



# Club *Spirit*

OCTOBER • NOVEMBER 2023

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Dear Fellow Members,

The last quarter of the year will see renovation works going on at various locations around the Club, namely:

- a) Improvement works at the changing rooms at the Palm Wing,
- b) Painting works at the Heliconia Wing, Clubhouse, New Wing and Palm Wing,
- c) Waterproofing works at the roof of the Palm Wing, and
- d) Replacement of signages at the Heliconia Wing, New Wing and Palm Wing.

During the renovation period, there will be hoardings and barricades erected around the affected areas. Members are advised to stay clear of these demarcated areas for their safety. We apologise for any inconvenience caused and seek your patience and kind understanding. The various works are expected to be completed in phases from late October to the end of December 2023.

Even amidst the expected noise and dust, please note that there are still plenty of activities and celebrations planned for you in October and November!

First off, Children's Day falls on 6 October (Friday) – two days after the end of PSLE. What better time to bring the kids to unwind at the Club and savour some well-deserved treats.

Then we have Oktoberfest and Halloween, both of which fall in October as well. Do come and try the crispy golden-brown German pork knuckles, sausages and Erdinger beer at Garden Grill. Not unexpectedly, the month's set menu at Garden Grill features The Best of German Fare. This year, we will also have Halloween Oktoberfest, a 2-in-1 party on 13 October (Friday). The event will take place in the Kensington Ballroom and shall boast a sumptuous German buffet, beer, haunted house, carnival, live band and lucky draw. Children between the ages of six and 12 will be offered discounted admission prices. Do sign up for the event quickly!

November is the month when many Members of Indian heritage will celebrate Deepavali. This year, the festival falls on 12 November, which is a Sunday. This means the following Monday will be a public holiday too. Members who love line-dancing will not want to miss the Deepavali Line Dance Jamming on 5 November (Sunday). A Deepavali Bazaar will also be held on 21 October (Saturday) to celebrate the festival. Do come and join us in celebrating the colourful Festival of Lights.

The year-end school holidays will start on 18 November. It will be a good time for the family to bond over sumptuous food and social activities at the Club.

We will keep up the vibrant entertainment for Members. There will be great bands at Crossroads Lounge playing nightly from Wednesday to Friday, and EPL football screening on Saturdays and Sundays at the Lounge. Playback will perform on Wednesdays, The ETC on Thursdays and Friends & Strangers on Fridays. Upstairs at Club Twenty-Two, Memory Lane shall play on Saturday night for the line, social and ballroom dancers.

So, start planning your social and entertainment activities at the Club for October and November!

Yours sincerely,

**Koh Jin Kit**

President, SGCC





## Celebrating Singapore's 58th Birthday National Day Eve Dinner & Dance

To celebrate National Day, the Club organized the National Day Eve Dinner & Dance at the Kensington Ballroom, inviting Members and Guests to join in the festivities.

The evening kicked off at 6pm, amidst music and attendees eagerly participating in the early-bird dances.

Hosted by Catherine Yap, the charismatic emcee made the dance floor come alive as the attendees moved in perfect sync with the

music. Catherine spiced up the night with fun ice-breaker games like Poker Hunt, encouraging interactions thereby forging new friendships and distributing prizes among happy winners.

Club President, Koh Jin Kit, delivered a rousing opening speech. He extended a warm welcome to MP Gerald Giam, Ms Lim Hwee Hua, the Trustees and the General Committee, who formed part of the VIP guests that night.

An extensive buffet showcasing local delights such as satay, laksa, roast pork, nyonya kuehs and biryani was served. The evening air was also filled with the harmonious singing of National Day songs, accompanied by the waving of the Singapore Flag.

Adding to the festive atmosphere

was, The Rangers, a six-piece band. They delivered three captivating live sets, prompting guests to immerse themselves in the music and dance with joy.

As the evening progressed, it was time for the cake-cutting ceremony. Members of the General Committee, the Trustees, Mr Gerald Giam and Ms Lim Hwee Hua, stepped forward, leading the rendition of the birthday song and cutting a splendid cake in red and white, proudly displaying the numerals, "58", to commemorate our nation's 58th year of independence!

We hope everyone who attended enjoyed themselves in song and dance. It was an honour to host this captivating evening and we cannot wait to have you at the upcoming event - the Halloween Oktoberfest!





# All Abuzz at the National Day Bazaar!



On 9 August, the Club hosted the vibrant and dynamic National Day Bazaar. The bazaar, which was open to both Members and the public, encouraged them to unite for an unforgettable day of shopping and enjoyment.

For the young ones, an enchanting bouncy castle was set up, alongside kiosks that engaged in arts and crafts, as well as stalls offering handcrafted crochet items and accessories.

The event showcased a diverse selection of booths managed by small businesses that peddled delectable cuisines and other exciting products and wares.

Distinguished brands like Little Farms also participated at the bazaar where they unveiled their extensive menu of foods such as finely baked bread, exquisite cheeses, fine wines and a dazzling selection of fresh vegetables and fruits. Made-to-order culinary delights like sausage tacos and avocado smoothies rounded up the mouthwatering spread.

Among the attending stalls, Gomez Spice stood out with their incredible all-in-one curry packs, while The Tamarind Spa offered 5-minute massage services. Part of the vendor line-up was Wild Botanics, a purveyor of exquisite home decor such as air plants and dried flowers. They were joined by Tai's Kitchen who offered authentic homemade hot sauces.

We also had an iconic Singaporean favourite – a traditional ice-cream cart - serving ice-cream in wafer cones, cups, between wafer biscuits and sandwiched in soft bread! Both adults and children eagerly seized the opportunity to enjoy the complimentary ice-cream.

The event culminated with a live screening of the National Day Parade at Crossroads Lounge and the Main Lobby at 5pm, providing everyone the chance to partake in the festivities and marvel at the fireworks.

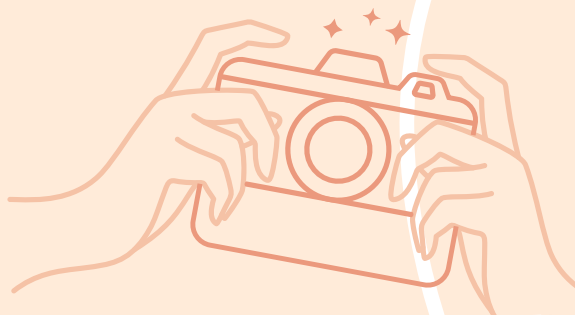
We look forward to seeing everyone again at the next bazaar!





# Snapshots

Here are photos and snippets of Club events that took place in **August** and **September**.



## #SGCCGOES Railway Corridor photos (19 August 2023)



Members exploring the famous Railway Corridor.

## #SGCCGOES Railway Corridor photos (19 August 2023)



It was a trek to remember for our Members!

## National Day Bazaar (9 August 2023)



The bazaar served up a generous helping of retail therapy.

## National Day Bazaar (9 August 2023)



Amazing selections from Little Farms.



## National Day Eve D&D (8 August 2023)



Members showing their moves.

## National Day Eve D&D (8 August 2023)



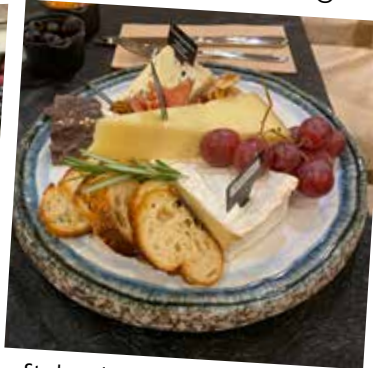
Happy 58th birthday, Singapore!

## Cheese Masterclass (25 August 2023)



The Cheese Masterclass was a resounding success!

## Cheese Masterclass (25 August 2023)



Students learnt how to put together a yummy cheese platter!

## Joget Malam (8 September 2023)



Attendees in full Peranakan garb.

## Joget Malam (8 September 2023)



Jo-jo-joget the night away.

## Joget Malam (8 September 2023)



The event was not complete without a great stage performance!

# Elevating Your Experience: Club Renovation Underway

An exciting season of transformation is dawning on the Club that is set to rejuvenate and redefine the Club experience for all of our Members!

September through mid-December 2023, an extensive refurbishment initiative will sweep through various corners of the Club. The Heliconia Wing, Clubhouse, New Wing and Palm Wing are all on the docket for renewal and upgrading.

A notable highlight of this initiative is the upgrading of the Male and Female changing rooms at the Palm Wing, which will grant not just enhanced comfort but also bestow pleasing aesthetics. While these changing rooms undergo temporary closure during the affected period, the Squash Courts, Gymnasium and Aerobic Room will remain operational, ensuring that Members' fitness and leisure needs are catered for.

During the renovation period,

some temporary inconveniences may arise, such as noise and dust. While our utmost priority is to minimize any discomfort or disruption, we seek your understanding and patience.

Stringent measures will also be in place to reduce unnecessary disturbances, as we strive to maintain a pleasant experience for Members during this transformative journey. The welfare of all will be preserved through strategic barricades and hoarding, as a testament to our unwavering commitment to your safety. We kindly request your support in avoiding the areas demarcated for renovation. Your compliance will not only ensure your own safety but also facilitate the seamless workflow of the ongoing renovations.

We extend our heartfelt gratitude for your understanding and patience during this pivotal phase.

As we undertake these necessary enhancements, any inconvenience caused is deeply regretted and we appreciate your unwavering support. Together, we stand poised to witness the remarkable evolution of our Club into an even more exceptional lifestyle haven.

Please refer to our Club News on our website (<http://sgcc.com.sg/club-news/>) for detailed timelines and project information.

To stay informed about the latest updates and insights regarding our renovation journey, we invite you to join our dedicated Telegram channel (<https://t.me/SGCC1955>), if you have not already.



Follow Us on  
Our Social Media  
**@SGCC1955**





# *Deepavali Bazaar*

## A Festival of Lights Delight!

**21 October 2023 (Sat)**  
**11am - 5pm**  
**Main Lobby**

**Find all you need for Deepavali!**

**All are welcome!**

*Free ice-cream and  
Kacang Puteh from 1pm  
(while stocks lasts!)*

*Bhangra Dance  
performance at 2pm and 3pm*

### **Bazaar Stalls**

- Clothes and Accessories
- Indian Sweets & Snacks
- Henna & Nail Art
- Decorative Items  
and many more!

**New Membership Sign-Ups  
available!**





*Boey Mo Li*

Ordinary Member

*Ow Seng Kai*

Ordinary Member

*Elvin Tan Woon Sern*

Ordinary Member

*Chew Chee Ping*

Ordinary Member

*Toh Xiao Hong*

Ordinary Member

*Tay Kuang Yong Darren*

Ordinary Member

*Adele Teo-Gomez*

Ordinary Member

*Carl Jared Tham Jing Xuan*

Ordinary Member

*Gondard Gabriel Robert*

Term Member

*Goh Chong Keong*

Ordinary Member

*Tiah Teng Lip (Norman)*

Ordinary Member

*Lefebvre Cyril Laurent*

Term Member

*Kwek Wei Sheng*

Ordinary Member

*Goh Yang Soo*

Ordinary Member

*Schmit Ep Renard  
Marie-Charlotte Monque*

Term Member

*Lee Wei Yang*

Ordinary Member

*Neo Dolly*

Ordinary Member

*Raymundo Monica Senga*

Term Member

*Ng Teck Lee*

Ordinary Member

*Miko Ng Hui Ting*

Ordinary Member

*Wong Su-Yin, Stefanie*

Term Member

*Ong Jian-Zhong, Adrian*

Ordinary Member

*Ong Wei Xiang Brandon*

Ordinary Member

*Bryan Goh Jun Yi*

Term Member



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Be rewarded when you  
dine at any of our  
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*\*Terms and conditions apply*

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**Promotion Period: 1 April 2023 - 31 March 2024**

For more details, contact Adrian at 6398 5368  
or email [fnb@sgcc.com.sg](mailto:fnb@sgcc.com.sg)





# Fright Night

A major holiday associated with October is Halloween. However, Halloween is not the only holiday that has to do with the supernatural. There are other time-honoured events around the world that can get quite spirited.



Celebrants of Dia de los Muertos donning facepaints resembling skulls.

## It's Sah-Win!

The roots of Halloween can be traced to an ancient Celtic festival known as Samhain (pronounced as "sah-win" in the Gaelic tongue). Samhain was a pagan event to celebrate the summer harvest. During the festival, bonfires would be lit and the people would don scary costumes to ward off

evil spirits since they would look like one of them!

During the eighth century, Pope Gregory III declared 1 November as All Saints Day. As the years go on, All Saints Day would begin to syncretize aspects of Samhain and the result of which was All Hallow's Eve, the celebration of the evening before All Saints Day.

All Hallow's Eve would become the Halloween we know today.

Reverence for the supernatural does not belong solely to the Celts,

many major cultures in the world also hold their own festivals and celebrations that honour the dead or for some, to appease would-be malevolent entities.

Ready to be creeped out? Here we...GHOUL!

## The Day of the Dead in Mexico

If you have caught Pixar's *Coco*, you would have remembered the movie's plot that centred upon the main character's quest to meet the spirit of a famed singer during *Dia de los Muertos* or the Day of the Dead.

As a day that combines ancient Aztec ancestral worship with All Souls' Day, a holiday with Spanish roots that was brought to Mexico in the 1500s, *Dia de los Muertos* is one of the most celebrated days locally that takes place from 31 October to 2 November.







Dressing up as scary witches during Walpurgis Nacht.

events one can experience in Italy. The multiday event culminates at the Bridge of Mary Magdalene located in Lucca during the evening of 31 October. Here, the legend of Lucida Mansi is recounted.

In one version of numerous retellings of the legend, Lucida was a vain 17th century noblewoman who had a narcissistic streak. Driven to fury after discovering her first wrinkle, Lucida sold her soul to the devil in exchange for 30 years of unmatched beauty. When the devil appeared at the end of the pact to claim his prize, Lucida tried to outrun the devil but fell and drowned in the lake around the bridge. In other versions, she was carried by Satan's flaming carriage before plunging into the dark depths of a small lake in the city's botanical garden.

Today, and especially on stormy nights, people would still claim to hear Lucida's screams and see her face appear on the lake, adding to the terrifying aura of the festival!

### The Witches Night of Germany

What if we told you that every 30 April in Germany, people would return to the medieval, pagan days by dressing up as witches and devils to mark Witches Night or *Walpurgis Nacht*?

Ancient Germanic traditions believed that witches would engage in devil worship during *Walpurgis Nacht*. Today, even though that aspect has obviously been toned down, modern Germans would still celebrate Witches Night as a kind of second Halloween while keeping some old traditions

such as leaving out honeyed butter bread called *Ankenschnitt* as food for ghostly hounds.

### The Hungry Ghost Festival across Asia

Singaporeans will be most familiar with this one as you just cannot miss the celebrations that are synonymous with the event from the burning of incense to the loud and colourful *getais* (song stages) that pepper the heartlands.

The Hungry Ghost Festival is also celebrated across Asia where there is a sizeable Chinese community who believe that the spirits of the departed would come into the world of the living for a month-long visit and must be appeased with food and entertainment. Not so much different from mortals, we guess.

The festival, which is also called *Yu Lan*, the month-long Buddhist festival is held in the seventh month on the lunar calendar (typically August in the Gregorian calendar). According to Buddhist lore, the Hungry Ghost Festival is a celebration of the filial piety displayed by Mu Lian, who sought the aid of Buddha, to alleviate the sufferings of the spirit of his dead mother who was wrongly accused of consuming meat while being a devout vegetarian.

While the serving as a backdrop to many an Asian horror movie, not every celebration borders on being creepy. For instance, beautiful floating water lanterns are released during this period in China's Ziyuan County.

Offerings made to the hungry spirits were a common sight during the Hungry Ghost Festival.



The Bridge of Mary Magdalene or The Devil's Bridge as it is known locally.

The height of the activities takes place in Oaxaca where celebrants, with faces painted in a myriad of skull motifs, would gather to remember departed loved ones with dedicated altars decked with offerings and making remembrance trips to cemeteries.

While the visual representations of death may be everywhere, the Day of the Dead is also a day when Mexicans celebrate life and the value of families.

### The Borgo a Mozzano in Italy

The *Borgo a Mozzano* counts as one of the most famous Halloween-esque



# The Beer-sics of Oktoberfest

Every beer fan worth their foam will know of Oktoberfest, the annual German event that celebrates all things beer that has become popular the world over. We take a look at how the idea of such an event was brewed.

## A royal affair turned mainstream

Oktoberfest, one of the most popular *volksfests* (people's festival) in the world is an annual event held in Munich, Germany. It typically lasts for 18 days from mid-September to the first Sunday of October.

However, it did not start out as an event toasting to all manner of beer and its ilk. Oktoberfest has its roots in a carnival organised to celebrate the marriage between Crown Prince Ludwig of Bavaria (who would go on to be crowned Louis I) and Princess Therese von Sachsen-Hildburghausen on 12 October 1810.

The festivities which went on for five days finished with some horse-racing that was held in an open area that

came to be called *Theresienwiese* (or "Therese's Green"), named in honour of the newly-wed Princess.

The joyous carnival, which became quite a hit with the people, returned the following year at *Theresienwiese*, the same location which would host every Oktoberfest to this day.

In stark contrast to the modern beer-guzzling fest, the sequel to the celebratory wedding carnival was a simple agricultural fair akin to a farmer's marketplace. Seven years later, food and drinks booths appeared which played up the festival atmosphere.

By the end of the 19th century in 1896, the booths peddling food and drinks evolved into large beer

tentages erected by the various Munich-based brewers. Some of these tentages were so large that they could seat up to 6,000! Alongside these tentages, revellers could also be engaged in fun fairground games while being immersed in songs and dances performed by passing troupes.

As per tradition for each successive Oktoberfest, the festivities would be kicked off by the tapping of the first keg by the mayor of Munich amidst excited cries in Bavarian of "*O'zapft is!*" or "it is tapped!".

Not surprisingly, beer consumption would hit an all-time high during Oktoberfest which could see upwards of two million gallons or 75, 800 hectolitres being swigged!



### **In the spirit of things**

Naturally, the yearly Oktoberfest is also a huge tourist draw for Germany attracting around 16 million domestic and foreign visitors eager to soak in the festivities.

If you happen to be in the vicinity of Munich as you read this, head on down to experience these exciting activities that most, if not all, Oktoberfest fans would swear by!

### **Eat till you drop!**

What is a beer festival without the chow? While Oktoberfest is known for the mindboggling selection of beers, it really is a celebration of everything Bavarian from its music, art, culture and of course, food.

Scattered across the sprawling grounds of the *Theresienwiese* or affectionately known as *Wiesn* by the locals, are all kinds of mouthwatering Bavarian and German delicacies that will whet the appetite of an avid foodie.

Be prepared to have your tastebuds assailed on all fronts by various kinds of sausages (you can do no wurst), roast chickens, fish-on-a-stick (*steckerlfisch*), huge pretzels, fried breaded meats (*schnitzel*), roast ox, candied nuts and desserts like the cute "beer mugs" that are jellies shaped to look just that!



### **Hitch on a ride!**

Once your hunger is sated and your thirsts quenched, be sure to look around and pick your choice in the numerous fun rides around the *Wiesn*.

One of the signature sights of Oktoberfest is the official festival ferris wheel that is not only reportedly faster than normal ones but also takes you 50 metres into the air for some breathtaking views of Munich's numerous landmarks, while overlooking the Oktoberfest beer tents and crowds. Turn to your side and you may spy the snowy Alps!

An engineering feat, the Oktoberfest Ferris Wheel is one of the largest transportable ferris wheels in the world.

Of course, being Singaporeans, we cannot miss out on good deals! Tickets for the ferris wheel go for half price on Tuesdays which are set as family days.

### **Check out a parade...or two!**

Being an event steeped in tradition,

Oktoberfest is no stranger to parades. In fact, you should check out two - the Oktoberfest Opening Parade and the Hunter's Parade.

The opening parade would showcase all of the representatives from Munich's leading six breweries. Be sure to catch the impressive horse-drawn beer carriages that will be led by the Oktoberfest mascot, the *Münchner Kindl*.

The procession will pass through Munich proper and come to an end inside the *Wiesn*. There, the parade will culminate in the tapping of the first keg signalling the start of Oktoberfest.

The first Sunday of Oktoberfest, will herald the Hunter's Parade. As many as 9,000 participants will parade through Munich. Paraders will be decked in traditional costumes such as *dirndls* for the ladies and *lederhosen* for the men. It is not unusual to see foreign contingents also joining in on this absolute highlight of the festival.







# *The Best of German Fare*

Guten Appetit!

**October 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](mailto:fnb_outlets@sgcc.com.sg)

## **APPETISER**

German Spinach  
and Beetroot Salad  
OR

Bavarian Wurst Salad  
with Cheese, Ham and Gherkins  
OR

Meatball with Mustard  
Cream Sauce

## **SOUP**

German Sauerkraut Soup  
(Sauerkrautsuppe)  
OR  
German Goulash

## **MAIN COURSE**

Baked Barramundi  
with Mayonnaise, Cocktail Onion  
and Gherkins

OR

Chicken Schnitzel

OR

German Veal Sausage  
with Onion Sauce

OR

Roast Pork Knuckle  
with Sauerkraut

OR

Slow-cooked Bavarian-style  
Oxtail Stew (surcharge \$8)

## **DESSERT**

German Apple Crumb Pie  
with Vanilla Ice-Cream  
OR

Black Forest Cake  
with Raspberry Coulis

**COFFEE OR TEA**





# Member-Get-Member Scheme

GOOD THINGS NEED TO BE SHARED!  
SHARE THE JOYS OF BEING A SGCC MEMBER  
AND BE REWARDED!

**You will get**  
**\$300 credits** if your friend signs up  
for an Ordinary Membership

**\$200 credits** if your friend signs up  
for a Term Membership

REWARDS WILL NOT BE  
GIVEN TO MEMBERS FOR  
ANY TRANSACTION  
THROUGH AN AGENT.

THE CLUB RESERVES THE RIGHT TO ALTER THE TERMS  
AND CONDITIONS OF THE PROGRAMME OR CHANGE THE  
REWARDS AND/OR REPLACE THEM WITH ITEMS OF  
EQUAL VALUE WITHOUT NOTICE.

Terms and Conditions apply.  
**Contact Membership at:** 6286 8888 or  
[membership@sgcc.com.sg](mailto:membership@sgcc.com.sg)



# *A Gourmet Cruise of the Greek Islands*

Set sail for the Aegean!

**November 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**

Hummus in Pita

OR

Zucchini Ball

OR

Greek Grilled Calamari

### **SOUP**

Greek Lemon Chicken Soup

OR

Lentil Soup

### **MAIN COURSE**

Garlicky Shrimp Spaghetti Toss

OR

Oven-baked Salmon

with Mediterranean Flavours

OR

Lemon Garlic (Half) Roast Spring  
Chicken

OR

Pork Souvlaki Skewers

OR

Greek Lamb Shank (surcharge \$8)

### **DESSERT**

Pistachio Baklava

OR

Greek Yoghurt Cheesecake

Coffee OR Tea

For more details, call 6398 5313 or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)







# BOOK A CHEF

*For a Very Special Dining Experience*



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

\*min 4 pax for customised menu

\*\$300 and above

\*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.



# HAPPY HALLOWEEN Oktoberfest

FOOD | BEER | HAUNTED HOUSE  
CARNIVAL | LIVE BAND | LUCKY DRAW

**DATE: 13 OCTOBER 2023 (FRIDAY)**

**TIME: 6PM TILL LATE**

**VENUE: KENSINGTON BALLROOM**

**BUFFET SERVICE TILL 9:30PM**

**DRINK SERVICE TILL 1AM**

**FOOD: GERMAN PRETZEL, CRISPY PORK KNUCKLE,  
GERMAN SAUSAGE, GERMAN POTATO SALAD, ETC**

CATERGORY	MEMBER PRICE	GUEST PRICE
FOOD ONLY	\$49*	\$59*
FOOD + BEER (5 PINT)	\$69*	\$79*
CHILD (6-12 YR/O)	\$30*	

\*PRICE INCLUDE GST

\*PRICE DOES NOT INCLUDE CARNIVAL ENTRY  
MEMBERSHIP APPLICATION AVAILABLE!

**OPEN TO PUBLIC  
FOR RSVP**

SCAN ME



PINTS AT  
**\$8**  
NETT

**OR CONTACT @ 9176 9265**





# *Oktoberfest Special*

## **Immerse in the best of German gastronomia!**

**October 2023**

Step into Garden Grill for the month of October and whet your appetite with our offerings of traditional German delicacies!

### **ROAST PORK KNUCKLE**

Served with Sauerkraut and Roast Potatoes

#### **Price**

**Half Roast @ \$28\***

**Whole Roast @ \$42\***

### **OKTOBERFEST BUNDLE**

Half Roast Pork Knuckle accompanied with Sauerkraut and Roast Potato + 4 Bottles of Erdinger Light or Dark

#### **Price**

**\$76 (UP: \$82)\***

Operating Hours

**12pm-3pm; 6pm-10pm**

(Last order: 45 minutes before closing)

*\*Prices include GST*

For more details, call 6398 5313



# WEDDING DINNER PACKAGE 2023

The perfect venue for your perfect wedding!



## Chinese Wedding Dinner Package 2023

### Eat, Drink & be Merry

- 8-course Chinese Cuisine
- Free flow of soft drinks
- Free flow of Chinese tea throughout wedding banquet
- One complimentary beer barrel
- One complimentary bottle of house wine per confirmed table
- One bottle of sparkling wine for champagne pouring
- Corkage waived for all duty-paid hard liquor and wines
- Wedding cake for cake-cutting ceremony
- Complimentary food tasting for up to 10 persons from Monday to Thursday

### Memories for Family & Friends

- Unique selection of wedding favours for your guests
- Complimentary use of LCD projector and screens
- Elaborate decorations on stage and elegant stands along the aisle
- Specially-designed guest book and token box
- Wedding invitation cards based on 70% of confirmed attendance (excludes printing)
- Complimentary parking coupons based on 20% confirmed attendance
- Reservation of 2 VIP parking lots
- Complimentary day-use room

### Dreams Come True (for 35 tables and above)

- Free flow of beer for 4 hours
- Complimentary 2-way shuttle service from nearest MRT to Club
- Artisanal dessert bar
- \$200 SGCC dining vouchers

**Mon - Thur: \$988 per table (10pax)**

**Fri, Sat, Sun, eve of PH & PH:**

**\$1088\* per table (10pax)**

## Indian & Malay Weddings Dinner Package 2023

### Package includes:

- Usage of ballroom
- Use of projector for video montage
- Stage (24" x 12")
- Solemnisation table with 5 chairs
- Elegant dining tables
- Exquisite seat covers for all banquet chairs
- Unique wedding decorations on stage
- 2 changing rooms
- Specially-designed guest book
- Complimentary token box
- Basic sound system with 2 cordless microphones
- 2 VIP parking lots for the bridal car
- Car park coupons for up to 20% confirmed attendees
- Decorative dummy cake for the ceremony

### Food & Beverage

- Buffet menu with sumptuous selections
- Complimentary bottle of sparkling juice during ceremony
- Free flow of soft drinks

**Gold Package**  
**200 - 299 pax**  
**\$68\* per pax**

**Diamond Package**  
**300 - 399 pax**  
**\$65\* per pax**





## Yuletide Classics Pre-Order

Get ready for some festive feasting with family and friends this Christmas!

Pre-orders start from 27 November 2023. All orders must reach us by 15 December 2023. Order before 10 December 2023 to enjoy a 10% Early-Bird Discount!

Order collection starts from 4 December 2023. For collection between 24 and 25 December, timings will only be from 11am - 4pm.

	WEIGHT APPROXIMATE BEFORE ROASTING	UNIT PRICE*
<b>FESTIVE ROASTS</b>		
Traditional Roasted Whole Turkey with Chestnut Stuffing <i>Served with Turkey Jus and Cranberry Sauce</i>	5kg	\$148
Baked Honey-Glazed Ham (Crosscuts) <i>Served with Tangy Pineapple Sauce</i>	2kg	\$72
BBQ Roasted Pork Ribs	1kg	\$60
Five-spiced Roast Lamb Leg (Boneless)	2kg	\$138
Thirteen-spiced NZ Angus Rib-eye <i>Served with Madagascar Black Pepper Sauce</i>	2kg	\$168
<b>SOUP &amp; SIDES</b>		
Cream of Butternut Pumpkin with Pinenuts	1lit	\$32
Creamy Mushroom Soup	1lit	\$32
Christmas Greens with Pomegranate, Orange, Apple with Orange Dressing	500gm	\$25
Chicken Caesar Salad	1kg	\$30
Mashed US Potato with Gravy Sauce	1kg	\$25
<b>CAKE &amp; PASTRIES</b>		
Old-Fashioned Fruit Cake	1kg	\$35
Classic Tiramisu	1kg	\$35
Pistachio Crème Brûlée	1kg	\$35
<b>CHRISTMAS COMBO</b>		
<b>Joyful Christmas Combo (serves 6 persons)</b>		\$200 (UP: \$233)
• Traditional Roasted Whole Turkey with Chestnut Stuffing <i>Served with Turkey Jus and Cranberry Sauce</i>		
• Cauliflower au Gratin		
• Mashed Potato with Gravy Sauce		
• Cream of Butternut Pumpkin with Pinenuts		
<b>Merry Christmas Combo (serves 10 persons)</b>		\$300 (UP: \$337)
• Traditional Roasted Whole Turkey with Chestnut Stuffing <i>Served with Turkey Jus and Cranberry Sauce</i>		
• Baked Honey-Glazed Ham (Crosscuts) <i>Served with Tangy Pineapple Sauce</i>		
• Cauliflower au Gratin		
• Mashed Potato with Gravy Sauce		
• Creamy Mushroom Soup		
• Pistachio Crème Brûlée		

\*Prices include GST

### Operating Hours

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

For more details, call Garden Grill at 6398 5313



# *Deepavali Line Dance Jamming*

## **Get into the mood of the Festival of Lights!**

5 November 2023

Come dance it off and show off your nifty foot work  
with Line Dance Instructor Tay Bee Khim!

**Kensington Ballroom**

**5pm - 9pm**

**\$38 (Member)\***

**\$48 (Guest)\***

*\* Prices include GST and buffet dinner*

For more details, call Adrian at 9115 0417







# *Deepavali Dance Party*

**Where the fun and music never stops!**

**13 November 2023**

**Be a part of the Deepavali revelry with good food and fantastic company while grooving to live music performed by Sound Sensation!**

**12.30pm - 5pm**

**\$20 (Member)\***

**\$30 (Guest)\***

*\* Prices include GST and light buffet lunch*

For more details,  
call Adrian at 9115 0417



# CALENDAR OF EVENTS

 Activity
  Entertainment
  Event
  F&B
  Lifestyle

DATE	DAY	EVENT	LOCATION	TIME
1 October	Sunday	The Best of German Fare  Oktoberfest Special 	Garden Grill Garden Grill	October, 12pm / 6pm October, 12pm / 6pm
2 October	Monday	Music Monday 	Club Twenty-Two	1pm
4 October	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
5 October	Thursday	Live performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
6 October	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
7 October	Saturday	World Squash Day  Memory Lane 	Squash Courts Club Twenty-Two	3pm 8pm
11 October	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
12 October	Thursday	Live performance by ETC 	Crossroads Lounge	8pm
13 October	Friday	Tennis Social Night  Live performance by Friends & Strangers  Halloween Oktoberfest 	Tennis Courts Crossroads Lounge Kensington Ballroom	8pm 8pm 6pm till late
14 October	Saturday	Memory Lane 	Club Twenty-Two	8pm
16 October	Monday	Music Monday 	Club Twenty-Two	1pm
18 October	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
19 October	Thursday	Live performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
20 October	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
21 October	Saturday	Memory Lane 	Club Twenty-Two	8pm
24 October	Tuesday	Bridge Blind Pair 	Casuarina Room	9am
25 October	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
26 October	Thursday	Live performance by ETC 	Crossroads Lounge	8pm
27 October	Friday	Tennis Social Night  Live performance by Friends & Strangers 	Tennis Courts Crossroads Lounge	8pm 8pm
28 October	Saturday	Memory Lane 	Club Twenty-Two	8pm
30 October	Monday	Music Monday 	Club Twenty-Two	1pm



DATE	DAY	EVENT	LOCATION	TIME
<b>1 November</b>	Wednesday	Gourmet Cruise of the Greek Islands  Live performance by Playback 	Garden Grill Crossroads Lounge	November, 12pm / 6pm 8pm
<b>2 November</b>	Thursday	Live Music 	Crossroads Lounge	8pm
<b>3 November</b>	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
<b>4 November</b>	Saturday	DIY Terrarium Workshop  Memory Lane 	Carnation Room Club Twenty-Two	10.30am 8pm
<b>5 November</b>	Sunday	Deepavali Line Dance Jamming 	Garden Grill	5pm
<b>8 November</b>	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
<b>9 November</b>	Thursday	Live Music 	Crossroads Lounge	8pm
<b>10 November</b>	Friday	Tennis Social Night  Live performance by Friends & Strangers 	Tennis Courts Crossroads Lounge	8pm 8pm
<b>11 November</b>	Saturday	Memory Lane 	Club Twenty-Two	8pm
<b>13 November</b>	Monday	Deepavali Dance Party 	Club Twenty-Two	12.30pm
<b>15 November</b>	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
<b>16 November</b>	Thursday	Live Music 	Crossroads Lounge	8pm
<b>17 November</b>	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
<b>18 November</b>	Saturday	Veggies Ventures Tour  Memory Lane 	Kok Fah Technology Farm Club Twenty-Two	8.30am 8pm
<b>22 November</b>	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
<b>23 November</b>	Thursday	Live Music 	Crossroads Lounge	8pm
<b>24 November</b>	Friday	Tennis Social Night  Live performance by Friends & Strangers 	Tennis Courts Crossroads Lounge	8pm 8pm
<b>25 November</b>	Saturday	Memory Lane 	Club Twenty-Two	8pm
<b>27 November</b>	Monday	Yuletide Classics Pre-order opens  Music Monday 	Garden Grill Club Twenty-Two	12pm 1pm
<b>29 November</b>	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
<b>30 November</b>	Thursday	Live Music 	Crossroads Lounge	8pm

# NEVER MISS A BEAT!

Subscribe to our Telegram Channel for latest Club updates



**Important Announcements**



**Ongoing Promotions**



**Special Events**

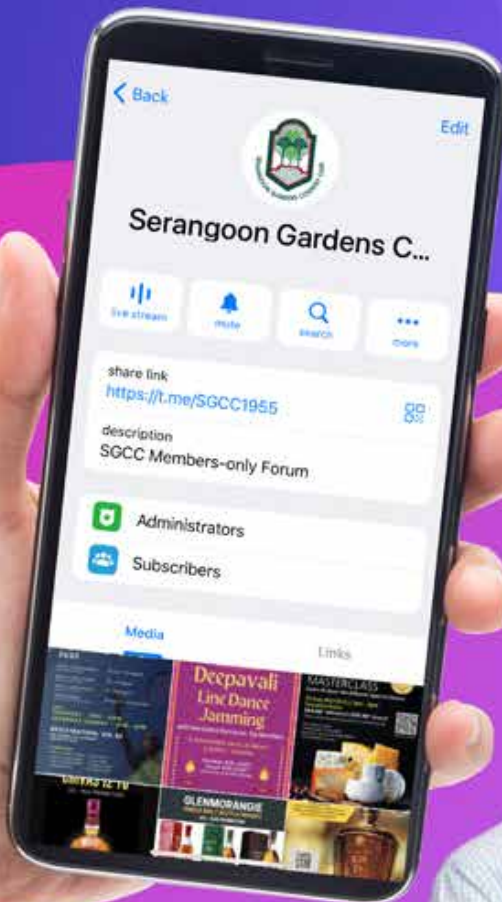


**Engage in the Community**

Scan QR to join



<http://t.me/SGCC1955>





CELEBRATE  
**2024**  
COUNTDOWN PARTY

**It's Wild Wild West... Yeee-Haw !**  
**Put on your Cowboy Hats & Boots!**

**31 DECEMBER**  
2023

**6:30**  
PM

**KENSINGTON**  
BALLROOM

**\$128**  
PER MEMBER

**\$138**  
PER GUEST

**Complimentary**  
1 bottle of Whisky or  
2 bottles of house wine  
for full table  
reservation  
before  
**30 Sep 2023**

☆ **HIGHLIGHTS** ☆

Entertained by Emcee, Happy Fei Fei

Live band performance by Memory Lane

8-course Chinese dinner

Line dance & social dance

Supper served after midnight

Free flow of soft drinks & beer

Best dressed contest

Lucky draw

Party pack

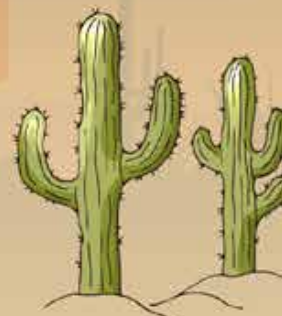
All prices include GST

**Book early to avoid disappointment!**

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



Happy Fei Fei



For Enquiries : [banquetsales@sgcc.com.sg](mailto:banquetsales@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
Follow us on    SGCC1955



# The Treats of Deepavali

Deepavali, or Diwali in some circles, is a joyous occasion for our Hindu community. It is a much-anticipated time for family gatherings, religious activities and more importantly, a day to tuck into some yummy seasonal treats! How many of them can you name?



## Light triumphing over Darkness

There are many possible origin stories surrounding Deepavali and how it came to be a cultural event of significance in India and to Hindus.

A historical take is that Deepavali came about as a result of the fusion of various 1st century harvest festivals in India. With its name derived from the Sanskrit words, *deepa* (clay lamps) and *avali* (rows of), Deepavali was even written about and described in annals recorded by historians who hailed from lands as distant as ancient Persia.

As described by its Sanskrit name, the holiday, also known as the Festival of Lights, sees celebrants assemble lit oil lamps in their homes to signify light triumphing over spiritual darkness.

A tale most associated with Deepavali's origin was told through the Indian epic, *Ramayana*. The story recounts the heroic adventures of Prince Rama, his wife, Sita and his brother Lakshmana. Prince Rama was the seventh and most well-known of the avatars of Lord Vishnu, a deity of the Hindu pantheon. After the demon lord, Ravanna, kidnapped Sita, Rama, alongside various allies, laid siege to Ravanna's lair in Lanka. After a fierce battle, Rama slew the demon king.

As the victorious hero returns home,

the day would mark the first Deepavali as people lit lamps to celebrate Rama's victory over the darkness of Ravanna.

Interestingly, Hindus are not the only community that celebrates Deepavali. The festival is also observed by Sikhs, Jains and Buddhists in India.

Like most cultural holidays elsewhere, Deepavali is typically celebrated over five days in India as the people fill them with numerous family gatherings, feasting and religious services.

Deepavali is best characterised not just by the explosion of colours: with the brightly-hued clothes worn by Hindu families and multicoloured geometric patterns of the *rangoli* that are inscribed on the ground using rice, brick and chalk powders; but also the rich flavours that the festival's myriad of snacks and seasonal treats boast.

## Sugar and spice, and everything nice

Strong tastes and rich flavours underline the eats of Deepavali, covering the gamut of gastronomic sensations that undergird the joy of the occasion. Whenever you are invited to a home celebrating Deepavali, expect to overwhelm your tastebuds with some of these yummy treats below!





The *Murukku* is a commonly found treat at Hindu homes during Deepavali.



*Achu Murukku* adding a touch of sweetness to the festival.



The day starts right with a platter of *Idlis* and *vadais*.

## Murukku

If you have not eaten *murukku* during Deepavali, did you really celebrate Deepavali? This is probably the single most signature snack of the occasion.

Made from a combination of rice and white lentil flour, as well as ajwain or carom seeds, the raw *murukku* is beaten into a dough mixture using either water or coconut milk. The dough is then given its famous spirals with the use of a mould before being fried.

A spicier version of the snack also exists which is called *kara murukku*, using chilli paste as an additional ingredient.

## Achu Murukku

Those with a sweet tooth can opt for the *achu murukku*, easily recognisable by its rosette shapes. Like the normal murukku, this is a deep fried cracker made from rice batter.

You might also have seen this in houses during the Lunar New Year and yes, there was a Chinese version that uses more eggs in its preparation along with sesame seeds to give it a richer taste.

## Ketti Urundai

The *ketti urundai* is a unique sweet treat that will make you work a little while eating it simply because of its

Kids love it when the *Sev* is served.



hard texture. Apparently, these little bites can be so hard that you might need to break them into smaller pieces before eating them!

Traditionally only eaten during Deepavali, *ketti urundai* is becoming less common as people find the hard textures a challenge. So if you are served any, know that it is literally quite "hard" to find.

## Gulab Jamun

If you like all things sweet, be prepared to get washed over by the sheer saccharine-ness of these little tawny flour balls soaked in sugar syrup. In fact, this snack is a main menu item in every Indian festive event from Deepavali itself to weddings, so interwoven with the culture it is.

An interesting trivia about *gulab jamun* is that the dessert did not originate from India proper but rather introduced from the Mughal Empire up north that influenced 16th century Indian architecture and culinary practices. *Gulab jamun* was one of the many delicacies served to royalty and is even used as a religious offering!

## Omapodi

Another snack that is unique to Deepavali is the *Omapodi* (some may call it *Sev*). These thin crispy strips were made from chickpea flour batter seasoned with spices. The batter is deep-fried before being strained through a sev maker, giving the dish its eventual shape.

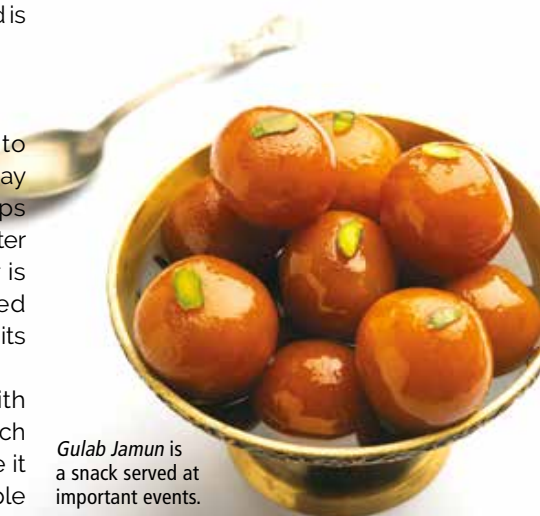
*Omapodi* is typically served with other accompanying ingredients such as peanuts and curry leaves, while it is also not uncommon to have people

eat it as it is. Due to its crunchiness and flavour, *omapodi* is an all-time favourite with the children.

## Idli

Served as a breakfast dish to herald the arrival of Deepavali, many Indians will have fond memories of waking up to the smells of homemade *idlis*. Made from rice and lentil batter, *idlis* are steamed rice cakes typically served with curries but will practically go well with just about any kind of condiment.

This dish holds so much sentimental value to an entire generation that makes it a must-have during the holiday. However, being a breakfast item, it might be a less common sight when you go visiting your Hindu friends during the day. However, if you see it, be sure to try some!



*Gulab Jamun* is a snack served at important events.

# PAST EVENTS

## #SGCCGOES TO TREE TOP WALK!

The fine weather on 8 July gave the perfect opportunity for a day out in nature as 13 Members took part in the inaugural #SGCCGOES event that took them on a hike up the Tree Top Walk. From the happy expressions in the photos, it was evident that all the participants thoroughly enjoyed themselves as they experienced some memorable moments such as crossing the famous suspension bridge and getting close to Singapore's diverse wildlife.



Hikers all smiles as they make their way to the top.

## PESTA SUKAN SWIMMING 2023

The OCBC Aquatic Centre hosted the Pesta Sukan Swimming Competition from 4 to 6 August. A total of 16 swimmers comprising seven boys and nine girls represented the Club at the meet. SGCC managed for the first time, to form relay teams which were the highlights of this competition. It was exciting to see our young swimmers so hyped up for the event where they had a lot of fun and thoroughly enjoyed themselves.

Under the guidance of our Head Coach, Tan Ginyu, our swimmers stood confident and showed their mettle against older, bigger and faster competitors. Amongst our rising young swimmers, Tang Shao Jie achieved four silver medals in this event and was awarded the ActiveSG Second Runner-Up for Best Performance Boys 7-8 years old. Congratulations!

Parents of our swimmers were also there to support their children. We were heartened to see that even parents whose children were not competing came by to lend their support for our participants!



The members of the boys relay swim team.



All smiles from the girls relay swim team.



Coach Ginyu and our young swimmers.



Tan Shao Jie (left) with Coach Ginyu.



### 34TH AGE GROUP SWIM MEET 2023



A young swimmer off to a good start!



Participating swimmers making waves.



Another exciting race finished!

The 34th Age Group Swim Meet that was held on 30 July at the SGCC Swimming Pool saw 335 participating swimmers, the largest number of swimmers registered for the Meet so far! Present at the Meet were guest swimmers from 2bubbles Aquatic Solutions, Ace Fitness, AquaTech Swimming, Aquatic Masters Swimming Club, Art Aquatics, Pacific Swimming Club, S70, St Joseph Institution Juniors, Stitude Swim School, Swish Swimming, The American Club, The Swim Corner and Wild Splash.

Scheduled to run from 1pm to 7.30pm, the swimmers started their warm-ups from 12pm. Even though there was a brief spell of rain at 5pm, spectators still gamely stayed on and cheered for the swimmers!

We were grateful to have Singapore Aquatics (formerly known as Singapore Swimming Association) sending their referee and technical officers to help in this Swim Meet. We also appreciate the coaches from Quattor Swim School who volunteered their time in the holding area to usher swimmers who waited to start their race.

The Club would also like to give thanks to the SGCC swim team, and all the other participants and swimmers from the various Swim Schools and Clubs without whom this Swim Meet will not be a success!



Parents and onlookers cheering on the swimmers.



Waiting for the cue to start.



The Swim Meet was a great chance for Members to interact and meet other swimming fans!



Holding area for the swimmers awaiting their respective events.

## 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](mailto:recreation@sgcc.com.sg)

## WORLD SQUASH DAY

Get in a friendly game of squash., bust some calories and make a few chums while doing it!



**Date:** 7 October 2023, Saturday  
**Time:** 3pm  
**Venue:** Squash Courts  
**Fee:** \$17\* (Member) | \$30\* (Guest)  
*\*Prices include GST. Dinner-only attendance: \$22*  
**Closing Date:** 24 September 2023, Sunday

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

## TENNIS SOCIAL NIGHT



For two evenings in October and November, adult SGCC Members are invited to head on down to the Tennis Courts and have some casual Tennis games with other Members! All skill levels are welcome!

**Date/Day:** 13 and 27 October / 10 and 24 November 2023  
**Time:** 8pm–10pm  
**Venue:** Tennis Courts  
**Fee:** Free for SGCC Members

Ashley Toh at 6398 5340 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)



## BRIDGE BLIND PAIR



Calling all Bridge enthusiasts! Whether it be coming down to show your mastery of Bridge, meet up with old game pals or simply to soak in the strategy of the game, this is the event for you!

**Date/Day:** 24 October 2023, Tuesday  
**Time:** 9am onwards  
**Venue:** Casuarina Room  
**Fee:** \$10.80\* (Member) | \$15.00\* (Guest)

*\*Fee includes lunch*

**Min/Max:** 16 participants to start  
**Closing Date:** 10 October 2023, Tuesday

Zaleha at 6398 5373 or zaleha@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

## FUSION MOBILITY



This is a low- to moderate-intensity class for people of all levels of fitness. The neuromuscular effects will improve fitness, physical strength, stability, mobility and injury prevention. Resistance bands will be required.

### About the Trainer

Having conducted group exercise classes for more than 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:** Mondays, 10am-11am  
**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.*

Julia Kong at 6398 5352 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

ABToluteSCULPT 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



## 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, <sup>#</sup>6.15pm–7pm (for ages 4 and above);  
<sup>^</sup>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

## 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

Ashley Toh at 6398 5340 or recreation@sgcc.com.sg

## 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

## 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

## 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 defence 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 include 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.



## 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

## 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](mailto: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](mailto: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!

<b>Date/Day</b>	<b>Every Friday</b>
<b>Time</b>	<b>7.30pm-9pm</b>
<b>Venue</b>	<b>Gardens Bowl</b>
<b>Fee</b>	<b>Learn to Bowl: \$86.40*</b> <b>Pre-performance Level: \$129.60*</b> <b>Performance Level: \$172.80*</b>
<b>Min/Max</b>	<b>10/15 participants</b>

*\*Fees quoted are for 4 sessions per month and include GST*

Zaleha at 6398 5373 or zaleha@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:** **\$86.40** (Member, per hour) |  
**\$129.60** (2-4 pax per group, per hour)  
**Additional \$16.20 per guest, per hour**

*Prices include GST but do not include court bookings.*

Daniel Chong at 6398 5351 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.



<b>Day/Time:</b>	<b>Mon &amp; Fri: 4pm-5pm, 5pm-6pm</b> <b>Tue &amp; Thu: 4pm-5pm, 5pm-6pm, 6pm-7pm</b> <b>Sat: 9am-10am, 10am-11am, 11am-12pm, 3.30pm-4.30pm, 4.30pm-5.30pm</b> <b>Sun: 8.15am-9.15am, 9.15am-10.15am, 10.15am-11.15am</b>
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*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.*

<b>Fee:</b>	<b>1 Session/Week</b> <b>\$68.04*</b> (Member)   <b>\$79.38*</b> (Guest) Weekday   <b>\$90.72*</b> (Guest) Weekend <b>2 Sessions/Week</b> <b>\$90.72*</b> (Member)   <b>\$113.40*</b> (Guest; both sessions on weekdays)   <b>\$124.74*</b> (Guest; 1 session on weekday & 1 session on weekend)   <b>\$136.08*</b> (Guest; both sessions on weekend)
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*\* 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

# Understanding Crystal Healing

To the untrained eye, crystals might look like pretty stones but they also hold great healing and calming properties that may improve the quality of your life. Learn how to tap into the power of crystals with this short 101 to get you started on the journey of being crystal clear about crystal healing.

## Crystals resonate

If you think crystals are just pretty little iridescent stones that are mere fashion accessories popularized by brands such as Swarovski, think again. Recent years have seen them being spotlighted on various media as precious items possessing an almost otherworldly quality that heals, stills and comforts the human mind, soul and body.

Although the practice of crystals being used as healing tools is not

new, this particular aspect of these semi-precious minerals seemed to be experiencing a boom over the past few years, a probable reason that could be very much to do with how VUCA the world is nowadays - with Volatile, Uncertain, Complex and Ambiguous circumstances driving many to look towards alternative forms of therapy and healing to cope with trying situations whether they be physical or spiritual and attain a measure of control or sense of peace.

## So how do crystals actually work towards physical and mental wellness?

In their natural state, crystals are a mixture of various minerals that supposedly emit a consistent energy pattern along with a unique frequency and field. This "resonance" is what gives crystals their special healing properties. When they are placed in close proximity to the owner either as part of the home décor or as a wearable, crystals



can then act like receptors as they receive, neutralise or give out signals and energy that produce various restorative outcomes.

### Using and maintaining crystals

Deploying crystals and reaping their benefits is simple! If you choose to go at it solo, simply read on to find out which crystal would suit your purpose (or google for more details about other kinds of crystals) and then sit down with your selected crystal and focus your intentions on it. This has an effect akin to telling the crystal what it needs to do and sets its purpose.

Create a comfortable meditation corner in your home, hold the crystal in your hand and then focus on your goal in your mind. You may also reinforce the session by repeating a mantra silently. It can be something like "please help me seek inner peace" if you are looking for some tranquillity in your life.

One thing to note is that it is necessary to set time aside to cleanse and charge your crystals. Crystals act a lot like sponges, as they soak up negative vibes and emotions around them. There are various ways to charge a crystal but one of the easiest methods is to soak them in cold water before setting them under the moonlight on your windowsill for about half an hour. Then your trusty companions are ready to rock again!

### Romancing the right stone

Much like choosing the right tools to perform a task, the variety of crystals that exists also means that there is a right one for each need in your life. In fact, recognizing the properties of each crystal and the key role they play goes a long way in helping you achieve your goals be it in mental wellness, physical healing, emotional stability or spiritual guidance. We showcase just six of them here, and hope you go on a journey of discovery to find the right crystal for yourself!



#### Clear Quartz

Clear quartz is known to amplify energy and thought, as well as the effect of other crystals. It absorbs, stores, releases and regulates energy. It also helps to cleanse and stimulate the immune system and brings much needed balance to the body.



#### Selenite

To know the heart of the selenite is to experience the deep sense of peace it instils. Selenite is excellent for meditation or spiritual work. Healing-wise, selenite helps to keep the alignment of the spinal column and promotes flexibility.



#### Shungite

Believed to be a mineral two billion years old and found mainly in Russia, the shungite is a rare and powerful crystal that is thought to be an incredibly potent antioxidant, which means it can help protect your body from harmful free radicals, which are unstable atoms that can damage cells, and cause illnesses and ageing! In fact, its properties are so well-known in Russia that the stone has been used amongst the common people since the 1700s to purify water and keep it potable!



#### Amethyst

This deep purple stone has a hand in boosting hormone production, while stabilising your endocrine system and metabolism. It reportedly strengthens the body's defence against cancer and helps tissues to regenerate faster. There are some who also swear by the crystal's ability to relieve physical, emotional and psychological pain or stress.



#### Tourmaline

The name of the game for the tourmaline crystal is empathy and balance. It pulls double duty in promoting self-confidence while driving away fear, while also cultivating in the holder compassion, tolerance and prosperity. Coming in various colours each with its unique abilities, tourmaline generally helps treat paranoia, manages dyslexia and improves hand-eye coordination.



#### Carnelian

The crimson carnelian exerts its influence by bearing away feelings of anger or emotional negativity and replaces them with a love of life. The red stone also boosts fertility and stimulates one's sexuality. If you suffer from lower back problems, rheumatism, arthritis, neuralgia and depression, place the carnelian near you to get a measure of comfort.



Make  
Your Own:

# Grilled Tandoori Chicken

Believed to have originated from the Mughal Empire, the Tandoori Chicken has since gained a worldwide appeal over the centuries which sees chicken slices marinated in yoghurt and spices being grilled in a *Tandoor*, a cylindrical oven made of clay.

The *Tandoor* uses firewood or charcoal to grill the chicken. As the chicken cooks in the oven, the meat juices would drip onto the wood or charcoal. The ensuing fumes gives the meat its signature smoky flavour. This home recipe takes about 23 minutes to prepare and cook and serves six.

## Ingredients

- ✓ 2 1/2 pounds boneless, skinless chicken breast, or thighs
- ✓ 1 cup of yogurt
- ✓ 6 tablespoons tandoori masala
- ✓ 2 tablespoons vegetable oil, canola oil, or sunflower oil
- ✓ 1 teaspoon minced garlic
- ✓ Kosher salt, to taste
- ✓ 1 tablespoon chaat masala, store-bought or homemade, for garnish
- ✓ Onion rings, for garnish
- ✓ Lime wedges, for garnish

## Directions

- Make shallow diagonal slashes in the chicken pieces and set aside.
- In a medium bowl, mix together the yogurt, tandoori masala, the oil, garlic, and salt to taste to make a smooth paste.
- Smear this paste all over the chicken pieces, ensuring you rub it well into the slashes you made earlier and that the pieces are well coated.

- Put all the pieces and marinade into a deep bowl and cover. Refrigerate and allow to marinate overnight.
- Prepare a medium (176 to 190 degrees celsius) gas or charcoal grill fire. Clean and oil the grill grates.
- Put the chicken on the grill and sear. Spend about three minutes on each side.
- Reduce the grill heat to low (93 to 135 degrees celsius), cover and continue to cook until the chicken registers 75 degrees celsius on a digital thermometer for about two minutes more. Do not overcook or the chicken will dry out.
- When done, place chicken on a plate or platter and sprinkle some chaat masala. Add the onion rings and lime wedges as garnish and serve hot.







# It is time to "Take A Break"!

Introducing the new section, "Take A Break" where we feature a fun minigame for our Members to enjoy any time, any day. Expect to be engaged in word searches, crosswords, sudokus and many other puzzles that will be coming your way with every issue! For starters, see if you can spot all the hidden elements including the bonus item in the picture below. Get the rest of your family in this activity too!

## FIND 10 HIDDEN OBJECTS IN THE PICTURE



## DIY Terrarium Workshop



Discover the art of making your own terrarium – a self-sustaining mini ecosystem! Craft your enchanting terrarium with air plants and preserved moss in vibrant colors. Perfect for gifting and easy to care for with just a few sprays of water. Join our limited-space workshop for a memorable creative experience and unleash your creativity with the help of nature's bounty! Register today!

- Date:** 25 November 2023, Saturday  
**Time:** 10.30am–12pm  
**Venue:** Carnation Room (inside Club Twenty-Two)  
**Fee:** \$45.36\* (Junior Gems) | \$47.52\* (Member) | \$48.60\* (Guest)  
*\*Prices include GST*  
**Min:** 6 participants to start  
**Closing Date:** 3 November 2023, Friday

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



## Veggies Ventures Tour



Calling all home gardeners! Come join other like-minded Members for a guided tour at Kok Fah Technology Farm.

Expect to be introduced to hydroponic farming techniques and harvesting the vegetables for a round of salad tasting. There will also be a demonstration of how to make your own aloe vera drink! Learn valuable planting tips and discover the art of healthy eating as you experience the diverse tastes and benefits of freshly harvested greens.

Fees will include transport from Club and back.

**Date:** 18 November 2023, Saturday  
**Time:** 8am–1pm  
**Venue:** Kok Fah Technology Farm  
**Fee:** \$32.40\* (Member) | \$34.56\* (Guest)

\*Prices include GST, transport and a bottle of water (MSL deductible)

**Closing Date:** 1 November 2023, Wednesday

Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto: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:**  
**Time:**  
**Venue:**  
**Fee:**

**Every Friday**  
**2.30pm–3.30pm**  
**Club Twenty-Two**  
Fridays (4 lessons)  
**\$64.80\* (Member) | \$79.92\* (Guest)**  
\*Prices include GST



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

### Line Dance Class



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 (ongoing)

**Venue:**  
**Club Twenty-Two**  
  
**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](mailto:jean_lee@sgcc.com.sg)



# Yuletide Cheers at the Winter Wonderland!



**Date:** 02 December 2023 (Sat)

**Time:** 11am – 8pm

**Venue:** Main Lobby

## Highlights:

### 11am – 8pm:

Christmas Bazaar - shop for your Christmas gifts and treat yourself to snacks and hobby items!

### 5pm – 8pm:

Christmas Light-Up Programme

- Christmas Carolling
- Santa Claus Meet-and-Greet
- Magic Show
- Juggler
- Fun & Games by Emcee!

**Free ice-cream!**  
(while stock lasts)

**All are welcome!**





## 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](mailto: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>.



## 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

### Tai Yuan Tsui Hiang Yuan

Tel: 6322 7527  
Mon–Fri: 11am–3pm; 5pm–10pm  
Sat, Sun, & PH: 9am–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

Ashley Toh 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



# 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](mailto:membership@sgcc.com.sg)