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DECEMBER 2021 • JANUARY 2022

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Dear Fellow Members,

Time flies, and soon we will be saying "hello" to 2022, with hopeful anticipation of better times.

Looking back, 2021 has been a challenging and stressful year for many people and businesses. *TODAYonline* published an article on 27 October 2021 headlined "7 in 10 Singaporeans found 2021 to be most stressful year ever: Survey", which said, "58 per cent struggling more with mental health in the workplace this year than in 2020", and "mental health is a larger priority now than financial gains for a lot of people who are working".

We know that chronic stress potentially causes deterioration in mental health. Within SGCC, as a community, we aim to collectively minimise any adverse mental health impact on us and our loved ones.

There are things we can do to help each other. From the Club's perspective, we want to ensure that Members have a safe place outside their homes where they can spend some time — be it alone or with friends — for exercise, a good meal or drinks, or just a change of scenery. Be assured that, at all times, the Club strives to maintain its usual high standards in hygiene, safety, and service quality. Part of our safety measures includes having a high vaccination rate among staff (100% vaccinated/recovered). As studies have shown, vaccinated/recovered people are less likely to contract the COVID-19 virus, and hence the chances of them becoming virus transmitters when interacting with Members are minimised.

Christmas and New Year represent goodwill, hope, renewal, and joy. In line with this and within the constraints of safety measures, we have planned a Christmas Light-up, a video recording of which will be posted on our Facebook page. (This is the second year Members have not been able to take part in the Light-up and sing Christmas carols due to crowd restrictions.) In addition, our F&B outlets will whip up sumptuous seasonal favourites for us. Hopefully, the dining-in restrictions will be eased in time for the festive season. Our sports and recreation facilities — gymnasium, bowling, squash, swimming, and tennis — remain open. When the Safe Management Measures permit, other facilities — such as the mahjong rooms — will re-open and classes resume.

Also, do look out for our "Beary Good Cause" charity drive, which will run from 4 December 2021 to 31 January 2022. Donate \$20 and you get to bring home a cuddly bear! All proceeds go to the Chen Su Lan Methodist Children's Home, our adopted charity this year.

A large part of our SGCC family comprises our staff. They face stress, just like the rest of us, during this trying time. We want to make sure that both their physical and mental well-being are protected at work. When you visit the Club, do show your appreciation to our friendly staff; a "hello" and a smile will surely brighten up their day as much as they do ours. To further show your appreciation, consider contributing more to the staff "CNY Ang Bao Fund" — I ask for your support.

If there's anything that 2021 has taught us, it is that we are strong and resilient. Let us face 2022 not with fear, but with renewed hope. As we celebrate Christmas and usher in the New Year, I would like to wish all Members and staff happy holidays and a safe and healthy 2022!

Yours truly,

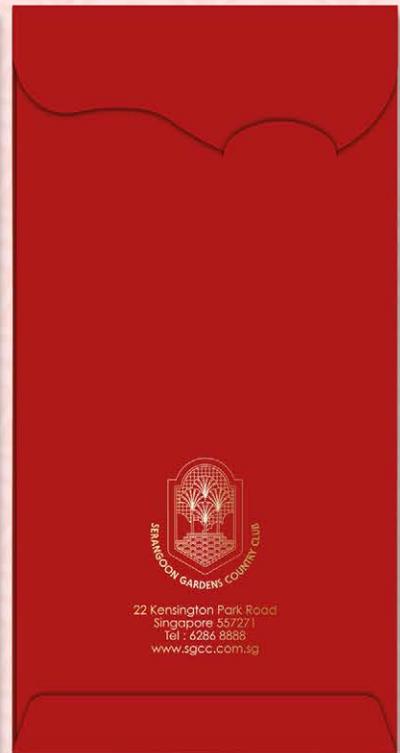
Koh Jin Kit
President

SGCC CNY RED PACKETS

Chinese New Year (CNY) is just around the corner, with the Year of the Tiger starting on 1 February 2022. It's time to start preparing to give away red packets and receiving them as well!

Our 2022 CNY red packet design features the Chinese characters 年年有余 ("nian nian you yu"), which means to have abundance year after year – this is our wish to all Members!

Available in a pack of 10, you can look forward to receiving it in your mailbox in January 2022.



STAFF ANG BAO FUND

It is the Club tradition to seek Members' contribution for the annual Staff Ang Bao Fund. We encourage all Members to contribute and give recognition to the staff for their hard work and services rendered over the year. Contribution is purely voluntary, and the details are in the letter sent to all Members in the month of December 2021.

The Fund will certainly help make the Chinese New Year celebrations more meaningful for the staff, especially in these challenging times.





CLUB WILL BE OPEN ON 1ST & 2ND DAY OF CNY 2022

Members are advised to take note of the Club's operating hours over the Chinese New Year (CNY) period of 2022:

Chinese New Year's Eve

DATE:

Monday, 31 January 2022

WHAT'S ON

Club is closed, but Garden Grill and Lobby are open from 5.30pm for Reunion Dinner

First day of Chinese New Year

(Public Holiday)

DATE:

Tuesday, 1 February 2022

WHAT'S ON

Club is open as per Public Holiday operating hours — please refer to the inside back cover of *ClubSpirit*

Second day of Chinese New Year

(Public Holiday)

DATE:

Wednesday, 2 February 2022

WHAT'S ON

Club is open as per Public Holiday operating hours — please refer to the inside back cover of *ClubSpirit*

CLUB NEWS



Gardens Bowl



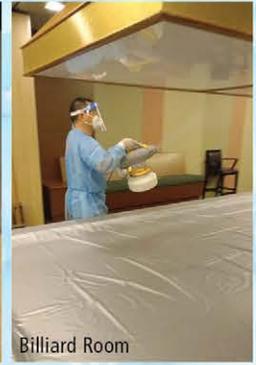
Garden Grill



Crossroads



Kiddieland



Billiard Room

ROUTINE DISINFECTION & STERILISATION AT CLUB PREMISES

In view of the rising COVID-19 cases in Singapore in recent months, SGCC has stepped up its disinfection and sterilisation routine according to the SG Clean requirements. We want to assure Members that the

Club is safe to visit. We also seek Members' cooperation to fully comply with the Safe Management Measures implemented by the Multi-Ministry Task Force (MTF). Together we can fight and defeat COVID-19!



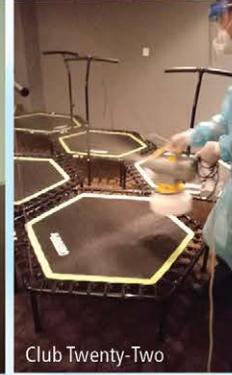
Gym



Atrium Cafe



Study Room



Club Twenty-Two



Darts Lounge

GYM WITH GINA

Gina Lee is our new Personal Trainer at the Gym. In her extensive experience, she has worked with corporate clients, amateur athletes, and seniors.

Her approach emphasises age-appropriate exercise routines, with a focus on combining strength and conditioning modalities to produce great results. She aims to educate Members and help them to create positive, long-term modifications in order for them to maintain a happy and healthy lifestyle.

Gina is also qualified to teach yoga, coach swimming, and is a certified Strength and Conditioning Coach for seniors with Sport Injury Management and Conditioning. Furthermore, she is a qualified nutritionist, with a diploma in Health Studies (Nutrition) — look out for her talks on nutrition in the near future!

During your next visit to the Gym, say "hi" to Gina and get her to help you achieve your fitness goals!



CHARITY DRIVE FOR

CHEN SU LAN METHODIST CHILDREN'S HOME

It's a "Beary Good Cause"!

Christmas is the season of giving!

Let's do our part this Christmas and donate for a good cause! It is a Club tradition to give to Chen Su Lan Methodist Children's Home annually, and this year is no exception. This year's charity drive is for a "beary good cause"!

We appeal to all Members to donate \$20 or more, and give to the needy and less fortunate. In return, you

will get a limited-edition SGCC bear and a reusable carrier bag to bring home. The Charity Drive starts from 4 December 2021 and ends on 31 January 2022. We urge Members to support the "beary good cause".

No one has ever become poor by giving. As Winston Churchill once said, "*We make a living by what we get, but we make a life by what we give.*"



WELCOME TO THE SGCC FAMILY!

Francis Remigius	Grand Member
Seow Sen Jin	Grand Member
Roland Ang Kim Chye	Ordinary Member
Bernard Choo Wing Wah	Ordinary Member
Chuah Chee Kian Christopher	Ordinary Member
Elhence Rohit	Ordinary Member
Ee Jun Hao Lionel	Ordinary Member
Bjoern Jochmann	Ordinary Member
Kang Jin Teck, Adrian	Ordinary Member
Lit Wai Choy Derek	Ordinary Member
Lau Chen Hong	Ordinary Member
Lim Zhan Yang	Ordinary Member
Lee Hock Hua	Ordinary Member
Ng Shi Wei, Gabriel Thomas	Ordinary Member
Ong Wai Kuan	Ordinary Member
Tan Chii Sin	Ordinary Member
Tan Yee Ming	Ordinary Member
Tan Han Cheng, Daryl	Ordinary Member
Tan Jun Leng Keene	Ordinary Member
Wong Kwok Yin Ignatius	Ordinary Member
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Tay Hwee Lin	Ordinary Member
Tan Hui Er	Ordinary Member
Tan Hui Xian	Ordinary Member
Yow Kay Jin Jeron	Ordinary Member
Yeo Yi Chen Gregory	Ordinary Member
Desprets Anne-Sophie Marie	Term Member
Soufiane Ifoudine	Term Member
Rousset Philippe Michel	Term Member
Seng Yen Li Karen	Term Member



BE A **TERM MEMBER** OF SERANGOON GARDENS COUNTRY CLUB!

\$2568 (1 yr) | \$4494 (2 yrs)

Open to locals and foreigners



You will enjoy:

- Welcome gift of \$200 spending credits
- Full access to Club facilities
- Olympic-size pool
- Exclusive invites to Club events
- Dining privileges at our members-only Club restaurants
- Fully equipped gym with personal training programmes
- Sport and recreational activities and programmes
- Discounted rates for private event and function bookings
- A stone's throw away from your home if you are a resident of Serangoon Garden

**JOIN WITH ANOTHER FRIEND
AND GET ADDITIONAL
SPENDING CREDITS!**

**SPEAK TO US FOR MORE
INFORMATION.**



membership@sgcc.com.sg



6286 8888

*6-month Term Membership is available without the \$200 spending credits. | *Terms & conditions apply.

Christmas feasting around the world

Smoked ham, roast turkey and fruit cake are popularly served in the United Kingdom, the United States, as well as Singapore during the Christmas period. But a Yuletide meal looks nothing like this in many other countries. Here are culinary delights served in other cultures during the Season of Giving.



Sweden

The Swedish celebrate with a *julbord*, literally 'Christmas table', on Christmas Eve. The buffet-style meal is replete with a large variety of delicacies, including pickled herring, cured salmon, bread, ham, liver pâté, red beet salad, cheese, meatballs, pork ribs, and cabbage.

Southern Italy

In Sicily and Southern Italy, it is customary to hold the Feast of the Seven Fishes. This consists of seven seafood dishes, symbolic of the number seven, the most repeated number in the bible. Traditionally, Roman Catholics fast on Christmas Eve, so ending their fast with a feast of seven or more seafood dishes is also a celebration of the region's seafood bounty. Popular dishes are *baccala* (salt cod), baked cod, fried calamari, fried shrimp, linguine with clam or lobster sauce, octopus salad, and shrimp cocktail.



Puerto Rico

Lechon, or roast suckling pig, is a dish you'll find on most Puerto Rican festive menus. The specialty takes ages to prepare and usually results in a weekend gathering. Other typical dishes are *tembleque*, a coconut-based pudding; *pasteles*, a meat pastry made with green banana or plantain leaves; and *coquito*, the Puerto Rican version of eggnog, infused with coconut.



Greenland

Greenland's festive delicacies are not for the squeamish. They include *mattak*, strips of whale blubber encased in whale skin; and *kiviak*, the raw flesh of auks (a type of arctic bird) stuffed whole in sealskin and left to ferment for three months. Other popular foods include barbecued reindeer, lamb and razorbill.



Poland

In Poland, the festive meal takes place on Christmas Eve and is meat-free. Twelve dishes — representing the 12 apostles — are served; these include red borscht with tiny dumplings, mushroom soup, carp cooked two ways, herring, pierogi, braised sauerkraut, cabbage rolls, *kutia* (wheat berry pudding), gingerbread, poppyseed cake, and dried fruit.

The Philippines

Christmas dinner in the Philippines boasts a number of traditional dishes such as *puto bumbong*, a sweet, glutinous mixture of black and white rice; *pancit malabon*, a yellow noodle dish flavoured with annatto seeds; Filipino-style spaghetti, made with a very sweet sauce; and *buko pandan*, pandan-flavoured gelatin mixed with coconut and cream. No festive meal in the Philippines is complete, however, without roast suckling pig and Christmas ham.



Czech Republic

In the Czech Republic, Christmas is celebrated on Christmas Eve with fish soup as the first course, followed by fried breaded carp with potato salad for the main course. Dessert is usually apple strudel topped with heavy whipped cream.

South Africa

A *braai* (the South African version of a barbecue) is commonly held during Christmas. Marinated steaks and *boerewors* sausages are served as the main course, while *malva* pudding is a must-have for dessert. The sweet, rich cake with Cape Dutch origins is made with apricot jam and covered with a custard cream sauce while hot.



Japan

Every Christmas Eve, thousands of Japanese families order from Kentucky Fried Chicken for their festive meal. The tradition began with an advertising campaign in the 1970s and burgeoned in popularity from then on. Their 'Christmas Chicken' is ordered weeks in advance and are often meal-sized boxes that include cake and wine.



Norway

In the run-up to Christmas, *smalahove* is often served — it's a sheep's head that is dried, salted and smoked. On Christmas Day, most families serve *ribbe*, fatty pork ribs, or *pinnekjøtt*, ribs of lamb or mutton. *Rakfisk* — trout that has been salted and fermented for two to three months — is also found on traditional Norwegian tables.



Menu Available for Dine-In or Takeaway

GARDEN GRILL
6398 5313

Year-end Festive Fare in True Yuletide Spirit

The most wonderful time of the year calls for a menu to match the atmosphere. Cap your celebrations with a lip-smacking meal at the Garden Grill.

Available throughout the month of December 2021

(except on 24, 25 & 31 and evening of 17 December)

Operating Hours: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price

**4-course set meal
from \$30 per person**

(appetiser, soup, main course, dessert with coffee or tea)

**3-course set meal
from \$25 per person**

(appetiser or soup, main course, dessert with coffee or tea)

\$2.50 discount for Students and Senior Members aged 55 years old and above.

SET MENU

APPETISER

Tower of Avocado & Shrimp

with Flying Fish Roe,
Spicy Pink Mayo
& Mini Mesclun
OR

Home-cured Salmon

with Mustard Dill Sauce
& Petit Salad
OR

Zucchini & Mushroom Tart

with Tomato Fondue

SOUP

Curried Pumpkin Soup

with Nutmeg & Snipe Chive
OR

New Orleans Seafood Gumbo

An all-time favourite

MAIN COURSE

Turkey & Mushroom Pasta

Linguini Pasta, Pomodoro Sauce
OR

Russian Seafood Casserole

with Melted Cheese & Mini Salad tossed
in Balsamic Vinaigrette
OR

Turkey Cordon Bleu

with Rosemary Gravy
OR

Irish Lamb Stew

with Winter Vegetable & Boiled Potato
OR

Grilled Rib-eye of Beef (\$8 surcharge)
in Red Wine reduction

DESSERT

Chocolate Flan

with Sour Cherry & Almond Crust
OR

Homemade Christmas Fruit Cake

with Brandy Custard

COFFEE OR TEA

Prices include GST

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Kiwi Seafood & Meat Month

Savour dishes made with premium quality New Zealand seafood and meat in the month of January at the Garden Grill.

Available throughout the month of January 2022 (except on 1 January)

Operating Hours

12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price

4-course set meal from \$30 per person

(appetiser, soup, main course,
dessert with coffee or tea)

3-course set meal from \$25 per person

(appetiser or soup, main course,
dessert with coffee or tea)

\$2.50 discount for Students and Senior Members aged 55 years old and above.

SET MENU

APPETISER

Prawn Cocktail

served with avocado mayo and lemon
OR

Potted NZ Green Shell Mussels

baked with scrapped bacon, tomato,
garlic and Riesling

OR

Oysters Hollandaise (2 Nos)

baked with egg yolk emulsion

SOUP

Ham Hock

with Winter Vegetable Soup
OR

Green Shell Mussel Chowder

MAIN COURSE

White Wine Clam Pasta

OR

Salmon with Lime & Coriander Butter

served with mashed potato and vegetables
OR

Chicken & Roasted Root Vegetables

OR

Steak Forrestiere (\$8 Surcharge)

rib-eye grilled and topped with
assorted mushrooms

OR

Grilled Canterbury Lamb Chops

served with grilled tomato, fries & mint jelly

DESSERT

Kiwi Cheese Tart

OR

Chocolate Fudge

with Assorted Berries

COFFEE OR TEA

Prices include GST

Beverage Promotions for December 2021 & January 2022

ASAHI DRAFT
 300ml @ \$5.20
 500ml @ \$8.50
 3L Tower @ \$46

GIN
Singapore Tanglin
Orchin Gin + 4 cans of
Franklin & Sons Tonic
 @ \$108

ROSE
Mutiny M Rose
 1 bottle @ \$38
 1 glass @ \$8.80

SINGLE MALT
Bushmills 10YO
 1 bottle @ \$128
 2 bottles @ \$236
Bushmills 16YO
 1 bottle @ \$188
 2 bottles @ \$356

JWBL
 1 bottle @ \$90
 2 bottles @ \$160
 6 bottles + 2x200ml +
 \$10 F&B e-voucher*
 @ \$480

JWBL (CONTINUED)
 12 bottles + 4x200ml +
 \$30 F&B e-voucher*
 @ \$960

JW GOLD RESERVE
 1 bottle @ \$138
 2 bottles @ \$258
 6 bottles + 2x200ml +
 \$10 F&B e-voucher*
 @ \$774
 12 bottles + 4x200ml +
 \$30 F&B e-voucher*
 @ \$1,548

*F&B e-vouchers will be credited into a Member's account depending on the month of purchase. For example, for purchases made in Dec 2021, the e-voucher will be reflected in Jan 2022.

Prices include GST



Irish Whisky Pairing Dinner

Wednesday, 19 January 2022

6pm-10pm

Price: \$108 (Member) / \$118 (Guest)

SET MENU

WELCOME COCKTAIL

The Ultimate Singapore Tanglin
 Orchid Gin & Tonic

FIRST COURSE

Traditional Irish Boxty
 with Smoked Salmon & Capers Pickled Onion
 Pairing: Bushmills 10-year-old Single Malt

SECOND COURSE

Irish Colcannon Soup
 Pairing: Bushmills 16-year-old Single Malt

THIRD COURSE

Braised Beef Cheek
 sautéed with Brussels Sprout, Potatoes & Thyme
 Pairing: Bushmills 21-year-old Single Malt

DESSERT

Sticky Toffee Pudding
 with Bushmill Whisky Sauce
 and Whipped Cream

FAREWELL COCKTAIL

Bushmills Original Irish Coffee

Prices include GST

Champagne & Sparkling Wine Food Pairing

Indulge in Christmas fare and sparkling wine,
specially selected for you this festive season.

Friday, 17 December 2021

6pm-10pm

(Last order: 45 minutes before closing)

Price

\$98 (Member) / \$108 (Guest)

SET MENU

APPETISER

Tian of Crab & Avocado
Pairing: Chandon Brut NV

SOUP

Double-boiled Consommé
with Prawn Dumpling
Pairing: Martini Brut

MAIN COURSE

Pan-seared Chilean Cod
with Roasted Root Vegetables, Saffron Vanilla Sauce & Herb Oil
OR

Grilled Pork Loin
with Gherkins & Dijon Mustard Sauce
Pairing: Mumm Cordon Rouge NV

DESSERT

Chocolate Mousse Dome
with Raspberry Coulis Centre
Pairing: Brown Brother Sparkling Moscato Rose

FRESHLY BREWED COFFEE OR TEA

*Special price for champagnes and sparkling wines
will be offered after dinner.*

Prices include GST

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313



Christmas Eve & Day Set Menus



A gastronomical Christmas fantasy lies in store for you at the Garden Grill. Call us now for reservations!

Early-bird promotion: Book by 10 December 2021 to enjoy 10% off

(Last order: 30 minutes before closing)

Friday, 24 December 2021

3-course lunch, \$55* per person
12pm-3pm

4-course dinner: \$65* per person
5pm-7pm (first seating);
7.30pm-10pm (second seating)

Saturday, 25 December 2021

3-course lunch, \$45* per person
12pm-3pm

4-course dinner: \$55* per person
5pm-7pm (first seating);
7.30pm-10pm (second seating)

** Price includes a glass of sparkling wine*

CHRISTMAS EVE SET MENU
(Friday, 24 December 2021)

APPETISER

Crab Cake
with Aioli & Micro Green Salad

SOUP

Potato & Leek Velouté

MAIN COURSE

Pan-fried Barramundi
with Air-dried Prosciutto
Butternut Puree
OR

Angus Beef Rib-eye
with Foie Gras, Garden Pea Puree,
Chanterelles & Natural Jus

DESSERT

**Crunchy Hazelnut Feuilletine,
Raspberry Coulis & Vanilla Ice Cream**

FRESHLY BREWED COFFEE

OR
SELECTION OF TEA

CHRISTMAS DAY SET MENU
(Saturday, 25 December 2021)

APPETISER

Smoked Salmon Roulade
with Mustard Dill Sauce

SOUP

Cream of Butternut Pumpkin
with Pine Nuts

MAIN COURSE

Pan-fried Barramundi
with Potato Pave,
Asparagus & Thai Curry
OR
Oven-baked Turkey Roulade
with Chestnut Stuffing, Summer Vegetables
& Roasted Herb Potatoes

DESSERT

Chocolate-Raspberry Crème Brulee

FRESHLY BREWED COFFEE

OR
SELECTION OF TEA

Prices include GST

New Year's Eve & Day Set Menus

Ring in the New Year with a memorable meal at the Garden Grill.

Early-bird promotion: Book by 10 December 2021 to enjoy 10% off

(Last order: 30 minutes before closing)

Friday, 31 December 2021

3-course lunch

\$55* per person

12pm-3pm

4-course dinner

\$65* per person

5pm-7pm (first seating)

7.30pm-10pm (second seating)

** Price includes a glass of sparkling wine*

NEW YEAR'S EVE SET MENU
(Friday, 31 December 2021)

APPETISER

Pork Belly

with Seared Scallop and Fennel

SOUP

Summer Pea Velouté, Ham & Croutons

MAIN COURSE

**Pan-seared Sole, Crustacean Sauce,
Pear Potato Croquette & Asparagus**

OR

**Nagano Pork Cutlet, Mushroom &
Melted Swiss Cheese**

DESSERT

Espresso Chocolate Parfait

FRESHLY BREWED COFFEE

OR

SELECTION OF TEA

Saturday, 1 January 2022

3-course lunch

\$45* per person

12pm-3pm

4-course dinner

\$55* per person

5pm-7pm (first seating);

7.30pm-10pm (second seating)

** Price includes a glass of sparkling wine*

NEW YEAR'S DAY SET MENU
(Saturday, 1 January 2022)

APPETISER

Smoked Salmon Roulade

with Mustard Dill Sauce

SOUP

Roasted Butternut Squash Velouté

MAIN COURSE

Fillet of Norwegian Salmon
with Provençal Vegetable & Basil Oil

OR

Fillet of Beef Wellington, Mushroom Wine Sauce
served pink or well done

DESSERT

Strawberry Mousse Mirror Glazed Cake

FRESHLY BREWED COFFEE

OR

SELECTION OF TEA

Prices include GST

Only available for Takeaway

Takeaway Christmas Festive Goodies

Pre-order from 29 November-19 December 2021.

Early-bird Promotion: Order by 10 December 2021 and enjoy 10% off for all takeaways.

Choose from an array of Christmas roasts as well as other sweet and savoury delights, featuring Roasted Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce, Thirteen-spiced NZ Angus Rib-eye, Honey-baked Ham, and Festive Pumpkin Pie — perfect for festive home parties and year-end office celebrations!

All orders must be received by **19 December 2021**.
Collection on **24 & 25 December** is from **11am-4pm**



ITEM	WEIGHT	PRICE
ROASTS		
Roasted Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce	5kg	\$118
Oven-roasted Tandoori Turkey with Homemade Mint Chutney	5kg	\$128
Honey-baked Ham (Crosscuts) with Pineapple Sauce	2kg	\$58
BBQ Roasted Pork Ribs	1kg	\$52
Five-spiced Roast Lamb Leg (Boneless)	2kg	\$108
Thirteen-spiced NZ Angus Rib-eye	2kg	\$108
SIDES		
Cream of Pumpkin & Butternut Squash	1lit	\$25
Forest Mushroom Soup	1lit	\$25
German Potato Salad	500g	\$18
Classic Caesar Salad	1kg	\$25
Normandy Salad	1kg	\$25
CAKES		
Pistachio Crème Brulee	1kg	\$30
Festive Pumpkin Pie	1kg	\$30
Chocolate Pudding with Molten Chocolate	1kg	\$30
CHRISTMAS COMBOS		
Joyful Christmas Combo (Serves 6 persons):		\$158
<input type="checkbox"/> Roast Turkey (approx. 5kg) with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce		
<input type="checkbox"/> Seasonal Medley of Vegetables		
<input type="checkbox"/> German Potato Salad		
<input type="checkbox"/> Cream of Pumpkin and Butternut Squash with Croutons		
Merry Christmas Combo (Serves 10 persons):		\$238
<input type="checkbox"/> Roast Turkey (approx. 5kg) with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce		
<input type="checkbox"/> Honey Baked Ham (approx. 2kg) with Pineapple Sauce		
<input type="checkbox"/> Seasonal Medley of Vegetables		
<input type="checkbox"/> German Potato Salad		
<input type="checkbox"/> Forest Mushroom Soup		
<input type="checkbox"/> Pistachio Crème Brulee		

Prices include GST

Menu Available
for Dine-In or
Takeaway

**ATRIUM
CAFE**
6398 5309

Chinese New Year Festive Delicacies

Ring in the Lunar New Year with a tantalising array of goodies from Atrium Cafe. Toss to wealth and prosperity with one of our 'Yu Sheng' platters.

3 January–15 February 2022

ITEM	PRICE
Salmon 'Yu Sheng' for 4-6 persons for 8-10 persons	\$38 \$62
Abalone & Salmon 'Yu Sheng' for 4-6 persons for 8-10 persons	\$68 \$108
Vegetarian 'Yu Sheng' for 4-6 persons for 8-10 persons	\$32 \$52
Bountiful Treasure 'Pen Cai' featuring 12 delicacies, including abalone, conpoy, fish maw, prawn, scallop and sea cucumber layered with roast duck, steamed chicken, sea moss, broccoli, long cabbage and black mushroom nestled in a piping hot claypot (3 working days' notice required)	\$288
Fragrant Rice with Chinese Waxed Meat wrapped in Lotus Leaf for 6-8 persons (3 working days' notice required)	\$48
Whole Roast Duck for 6-8 persons (3 working days' notice required)	\$58
Braised Pork Knuckle (1kg) with Fatt Cai & Dried Oyster for 6-8 persons (3 working days' notice required)	\$78

Prices include GST

Menu Available
for Dine-In or
Takeaway

**PATRICK
TAN**
9653 9197

Chinese New Year's Eve Reunion Dinner

Usher in the Year of the Tiger with family and friends over a mouthwatering Chinese dinner at the Main Lobby. Book now to avoid disappointment!

Monday, 31 January 2022, 6.30pm

Price:

Set Menu (serves 5) at \$588*

* Price includes Mandarin oranges and free flow of Chinese tea

Garden's Prosperity
Smoked Salmon 'Yu Sheng'

Chicken Broth
with Fish Maw, Conpoy,
Crabmeat & Black Mushroom

Steamed Garoupa
with Cheong Cheng Sauce

Creamy Salted Egg Yolk Golden Tiger Prawns

Sautéed Abalone
with Chinese Spinach & Chinese Mushroom

Braised Ee Fu Noodles in Superior Stock

Osmanthus Flower Jelly
with Wolfberries

Prices include GST

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Chinese New Year's Eve Reunion Dinner

Bond with family members at the Garden Grill over a dinner that has been artfully curated to please the fussiest of taste buds. Book now to avoid disappointment!

Monday, 31 January 2022

**5.30pm-7.30pm (first seating)
8pm-10pm (second seating)**

SET MENU
\$78 per person

**Garden's Prosperity Norwegian Smoked Salmon and
Hokkaido Scallop 'Yu Sheng'**

▪ **Golden Chicken Consommé**
with Prawn Potstickers

Pan-seared Black Chilean Cod
with Scallion & Noilly Prat
OR

**Free-range Premium Black Angus Tenderloin
and Foie Gras**
with Bordelaise Sauce
OR

Lobster (500g) (\$20 surcharge)
choice of Black Pepper or Thermidor

Coconut Panna Cotta
with Amazing Pandan Flavour

Freshly Brewed Coffee OR Selection of Tea

Prices include GST



Menu Available
for Dine-In or
Takeaway

ATRIUM
CAFE
6398 5309

Special Chinese New Year Set Menu

Celebrate the Lunar New Year by feasting on authentic traditional specialties.

Available for lunch and dinner, from 1-28 February 2022

11am-2.30pm; 6pm-9.30pm

(Last order: 30 minutes before closing)

SET MENU (3-5pax) @ \$88

Classic Daily Double-boiled Soup

Crispy Fried Sea Bass with Superior Soy Sauce

Sauteed Scallop with Celery in XO Sauce

Braised Tofu with Crabmeat Sauce

Braised Abalone with Fatt Choy on Bed of Seasonal Vegetables

Steamed White or Brown Rice

Add on Smoked Salmon or Vegetarian 'Yu Sheng' @ \$28 (UP: \$38)

Add on Abalone & Salmon 'Yu Sheng' @ \$58 (UP: \$68)

Prices include GST



WINTER COMBO SET
@ \$22 per set

Grilled Norwegian Salmon and Chicken Chop
accompanied by winter vegetables
and potato mash



The above main courses are accompanied by
Cream of Mushroom and **Christmas Pumpkin Pie**.

Prices include GST

Yuletide Set Meals

More specials for the Yuletide season,
this time at the Atrium Café.

Available from 4-26 December 2021

11am-2.30pm; 6pm-9.30pm



JOLLY BEEF SET
@ \$26 per set

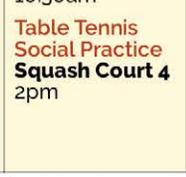
Grilled NZ Sirloin Steak with
choice of Black Pepper or Mushroom Sauce
served with winter vegetables
and potato mash

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Year-end Festive Fare in True Yuletide Spirit Garden Grill Throughout the month except on 24, 25 & 31 and evening of 17 Dec 12pm, 6pm Table Tennis Social Practice Squash Court 4 2pm	2 Squash Social Night Squash Courts 5pm 	3	4 Yuletide Set Meals Atrium Café till 26 Dec 11am, 6pm DIY Plantation Casuarina Room 10.30am	5
6	7 Squash Social Night Squash Courts 6pm 	8 Table Tennis Social Practice Squash Court 4 2pm 	9 Squash Social Night Squash Courts 5pm 	10 Tennis Social Night Tennis Courts 8pm 	11	12
13 3-Day Crash Dance Course: Jazz (5-12 Years Old) Club 22 3pm 	14 3-Day Crash Dance Course: Jazz (5-12 Years Old) Club 22 3pm Squash Social Night Squash Courts 6pm 	15 Table Tennis Social Practice Squash Court 4 2pm 	16 3-Day Crash Dance Course: Jazz (5-12 Years Old) Club 22 3pm Squash Social Night Squash Courts 5pm 	17 Champagne & Sparkling Wine Food Pairing Garden Grill 6pm 	18 DIY Christmas Felt Stockings Casuarina Room 10.30am 	19 Takeaway Christmas Festive Goodies Garden Grill Pre-order deadline
20	21 Squash Social Night Squash Courts 6pm 	22 Table Tennis Social Practice Squash Court 4 2pm 	23 Squash Social Night Squash Courts 5pm 	24 Christmas Eve Set Menu Garden Grill 12pm, 5pm, 7.30pm Tennis Social Night Tennis Courts 8pm 	25 Christmas Christmas Day Set Menu Garden Grill 12pm, 5pm, 7.30pm 	26
27	28 Squash Social Night Squash Courts 6pm 	29 Table Tennis Social Practice Squash Court 4 2pm 	30 Squash Social Night Squash Courts 5pm Domo Terrarium Casuarina Room 2pm	31 New Year's Eve Set Menu Garden Grill 12pm, 5pm, 7.30pm 		

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

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 Chinese New Year's Eve Reunion Dinner Main Lobby 6.30pm Chinese New Year's Eve Reunion Dinner Garden Grill 5.30pm, 8pm 					1 New Year New Year's Day Set Menu Garden Grill 12pm, 5pm, 7.30pm 	2 Kiwi Seafood & Meat Month Garden Grill Throughout the month 12pm, 6pm 
3 Chinese New Year Festive Delicacies Atrium Cafe Till 15 Feb 	4 Squash Social Night Squash Courts 6pm 	5 Ukulele Lesson (Intermediate) Carnation Room 10.30am 	6 Squash Social Night Squash Courts 5pm 	7 Ukulele Workshop (Beginner) Carnation Room 10.30am 	8 Face Yoga Zoom 5.30pm 	9
10 	11 Squash Social Night Squash Courts 6pm 	12 Ukulele Lesson (Intermediate) Carnation Room 10.30am Table Tennis Social Practice Squash Court 4 2pm 	13 Squash Social Night Squash Courts 5pm 	14 Ukulele Workshop (Beginner) Carnation Room 10.30am Tennis Social Night Tennis Courts 8pm 	15 Face Yoga Zoom 5.30pm 	16
17 	18 Squash Social Night Squash Courts 6pm 	19 Ukulele Lesson (Intermediate) Carnation Room 10.30am Table Tennis Social Practice Squash Court 4 2pm Irish Whisky Pairing Dinner Garden Grill 6pm 	20 Squash Social Night Squash Courts 5pm 	21 Ukulele Workshop (Beginner) Carnation Room 10.30am 	22 Face Yoga Zoom 5.30pm 	23
24 	25 Squash Social Night Squash Courts 6pm 	26 Ukulele Lesson (Intermediate) Carnation Room 10.30am Table Tennis Social Practice Squash Court 4 2pm 	27 Squash Social Night Squash Courts 5pm 	28 Ukulele Workshop (Beginner) Carnation Room 10.30am Tennis Social Night Tennis Courts 8pm 	29 Face Yoga Zoom 5.30pm 	30

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

Welcoming the New Year

Ever wondered about the tradition of observing New Year's Eve and how it came about? Read on to find out.

In many countries around the world, New Year's celebrations start on the last day of the previous year, 31 December, and trickle into the early hours of 1 January. Revellers bid farewell to the last day of the year by popping champagne and wine, and partaking of foods believed to bestow them with luck in the coming year.

Among the spectacular mass celebrations held across the globe is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Thousands gather in the winter cold to watch the brightly lit ball descending a pole — a sight also watched by an estimated 1 billion people across the globe. Nigeria and Zimbabwe hold masquerades and carnivals; in many other places, including Singapore, fireworks are set off to mark the end of the year.

Back to Babylon

The observance of the arrival of a new year is not just a modern phenomenon — it dates back almost 4,000 years to ancient Babylon! Then, the New Year was heralded in late March, during the first new moon following the vernal equinox. On this day, the sun is directly above the equator, and day and night are of equal length.

The event was celebrated with a multi-day festival known as Akitu. During the celebrations, statues



of gods were paraded through the streets, and rites were carried out to symbolise their triumph over chaos. The Babylonians believed, through these rituals, that the world was symbolically purified and renewed by the gods in preparation for the New Year and the return of spring. That aside, the festival had another more down-to-earth purpose — the crowning of a new king or the symbolic renewal of the current ruler's divine mandate.

Julian and Gregorian calendars

Throughout history, different civilisations typically pinned the first day of the year to a significant astronomical or agricultural event. In 46 BC, the Roman emperor Julius Caesar invited Alexandrian astronomer Sosigenes to recalculate

the Roman calendar, and was advised to do away with the lunar cycle entirely and follow the solar year.

This resulted in Caesar decreeing 1 January as the first day of the year. Romans celebrated the day by offering sacrifices to the month's namesake, Janus — the god of beginnings — exchanging gifts with one another, decorating their homes with laurel branches, and attending boisterous parties.

The new system of measurement became known as the Julian calendar, and remained the standard in the Roman empire for 1,500 years. Pope Gregory XIII corrected the Julian calendar in 1582 by removing 10 days from the year to keep it in sync with the seasons. It was named the Gregorian calendar and resembles the one we use today.

Be resolute with your Resolutions

Here are some strategies for you to keep on track with your diet and exercise goals for the New Year.



The practice of making resolutions for the New Year is thought to have been initiated by the ancient Babylonians, who made promises to earn the favour of the gods and start the year off on the right foot.

Similarly, many of us attempt to start the year afresh by making resolutions. Among the most popular are those involving instituting healthy habits, such as exercising more and eating right. Unfortunately, 80% of people tend to backslide. Here are pointers to give you the best shot at sticking to your resolutions.

Take small steps

Don't be overambitious. Instead of committing to exercising five days a week when you've been a couch potato for a year, start with something more achievable, such as twice a week in January, building it up to thrice a week in February, and so on.

Make it measurable

If you want to exercise more, set the amount of time you wish to burn off.

If you want to lose weight, ensure you know exactly the healthy weight you would like to attain.

Set specific plans

Instead of saying "I'll get in shape this year", frame it this way: "I will walk for at least 30 minutes at Bishan Park with my friend Clara on Monday, Wednesday and Friday evenings." This sets a framework with mental cues and strategies on which to follow up. Including another person in your plan also creates responsibility, accountability and social enjoyment.

Translate the big goal into a series of small ones

This will help build momentum towards your final goal. For example, if you've never run a marathon, sign up for a 5km run that's one or two months away and follow a training plan you've created to build up to that.

Be realistic

Most people have unrealistic expectations. Set your goals

according to your lifestyle and consider the time and resources you have to help you meet them. Make them achievable.

Cut yourself some slack

If you made it to the gym only once this week, or gave in to your craving for a doughnut, don't beat yourself up. Focus on what you did right instead, and don't use it as an excuse to give up. Meaningful change takes time.



Reward small gains

The reward can be anything, from going for a movie or buying yourself a new exercise outfit. This will help motivate you to power on.

Aces from the East

The names of tennis players from Asia may not trip off your tongue as easily as “Serena Williams” and “Roger Federer”, but — make no mistake — they too have an ace game in this sport of kings.



Kei Nishikori

Nishikori made history as the first Asian player to reach a men’s singles Grand Slam final at the US Open in 2014. He also won a bronze medal at the Rio Olympics, and is the first male Japanese player to break into the top 40 of the Association of Tennis Professionals (ATP) rankings.

Born in Shimane, Japan, Nishikori moved to Florida at the age of 14 to join Nick Bollettieri’s academy. He quickly rose up the ranks and, in 2008, Rafael Nadal predicted the then 19-year-old would one day break into the top five.

That forecast came true; today, Nishikori is feted as one of the best players in the world. Coached by Michael Chang since 2014, he regularly makes a challenge for all the big titles, and has won accolades from top-ranked Novak Djokovic, who complimented him on being “one of the quickest and most talented players” he’s seen in his lifetime and career.

Despite being plagued by injuries, Nishikori bounces back with tenacity, making him a role model for youngsters everywhere, especially in Asia.



Sania Mirza

Sania Mirza played in her first international tournament in 1999, when she represented India at the World Junior Championship in Jakarta. Her big break came in 2002, when she paired up with Leander Paes to win the bronze medal at the mixed doubles event at the Asian Games in Doha. The following year, Mirza, who was then 16, became the youngest and first-ever Indian to be featured in the main draw of the girls’ doubles junior Wimbledon tennis championship.

Born in Mumbai, India, Mirza moved to the state of Hyderabad as an infant. She then started playing tennis at the age of six at Hyderabad’s Nizam Club. Unable to afford a coach, her father took over her training. Today, Mirza has six Grand Slam titles under her belt, and is one of the top doubles players in the world.

While Asian players are not exactly household names, the latest women's singles winner of the US Open, Emma Raducanu, is half Chinese. Her mum is from China, and her dad is from Romania. Born in Canada, she now plays for Britain.

Apart from Raducanu, there are other Asian players — past and present — who deserve to be celebrated for their achievements in the sport. Among them are Kei Nishikori, Sania Mirza, Li Na and Leander Paes.



Li Na

In 2011, Li Na became the first Chinese national and Asian player to win a Grand Slam singles title at the French Open. She followed that up with the 2014 Australian Open in Melbourne, proving that her success was no fluke. That same year, she made the Forbes Top 100 list for highest-paid athletes. A role model for aspiring young players in China, she can claim credit for the growth of tennis in the country.

Her foray into tennis happened rather unexpectedly, as she was originally slated to follow in her father's footsteps and become a badminton player. But when she was eight, after two years of badminton, her coaches felt her natural swing technique would give her an edge in tennis.

She subsequently spent hours fine-tuning her game and attained the world No. 2 ranking. In September 2014, following a spate of knee injuries, she tearfully announced her retirement from the game.



Leander Paes

A junior US Open and Wimbledon champion, Leander Paes turned professional in 1991. Five years later, he emerged as the first megastar of Indian tennis by winning the singles bronze medal at the 1996 Olympic Games in Atlanta after beating Brazilian player Fernando Meligeni.

Despite making his mark in singles, he earned his place in the tennis hall of fame as a doubles player. This is not surprising, as he has won eight men's doubles Grand Slam titles, and also boasts an impressive medal collection in mixed doubles, having won the Wimbledon title four times, the Australian Open thrice, the US Open twice, and the French Open once.

Paes was ranked the No. 1 doubles tennis player in the world in 1999, and also holds the record of most doubles wins at the Davis Cup.

PAST EVENTS

BOWLING CONVENOR CUP

Held on 12 September 2021 at Gardens Bowl, this tournament saw 20 bowlers competing for the top spot. Shaun Lau came in first in the Men's Category with a pinfall of 2,401, while Lily Leow came in first in the Ladies' Category with a score of 1,529.

QUARTERLY BOWL 2021

A total of 20 bowlers headed to Gardens Bowl on 22 August 2021 to compete in the Quarterly Bowl. Tay Hui Chiang was champion in the Men's Category with a score of 2,137, while Catherine Chua topped the Ladies' Category with 1,671 pinfalls.



Bowling Convenor Cup Winners

Quarterly Bowl 2021 Winners

FRIENDLY COMPETITIONS



ANG BAO BOWL

Have fun bowling with fellow enthusiasts in this best-of-six-games format.

DATE	VENUE	MIN / MAX	ELIGIBILITY
12 February 2022, Saturday	Gardens Bowl	15 / 20 participants	21 years old and above
CHECK-IN	ROLL-OFF	FEE	CLOSING DATE
10am	10.15am	\$25.68* (Members) * Price includes GST.	29 January 2022, Saturday

CONTACT

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg



SQUASH SOCIAL NIGHT

Sharpen your squash skills while socialising with fellow enthusiasts. No booking is required – just show up and play! Sign in at the gym counter before proceeding with your game.

DAY / TIME

Tuesdays 6pm-8pm
Thursdays 5pm-8pm

VENUE

Squash Courts

FEE

Free for Members

CONTACT

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



ANG BAO BRIDGE 2022

Calling all bridge enthusiasts! Come join us for this year's Ang Pow card game. There are attractive prizes to be won!

DATE

8 February 2022, Tuesday

TIME

9am onwards

VENUE

Casuarina Room

FEE

\$21.40* (Member)

\$28.00* (Guest)

* Price includes GST and lunch.

MIN

16 participants

CLOSING DATE

25 January 2022, Tuesday

CONTACT

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg

TABLE TENNIS SOCIAL PRACTICE

What better way to make friends than through a game of ping pong. All levels are welcome! Open to Members only.

DAY

Wednesdays

TIME

2pm-4pm

VENUE

Squash Court 4

FEE

Free for Members



TENNIS SOCIAL NIGHT

The best way to improve your game is to keep practising with fellow players. All skill levels are welcome. Open to adult Members only.

DATE

10 & 24 December 2021
14 & 28 January 2022

TIME

8pm-10pm

VENUE

Tennis Courts

MAX

16 participants

FEE

Free for Members



CONTACT

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

CLASSES

CENTRE OF EXCELLENCE (COE) PROGRAMME FOR BOWLING

The Centre of Excellence (COE) programme is open to all bowlers who aspire to improve their game and become a National Youth Development Bowler. It is a four-year structured programme consisting of three levels: Elementary, Intermediate Advanced, and Elite. The Elementary curriculum covers Fundamentals,

Footwork, Posture, and Swing. Timing, Flow, and Swing Plane are covered at the Intermediate Advanced level, while the Elite level's emphasis is on Release, Tactical Movement, and Competitive Skills. The COE programme will be conducted by SBF-appointed COE coach Mr John Liaw.



DATE		VENUE	
February 2022		Gardens Bowl	
ELIGIBILITY			
Competitive bowlers seeking a route to Team Singapore. Minimum age: 10 years old.			
MIN / MAX		CLOSING DATE	
6 / 12 participants		31 January 2022, Monday	
FEE			
\$2,889* (Member)	\$3,210* (Guest)	\$5,350* (National Youth Development Squad)	
*1st downpayment of \$1,000, followed by \$170/month x 10 instalments (Member)			
* 60 training sessions per year; 2 training sessions per week (Tuesday, Thursday or Sunday)			
* Training will commence in February 2022			
*Price includes GST			

CONTACT

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg

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.



DAY / TIME		
Mondays, Fridays: 3.45pm-4.30pm; 4.30pm-5.15pm; 5.15pm-6pm		
Tuesdays, Thursdays: 3.45pm-4.30pm; 4.30pm-5.15pm; 5.15pm-6pm; 6pm-6.45pm		
Saturdays: 9am-9.45am; 9.45am-10.30am; 10.30am-11.15am; 3.45pm-4.30pm; 4.30pm-5.15pm; 5.15pm-6pm		
Sundays: 8.15am-9am; 9am-9.45am; 9.45am-10.30am; 10.30am-11.15am		
Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session; there will be a 5-minute transition between each class		
FEE: 1 SESSION / WEEK		
\$67.41* (Member)	\$78.65* (Guest) Weekday	\$89.88* (Guest) Weekend
FEE: 2 SESSIONS / WEEK		
\$89.88* (Member)		
\$112.35* (Guest) Both sessions on weekdays		
\$123.59* (Guest) 1 session on weekday & 1 session on weekend		
\$134.82* (Guest) Both sessions on weekend		
*Price includes GST. The above fees (does not apply to guests) will 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



WATERBABIES (PRIVATE COACHING)

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

VENUE

Swimming pool

FEE

\$134.82* for 4 sessions @ 15mins per session

Additional guest charges of \$5.35* per weekday and \$8.56* per weekend. *Price includes GST.



ABOUT THE TRAINER

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



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. Cool Water Workout is the coolest way to keep fit!

DAY / TIME

Mondays: 8.30am-9.30am
Tuesdays: 7pm-8pm
Thursdays: 8.30am-9.30am

ELIGIBILITY

16 years old and above

FEE: 1 SESSION / WEEK

\$67.41* once a week
per month (Member)

\$84.26* once a week
per month (Guest)

FEE: 2 SESSIONS / WEEK

\$112.35* twice a week
per month (Member)

\$129.20* twice a week
per month (Guest)

*Price includes GST but not a personal wet belt, which must be purchased for the class.

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.

CONTACT

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

TAIJIQUAN (BEGINNER)

Taijiquan is an excellent exercise for keeping fit and healthy. Its movements are gentle and slow; it focuses more on developing the mind rather than the body. It is believed that prolonged practice can help one cultivate a gentle and amiable character. The class will cover 37 Yang-Shi Taijiquan and Taiji broadsword and sword techniques.

DAY / TIME	
Sundays: 8am-9am	
VENUE	MIN
Car Park Area (Palm Wing)	6 participants
FEE	
\$146.06* for 12 sessions (Member)	\$168.53* for 12 sessions (Guest)
* Price includes GST	

ABOUT THE TRAINER

Lee Teck Chye is a qualified PA trainer who is registered under the Singapore Wushu Dragon & Lion Dance Federation as a taiji coach (level: intermediate) and has been teaching in various community clubs.



TAEKWONDO

Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.



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) seventh-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.

CLASS	
Beginner / Intermediate [^] ; Intermediate / Advanced ^{^^}	
DAY / TIME	
Fridays: [^] 6.15pm-7pm (for ages 4 and above); ^{^^} 7pm-8pm (for ages 6 and above)	
FEE	
\$85.60* (Member)	\$96.30* (Guest)

CLASS	
Advanced	
DAY / TIME	
Fridays: 8pm-9pm	
FEE	
\$85.60* (Member)	\$96.30* (Guest)

CLASS	
Intermediate / Advanced (Sparring & Self-Defence)	
DAY / TIME	
Sundays: 5.30pm-6.45pm	
FEE	
\$101.65* (Member)	\$112.35* (Guest)

VENUE
Aerobics Studio

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

CONTACT

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

AIKIDO

DAY / TIME

Saturdays: 4.30pm-5.30pm

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

FEE

\$56.18* per month
(Member)

\$67.41* per month
(Guest)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.



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 (Japan Aikido HQ), 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.

TABLE TENNIS (PRIVATE COACHING)

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

VENUE

Squash Court 4

FEE: INDIVIDUAL LESSON

\$44.94* per hour (Member)

FEE: GROUP LESSON (2 PAX)

\$56.18* per hour

Additional \$10.70* per guest per hour. Fees do not include court bookings.
*Price includes GST.

ABOUT THE TRAINER

Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has given personal and group coaching for kids and adults since 2000.



CONTACT

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

SQUASH (PRIVATE TRAINING)

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



FEE: INDIVIDUAL LESSON

\$85.60* per hour (Member)

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

\$128.40*

Additional \$16.05* per hour per guest. Fees do not include court bookings.
*Price includes GST.

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

Whether you are looking at learning the basics or honing your game, this programme caters to players of different levels.

CLASS

Beginner

DAY / TIME

Saturdays: 3.30pm-5pm

CLASS

Intermediate

DAY / TIME

Mondays: 7pm-8.30pm;
8.30pm-10pm

CLASS

Ladies' Intermediate

DAY / TIME

Fridays: 8am-9.30am

VENUE

Tennis Courts

FEE

\$163.07*
(Member)

\$184.47*
(Guest)

*Price includes GST. Fees 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.



CONTACT

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

BIO BOWLING

Run by Bio Bowling Academy, Bio bowling classes will focus on helping children to improve their bowling skills. Simulator bowling lanes and pins will be used in the coaching sessions.



DAY / TIME

Fridays: 4.45pm-5.45pm
Sundays: 4pm-5pm

FEE

\$385.20* (Member)	\$428.00* (Guest)	\$374.50* (Junior Gems Members)
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*Price includes GST

MIN

5 participants

VENUE

Aerobics Room

ABOUT THE TRAINERS

Bio Bowling Academy was established in 2012 and supported by a team of experienced coaches. It has been offering training programmes to both primary and secondary schools. Ms Vanessa Fung joined the academy in 2017. Before working in Singapore, she was a private bowling instructor in Hong Kong for 10 years. A national athlete for 12 years, she came in third at the Women's Masters in the 2005 World Games in Duisburg, Germany, and was second runner-up at the AVIVA Asian Bowling Tour, Grand Slam Finals 2001. She was also second runner-up at the Asian Bowler of the Year 2009 competition. Having pioneered a bowling programme targeted at children from the age of five, she is well placed to conduct training programmes for budding young talents. An SBF Level 2-certified instructor with SGCC for the past three years, she has fostered good relationships with both Members and staff.

BOWLING COACHING

FEE

Group Coaching:

\$45.80* (Member)	\$57.25* (Guest)
Private coaching (to arrange with instructor):	
\$78.65* (Member) Individual (1.5hrs)	\$89.88* (Guest) Individual (1.5hrs)
\$62.97* (Member) 2 Students (1.5hrs)	\$74.42* (Guest) 2 Students (1.5hrs)

*Price includes GST

MIN / MAX

3 / 8 participants

VENUE

Gardens Bowl

ABOUT THE TRAINERS

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation. Peter Chng has been the club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.

CHESS LESSONS FOR ALL LEVELS

DAY / TIME

Saturdays: 1pm-2.30pm

VENUE

Casuarina Room

ELIGIBILITY

6 years old and above;
adults are welcome

MIN

5 participants

FEE

\$107.00* (Member)	\$128.40* (Guest)
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*Price includes GST. Charges are for a cycle of four lessons a month; there will be an additional charge if there are five lessons in a month.

ABOUT THE TRAINER

Tan Poh Heng has been an avid chess player since 1967, and has competed locally and overseas (Malaysia, Dubai). His FIDE rating is currently 2139. A certified chess instructor and member of the Singapore Chess Federation, he started coaching in 2010 for individuals as well as schools. He is well versed in arbitering and organising chess tournaments.

BRIDGE LESSONS

Learn new bidding conventions and improve your play by signing up for five sessions of bridge. Each session lasts three hours. Commencement date to be advised.



DAY / TIME

Fridays, 6pm-9pm

VENUE

Kensington Ballroom 2

MIN

12 participants

ELIGIBILITY

Open to children aged 12 and above;
adults and seniors are welcome

FEE

\$160.00* (Member)	\$180.00* (Guest)
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*Price includes GST and is for five sessions

*Please note that there is no refund and no replacement for any lesson(s) missed

ABOUT THE TRAINER

Jin Meng is an experienced contract bridge player with more than 15 years of experience under his belt. A bridge enthusiast, he feels this game is for folks who love solving puzzles and interacting with like-minded people! He has been coaching beginners (primarily seniors) for the last few years, with an emphasis on thinking analytically about bridge instead of memorizing rules. He also manages and mentors an online bridge community, which holds a weekly online game.

CONTACT

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg

DynamicSCULPT

DynamicSCULPT focuses on rehabilitative (increasing range of motion) and controlled "time under tension" strength-building movements using instructor-approved resistance and loop bands, which participants are required to purchase.

DAY / TIME

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINER

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

POWERSTRETCH™ BY DERRICK EE

Look forward to fluid moves and deep stretching of major core muscles, inspired by the warm-up routines of professional contemporary dancers.

DAY / TIME

Tuesdays: 7.45pm-8.45pm
Wednesdays: 10am-11am

VENUE

Club 22

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINER

Derrick Ee has been an aerobics instructor with the Club since 2000. A talented dancer and choreographer, he also has more than two decades of experience as a dance and fitness instructor.

STREET JAZZ

Street Jazz mixes old jazz dance styles with elements of what is trending in the dance world today. Despite the use of old-school jazz music, these moves will make you feel young again. And because the moves require lines and a strong physique, they can help you to keep fit.

DAY / TIME

Thursdays: 7.45pm-8.45pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINERS

Sheerainno Seah has more than 20 years of experience in the entertainment and arts industry. She is a long-time choreographer and instructor for all kinds of dance genres. She fused her background in jazz and Chinese cultural dance, and threw in some street-style moves, to create Street Jazz.

Clare Tay, too, has more than 20 years of experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop and street jazz, she still actively attends workshops and classes in Singapore and overseas.

ABTsoluteSCULPT

ABTsoluteSCULPT is a HIIT (High Intensity Interval Training) class that also focuses on toning the lower body (hips, thighs and abdominals). Note that participants are required to purchase a small pair of cotton hand towels or gliding discs.

DAY / TIME

Fridays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

SENSORY FITNESS

A fun, sensory journey through the sense of sight, smell, touch and sound in a studio filled with the therapeutic smell of essential oils and soothing music. You will be guided by the experienced instructor in practising self-care lymphatic drainage and deep-breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.

DAY / TIME

Tuesdays: 10am-11am

VENUE

Aerobics Studio

MIN

6 participants

FEE

\$67.41* (Member)

*Price includes GST and are inclusive of aromatic materials for four lessons. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.



ABOUT THE TRAINER

Barbara Lina Lei is a veteran swimming coach and fitness enthusiast. She also holds an ITEC Level 3 Diploma in Aromatherapy with Merit.

CONTACT

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health. Members can sign up for the foundation, intensive or private one-to-one training.

Foundation Training (1-hour sessions)

The sessions will work on 'opening' the joints, regulating the breath, and getting the general *qi* flowing. Participants will learn to realign the structure of their body and master basic postures and moves while improving their motor skills. They will also learn the precise and intense stretching of the tendons and muscles coupled with breathing techniques.

DAY / TIME

Thursdays, 4.30pm-5.30pm

MIN

10 participants

FEE

\$72.76* (Member)

\$84.00* (Guest)

* Price includes GST. Fees 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.

Private One-to-One Training

Private one-to-one training can be arranged for those who have disabilities or are wheelchair-bound.

DAY / TIME

TBC

FEE

\$171.20* (Member)

\$182.44* (Guest)

* Price includes GST and is on a per hour basis.

Intensive Training (2-hour sessions)

The training will include *Daoyin* methods in addition to the above. *Daoyin* is mainly floor and seated work that develops strength and flexibility. Structural and motor skills as well as breathing techniques are worked on at a higher level. No pre-requisite is required to attend intensive training.

DAY / TIME

TBC

MIN

10 participants

FEE

\$139.10* (Member)

\$150.34* (Guest)

* Price includes GST. Fees 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.

**ABOUT THE TRAINER**

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 21st generation lineage holder of the Zi Wu Men tradition of *neigong*. Zi Wu Men Gongfu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with more than 35 years of international teaching experience, and is highly sought-after for her modern approach to ancient health techniques.

**SILVER DANCE**

Silver Dance is a workout that features choreographed dance moves coupled with funky music. It's dynamic, safe and yet intense enough to work out a sweat!

DAY / TIME

Mondays: 10am-11am

VENUE

Aerobics Studio

MIN / MAX

6 / 14 participants

FEE

\$67.41* per month (Member)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

CONTACT

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



BounceSCULPT

Bouncing on a trampoline for 50 minutes reportedly burns between 400–600 calories. The G-force created by bouncing builds muscle and burns fat quickly. Every part of the body is firmed up. Since the trampoline absorbs most of the impact, the joints benefit, too. The classes tone the muscles, encourage lymphatic drainage, improve balance, and strengthen the bones. Best of all, the atmosphere and endorphin rush are addictive.

DAY / TIME

Wednesdays: 11.30am–12.30pm
Saturdays: 12pm–1pm

VENUE

Club 22

MIN

6 participants

FEE

\$72.76* (Member)

*Price includes GST

Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month. Non-slip socks must be worn for each lesson.

VINYASA FLOW YOGA

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

DAY / TIME

Thursdays: 9am–10am

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

FEE

\$67.41* (Member)

\$78.65* (Guest)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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.



HATHA YOGA

Hatha yoga is a branch of yoga that teaches poses and breathing exercises that bring peace and calm to the body and mind. It's an excellent way to de-stress while cultivating balance and flexibility.

DAY / TIME

Mondays: 7.30pm–8.30pm; Saturdays: 3pm–4pm

VENUE

Aerobics Studio

FEE

\$67.41* (Member)

\$78.65* (Guest)

*Price includes GST. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINER

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

CONTACT

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



Bringing in Luck

It may not be your favourite activity, but spring cleaning before the Lunar New Year is an age-old tradition that is full of symbolic meaning. Here are some pointers to get you going.

There are many traditions associated with the Chinese New Year. Of these, cleaning the house before the start of the festival is a priority. One reason for this is that the word 'dust' in Chinese is a homophone for 'old', so giving the house a thorough cleaning is symbolic of clearing out the bad luck of the previous year to make way for the good luck that is sure to follow. Cleaning tools such as brooms are put away and not used for the first few days of the New Year so that they don't sweep away the incoming good fortune.

Also, according to *feng shui*, the home attracts energy. A dirty house can bring negativity into your life, while an orderly home allows the flow of positive energy and prosperity.

Make a schedule

The thought of cleaning the entire house can be overwhelming, but with a well-planned schedule, you'll be in a better position to take on this task. Scope out your home and ask yourself which areas need more work and where do you most often skip cleaning. Those are the best places to start.



Clean room by room

Another approach is to clean your house room by room. Create a cleaning checklist for each room to get organised and remind you of the areas that need greater attention.

Start small

Don't attempt to clean everything at once. Break it down into small steps to avoid feeling overwhelmed. Instead of attempting to do everything in one day or even one weekend, assign an hour or two a day to tackle the tasks on your spring-cleaning to-do list.

Complete pending home repairs

This is also a good time to fix anything that's broken. If you've been procrastinating about getting that faulty door lock or leaky pipe fixed, now's a good time to do it. Make sure the repairs are completed before you start spring cleaning, as the repairs could leave a mess.

Clear the clutter

One of the biggest aspects of spring cleaning is getting rid of clutter. A systematic four-step approach is a good way to do this: identify problem areas, analyse reasons for the clutter, determine solutions, and implement them. Sorting your belongings into four categories — trash, give away, store, or put away — can also be effective as you



go through the spring-cleaning process.

An alternative is the highly popular KonMari method. This advocates assessing and getting rid of items that do not "spark joy". Decluttering this way forces you to be selective and clarify what you value.

Once you've decided what to give away, move them out of the house as soon as you can.

Give every item a place

Think about where things belong and whether they have a 'home'. Once you've figured out which items don't have a designated place, create one for them so they don't clutter up the house, causing an unnecessary mess.

Work from top to bottom

When cleaning each room, start from the ceiling and work your way down. This will force debris downward and keep you from having to re-dust or re-clean your space. If you have a vacuum with an extension hose, use it to remove cobwebs and dust from your ceilings and fans first. Then dust your furniture and other items before vacuuming all the dust and debris off your floors.

Another tip for dusting ceiling fans is to slip an old pillowcase over the blades, and run it back and forth to collect the dust inside the pillowcase. This ensures that dust does not fly all over the room when you are cleaning the fan.



Get the family involved

Make spring cleaning a family effort. Even young children can be roped in to help — just assign age-appropriate chores. Put on upbeat music as you all clean to make the process more enjoyable. You could also establish a household reward as an incentive to get the work done.

3-DAY CRASH DANCE COURSE: JAZZ (5-12 YEARS OLD)

A versatile genre, jazz is a powerful dance form that also allows for the expression of vulnerability. It can be structured or freestyle. Besides learning to express themselves through body movements, participants will be provided space during class to further develop their strength and



flexibility through proper warm-up and conditioning. They will also have the opportunity to learn various progressive techniques, such as kicks, turns and jumps. Suitable for children with or without dance experience.

DATE / TIME		
13, 14 & 16 December 2021; 3pm-4pm		
VENUE		
Club 22		
MIN / MAX		
6 / 10 participants		
CLOSING DATE		
2 December 2021, Thursday		
FEE		
\$100* (Junior Gems)	\$105* (Member)	\$110* (Guest)
* Price excludes GST		

DIY CHRISTMAS FELT STOCKINGS

This Christmas craft-making workshop guides participants to create their own creative Christmas stockings and small ornaments, which can be used as Christmas decorations or given away as gifts.

DATE / TIME		
18 December 2021, Saturday; 10.30am-12.30pm		
VENUE	MIN / MAX	
Casuarina Room	6 / 9 participants	
CLOSING DATE		
30 November 2021, Tuesday		
FEE		
\$12* (Junior Gems)	\$15* (Member)	\$18* (Guest)
* Price excludes GST		



FACE YOGA

Come and reverse the signs of ageing with our weekly classes — it's a natural way to tone your facial muscles and achieve a firmer, more lifted and radiant face without the use of Botox, fillers or expensive creams.

DATE / TIME		
Saturdays (from 8 January 2022); 5.30pm-6pm		
VENUE		
Via Zoom, in the comfort of your home		
MIN		
10 participants		
CLOSING DATE		
30 December 2021, Thursday		
FEE		
\$20*		
* Price excludes GST and is for 1 lesson		

CONTACT

Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

DOMO TERRARIUM



Looking to bring some greenery into your home? Then our terrarium-making workshop is just the thing for you. During the workshop, participants will be briefed on the different types of plants that can be used in a terrarium, and how to care for them.

DATE	
30 December 2021, Thursday	
TIME	VENUE
2pm-4pm	Casuarina Room
MIN	
10 participants	
CLOSING DATE	
15 December 2021, Wednesday	
FEE	
\$50* (Member)	\$55* (Guest)
* Price excludes GST	

UKULELE WORKSHOP (BEGINNER)

Suitable for beginners, the ukulele is cute, fun, and easier to learn than the guitar. It is a social instrument, a song machine that magnetically draws people together to enjoy themselves in music making. The ukulele spirit is contagious — you will be moved to share songs with friends as soon as you master some chords and strumming. Topics covered include:

- How to properly tune, hold and strum your ukulele
- The basic ukulele chords
- Basic scales & fingerings
- Diatonic chords in various keys
- Strumming & plucking techniques
- Various plucking patterns
- Single-line melody playing

DAY / TIME	
Fridays (from 7 January 2022); 10.30am-12pm	
VENUE	
Carnation Room (Inside Club 22)	
MIN / MAX	CLOSING DATE
6 / 10 participants	24 December 2021, Friday
FEE	
\$128* (Member)	\$148* (Guest)
* Price excludes GST, and is for a set of 8 lessons .	



UKULELE LESSON (INTERMEDIATE)

Students who wish to attend the intermediate class should have a reasonable understanding of what has been covered in the beginners' class before delving further into the instrument. The topics covered in the intermediate stage are:

- New accompaniment patterns in various styles
- Intermediate 16-beat strumming patterns
- Syncopated strumming rhythms
- Single-line melody playing
- Introductions & interludes
- Chord-melody soloing
- Play in more keys!
- Play syncopated rhythms and fill-in patterns

DAY / TIME	
Wednesdays (from 5 January 2022); 10.30am-11.30am	
VENUE	
Carnation Room (Inside Club 22)	
MIN	CLOSING DATE
8 participants	17 December 2021, Friday
FEE	
\$128* (Member)	\$148* (Guest)
* Price excludes GST and is for a set of 8 lessons .	

CONTACT

Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg

All details listed are accurate at time of print and subject to changes due to government updates of COVID-19 guidelines.

經典之選



山頭
SWATOW



\$30 Gift Voucher

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH & festive days.
- Valid for redemption only for one voucher per bill.
- 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 January 2022

山頭
SWATOW SEAFOOD

Blk 181 Lor 4 Toa Payoh
#02-602
Singapore 310181
Tel: +65 6313 1717

山頭園
SWATOW GARDEN

22 Kensington Park Road
Serangoon Garden Country Club B
Heliconia Wing, Singapore 557271
Open to public, Tel: +65 6343 1717

山頭城
SWATOW CITY

2 Bukit Batok West Ave 7
#02-05, HomeTeam NS
Singapore 659003
Tel: +65 6278 8889

MAIN RECEPTION

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

FOOD & BEVERAGE OUTLETS**Atrium Café**

Tel: 6398 5309 / 5312
Mon–Fri: 11am–3pm; 6pm–10pm
Sat, Sun & PH: 11am–10pm

Coffee Deli

Tel: 6398 5312
Mon–Thu & PH: 8am–9pm
Fri–Sun & Eve of PH: 8am–10pm

Club Twenty-Two

Tel: 6398 5386
Temporarily closed till further notice.

Crossroads Lounge

Tel: 6398 5310
Daily: 3pm–10.30pm

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 9am–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: 6398 5346
Daily: 1pm–10pm

Darts Lounge

Mon–Fri & Eve of PH: 4pm–10pm
Sat, Sun & PH: 2pm–10pm

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 2pm–6pm
Peak hours (Mon–Fri & Eve of PH): 6pm–10pm
Peak hours (Sat–Sun & PH): Whole day

Gymnasium

Tel: 6398 5331
Daily (incl. Eve of PH & PH): 6.30am–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: 6.30am–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: 6398 5331
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: 6398 5340
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: 6398 5331
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
Mon–Sun & PH: 11am–10pm

OTHER FACILITIES**Jackpot Room**

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 12pm–10pm

Kiddieland

Daily: 9am–10pm

Lat Salon

Tel: 9666 4463, by appointment only
Tue–Sun: 11am–7pm
Mon & PH: Closed

Functions Rooms / Ballroom

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

Male & Female Changing Rooms

Daily: 6.30am–10.30pm

Study Room

Daily: 9am–10pm

The Hangout

Daily: 9am–10pm

Cambridge Pre-School

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

MANAGEMENT STAFF**General Manager**

Farrock Ebrahim 6398 5329
Email: farrock@sgcc.com.sg

Personal Assistant cum

Office Manager (GM's Office)
Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

Finance Manager

Avelyn Tam 6398 5303 / 358
Email: avelyn_tam@sgcc.com.sg

Human Resource Manager

Elleana Ho 6398 5366
Email: elleana_ho@sgcc.com.sg

Membership Relations Manager

Joanne Ng 6398 5337
Email: joanne_ng@sgcc.com.sg

Sports & Recreation Manager

Steven Goh 6398 5372
Email: steven_goh@sgcc.com.sg

Security Operations Manager

Sritharan Lingam 6398 5315
Email: sritharan@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Danny Wong Foo Ying 6398 5311
Email: danny_wong@sgcc.com.sg

CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

Membership

Tel: 6398 5323 / 383
Email: membership@sgcc.com.sg

Accounts

Tel: 6398 5325 / 358
Email: members_account@sgcc.com.sg

Sports & Recreation

Email: recreation@sgcc.com.sg

Billiards, Darts & Fitness

Steven Goh 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Taekwondo, Aikido, Yoga & Fitness Classes

Julia Kong 6398 5352

Bowling, Bridge, Mahjong, Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

Tel: 6398 5381 / 387 / 365
Email: banquet-sales@sgcc.com.sg

Advertisement Bookings

Daryl Neo 6398 5305
Email: daryl_neo@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg



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