



Club *Spirit*

DECEMBER 2023 • JANUARY 2024

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Honorary Treasurer
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Assistant Honorary Secretary
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Assistant Honorary Treasurer

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Dear Fellow Members,

The year 2023 is coming to an end and we will soon be ushering in 2024. 2023 has been highly eventful, bringing with it great change and upheaval. Not only has the Russian-Ukraine war not stopped, but a new war in the Middle East has begun – inflicting more pain on humankind and causing renewed panic in the world. Climate change has also made itself felt more urgently than ever, wreaking havoc with extreme fires, floods and droughts. According to the UN Secretary-General, Mr António Guterres: "The era of global warming has ended; the era of global boiling has arrived." — 27 July 2023.

We hope that our supplies of food, energy, water and other goods and services will not be severely disrupted by the events around the world and climate change, and that in 2024 goodwill and reconciliation will prevail and the world will know peace and security again.

On the home front, SGCC's upgrading project for the Palm Wing Changing Rooms is on track for completion by the end of December 2023. By then, the equipment malfunction, hygiene and safety issues would all have been addressed.

We have organised various events and curated a list of food choices for the Christmas and New Year festivals for the enjoyment of members:

- 2 December 2023, Christmas Bazaar & light-up,
- 8 December 2023, SGCC-NUSS co-organised White Christmas Dinner & Dance,
- 8 and 22 December 2023, Tennis Social Night,
- 16 December 2023, Finger Puppet Workshop,
- 24 December 2023, Live Band Performance (Crossroads), Live Dance Band Performance (Club 22), and
- 31 December 2023, Year-end Countdown Party.

Worth noting is the White Christmas D&D on 8 December, which is the first SGCC and NUSS co-organised D&D to showcase their bands together. Both clubs have vibrant musical activities and each will contribute a band (formed mainly by the respective club's members) to perform and entertain partygoers. SGCC's band is named The Musical Expression and the NUSS' band is K-Spin.

Garden Grill will have special set menus for Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

In January 2024, there will be a Chinese New Year Lantern Workshop, and Atrium Café will start serving Chinese New Year delicacies.

On behalf of the General Committee and the Management Team, I would like to wish every one of you and your loved ones great joy and love during the Christmas season and a very happy New Year.

Yours sincerely,

Koh Jin Kit

President, SGCC



Extraordinary General Meeting

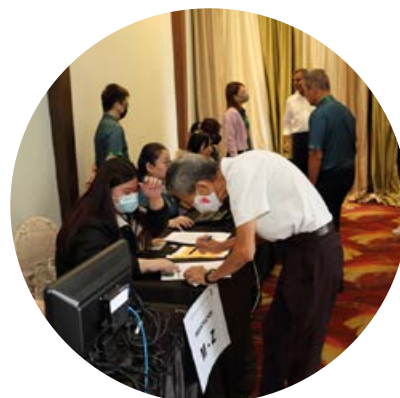
22 October 2023



The Club held the Extraordinary General Meeting on 22 October 2023 at Kensington Ballroom. The main purpose of the meeting was to vote on amendments to the Constitution, with a focus on enhancing financial prudence. Specifically, the goal was to reintroduce Clause 31.2 (f) into the Club's Constitution, which stated, "In the event of a surplus in the Working Cashflow, the GC (General Committee) shall transfer this surplus to the Financial Reserve." This change aimed to bolster the Club's financial sustainability and improve financial reserve management practices.

Voting Members began to arrive gradually from 11.30am, taking the opportunity to enjoy a light buffet. By 1pm, the total number of Members registered fell short of the quorum requirement. Clause 37.3 (a) of the

Constitution states, "In any General Meeting, a tenth of the voting Members present or One Hundred (100) Members, whichever is lesser, shall form a quorum." And Clause 37.3 (b) stated that 30 minutes later, if 100 Members are not present, those present shall form the quorum but they shall not have the "power to alter,



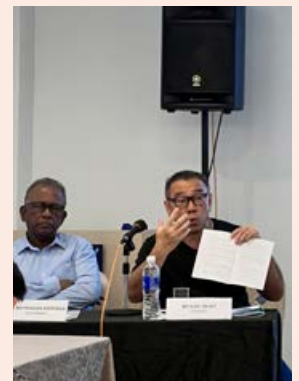


amend or make additions to the Constitution." At 1.30pm, the total number of voting Members did not reach 100.

Although no voting could take place, President of the GC, Mr Koh Jin Kit, and Vice-President Mr Mathivanan Krishnan led the meeting and continued to engage Members in discussions. The proposed changes to the Financial Prudence clauses, allowing funds to be set aside from the Operating Income account for the Financial Reserve would enable the Club to have more flexibility in the use of funds, such as for any future facility maintenance.

The GC's concern with the current arrangement was that the continuous allocation of funds to the Operating Income account would lead to the depletion of the Financial Reserve and the accumulation of excess Working Capital in the long run. The GC then opened the floor to questions and discussions, providing Members with the opportunity to voice their concerns and suggest improvements for the future. The EGM proved to be an invaluable platform for Members to gain deeper insights into the inner workings of the Club and the GC's role in the financial processes.

Town Hall Meeting 15 October 2023



A Town Hall Meeting was called on Sunday, 15 October 2023, a week before the Extraordinary General Meeting (EGM) that was taking place on 22 October 2023, to allow members to better understand the purpose of the EGM agenda, which was to reintroduce Clause 31.2 (f) into the Club Constitution. The clause stated, "In the event of a surplus in the Working Cashflow, the GC (General Committee) shall transfer this surplus to the Financial Reserve."

GC President Mr Koh Jin Kit and Vice-President Mr Mathivanan Krishnan were the main speakers at this gathering. During the assembly, Members actively engaged in a fruitful discussion, with the GC Members addressing questions, and reiterating the significance of attendance at the EGM scheduled to take place a week later where voting is required in order to reintroduce Clause 31.2 (f) into the Club Constitution.



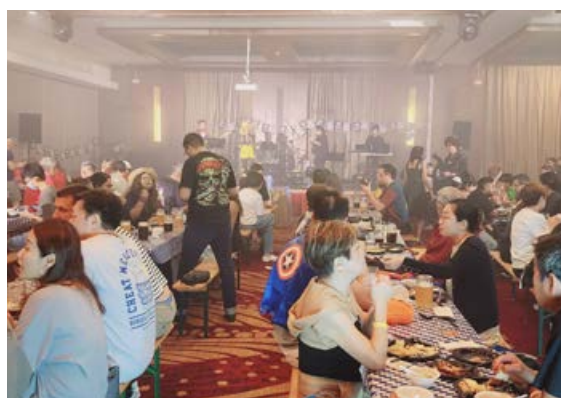
Halloween Oktoberfest Party

13 October 2023

October was a month brimming with festivities! The Club seamlessly merged two special occasions into one unforgettable evening: The Halloween Oktoberfest Party! Open to both Members and the public, Kensington Ballroom was transformed into a night filled with delectable German cuisine, including crispy pork knuckles, tantalising pretzels, hearty sausages, creamy potato salad, and a myriad other mouthwatering delights. There was also an exclusive selection of Erdinger beer to complement the feast.

Following the gastronomic delights, an array of entertainment awaited both children and adults. Carnival games, like the thrilling Balloon Pop and Halloween Doll Painting added to the excitement. However, the highlight of the night was the spine-tingling Haunted House. A labyrinth filled with spiders, cobwebs, dimly lit passages, ghosts, blood-curdling scares, and even a few fake body parts – entering this maze was a race to make it to the end without losing your nerve.

Amidst the exhilaration and chills, there were live band performances by The Plastic Tree. It was an evening of amusement and spine-tingling moments for all ages. It was truly delightful to see parents and their little ones dressed in Halloween costumes, enhancing the overall atmosphere of the event. We eagerly anticipate our next big party with all of you – be sure to join us for the Year-End Countdown Party on 31 December!





Deepavali Bazaar

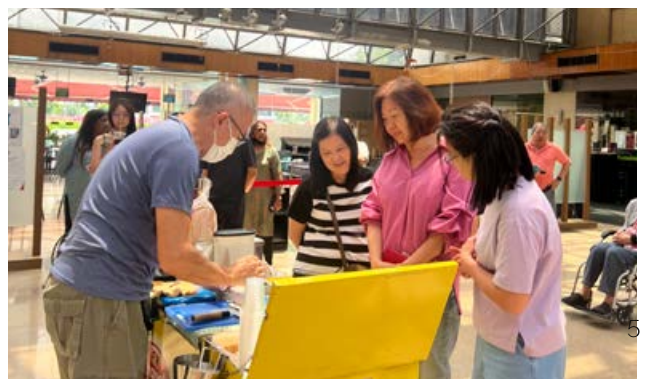
21 October 2023

We hosted a stunning Deepavali Bazaar on Saturday, 21 October 2023, to commemorate the Festival of Lights at our Club. An array of 15 stalls captivated both our Members and the public with a diverse assortment of offerings. These included exquisite saris, stunning Indian textiles, artisanal hair and skincare products, delectable Indian sweets and snacks, skilled henna artists displaying their craft, and the ever-delightful all-in-one curry packs by Gomez Spice, among other enticing options. As if that was not enough, there were two booths generously offering delicious free ice cream and *kacang puteh*!

The festivities kicked into high gear at 2pm when the Yaar Panj-aab Bhangra Troupe graced the stage with their electrifying Bhangra Dance performance. They not only wowed the crowd with their high-energy routine

but also invited two enthusiastic volunteers to join them for a brief lesson in some simple Bhangra moves.

The excitement didn't stop there! At 3pm, we were thrilled to welcome the Joshiley Bhangra Singapore troupe. Their performance was nothing short of spectacular, as they seamlessly incorporated daring stunts into their dance routine. The exuberance of the performers was infectious, leaving the audience in high spirits and thoroughly entertained. We thank everyone who visited the stalls, watched the performances, and embraced the festive Deepavali spirit. We hope you are eagerly anticipating our next event – the Christmas Light-Up Bazaar on 2 December 2023! See you there!



Snapshots

We look back at some fun and significant Club moments and memories!



John Walker & Sons Dinner at Garden Grill (5 September 2023)



Members had a fabulous time at this whisky-tasting dinner.

Jura Whisky MasterClass (5 October 2023)



Participants had a ball getting to know the finer points of Jura Whisky!

Smartphone Class for Seniors (7 October 2023)



Participants picked up nifty tips at this workshop.

Cartoon Snowskin Making Workshop (23 September 2023)



Our young Members proudly show off their pretty mooncakes.

Deepavali Bazaar (21 October 2023)



Members had a great time shopping and interacting at the bazaar.

#SGCCGoes Sungei Buloh Walk (21 October 2023)



Adventurous Members explore Sungei Buloh!

Staff Bowling Finals (12 October 2023)



Congratulations to our staff winners!

Congratulations, The ETC!



Calling themselves The ETC, the singers were crowned winners at Mediacorp's reality show *Battle of The Buskers*. The award-winning busking duo Tristan Ong and Joey Wee are regular performers at our Club, belting out English and Mandarin tunes at Crossroads Lounge!



Shelly Ang Seok Yeng

Ordinary Member

Chong Zhi Xin

Ordinary Member

Chung Pei Ting Joycelynn

Ordinary Member

Goh Hock Heng Winston

Ordinary Member

Hong Jieqing

Ordinary Member

Kong Ho Loon

Ordinary Member

Li Ying

Ordinary Member

Ler Pei Jin

Ordinary Member

Low Chig Wee

Ordinary Member

Ng Jun Jie Jeffrey

Ordinary Member

Ooi Jia Ying, Tracy

Ordinary Member

Sivaraman Krishna Kumar

Ordinary Member

*Ranjeet Singh s/o
Lashman Singh*

Ordinary Member

White Kevin Patrick

Ordinary Member

Jeremiah Ang Ern Yeow

Ordinary Member

Angel Cheng Ming En

Ordinary Member

Chai Jun Jie Kleff

Ordinary Member

Kwok Wai Ling

Ordinary Member

Liew Jia Ren Perry

Ordinary Member

Kenneth Lam Fu Tian

Ordinary Member

Tara Junxian Moosa

Ordinary Member

Dolly Neo Lay Eng

Ordinary Member

Skading Karen Joan

Ordinary Member

Avot Sebastien Pierre Bernard

Term Member

Nathalie Benzing

Term Member

Blain Julien Jacques Guy

Term Member

Balani Munesh Murli

Term Member

Brocas Antoine Thierry Laurent

Term Member

Cayot Jeremie Pierre Yves

Term Member

*Crichton-Stuart Edward
James Neil*

Term Member

Caroline Dupoizat

Term Member

Sayan Ghosh

Term Member

Benoit Pascal Hanifi

Term Member

*Dubois Ep Kastanis Emilie
Annick Isabell*

Term Member

Renaud Romain Laffitte

Term Member

Martin Cyril Benoit

Term Member

Gauthier Jerome Mulder

Term Member

Olagne Ghislain Jean-Louis Marie

Term Member

Valerie Goh Stansmore

Term Member

Club will be open on Eve to Third Day of CNY 2024

Members are advised to take note of the Club's operating hours over the Chinese New Year period of 2024:

Chinese New Year's Eve

Date:
9 February 2024
(Friday)

What's On

- Only Gym and Swimming Pool are open from 6am till 3pm
- Garden Grill and Kensington Ballroom are open from 5.30pm only for Reunion Dinner.

First to third day of Chinese New Year (Public Holidays)

Date:
10–12 February 2024
(Saturday–Monday)

What's On

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

SGCC Lion Dance

Date:
11 February 2024
(2nd day of CNY)

Time:
12pm–2pm

Venue:
Main Lobby



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Staff Ang Bao Fund

With the Chinese New Year just around the corner, it is the tradition of the Club to seek Members' support and contribution to the Staff Ang Bao Fund.

We encourage all Members to contribute and give recognition to the staff for their hard work and services rendered over the year. Your contribution to this fund is purely voluntary, and letters with the details have been mailed to your homes, and would have reached you in the fourth week of November.

All funds received will certainly help make the celebrations more meaningful for the staff. We thank Members in advance for their generosity, thoughtfulness, care and concern.

Grape Expectations

As the festive season draws near, get clued in on the ideal wine to go with holiday dishes that are sure to appear at your next gathering!



The end of the year always heralds the start of numerous festive feastings and meal gatherings. As astute foodies will point out, the choice of the drink, namely wine types, to go along with a particular dish will definitely serve to either elevate the entire experience or make it a washout.

As both Christmas and New Year's Eve parties are around the corner, having a working knowledge of which wine to best accompany the food you are enjoying will make the entire meal much more pleasing.

Does having to make the correct choice of wine make you just a little nervous? Whether you are a seasoned wine drinker looking to refresh your knowledge or a casual diner who does not mind the occasional glass, we've got you covered!

The Right Pairings – Simplified

When choosing the right wine to go with your food, a good rule of thumb is to categorise the dishes you are about to eat into broad groups. Foods under each broad group commonly share the same characteristics, thus, the same wine pairing to be drunk with them usually works.

To better understand how different wines and foods come together to create that classic 'best' pairing, it is useful to understand the simple science behind their chemistry.

Put simply, each of the various aromatic and flavour compounds in the wine actively interact with the myriad fats, proteins and carbohydrates present within the foods consumed resulting in unique chemical reactions. This is why certain food pairings just work such



as cookies and cream while others do not.

Chefs would normally be heard referring to the "structure" of the wine which really means the wine's make-up which includes acidity, tannin (bitterness) and body (richness of flavour). The structure of each kind of wine, therefore, has the greatest impact on food pairing. Commonly, most people will notice that opposites do attract when it comes to wine and food pairings such as having a sparkling wine to go with fried foods or a glass of *Sauvignon Blanc* to accompany creamy pasta.

That said, do take the following as just a general guide as each person's palate is different.

Ready? Let's explore the following pairings!



Appetisers or Potluck with Sparkling Wine

Some sommeliers may tell you that the bubbles in sparkling wines act like a sponge that is very useful in wiping palates clean between bites. Hence, for appetisers or potluck events that feature a wide range of dishes, you will not go wrong with classic sparkling wines like *Italian Prosecco*, *Spanish Cava* or *French Champagne*.

Holiday Dinners with red and white varietals

Attending a more traditional Christmas or New Year's Eve dinner complete with dishes like roast turkey and other seasonal favourites? It is then probably time to select the mainstays of white and red classics such as *Riesling*, *Sauvignon Blanc* or sparkling wine for the whites or *Pinot Noir* or *Gamay* for reds.

Spicy Foods with Rosé

For anything spicy like Cajun dishes, one will not go wrong reaching for a *Rosé*. Beloved for their refreshing and zesty tastes, the lower alcohol levels of *Rosés* can help quell the heat of various chillies, peppers and spices.

Barbeque with Syrah

BBQ sessions are probably one of Singaporeans' favourite pastimes. With the holiday season, be prepared to be invited to at least one such party. For barbecued meats, opt for the *Syrah* (or *Shiraz*). *Shiraz* comes out of the bottle with their signature spicy and smoky flavours, which mirror smoked meats perfectly and contrast well with the various barbecue sauces.

Pizzas with Barbera

With its blend of light- to medium-body and high acidity, wines made from the Barbera grape go really well with the rich tastes of pizzas. The wine's flavour also syncs harmoniously with traditional pizza toppings such as peppers, pepperonis and mushrooms.

Soups and Stews with Pinot Noir

Well-known for its light-to-medium body, *Pinot Noir* is a good choice to go with most soups and stews, which have a similar texture. Earthy undertones are a signature of *Pinot Noirs* that really serve to enhance the tastes of the vegetables and herbs that give soups and stews their strong flavours.

'Tis the Season to Feast!



Eggnog, a drink that most represents Christmas.

When Christmas comes around, most would have an idea of which kind of dishes to expect on the table. Roast turkeys, log cakes and puddings would perhaps be the most common mental pictures. But there are more Christmas delicacies than just those!

It is probably the most common thing to do when the season of Christmas rolls around every year – feasting, drinking and making merry with family, friends and loved ones. And many of us would have, through the years, a fair idea of what to expect at the dinner table whenever we attend a gathering, be it a platter of freshly roasted turkey, meats of various kinds, sweet treats such as a variety of festive puddings, log and fruit cakes, all washed down with champagne and wines.

While these foods are synonymous with the holidays, they are only a part of a greater family of traditional Christmas foods. As with any cultural holiday, foods play a very important role in communicating the origins

of the festivities and the myriad of blessings that people would like to bestow on each other.

Let's explore a few lesser known Christmas treats and who knows, this knowledge might just come in handy as a conversation starter during your next Christmas gathering!

Setting the Tone with Panettone

On how this rich bread came to be associated with Christmas, there are many tales. A popular story on how it came to be purported that the bread was created in the 1400s by a falconer in the employ of a Duke and a daughter of a baker whose business was failing.

The pair of secret lovers came up with the Panettone that practically



Panettone makes for a sweet treat for the holidays.

revived the bakery. During Christmas, dried fruit and citron were added to the bread, creating an instant holiday success that so enriched the baker that the falconer could finally marry his lady love.



Despite what you may think, mincemeat pies are not savoury at all.

All Things Sweet with Mincemeat

Contrary to what it is called, mincemeat pies have nothing to do with *bak chor* and are certainly not savoury. It is instead a sweet pastry that is almost entirely composed of fruits, sugar, alcohol and suet (fat from beef or mutton).

During the 1500s, mincemeat pies were a British Christmas specialty. The dish is believed to have originated from a Saturnalia (a Roman festival thought to be the origin of modern Christmas celebrations) tradition which saw sweetmeats presented to the Fathers in the Vatican.

With the rise of the Puritans and their movement in America, mincemeat pies were condemned as a Catholic custom which is probably why the pastry is far less popular in the US than in the UK.

Fill Your Noggin with Nog

Eggnog might not be a Christmas drink that is familiar to many but in other parts of the world, it is a de facto Christmas beverage. Eggnog as it is drunk today is a variation of milk- and wine-based English ale that go back all the way to the 17th century. Modern Eggnogs are a frothy potion of eggs, milk and sugar brewed with rum or bourbon.

In its traditional form, ale called Nog (a version of the ale with less egg content) were often made for social occasions. The name Nog, was believed to originate from "Noggin" – a name of a drinking vessel in the 1500s. The ale was often drunk



Plum puddings are a traditional British Christmas favourite.

during holidays to toast the health of those who partook in the festivities. Christmas therefore seemed to be the perfect choice for Nog to be the *de rigueur* holiday drink.

Symbolic Plum Puddings

The next time you get the chance to try a Christmas Plum Pudding, you might have to give credit to the Roman Catholic Church for the pudding. It was commonly believed to have been made in response to a papal decree to produce a 13-ingredient pudding to represent Christ and the apostles. On the Sunday before Advent, English families would gather to make this pudding by taking turns stirring the batter from east to west to commemorate the journey that the three Wise Men took to see the baby Jesus.

One odd thing about plum puddings is that it does not contain any plums! The pudding itself is instead filled with all manner of dried fruit such as raisins. The original pudding did include plums but from the 1600s onwards, the ingredient was replaced by other dried fruit that made their way into England, yet somehow the name of the dish continued despite its inaccuracy.

Chestnuts A-roasting

You have heard it sung as part of the lyrics for the evergreen Christmas classic, "The Christmas Song". Nothing describes Christmas quite like the mental imagery of chestnuts roasting on an open fire.

Chestnuts were, in fact, one of the earliest foods eaten by humans, and unlike many traditional Christmas foods, they weren't exactly rare. Given their availability, it might be a key factor in why chestnuts have become one of the emblematic foods of Christmas to symbolise charity to the common man. Consider the fact that on *Martinstag*, or the Feast of St. Martin, the poor would traditionally receive chestnuts as a food gift.

Hungry for some Christmas dishes? Head on down to Garden Grill to enjoy a special Christmas menu that has been curated for our Members! The menu is available for the entire month of December and on Christmas Eve and Christmas Day itself. Make it a holiday to remember at Garden Grill!



Chestnuts have come to symbolise charity to the common man.



Year-End Festive Fare in True Yuletide Spirit

Let the good times roll!

December 2023
(except 24th, 25th & 31st)

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

Dill Scottish Salmon Gravlax
with Pickled Cucumber, Horseradish
OR

Cauliflower Florets
Battered, Parmesan
OR

Chicken Liver Pate
with Spiced Cherries

SOUP

Scotch Broth Soup
OR

Rich Prawn Bisque

MAIN COURSE

Spinach Linguine
*with Freshly Shaved Parmesan,
Truffle Oil*
OR

Pan-seared Barramundi
with Ginger, Lemon
OR

Roasted Chicken Ballotine
*with Sage and Onion Stuffing, Roasted
Root Vegetable Cranberry Sauce*
OR

Grilled NZ Lamb Chop
with Pan Gravy, Mint Jelly
OR

Spice-crusted Ribeye of Beef
(surcharge \$8)
with Chestnut Puree

DESSERT

Double Chocolate Crème Brûlée
OR

Panettone
with Coconut Ice-Cream

Coffee OR Tea

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



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*
FESTIVE ROASTS		
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
SOUP & SIDES		
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
CAKE & PASTRIES		
Old-Fashioned Fruit Cake	1kg	\$35
Classic Tiramisu	1kg	\$35
Pistachio Crème Brulee	1kg	\$35
CHRISTMAS COMBO		
Joyful Christmas Combo (serves 6 persons)		\$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		
Merry Christmas Combo (serves 10 persons)		\$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 Brulee		

*Prices include GST

Operating Hours

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

For more details, call Garden Grill at 6398 5313



Modern Classic Cuisine

The old is new again!

January 2024 (except 1st)

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

Garlic Prawn Salad
with Mango
OR

Stuffed Portobello Mushroom
with Bush Salad
OR

Seafood Bean Curd
with Sweet Chilli Jam

SOUP

**Bacon-Cheddar Cauliflower
Chowder**
OR

Classic Chicken Noodle Soup

MAIN COURSE

Bacon Penne Arrabbiata
topped with Parmesan
and Parsley
OR

Baked Barramundi
with Pesto
OR

Miso-Butter (Half) Roast Chicken
with Roasted Squash
OR

Crispy Pork Milanese
with Lemon Arugula
OR

Pan-seared Ribeye
(surcharge \$8)
with Curry Butter Sauce

DESSERT

Pineapple Upside Down Cake
OR

Coffee Caramel Panna Cotta

COFFEE OR TEA

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





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your palate and that
of your guests.



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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.



Christmas Eve and Day Set Menus

Great dishes, great times!

Christmas Eve Set Menu

(Sunday, 24 Dec 2023)

Lunch: 12pm – 3pm

Dinner: 5.30pm – 7.30pm (1st seating) /

8pm – 10pm (2nd seating)

3-course set lunch menu @ \$65.00 per person

4-course set dinner menu @ \$75.00 per person

Early-bird promotion:

Book by 10 Dec 2023 to enjoy \$5 off

** Prices include a glass of sparkling wine,
party packs and GST*

Appetiser

Gin-cured Salmon

with Cucumber and Lime

Soup

Butternut Squash Puree

with Crab Meat, Streaky Bacon

Main Course

Pan-Seared Threadfin

*with Creamy Mashed Potato, Asian Ginger Sauce
or*

Herb-crusted Lamb Rack

with Belgium Endive, Mint Jelly

Dessert

Cappuccino Mocha Mousse

with Raspberry Sauce

Freshly Brewed Coffee or Selection of Tea

Christmas Day Set Menu

(Monday, 25 Dec 2023)

Lunch: 12pm – 3pm

Dinner: 5.30pm – 7.30pm (1st seating) /

8pm – 10pm (2nd seating)

3-course set lunch menu @ \$60.00 per person

4-course set dinner menu @ \$70.00 per person

Early-bird promotion:

Book by 10 Dec 2023 to enjoy \$5 off

** Prices include a glass of sparkling wine,
party packs and GST*

Appetiser

Prawn Cocktail

with Bloody Mary Sauce

Soup

Creamy Chestnut Soup

with Bacon, Garlic Bread

Main Course

Baked Hamachi

*with Parsley Vinaigrette
or*

Braised Beef Cheek

with Burgundy Sauce

Dessert

Crème Brûlée

with Winter Berry, Cinnamon Compote

Freshly Brewed Coffee or Selection of Tea

(Last orders: 30 minutes before closing)

For more details, call 6398 5313



Perfect Venue

FOR YOUR

Perfect Wedding

We believe every love story is unique, which is why we offer three enchanting wedding packages, each crafted to celebrate the beauty of Chinese, Muslim and Indian wedding ceremonies. Elevate your solemnisation with our exquisite selection of choices. Beyond wedding packages, we create memorable experiences for couples as they embark on their lifelong journey of love.



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8-course Chinese cuisine
Free flow of soft drinks & Chinese tea
Wedding cake
Complimentary 1 beer barrel
Complimentary house wine per table
Corkage fee waived for hard liquor & wines
Artisanal Dessert Bar *
\$200 SGCC dining vouchers *
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Sumptuous selection of buffet menu
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Complimentary use of projector & basic sound system with 2 mics
Complimentary bottle of sparkling juice for Champagne pouring
...and more!

From **S\$50** Per Pax

Harmony

INDIAN PACKAGE

Sumptuous selection of buffet menu
Free flow of soft drinks, coffee & tea
Corkage fee waived for hard liquor & wines
Unique wedding decorations on stage
Solemnisation table & chairs
Complimentary use of projector & basic sound system with 2 mics
Complimentary 1 beer barrel *
Complimentary house wine *
...and more!

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Scan the QR code to view package details and menu!



New Year's Eve and Day Set Menus

Eat your way to the New Year!

New Year's Eve Set Menu

(Sunday, 31 Dec 2023)

Lunch: 12pm – 3pm

Dinner: 5.30pm – 7.30pm (1st seating) /
8pm – 10pm (2nd seating)

3-course set lunch menu @ \$65.00 per person

4-course set dinner menu @ \$75.00 per person

Early-bird promotion:

Book by 10 Dec 2023 to enjoy \$5 off

** Prices include a glass of sparkling wine, party
packs and GST*

Appetiser

Coquilles St Jacques

with Lemon Garlic Butter

Soup

Chicken Mulligatawny Soup

Main Course

Black Pepper King Prawn

with Lime, Charcoal Oil

or

Nagano Pork Loin

with Garlic jus, Fennel Apple Salad

Dessert

Matcha Green Tea Molten Lava Cake

with Vanilla Ice-Cream

Freshly Brewed Coffee or Selection of Tea

New Year's Day Set Menu

(Monday, 1 Jan 2024)

Lunch: 12pm – 3pm

Dinner: 5.30pm – 7.30pm (1st seating) /
8pm – 10pm (2nd seating)

3-course set lunch menu @ \$60.00 per person

4-course set dinner menu @ \$70.00 per person

Early-bird promotion:

Book by 10 Dec 2023 to enjoy \$5 off

** Prices include a glass of sparkling wine, party
packs and GST*

Appetiser

Sous Vide Octopus

with Romesco, Arugula

Soup

Creamy Mushroom-Thyme Soup

Main Course

Fillet of Barramundi

with Tahini with Walnut, Chickpea

or

Slow-cooked Lamb Shank

with Natural Jus, Potato Mash

Dessert

Crepe in Orange Liqueur Sauce

with Vanilla Ice-Cream

Freshly Brewed Coffee or Selection of Tea

(Last order: 30 minutes before closing)

For more details, call **6398 5313**

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg



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

**T&Cs apply.*

22 Kensington Park Rd, Singapore 557271



Lunar New Year's Eve Reunion Dinner

Usher in the Lunar New Year with your family and friends with a tantalising Chinese dinner. Book now to avoid disappointment!

Date: Friday, 9 February 2024

Time: 6pm

Venue: Kensington Ballroom

Lunar New Year's Eve Dinner Menu (5 persons) @ \$658*

*Inclusive of Mandarin oranges and
free flow of Chinese tea*

**Garden's Prosperity Smoked Salmon
"Yu Sheng"**

Double-boiled Superior Chicken Soup
with Sea Cucumber and Crabmeat

Steamed Red Garoupa in Superior Stock

Crispy Roast "Ma La" Chicken

Stir-fried Scallop
with Lily Bulb and Broccoli

Glutinous Rice
with Conpoy in Lotus Leaf

**Chilled Double-boiled Peach Gum and
White Fungus**

Lunar New Year's Eve Dinner Menu (10 persons) @ \$968*

*Inclusive of Mandarin oranges and
free flow of Chinese tea*

**Garden's Prosperity Smoked Salmon
"Yu Sheng"**

Double-boiled Superior Chicken Soup
with Sea Cucumber and Crabmeat

Steamed Red Garoupa in Superior Stock

Crisp-fried Crystal Prawn
tossed with Salted Egg Yolk

Crispy Roast "Ma La" Chicken

Stir-fried Scallop
with Lily Bulb and Broccoli

Glutinous Rice
with Conpoy in Lotus Leaf

**Chilled Double-boiled Peach Gum
and White Fungus**

** Prices include GST*



Lunar New Year's Eve Reunion Dinner

Usher in the Lunar New Year with your family and friends with a tantalising Western dinner. Book now to avoid disappointment!

Date: Friday, 9 February 2024

Time: 6pm - 10pm

(Last order: 45 minutes before closing)

Venue: Garden Grill

Lunar New Year's Eve Set Dinner Menu

\$98* per person

**\$138* per person for Main Course
with Lobster (500gm) – choice of
Black Pepper or Thermidor**

Garden's Prosperity Crispy Fried Soft-Shell Crab "Yu Sheng"

Golden Broth

with Fish Maw and Conpoy

Pan-seared Black Chilean Cod

*with Superior Soy Sauce and Crispy Ginger
or*

Free-range Premium Black Angus Ribeye with Garlic Sauce

Pineapple Strudel

with Coconut Ice Cream

Freshly Brewed Coffee or Selection of Tea

** Prices include GST*



Special Lunar New Set Menu @ Atrium Cafe

Come celebrate Lunar New Year
over lunch and dinner!

Date: 10 - 24 February 2024

Time: 11am - 3pm / 6pm - 10pm

(Last order: 30 minutes before closing)

Venue: Atrium Cafe

**Special Lunar New Year Set Menu
(for 3-5 persons) @ \$118***

Classic Chicken Soup
with Bamboo Pith

"Har Lok" Prawn

Sauteed Asparagus
with Roast Pork

Crispy Fried Soon Hock
with Thai Chilli Sauce

Emperor Seafood Fried Rice

Dessert of the Day

Add on Smoked Salmon or Vegetarian Yu Sheng
@ \$28* (UP: \$38) for 4 - 6 persons

Add on Abalone & Salmon Yu Sheng @ \$58*
(UP: \$68) for 4 - 6 persons

* Prices include GST





Lunar New Year Day One & Two Set Menu

Gather with your loved ones for an unforgettable feast!

Saturday & Sunday, 10 & 11 February 2024

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

Price

3-course set menu from

\$35* per person

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

4-course set menu from

\$40* per person

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

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

Lunar New Year Day One & Two Set Menu

Honey Smoked Duck Salad

Accompanied with Sweet Soya Dressing

Lemongrass and Pumpkin Soup

Pan-seared Threadfin Fillet

*with Mango Papaya Salsa and
Sweet Potato Mash*

or

Marinated Nagano Porkloin

*with Thai Green Chilli Pesto and
Rosemary Potato*

or

Black Angus Ribeye (surcharge \$8)

with Café de Paris Butter

Chilled Goji Osmanthus Jelly

Freshly Brewed Coffee or Selection of Tea

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

** Prices include GST*

CALENDAR OF EVENTS

 Activity
  Entertainment
  Event
  F&B
  Lifestyle

DATE	DAY	EVENT	LOCATION	TIME
1 December	Friday	Year-End Festive Fare in True Yuletide Spirit  Live performance by Friends & Strangers 	Garden Grill Crossroads Lounge	December, 12pm / 6pm 8pm
2 December	Saturday	Gifts for Junior Gems  Memory Lane  Christmas Bazaar & Light Up  Bowler of the Year Ladies Category 	Main Lobby Club Twenty-Two Main Lobby Garden Bowl	11am 8pm – 10.45pm 11am – 8pm 9am – 3pm
3 December	Sunday	Bowler of the Year Men's Category 	Garden Bowl	9am – 5pm
6 December	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
7 December	Thursday	Live performance by Tristan & Abby 	Crossroads Lounge	8pm
8 December	Friday	Live performance by Friends & Strangers  White Christmas Dinner & Dance 	Crossroads Lounge Kensington Ballroom	8pm 7pm – 11pm
9 December	Saturday	Memory Lane 	Club Twenty-Two	8pm – 10.45pm
11 December	Monday	Music Monday 	Club Twenty-Two	12.45pm – 3.45pm
13 December	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
14 December	Thursday	Live performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
15 December	Friday	Last day for takeaway orders for Christmas Festive Goodies  Live performance by Friends & Strangers 	Garden Grill Crossroads Lounge	8pm
16 December	Saturday	DIY Finger Puppet Class  Memory Lane 	Casuarina Room Club Twenty-Two	2.30pm 8pm – 10.45pm
20 December	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
21 December	Thursday	Live performance by Tristan & Abby 	Crossroads Lounge	8pm
22 December	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
23 December	Saturday	Memory Lane 	Club Twenty-Two	8pm – 10.45pm
24 December	Sunday	Christmas Eve Set Menu  Live performance by LOCOMOTION  Live performance by The M.O.B.B. 	Garden Grill Club Twenty-Two Crossroads Lounge	12pm / 6pm 8.30pm 9pm
25 December	Monday	Christmas Day Set Menu  Christmas Day Tea Dance 	Garden Grill Club Twenty-Two	12pm / 6pm 12pm
27 December	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
28 December	Thursday	Live performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
29 December	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
30 December	Saturday	Memory Lane 	Club Twenty-Two	8pm – 10.45pm
31 December	Sunday	New Year's Eve Set Menu  New Year's Eve Countdown Party 	Garden Grill Kensington Ballroom	12pm / 6pm 6pm – 1am

DATE	DAY	EVENT	LOCATION	TIME
1 January	Monday	New Year's Day Set Menu 	Garden Grill	12pm / 6pm
2 January	Tuesday	Modern Classic Cuisine 	Garden Grill	January 12pm / 6pm
3 January	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
4 January	Thursday	Live Band performance by Tristan & Abby 	Crossroads Lounge	8pm
5 January	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
6 January	Saturday	Live performance by LOCOMOTION 	Club Twenty-Two	8pm
8 January	Monday	Music Monday 	Club Twenty-Two	12.45pm
10 January	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
11 January	Thursday	Live Band performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
12 January	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
13 January	Saturday	Live performance by LOCOMOTION 	Club Twenty-Two	8pm
17 January	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm
18 January	Thursday	Live Band performance by Tristan & Abby 	Crossroads Lounge	8pm
19 January	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
20 January	Saturday	DIY CNY Lantern Class  Live performance by LOCOMOTION 	Casuarina Room Club Twenty-Two	2.30pm 8pm
22 January	Monday	Music Monday 	Club Twenty-Two	12.45pm
24 January	Wednesday	Lunar New Year Festive Delicacy Sale  Live performance by Playback 	Atrium Café Crossroads Lounge	12pm / 6pm 8pm
25 January	Thursday	Live Band performance by Tienyao & Yunrui 	Crossroads Lounge	8pm
26 January	Friday	Live performance by Friends & Strangers 	Crossroads Lounge	8pm
27 January	Saturday	Live performance by LOCOMOTION 	Club Twenty-Two	8pm
31 January	Wednesday	Live performance by Playback 	Crossroads Lounge	8pm



Lunar New Year Festive Delicacies

Ring in a prosperous Lunar New Year with a tantalising array of goodies at Atrium Café! Toss to endless wealth and prosperity with one of our Yu Shengs available.

Available from 24 January to 24 February 2024 and for dine-in or takeaway!

Salmon "Yu Sheng"

(for 4-6 persons) \$38.00*

(for 8-10 persons) \$68.00*

Abalone & Salmon "Yu Sheng"

(for 4-6 persons) \$68.00*

(for 8-10 persons) \$118.00*

Vegetarian "Yu Sheng"

(for 4-6 persons) \$32.00*

(for 8-10 persons) \$52.00*

Bountiful Treasure "Pen Cai" \$328.00*

featuring 14 delicacies including abalone, conpoy, fish maw, prawn, scallop and sea cucumber layered with roast duck, chicken, yam, lotus root, white radish, pork belly, long cabbage and black mushroom nestled in a piping hot claypot

(3 working days' notice required)

Braised Pork Knuckle (1kg) \$78.00*

with Fatt Cai & Dried Oyster

(for 6-8 persons)

(3 working days' notice required)

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

* Prices include GST





Lo Hei Dinner & Dance with 'Live' Band, Sound Sensation

Ring in the Lunar New Year with family and friends at this highly symbolic meal. Book now to avoid disappointment!

Date: Friday, 16 February 2024

Time: 7pm - 11pm (early bird dance from 6pm)

Venue: Kensington Ballroom

Price: \$60 per member

\$70 per guest

\$650 table of 10pax

* Price includes 7-course Chinese dinner,
free flow of soft drinks and GST



LO HEI SET MENU

Prosperity Smoked Salmon 'Yu Sheng'

Velouté of Seafood and Bean Curd

Steamed Sea Bass Teochew-style

Kung Po Prawns

Braised Bailing Mushrooms on Farmer's Green

Steamed Fragrant Rice with Waxed Meat in Lotus Leaf

Hot Sweetened Yam Paste with Gingko Nuts



For more details, call Adrian at 9115 0417



Chap Goh Meh Dinner & Dance with 'Live' Band, Locomotion

Celebrate the 15th night of the Lunar New Year with a sumptuous dinner with family and friends.

Date: Friday, 23 February 2024

Venue: Kensington Ballroom

Time: 7pm - 11pm (early bird dance from 6pm)

Price: \$65 per member

\$75 per guest

\$700 table of 10pax

* Price includes 7-course Chinese dinner,
free flow of soft drinks and GST



CHAP GOH MEH SET MENU

Prosperity Smoked Salmon 'Yu Sheng'

Braised Fish Maw Soup with Shredded Chicken
and Crabmeat

Steamed Sea Bass with Superior Soy Sauce

Stir Fried Prawns with Mango Mayonnaise

Braised Chinese Spinach with Black Mushrooms

Ee Fu Noodle with Yellow Chives

Chilled Mango Puree with Pomelo and Sago

For more details, call Adrian at 9115 0417



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



New Year's Eve: Go Where, Do What?



New Year's Eve is coming! The age-old question once again surfaces like how Mariah Carey is defrosted each year for Christmas - where to go and what can you do in Singapore to welcome the new year?

Singapore may be a small country but it offers a myriad choices for spending New Year's Eve. Of course, getting to a place to catch a good view of the customary fireworks is top of the mind. But besides watching those glitzy pyrotechnics, there are also alternative spots where you can spend the last moments of the old year with a special someone or your family as you welcome the new year together.

If 2023 has not been the kindest of years to you, here's to wishing that 2024 is one where you find balance, peace, joy and fulfilment. In the meantime, let's check out some spots in our island city where you can herald the coming of 2024.

We will see you on the other side of the new year!



Gather at the Helix Bridge for an enchanting view of the Singapore skyline.



Celebrate the new year at Mount Faber.

The Bay is the Way

Let's get this out of the way. No self-respecting list of potential places to spend New Year's Eve in Singapore would be complete without mentioning Marina Bay, and for good reason! Marina Bay is the perfect spot to stand enthralled by the dazzling fireworks in the sky when the countdown ends. It is also home to some of the best hotspots in Singapore where you can spend hours before the grand party and revelry exploring the downtown of Singapore with the famous Art Science Museum, Merlion Park (another good location for fireworks watching), the Fullerton Bay Hotel where you can enjoy a staycation at to spend the night between the years, the Open Financial Center, and more.

Bridging the Old and New Years

No other place in Singapore can get you more immersed in the New Year's Eve hype than the Helix Bridge. The iconic bridge typically gets really crowded by midnight every 31 December. An alternative spot to gather would be at the Benjamin Sheares Bridge. Both locations provide extremely enchanting views of the Singapore skyline.

On New Year's Eve, these bridges will be awash with vibrant lights of stunning colours. When the clock strikes 12, get your phones ready to record the breathtaking fireworks!

Rave at the Wave House

Every New Year's Eve, there is sure to be a party at the Wave House located in Sentosa. Party-goers can expect an incredible array of music performances by headlining DJs, musicians and singers.

If the love of live performances, complimentary drinks, and unlimited music runs in your blood, the Wave House is the perfect choice to spend the remaining hours of the old year. The annual New Year's Eve bash normally begins at 6pm and never lets up until 6am the following day!

Escape to the Mount

If you prefer to have a quieter, more introspective time to usher in the new year, you can elect to head on up Mount Faber. Located in the heart of Bukit Merah, the lush canopy of a well-manicured park will put you in a reflective mood as you contemplate your next moves in 2024.

Of course, when night falls, the summit will also be transformed into a hubbub of activity as the restaurants and eateries will be lighted up in all their party glory as visitors are treated to dance performances and a round of stunning fireworks. Be sure to catch a good spot near the top so that you can catch an amazing view of Sentosa to complete a memorable New Year's bash. Mount Faber might not have the usual massive crowds on New Year's Eve but what you get is a rare combination of celebrating an evening amidst nature while still being close to civilisation.

It is a Happy New Year's Eve at SGCC, Partner!

Of course, the best is always left to the last. If you are looking for a truly unique New Year's Eve celebration to remember, why not head on down to SGCC for an uproarious time with your fellow Club Members?

A series of absolutely over-the-top programmes have been lined up to wow Members who choose to welcome the new year at the Club. Get set to ride 2023 off into the sunset with a Wild, Wild West themed party at the Kensington Ballroom where you will be entertained by returning emcee, Happy Fei Fei. Of course, there will be feasting and merrymaking in the forms of an 8-course dinner, live performances, dance showcases and a competition for the best dressed partygoer.

The fun never stops even after midnight with supper and free flow of beer and drinks. All participants will be entitled to a party pack. Enquire at the Club today on the party to end all parties in 2023!

PAST EVENTS

WORLD SQUASH DAY 2023

A total of 33 squash players headed down to the SGCC squash courts for the World Squash Day event held on 14 October 2023.

The games kicked off with the first serve at 3pm. There was a sense of good sportsmanship and camaraderie all around as the competitors played to their best as shown by the close scores. The players (a mixture of Members and Guests) thoroughly enjoyed themselves. After the games, the players were treated to a sumptuous dinner at Casuarina Room where they had the opportunity to mingle and know each other better!

We look forward to the next squash fraternity event in 2024! Meanwhile, we extend our heartiest congratulations to our winning teams in this event.



All smiles from the champions.

Champion Team

- Mike Hue
- Shaan Kumar
- Renaud Romain
- Laffitte
- Peter Lim
- Alvin Lim
- Marc Macresy
- Raphael Macresy
- Chris Pua
- Joyce Lim

1st Runner-Up Team

- Julien Blain
- Daryl Khoo
- Shaan Kumar
- Edward Lee
- Ethan Lee
- Gillian Ng
- Joseph Liew
- Edwin Lee
- Simon Sim
- Dennis Tan

2nd Runner-Up Team

- Molly Chua
- J. P. Filhol
- Vinny Vinh-Duc
- Nguyen
- Peter Le Roux
- Jason Lee
- Eugene Lee
- Raymond Tan
- Tony Tang
- Jared Yeo

26TH INTER-CLUB BOWLING MIXED LEAGUE 2023



Well done to our Members who came in 2nd!



Members of Team SGCC.

RANKINGS ON POINTS

1st	Chinese Swimming Club	61 points
2nd	Serangoon Gardens Country Club	60 points
3rd	Singapore Recreation Club	49 points
4th	Singapore Swimming Club	46 points
5th	National Service Resort & Country Club	39 points
6th	Seletar Country Club	38 points
7th	Orchid Country Club	22 points

Running through April to September 2023, 120 bowlers representing seven different Clubs competed against each other for the top honours. At the end of the 21-week competition, the Chinese Swimming Club emerged as victors with 61 points, a hair's breadth from second placed SGCC at 60 points.

The following is the final ranking from first to seventh. We thank all the participating Clubs and hope to see you again in the next League!

47TH INTER-TEAM BOWLING TRIOS LEAGUE



Members of Team Just Bowl, the Champions, with Ms Elena Chua, Deputy S&R Chairman (second from left).



Second-placed Team Simply Amazing posing for a shot.

The 47th Inter-Team Bowling Trios League concluded recently in September 2023. The 15-week competition that started in May 2023 was a tightly contested affair. At the end of the League, a prize presentation was attended by 30 bowlers and their friends. SGCC would also like to thank the following six Team Captains who contributed to the success of the League!

Captain

Catherine Chua
Ken Tan
Xavier Boutin
Lucy Tan
Derrick Sim
Jason Ng

Team Name

Bowling Buddies
Happy 4 U
No Fear
Aurora
Break Free
Just Bowl

The final team standings is as follows:

Team Standing

Champion
Runner-up
Third

Team Name

Just Bowl
Simply Amazing
Aurora



Well done to Team Aurora, who came in 3rd.



Winner of the Tennis Open - Terence Su.

SGCC MEN'S TENNIS OPEN

The SGCC Tennis Court was ground zero for the SGCC Men's Tennis Open between August and September 2023. A total of 12 tennis players took part in the Open where they were split into two groups in a round robin format. The top two players of each group faced off against each other in two semi-final matches where the winners would proceed into the finals. In the finals, Terence Su faced off against Collin Ng in a rematch from the group stages. Terence took the match 6-0, 6-0. Congratulations Terence!

SGCC MEN'S TENNIS OPEN TOP 4

1st	Terence Su
2nd	Collin Ng
Joint 3rd	Josiah Lim
Joint 3rd	Clinton Wee



SGCC hikers gather for a group shot.

#SGCCGOES RAILWAY CORRIDOR WALK

19 August 2023 dawned on an exciting note as it heralded the second #SGCCGOES hiking trip. This time, 29 SGCC Members were part of the pioneer group of hikers as they took a stab at traversing through the Railway Corridor and coming up close with lush jungles and the vibrant biodiversity and wildlife of Singapore.

Stay tuned for more updates on the next locations that #SGCCGOES will head to!

DR LAU TEIK SOON CUP GOLF CHALLENGE

The Dr Lau Teik Soon Cup Golf Challenge took place at Batam between 18 and 19 August 2023. Twenty-four golfers took part in the Challenge. The golf competition first took place at the Batam Hills Golf Resort on 18 August, while Southlinks Country Club hosted the next round of the Challenge on the second day. We would like to express our heartfelt congratulations to our top three winners! SGCC would also like to thank Dr Lau Teik Soon for sponsoring the PG golf shirt for all golfers.

DR LAU TEIK SOON CUP GOLF CHALLENGE TOP 3 GOLFERS	
Champion	Liow Hock Lye
1st Runner-Up	Philip Leow
2nd Runner-Up	Lim Sheue Ling

Dr Lau was also present at Batam Hills Golf Resort where he presented the polo shirts to the golfers.



A group shot with our SGCC Golfers!



Players representing SGCC in the STA Inter-Club Doubles League.



STA INTER-CLUB DOUBLES LEAGUE 2023

From September to October 2023, SGCC took part in the Singapore Tennis Association Inter-Club Doubles League where the Club was represented by both the Men's and Ladies teams. The Men's team was placed in Grade C while the Ladies team was in Grade B.

Despite putting up their best efforts, the SGCC teams failed to progress beyond the group stages. However, we still applaud our tennis players for their tenacity and sportsmanship and will come back stronger in 2024!



Parent Members were all ears during the briefing.



SWIMMING MEET THE PARENTS SESSION

The Swimming department of SGCC met up with the parent Members of the Club at the Casuarina Room on 14 October 2023 to brief them on the tender process for the swimming coaching contract. Our swimming coaching partner, Quattor Swim School, also shared future plans on the Learn to Swim training syllabus and details on the training programme for continual development and support of the SGCC competitive squad.



Hitting Bullseye

Champion darts player William Ng shares his road to success in this game which has its roots in the medieval era

Meet William Ng, our Club's very own darts talent. He recently represented Singapore in the Johor Open 2023 Team Event where he and the Singapore National Team defied all odds, triumphing over many favourites to secure a remarkable second place among more than 100 teams!

Reaching that milestone was no small feat. William started his incredible darts journey just four years ago when he first joined the Club as a member and was introduced to the game by fellow darters. He started off just enjoying the drinks and chats with the Darts Fraternity, but when he finally gave the game a shot, he very quickly discovered his natural talent

for it. The more he played, the better he became.

Making it through the Singapore National Team process was not easy at all. In total, just under 50 individuals were shortlisted, and only 10 could make the final cut. Then began the gruelling 13-week selection phase where the players competed against each other in a knockout format. Thanks to his unwavering passion, relentless training, and constant commitment to excellence, he secured a spot in the 10-man team representing Singapore in the Johor Open 2023, where they eventually clinched 2nd place.

William invites everyone to try their hand at Darts at our very own Crossroads Lounge. You can easily



borrow a set of darts from our lounge's counter and engage in a friendly game. There are many Darts players around to guide you through the game. Come on down to play, meet William, and be part of the Darts community today!

UPCOMING EVENTS

TENNIS SOCIAL NIGHT



For two evenings in December and January, 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: 8 and 22 December 2023 / 12 and 26 January 2024
Time: 8pm-10pm
Venue: Tennis Courts
Fee: Free for SGCC Members

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

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

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

CENTRE OF EXCELLENCE (COE) PROGRAMME FOR BOWLING



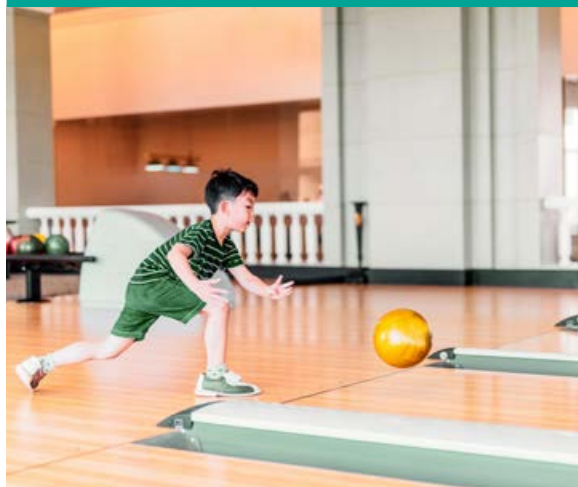
The Centre of Excellence (COE) programme is now open to all aspiring bowlers to improve their skills or get the chance to join the ranks of the National Youth Development Bowlers. A four-year intensive programme, the COE consists of four levels - Elementary, Intermediate, Advance and Elite. The COE Programme will be conducted by Singapore Bowling Federation-appointed COE coach, Mr John Liaw.

Date / Day: Programme starts February 2024
Time: 60 sessions of training programme per year – three training sessions per week (Tuesdays, Thursdays and Sundays). Each training session lasts two hours.
Venue: Gardens Bowl
Fee: For Elementary, Intermediate, Advance and Elite Team levels \$3,210* (Member/ Guest)
 For National Youth level \$5,350* (Member/ Guest)
 * Price includes GST
Age: Minimum 10 years old to take part

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

CLASSES

SGCC LEARN TO BOWL PROGRAMME



Catering to young children 7-12 who are aspiring bowlers, the SGCC Learn to Bowl programme 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-9pm
Venue	Gardens Bowl
Fee	Learn to Bowl: \$86.40* Pre-performance Level: \$129.60* Performance Level: \$172.80*
Min/Max	10/15 participants

*Fees quoted are for 4 sessions per month and include GST. *Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

**Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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

MUAY THAI HIIT FOR ADULTS AND KIDS

Experience the ultimate fusion of Muay Thai x HIIT! Unleash your inner fighter and torch calories like never before. Our high-intensity workouts combine the intensity of Muay Thai strikes with heart-pumping HIIT exercises. Build strength, agility and endurance as you master the art of eight limbs. From powerful punches and kicks to explosive cardio intervals, our sessions will challenge your body and elevate your fitness levels.



Day/Time:	Every Saturday, 6pm-7pm (Kids) / 7.30pm-8.30pm (Adults)
Venue:	Aerobics Studio
Fee:	Kids class (7-12 years): \$145.80** (Member) Adults class (16 years and above): \$172.80** (Member)
Min/Max:	5 participants to start

** For guests, an additional \$11.34 will be charged regardless of kids or adults classes (includes GST). *Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. *Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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 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: 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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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

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. Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in 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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in 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

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.*

***Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.*

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

LEARN-TO-SWIM PROGRAMME



Run by Quattro 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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.*

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

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. **Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.*

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. Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.*

Julia Kong at 6398 5352 for more information

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. Fees will be increased slightly from 1 Jan 2024 due to the revision in GST.*



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

From Splash to Success

Whether you're a beginner planning to dip your toe into swimming, or a competent swimmer wanting to take your skills to the next level, the programmes of SGCC-Quattor Swim School will be right up your alley! Here are the various classes and activities available.



From amateur to master level

There are four swimming programmes, or what Quattor refers to as "Programme Pathways", offered with the goal of students completing the Competitive programme. While trial lessons are not available, 10-minute assessments are conducted instead, which allows the identification of the student's swimming abilities, and for

parents and students to have a sneak peek of Quattor's classes.

Toddlers Pathway

Designed for children between one and four years old, the Toddlers Pathway aims to help young swimmers feel comfortable and safe in the pool, with songs and games incorporated into the lessons. The parent-accompanied programme

consists of four levels, which include the learning of skills such as breath control, and kicking with support.

Frequency: Once a week

Duration: 30 minutes

Class ratio (Coach: Student): 1:5

Learn-to-Swim Pathway

This programme aims to build a solid foundation across five levels, beginning with the basics, which includes water safety lessons, and culminating in more advanced techniques such as the breaststroke. To ensure a well-rounded swimming education, the classes are designed with SwimSafer 2.0, which is Singapore's national water safety programme, in mind.

Frequency: Once or twice a week

Duration: 45 minutes (Level 1 & 2), 60 minutes (Level 3-5)

Class ratio (Coach: Student): 1:8



Land and Physical training for an all-rounded experience. The Competitive Swim Pathway is ideal for swimmers seeking to compete on a national level – time trials are conducted every three months, along with a progression report, allowing them to gauge their personal development.

Frequency: 6 times a week

Duration: 2 hours

Masters Swim Programme

The Masters Swim Programme caters to swimmers of various skill levels. It offers three different groups: Learner, Intermediate, and Competitive Ready. The Learner stage focuses on water confidence and the fundamentals of water survival and basic strokes, while the Intermediate stage is suitable for swimmers wanting to enhance their swimming proficiency and stamina. The Competitive Ready level, as its name suggests, is for those who have already mastered swimming and are ready to compete.

The Masters Swim Programme also allocates Intermediate and Competitive Ready swimmers time to engage with the trainers during each lesson for individual guidance.

Frequency: 1-3 times per week

Duration: 45 or 60 minutes

Class Ratio (Coach: Student): 1:6
(minimum class size: 3 students)



HydroPump

HydroPump is an aquatic high-intensity training programme with three different levels; Hydro-Beta, Hydro-Alpha, and Hydro-X. The levels, with Hydro-X being the most intense, offer varying degrees of intensity, utilising body weight and water resistance exercises, aqua equipment, and high-repetition intervals to challenge participants and improve their fitness.

Duration: 45 minutes

Class Size: 3-30

Private lessons

Private lessons are available to swimmers of all levels and are suited to those who prefer a more tailored swimming experience. Quattor's instructors are also trained to coach swimmers with special needs.

Development Swim Pathway

Bridging the gap between the Learn-to-Swim Pathway and the Competitive Swim Pathway is the Development Swim Pathway, with a focus on enhancing stroke efficiency, stamina, and the introduction of competitive swimming elements. Graduates of the Learn-to-Swim Pathway will have to undergo monthly time trials for their progress to be monitored and the criteria to be met before they can be invited to join the Development Swim Pathway.

Frequency: Twice a week or unlimited

Duration: 1.5 hours

Competitive Swim Pathway

The Competitive Swim Pathway is for experienced swimmers wanting to go the extra mile. At this level, training includes endurance swimming and anaerobic exercises, as well as supplementary sessions in



Social Dance

Social Dancing is a dance genre for social settings and functions. It spans 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 Twenty-Two
Fee: Fridays (4 lessons)
\$64.80* (Member) | **\$79.92*** (Guest)
**Prices include GST (8% in 2023, 9% in 2024)*

Jean Lee at 6398 5383 or 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 (new)

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)
**Price includes GST (8% in 2023, 9% in 2024)*

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

Gifts for all Junior Gems Members!



Calling all our Junior Gems (JG) Members! To celebrate the holiday season, we have prepared gifts for all of our little ones. From tote bags to keychains featuring cute Sanrio characters like Cinnamoroll and Kuromi, there is a gift for every child. See you at the membership booth on the day of the Christmas Light-Up to collect your free JG gifts!



Date: 2 December 2023,
Saturday

Time: 11am–5pm

Venue: Main Lobby

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

DIY Finger Puppet Class

Unleash your creativity and bring tiny characters to life at our Finger Puppet Making Workshop! Join us for an enchanting crafting experience and craft your very own finger puppets, perfect for storytelling and imaginative play.

Benefits:

- Enhance Coordination: Create finger puppets that require precise finger movements, promoting hand-eye coordination and dexterity.
- Boost Storytelling Skills: Craft characters and props to act out imaginative tales, fostering storytelling abilities.
- Unleash Creativity: Design unique puppets, encouraging creative expression and individuality.



Date:

16 December 2023, Saturday

Time:

2pm – 4pm

Venue:

Casuarina Room

Fee:

\$38.88* (Junior Gems) | **\$41.04*** (Member) | **\$42.12*** (Guest)

*Price includes 8% GST

Min/Max:

8 participants to start

Closing Date:

8 December 2023, Friday

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

DIY Lunar New Year Lantern Class



Lanterns are used in many customs and traditions. They represent a new beginning or a symbol of hope for positive changes to come. In this workshop, participants can learn to create their unique Lunar New Year Lanterns to bring light and happiness into their homes.

Date: 13 January 2024, Saturday

Time: 2pm – 4pm

Venue: Casuarina Room

Fee: \$40.33* (Junior Gems)
\$42.51* (Member)
\$43.60* (Guest)

**Price includes 9% GST*

Min/Max: 8 participants to start

Closing Date: 8 January 2024, Monday

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

Crystal Bracelet Class

Let your creativity shine through with this class as you learn how to create your own crystal bracelet. Dazzle your friends with the result of you bringing elegance and artistry together through your unique accessory!

Date: 3 February 2024, Saturday

Time: 10am – 12pm

Venue: Casuarina Room

Fee: \$76.30* (Member)
\$78.48* (Guest)

**Price includes 9% GST*

Min/Max: 10 participants to start

Closing Date: 17 January 2024, Wednesday



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

*Make
Your Own:*

Christmas Turkey

A roast turkey is as Christmas as they come. A Christmas table is never complete without the sight of the roasted bird. Here is an easy-to-follow recipe that takes 20 minutes to prepare and serves up to six. However, do allow a two-hour window for actual cooking.

Ingredients

- ✓ 100g butter, softened
- ✓ 3 rosemary sprigs, leaves picked and finely chopped
- ✓ 1 turkey (around 4kg, but not more), giblets removed
- ✓ 1 garlic bulb
- ✓ 1 lemon, halved
- ✓ 2 bay leaves
- ✓ 2 large banana shallots, unpeeled, cut in half lengthways
- ✓ 250ml white wine
- ✓ 1 red cabbage (about 900g), cut into 6 wedges
- ✓ 500ml good-quality chicken stock
- ✓ 1 teaspoonful cornflour (optional)

Directions

Defrost the turkey for at least 1 hour before cooking. Heat oven to 200 degrees celsius/180 degrees celsius fan/gas 6 and beat the butter with the rosemary. Starting from the neck of the turkey, carefully push your fingers underneath the skin until your whole hand is between the skin and the breast meat. Spread the butter inside the pocket. Apply some butter too between the thigh and breast meat.

Put the garlic, lemon and bay leaves inside the turkey, then season liberally all over the bird. Add the shallots into roasting tin and put the turkey on top, breast-side up. Roast for 1 hour, pour in the wine and place cabbage wedges in the tin or underneath the turkey. Place the tin into the oven for 30 minutes. If the turkey is looking too brown, you can cover it in foil.



The juices should run clear when you pierce the thickest part of the thigh, or a thermometer should read 75 degree celsius. Carry on cooking for a further five to 10 minutes if the thermometer reads otherwise.

Set aside the turkey on a board to rest for 1 hour, transferring the garlic and bay leaves to the roasting tin for the gravy. If you want crispy skin, do not cover the turkey. Wrap the cabbage wedges in two parcels of foil, with a spoonful of the turkey juices, season liberally and return to the bottom of the oven to carry on cooking while the turkey rests.

Spoon away most of the turkey fat, then put the tin on the hob over medium heat. Mash the vegetable with the back of a wooden spoon to extract flavour, pour in the stock and reduce the gravy by half.

If you want to thicken it, stir in the cornflour mixed with 1 tablespoon of water. Strain and keep warm until ready to serve.



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)*

Fees will be increased slightly from
1 January 2024 due to the revision in GST

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: _____

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

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

TENANTS

Cambridge Pre-School

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

Lat Salon

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

Tai Yuan Tsui Hiang Yuan

Tel: 6322 7527
Mon–Fri: 11am–3pm, 5pm–10pm
Sat, Sun & PH: 9am–3pm, 6pm–10pm

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

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

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

Data Protection Officer

Email: dpo@sgcc.com.sg



BE A TERM MEMBER OF Serangoon Gardens Country Club



\$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.



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