



# Club *Spirit*

APRIL • MAY 2024

## **Celebrating Chinese New Year**

SGCC ushers in the  
Year of the Dragon

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## **The Tea Story**

What you need to  
know about the  
world's second most  
popular beverage

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## **Keeping Fit**

Get up close and  
personal with  
two of our female  
gym instructors

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APRIL • MAY 2024



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Mr George Yeo

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Mr Thomas Tan  
Mr Leslie Yeo

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Dear Fellow Members,

Singapore will be celebrating two religious holidays in April and May this year: Hari Raya Puasa on 10th April, and Vesak Day on 22nd May. Hari Raya Puasa celebrates the end of the Islamic holy month of Ramadan, a month-long period of dawn-to-sunset fasting. Vesak Day is the most important festival for Buddhists; it commemorates the birth, enlightenment, and passing of Buddha. As a Singaporean, I am glad that many religions co-exist in harmony in Singapore, and all the ethnicities and religions celebrate happily and peacefully together.

While the Club is secular in nature and does not take part in religious ceremonies, I would like to wish SGCC Members of the Muslim faith Selamat Hari Raya Aidilfitri! And Buddhist Members, a happy Vesak Day!

April also marks the anniversary of the launch of Minimum Spending ("Min-spend"). This is a common practice in social and country clubs, and SGCC was among the last of the social clubs in Singapore to implement a Min-spend scheme. As expected, the Min-spend scheme has improved the vibrancy at the Club and helped to increase revenue which offset partially the drastic inflation we experienced in the past one year.

Based on the pre-audited financial report at the time of writing this, we are likely to run an Operating Surplus for the Financial Year 2023/24. Undoubtedly, the increase in subscription and the Min-spend helped, but as mentioned, this was partly countered by the effects of an inflation which was worse than had been expected. In addition, this fiscal year saw the discontinuance of government subsidies on the wage support which had amounted to more than \$400K in the previous fiscal year. Despite this, we managed to improve on the F&B's top and bottom lines significantly (the banquet business, especially, has been good) to help us achieve our goal of breakeven on Operating P/L.

In closing, the first of May is May Day or Labour Day, a day to celebrate all workers and their hard work. I would like to wish everyone a happy May Day! Do drop by the Club on these three public holidays, and the eves, and savour the sumptuous spreads we have in store for you!

Yours sincerely,  
**Koh Jin Kit**  
President, SGCC





# Celebrating Chinese New Year

11 February 2024



On 11 February, our annual celebration for Chinese New Year took centre stage at the Main Lobby. Marking the advent of the Year of the Dragon, the festive revelry was flagged off with a captivating performance by the Wei Jin Dragon & Lion Dance Association.

The celebration started with a group photo shoot of the General Committee members and VIPs at the entrance of the Main Lobby, after which they made their way inside to kickstart the festivities at noon.

The first showcase was a drum performance, comprising eight skilled drummers orchestrating a mesmerising sequence of beats, which captivated the onlookers. This was followed by the grand entrance of the majestic dragon. Expertly manoeuvred by the troupe members, it symbolises the awakening of good luck and prosperity.

As this year is the dragon year, the eye-dotting ceremony was performed on the dragon, instead

of the lion. General Committee President Mr Koh Jin Kit took centre stage at the Dragon Eye Dotting Ceremony. On completion of the eye-dotting, the dragon dance unfolded, showcasing the seamless collaboration of the 10-odd troupe members. Their elegant, quicksilver movements left the crowd awestruck.

The lion dance next took to the stage. Featuring the Cai Ti-Qing performance, the lion exhibited acrobatic prowess by plucking a





green vegetable from a height, symbolising the arrival of good fortune. Following that was the Mei Hua Zhuang, where the lion displayed agility and flexibility as it performed a series of jumps from elevated poles.

The General Committee members then distributed bags of oranges and red packets to Members and guests. A big "Thank You" to all who attended our annual Lion Dance performance. We wish all Members a year of good health, happiness and success!







# Gathering of New Members 20 January 2024



On 20 January, the Club hosted a lively gathering of new Members at Club Twenty-Two. The Members and their families were treated to a sumptuous spread, which included satay, homemade seafood beancurd, chicken with miso sauce, and fried vermicelli.

After a quick introduction of our esteemed General Committee Members and key staff members, Club President Mr Koh Jin Kit gave his welcome speech. Thereafter, Members explored various sports offerings at the Sports and Recreation booth and mingled with both the General Committee Members as well as fellow Members. Ice-breaking games added a fun touch,

facilitating connections and ensuring an enjoyable experience for all.

We are thrilled to have you as part of our Club and we look forward to creating memorable moments together!







# A Memorable Evening with the Maceys

## 15 February 2024



The Club warmly extended its hospitality to Mr David Macey and his sister, Mrs Penelope Campbell, for an exclusive dinner held at Garden Grill on 15 February. Both Mr Macey and Mrs Campbell are the children of the Club's founder, the late Mr SC Macey.

The highlights of the evening were the splendid dinner at Garden Grill and the tour of the captivating Heritage Wall at the Main Lobby. The event was also graced by the distinguished Honourable Member, Dr Lau Teik Soon, Trustees of the Club: Mr Pao Kiew Tee, Mr Thomas Tan, and Mr Leslie Yeo; and hosted by the General Committee.



Scan here to read more about the history of the Club, which is also available at the SGCC website.







# Pump It Up: Sports Extravaganza

2 March 2024



On 2 March, the Club hosted the Pump It Up - Sports Extravaganza, a Sports Open House, which attracted a lively crowd of Club Members as well as members of the public. In collaboration with ITE, this event aimed to introduce attendees to various sports activities and facilities while providing them with a hands-on experience in individual sports. At the same time, non-members had the opportunity to inquire about Club membership and take a guided tour of the facilities.

The day's event saw Club staff and ITE students working together collaboratively, with exciting demo classes such as HIIT & Strength classes and Cardio Lab Workout. There was also a shopaholic's dream bazaar, where one could get their retail therapy fix from the various products sold. The wares ranged from costume jewellery, healthy honey, preserved fruits, precious gems, handmade clothes/bags, home-baked banana cake, and





Thai snacks. For the young and adventurous, there was a thrilling water inflatable obstacle course, a dunking booth, an educational talk promoting a healthy lifestyle, a K-pop dance lesson and a NERF shootout. Activities spanned the entire Club, from the end of Heliconia Wing to the tip of Palm Wing, creating an engaging and dynamic experience for people of all ages.

The Club's Line Dance class' performance was well rehearsed and showcased their rhythmic moves in sync with the music. This gave the audience a good idea of the fun, camaraderie and coordination involved. The Happy Neigong class also performed a few numbers, displaying their flexibility, balance, and strength with props such as handheld foldable fans, umbrellas and swords.

Try-outs for Aikido, tennis, bowling, squash, and table tennis were available. The Club's warm sense of community and spirited participation were evident from the smiles and laughter all around.

A complete celebration of sports, entertainment, and community involvement, the day left participants with pleasant memories.







# Thank You to All Members for your Ang Bao Contributions

and helping us show recognition to our staff for their hard work and service to the Club.



# Loan of Newspapers

Keep newspapers clean and tidy for the next reader!

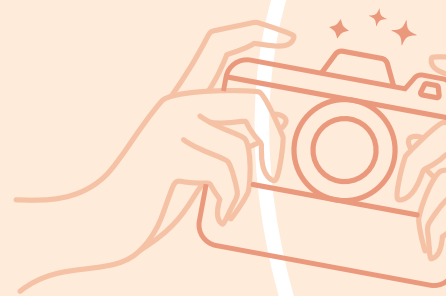
Anyone can be the next reader, so let's all take responsibility to maintain their condition.

Thank you for your cooperation!



# Snapshots

Here are photos and snippets of Club events that took place from **January to February 2024**.



## Pio Cesare Wine Workshop (22 January 2024)



Participants picked up useful pointers on choosing wines.

## Chap Goh Meh Dinner & Dance (23 February 2024)



Members usher in good luck for the year ahead.



Leslie Yeo giving insights into the wines.



Participants were introduced to Pio Cesare's classic-style wines.



Members looking elegant in cheongsams.

## Malay Wedding Showcase (at Kensington Ballroom) (4 February 2024)



The beautifully staged ballroom provided inspiration for Members planning their wedding.



An elegant dinner setting.



Romantic floral creations graced the entrance of the ballroom.



# WELCOME TO THE SGCC FAMILY!

*Teo Ai Hua Jimmy*  
Grand Member

*Jonah Dominic Ong Seah Tatt*  
Ordinary Member

*Clarisse Hing Wei Yen*  
Ordinary Member

*Tan King Chang, Kevin*  
Grand Member

*Pang Hock Guan*  
Ordinary Member

*Liow Poh Voon, Vincent*  
Ordinary Member

*Ang Siew Choo*  
Ordinary Member

*Thiruchelvam Ranjan*  
Ordinary Member

*Ing Ah Moy @ Kwang Get  
(Mrs Seet)*  
Ordinary Member

*Chia Lee Huan*  
Ordinary Member

*Seah Min Li, Mabel*  
Ordinary Member

*Shae Calissa Teo*  
Ordinary Member

*Goh Sinn Mon, Glendon*  
Ordinary Member

*Tang Sow May Cynthia*  
Ordinary Member

*Yeo Si Li, Charlene*  
Ordinary Member

*Goh Renguang, Desmond*  
Ordinary Member

*Tan Kok Siong, Jeffeury*  
Ordinary Member

*Colas Romain*  
Term Member

*Gn Chiang Hern Tony*  
Ordinary Member

*Teo Wei Sheng, Edmond*  
Ordinary Member

*Rachel Lim Sze Ying*  
Term Member

*Kueh Siang Noi*  
Ordinary Member

*Teah Seow Lian, Jane*  
Ordinary Member

*Proutiere Laurent Mickael*  
Term Member

*Lee Chin Keng, Edward*  
Ordinary Member

*Wee Charlene*  
Ordinary Member

*Laroche-Joubert Ep Senly  
Charlotte*  
Term Member

*Leow Pee Lip*  
Ordinary Member

*Narinder Nath Elhence*  
Ordinary Member



# LOOKING FOR A CLUB MEMBERSHIP?

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

**\*T&Cs apply.**

22 Kensington Park Rd, Singapore 557271





# Triple Treats for Mum

Go next-level with your Mother's Day gifting this year and add something extra to three tried-and-tested ideas.

Falling on the second Sunday in May, Mother's Day is an opportunity for us to show our appreciation to our Mums. The day could start with the presentation of a bouquet of flowers and a box of high-quality chocolates, followed by dinner at a fancy restaurant.

While these are legitimate gestures of love and appreciation for Mum, the commercialisation of Mother's Day makes such store-bought experiences rather impersonal. Also, if you've been making the same moves the past couple of years, she may not be as enthused about receiving the same old stuff.

Why not take things up a notch this coming Mother's Day? Throw on some DIY creativity to personalise the experience for dear old Mum and make it a whole lot more meaningful for her. Here are some ideas:

## Learn flower arrangement

Instead of simply ordering a bouquet for Mum, why not take lessons on flower arrangement and prepare a vase full of her favourite blooms? That way, she can see and be reminded of your love for her even after Mother's Day has passed.

What's more, flower arrangements benefit both the arranger and the recipient.

In a 2008 study by Kansas State University, patients about to undergo abdominal surgery who were exposed to flowering plants and floral arrangements not only reported feeling less anxious, but had lower blood pressure and heart rate on the day of surgery and while recuperating. For the arranger, this inexpensive activity is not only relaxing and reduces stress, but also hones his visual art skills.



Give mum a personally arranged vase of flowers.





Hire a professional organiser to help spruce up mum's place.

savvy — prefer hard copies of her favourite scenes.

Why not bring your smartphone to the nearest shop that has a machine to print hard copies of digital photos? You will have to link your smartphone to the machines via Wi-Fi or Bluetooth. Another thing to note is that there is usually a minimum number of copies you must print.

Select photos that Mum has expressed delight over and print those. Then frame (the shop normally stocks a range of photo frames) the best (or all) and present to her the lot. If you're into arts and craft, you could consider making the photoframes yourself.

As with the flower arrangement idea, this is a physical reminder of your loving gesture she can see every day.

### **Hire a professional organiser**

Nobody likes house cleaning, but

they're a necessary evil if one wants to live in a healthy environment. That's why Mum will be only too happy if you offered to spruce up her place.

That, however, may prove difficult to achieve if she is a hoarder. While anyone can become a hoarder, the elderly are at higher risk of this behaviour because of their reduced cognitive ability to sort their items.

In this case, it may be worthwhile to engage for Mum the services of a professional organiser. They have the experience to recognise patterns and opportunities, help make decisions, and organise personalised storage systems that suit the client's needs. You could chip in by informing the organiser of Mum's personality and preferences.

This is arguably the most impactful of the three ideas suggested, as it has the potential to make Mum fall in love with her own home all over again — and she will have you to thank for it!

### **Print and frame photo**

With the arrival of smartphones, which come with a camera function, people are taking more photos than ever before. We can safely bet that you're going to take dozens more of your Mum this coming Mother's Day. The problem is that these digital photos rarely get printed as hard copies.

Mum may smile brightly while you scroll through the photo albums on your smartphone, but she would surely — even if she were tech-



Print mum's favourite photos and get them framed.



Did you know that there are six categories of tea? As we approach International Tea Day, which falls on 21 May, sip a cup of your favourite variety while reading up on these categories, their processes and flavour profiles.

# Spilling The Tea On Tea

The world's most popular drink next to water, tea has been consumed by humans for thousands of years — there is evidence it was drunk in China 5,000 years ago. It is made by using hot water to extract flavour from the leaves of the *Camellia sinensis* plant. This plant is believed to have its origins in northeast India, north Myanmar, and southwest China, although where it first grew is unknown.

All teas fall into one of six categories: green tea, white tea, yellow tea, oolong tea, black tea, and pu-erh tea. They all come from the *Camellia sinensis* plant. Which category a particular variety falls under depends on the degree of fermentation and oxidation.



White tea is generally a light yellow colour.

## White Tea

Of the various categories, the leaves in this go through the least amount of processing. The leaves — only baby ones — are harvested, then dried outdoors in natural sunlight. All white teas are produced in Fujian, China.

Because only young leaves are picked, the flavour is delicate and subtle. The liquid is light yellow, although some varieties have hints of green. Two popular varieties of white tea are Silver Needle and White Peony.

## Yellow Tea

The varieties in this category are arguably the rarest in the world because of the processing method: the leaves are allowed to ferment a little before being dried and the enzymes in them deactivated. This makes yellow tea taste like a mellow variety of green tea.

Yellow tea is significant in traditional Chinese tea making and is prized by connoisseurs. There are three subcategories: Huang Ya Cha (yellow bud teas), Huang Xiao Cha (yellow small-leaf teas), and Huang Da Cha (yellow large-leaf teas). The three most well-known yellow teas are Jun Shan Yin Zhen, Meng Ding Huang Ya, and Huo Shan Huang Ya.

## Green Tea

Like white tea leaves, green tea leaves do not undergo oxidation. After they are harvested, they are





Green teas from Japan are steamed to preserve their vegetal flavour.



Pu-erh tea is available in various forms.

The regional names characterise distinct flavour profiles influenced by regional geography and growing techniques. For example, Assam black tea is dark brown, smells earthy, and has a malty flavour due to the leaves being fully oxidised. Darjeeling black tea, being only semi-oxidised, ranges in colour from green to tan, exudes a floral or fruity fragrance, and tastes milder than Assam black tea. Other black tea varieties include Earl Grey (black tea infused with bergamot) and chai (black tea spiced with cardamom, pepper, ginger and cinammon).

withered to reduce moisture content. They are then pan-fried or steamed at high temperatures to induce drying. During the drying, they are rolled into pearls or long twigs depending on the variety, which includes matcha, genmaicha and sencha.

Generally, green teas from China are pan-fried for a roasted, nutty flavour, while green teas from Japan are steamed to preserve vegetal and herbaceous flavours. Genmaicha green teas have added roasted grains to balance the vegetal flavour of the green tea.

### Oolong Tea

Stronger than white tea but milder than black tea, oolong tea leaves are harvested and undergo the following steps: withering, rolling, short-term oxidation, and drying. After being withered, the leaves are gently bruised and left in baskets so as to oxidise the enzymes within. The leaves also

undergo a short fermentation, which is stopped by heating them.

Oolong tea is produced only in China and Taiwan and is often named according to the region in which it is cultivated. It ranges in colour from deep amber to light green. Terroir — soil composition, sunlight, rainfall, geographic conditions — plays a big part in its flavour profile, which can vary widely. The least-oxidised varieties offer the most floral notes and taste like green tea. The heavily oxidised varieties, such as Da Hong Pao, boast a strong, smooth and malty flavour.

### Black Tea

The leaves in this category undergo the most processing — withering, rolling, oxidation, and drying — that results in a liquid that is dark brown to reddish amber. Large producers of this tea include China, India (especially around Assam and Darjeeling) and Sri Lanka.

### Pu-Erh Tea

There are two types of pu-erh tea: raw and aged.

Making raw pu-erh tea is like making green tea: harvested leaves are immediately subjected to high temperatures to destroy the enzymes before they have a chance to oxidise. However, the heating temperature is lower than for green tea so as to leave some enzymes viable.

Aged pu-erh tea is made by fermenting the raw pu-erh tea, subjecting it to heat and moisture plus added beneficial microbes, making it a black tea. They are then left to age for 10–15 years to develop robust flavour profiles.

Aged pu-erh tea is usually dark red, while raw pu-erh tea is slightly lighter. Pu-erh tea is available in blocks, melons, mushrooms, tea bags, loose leaf, and pearls.



Tea undergoing a fermentation process.





## Californian Cuisine

California is home to a wealth of culinary traditions. Enjoy some of its iconic dishes at Garden Grill.

Available throughout the month of April 2024.

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

(Last order: 45 minutes before closing)

### Price

**3-course set from \$32 per person**

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

**4-course set from \$36 per person**

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

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

*Prices include GST*

### APPETISER

**California Summer Salad**

*blend of aromatic citrus and roasted sunflower kernels*

OR

**Cheese & Olive Stuffed Mushroom Cap**

OR

**Salmon Cake**

### SOUP

**San Francisco Cioppino**

*This iconic San Francisco stew includes seafood simmered in a tomato broth spiked with wine*

OR

**Fisherman's Wharf Clam Chowder**

*creamy, rich chowder with tender clams and hearty potatoes*

### MAIN COURSE

**Seafood Spaghetti**

*baked in greaseproof paper*

OR

**Fish Piccata**

*with lemon sauce*

OR

**Baja Grilled (Half) Spring Chicken**

*This recipe comes from one of California's most famous Mexican fast-food chains, El Loco Pollo (The Crazy Chicken)*

OR

**BBQ Baby Back Pork Ribs**

*prepared with smoky flavoured marinade*

OR

**Smoky Bacon, Roquefort Cheese - Ribeye Steak (Surcharge \$8)**

*served with pickle, fried onion rings, fresh salad and fresh fries*

### DESSERT

**Gold Rush Sundae**

OR

**California Cheesecake**

For more details, call **6398 5313** or email **fnb\_outlets@sgcc.com.sg**





## Sicilian Cooking

Sicilian cuisine is renowned for its fresh seafood dishes, hearty pastas and citrus-infused delicacies. Tuck into traditional favourites at Garden Grill.

**Available throughout the month of May, except 11 & 12 May due to Mother's Day Set Menu.**

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



### Price

**3-course set from  
\$32 per person**

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

**4-course set from  
\$36 per person**

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

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

**Prices include GST**

### APPETISER

**Sicilian Citrus Salad**

OR

**Melanzane Alla Siciliana**

Eggplant stuffed with parmigiana and breadcrumbs

OR

### Ravioli Aperto

Ravioli filled with ricotta cheese and topped with spinach sauce

### SOUP

**Maccu di San Giuseppe**

A rich legume soup prepared with fava beans, peas, chickpeas, lentils and sundried tomatoes. This is eaten in honour of Saint Joseph

OR

**Zuppa de Pesce**

Owing to its coastline, Sicily has many versions of seafood soup. This version has prawn, squid, mussels, clams and white wine

### MAIN COURSE

**Linguine Con Pesto di Carciofi**

Linguine with artichoke pesto

OR

**Riso Alla Marinara**

Arborio rice cooked with saffron, herbs, mussels, clams, prawn and squid

OR

**Barramundi A Palirmitana**

Palermo style grilled barramundi with lemon, rosemary and sage

OR

**Scaloppine De Pollo Al Marsal**

Escalope of chicken cooked in marsala sauce

OR

**Bistecca Rustica  
("rustic beefsteak")**

Rib eye steak grilled and served with black olives, herbed tomato sauce and anchovies (Surcharge: \$8)

### DESSERT

**Gelato de Limone**

Lemon Sherbet

or

**Hazelnut Panna Cotta**  
with Chocolate Ganache

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

'LOVE ME TENDER' MOTHER'S DAY

# ELVIS

## TRIBUTE SHOW WITH THE YOUNG ONCE

10 MAY 2024 (FRIDAY)  
KENSINGTON BALLROOM  
7PM - 11PM

*Early bird dance from 6pm*



PERFORMANCE BY VARIOUS OVERSEAS & LOCAL ARTISTES FROM  
INDONESIA, THAILAND & THE PHILIPPINES. PUT ON YOUR DANCING SHOES  
AND JOIN US FOR A NIGHT FILLED WITH ICONIC HITS FROM THE BEATLES,  
EVERLY BROTHERS, SIMON & GARFUNKEL, CLIFF RICHARD AND MORE.  
SPECIAL APPEARANCE BY TOM JONES OF THE PHILIPPINES.

EARLY BIRD (BEFORE 15 MAR 2024) : \$80 PER MEMBER | \$90 PER GUEST

AFTER EARLY BIRD : \$88 PER MEMBER | \$98 PER GUEST

*Prices include a 7-course Chinese dinner and GST*

**RSVP ADRIAN: 9115 0417**



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

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
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# 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.*



## Red Bliss

### CHINESE PACKAGE

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 \*  
...and more!

From **S\$988** Per Table

## Serenity

### MUSLIM PACKAGE

Sumptuous selection of buffet menu  
Free flow of soft drinks, coffee & tea  
Unique wedding decorations on stage  
2 changing/prayer room  
Solemnisation table & chairs  
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!

From **S\$60** Per Pax

*All prices include GST. Terms & conditions apply.*



Get a **FREE Quote** from us at any time by making a call at **6286 8888** or email to **banquetsalesesgcc.com.sg**

Scan the QR code to view package details and menu!



## *Mother's Day Special Set Menu*

Treat mum to an unforgettable meal at Garden Grill.

**11 and 12 May 2024**

**Operating Hours:**

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

(Last order: 45 minutes before closing)

**Price**

**\$78 per person**

**\$118 per person**

for Main Course with Lobster (500g) - choice of Black pepper or Thermidor

*inclusive of GST and a glass of sparkling wine  
the monthly set and a la carte menu will not be available*

### **SET MENU**

**Appetiser**

**Crustacean Trio**

Scallop, prawn & salmon

**Soup**

**Cream of Asparagus**

with bacon roll

**Entree**

**Seared Hamachi (Yellow Tail)**

ratatouille roll, green harissa sauce

OR

**Chargrilled NZ Ribeye of Beef**

caramelised cauliflower puree, peppercorn sauce

**Dessert**

**coffee parfait, coffee tuile with chocolate sauce**

**FRESHLY BREWED COFFEE OR TEA**

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





## *Mother's Day Weekend Special Set Menu*

Gather the family together for a meal at Atrium Café to celebrate the most special woman in your life.

**10 - 12 May 2024**

**Operating Hours**

**11am - 2.30pm;  
6pm - 9.30pm**

**\$148**

**(serves 3 - 5 persons)**

*Price includes GST*

### **SET MENU**

**Scallop, Crabmeat and Corn Chowder**

**Crispy Fried Soon Hock with Superior Soy Sauce**

**Chicken with Assorted Mushroom and Sweet Bean**

**Braised Spinach with Abalone**

**Ee Fu Noodles with Yellow Chives**

**Peach Gum with Gingko Nuts and Snow Fungus**

For details, call **6398 5309** or email **fnb\_outlets@sgcc.com.sg**



# CANTO-MANDO ROCK NITE

*with*

**ALEX & THE X-SIDE MEN**



**MAY  
25**

**KENSINGTON BALLROOM  
SERANGOON GARDENS COUNTRY CLUB**

**MEMBER: \$48 | NON-MEMBER: \$58  
INCLUDES GST & LIGHT SNACK**

**DOOR: 7PM  
SHOW: 8PM  
END: 10.30PM**

**Ticket Sales: 9115 0417 | 9176 9265**





# 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.














































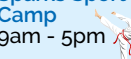


Contact Membership at: 6286 8888 or  
membership@sgcc.com.sg

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Squash Social Night Squash Courts 5pm - 8pm 	3 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	4 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	5 Friends & Strangers Crossroads Lounge 8pm 	6 Locomotion Club 22 8pm 	7
8 Music Monday Club 22 12.45pm 	9 Squash Social Night Squash Courts 5pm - 8pm  PH Eve Special, Performance by The Retro Dukes Crossroads Lounge 9pm 	10 HARI RAYA PUASA Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	11 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	12 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	13 Locomotion Club 22 8pm 	14
15	16 Squash Social Night Squash Courts 5pm - 8pm 	17 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	18 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	19 Friends & Strangers Crossroads Lounge 8pm 	20 Locomotion Club 22 8pm 	21
22	23 Squash Social Night Squash Courts 5pm - 8pm 	24 Playback Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm 	25 Tristan & Abby Crossroads Lounge 8pm  Squash Social Night Squash Courts 5pm - 8pm 	26 Friends & Strangers Crossroads Lounge 8pm 	27 Locomotion Club 22 8pm 	28
29	30 Squash Social Night Squash Courts 5pm - 8pm  PH Eve Special, Performance by Uber Jam Crossroads Lounge 9pm 					



## MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>1 LABOUR DAY</b> 'Summer Heat' Dance Party <b>Club 22</b> 12.30pm  Playback <b>Crossroads Lounge</b> 8pm  Table Tennis Social Night <b>Squash Court 4</b> 2pm - 4pm 	<b>2</b> Tristan & Abby <b>Crossroads Lounge</b> 8pm  Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>3</b> Friends & Strangers <b>Crossroads Lounge</b> 8pm 	<b>4</b> Harmony in Sound: A Journey of Healing <b>Club 22</b> 10am - 11am  Art of Paper Quilling Workshop <b>Clover Room</b> 10.30am - 12.30pm  Locomotion <b>Club 22</b> 8pm 	<b>5</b>
<b>6</b>	<b>7</b> Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>8</b> Playback <b>Crossroads Lounge</b> 8pm  Table Tennis Social Night <b>Squash Court 4</b> 2pm - 4pm 	<b>9</b> Tristan & Abby <b>Crossroads Lounge</b> 8pm  Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>10</b> 'Love Me Tender' Mother's Day Elvis Tribute Show with the Young Once <b>Kensington Ballroom</b> 7pm - 11pm  Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am; 6pm  Friends & Strangers <b>Crossroads Lounge</b> 8pm  Tennis Social Night <b>Tennis Courts</b> 8pm 	<b>11</b> Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am; 6pm  Mother's Day Special Set Menu <b>Garden Grill</b> 12pm; 6pm  Locomotion <b>Club 22</b> 8pm 	<b>12</b> Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am; 6pm  Mother's Day Special Set Menu <b>Garden Grill</b> 12pm; 6pm 
<b>13</b> Music Monday <b>Club 22</b> 12.45pm 	<b>14</b> Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>15</b> Playback <b>Crossroads Lounge</b> 8pm  Table Tennis Social Night <b>Squash Court 4</b> 2pm - 4pm 	<b>16</b> Tristan & Abby <b>Crossroads Lounge</b> 8pm  Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>17</b> Friends & Strangers <b>Crossroads Lounge</b> 8pm 	<b>18</b> Locomotion <b>Club 22</b> 8pm 	<b>19</b>
<b>20</b>	<b>21</b> Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>22</b> Playback <b>Crossroads Lounge</b> 8pm  Table Tennis Social Night <b>Squash Court 4</b> 2pm - 4pm 	<b>23</b> Tristan & Abby <b>Crossroads Lounge</b> 8pm  Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>24</b> Friends & Strangers <b>Crossroads Lounge</b> 8pm  Tennis Social Night <b>Tennis Courts</b> 8pm 	<b>25</b> Canto-Mando Rock Nite with Alex & The X-Side Men <b>Kensington Ballroom</b> 7pm  Locomotion <b>Club 22</b> 8pm 	<b>26</b>
<b>27</b> Sparks Sport Camp 9am - 5pm 	<b>28</b> Squash Social Night <b>Squash Courts</b> 5pm - 8pm  Sparks Sport Camp 9am - 5pm 	<b>29</b> Playback <b>Crossroads Lounge</b> 8pm  Table Tennis Social Night <b>Squash Court 4</b> 2pm - 4pm  Sparks Sport Camp 9am - 5pm 	<b>30</b> Tristan & Abby <b>Crossroads Lounge</b> 8pm  Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	<b>31</b>		



SGCC gym instructors Gina Lee (left) and Shirley Tan each has more than two decades of experience in the fitness industry.

# Empowering Women: Meet Our Gym Instructors

Club Members may have seen these two Amazons dispensing personal training instructions in the gym or conducting fitness classes in the studio. Meet gym instructors Gina Lee and Shirley Tan.

## Gina Lee

Gina is a fully qualified Personal Trainer, with a special interest in Rehabilitation and Postural Assessment. She is also a Corrective Exercise Coach, as well as a Swimming and Yoga Teacher. She has also undergone special training to learn to work with youth (athletic performance) and seniors (strength training).

While she has been working in SGCC for almost three years as a gym

instructor, providing personal training services, she actually has more than two decades of experience in the industry. Besides regular gigs in schools and country clubs, she also takes on freelance projects such as conducting workshops.

"I used to be overweight," she shares when asked how she became so interested in fitness as to make it a career. "I had a difficult relationship with food. How much was more? How little was less?" She also reveals



Gina teaches yoga as well as swimming and corrective exercise.



Both Gina (bottom) and Shirley enjoy working out and connecting with people from different backgrounds.



that, for a period of time, she had a similar love-hate relationship with the weighing scales, and an unhealthy obsession with her weight. She adds that she has since outgrown such unhealthy habits. "This behaviour was perfectly normal during my adolescence — a period of uncertainty, a rollercoaster full of emotions, but also a period of self-exploration."

While she believes in getting certified by internationally recognised and reputable organisations — "the gold standard" — she continually reads books and articles on fitness, and attends courses and seminars so that

she is up-to-date in her chosen field.

She has another learning resource. "We also learn a lot from our clients through their feedback," she says. "Negative feedback may not necessarily be a bad thing; it allows us to understand what needs to be tweaked to be better and improved for specificity."

She assures that she is not one of those no-pain-no-gain kind of instructors. "Why should one live in pain on a daily basis?" she asks. "Any pain or discomfort in the body is just a symptom of the underlying issue. Learn the difference, and

use different modalities to identify and treat the issue, and you will feel so much better." She also stresses that movement is key to longevity and happiness. "No need for fancy exercises; just be focused and specific on the intent of the exercise," she advises.

Speaking of happiness, she has this parting shot: "Happiness comes from learning to let go of what does not serve you. Do not be afraid of losing people; rather, be afraid of losing yourself by trying to please everyone around you."



Shirley specialises in youth strength and physique transformation, weight loss and functional training.



Shirley derives satisfaction in helping clients fulfil their exercise goals.

## Shirley Tan

Like Gina, Shirley also has more than 20 years of experience in the fitness industry, with similar gigs in schools and country clubs, as well as freelance projects. "Working with different organisations helps to hone my skills and experience," she says.

However, when it comes to work in SGCC, she is a newbie compared to Gina, having chalked up eight months as a gym instructor, providing personal training services and conducting group exercise classes such as Cardio Lab.

So what motivated her to get into fitness? "My love for working out and leading a healthy lifestyle," she discloses. "I also realise I have a knack for connecting with all kinds of people from different backgrounds for a common goal. They seem to

enjoy interacting with me as much as I enjoy interacting with them."

She shares that she first gained an interest in fitness when she was a teenager. This interest quickly developed into a passion, and was soon the obvious choice for a career. "I have the ability to coach and motivate people to understand and trust in my methods," she opines. Her specialties include Youth Strength & Physique Transformation, Weight Loss, and Functional Training. She also has certifications in sports injuries and treatments, including Life Fitness Practical Sports Injury Management, Sports Medicine for Shoulder Injuries & Trunk Flexibility Human Principles Singapore, Introductory and Advanced Sports Taping Human Principles Singapore, and Trigger Point Therapy Level 1 & 2. In addition, she has a certification

in Movement Optimisation for Prehab and Performance Levels 1 and 2.

She adds that not every gym instructor can be successful, which she defines as a gym instructor who can bring joy and benefits while fulfilling the client's exercise goals. "The intent needs to be focused and specific," she insists. "What you see and follow in Instagram posts may not work for everyone; it's not one-size-fits-all."

While she believes that all of us are unique and have our own story to live and tell, she also stresses that no man is an island, and strong social support helps to bind all people from different walks of life, regardless of their social status, colour, creed or gender. "This camaraderie acts like a catalyst to foster togetherness and friendship, and will reduce stress, anxiety and depression."

# PAST EVENTS

## DARTS YULETIDE CHALLENGE

On Saturday, 30 December, 24 participants took part in a darts competition at the Crossroads Lounge. The game was played in a doubles cricket BO3 format and organised in a Round Robin Group format. After a close fight, William Ng and Ramel Ang emerged the winning team. Prizes were presented after a delicious buffet dinner.



Well done to winners William Ng and Ramel Ang.



The Darts Fraternity took the opportunity to celebrate Randie's retirement.

## DARTS CNY BULLSEYE CHALLENGE AND DINNER 2024



Ladder winners in the ladies' category.



The men's ladder winners.

Held at Crossroads Lounge on Saturday, 24 February, 34 players took part in the Bullseye Challenge. Following a series of exciting matches, Fred Kang, William Ng, Eddy Edwards and Francis Tay were crowned winners. Prizes were also presented to darts ladder winners in the Men's and Ladies' categories. This was followed by a celebration dinner at Garden Grill, complete with a live band.



Posing with the God of Wealth.



Winners William Ng and Fred Kang.



The ladies came dressed in their festive best.



## BRIDGE ANG POW



Bridge players pose in front of Chinese New Year decorations.



The Bridge Ang Pow event was a great opportunity for Members to interact with each other.

On Tuesday, 13 February, a Bridge Ang Bao competition was held at the Casuarina Room to celebrate Chinese New Year. Ng Kong and Jenny Goh won the competition.



The winning pair.

## CNY ANG POW ONE DAY SQUASH



The squash meet gave players a chance to get to know each other.



Some of the players posing for a shot.



Participants were given tokens of appreciation.



Players of different ages came together to engage in a day of squash.



Tossing for good luck.

On 24 February, 30 players celebrated Chinese New Year with a day of friendly squash matches at the Club followed by a sumptuous dinner. Starting at 3pm, they engaged in exhilarating squash games with fellow squash players, creating laughter and memories on the court. After working up an appetite, they gathered at 6pm for a lavish feast featuring steamboat delights, succulent suckling pig, and the traditional *lo hei* tossing, symbolising prosperity and good fortune for the year ahead. Team Steamboat emerged champions, followed by Team Lo Hei and Team Suckling Pig.

### 9 PIN TAP HONG BAO BOWL



The bowlers pose for a group shot.

On Saturday, 24 February, 16 bowlers gathered at Gardens Bowl for a Hong Bao bowling game. Red packets were handed out to the bowlers and Chinese New Year tunes were played to create a festive mood. Club Member Lee How Wang won the 1288 pinfall in the Men's category while Lily Leow won the 1264 pinfall in the Ladies' category.



Adeline Law was the second prize winner in the ladies' category.



Edwin Koh was placed third in the men's category.



Second-placed Steven Cheong looks pleased as punch.



Winners for the men's and ladies' categories, Lee How Wang and Lily Leow, are all smiles.

### 48TH INTER-TEAM BOWLING MIXED LEAGUE OCTOBER 2023 – JANUARY 2024 (15 WEEKS)

We would like to thank the following six captains who have contributed to the success of the league:

CAPTAIN	TEAM NAME
Catherine Chua	Bowling Buddies
Ken Tan	Happy 4 U
Florence Ong	Simply Amazing
Lucy Tan	Aurora
Derrick Sim	Break Free
Jason Ng	Just Bowl

TEAM STANDING	TEAM NAME
<b>Champion</b>	AURORA
<b>Runner-up</b>	BREAKFREE
<b>Third</b>	SIMPLY AMAZING



Aurora, the champion team.



Team BreakFree came in second.



Third-placed Simply Amazing.



# UPCOMING EVENTS

## 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](mailto: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 offering opportunities to improve your own skills.

**Day:** Wednesdays

**Time:** 2pm–4pm

**Venue:** Squash Court 4

**Fee:** Free for SGCC Members  
(Event open to Members only)



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

## TENNIS SOCIAL NIGHT



Keen to swing a tennis racket? On selected Friday nights in April and May, Members are welcome to play, whatever their skill level.

**Date:** 12 & 26 April / 10 & 24 May  
**Time:** 8pm–10pm  
**Venue:** Tennis Courts  
**Fee:** Free for SGCC Members

Ashley Toh at 6398 5327 or recreation@sgcc.com.sg

## JUNIOR BOWLING CHAMPIONSHIP 2024



The SGCC Junior Bowling Championship is back this year. Do you think your child has what it takes to take down the event? Register today to enter and have your junior bowler prove their mettle against the rest of the Club's talented young Members!

**Date:** 22 June 2024, Saturday  
**Venue:** Gardens Bowl  
**Format:** **Category A (13 Yrs & Above)\***  
 Check-in Time: 12pm  
 Roll-off Time: 12.15pm  
 Format: Best of eight games

**Category B (12 Yrs & Below)\***  
 Check-in Time: 10am  
 Roll-off Time: 10.15am  
 Format: Best of six games

\*Both categories are open to boys and girls, ages as at 1 January 2024. Squads will be combined if either category has less than 20 participants at the earlier timing.

**Format:** Handicaps will be as follows:  
**Category A (13 yrs & Above)**  
 • National Youth (Boys & Girls) – 0 Handicap  
 • SGCC Youth (Boys) – 5 Handicap  
 • SGCC Youth (Girls) – 10 Handicap  
 • Boys (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad)) – 10 Handicap  
 • Girls (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad)) – 20 Handicap  
**Category B (12 yrs & Below)**  
 • SGCC Youth Feeder Squad (Boys and Girls) (10 Handicap)  
 • Non-member of SGCC Youth Bowling Team (Boys and Girls) (15 Handicap)  
 \* Subject to change

**Fee:** **Category A \$32.70\*** | **Category B \$26.16\***  
 \* Price includes GST, for Members only

**Min/Max:** 20/30 participants

**Closing**

**Date:** 7 June 2024, Friday

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



## BOWLER OF THE YEAR 2024



Those up for a challenge can now take part in the Bowler of the Year Qualifying Round. This quarter, put your skills to the test on the NAG 2024 48ft oiling pattern. Don't miss the opportunity to qualify and advance to the Finals held later in December!

**Date/Day:** **Qualifying Round:**

1st Oiling: 1 April to 30 June 2024  
2nd Oiling: 1 July to 30 September 2024  
3rd Oiling: 1 October to 30 November 2024

**Final Date:\***

Ladies: 7 December 2024  
Men: 8 December 2024

*\*subject to change*

**Time:** **2pm onwards** (Mon-Fri & Eve of PH)  
**11am onwards** (Sat, Sun & PH)

**Venue:** **Gardens Bowl**

**Format:** **1 attempt (3 games)**

**Fee:** **\$15\***

*\*Price includes GST, for Members only*

Zaleha at 6398 5373 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## SPARK SPORTS CAMP



Get ready for an unforgettable adventure packed with fun, fitness and friendship at Spark Sports Camp! From thrilling sports activities to exciting team challenges, we've got something for every young athlete. Don't miss out - book your spot today and ignite your passion for sports!

**Date:** **27 - 29 May 2024**

**Time:** **9am to 5pm**

**Venue:** **SGCC**

**Fee:** **TBC**

*\*Price includes GST*

**Min/Max:** **10/20 participants**

**Closing Date:** **5 May 2024, Sunday**

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

## CLASSES

## K-POP DANCE CLASS FOR BEGINNERS



This beginners dance class is based on popular K-pop tunes. Simple dance choreography will be taught each week to a K-pop song. Come join in the fun!

**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 keeps herself abreast of the latest moves by attending workshops and classes in Singapore and overseas.

**Date/Day:** TBC, Saturday  
(\*subject to registration of interest)

**Time:** 11am to 12pm

**Venue:** Aerobics Studio

**Min:** 5 participants

**Fee:** \$68.67\* (Member)  
\$91.56\* (Guest)

Eligible for Members aged 18 years and above

\* 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

## HYDROPUMP AQUATIC FITNESS PROGRAMME



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.

**Date/Day:** TBC, Saturday  
(\*subject to registration of interest)

**Venue:** Swimming Pool

**Fees:** 1 session/week  
\$87.20\* (Member) | \$109\* (Guest)

2 sessions/week  
\$114.45\* (Member) | \$136.25\* (Guest)

Unlimited  
\$174.40\* (Member) | \$196.20\* (Guest)

\* Prices include GST and will NOT be pro-rated in the event of public holidays or if there is a fifth week in the month.

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



## TAIJIQUAN (BEGINNER)



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

### About the Trainer

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

**Day/Time:** Sundays, 7.30am–8.30am  
**Venue:** Car Park Area (Palm Wing)  
**Min:** 6 participants  
**Fee:** \$148.79\* (Member) | \$171.68\* (Guest)

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

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

## MASTERS SWIM PROGRAMME



The Masters Swim Programme caters to SGCC Members only. It offers training for three different groups: Learner, Intermediate, and Competitive Ready.

**Day/Time:** TBC\*, 8am–9.30am

*\* Subject to registration of interest*

**Venue:** Swimming Pool

**Min:** 6 participants

**Fee:** 1 session/week

\$87.20\*

3 sessions/week

\$141.70\*

*\* Price includes GST. For Members only. Lesson fees are not subject to proration in the event of public holidays or if there is a fifth week in the month.*

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

## TENNIS COACHING PROGRAMME



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

## ADULT GROUP COACHING PROGRAMME

**Class:** Beginner  
**Day/Time:** Tuesdays, 9pm–10pm  
**Fee:** \$110.75\* (Member) | \$132.55\* (Guest)

**Class:** Intermediate  
**Day/Time:** Mondays, 7pm–8.30pm and 8.30pm–10pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Ladies' Intermediate  
**Day/Time:** Fridays, 8am–9.30am  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Club Men/Women  
**Day/Time:** Wednesdays, 7.30pm–9pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

## JUNIOR GROUP COACHING PROGRAMME

**Class:** Red Ball  
**Day/Time:** Mondays, 4.30pm–5.30pm  
 Fridays, 5pm–6pm  
**Fee:** \$110.75\* (Member) | \$132.55\* (Guest)

**Class:** Orange Ball  
**Day/Time:** Wednesdays, 4.30pm–6pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Green Ball  
**Day/Time:** Wednesdays, 4.30pm–6pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Junior 1 (Lower Intermediate)  
**Day/Time:** Wednesdays, 6pm–7.30pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Junior 2 (Intermediate)  
**Day/Time:** Mondays, 5.30pm–7pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Junior 3 (High Intermediate)  
**Day/Time:** Tuesdays, 4.30pm–6pm and 7.30pm–9pm  
 Thursdays, 6pm–7.30pm  
**Fee:** \$166.11\* (Member) | \$187.91\* (Guest)

**Class:** Junior (Advanced)  
**Day/Time:** Saturdays, 10am–11.30am and 11.30am–1pm  
**Fee:** \$166.11 (Member) | \$187.91 (Guest)

\*Price includes GST

**Min** 3 students to start

Ashley Toh at 6398 5327 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:** \$87.20\* (Member) | \$98.10\* (Guest)

**Advanced**

**Day/Time:** Fridays, 8pm–9pm  
**Fee:** \$87.20\* (Member) | \$98.10\* (Guest)

**Intermediate/Advanced (Sparring & Self-Defence)**

**Day/Time:** Sundays, 5.30pm–6.30pm  
**Fee:** \$103.55\* (Member) | \$114.45\* (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



## 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:** \$68.67\* (Member) | \$80.12\* (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 providing 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:** \$68.67\* (Member) | \$91.56\* (Guest)

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

## ABTSOLUTESCULPT

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

### About the Trainer

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

**Day/Time:** Fridays, 11am–12pm  
**Venue:** Aerobics Studio  
**Fee:** \$68.67\* (Member) | \$91.56\* (Guest)

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

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

## CARDIO LAB

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

### About the Trainer

Having conducted group exercise classes for more 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  
**Venue:** Aerobics Studio  
**Fee:** \$87.20\* (Member) | \$110.09\* (Guest)

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

## POWERSTRETCH® BY DERRICK EE

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

### About the Trainer

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

**Day/Time:** Wednesdays, 10am–11am  
**Venue:** Aerobics Studio  
**Fee:** \$95.92\* (Member) | \$118.81\* (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

## 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:** **\$45.78\*** (Member, per hour) |  
**\$57.23\*** (2 pax per group, per hour)  
**Additional \$10.90\*** per guest, per hour

*\*Price includes GST but not court bookings*

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

## HAPPY NEIGONG

*Neigong* refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health.

**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:** **\$74.12\*** (Member) | **\$85.57\*** (Guest)

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

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

## BOWLING COACHING

**About the Trainer**

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation.

Peter Chng has been the Club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.

**Min/Max:** 3/8 participants

**Venue:** Gardens Bowl

**Fee:** **Group Coaching**  
**\$46.65\*** (Member) | **\$58.32\*** (Guest)

**Private Coaching**  
**(to arrange with instructor)**

**\$80.12\*** (Member for Individual, 1.5hrs)

**\$91.56\*** (Guest for Individual, 1.5hrs)

**\$64.15\*** (Member for 2 Students, 1.5hrs)

**\$75.81\*** (Guest for 2 Students, 1.5hrs)

*\*Price includes GST*

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



## SQUASH (PRIVATE COACHING)



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

### About the Trainer

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

**Fee:** **\$87.20\*** (Member, per hour)  
**\$130.80\*** (2-4 pax per group, per hour)  
**Additional \$16.35\* per guest per hour**

*\*Price includes GST but not court bookings*

Daniel Chong at 6398 5351 or [recreation@sgcc.com.sg](mailto: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 and above**

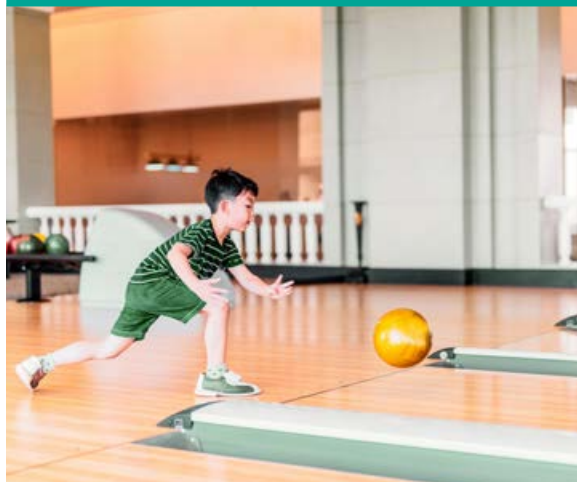
**Venue:** **Swimming Pool**

**Fee:** **1 Session/Week**  
**\$68.67\*** (Member; once a week per month) |  
**\$85.84\*** (Guest; once a week per month)  
**2 Sessions/Week**  
**\$114.45\*** (Member; twice a week per month) |  
**\$131.62\*** (Guest; twice a week per month)

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

Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## LEARN TO BOWL PROGRAMME



Catering to aspiring bowlers aged 7-12, the SGCC Learn to Bowl programme is the perfect platform for them to 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!

**Day:** **Fridays**  
**Time:** **7.30pm-9pm**  
**Venue:** **Gardens Bowl**  
**Fee:** **Learn to Bowl: \$87.20\*** (4 sessions)  
**Pre-performance Level: \$130.80\*** (4 sessions)  
**Performance Level: \$174.40\*** (4 sessions)  
**Min/Max** **10/15 participants**

*\*Price includes GST and is for 4 sessions per month*

Zaleha at 6398 5373 or [zaleha@sgcc.com.sg](mailto:zaleha@sgcc.com.sg)

**DEVELOPMENT TRAINING PROGRAMME**



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.

**Fee: 2 Sessions/Week**  
**\$109.00\*** (Member) | **\$130.80\*** (Guest)  
**Unlimited Sessions**  
**\$130.80\*** (Member) | **\$152.60\*** (Guest)

**Venue: Swimming Pool**

Registration fee for new sign-up/re-registration at \$21.80 per pax and starter pack fee at \$43.60 per pack (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

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

Scan the QR code for the schedule

**LEARN-TO-SWIM PROGRAMME**



Run by Quattor Swim School, this programme is geared towards learning the four major swim styles (butterfly, backstroke, breaststroke, freestyle), with emphasis on stroke efficiency and overall swimming ability.

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

**Fee: 1 Session/Week**  
**\$76.30\*** (Member) | **\$98.10\*** (Guest)  
**2 Sessions/Week**  
**\$98.10\*** (Member) | **\$141.70\*** (Guest)

**Venue: Swimming Pool**



Daniel Chong at 6398 5351 or recreation@sgcc.com.sg | Julia Kong at 6398 5352 or recreation@sgcc.com.sg

**WATERBABIES (PRIVATE COACHING)**



Allow your babies to experience the joy of being in the water with this course. This is a one-on-one session for children between six and 42 months old.

**Venue: Swimming Pool**  
**Fee: \$137.34\*** for four sessions @ 15 minutes per session  
**Additional guest charges:**  
**\$5.45\*** per session (weekday)  
**\$8.72\*** per session (weekend)

\*Price includes GST

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



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



## 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 that can develop and enhance one's character. Aikido espouses attacking and defensive moves that flow seamlessly while prioritising non-confrontation. The class is suitable for all levels of expertise.

### About the Trainer

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:** Saturdays, 4.30pm–5.30pm

**Venue:** Aerobics Studio

**Fee:** \$57.23\* (Member) | \$68.68\* (Guest)

*\*Price include GST and is for 4 lessons in a month; there will be additional charges if there are five lessons in a month*

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:** \$68.67\* (Member) | \$91.56\* (Guest)

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



Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

# Niche Museums



Among The Intan's many exhibits are exquisite Nonya embroidered linen.

Besides numerous well-known world-class museums such as the Asian Civilisations Museum and the National Museum of Singapore, the Lion City boasts smaller spaces that host more focused but no less impressive collections. In honour of International Museum Day, *Club Spirit* visits four such minor museums.

**The Intan**  
**69 Joo Chiat Terrace**  
**Singapore 427231**  
**+65 6440 1148**  
**contactus@the-intan.com**  
**www.the-intan.com**

The Intan ('intan' means 'rose-cut diamond' in Malay) is actually the home of Alvin Yapp, who has opened his vast collection of all things related to his Straits-born heritage to the public since 2003. He was inspired to do so after frequent requests to exhibit his Peranakan antiques.

An impressively decked out ancestral altar and mother-of-pearl furniture greet visitors as they step into the premises. Lots of colourful porcelain tableware and silver betel leaf boxes are scattered around. Climb the wooden staircase — mind the enamel tiffins and spittoons

lining both sides — to the upper level, where a wedding chamber can be found.

In 2011, The Intan was named Best Overall Experience in the inaugural Museum Roundtable Awards, an initiative by Singapore's National Heritage Board.

**Kreta Ayer Heritage Gallery**  
**28 Kreta Ayer Road**  
**Singapore 088995**  
**+65 6222 3597**

Located in the heart of Chinatown, the Kreta Ayer Community Club boasts a little gallery showcasing items



These Chinese opera costumes take pride of place at the Kreta Ayer Heritage Gallery.





Displays of Chinese puppet theatre.

related to the Chinese community's intangible cultural heritage.

Kreta Ayer, one of four districts in Chinatown (the others being Tanjong Pagar, Telok Ayer and Bukit Pasoh), gained a reputation for its teahouses and theatres featuring Chinese opera. Unsurprisingly, there is a replica of a teahouse here, but pride of place goes to two Chinese opera costumes that would have been worn by the male and female leads.

The gallery also has displays of Chinese puppetry. Besides a puppet theatre with two string puppets onstage, the gallery also boasts other genres of the art form such as Hokkien glove puppets, Teochew iron-stick puppets, and Hainanese rod puppets.

Other Chinese art forms displayed include calligraphy and *nanyin* music instruments like the *pipa*, *sanxian* and *ban*.



The Former Ford Factory was the company's first assembly plant in Southeast Asia.

**MINT Museum of Toys**  
**26 Seah Street**  
**Singapore 188382**  
**+65 8339 8966**  
**info@emint.com**  
**www.emint.com**

What did kids play with before the advent of digital technology? What did they do with their thumbs and fingers if not to fiddle with touchscreens? Why, play with toys, of course!

This gem of a museum is a fun repository of vintage toys and childhood memorabilia from over 40 countries created between 1840s to 1980s. It first opened its doors in 2007 and is the largest museum of its kind in Asia. It has a collection of 50,000 (and growing) items, including action figures, first-edition comic books and novels, collectible cards, board games, bicycles, pedal cars and more!

The building that the museum is housed in is itself an attraction, having



The MINT Museum of Toys has an impressive collection of action figures.

scored several architectural awards, including being named winner in the Tourism, Travel and Transport category at the 2008 Cityscape Dubai Architectural Awards.

**Former Ford Factory**  
**351 Upper Bukit Timah Road**  
**Singapore 588192**  
**+65 6462 6724**  
**<https://corporate.nas.gov.sg/former-ford-factory/overview>**

For history buffs, especially those with an interest in World War II, this museum houses oral accounts, archival records, and published materials pertaining to the British surrender of and the Japanese Occupation of Singapore, as well as the legacies of the war.

The Art Deco building that houses the museum is particularly significant. It was Ford's first assembly plant in Southeast Asia, and started operations in 1941. The plant's boardroom was where, on 15 February 1942, Lieutenant-General A E Percival, the British General Officer Commanding Malaya, met Lieutenant-General Yamashita to concede that the British were surrendering unconditionally to the Japanese, thus ushering a period of hardship for the residents of Singapore.

The highlights of the collection here include the Dalforce Medals and postcards with painted scenes of Singapore issued to commemorate the Japanese victory.

### International Museum Day

Observed annually on or around 18 May, International Museum Day (IMD) is an opportunity for museum professionals to raise public awareness of the role museums play in the development of society and the challenges they face. The event — which can last a day, a weekend, or an entire week — also promotes dialogue between museum professionals. IMD is coordinated by the International Council of Museums (ICOM). The theme for 2024 is 'Museums for Education and Research'.

**Gemstones Bracelet Making Workshop**

Attention all craft enthusiasts! Unleash your creativity and design your very own stunning gemstone bracelet at our workshop. With more than 300 carefully sourced beads ranging from 8mm to 10mm, you'll have a vast array of colours and gemstone varieties to choose from. And for our male participants, we have an exclusive collection of 200 beads tailored specifically for men's bracelets.



**Date:**  
15 June 2024, Saturday

**Time:**  
10.30am – 12.30pm

**Venue:**  
Casuarina Room  
(opposite membership office)

**Fee:**  
\$65.40\* (Junior Gems) | \$67.58\* (Member) | \$68.67\* (Guest)  
*\*Price includes GST \*Minimum spending applicable*

**Min:**  
8 participants

**Closing Date:**  
7 June 2024, Friday

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

**Securing Your Legacy: A Guide to Will Writing and Estate Planning**



At this workshop, you'll get to learn about the significance of estate planning and how it enables you to create a lasting legacy for future generations. Conducted by Hayden, a seasoned Estate Planning Practitioner and Financial Consultant with more than 10 years' experience, the workshop will offer pointers on will writing and dispense other insights. Participants can also enjoy door gifts and complimentary refreshment.

**Date:** 1 June 2024, Saturday  
**Time:** 10am – 11am  
**Venue:** Casuarina Room  
**Fee:** Free for SGCC Members  
**Min:** 15 participants  
**Closing Date:** 27 May 2024, Monday

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



## Line Dance

Learn basic steps or pick up complex dance routines according to your ability at our dance classes and impress your buddies with your newly acquired steps.

### Day/Time:

#### Advanced Line Dance:

Mondays, 4pm – 6pm  
(ongoing)

#### Intermediate Line Dance:

Tuesdays, 2pm – 4pm  
(ongoing)

#### High Beginners:

Wednesdays,  
2.30pm – 4pm  
(ongoing)

#### Basic/Beginners:

Thursdays,  
2.30pm – 4pm (new)

### Venue:

Club 22

### Fee:

Monday and  
Tuesday's Lessons  
**\$64.31\*** for 4 Lessons (Member)  
**\$77.39\*** for 4 Lessons (Guest)

Wednesday and  
Thursday's Lessons  
**\$48.23\*** for 4 Lessons (Member)  
**\$61.31\*** for 4 Lessons (Guest)

*\*Prices quoted are subject to 9% GST  
starting from January 2024.*



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

## Explore the Captivating Art of Paper Quilling

Join our exclusive workshop to roll and shape paper strips into vibrant flowers, adorable animals, and stunning nature scenes! Learn the secret of quilling with specialised tools and unleash your creativity in a world of colours and textures. Beginners and experts alike are welcome! Reserve your spot now for a fun-filled session of artistic inspiration! Plus, the end product would make a great Mother's Day gift!

### Date:

4 May 2024,  
Saturday

### Time:

10.30am – 12.30pm

### Venue:

Clover room  
(3rd floor,  
main building)

### Fee:

**\$49.05\*** (Junior Gems)  
**\$52.32\*** (Member)  
**\$53.41\*** (Guest)

*All prices include 9% GST.*

**Minimum spending  
applicable!**

### Min:

8 participants

### Closing Date:

26 April 2024, Friday



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

### Social Dance



Social Dance 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 the genre and an experienced dance coach who has been teaching dance since 2007.

**Date:** Every Friday  
**Time:** 2.30pm – 3.30pm  
**Venue:** Club 22  
**Fee:** \$65.40\* for 4 Lessons (Member)  
 \$80.66\* for 4 Lessons (Guest)  
*\*Prices quoted are subject to 9% GST starting from January 2024.*

**Closing date:** Ongoing

Jean Lee at 6398 5383 or jean\_lee@sgcc.com.sg

### Harmony In Sound: A Journey Of Healing

Immerse yourself in the soothing sounds of Tibetan Singing Bowls and harmonious instruments, letting them guide you into a state of deep relaxation. Our 60-minute sound bath session offers a serene escape for all, promoting calmness and happiness through the transformative power of healing music. Join us and experience deeper relaxation, improved sleep quality, enhanced meditation focus and reduced anxiety. It can also activate your immune system for cell repair and rejuvenation.

**Please note:**

- Wear comfortable clothing and bring your own mat for lying down or gentle movement.
- Arrive 10 minutes early to settle in, as we will start promptly.
- Feel free to bring a scarf or other cover material for added comfort.
- Remember to bring a water bottle to stay hydrated.



**Date:** 4 May 2024, Saturday  
**Time:** 10am – 11am  
**Venue:** Club 22  
**Fee:** Free for SGCC Members, aged 14 and above  
**Min:** 10 participants

Jean Lee at 6398 5383 or jean\_lee@sgcc.com.sg





# Apple-Sesame Tart

Apple tart is a dessert that has its origins in the Middle Ages when apples were one of the few fruits readily available in Europe. The first recorded recipe for an apple tart appeared in a French cookbook in the late 14th century. It was a simple recipe with a crust made of flour, butter and water, filled with sliced apples cooked with sugar and spices. Over the years, the apple tart evolved and became more elaborate. It was often served at court banquets in England and was popular among the nobility. Below is a classic recipe that's sure to satisfy mum's sweet cravings.

## Ingredients (Serves 4)

- ✓ 250g Fuji apple, peeled and sliced finely
- ✓ 2 tbsp white sesame oil
- ✓ water, as needed
- ✓ 180g all-purpose flour
- ✓ half tsp salt
- ✓ 1 tbsp honey
- ✓ 2 tsp brown sugar

## Directions

- Knead flour, honey, oil and add salt until you get a dough-like texture. Add water if necessary.
- Wrap dough in cling film and keep in the fridge for 1 hour.
- Place 4 cake moulds in a greased baking tray. Divide dough into 4 portions. Press each portion into the bottom of a cake mould.
- Add apples on top of the dough base.
- Sprinkle brown sugar on top of the apple slices. Bake in the oven for 20 minutes at 175°C.
- Serve hot.





# JUNIOR GEMS



**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  
**\$27.25\*** per annum!  
*\*Price includes GST  
(auto-renewal of membership  
till 12 years old)*



## Particulars of Applicant

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## Particulars of Applicant's Guardian

Name: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Relationship to Applicant: \_\_\_\_\_

Contacts: mobile \_\_\_\_\_ email \_\_\_\_\_

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

SMS     mobile     email

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Non-refundable annual membership fee of \$27.25 (includes GST) will be debited in your next Statement of Account. The annual membership fee will be billed to your account subsequently every 12 months until your child turns 12 years old. Any termination of membership must be done in writing at least one calendar month before auto-renewal date. For enquiries, please email [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)

## For official use

Received by: \_\_\_\_\_ Date: \_\_\_\_\_



**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-storey Gym  
with pool view.



Olympic-size swimming pool.

**\$2,616** | **\$4,578**  
(1 YEAR) | (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](mailto:membership@sgcc.com.sg)