



Club *Spirit*

AUGUST • SEPTEMBER 2023

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Dear Fellow Members,

The Club will be celebrating Singapore's 58th birthday with a Dinner & Dance on 8 August, and a National Day Bazaar on National Day itself. Admission to the Bazaar is free and open to all, so do drop by with your family and friends.

There will be stalls selling costume jewellery and bags, beauty products, fresh produce from Farmer's Market, art and craft items for kids and more. There is even a bouncy castle for the little ones, and free ice-cream (from 1pm)! Stay on after the Bazaar and catch the National Day Parade live screening (5 to 8pm) at the main lobby or Crossroads Lounge. So come on over and wish Singapore a happy birthday with your fellow Members.

The changing rooms at the Palm Wing are worse for wear, and will need a major upgrade for health and safety reasons. The refurbishment will start in mid-August and take about four months to complete. I would like to seek our gym, studio, squash courts and swimming pool users' pardon for the inconveniences that the project may cause during this period.

1 September 2023 is also Teachers' Day. I would like to thank the teachers and educators among us for their hard work and contributions to our society. You are the ones who give us the drive and the inspiration to do well and to be good citizens. I wish you all a very happy Teachers' Day!

Our F&B department has curated various sumptuous cuisines for Garden Grill (GG) and Atrium Café (Atrium). The GG's cuisine for August is "Asian Fusion" and for September it's "Great Tastes from Australia". GG will also extend the Weekend Lobster promotion, and continue the great value-for-money breakfast promotion in August and September. The crab promotion will still be available at the Atrium, as will the ever-popular Curry Fish-head promotion on Tuesdays.

For musical entertainment, we have various bands playing at Crossroads Lounge from Wednesday to Saturday weekly to cater to our Members' diverse musical palates (like the Goldies, The ETC, and The Plastic Tree, to name a few). And for you dancers out there, Memory Lane will play for you at Club Twenty-Two on Saturday nights.

On 8 September, SGCC and The Peranakan Association of Singapore will present "Joget Malam" at Kensington Ballroom. The event includes an 8-course Peranakan dinner, a Peranakan skit performance, sing-a-long/Joget and music by live band Merrilads. Do make a booking to come and enjoy the great Peranakan food, sing along and Joget your night away.

The Club has plenty to offer, so, do drop by the Club to have fun and enjoy yourselves! See you around!

Yours sincerely,

Koh Jin Kit

President, SGCC



The SGCC 66th AGM: Forging the Way Ahead

The 66th Annual General Meeting (AGM) took place on 25 June, in the Kensington Ballroom. Registration began at 11:30am and Members promptly signed in before enjoying a buffet organized by the F&B team. The registration process proceeded seamlessly. However, at 1pm, the General Committee announced a 30-minute delay in beginning the AGM. This is in accordance with clause 37.3 (b) of the Constitution, that the AGM requires a minimum quorum of at least 100 attendees or a tenth of voting members to be present.



By 1:30pm, 99 Members had assembled, falling just short of the required quorum. Nonetheless, adhering to clause 37.3 (a) of the Constitution, the General Committee decided to proceed with the meeting. GC President Koh Jin Kit started the meeting with his message to Members before other updates were presented such as the Club's refurbishment successes, such as the Gym Expansion Project. Future renovation plans were also discussed, in particular, the renovation of outdated facilities like the saunas and changing rooms at Palm Wing. Financial statements were also reviewed, with an emphasis on clarifying the Minimum Spending (MS) for better Member understanding.

The meeting proceeded to the Any Other Business (AOB) segment, during which Members actively participated in discussions and debates covering a range of topics. These included financial matters and proposed enhancements to Club facilities. The GC provided clear responses to each AOB item, ensuring that all concerns were addressed. In addition, former committee member Mr Randy Sng, who previously served as the President, shared his viewpoints on behalf of the current committee, addressing concerns raised by specific Members.

Throughout the AGM, we received a range of compliments and feedback from Members. The meeting concluded at 5pm, with all topics spoken for.



We sincerely appreciate the participation of all Members who attended and actively contributed to this year's AGM.

It was incredible to see Members who have joined the Club since they were kids now participating in the event.

This was a truly valuable opportunity for the General Committee and Members to foster better understanding and listen to different perspectives. We look forward to implementing the suggestions put through in the year ahead.



Igniting the Spark for Sports

The Spark Sports Camp, held from 12 to 14 June, was an absolute blast for both the children and the SGCC Sports & Recreation team. Despite some rainy weather on the first day, we made the best of it by organising indoor activities. The kids enjoyed learning tennis strokes and playing indoor games in the Kensington Ballroom. Later in the day, they were introduced to Taekwondo and Aikido, where they learned various techniques, such as sitting down Aikido-style. We wrapped up the day with a bowling session at the Heliconia Wing, witnessing excellent teamwork and determination from the children.

Fortunately, the weather improved on the second day, allowing the kids to enjoy some sun-filled activities like swimming and tennis. They had a great time splashing around in the water and showcasing their tennis skills on the courts. In the afternoon, they had gym workouts with Coach Victor, including boxing and balancing exercises. The day concluded with a session of squash, where they learned proper racquet swing and body positions.

The last day of the camp was truly unforgettable. We kicked off the day with team bonding activities and more tennis games. Then, we headed to Kallang Wave Mall for an exciting rock-climbing adventure facilitated by Climb Central. The staff at Climb Central prioritised the safety of each child, providing thorough instructions and equipping them with safety gear and harnesses.

We were immensely proud of every child as they conquered their fear of heights rock by rock, with some reaching the top with determination and perseverance. The older kids also took on the challenge of bouldering. Despite the tiring activities, everyone had an incredible amount of fun. This sports camp marked the first of its kind since 2018, and we are thrilled to call it a success! We hope that the children have developed an interest in the sports introduced during the camp and consider joining the ongoing classes available at the Club. Children interested in pursuing rock climbing as a sport can look forward to a weekly program exclusively for Members as our S&R team brings you more news in the near future!





Chiang Jun Jie, Clarence

Ordinary Member

Paul Chiam Toon Lim

Ordinary Member

Shawn Ching Wei Hung

Ordinary Member

Billy Christian

Ordinary Member

Eng Ye Tian Barry

Ordinary Member

Han Yunhao

Ordinary Member

Low Zhi Ming, Ian

Ordinary Member

Nicholas Lim Joon Leng

Ordinary Member

Luah Kian Tiong

Ordinary Member

Ling Jia Juan

Ordinary Member

Nyioh Chew Hong

Ordinary Member

Poh Kok Heng, Wayne

Ordinary Member

Phang Kian Khoo

Ordinary Member

Justus Soh Ying Zheng

Ordinary Member

Suraindran s/o V Ramalingam

Ordinary Member

Sim Mei Woon Diana

Ordinary Member

Adeline Teo Hsiao Feei

Ordinary Member

Tan Kee Chong Derrick

Ordinary Member

Wu Peixuan

Ordinary Member

Yeo Ai Gek Emily

Ordinary Member

Cheryl Chua Xing Jun

Ordinary Member

Heng Seok Lee

Ordinary Member

Lun Chang Yeong

Ordinary Member

Lim Xian Hui Tia Nicole

Ordinary Member

Moh Wung Hee

Ordinary Member

Ng Boon Siew

Ordinary Member

Sim Ming Quan Marcus

Ordinary Member

Tan Joo Meng Abel

Ordinary Member

Yeo Tze-Kai, Julian

Ordinary Member

Zhou Shan

Ordinary Member

Stian Hallan

Term Member

Vivion Sylvain Roger

Term Member

Valencon Laetitia Marie

Catherine Jeanne

Term Member

Haywood Tracy Diane

Term Member

Snapshots

Here are some shots of our participants who joined the **Dreamcatcher Making Class** as well as the **#SGCCGoes Hiking Trip** to the Tree Top Walk during June and July. Stay tuned for more fun events in the pipeline for Members!



Young crafters raring to go!



A happy participant with two of her creations.

Dreamcatcher Making Class



Colourful labours of love to bring home.



Learning about the intricacies of the Dreamcatcher.



SGCC hikers.



Enjoying the sights and company.

Treetop Walk Hiking



A fruitful walk suitable for all ages.



Serangoon Gardens Country Club and
The Peranakan Association of Singapore presents

Joget Malam



THE
PERANAKAN
ASSOCIATION
SINGAPORE

Date:

Friday 8 Sep 2023

Time:

7.00pm – 11.00pm

Venue:

Kensington Ballroom

Charges:

\$60 (Member), \$70 (Guest) and
\$650 per table booking of 10pax

Prices include GST

HIGHLIGHTS

- 8-course Peranakan dinner
- Emcee Baba Chan Eng Thye
- Peranakan skit performance
 - The Peranakan Voices - sing-a-long/Joget
- Best dressed competition
 - 'Live' band Merrilads

For enquiries, contact Adrian at 9115 0417





AfterDark Disco: A Night of Enchantment and Thrilling Beats



On the night of 7 July, Club Twenty-Two played host to a sensational event that left attendees in awe - the AfterDark Disco. From the moment guests stepped into the venue, they were transported into a world of pure excitement and euphoria. The Club was transformed into a dazzling spectacle, adorned with mesmerising lights that flickered and danced in sync with the rhythm, accompanied by state-of-the-art sound systems that reverberated through every corner.

Captivating visuals were projected on huge screens, immersing partygoers in a kaleidoscope of vibrant colors and hypnotic patterns.

As the clock struck 9pm, the doors swung open to welcome a vibrant crowd of more than 150 individuals, all exuding an infectious energy and eager to let loose. The dance floor quickly became the

pulsating heart of the night, fuelled by an electrifying mix of techno and house beats skillfully curated by a lineup of immensely talented DJs. DJ YK, DJ Van Vanz, DJ Limmy, DJ Miggy, and DJ Kashko took turns behind the decks, seamlessly blending tracks and building an irresistible momentum that kept bodies moving until the early hours of 3am.

The night was not merely about dancing, but also about the unexpected thrills and spills that unfolded throughout the evening. Games involving beer and tequila injected an extra element of excitement and entertainment, providing laughter and unforgettable memories for the participants and onlookers alike.



AfterDark Disco proved to be an immense success, leaving the attendees yearning for more. Their wish is about to be granted as another electrifying event is already in the works.

Mark your calendars this coming October, and prepare for an experience that will surpass all expectations. Stay tuned for exciting updates and prepare for yet another unforgettable night. Follow us on Telegram (see content page for QR code) for the latest information, upcoming offers and programmes. Join us and be part of the excitement!



NATIONAL DAY Bazaar

9 August 2023
11am - 5pm
Main Lobby

Membership Booth

Term membership offer
up to 3 months of
subscription fee waiver

Bazaar Stalls

Costume Jewelry & Bags
Beauty Products
Children Items
Air Plants
Farmers' Market
By Little Farms
(fresh produce, fresh bakes,
artisanal products, wine
and cheese)
Arts & Craft For Kids
and many more...

Highlights

Goodie Bags for first 50 visitors
FREE Ice-cream from 1pm
Bouncy Castle
Hawker Live Station
NDP Live Screening
(from 5pm-8pm at main lobby
and Crossroads Lounge)

**ALL ARE
WELCOME !**



SERANGOON GARDENS COUNTRY CLUB
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Discovering the Peranakans

With their rich culture and heritage, Peranakans have certainly left their mark through the years of modern Singapore history. From their flavourful foods to their traditional costumes and their love for the finer things in life, the Peranakan culture is anything but dull.

A marriage of cultures

The origins of the Peranakans or persons of a mixed Chinese and Malay/Indonesian heritage, can be traced to as far back as the 15th century AD.

A possible story of how the Peranakans came to be could be that Chinese traders who frequented the Straits of Malacca intermarried with the local Malay women. In fact, part of the term "Peranakan" may be taken

to mean "a descendant of", or "womb" as a reflection of its Malay root word "anak", which means child.

The reason why Peranakans are also sometimes referred to as Straits-born Chinese or Straits Chinese is a more pointed reference to their places of birth, which were typically in the British Straits Settlements, that included Penang and Singapore alongside Malacca.

Besides Chinese Peranakans, there were also Bugis, Arab, Java and even Indian Peranakans who are known as Chitty Melaka, all descendants of mixed marriages.

Male Peranakans were known as Baba while their female counterparts, Nonya. Peranakan families predominantly speak Baba Malay, a creolized language that is a mixture of Malay and Hokkien.

From Pre-War to Revival

The turn of the 20th century was a golden era for the Peranakans in Singapore as they frequently made the list of big spenders. They would often import fine goods to decorate their homes and indulged in, and created delicious recipes that showcased their mixed heritage.

As many Peranakans were English educated during Singapore's colonial years, Peranakans played a significant role in the shaping of modern Singapore by being involved in important positions in sectors such as banking, shipping and real estate. Many Peranakans would go on to become household names such as Tan Tock Seng and Lim Boon Keng.

With the advent and end of World War II in 1945, many Peranakans found themselves in hard times as they had to sell their valuables to survive the war. With it, the culture that is synonymous with them went into decline, a trend that was exacerbated with the departure of the British and the local population's desire to modernise rapidly during the post-war decades of the 1950s to 70s.

However, there was a revival of interest in the Peranakan culture in the 1980s thanks to a series of cooking shows by food writer Violet Oon that featured many famed Peranakan recipes that were once guarded fiercely by family matriarchs.

Meanwhile, Peranakan houses with their signature Sino-Portuguese facades that still stand today in Katong and Joo Chiat are testament to the Urban Redevelopment Authority's efforts to preserve local heritage sites since the 1980s—a response to the Government's call to retain Singapore's charms lest they get lost in the name of progress.

The next boom in public interest came some two decades later when

Mediacorp produced *The Little Nonya* drama serial in 2008. The drama went on to garner a record viewership and thrust Peranakan culture into the public eye. The series was so popular that the last episode aired to 1.67 million viewers and is still regarded today as one of the best productions of local television.

A feast for the eyes and stomach

As a nod to their mixed heritage, Peranakans have some of the most recognisable cultural motifs from their costumes, furniture to the unique ingredients and preparation styles of their dishes.

The Nonya Kebaya

As a matriarchial household, it is not surprising to see the Nonyas decked out in their customary *Nonya Kebaya* costumes that features astounding workmanship, design and colours.

The costume is made up of a translucent blouse often decorated with embroidered motifs of flowers, butterflies, phoenixes or dragons. The blouse is worn over a camisole and held together by a set of brooches known as a *kerosang*. A sarong skirt with batik designs of flowers, birds and butterflies would complete the look.



Before factory-made kebayas, a single Nonya Kebaya would take weeks to complete due to the embroidery work required.

When the situation calls for it, the Nonya Kebaya will also be worn with accessories such as a hairpin called *cucuk sanggul*, a silver belt for securing the sarong and a pair of beaded slippers (also an artisanal item in their own right) known as *kasut manek*.

Signature Peranakan dishes

A facet of Peranakan culture is their love for food and experimenting with eclectic ingredients that would have otherwise not met in the pot.

Such culinary ventures have gone on to create gastronomic delights such as *Hee Plo Soup* (fish maw soup), *Sambal Belachan* (shrimp paste chilli), *Hati Babi Bungkus* (minced pork and liver balls) and *Chap Chye* (a mixed vegetable stew).

Perhaps one of the most challenging dish to prepare is the *Ayam Buah Keluak*, a hearty, earthy dish of chicken stewed with the *Buah Keluak* nut, a seed that is naturally toxic. Preparing the dish calls for the arduous process of curing it, an elaborate process that can take more than 40 days!



The Best of Asian Fusion

All the flavours of Asia on a plate!

August 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set menu from \$30 per person

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

4-course set menu from \$35 per person

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

\$2.50 discount for Senior Members aged 55 years and above, and Students aged 21 years and below

Prices include GST

APPETISER

Thai Mango Salad

with Ginger Flower Dressing
OR

Homemade Thai Prawn Cake

with Thai Chilli Sauce
OR

Sesame Tuna Tataki

accompanied with Mesclun Salad and Lemon

SOUP

Tofu & Wakame Seaweed Miso Soup

OR

Sichuan Hot & Sour Soup

MAIN COURSE

Seafood Pasta Singapura

Linguini Pasta tossed in Chilli Crab Sauce
OR

**Crispy Skin Barramundi Fillet marinated in
Ginger Juice & Sesame Oil**

served with Seasonal Vegetables and Teriyaki Jus
OR

Pan-roasted Indochina Chicken Steak

served with Hoisin Bean Sauce
OR

Grilled Pork Chop

marinated with Vietnamese Spices and
Apple-Almond Salsa
OR

Garlic Steak (surcharge \$8)

topped with Asian Garlic Sauce

DESSERT

Mango Pomelo with Sago

OR

Pandan Crepe

served with Gula Melaka Sauce

COFFEE OR TEA

For more details, call 6398 5313 or
email fnb_outlets@sgcc.com.sg

CHEESE MASTERCCLASS



Learn all about the different types of cheese!

25 Aug 2023 (Fri)) | 7pm – 9pm

Casuarina Room

\$64.80* (Member) | \$70.20* (Guest)

**Wine will be served to go with the cheese tasting.*



Scan to register

Min 15pax to start.

Closing date: 16 Aug 2023

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



little
farms





Great Tastes from Australia

A good day for a meal, mate!

September 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

**3-course set menu
from \$30 per person**

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

**4-course set menu
from \$35 per person**

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

\$2.50 discount for Senior Members
aged 55 years and above, and Students
aged 21 years and below

Prices include GST

For more details, call 6398 5313 or
email fnb_outlets@sgcc.com.sg

APPETISER

Cantaloupe Prawn Salad
with refreshing bush salad

OR

Cured Portobello Mushroom Salad
tossed with aged Balsamic Vinaigrette

OR

Fish and Chickpea Patty
with Mini Mesclun

SOUP

Rock Hampton Roasted Tomato Soup
enhanced with fresh basil oil

OR

Fremantle Fish Chowder
simmered in chicken stock smoothed with cream

MAIN COURSE

Creamy Chicken Pesto Pasta

OR

Pan-fried Barramundi Fillet
topped with Cashew Nut Gremolata drizzled
with Teriyaki Glaze

OR

Grilled Marmalade (Half) Spring Chicken
Marmalade-Glazed Baby Chicken nestled on
Roasted Spud

OR

Slow Cooked Beef Stew
with Fruit Chutney Fine Beans and Mashed Potato

OR

Aussie Lamb (surcharge \$8)
with Grilled Eggplant and White Wine Salsa Verde

DESSERT

Baked Aussie Apple Strudel
accompanied with vanilla ice-cream

OR

Milo Tres Leches

COFFEE OR TEA



BOOK A CHEF

For a Very Special Dining Experience

**Planning a special
get-together with
family and friends?**

*min 4 pax for customised menu
*3 weeks advance notice

Talk to us at Garden
Grill and our Chef
will curate a menu
that would satisfy
your palate and that
of your guests



Scan for Chef's
selection.



Garden Grill opens daily:
Weekdays: 12pm - 3pm | 6pm - 10pm
Weekends/PH: 8.30am - 3pm

Let us work the magic for you!
Call Garden Grill at 6398 5313.



National Day Menu Favourites

Celebrate Singapore's
58th birthday with local delights!

August 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

\$10.80 for Members

Prices include GST

MENU HIGHLIGHTS

Lontong with Begedil

SGCC Signature Prawn Noodle

Chicken Briyani

For more details, call 6398 5309 or email fnb_outlets@sgcc.com.sg



DIY Barbecue

at Beer Garden

\$150 BBQ package

BBQ ITEMS

Fish Fillet
Pork Chipolata
Pork Ribs
Prawns
Chicken Leg

ACCESSORIES

Charcoal
Fire Starter
Tongs

SIDES & CONDIMENTS

Mixed Garden Greens
Corn on Cob
US Idaho Potato
Black Pepper Sauce
Mushroom Sauce
Hot Sauce
Tomato Sauce

*Serves 5 pax

*Price subject to GST



Contact Banquet Sales at 6398 5387 or
banquetsales@sgcc.com.sg



Hidden Spots of Singapore

August is when we celebrate all things Singapore with the advent of National Day. In spite of all of our modern-day trappings and world-class infrastructure that effectively connects the island city in ways lauded the world over, Singapore is still home to obscure pockets that offer either a sense of tranquillity perfect for a quiet family day out or provide an exciting opportunity to explore Singapore's short but storied history.

Boh Geh Uncle Coffee Shop

If you want to relive the quiet and simple ambience of the 60s, just pay a visit to the Boh Geh Uncle Canteen located at 398 Piccadilly Rd in Seletar. True to the name of the establishment, the owner, Mr William Toh, is actually missing a few teeth. He has been operating the quaint eating place when it was part of Seletar Camp since 1969. The interiors of the canteen seem frozen in time with rickety chairs set on retro tiled flooring with walls featuring louver windows topped by a tarp canopy.

Food-wise, the canteen features affordable, simple fare with only

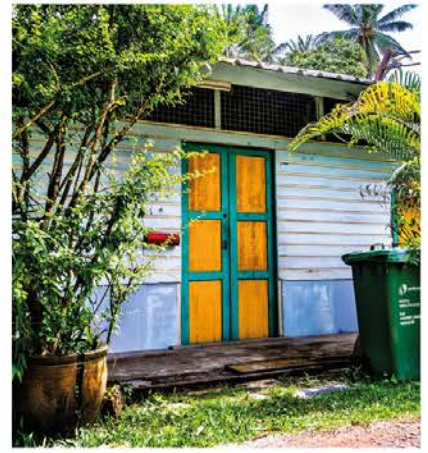
three stalls, one selling Malay food and the other Chinese economic rice while Uncle Toh sells the drinks. Time might wait for no man, but at least at the Boh Geh Uncle Canteen, it does seem to move a tad slower. The canteen opens from 6am to 1.30pm, Mondays to Fridays and is closed during weekends.

Seng Chew Quarry

It is time to stone! No, we are not suggesting some illegal activity but an invitation to hike up one of Singapore's handful of quarries. The journey to the now abandoned quarry is perfect for families looking to initiate children

into the fun of trekking as the terrain is gentle enough for young hikers. The journey's start point is a stone's throw away from the Bukit Gombak MRT station and will take hikers through a dense forest before finally coming face to face with the quarry site, now a quiet lake. Although smaller and lesser known than its peers such as the nearby Little Guilin, Seng Chew Quarry still played an important role in the mining heydays of Singapore.

For young hikers though, we recommend good trekking shoes as parts of the trail might be a tad muddy and slippery depending on weather.



Bollywood Farms

Formerly known as Bollywood Veggies and owned by the outspoken former President of Netball Singapore, Ivy Singh and her husband, this is a vegetable farm that mirrors its female owner in terms of character and charm. Situated along Neo Tiew Road, the main quirk of the farm that spans 10-acres is that its various crops are all grown without the use of pesticides or fertilisers. Visitors are encouraged to explore the farm freely or use the specially designed self-guided walking trail that showcases the various attractions of the farm!



After the walk that will inevitably get tummies rumbling, you can get to rest your feet and fill your bellies with the earthy, hearty dishes served at the Poison Ivy Bistro using the freshest produce grown and harvested from the farm itself!

Marsiling WWII Tunnels

If you are a World War 2 history buff, you can get your fix by exploring the hidden underground tunnels used by the British soldiers during the early days of the Japanese invasion. Many might be familiar with the military installations on Sentosa, but not many are familiar with the mainland infrastructure that the colonial army has built in defending Singapore.

Even though many years have gone on by and the tunnels are now reclaimed by the surrounding forests of Marsiling, the Marsiling tunnels are one of the few post-war structures open for public exploration. Although many rumours abound over the exact use of the tunnels, from being a torture chamber to a secret passageway that linked to a medical facility, it is most likely that the tunnels served as a fuel reserve depot of the Royal Air Force in 1942.

One word of advice though, owing to their age, the tunnels feature parts that might be poorly illuminated and filled with waist-deep mud and sinkholes (demarcated with signs); it is a trek not for the faint-hearted. If you are still brave enough to traverse the warrens, be sure to pack accordingly.

Kampong Lorong Buangkok

If the Boh Geh Uncle Canteen has left you wanting more of the kind of 1960s life, hop on over and experience the rural spirit in Kampong Lorong Buangkok, the only surviving village in mainland Singapore! Initially built to house plantation workers in 1956, the village that is located in Yio Chu Kang has now become an interesting living relic that is opened to visits from the public even though it is a residential area at its heart. The spacious single-storied houses with zinc roofs are certainly a sight to behold for urban dwellers while livestock such as chickens roam and graze freely.

At the height of its existence, the village was the size of six football fields and home to 40 families. Now, even though the land area is halved after having parts of it sold back to the government, 25 families still reside there, preserving the village's unique rustic charms!

Smith Marine Kelong Restaurant

There is no greater joy than to be able to catch your own food. At the Smith Marine Kelong Restaurant located just between Changi and Pulau Ubin, you can do just that. Whilst not exactly a secret spot of Singapore, the allure of the sea with its rolling waves and calming winds is hard to resist. The restaurant was built over a former fishing port so the experience of being a fisherman for the day is guaranteed to be as authentic as possible!

CALENDAR OF EVENTS

Activity Entertainment Event F&B Lifestyle

DATE	DAY	EVENT	LOCATION	TIME
1 August	Tuesday	Asian Fusion Cuisine National Day Specials Intermediate Line Dance Squash Social Night	Garden Grill Atrium Café Club Twenty-Two Squash Courts	August, 12pm / 6pm August, 12pm / 6pm 2pm 5pm
2 August	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
3 August	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by Tienyao & Yunrui	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
4 August	Friday	Social Dance Class Band Performance by The Plastic Tree	Club Twenty-Two Crossroads Lounge	2.30pm 8pm
5 August	Saturday	Band Performance by Memory Lane Rock Painting	Club Twenty-Two Casuarina Room	8pm 10.30am
7 August	Monday	Advance Line Dance	Club Twenty-Two	4pm
8 August	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
9 August	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
10 August	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by The ETC	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
11 August	Friday	Social Dance Class Tennis Social Night Band Performance by The Plastic Tree	Club Twenty-Two Tennis Courts Crossroads Lounge	2.30pm 8pm 8pm
12 August	Saturday	Band Performance by Memory Lane	Club Twenty-Two	8pm
14 August	Monday	Advance Line Dance	Club Twenty-Two	4pm
15 August	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
16 August	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
17 August	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by Tienyao & Yunrui	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
18 August	Friday	Social Dance Class Band Performance by The Plastic Tree Dr Lau Teik Soon Cup Golf Challenge	Club Twenty-Two Crossroads Lounge Batam	2.30pm 8pm ends 19 Aug
19 August	Saturday	#SGCCGOES Hiking Band Performance by Memory Lane	Central Railway Corridor Club Twenty-Two	8am 8pm
21 August	Monday	Advance Line Dance	Club Twenty-Two	4pm
22 August	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
23 August	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
24 August	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by The ETC	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
25 August	Friday	Social Dance Class Cheese Masterclass Tennis Social Night Band Performance by The Plastic Tree	Club Twenty-Two Casuarina Room Tennis Courts Crossroads Lounge	2.30pm 7pm 8pm 8pm
26 August	Saturday	Band Performance by Memory Lane	Club Twenty-Two	8pm
28 August	Monday	Advance Line Dance	Club Twenty-Two	4pm
29 August	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
30 August	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
31 August	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by The ETC	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm

DATE	DAY	EVENT	LOCATION	TIME
1 September	Friday	Great Tastes from Australia Band Performance by The Plastic Tree Social Dance Class	Garden Grill Crossroads Lounge Club Twenty-Two	September, 12pm / 6pm 8pm 2.30pm
2 September	Saturday	DIY Unicorn Lamp Band Performance by Memory Lane	Casuarina Room Club Twenty-Two	10.30am 8pm
4 September	Monday	Advance Line Dance	Club Twenty-Two	4pm
5 September	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
6 September	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
7 September	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by Tienyao & Yunrui	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
8 September	Friday	Social Dance Class Tennis Social Night Band Performance by The Plastic Tree	Club Twenty-Two Tennis Courts Crossroads Lounge	2.30pm 8pm 8pm
9 September	Saturday	Band Performance by Memory Lane	Club Twenty-Two	8pm
11 September	Monday	Advance Line Dance	Club Twenty-Two	4pm
12 September	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
13 September	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
14 September	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by The ETC	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
15 September	Friday	Social Dance Class Band Performance by The Plastic Tree	Club Twenty-Two Crossroads Lounge	2.30pm 8pm
16 September	Saturday	Band Performance by Memory Lane	Club Twenty-Two	8pm
18 September	Monday	Advance Line Dance	Club Twenty-Two	4pm
19 September	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
20 September	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
21 September	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by Tienyao & Yunrui	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
22 September	Friday	Social Dance Class Tennis Social Night Band Performance by The Plastic Tree	Club Twenty-Two Tennis Courts Crossroads Lounge	2.30pm 8pm 8pm
23 September	Saturday	Cartoon Snowskin Mooncake Making Class Band Performance by Memory Lane	Casuarina Room Club Twenty-Two	11am 8pm
25 September	Monday	Advance Line Dance	Club Twenty-Two	4pm
26 September	Tuesday	Intermediate Line Dance Squash Social Night	Club Twenty-Two Squash Courts	2pm 5pm
27 September	Wednesday	Table Tennis Social Practice High Beginners Line Dance Band Performance by The Goldies	Squash Court 4 Club Twenty-Two Crossroads Lounge	2pm 2.30pm 8pm
28 September	Thursday	Basic/Beginners Line Dance Squash Social Night Band Performance by The ETC	Club Twenty-Two Squash Courts Crossroads Lounge	2.30pm 5pm 8pm
29 September	Friday	Social Dance Class Band Performance by The Plastic Tree	Club Twenty-Two Crossroads Lounge	2.30pm 8pm
30 September	Saturday	Band Performance by Memory Lane	Club Twenty-Two	8pm

PAST EVENTS

SGCC TENNIS JUNIOR CHAMPIONSHIP

Intense competition amongst 38 talented young tennis players aged 8 to 14 was ignited at the tennis courts on 2 July as part of the SGCC Tennis Junior Championship. Initially slated for 18 June, the event was postponed due to inclement weather. It was clear to see that the competitors came ready to give their best for the top prizes. Congratulations to all of our winners!



The winners of the 10 Years Old and Below category.



The winners of the 12 Years Old and Below category.

8 YEARS OLD AND BELOW (RED)	
1st	Lee Kyan
2nd	Megan Keh
3rd	Jordan Chow
4th	Aung Bhmone Myat

10 YEARS OLD AND BELOW (DIVISION A)	
1st	Kevin Ng
2nd	Anne Chan
3rd	Lee Kyan
4th	Tristan Ng

10 YEARS OLD AND BELOW (DIVISION B)	
1st	Charlotte Lee
2nd	Gemma Barnes
3rd	Selene Ong
4th	Julius Barnes

12 YEARS OLD AND BELOW	
1st	Kyra Lee
2nd	Alexander Lim
3rd	Jarod Chow
4th	Daniel Beh

14 YEARS OLD AND BELOW	
1st	Kyra Lee
2nd	Brigitte Chia
3rd	Daniel Beh
4th	Malcolm Chia



Ms Stephanie Koh (Tennis Convenor), Coach Soe, Coach Naing and the winners of the 14 Years Old category.

THE GOLF CONVENOR CUP 2023

Twenty golfers travelled to Batam, Indonesia, for the Golf Convenor Cup held between 19 and 20 May. The first day saw the golfers compete at the Batam Hills Golf Resort while SouthLinks Country Club provided the venue for the second day of the social golf game. SGCC would like to thank SouthLinks Country Club for sponsoring the lucky draw prize of a one-time discount of 30% off a green fee voucher for a single flight.

THE 2023 GOLF CONVENOR CUP WINNERS	
Champion	Aaron Lim
Runner-up	Khor Chee Kok
Second Runner-Up	Nicholas Lim



A group shot for memories.



From left: Mr Bernard Cheong, Mr Gerade Gomez (Golf Convenor), Mr Ricardo Soh and Mr Koh Yiak Thim.



From left: Mr Pao Kiew Tee, Mrs Ann Pao, Ms Foo Fang Kim and Mr Chan Chen Hern.



TCA JUNIOR CHESS OPEN CHAMPIONSHIP 2023

The event, held on 1 May, Sunday, at Kensington Ballroom, enjoyed an overwhelming response during which 220 participants turned up. Trophies was given to top 15 positions with different age-groups while participants were treated to ice-cream and magic shows. Deputy S&R Chairman, Ms Elena Chua, graced the event and gave out the top 15 prizes for the Open & Under 12 categories. Congratulations to all of our winners!

UNDER-12 CATEGORY

Champion:
Kapoor Tanush

Runner-Up:
Wang Yuchen

Second Runner-Up:
Lum Yong Bing

UNDER-8 CATEGORY

Champion:
Jonathan Koh

Runner-Up:
Jayden Tiong

Second Runner-Up:
Chong Yan Ci

UNDER-10 CATEGORY

Champion:
Arjun Anand

Runner-Up:
Teoh John

Second Runner-Up:
Wu Chenyu

OPEN CATEGORY

Champion:
Shyam Ganesh R

Runner-Up:
Yap Jin Cheng

Second Runner-Up:
Kapoor Satvik



Participants of the Under-12 Category.



Participants of the Under-8 Category.



Players strategising and giving their all in the game.



Putting on their thinking caps.



Players making their moves carefully.



Participants of the Under-10 Category.



Deputy S&R Chairman, Ms Elena Chua and participants of the Open Category.

SGCC JUNIOR BOWLING CHAMPIONSHIP

Sixteen up and coming youth bowlers turned up for the Championship at the Gardens Bowl on 10 June, Saturday. Most of the bowlers hailed from the SGCC Youth Bowling team. The event was divided into two categories for bowlers 12 and under and another for 13 years and above. We are very proud to see the bowlers taking the competition seriously and played their hearts out to win!

CATEGORY A: 13-YEAR-OLDS AND ABOVE (BOYS AND GIRLS)

Champion: John Faragalla (1598 pinfall)

Runner-Up: Claire Faragalla (1579 pinfall)

Second Runner-Up: Alexis Kwong (1552 pinfall)

CATEGORY B: 12-YEAR-OLDS AND BELOW (BOYS AND GIRLS)

Champion: Tristan Tan (1043 pinfall)

Runner-Up: Bella Chua (916 pinfall)

Second Runner-Up: Lovelle Sim (864 pinfall)



Deputy S&R Chairman, Ms Elena Chua and Winner of Category B, Tristan Tan.



Participants of both Category A and B.



Winners of Category A (Claire Faragalla, John Faragalla and Alexis Kwong).

THE DARTS CONVENOR CUP 2023

The Crossroads Darts Lounge played host to 37 darts players who showed up for the 2023 Darts Convenor Cup on 27 May. The tournament took five hours from 2 p.m. to 7 p.m. with William Ng emerging as the winner. We would like to thank Mr John Lee and Mr Gerade Gomez for sponsoring the prizes!

THE 2023 DARTS CONVENOR CUP WINNERS

Champion

William Ng

Runner-up

Fred Kang



Ms June Lee with Mr Gerade Gomez.



Mr Matthias Lee with Mr Gerade Gomez.



Ms Joanna Lum with Mr Gerade Gomez.



Mr William Ng with Darts Convenor, Mr Ramel Ang (right).



Mr Fred Kang with Darts Convenor, Mr Ramel Ang (right).

UPCOMING EVENTS

TABLE TENNIS SOCIAL PRACTICE

Whether you are a beginner, casual player or seasoned pro, all are invited to the SGCC Table Tennis Social Practice where you are bound to meet players of appropriate skill levels while also getting opportunities to improve your own skills.



Day: Every Wednesday
Time: 2pm-4pm
Venue: Squash Court 4
Fee: Free for SGCC Members
(Event open to Members only)

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

THE DR LAU TEIK SOON CUP GOLF CHALLENGE

Show off your golfing skills and win top honours at the LTS Golf Challenge happening at the Batam Hills Golf Resort and SouthLinks Country Club. A package that includes land transfers, hotel stay, meals and event swag is available to SGCC Members and guests. Sign up today!



Date/Day: 18-19 August 2023, Friday to Saturday
Venue: Batam Hills Golf Resort and SouthLinks Country Club
Fee: \$400* (Member) | \$435* (Guest)
**Prices for twinsharing rooms. Additional \$30 for Single Rooms.*
Closing date: 11 August 2023, Friday

Contact Taufiq Sa'ad at 6398 5351 for more information.

BOWLER OF THE YEAR 2023



Those up for a challenge can now take part in the Bowler of the Year Qualifying Round. Don't miss the opportunity to qualify and advance to the Finals held later in December!

Date/Day: 1 July 2023 – 30 September 2023
Time: 2pm onwards (Mon-Fri & Eve of PH) | 11am onwards (Sat, Sun & PH)
Venue: Gardens Bowl
Oiling Pattern: WTBA London (44')-12
Format: 1 attempt (3 games)
Fee: \$12.61*

**Price includes GST.*

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

TENNIS SOCIAL NIGHT

Members who love social tennis sessions will be in for a treat! For four evenings spread across August and September, SGCC tennis players can gather for some fun and engagement. All skill levels are welcome, however the events are open to adult Members only.



Date: 11 and 25 August / 8 and 22 September 2023, Fridays
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for all Members

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

SQUASH SOCIAL NIGHT

Come on down and enjoy an evening of casual Squash with fellow SGCC Squash players. No bookings are required. Just show up and play!



Day: Every Tuesday and Thursday
Time: 5pm–8pm
Venue: Squash Courts
 (Please sign in at the gym counter before proceeding with your games)
Fee: Free for SGCC Members

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

CLASSES

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.

About the Trainer

Clare Tay has more than 20 years' 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.

Day/Time: Thursdays, 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.



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

THE WAY OF AIKIDO

Aikido is a martial way, a discipline and an educational process that trains the body, mind and spirit. It teaches respect, sincerity and modesty as essential qualities to one's betterment and character development. Aikido espouses the attacks and defense that flow seamlessly while prioritising non-confrontation. The class is suitable for students across all levels of Aikido expertise.



About the Trainer/ Instructor

Simon Lee is a 5th Dan Yudansha of Aikikai Foundation Aikido Work Headquarters, Japan and a PA approved trainer in Tanglin CC and Cairnhill CC in Singapore. He has more than 40 years of experience in Aikido training and practices. The Aikido Lessons and instructions offered in SGCC are supported by Aikido Singapore.

Day/Time: Every Saturday, 4.30pm–5.30pm

Venue: Aerobics Studio

Fee: \$56.70* (Member) | \$68.04* (Guest)

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

Contact Julia Kong at 6398 5352 for more information.

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.



About the Trainer

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

Day/Time: Sundays, 7.30am–8.30am

Venue: Car Park Area (Palm Wing)

Min: 6 participants

Fee: \$147.42* (Member) | \$170.10* (Guest)

** Price includes GST and is for a set of 12 sessions.*

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

TENNIS COACHING PROGRAMME



Wanting to pick up Tennis but feel intimidated by all the options outside? Why not join the SGCC Tennis Coaching Programme specially tailored for all skill levels and ages? The Programme is open to all Members and Guests alike and are priced competitively. Come on down and check it out yourself!

ADULT GROUP COACHING PROGRAMME

Class: Beginner
Day/Time: Tuesdays, 9pm–10pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Intermediate
Day/Time: Mondays, 7pm–8.30pm and 8.30pm–10pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Ladies' Intermediate
Day/Time: Fridays, 8am–9.30am
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Club Men/Women
Day/Time: Wednesdays, 7.30pm–9pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

JUNIOR GROUP COACHING PROGRAMME

Class: Red Ball
Day/Time: Mondays, 4.30pm–5.30pm
Fridays, 5pm–6pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Orange Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Green Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Junior 1 (Lower Intermediate)
Day/Time: Wednesdays, 6pm–7.30pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Junior 2 (Intermediate)
Day/Time: Mondays, 5.30pm–7pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Junior 3 (High Intermediate)
Day/Time: Tuesdays, 4.30pm–6pm and 7.30pm–9pm
Thursdays, 6pm–7.30pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Class: Junior (Advanced)
Day/Time: Saturdays, 10am–11.30am and 11.30am–1pm
Fee: \$164.59 (Member) | \$186.19 (Guest)

** Price includes GST*

Min/Max 3 students to start

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

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.

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.

Day/Time: Mondays, 7.30pm–8.30pm

Saturdays, 3pm–4pm

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$79.38* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

Julia Kong at 6398 5352 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.

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.

Day/Time: Mondays, 11.30am–12.30pm

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

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.

Day/Time: Fridays, 11am–12pm

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

CARDIO LAB

This class provides the perfect combination of cardio intervals and muscle-specific toning. It also maintains your heart rate at optimal levels for maximum results. On top of that, it will improve your body's metabolic rate, enabling it to burn calories efficiently all day.

About the Trainer

Having conducted group exercise classes for more two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning.

Day/Time: Wednesdays, 7.30pm–8.30pm

Thursdays, 10.30am–11.30am

Venue: Aerobics Studio

Fee: \$86.40* (Member) | \$109.08* (Guest)

* Price includes GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

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.

Day/Time: Wednesdays, 10am–11am

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

Julia Kong at 6398 5352 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: Mon & Fri: 4pm–5pm, 5pm–6pm
Tue & Thu: 4pm–5pm, 5pm–6pm, 6pm–7pm
Sat: 9am–10am, 10am–11am, 11am–12pm, 3.30pm–4.30pm, 4.30pm–5.30pm
Sun: 8.15am–9.15am, 9.15am–10.15am, 10.15am–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**
\$68.04* (Member) | \$79.38* (Guest) Weekday |
\$90.72* (Guest) Weekend
2 Sessions/Week
\$90.72* (Member) |
\$113.40* (Guest; both sessions on weekdays) |
\$124.74* (Guest; 1 session on weekday &
1 session on weekend) |
\$136.08* (Guest; both sessions on weekend)

* Price includes GST and is for 4 lessons a month; there will be additional charges if there are 5 lessons in a month.

Registration fee for new sign-up/re-registration at \$30.28 per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

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

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.

Venue: Aerobics Studio

Beginner/Intermediate*; Intermediate/Advanced^

Day/Time: Fridays, #6.15pm–7pm (for ages 4 and above);
^7pm–8pm (for ages 6 and above)

Fee: \$86.40* (Member) | \$97.20* (Guest)

Advanced

Day/Time: Fridays, 8pm–9pm

Fee: \$86.40* (Member) | \$97.20* (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays, 5.30pm–6.30pm

Fee: \$102.60* (Member) | \$113.40* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

About the Trainer

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

Fee: \$85.60 (Member, per hour) |
\$128.40 (2–4 pax per group, per hour)

Additional \$16.05 per guest, per hour

Prices include GST but do not include court bookings.



Daniel Chong at 6398 5351 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.



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.

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: Wednesdays, 4.30pm–5.30pm
Thursdays, 4.30pm–5.30pm

Fee: \$73.44* (Member) | \$84.78* (Guest)

* Price includes GST and is 4 lessons in a month; there will be additional charges if there are 5 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: \$172.80* (Member) | \$184.14* (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 prerequisites are required to attend intensive training.

Day/Time: TBC
Min: 10 participants

Fee: \$140.40* (Member) | \$151.74* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

BOWLING COACHING



About the Trainer

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.

Min/Max: 3/8 participants

Venue: Gardens Bowl

Fee:

Group Coaching

\$46.22 (Member) | **\$57.78** (Guest)

Private Coaching

(to arrange with instructor)

\$79.38 (Member for Individual, 1.5hrs)

\$90.72 (Guest for Individual, 1.5hrs)

\$63.56 (Member for 2 Students, 1.5hrs)

\$75.11 (Guest for 2 Students, 1.5hrs)

Prices include GST.

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

SGCC LEARN TO BOWL PROGRAM

Catering to young children 7-12 who are aspiring bowlers, the SGCC Learn to Bowl program will be a perfect platform for them to further develop their potential, get selected as part of SGCC Youth Bowling team or even be a good channel for Direct School Admission based on the sport!



Date/Day: Every Friday

Time: 7.30pm–8.30pm

Venue: Gardens Bowl

Fee: \$86.40*

Min/Max: 10/15 participants

*Fees quoted are for 4 sessions per month and includes GST

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

TABLE TENNIS (PRIVATE COACHING)

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



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.

Venue: Squash Court 4
Fee: \$45.36* (Member, per hour) |
 \$56.70* (2 pax per group, per hour)
 Additional \$10.80* per guest, per hour

* Price includes GST but not court bookings.

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

About the Trainer

Pamela Sahai 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.



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
 \$68.04* (Member; once a week per month) |
 \$85.05* (Guest; once a week per month)
 2 Sessions/Week
 \$113.40* (Member; twice a week per month) |
 \$130.41* (Guest; twice a week per month)

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

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 and 42 months old. Each child is to be accompanied by a parent.

Venue: Swimming Pool
Fee: \$136.08* for four sessions @ 15 minutes per session
 Additional guest charges:
 \$5.40* per session (weekday)
 \$8.64* per session (weekend)

* Price includes GST.

About the Trainer

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



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



Simply Over the Moon

You might be surprised to know that the Mid-Autumn Festival is more than just about the full moon, lanterns and mooncakes. Let's uncover some fun trivia about this annual family event that has its roots spanning more than 2,000 years.

Talk to any ethnic Chinese about the Mid-Autumn Festival and you might be hard-pressed to find one who does not have a smidgen of knowledge about the festival. Whether the person is a fan of Chinese legends and fables or a history buff who is very much into the dynastic timelines of ancient China, the Mid-Autumn Festival and its motif foods have had their origins retold in these two settings.

A popular origin story of the Mid-Autumn Festival that has been presented across a variety of media is the tale of Hou Yi, a fabled archer who managed to quell a drought brought on by 10 blazing suns by shooting down nine of them and was subsequently rewarded with an elixir for his feat. However, his wife, Chang E, was forced to down the draught in order to prevent it from being stolen by a thief. As a result, Chang E would gain

immortality as conferred by the elixir and float to the moon on which she would reside. From then on, people would pray to the Lady on the Moon during Mid-Autumn to remember her ascent. It was telling that the Festival has its roots in moon worship.

The other tale that is closely associated with the Mid-Autumn Festival or rather explains why mooncakes are a festive staple is more grounded (no pun intended) in history. It tells of the efforts made by the people in ancient China to overthrow the Mongols who have instituted an oppressive reign under the banner of the Yuan Dynasty. The revolutionaries decided to stage the uprising during Mid-Autumn Festival.

To prevent the Mongols from discovering their plot, secret messages would be stuffed into the mooncakes, keeping communications safe from prying Mongol eyes who may have





dismissed the baked goods as part of the local culture. As we all know, the move paid off, resulting in the downfall of the Yuan Dynasty and heralded the Ming Dynasty.

Indeed, the two stories above have been retold and presented in a myriad of ways and will be so for many generations to come. While one might think that there is very little else there is to know about the Mid-Autumn Festival, it is definitely not so! The festival still has its share of trivia that are still pretty interesting, especially for us living in Singapore!

"Mid-Autumn Festival" is a misnomer

Despite being known as a festival in mid-autumn, it actually does not occur during the autumn season. Instead, the Mid-Autumn Festival takes place during late summer in Southern China and even in the northern region where summers are short and winters long, it is still early autumn when the festival starts. So what gives?

The answer lies in the festival getting its name due to the Chinese Lunar Calendar where it falls on the 15th day of the 8th Lunar month. The

8th Lunar month is considered to be the autumn period. Hence, perhaps the correct name for the festival should be Mid-Lunar Autumn Festival instead!

Second most celebrated festival in China

Besides the Lunar New Year which is the biggest event on the Chinese calendar, the Mid-Autumn Festival comes close in terms of popularity and the scale of the festivities. As a testament of the festival's importance in China, a three-day public holiday is given as part of the Mid-Autumn Festival celebrations whereby train tickets are completely sold out as people make their way home for family reunions.

A second Valentine's Day

For folks looking for love in China, the Mid-Autumn Festival is considered to be the equivalent of the Double Seven Festival, or "Qi Xi" that happens in August. Singles visit the temples to pray to "the old man in the moon"—the deity who unites people in marriage for divine help finding their better halves.

Not the fullest moon

While it is a common belief that the moon is at its fullest during Mid-Autumn Festival, it is not factually correct astronomically speaking. The Lunar Calendar does not exactly follow the actual moon cycles, with the festival coming up two days short of the evening with the fullest moon.

Red packets on Mid-Autumn Festival?

The Lunar New Year is not the only time of the year that younger family members receive red packets of cash gifts. In fact, during the Mid-Autumn Festival, it will be the youths in China who gift loved ones with "lucky money", the most popular platform being over the WeChat app.

Mooncakes get bigger every year!

What do waistlines and mooncakes have in common? They get bigger every year! As an annual festive novelty, Chinese people will try to bake as big a mooncake as possible to break the existing record. The largest mooncake was reportedly baked in Shanghai in 2013. The giant pastry weighed 2,500 kg, with a diameter of about 2.5m!

**Make
Your Own:**

Thai Green Mango Salad

Nothing is more synonymous with Thai cooking than the humble Green Mango Salad or Som Tum Mamuang in Thai. The dish has its origins in Northern Thailand and Laos, before its popularity swept across the whole country. The salad can also be made with Green Papaya or even ripe Yellow Mangoes which will be suitable for diners looking for a sweet taste to balance out the signature tang. This recipe takes about 20 minutes to prepare and serves two.

Ingredients

For the Salad:

- ✓ 1 green unripe mango (about 250 grams)
- ✓ 3 cherry tomatoes, halved (or 1 small tomato, cut into eights)
- ✓ 2-3 snake beans, cut into batons (optional)
- ✓ A small handful of coriander leaves, roughly torn
- ✓ 2 teaspoons peanuts
- ✓ 1 sprig mint leaves
- ✓ 5-6 Thai basil leaves

For the dressing:

- ✓ 2 cloves of garlic
- ✓ 1 1/2 tablespoons lime juice
- ✓ 1 teaspoon fish sauce
- ✓ 1 large green chilli, seeds left in (de-seed if you like it milder)
- ✓ 1 teaspoon palm sugar (or white sugar)
- ✓ Salt, to taste

Directions

- Toast the peanuts in a dry pan until slightly darkened around the edges. Then, set aside.
- Pre-heat the oven to 190 degrees.
- Peel off the skin of the green mango using a peeler or a knife. Hold the mango in one hand and making sure your fingers are tucked away, hack away at the mango using your knife until you get lots of vertical cuts; shave the top layer until you

get lots of julienned mango strips. Repeat until only the mango seed is left.

- Add the garlic cloves and chilli to a mortar and pestle along with salt, and pound until the garlic is completely crushed and the chilli reduced to small bits. A mixer or manual chopping with a knife can be alternatives.
- Add lime juice, palm sugar and fish sauce to the mortar and mix fully and until the sugar is completely dissolved. Season to taste.
- To serve, add the mango slivers to a bowl. Crush the tomatoes with your hands and add that along with coriander leaves, mint, basil leaves and half the peanuts. Pour the dressing on top and mix thoroughly until evenly coated. Taste again and adjust seasoning. Garnish with the rest of the peanuts and serve immediately.



Household Hacks for the New Home Owner

Whether you are a first-time home owner or are looking to move into a new residence, getting a new house is always an event that might trigger some anxieties. We clue you in on some hacks that might just make the process easier.

So, you have just gone through the entire arduous process of securing that dream home and now you are faced with a tabula rasa of a living space. Doing things right for a new home can be daunting but it need not always be. Here are some great hacks and tips to transform that house you just bought, into a full-fledged lived-in home!

1 Ambience fragrance: Vanilla Bean edition

A good way to have your new abode smelling fresh is to place a vanilla bean in a pot of water over the stove. Turn down the heat and allow contents to simmer. Within minutes, the smell of vanilla should fill your home.



2 Remove minor scratches on furniture with toothpaste

The movers got you down with some minor scratches or some slight water marks on your furniture. Solve some of these mishaps with toothpaste. Just squeeze a pea-sized amount of toothpaste onto a soft, clean cloth and rub it into the scratch or scuff mark.



3 LED light strips are your best friends

As LED light strips are less glaring and more pleasant to the eyes, they are not as likely to cast shadows and reduce eye strain when you are in the middle of a task, when installed in household spots such as kitchen counters or work tables.



4 Converting the DB Cabinet into shelving solutions

For owners of newer HDB units, the distribution box, or DB cabinets, should be a common sight. This is where the electrical supply system is located. New homeowners may elect to hack it away and construct proper storage shelves and drawers within. Alternatively, slanted shelves can be fitted into the DB cabinet to transform it into a shoe cabinet. Mirrors can be installed onto the doors, for a last outfit checkpoint before heading out.



5 Use screens and elevations to mark living spaces

To save on extra costs that come from erecting walls and partitions, smart uses of screens and some simple floor elevations can be viable alternatives in dividing up different parts of the house. Other items such as rugs, consoles or sideboards work as well to demarcate specific home zones!



While the above tips are completely legal hacks when it comes to home improvement, there are five kinds of works listed below that are illegal or not recommended for HDB units and yet not many will know about.

- No hacking of structural walls
- Constructing lofts or mezzanines
- Removal of the bomb shelter room
- Installation of fixtures outside of the unit
- Concealing exposed piping (while not an offence per se, owners may need to fork out extra or incur damages to the cabinetry works if the pipes need any kind of repairs or servicing).

UPCOMING EVENTS

Line Dance



Pick up complex line dance routines and impress your buddies with your newly acquired steps at our dance sessions.

Day/Time: **Advanced Line Dance:**
Mondays, 4pm–6pm (ongoing)
Intermediate Line Dance:
Tuesdays, 2pm–4pm (ongoing)
High Beginners:
Wednesdays, 2.30pm–4pm (ongoing)
Basic/Beginners:
Thursdays, 2.30pm–4pm (new)

Venue: **Club 22**
Fee: Mondays & Tuesdays (for 4 lessons)
\$63.72* (Member) | **\$76.68*** (Guest)
Wednesdays & Thursdays
(for 4 lessons)
\$47.79* (Member) | **\$60.75*** (Guest)
**Prices include GST*

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

Social Dance



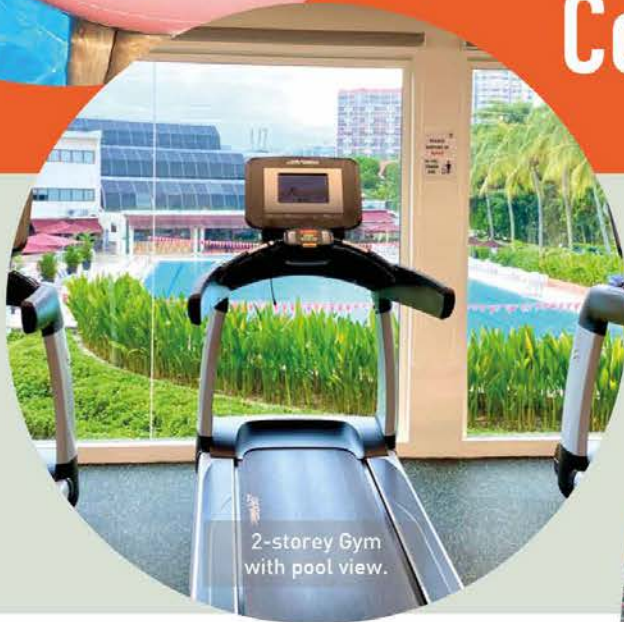
Social Dancing is a dance genre for social settings and functions. It spans over a spectrum of styles from Rock and Roll, Salsa to Square Rumba. Get in step with other dance aficionados as you learn new moves from instructor, Dennis Ng, a specialist in Social Dances and an experienced dance coach since 2007!

Date: Every Friday
Time: 2.30pm–3.30pm
Venue: Club 22
Fee: Fridays (4 lessons)
\$64.80* (Member) | **\$79.92*** (Guest)
** Prices include GST*

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



BE A TERM MEMBER OF Serangoon Gardens Country Club



2-storey Gym
with pool view.

\$2,592
(1 YEAR)

\$4,536
(2 YEARS)

All prices include GST.
Open to locals and foreigners.

Sign up as a Member and enjoy:

- Welcome gift of \$200 spending credits.
- Full access to Club facilities.
- Olympic-size swimming pool.
- Two-storey Gym with personal training programmes.
- Dining privileges at our Members-only Club restaurants.
- Discounted rates for private events and function room bookings.
- Near International French School and a stone's throw away from your home if you are a resident of Serangoon Garden.



Olympic-size swimming pool.

For more information, please contact us at 6286 8888 | membership@sgcc.com.sg

Cartoon Snow Skin Mooncake Workshop

Make the upcoming Mid-Autumn Festival a special one by creating your very own cute traditional snow skin mooncakes with cartoons (Hello Kitty, Pooh Bear and more)! Children below 12 years old must be accompanied by a parent. No additional participating charge for accompanying parent.

Date: 23 September 2023,
Saturday

Time: 11am-1pm

Venue: Casuarina Room

Fee: \$49.25* (Junior Gems) |
\$51.41* (Member) |
\$52.49* (Guest)

* Price includes GST

Min: 8 participants or
8 groups to start

Closing Date: 13 September 2023, Wednesday

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



Be a part of the SGCC
Telegram Family!

Stay in the loop and be among the first to receive latest updates, news and promotions. Scan the QR code to join our vibrant community now.

See you online!



Follow Us on
Our Social Media
@SGCC1955

DIY Unicorn Lamp Rescheduled!



Exercise your creativity and display it through your own unique DIY Unicorn Lamp! Decorate this LED night light with stickers, gems, glitter glue and detachable accessories. You can also beautify your own unicorn hairstyles with adhesive and removable hair locks. Suitable for children 8 years old and older.

Date: 2 September 2023, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$45.36* (Junior Gems) | \$47.52* (Member) | \$49.68* (Guest)
* Prices includes GST
Min: 6 participants to start
Closing Date: 23 August 2023, Wednesday



Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg. Scan the QR code provided to register.



A whole new world of fun and exciting activities for the little ones!

Are you a member of SGCC who has children aged between 4 and 12 years old? Then let them become members of Junior Gems, a kids' club where they can enjoy special privileges!

SGCC's Junior Gems membership will introduce the little ones to a whole new world of fun and exciting activities! It also gives them opportunities to make new friends, interact in a social environment, and build self-confidence.

As a Junior Gems member, your child gets to enjoy:

- Junior Gems welcome gift
- Bi-monthly Junior Gems newsletter
- Junior Gems birthday surprises
- Subsidised rates for events
- Invitation to exclusive Junior Gems activities
- Junior Gems festive celebrations
- Gifts

All these for
\$27* per annum!

**Price includes GST
(auto-renewal of membership
till 12 years old)*

Particulars of Applicant

Name: _____

Date of Birth: _____

Particulars of Applicant's Guardian

Name: _____

Membership Number: _____

Relationship to Applicant: _____

Contacts: mobile _____ email _____

I wish to be kept updated of Junior Gems events via (tick one of the following boxes)

☐ SMS ☐ mobile ☐ email

Signature: _____ Date: _____

Non-refundable annual membership fee of \$27 (includes GST) will be debited in your next Statement of Account. The annual membership fee will be billed to your account subsequently every 12 months until your child turns 12 years old. Any termination of membership must be done in writing at least one calendar month before auto-renewal date. For enquiries, please email jean_lee@sgcc.com.sg

For official use

Received by: _____ Date: _____



Scan and register membership through QR code or via the link <https://bit.ly/JGmem>.

Cut out this page and submit this application form to the Reception or MR office.

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
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Crossroads Lounge

Tel: 6398 5310
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 8.30am–3pm; 6pm–10pm

SPORTS & RECREATION FACILITIES**Billiards Room**

Tel: 6398 5346
Daily: 1pm–10pm

Darts (Crossroads Lounge)

Mon–Thu, Sun & PH: 10am–12am
Fri, Sat & Eve of PH: 10am–1am

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): 6am–10pm
Except during scheduled partial closure
for maintenance four times a year, where
it opens from 1pm 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: 6am–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

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

OTHER FACILITIES**Jackpot Room**

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH):
10am–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: banquetsales@sgcc.com.sg

Male & Female Changing Rooms

Daily: 6.30am–10.30pm

Study Room

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

Nicole Lee 6398 5358
Email: nicole_lee@sgcc.com.sg

Human Resource Manager

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

Marketing & Communications Manager

Angeline Lim 6398 5320
Email: angeline_lim@sgcc.com.sg

Membership Relations Manager

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

Sports & Recreation Manager

Vincent Lee 6398 5372
Email: vincent_lee@sgcc.com.sg

Security Operations Manager

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

Facilities, Maintenance & Safety Manager

Jack Koh 6398 5311
Email: jack_koh@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 & Fitness

Vincent Lee 6398 5372

Squash & Swimming

Daniel Chong 6398 5351

Tennis, Golf & Darts

Mohamad Taufiq 6398 5340

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: banquetsales@sgcc.com.sg

Advertisement Bookings

Angeline Lim 6398 5320
Email: angeline_lim@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg



**We can match you
with our Sellers!**

**T&Cs apply.*

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