



# Club *Spirit*

AUGUST • SEPTEMBER 2024

## **Best of Budapest**

Top four places to visit in Hungary's capital city

Pg 20

## **First Peoples**

Know some indigenous peoples around Asia

Pg 24

## **A Passion for Dance**

A profile of our dance instructor Clare Tay

Pg 38

# Frohe (Happy) Oktoberfest!

Why is it a 16-day affair in Germany Pg 12



# CONTENTS

AUGUST • SEPTEMBER 2024



## MESSAGE

- 1 **President's Message**

## CLUB NEWS

- 2 **67th Annual General Meeting**
- 4 **Oktoberfest 2024 is back!**
- 6 **Annual Age Group Swim Meet**
- 7 **Gemstone Bracelet Making Workshop**
- 8 **Snapshots**
- 11 **Welcome List**

## FOOD & BEVERAGE

- 14 **Asian Fusion Cuisine**
- 15 **Whisky & Wine Fair**
- 16 **Celebrate National Day with Local Favourites**
- 18 **The Best of German Fare**
- 19 **Tribute to the Beatles by The FabFour**

## CALENDAR OF EVENTS

- 22 **August 2024**
- 23 **September 2024**

## SPORTS & RECREATION

- 26 • **School Holiday Camp**  
• **54th International Singapore Open**
- 28 **Upcoming Events**
- 30 **S&R Regular Classes**

## LIFESTYLE

- 40 • **Halloween Cupcake Decor Workshop**
- 41 • **Line Dance**  
• **Social Dance (New Lesson)**
- 42 • **Resin Coaster Making Workshop**  
• **Delicious & Healthy Snow Skin Mooncakes with Chef Lim Her-Yi**
- 43 **Make Your Own: Red Velvet Cookies**

## FEATURES

- 12 **Beer, Anyone?**  
How the world's largest folk festival Oktoberfest came about
- 20 **Budapest's Best**  
Top four places to visit in Hungary's capital city
- 24 **First Peoples**  
Who are the indigenous peoples in Malaysia, Indonesia and Japan?
- 38 **A Passion for Dance**  
Clare Tay once defied her mom to dance full-time



MCI (P) 030/12/2023. All rights reserved. Copyright.

No article may be reprinted in part or in full without the permission of the publishers. The information published in this magazine is correct at the time of printing. The views and opinions expressed in the magazine are not necessarily that of the Club's. The Club accepts no responsibility for the quality of the goods and services advertised. While information stated is considered to be true and correct at the date of publication, changes in circumstance after the time of publication may impact the accuracy of the information. The information may change without prior notice and the Club is not in any way liable for the accuracy of any information printed or in any way interpreted and used by the user. Images on Club promotions and programmes are for illustration purposes only and may not be exact representations of the products or events.

By attending events organised by the Club held within the Club's premises or at off-site locations, you consent to photography, audio / video recording and its / their release, publication, exhibition or reproduction in articles featuring events organised by the Club, in marketing & promotional collaterals for the Club (videos, publications, websites, social media platforms, etc), and in archival materials for future reference.

## PATRONS

Ms Sylvia Lim  
Mrs Lim Hwee Hua  
Mr George Yeo

## TRUSTEES

Mr Pao Kiew Tee  
Mr Thomas Tan  
Mr Leslie Yeo

## GENERAL COMMITTEE

Mr Mathivanan Krishnan  
President  
Dr Rodney Wong  
Vice President  
Dr Edmond Tan PBM  
Honorary Secretary  
Mr Gerade Gomez  
Honorary Treasurer  
Mr Goh Kong Yong  
Assistant Honorary Secretary  
Ms Wong Sook Yee  
Assistant Honorary Treasurer  
Mr Ivan Heng  
Committee Member  
Mr Kevin Huang  
Committee Member  
Mr Steven Lam PBM BBM JP  
Committee Member  
Mr Xavier See  
Committee Member  
Mr Balbir Singh  
Committee Member  
Mr Teng Leng Hock  
Committee Member  
Ms Emily Wong  
Committee Member

## CONVENORS

Mr Derrick Sim Bowling  
Mr Ronnie Ng Chess  
Mr Ramel Ang Darts  
Dato Aaron Ee Fitness  
Ms Stephanie Koh Tennis  
Mr Emrys Phua Billiards  
Mr Aaron Lim Golf  
Mr Derrick Kua Swimming  
Mr Edwin Lee Squash

## EDITORIAL COMMITTEE

Mr Kevin Huang  
Ms Joanne Ng  
Ms Mandy Wong

## PUBLISHING AGENT

ThinkFarm Pte Ltd

## PRINTING

Mainland Press Pte Ltd  
Club Spirit is a bi-monthly publication of Serangoon Gardens Country Club  
22 Kensington Park Road  
Singapore 557271  
Tel: 6286 8888  
Fax: 6398 5355  
www.sgcc.com.sg



Dear Fellow Members,

I am pleased to announce the election of a new General Committee, marking a fresh chapter of service to you over the next two years. My team and I are dedicated to enhancing your experience at SGCC and look forward to your continued support in our endeavours.

At the 67th Annual General Meeting on 30 June 2024, we passed a significant constitutional amendment to improve the Financial Prudence Section of the Constitution. This amendment will allow for better planning of future projects and renovations, ensuring the long-term sustainability and growth of our Club.

In line with this, we need to address some urgent facility enhancements. The swimming pool filtration system and pumps need to be replaced as soon as possible. Additionally, we are considering several future projects, including Nursing Room, Lift for Garden Grill, the long-overdue upgrading of the Atrium Cafe and Garden Grill toilets, and the construction of Pickleball Courts. These enhancements are aimed at benefitting the general membership and improving your overall experience at SGCC.

I am also pleased to announce that we will be commissioning a Club-wide survey in Q4 to solicit member feedback and opinions. Your insights and suggestions are invaluable to us, and this survey will play a crucial role in shaping the future of our Club.

As we approach Singapore's 59th National Day on 9 August 2024, let us come together to celebrate our nation's unity and progress. This occasion serves as a reminder of our shared heritage and the collective spirit that binds us all. For those who are joining us for the National Day Eve Party on 8 August, I look forward to celebrating with you at Kensington Ballroom. The evening will feature a cake-cutting ceremony, line and social dance, and a buffet dinner showcasing local national favourites.

August is an exciting month! We invite you to indulge in our Asian Fusion Cuisine at the Garden Grill. Our Club comes alive with music every Wednesday and Friday, featuring performances by Itslawlepop and The M.O.B.B at Crossroads Lounge, respectively. Saturdays are reserved for lively evenings with DJ Dennis Goh at Club Twenty-Two.

Looking ahead to September, we continue to delight your taste buds with the Best of German Fare at Garden Grill. Our weekly music nights at Crossroads Lounge and Saturday Night Live with DJ Dennis Goh offer ample opportunities for relaxation and enjoyment. Join us for Music Mondays at Club Twenty-Two and Tennis Social Nights on select dates throughout the month. Don't miss the Snow Skin Mooncake Workshop on 14 September, a perfect way to embrace the festive season.

We have curated these events to enrich your Club experience and foster a sense of community among our members. I encourage each of you to participate actively and make the most of what SGCC has to offer. Together, let's create memorable moments that strengthen our bond as a club.

Best wishes,  
**Mathivanan Krishnan**  
President, SGCC



# SGCC 67th AGM

## 30 June 2024



The 67th Annual General Meeting (AGM) was held on 30 June in the Kensington Ballroom. Registration began at 11.30am, with members promptly signing in before enjoying a buffet organised by the F&B team. The registration process went smoothly. However, at 1pm, the General Committee announced a 30-minute delay in starting the AGM due to not having reached a quorum of 100 people. This was in accordance with clause 37.3 (b) of the Constitution, which requires a minimum quorum of at least 100 attendees or a tenth of voting members to be present.

By 1.30pm, 103 members had assembled, allowing the General Committee to proceed with the meeting. Club President Mr Koh Jin Kit began with his message to the Members, followed by updates on the Club's refurbishment achievements. These included the new changing rooms at the Palm Wing, improvements to the Palm Wing's rooftop, installation of a large access panel for the air-conditioning system, fence repairs, facade painting, and the expansion of the darts area in the Crossroads Lounge.

The meeting progressed to discussing the amendment to improve the Financial Prudence Section of the Constitution, specifically Clause 31.2 (a) to (e). This amendment will allow for better planning of future projects and renovations, ensuring the long-term

sustainability and growth of our Club. A vote by show of hands gave the results of members being in favour of the amendment.

Before proceeding to the Any Other Business (AOB) segment, Honourable Trustee Mr Pao Kiew Tee was invited to present the Tokens of Appreciation to the outgoing General Committee members. Following this, the new General Committee members were announced by the new Club President, Mr Mathivanan Krishnan.

Following this, the Any Other Business (AOB) segment began, with members actively engaging in discussions and debates on various topics, including financial issues and proposed enhancements to Club facilities. The General Committee provided clear responses to each AOB item, addressing all concerns raised.

The meeting concluded at 4.30pm, having addressed all topics on the agenda.

We sincerely appreciate the participation of all members who attended and actively contributed to this year's AGM. It was heartening to see members who have been with the Club since childhood now actively participating in the event.

This was a valuable opportunity for the General Committee and members to foster better understanding and listen to diverse perspectives. We look forward to implementing the feedback received.



#### **New General Committee 2024 / 2026**

<b>President</b>	Mr Mathivanan Krishnan
<b>Vice President</b>	Dr Rodney Wong
<b>Honorary Secretary</b>	Dr Edmond Tan Chok Jueh
<b>Honorary Treasurer</b>	Mr Gerade Gomez
<b>Asst Honorary Secretary</b>	Mr Goh Kong Yong
<b>Asst Honorary Treasurer</b>	Ms Wong Sook Yee
<b>Committee Member</b>	Ms Emily Wong Kwee Keow
<b>Committee Member</b>	Mr Heng Song Kwan Ivan
<b>Committee Member</b>	Mr Teng Leng Hock
<b>Committee Member</b>	Mr See Kim Xiang Xavier
<b>Committee Member</b>	Mr Lam Kuet Keng Steven John
<b>Committee Member</b>	Mr Balbir Singh
<b>Committee Member</b>	Mr Kevin Huang



SERANGOON GARDENS COUNTRY CLUB

# OKTOBERFEST 2024 IS BACK!



**BIGGER!  
BETTER!  
STRONGER!**

**GERMAN BEERS  
GERMAN FOOD  
LIVE MUSIC  
CONTEST**

**REGISTER NOW!**

SCAN ME



## UBERJAM

**20 SEPTEMBER**

**7PM TILL LATE**

**AT KENSINGTON BALLROOM**

**EARLY BIRD GETS 5 BEERS INSTEAD OF 4**



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

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

THE MOST ANTICIPATED

# Mega Launch

# D19

Q3 2024

# The Chuan Park



A HIGHLY DESIRABLE AREA FOR RESIDENTS AND INVESTORS IN D19!

-  Rare Large Land Plot in District 19
-  Next to Lorong Chuan MRT
-  Diverse range of amenities, shopping malls, and dining options
-  Proximity to Good Primary Schools & International Schools
-  Luxury Condo Facilities for All Ages
-  Total of 916 units from 2 to 5 bedrooms

“Exclusive Invitation to All  
**SGCC Members**  
for the VVIP Preview”

**DON'T MISS OUT!**



Scan for the  
VVIP Invitation  
扫描获取VVIP邀



**Juliet Goh**  
CEA Nos: R020324Z

**(65) 9188 2268**

**Osric Ong**  
CEA Nos: R004227J

**(65) 9388 9713**

This advertisement is for informational purposes only. The details provided herein, including but not limited to location, size, and features of the property, are believed to be accurate at the time of publication. However, no warranty or representation, express or implied, is given regarding the completeness, accuracy, reliability, or suitability of the information. OrangeTee & Tie cannot be held responsible for any inaccuracies. For further inquiries or to view the property, please contact our sales personnel as attached.

# Annual Age Group Swim Meet

29 June 2024



Despite the cloudy skies and a looming threat of rain, the Annual Swim Meet at SGCC on 29 June 2024 was a resounding success! Our dedicated swimmers gave their all, displaying incredible skill and sportsmanship.

The energy and enthusiasm from the supporters were palpable, making the event vibrant and memorable. Every race was a testament to the hard work and commitment of our athletes, and the cheers from the crowd boosted their spirits.

Thank you to everyone who came to support our swimmers and made the day truly special. We look forward to more exciting events and continued excellence in our swimming community.

Check out the latest happenings in the SGCC Telegram channel!





# Gemstone Bracelet Making Workshop

15 June 2024



On 15 June 2024, SGCC hosted a delightful Gemstone Bracelet Making Workshop from 10.30am to 12.30pm. This engaging event welcomed both kids and parents, offering a wonderful opportunity for families to immerse themselves in a creative and enjoyable morning.

Participants had the chance to design and create their own unique gemstone bracelets, choosing from a wide array of colourful and precious stones. The workshop aimed to foster creativity and provide a memorable bonding experience, allowing families to work together to craft beautiful, personalised pieces of jewellery.

Whether attendees were looking

to learn a new skill, spend quality time with loved ones, or simply enjoy a fun and artistic activity, the workshop delivered a delightful experience for all ages. The event was a great success, leaving participants with

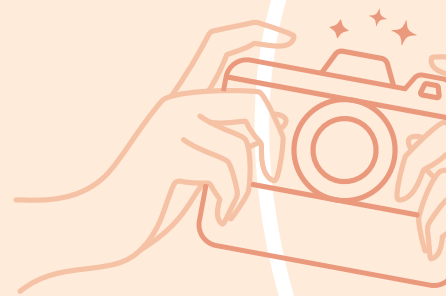
both cherished memories and lovely handmade bracelets.

We hope to see you at the next creative workshop! Check out the latest happenings in the SGCC Telegram channel!



# Snapshots

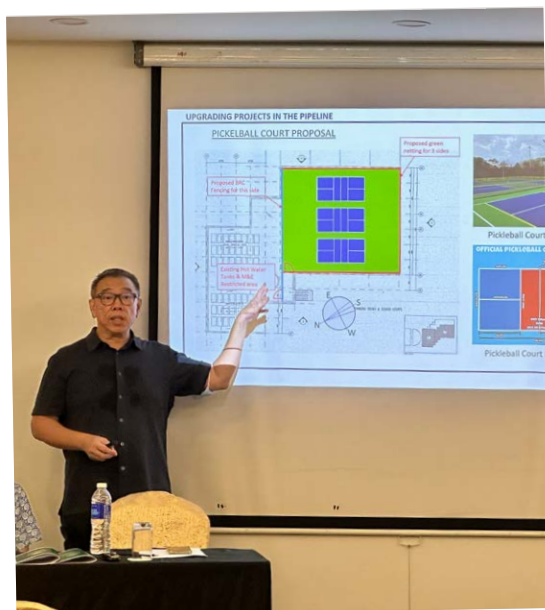
Here are photos and snippets of Club events that took place from **May** to **July 2024**.



## Town Hall Meeting (18 May 2024)



Participants listening with rapt attention.



President giving his presentation.

## Artadi Wine Dinner (12 June 2024)



Artadi wine.



Members enjoying the wine.



Night of Spanish music.

## Fireside Chat (20 June 2024)



Speakers sharing their experiences.



Audience listening to President intently.

## Cheese Masterclass (19 July 2024)



Savouring the food...



...and tasting the beverage.



Mouth-watering cheese and fruits platter.



Listening to the facilitator.

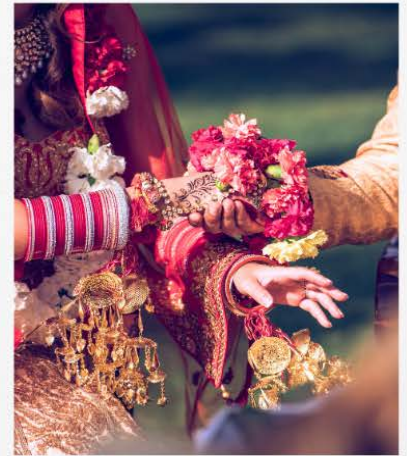


# Perfect Venue

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 **banquetsales@sgcc.com.sg**

Scan the QR code to view package details and menu!



*Yong Chai Yim*

Grand Member

*Koh Aye Koon*

Grand Member

*Ang Tze Wei, Timothy*

Ordinary Member

*Chen Chin Sang*

Ordinary Member

*Khoo Joanna Debby*

Ordinary Member

*Koh Renhao*

Ordinary Member

*Nicholas Lee Yong Heng*

Ordinary Member

*Lee Lay Kim*

Ordinary Member

*Lim Swee Huat*

Ordinary Member

*Li Yunsheng*

Ordinary Member

*Ong Geok Hoon*

Ordinary Member

*Pek Soon Huat*

Ordinary Member

*Priya Dharshini Pillay*

Ordinary Member

*Sim Khim Hoe Gabriel*

Ordinary Member

*Tan Chun Meng Adam*

Ordinary Member

*Tan Heng Yeu*

Ordinary Member

*Tan Tze Wei, Ian*

Ordinary Member

*Tan Chee Huat John*

Ordinary Member

*Tan Yan Zhi*

Ordinary Member

*Willard Wee*

Ordinary Member

*Wong Geok Mei*

Ordinary Member

*Yang Kangjie, Roy*

Ordinary Member

*Yang Xiaoyun*

Ordinary Member

*Chua Mui Kwang*

Ordinary Member

*Jai Singh Gurm*

Ordinary Member

*Julian Paul Lee Shang Yuan*

Ordinary Member

*Jeremy Luclen D'Hermey*

Term Member

*Ronson K Tan*

Term Member

*Trecco Olivier*

Term Member

*Lim Gim Geok*

Term Member

## We Seek Members' Cooperation

We seek Members' cooperation in presenting or scanning their membership cards when requested by our security officers at various stations within the Club. This is to ensure the security and proper use of Club facilities by authorised individuals only. Clause 11f of the Bye-Laws states that the membership card must be produced without demand upon entry into the Club premises, when using Club facilities, and when requested by an authorised staff member of the Club.

# Beer, Anyone?



Apart from the fact that Oktoberfest is the largest *Volksfest* (folk festival) in the world involving gallons and gallons of beer, what else do you know about this Munich-based event? We have anticipated questions you may have.

## What was the first Oktoberfest about?

It was actually a party to celebrate the wedding of Bavarian Crown Prince Ludwig and Princess Therese von Sachsen-Hildburghausen, which took place on 12 October 1810. The citizens of Munich, the capital of Bavaria, were invited to this five-day event, during which they could eat and drink while listening to live music and watching parades. The party ended with a horse race at the edge of town.

## Why does Oktoberfest begin in September?

The wedding party was such a success that the people wanted it continued, so it became an annual festival. As the festival grew bigger, it also became longer — in fact, Oktoberfest these days lasts 16 days (see next question). Starting the festivities earlier allowed visitors to enjoy better weather conditions — September days were longer and nights were warmer. People had



Pretzels are one of the typically German fare one can sample at Oktoberfest.

more daylight time to not just drink beer and eat traditional German fare, but also enjoy amusement rides and games stalls as well as head outside the tents to gambol through the gardens or stroll over the fields without feeling chilly.

### So when is Oktoberfest?

As mentioned, the modern Oktoberfest is a 16-day affair. The last day of the beer-soaked event is usually the first Sunday of October. Since 1994, however, if Day 16 falls before 3 October (German Unity Day), then that year's festivities will continue until 3 October.

### How much beer is consumed typically?

At Oktoberfest 2023, a total of 6.5 million litres were consumed. The all-time record is held by Oktoberfest



Only beer from six breweries are allowed to be served at Oktoberfest.

### How much power is consumed typically?

Oktoberfest on average uses a total of about 2.9 million kWh — this does not include assembly and dismantling of the attractions — supplied via 43km of cable and 18 partially underground transformer stations. All power supplies have built-in



A look inside one of the 14 large and 20 small tents constructed for Oktoberfest.

2011, when almost 8 million litres were consumed. And not just any beer. Only beer brewed within the city limits of Munich that conform to the *Reinheitsgebot* (a set of German regulations) can be served. As such, there are six breweries that meet these conditions:

- Augstiner-Bräu
- Hacker-Pschorr-Bräu
- Löwenbräu
- Paulaner
- Spatenbräu
- Staatliches Hofbräu-München

redundancies, and even the lights of the marquees are supplied from two different substations. Most festival tents and rides use green electricity to reduce pollution. As for natural gas consumption, that comes to 159,000m<sup>3</sup> and 42,000m<sup>3</sup> for cooking and heating respectively, supplied via a 4km network of gas lines.

### Why are there so many tents at Oktoberfest?

Currently, there are 14 large tents and 20 small tents. Each of these tents

is operated by a different host, with many having long and proud histories. Some of these tents are, of course, operated by the official breweries of Oktoberfest. They are wooden, non-permanent structures constructed for and only used during the festival. Of the big tents, Schottenhamel is arguably the most important due to its location at the entrance. On the first Saturday of Oktoberfest, beer can only be served anywhere in the festival after the Mayor of Munich taps the first keg at exactly 12pm. The tent is popular with young people as the host is a big supporter of traditional *Studentenverbindungen* (student fraternities), with the tent decorated with the fraternities' colours and coats of arms. One of the small tents, operated by Café Kaiserschmarrn, commemorates on each day of the festival the reason for how the whole shebang came to exist — the wedding of Ludwig and Therese.



## Asian Fusion Cuisine

Asian fusion cuisine is a captivating blend of culinary traditions from various Asian countries. By combining ingredients and techniques from China, Japan, Thailand, India, and beyond, it creates dishes that are both familiar and delightfully novel.

**Available throughout the month of August 2024**

**Operating hours:**  
**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 menu from \$36 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 (21 years and below)

*Prices include GST*

### APPETISER

#### Chicken Yakitori

*pan-seared marinated chicken thigh on leek skewer served with Teriyaki sauce*

OR

#### Sweet Corn and Salted Egg Salad

*kernel corn, salted egg, cherry tomatoes & lime tossed with Thai fish sauce*

OR

#### Prawn Paste and Chive Dumpling

*deep-fried dumpling served with sriracha mayo*

### SOUP

#### Winter Melon Chicken Soup

OR

#### Curried Butternut Squash Soup

### MAIN COURSE

#### Wafu Carbonara

*Japanese style pasta sauteed with streaky bacon, bonito sauce, seaweed & fresh egg yolk*

OR

#### Cantonese-style Barramundi

*pan-seared barramundi fillet with pomme puree and summer vegetables served with ginger soy sauce*

OR

#### Lemongrass Kurobuta Pork Loin

*pan-seared marinated pork loin with sweet spicy sauce and accompanied with mesclun salad*

OR

#### Massaman Curry Duck Confit

*slow braised crispy duck leg with pomme puree and seasonal vegetables served with curry demi-glace*

OR

#### Honey BBQ Steak

*(Surcharge \$8)*

*pan-seared marinated ribeye with roasted potato & summer vegetables served with Chinese-style barbecue sauce*

### DESSERT

#### Coconut Panna Cotta

*served with sago & mango coulis*

OR

#### Azuki Matcha Ice Cream

*served with red bean*

### COFFEE or TEA

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





SERANGOON GARDENS COUNTRY CLUB

# WHISKY & WINE FAIR

10 & 11 August 2024  
(Sat & Sun)

11am - 8pm

Main Lobby

**OPEN  
TO THE  
PUBLIC!**

*Spirits and wines at attractive prices!  
Sampling available.*





## *Celebrate National Day with Local Favourites*

Join us in celebrating National Day with a delicious array of local favourites! Our specially curated menu offers a taste of Singapore's rich culinary heritage, featuring iconic dishes that are sure to delight your palate.

**Operating Hours:**  
**12pm-3pm; 6pm-10pm**  
(Last order: 30 minutes before closing)

### **LOCAL FAVOURITES**

**1-15 August 2024**

**Butter Chicken with Chapati \$11.90**

**Lontong with Begedil \$10.90**

**Bak Kut Teh \$13.90**

**16- 31 August 2024**

**Nasi Biryani Ayam \$13.90**

**Mee Rebus with Prawn & Begedil \$10.90**

**Signature Prawn Mee \$13.90**

**1- 31 August 2024**

**Half Lobster Nasi Lemak \$28**

*Prices include GST*

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





# BOOK A CHEF

*For a Very Special Dining Experience*



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

- \*min 4 pax for customised menu
- \*\$300 and above
- \*3 weeks advance notice

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



Scan for Chef's selection.



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

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



## The Best of German Fare

Indulge in the rich flavours of Germany with our exclusive menu, offering a carefully curated selection of traditional dishes that promise an unforgettable dining experience.

Available throughout the month of September 2024

### Operating hours:

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 discount for Senior Members aged 55 years old and above, and Students (21 years and below)*

*Prices include GST*

### APPETISER

German Spinach and Beetroot Salad

OR

Bavarian Wurst Salad

*Cheese, Ham & Gherkins*

OR

Puff Pastry Bratwurst

### SOUP

German Sauerkraut Soup

OR

Leek & Potato Soup

### MAIN COURSE

Baked Sole in Creamy Mustard Dill Sauce

OR

Chicken Schnitzel

OR

German Veal Sausage with Onion Sauce

OR

Roast Pork Knuckle with Sauerkraut

OR

Slow-cook Bavarian-style Beef Cheek and Sauerkraut

*(Surcharge \$8)*

### DESSERT

German Black Forest Cake

OR

Apple Strudel with Vanilla Ice Cream

COFFEE or TEA

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



# TRIBUTE TO THE BEATLES BY THE FABFOUR

**SERANGOON GARDENS COUNTRY CLUB  
KENSINGTON BALLROOM  
FRIDAY 18 OCTOBER 2024 | 7.30PM - 10.30PM**

*Get ready for a magical journey through the iconic sounds of The Beatles with FabFour, Australia's premier tribute band! With meticulous attention to detail, FabFour recreates the authentic sound of the Fab Four using vintage instruments and expert musicianship. From the early days of "Love Me Do" to the psychedelic heights of "Let it Be", FabFour takes you on a thrilling ride through the entire Beatles discography (1962-1969). Whether you're a die-hard fan or just discovering the magic of The Beatles, FabFour's electrifying performance should not be missed!*

*Get your tickets today and experience for yourself a truly unforgettable night of music that will leave you 'Yesterday' memories to last a lifetime!*

**EARLY BIRD (BEFORE 31 AUGUST 2024) : \$80 PER MEMBER | \$90 PER GUEST**  
**AFTER EARLY BIRD : \$88 PER MEMBER | \$98 PER GUEST**

*Prices include a 6-course Chinese dinner and GST*

**TICKET SALES: 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)  
Follow us on    SGCC1955



Buda Castle is the historical seat of Hungarian kings.

# Budapest's Best

Often cited as one of the most beautiful cities in Europe – rivalling even Paris – Budapest, the capital of Hungary, contains many architectural gems. Here are our top four picks.

Museum, and National Széchenyi Library. But make sure to also look up and across the Danube River – the views from Castle Hill are stunning!



A view of the interior of the Hungarian Parliament Building.

## Buda Castle

Sitting on the southern tip of Castle Hill is Buda Castle, the historical seat of power of the kings of Hungary. It was first completed in 1265, but is today an architectural melting pot, with Renaissance ruins around the foundations, a grand Habsburg-era neoclassical façade, and a stark communist-style interior.

If you're the museum- and gallery-browsing type, you can easily spend an entire day here. After all, Buda Castle is home to three of your favourite things: the Hungarian National Gallery, Budapest History

## Hungarian Parliament Building

One of the most splendid structures in a city full of architectural gems must be the Hungarian Parliament Building. Built in the Neo-Gothic style, it was designed by Hungarian architect Imre Steindl, and opened in 1902.

Sitting beside the Danube on the Pest side of the city with its spires, gargoyles and a 97m-high dome, it certainly is an eye-catching building. Because it is so wide (123m), you may wish to view it from the Buda side of the River to fully appreciate the intricacies of the building's design. Better yet, take a boat tour!

If you love all things bling, take a



The weeping willow sculpture (right) on the grounds of the Dohány Street Synagogue (above) has leaves inscribed with names of Holocaust victims.



Hungarian Parliament Building.

guided tour of the place, climb the golden staircase, and be awed by the jewels (crown, sceptre, orb and coronation sword) that once belonged to Hungary's first king, Stephen I.

### Dohány Street Synagogue

This is the largest synagogue in Europe, and the second largest in the world!

Built in 1859 in the Moorish style, the synagogue seats 3,000 people — a testament to the significance of the Jewish community in Budapest at the time. The temple was designed by German architect Ludwig Förster, while its inner sanctum was conceived by Frigyes Feszl of the Budapest Vigadó.

When inside, you will be dazzled by the rare rose window and plenty of gold leaf detailing. On the outside, you will be moved by a graveyard that is the final resting place of about 2,000 Jews killed in the Holocaust, their names individually inscribed on the leaves of a weeping willow sculpture nearby.

Do note that this building is still predominantly used as a place of worship, but can be visited on weekdays.

### Széchenyi Baths

Did you know that Budapest is known as the City of Spas? While Hungary may be a landlocked nation, its capital








































boasts many bodies of water in the form of spas. There are about 120 such geothermal facilities splashed across the city, and the most famous of these is Széchenyi Baths.

It's not just the steaming outdoor pools (there are three, and 15 more indoors!) that make Széchenyi Baths a far cry from any ActiveSG swimming complex. Your body may be relaxing in the medicinal waters, but we guarantee that your eyes will be overactive as you take in the amazing architecture of the place, which was built in 1913. Besides the colonnades outside, the vast interior is overflowing with ceramics, marble and mosaics. If you're bored with the pools, you can try the sauna/steam cabins (there are 10), book a massage or facial, and — this is important for Singaporeans — order cocktails, tea and fruits.



Széchenyi Baths boasts three outdoor and 15 indoor pools.

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p><b>1</b></p> <p>Asian Fusion Cuisine <b>Garden Grill</b> 12pm; 6pm (whole month)</p> <p>Celebrate National Day with Local Favourites <b>Atrium Café</b> (whole month)</p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p>   	<p><b>2</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>3</b></p> <p>DJ Dennis Goh <b>Club 22</b> 8pm</p> <p>Talk on Mental Health <b>Garden Grill</b> Casuarina Room 10am - 11am</p>  <p>Senior Breakfast <b>Atrium Cafe</b> 8.30am</p> 	<p><b>4</b></p>
<p><b>5</b></p> <p>Music Monday <b>Club 22</b> 12.45pm</p> 	<p><b>6</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>7</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>8</b></p> <p>National Day Eve Party <b>Kensington Ballroom</b> 7pm - 11pm</p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p>  	<p><b>9 NATIONAL DAY</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> <p>Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm</p>  	<p><b>10</b></p> <p>In-House Music <b>Club 22</b> 8pm</p> <p>Whisky &amp; Wine Fair <b>Main Lobby</b> 11am - 8pm</p>  	<p><b>11</b></p> <p>Whisky &amp; Wine Fair <b>Main Lobby</b> 11am - 8pm</p> 
<p><b>12</b></p>	<p><b>13</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>14</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>15</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>16</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>17</b></p> <p>In-House Music <b>Club 22</b> 8pm</p> 	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>21</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>22</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>23</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> <p>Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm</p>  	<p><b>24</b></p> <p>The Musical Expression <b>Club 22</b> 8pm</p> <p>Tomato Focaccia Making Workshop <b>Club 22</b> 10.30am - 12.30pm</p>  	<p><b>25</b></p> <p>SGCC Kids Swim Showdown <b>Swimming Pool</b> 1pm - 5pm</p> 
<p><b>26</b></p> <p>Music Monday <b>Club 22</b> 12.45pm</p> 	<p><b>27</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm - 9pm</p> 	<p><b>28</b></p> <p>Itslawlepop <b>Crossroads Lounge</b> 8pm</p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm</p>  	<p><b>29</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm - 8pm</p> 	<p><b>30</b></p> <p>The M.O.B.B. <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>31</b></p> <p>DJ Dennis Goh <b>Club 22</b> 8pm</p> 	



## SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30						1 The Best of German Fare <b>Garden Grill</b> 12pm; 6pm (whole month) 
2	3 Squash Social Night <b>Squash Courts</b> 6pm - 9pm 	4 Itslawlepop <b>Crossroads Lounge</b> 8pm  Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm 	5 Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	6 The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm 	7 DJ Dennis Goh <b>Club 22</b> 8pm  Senior Breakfast <b>Atrium Cafe</b> 8.30am  Generative AI for Seniors <b>Casuarina Room</b> 10am - 12pm 	8
9 Music Monday <b>Club 22</b> 12.45pm 	10 Squash Social Night <b>Squash Courts</b> 6pm - 9pm 	11 Itslawlepop <b>Crossroads Lounge</b> 8pm  Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm 	12 Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	13 The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm  Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm 	14 DJ Dennis Goh <b>Club 22</b> 8pm  Delicious & Healthy Snow Skin Mooncakes with Chef Lim He-Yi <b>Club 22</b> 10.30am - 12.30pm 	15
16	17 Squash Social Night <b>Squash Courts</b> 6pm - 9pm 	18 Itslawlepop <b>Crossroads Lounge</b> 8pm  Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm 	19 Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	20 The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm  Oktoberfest 2024 <b>Kensington Ballroom</b> 7pm till late 	21 DJ Dennis Goh <b>Club 22</b> 8pm 	22
23 Music Monday <b>Club 22</b> 12.45pm 	24 Squash Social Night <b>Squash Courts</b> 6pm - 9pm 	25 Itslawlepop <b>Crossroads Lounge</b> 8pm  Table Tennis Social Practice <b>Squash Court 4</b> 2pm - 4pm 	26 Squash Social Night <b>Squash Courts</b> 5pm - 8pm 	27 The M.O.B.B <b>Crossroads Lounge</b> from 8.45pm  Tennis Social Night <b>Tennis Courts</b> 8pm - 10pm 	28 DJ Dennis Goh <b>Club 22</b> 8pm 	29

# First Peoples

Do your part for the International Day of the World's Indigenous Peoples by getting to know three such populations from nearby countries.

An Iban warrior demonstrating the use of traditional blow dart.



According to the United Nations, the estimated 476 million indigenous peoples around the world form less than 5% of the global population, yet they represent 5,000 different cultures and speak an overwhelming majority of the roughly 7,000 languages spoken across the globe today.

They are present in about 90 countries across the world, and are often distinct from the mainstream population of the country in numerous ways — from physical features and attire to religious, cultural and social practices.

Let's get to know the indigenous peoples of three nearby countries.

## Malaysia: The Iban

The Iban people are strongly associated with the East Malaysian state of Sarawak. They can also be found in Brunei and the Indonesian province of West Kalimantan.

The Ibans' reputation as fierce warriors of old is reinforced by the now discontinued practice of headhunting. This bloody ritual, a part of their long-held animistic beliefs, slowly



An Iban couple dressed in traditional attire.

went out of favour after a majority of them converted to Christianity after the arrival of missionaries in the 19<sup>th</sup> century. Nowadays, many observe both Christian and traditional rites, including the adoption of a Christian first name and tribal second name (eg. David Dunggau).

The traditional Iban dwelling is known as a longhouse, a wooden structure on stilts. One side is sectioned off into a row of rooms

for family units; the other is used as space for meetings and social interactions. If another family wishes to join the community, the structure is extended to accommodate them, which is how the structure got its name.

With the success of the movie *Crazy Rich Asians*, Henry Golding is arguably the most famous Iban person (he is half-Iban on his mother's side) in the world.



Minangkabau girls wearing traditional attire.



Rumah Gadang, the Minangkabau's cultural centre.



Minangkabau Rendang.

### Indonesia: The Minangkabau

One can tell that the buffalo is important to the Minangkabau people. Not only is it reflected in their name ('kabau' means 'buffalo'), but also in their architecture and women's headdress.

The Minangkabau is the largest matrilineal society in the world, with property, family name and land passing down from mother to daughter. While religious and political affairs remain the domain of men, some women also play important roles in these areas.

Their homebase is the Minangkabau Highlands of West Sumatra, which

was also the seat of the Pagaruyung Kingdom, believed by early historians to have been the cradle of the Malay race. With cool climate, fertile soil, and abundant water, it is probable that rice cultivation appeared here long before it spread to other parts of Sumatra.

While they are adept at several handicraft (weaving *songket* textiles, wood carving, pottery, gold and silver jewellery), their most famous export is probably Nasi Padang (Padang is the capital of West Sumatra) restaurants, particularly the dish known as *rendang*, which was cited in CNN's World's 50 Best Foods in 2011 and 2017.

### Japan: The Ainu

Officially recognised as an Indigenous people of Japan in June 2008, the Ainu reside mostly in Hokkaido, the northernmost island of the Japanese archipelago. There are about 13,000 of them there, with a few hundred spread throughout the rest of Japan. Ainu territory also includes Sakhalin and the Kuril Islands, both of which are now part of Russia. Although most Ainu still live in Hokkaido, tens of thousands of them migrated to

Japan's urban centres for work and to escape discrimination over the second half of the 20<sup>th</sup> century.

The Ainu people look different from the mainstream Japanese population. Their facial features are more Caucasian. Traditionally, the men keep full beards and moustaches, while the women often tattoo their mouths and sometimes their forearms. Their robes are spun from the inner bark of the elm tree. While fishing (mostly trout in summer and salmon in autumn) is important to them, they don't usually eat them raw, which is surprising since Japan is the land of *sushi* and *sashimi*.

### International Day of the World's Indigenous Peoples

The United Nations has dedicated 9 August as the International Day of the World's Indigenous Peoples, which aims to raise awareness of the needs of these population groups. The day was chosen in recognition of the first meeting of the UN Working Group on Indigenous Populations, held in Geneva in 1982.



Welcoming people to visit an Ainu village in Japan.



An Ainu woman making traditional clothes.

# PAST EVENTS

## SCHOOL HOLIDAY CAMP



Learning to hold a tennis racket correctly.



Nice to meet you, my chess opponent.



Make sure you hit the bull's eye!

Held between 27 and 29 May 2024, this year's School Holiday Camp saw a total of 40 participants enjoying a variety of sport and activities. The programme commenced with a lively day of outdoor activities. The morning featured tennis, where participants enthusiastically engaged in and honed their skills. Following tennis was kids' athletics, with various races and activities promoting teamwork and physical fitness. The day ended with an exhilarating game of dodgeball, providing an energetic and fun conclusion to the day's events.

Day Two offered a mix of water sports, precision games, and strategic challenges. The morning began with water activities. In the afternoon, the programme moved to chess, allowing the children to engage in strategic matches and enhance their critical thinking abilities. The day wrapped up with bowling, creating a social and enjoyable atmosphere for friendly competition.

The final day featured unique and engaging sports. The morning was dedicated to pickleball, a sport that combines elements of tennis, badminton, and table-tennis, providing a fun and engaging experience for all participants. In the afternoon, the focus shifted to an archery fun shoot, where children learned the basics of archery in a safe and controlled environment, where precision and concentration were emphasised. Offering a diverse range of activities that promoted physical fitness, mental agility, and teamwork, the camp was acknowledged by all to be a resounding success. The participants had a memorable and enriching experience, forging new friendships and picking up new skills.



Waiting for the next activity.



Table football is cool!

## 54TH INTERNATIONAL SINGAPORE OPEN

Organised by the Singapore Bowling Federation, the 54th International Singapore Open saw SGCC's Youth feeder Squad Bowler Bella Chua did the Club proud by becoming the champion for the Girls Under 12 Master division with a 1,332 total pinfall and a 167 average. Congratulations, Bella!



Bella Chua winning the Girls Under 12 Master division in the 54th International Singapore Open.

# 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

## UPCOMING EVENTS

## 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: 4 January 2025  
 Men: 5 January 2025  
 \*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 zaleha@sgcc.com.sg

## SGCC KIDS SWIM SHOWDOWN

Join us for our first kids swim meet! Open to young swimmers from the Learn to Swim programme, the event promises competitive races and fun.

**Date/Day:** 25 August 2024,  
 Sunday

**Time:** 1pm-5pm

**Venue:** Swimming Pool

**Fees:** **Registration Fee**  
 Free (Member) |  
 \$8.72\* (Guest)

**Entry Fee**  
 \$5.45\* (Member) |  
 \$8.72\* (Guest)

**Closing date:** 11 August 2024,  
 Sunday

*\*Price includes GST. Entry fee is applicable per event for the first three events. No fee will be imposed from the 4th events onwards.*



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/Time:** Every Tuesday, 6pm-9pm; and Thursday, 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 getting opportunities to improve your own skills.



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

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

## TENNIS SOCIAL NIGHT



Keen to swing a tennis racket? On selected Friday nights in August and September, it is open to all adult Members, regardless of skill level.

**Date:** 9 & 23 August / 13 & 27 September  
**Time:** 8pm-10pm  
**Venue:** Tennis Courts  
**Fee:** Free for SGCC Members

Ashley Toh at 6398 5327 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.

**Day:** Saturdays  
**Time:** 11am to 12pm  
**Venue:** Aerobics Studio  
**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

## 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

STRONGER TOGETHER  
GROUP CIRCUIT TRAINING

Working out with a buddy can really boost motivation and accountability. Stronger Together Group Circuit Training is a fantastic way to challenge yourself and push your limits while enjoying the camaraderie of others. Let's get stronger together!



**Day/Time:** TBC  
**Venue:** Gymnasium  
**Fee:** Member  
 First 5 trial lessons: \$60 (one-time only)  
 10 lessons (validity 2 months): \$350  
 20 lessons (validity 4 months): \$590  
 40 lessons (validity 6 months): \$750

**Guest**

First 5 trial lessons: \$81.80 (one-time only)  
 10 lessons (validity 2 months): \$371.80  
 20 lessons (validity 4 months): \$611.80  
 40 lessons (validity 6 months): \$771.80

Daniel Chong at 6398 5351 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

## COOL WATER WORKOUT



Dislike 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

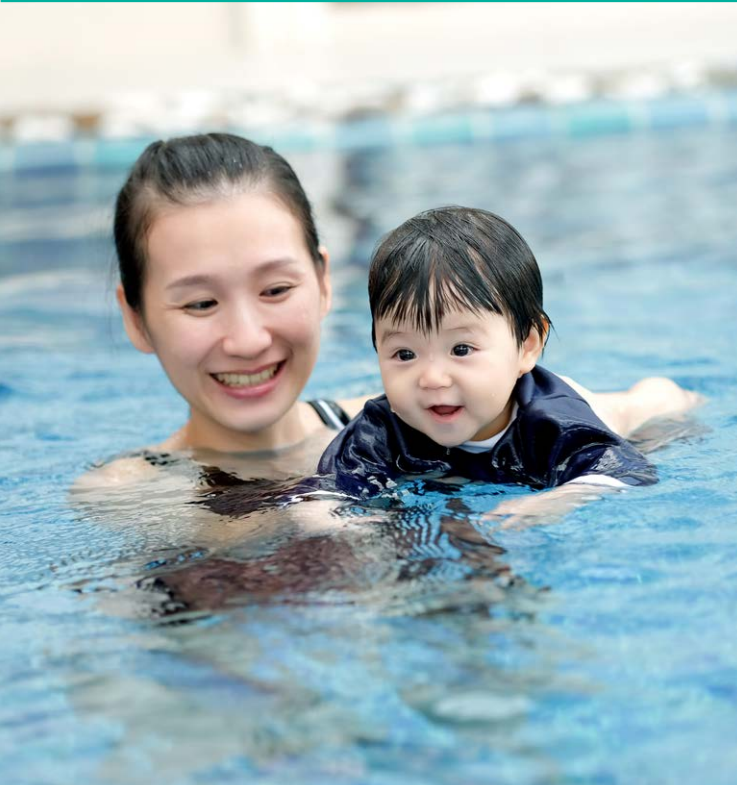
**Fee:** **1 Session/Week**  
**\$68.67\***  
(Member; once a week per month) |  
**\$85.84\***  
(Guest; once a week per month)

**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

## 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

## 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.

**Venue:** Swimming Pool

**Fee:** **2 Sessions/Week**

**\$109.00\*** (Member) | **\$130.80\*** (Guest)

**Unlimited Sessions**

**\$130.80\*** (Member) | **\$152.60\*** (Guest)

## COMPETITIVE & JUNIOR COMPETITIVE TRAINING PROGRAMME



The Competitive Swim Pathway caters for experienced swimmers seeking to compete at a national level competition.

**Venue:** Swimming Pool

**Fee:** **Unlimited Sessions**

**\$130.80\*** (Member only)

*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).*

*Note: Lesson fees are NOT subject to be prorated in the event of public holidays if there is a fifth week in the month*

*\*Price includes GST*

**Daniel Chong at 6398 5351 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg) | Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)**

## 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.*

**Venue:** Swimming Pool

**Fee:** **1 Session/Week**

**\$76.30\*** (Member) | **\$98.10\*** (Guest)

**2 Sessions/Week**

**\$98.10\*** (Member) | **\$141.70\*** (Guest)



*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).*

*\*It is for 4 lessons a month; there will be additional charges if there are 5 lessons in a month*

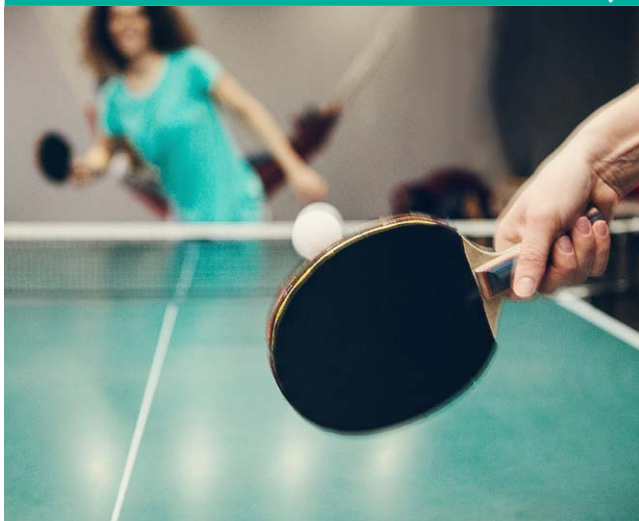
*\*Price includes GST*

Scan the QR code for the schedule of the three programmes



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

**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

**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

## BOWLING COACHING

Pick up bowling skills or improve your game through group or private coaching.



### About the Trainers

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

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

<b>Min/Max:</b>	3/8 participants
<b>Venue:</b>	Gardens Bowl
<b>Fee:</b>	<b>Group Coaching</b> \$46.65* (Member)   \$58.32* (Guest)
	<b>Private Coaching</b> (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)
	<i>*Price includes GST</i>

Zaleha Hanibah at 6398 5373 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

<b>Class:</b>	Beginner
<b>Day/Time:</b>	Tuesdays, 9pm–10pm
<b>Fee:</b>	\$110.75* (Member)   \$132.55* (Guest)
<b>Class:</b>	Intermediate
<b>Day/Time:</b>	Mondays, 7pm–8.30pm and 8.30pm–10pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Ladies' Intermediate
<b>Day/Time:</b>	Fridays, 8am–9.30am
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Club Men/Women
<b>Day/Time:</b>	Wednesdays, 7.30pm–9pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)

### JUNIOR GROUP COACHING PROGRAMME

<b>Class:</b>	Red Ball
<b>Day/Time:</b>	Mondays, 4.30pm–5.30pm Fridays, 5pm–6pm
<b>Fee:</b>	\$110.75* (Member)   \$132.55* (Guest)
<b>Class:</b>	Orange Ball
<b>Day/Time:</b>	Wednesdays, 4.30pm–6pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Green Ball
<b>Day/Time:</b>	Wednesdays, 4.30pm–6pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Junior 1 (Lower Intermediate)
<b>Day/Time:</b>	Wednesdays, 6pm–7.30pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Junior 2 (Intermediate)
<b>Day/Time:</b>	Mondays, 5.30pm–7pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Junior 3 (High Intermediate)
<b>Day/Time:</b>	Tuesdays, 4.30pm–6pm and 7.30pm–9pm Thursdays, 6pm–7.30pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
<b>Class:</b>	Junior (Advanced)
<b>Day/Time:</b>	Saturdays, 10am–11.30am and 11.30am–1pm
<b>Fee:</b>	\$166.11* (Member)   \$187.91* (Guest)
	<i>*Price includes GST</i>
<b>Min</b>	3 students to start

Ashley Toh at 6398 5327 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

## 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**

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.

**Foundation Training (1-hour sessions)**

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

**Day/Time:** Thursdays, 4.30pm–5.30pm  
**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

## ZI WU MEN GONG FU

**About the Trainer**

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.

**Day/Time:** Wednesdays, 4.30pm–5.30pm  
**Venue:** Club 22  
**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.

Zi Wu Men Gong Fu is a traditional Chinese martial art with a 900-year-old history. A holistic practice, it not only improves physical fitness and motor skills, but also builds strength, flexibility and endurance while promoting mental focus and concentration.

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.

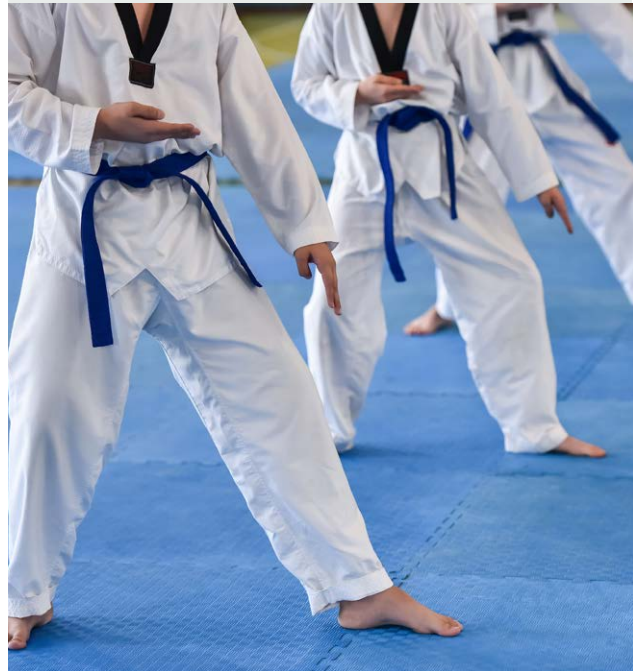
**Day/Time:** Saturdays, 4.30pm–5.30pm  
**Venue:** Aerobics Studio  
**Fee:** \$57.23\* (Member) | \$68.68\* (Guest)

*\*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

## 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

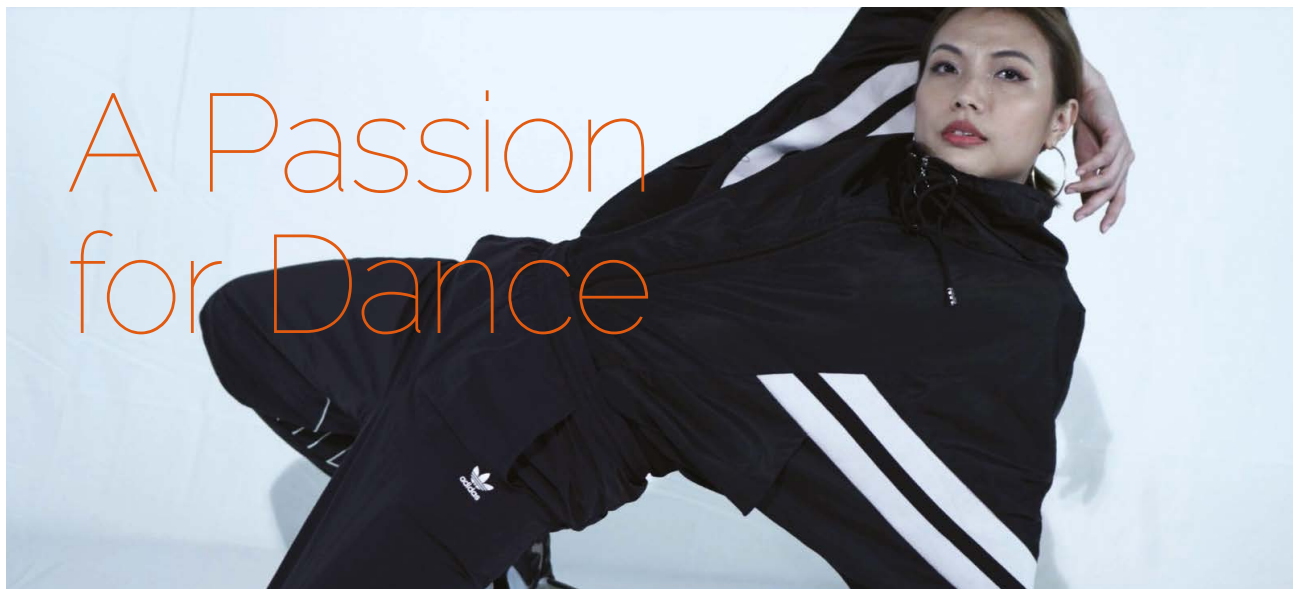
**Day/Time:** Fridays, 8pm–9pm  
**Fee:** \$87.20\* (Member) | \$98.10\* (Guest)

### 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



Clare Tay teaches Street Jazz and K-pop dance classes in SGCC.

## Clare Tay defied her mum to pursue a career in the performance and teaching of dance.

Clare Tay may be 44 years old, but she can bust a move as well as any young and hip teenager. In fact, she is the teacher for K-pop and Street Jazz dance classes here at SGCC.

"Street Jazz is a mixture of hip hop/funk style with jazz techniques. As for K-pop, the dance style depends on the K-pop song that will be taught," Clare explains the difference in the two classes. She clarifies that, for the K-pop dance class, you won't need any background in dance. "This class is for anyone who wants to learn dance and has an interest in K-pop."

However, if you're considering signing up for her Street Jazz dance class, do note that she has been conducting it at SGCC for a few years already, and it would be advisable that you have some dance background before you join a class. "But anyone who loves to be pushed can join us in Street Jazz," she adds.

### Catching the dancing bug

Ironically, Clare caught the dancing bug when she was pursuing gymnastics. "In secondary school, I joined gymnastics as a CCA," she shares. "It so happened that dance



was part of the activities, and I grew to love dancing after picking it up."

Even though she did not come from a family with a background in the performing arts, Clare was so passionate about dancing that she joined a contemporary dance company, Frontier Danceland, as a freelancer after graduating from secondary school. "I danced with the company during my free time."

Clare then joined the ranks of many other young adults when she entered

the corporate working world. "After slogging for a few years, I was not inspired by what I was doing at that time," she reveals. She consulted her mentors and, at their encouragement, decided to dive into dance full-time. This was despite the fact that Clare's mother was not supportive of this career move. "She didn't believe that one could earn a living through dancing here in Singapore," Clare recalls. "But she didn't stop me from pursuing dance as a career."





"When you see your students improve and gain confidence through your classes, it gives you a great sense of satisfaction," says Clare Tay.

### Developing her craft

Clare realised that she had to expand her repertoire, and decided to explore other dance genres. When asked to pick a favourite dance style, Clare declares, "I don't have a favourite genre; I just love how I can use my body to express myself through music and dance."

But teaching dance was more difficult to get going. "When I first started out, it was definitely a struggle as I had no teaching experience to

back me up," Clare says. "My mentors helped me a lot during that time by hiring me as their assistant so that I could gain experience and start teaching on my own." She honed her dance teaching skills through work experience. While she never took a course on dance pedagogy, she attended training along her dance journey.

Clare also explains that dancing and choreography are two entirely different ball games, something she



realised after her first encounter with the art form: "When I was trained in contemporary dance, we had to learn to improvise. We were given different music and scenarios to create our moves", which was why Clare decided to take courses in choreography to make her classes more interesting and challenging.

When asked what keeps her motivated to keep dancing and teaching, Clare shares, "With so much more experience now, I'm able to conduct classes for different ages and genres. When you see your students improve and gain confidence through your classes, it gives you a great sense of satisfaction. Dancing is my passion, so it has never felt like too much of a challenge." While Clare is no longer a full-time dancer/choreographer, she still occasionally dances professionally and gives classes a couple of times a week.

Wish to sign up for Clare's classes? Get more details in our Sports & Recreation section.

## Halloween Cupcake Décor Workshop



Raise the look of your Halloween cupcakes up a notch by learning to decorate them in the shape of mummies, Frankensteins, skeletons, spiders and Jack 'O' Lanterns. Join our workshop to bedazzle your guests at your next Halloween party.

**Date/Day:**

26 October 2024, Saturday

**Time:**

10.30am-12pm

**Venue:**

Club Twenty-Two

**Fee:**

\$45.42\* (Junior Gems) | \$47.60\* (Member) | \$49.78\* (Guest)

*\*Price includes GST. Applicable for minimum spending.*

**Min:**

12 participants

**Closing date:**

11 October 2024, Friday



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



## Member-Get-Member Scheme

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

### You will get

\$300 credits if your friend signs up for an Ordinary Membership  
\$200 credits if your friend signs up for a Term Membership

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

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

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

## 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 Twenty-Two

### Fee:

Mondays & Tuesdays

**\$64.31\*** (Member)

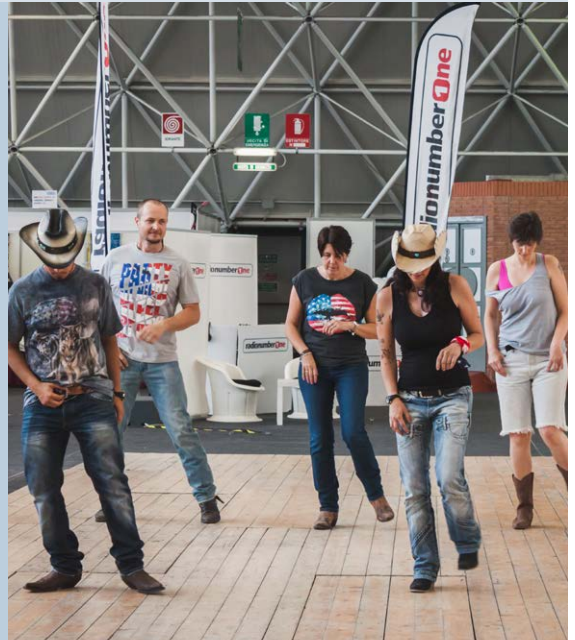
**\$77.39\*** (Guest)

Wednesdays & Thursdays

**\$48.23\*** (Member)

**\$61.31\*** (Guest)

*\*Price includes GST and is for 4 lessons.*



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

## Social Dance (New Lesson)

Always wanted to look good on the dance floor? Here's your chance to pick up the nuances of social dance.

### Day:

Fridays

### Time:

2.30pm – 3.30pm

### Venue:

Club Twenty-Two

### Fee:

**\$65.40\*** (Member)

**\$80.66\*** (Guest)

*\*Price includes GST and is for 4 lessons*

### About the trainer

Dennis Ng has been teaching social dance since 2007 at community clubs, private clubs and country clubs. He achieved a Teacher of Dancing Associate certificate in November 2006 with a Highly Commended grading in the Latin American category.



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

## Resin Coaster Making Workshop

Recreate the starry night sky and be totally immersed in the beauty of the galaxy. With our resin coaster making workshop, you will be able to create your own aesthetic customised resin coaster to suit your home decor and practical use. Enjoy crafting together with your friends, family and loved ones, or simply being able to start a new hobby.

**Date/Day:** 5 October 2024, Saturday

**Time:** 10.30am to 12pm

**Venue:** Casuarina Room

**Fee:** \$62.13\* (Junior Gems)

\$65.40\* (Member)

\$66.49\* (Guest)

*\*Price includes GST.*

*Applicable for minimum spending.*

**Min:** 10 participants

**Closing date:** 27 September 2024,  
Friday



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

## Delicious & Healthy Snow Skin Mooncakes with Chef Lim Her-Yi



Join our hands-on workshop with Chef Lim Her-Yi. Learn to make organic, vegan, nut-free snow skin mooncakes. Perfect for health-conscious bakers and families.

**Day/Date:** 14 September 2024, Saturday

**Time:** 10.30am to 12.30pm

**Venue:** Club Twenty-Two

**Fee:** \$53.41\* (Junior Gems) | \$56.68\* (Member) |

\$57.77\* (Guest)

*Making of four snowskin mooncakes per pair/pax. Child below 12 years old must be accompanied by a parent. No additional price when accompanied by parent.*

*\*Price includes GST. Applicable for minimum spending.*

**Min:** 10 participants

**Closing date:** 30 August 2024, Friday

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



# Red Velvet Cookies

Rich with cocoa and studded with white chocolate chips, these red velvet cookies are the perfect dessert for your National Day party. You can also pack them up and bring them along for a picnic. The origins of red velvet have been debated since it first came onto the scene. Most sources agree that the first versions of the recipe got their red colour from a chemical reaction involving the kind of raw cocoa powder that was available to bakers at the time. Ingredients and versions of the recipe have evolved through the years and red velvet cake (and other related desserts) became redder through the invention of food colouring. However, one thing that has remained constant is the inclusion of cocoa powder.



## Ingredients:

- ✓ Butter
- ✓ Granulated white sugar
- ✓ Brown sugar
- ✓ Red food colouring
- ✓ Egg
- ✓ Vanilla extract
- ✓ All-purpose flour
- ✓ Cocoa
- ✓ Baking soda
- ✓ Salt
- ✓ White chocolate chips

## Method:

- Cream together butter and sugars and red food colouring.
- Stir in vanilla extract and egg. Then add the dry ingredients and stir in the chips.
- Roll dough into 2-inch balls. Place on prepared baking sheets and flatten slightly.
- Bake in the pre-heated oven at 177 deg C for 10-12 minutes. Then, remove to a cooling rack. Sprinkle cookies with a few additional chocolate chips; allow to cool completely.



# 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.

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

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



**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: banquet-sales@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

**WOW (Whisky. Others. Wine.)**

Tel: 87850056  
Tue–Sun/PH: 12pm–8pm  
Closed every Mon (unless it is a PH)

**MANAGEMENT STAFF****General Manager**

Mark James 6398 5329  
Email: mark\_james@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

**Marketing & Communications Manager**

Ivonn Law 6398 5320  
Email: ivonn\_law@sgcc.com.sg

**Security Operations Manager**

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

**Facilities, Maintenance**

& Safety Manager  
Kelvin Ng 6398 5311  
Email: kelvin\_ng@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**

Daniel Chong 6398 5351

**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: banquet-sales@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)