITH AZUKI

Japanese Green Tea Ice Cream with Red Bean

## SAKE PAIRING

Kunimare

Niseko

Fukutsukasa

Kinteki

Maruta

Contact Garden Grill  
at 6398 5313

## Easter Dance Party with Live Band: Sound Sensation

Invite your friends to the Club for a lively session of dance and music presented by Sound Sensation.

Sunday, 12 April 2020

12pm-4.30pm

Venue: Club Twenty-Two

Price: \$20\* w/GST (Member) | \$28\* w/GST (Guest)

\* Fee includes light buffet lunch

Contact Adrian Chew at 9115 0417





*Mother's Day  
Weekend Set Menu*

Honour mum on her special day with a set menu that will warm the cockles of her heart.

**9-10 May 2020 (Saturday-Sunday)**

**Daily: 12pm-3pm / 6pm-10pm** (last order: 30 minutes before closing)

**Price: \$58 w/GST per person**

**APPETISER**

**Herbed Bruschetta Chicken**  
with Mesclun Salad

**SOUP**

**Golden Pumpkin**  
topped with Fresh Crabmeat and Garlic Toast

**MAIN COURSE**

**Pan-Seared Cod**  
wrapped with Parma Ham on a bed of Sautéed Spinach and Cherry Tomato  
or  
**Surf & Turf**  
Beef Tenderloin & King Prawn

**DESSERT**

**Chocolate Brownie**  
with Vanilla Ice Cream and Salted Caramel

**COFFEE / TEA**

**Contact Garden Grill at 6398 5313**

Come join

# Junior Gems



Junior Gems  
Birthday  
Surprises

Exclusive  
Junior Gems  
Activities



Is your child aged between 4 to 12 years old?

Come join Junior Gems, and be treated to a world of fun activities and perks!

For an annual membership fee\* of \$26.75 w/GST, your child can enjoy the following perks worth \$32:

- Welcome gift of a Smoothie and Waffle with Single Scoop Ice Cream
  - Birthday treat of a Single Scoop Ice Cream
    - One free workshop
  - Invitations to exclusive Junior Gems activities and parties
  - Complimentary entry to the annual Junior Gems Anniversary Party
- ...and much more surprises!

\* Membership is automatically renewed each year till your child reaches 12 years of age.



**JOIN NOW**  
Contact Jean Lee at:

**6398 5383**  
jean\_lee@sgcc.com.sg





## 'Live' Entertainment at Crossroads Lounge & Club Twenty-Two

Gather your mates and head down to SGCC for some groovy live music. Here's what you can expect for the months of April and May 2020.

### CROSSROADS LOUNGE

**Fridays**

**8.30pm**

**Adil & Friends**

### CLUB TWENTY-TWO

**Tuesdays**

**2pm**

**Musical Afternoon**

**Wednesdays**

**8.30pm**

**Social & Ballroom Dance Night  
with DJ Dennis Goh**

**Saturdays**

**7.30pm**

**Saturday Night Live with  
Mathew & The Mandarins**

### Contact

**Crossroads Lounge at 6398 5310**

**Club Twenty-Two at 6398 5386**

Our Club will continue to monitor guidelines from MOH regarding the COVID-19 pandemic, which may affect the scheduling of the above events. Visit our website at [sgcc.com.sg](http://sgcc.com.sg) for the latest updates.

## Beverage Promotion for April & May 2020

Check out our very affordable Premium Wine Bottle Promotion @ Crossroads Lounge!

### BEER BY THE DRAFT

#### CARLSBERG DRAFT

\$4.28 w/GST (250ML) | \$8.56 w/GST (500ML)

#### ASAHI DRAFT

\$5.35 w/GST (250ML) | \$9.63 w/GST (500ML)

### BLENDED SCOTCH PROMOTION

#### JOHNNIE WALKER GOLD RESERVE

3 bottles @ \$388 w/GST

### TYRRELL'S WINE PROMOTION

#### OLD WINERY CHARDONNAY (WHITE)

#### OLD WINERY CABERNET MERLOT (RED)

1 bottle @ \$48 w/GST

\* no Happy Hour discount for the above promotion



### 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 charge for 2 guests

#### MINIMUM SPENDING OF \$214 w/GST

waiver of cover charge for 5 guests

#### MINIMUM SPENDING OF \$321 w/GST

waiver of cover charge 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.

### Contact

Crossroads Lounge at 6398 5310  
Club Twenty-Two at 6398 5386

### EASTER EGG HUNT

Enjoy an afternoon of fun searching for hidden Easter eggs along with a host of other activities. RSVP required!



DATE		
Saturday, 11 April 2020		
TIME	VENUE	
1pm-2pm	Main Lobby	
MIN	CLOSING DATE	
15 participants	Thursday, 2 April 2020 <small>(Strictly by RSVP only)</small>	
FEE		
FREE <small>(Junior Gems)</small>	\$5.00 w/ GST <small>(Member)</small>	\$8.00 w/ GST <small>(Guest)</small>

### BOLLYWOOD DANCE FOR BEGINNERS

Captivated by Bollywood dance routines? Here's an opportunity to pick up this energetic yet sensual dance form from professional dance studio Dance Bollywood International (DBI) Singapore. One of the largest dance studios in Singapore offering various styles and genres for its students, the studio began operation in 2012 under the guidance of founder Master Anil Dandge, an experienced dancer and choreographer who has worked in the Bollywood industry for more than 18 years.

In the past eight years, the studio has successfully partnered many organisations, including clubs and associations, to share its passion for dance with people of all ages and backgrounds. What are you waiting for?

DATE	TIME
Tuesday, 2 June 2020 <small>(FREE TRIAL)</small>	10am-11am
VENUE	MIN
Club Twenty-Two	10 participants
FEE	
\$200.00* w/o GST <small>(Member)</small>	\$225.00* w/o GST <small>(Guest)</small>
<small>* Fee is for 10 lessons</small>	
CLOSING DATE	
22 May 2020, Friday <small>(Strictly by RSVP only)</small>	



### MASON JAR PAINTING WITH FAIRY LIGHTS

Brighten up your living space using a painted mason jar containing fairy lights. Each participant will design and complete a piece of art on the jar using transparent enamel paint, then add the fairy lights to complete the look!



DATE	
Saturday, 16 May 2020	
TIME	VENUE
10.30am-12.30pm	Clover Room
MIN	CLOSING DATE
8 participants	Wednesday, 6 May 2020
FEE	
\$55.00 w/ GST <small>(Junior Gems)</small>	\$60.00 w/ GST <small>(Member)</small>
\$65.00 w/ GST <small>(Guest)</small>	



### A TALK ON OUR SENSE OF HEARING

All five of our senses are vital in helping us connect with the world, which is why we should learn how to preserve and maintain them. Hearing impairment affects many people as they grow older. Find out more in this talk by an audiologist from The Hearing Room. Topics covered include:

- How we hear: anatomy of the ear
- How we lose our hearing: cognitive, communication breakdown, emotional stress
- Signs of hearing loss: difficulty following group conversations

DATE	TIME
Saturday, 6 June 2020	9.30am-11am
VENUE	FEE
Casuarina Room	FREE
MIN	
15 participants	

### CONTACT

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



# TEMPORARY SUSPENSION OF RECIPROCAL ARRANGEMENTS WITH AFFILIATE CLUBS

With immediate effect, SGCC has temporarily suspended all Reciprocal arrangements with our overseas Club partners in lieu of the COVID-19 pandemic.

As such, we will not fulfil requests from any Member for such Reciprocal arrangements; likewise, Members of these Affiliate Clubs will have restricted access to SGCC facilities.

We will continue to monitor the situation and advise Members accordingly as and when conditions change.

## AFFILIATE CLUBS

Enjoy non-resident privileges at 15 other affiliate clubs overseas. Members must obtain their Introduction Letter from SGCC at least one 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](mailto:membership@sgcc.com.sg) for enquiries.

### AUSTRALIA

#### CANBERRA

**Canberra Southern Cross Club**  
Corner of Hindmarsh Drive and Callam Steet Philip, Canberra  
Tel: 61-2-6283 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](http://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](mailto:members@tcclub.com)  
[www.tcclub.com](http://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](http://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, No. 1500 Central, Huai Hai Road, Shanghai, PRC, 200031  
Tel: 86-21-6415 1582  
[www.redtennis.com](http://www.redtennis.com)  
\*2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20

#### AMEMBASSY 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 6222  
\*3, 6, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22

### JOHOR MALAYSIA

**The Els Club Malaysia**  
No. 4 Jalan Danau Desaru Coast, 81930 Desaru Johor, Malaysia  
Tel: 603-2203 9696

#### 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](mailto:rscmail@rscweb.org.my)  
<http://rsc.org.my/>  
\*2, 3, 6, 9, 11, 12, 13, 15, 16, 19, 22, 23

### SELANGOR

**Shah Alam Selangor Club**  
Jalan Shah Alam, Selangor Darul Ehsan  
Tel: 02-03-5510 0001  
\*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

TEMPORARILY SUSPENDED

山頭園  
SWATOW GARDEN

汕頭到家



# Home Delivery

Authentic Teochew Cuisine & Dim Sum  
正宗潮州菜与佳肴

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- Not valid on eve of PH, PH and festive days.
- Only original copy of voucher valid for redemption.
- Valid for redemption only for one voucher per bill.
- Only for dine-in customers.
- Not valid with other promotions, offers & discounts.
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice
- Valid till 31 May 2020



山頭  
SWATOW SEAFOOD

Swatow Toa Payoh  
181 Lorong 4 Toa Payoh  
#02-602  
Singapore 310181  
Tel: 6363 1717

山頭園  
SWATOW GARDEN

Swatow Garden (OPEN TO PUBLIC)  
Serangoon Country Club  
22 Kensington Park Road  
Heliconia Wing, Singapore 557271  
Tel: 6343 1717

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

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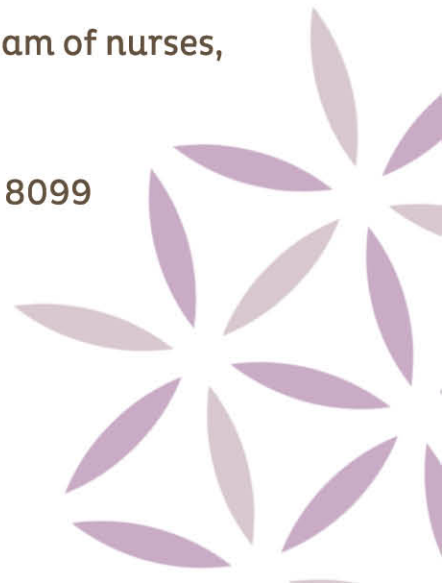
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[enquiries@alliumhealthcare.com](mailto:enquiries@alliumhealthcare.com)

**By appointment only**

71 Venus Drive, Singapore 573859

[www.alliumhealthcare.com](http://www.alliumhealthcare.com)



BE PART OF A LEGACY • BE PART OF A FAMILY



# JOIN OUR CLUB

## INTRODUCE A FRIEND

Get your friends to be part of our SGCC family. Arrange for a personalised tour of the Club with the Membership Relations team.

Sit back and relax with drinks\* on the house, while we take your friend through all the finer details of becoming a Member with us.

\*Does not apply to alcoholic beverages.

## BE REWARDED!

When they sign up as a Member, you will receive Referral rewards^!

\$200 spending credit for Term Membership referral  
\$500 spending credit for Ordinary Membership referral

^Spending credit can be used for F&B, lesson fees, facilities, social events and activities.

CALL 6286 8888 OR EMAIL US AT  
MEMBERSHIP@SGCC.COM.SG



SERANGOON GARDENS COUNTRY CLUB  
22 KENSINGTON PARK ROAD, SINGAPORE 557271 • VISIT SGCC.COM.SG FOR MORE DETAILS