



Club *Spirit*

FEBRUARY • MARCH 2025

Happy Valentine's Day

Celebrate Your Love in Style

Treat your beloved to a romantic dinner

Pg 14

Say it with Flowers

Give your beloved the right flowers

Pg 16

Learn the Art of Chinese Painting

An art form of harmony

Pg 34



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FEBRUARY • MARCH 2025



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@SGCC1955

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Dear Fellow Members,

As we reflect on the end of 2024 and the beginning of 2025, I want to sincerely thank each of you for making Serangoon Gardens Country Club such a warm and vibrant community. It's been heartening to see so many of you coming together to celebrate the festive season and share the joy that makes our club so special.

We kicked off the year-end festivities last year with our Christmas Light-Up on 23 November, where the club was filled with holiday cheer as members and their families gathered for the Christmas tree lighting ceremony, led by our General Committee. On 30 November, our sold-out Nostalgic Canto Night with Alex and the X-Side Men filled the Kensington Ballroom with timeless classics and unforgettable energy. Due to the overwhelming response, we are excited to announce their return on 29 March 2025.

December ended on a high note with two spectacular events. Our Retro Christmas Party on 21 December transported us back in time with groovy tunes and festive spirit, while the New Year's Eve Countdown Party on 31 December was a joyous celebration that brought us together in Movie Magic theme to ring in 2025 in style. Thank you to everyone who joined us in making these celebrations so memorable.

Looking ahead, February and March are packed with exciting activities. Celebrate the Lunar New Year at our SGCC Lo-hei D&D on 4 February at Kensington Ballroom. On Valentine's Day, 14 February, enjoy an unforgettable performance by ABBA CADABRA, Australia's premier ABBA tribute band. Over at Crossroads Lounge, we're introducing two new bands: Eleventh Hour, performing every Friday at 8.45 pm, and Fun WTF, debuting in March with three dynamic sets every Wednesday evening.

For outdoor enthusiasts, don't miss the 6 km Pulau Ubin Trek on 22 February — a great way to connect with nature and fellow members. On 1 March, children can get creative at the DIY Unicorn Lamp Workshop, while adults can attend a health talk on Myopia, Dry Eyes & Cataracts. Bowling fans, remember to register for the 51st Inter-Team Bowling Mixed League, starting in April, with registration closing on 2 April.

I am also pleased to share that we are taking important steps to address the ageing condition of our club facilities. To guide this crucial process, we have formed a dedicated task force focused on renovating and upgrading our spaces to ensure that our amenities remain top-notch for years to come. Our aim is to revitalise the club, ensuring it is sustainable and meets the needs of both current and future members. Rest assured, we will engage and involve our members in the planning process in a timely manner.

Thank you for your continued support and active participation. We look forward to working together to create a vibrant and sustainable club for everyone!

I look forward to seeing you at the club as we create more cherished memories together in 2025.

Best wishes,
Mathivanan Krishnan
 President, SGCC

Christmas Light-Up 23 November 2024



Our festive season kicked off with the enchanting **Frozen Christmas Light-Up**, held in the Main Lobby. The Club was transformed into a magical winter wonderland, with sparkling decorations that transported families into the world of Frozen.

The day began with the **Christmas Bazaar**, where members

explored unique Christmas gifts, artisanal goods, and one-of-a-kind holiday items. The aroma of mulled wine and seasonal treats filled the air, adding a warm touch to the festive shopping experience. Stalls were brimming with cheerful chatter as members shared gift ideas and indulged in handmade treasures.

As the evening approached, the excitement reached its peak. Families gathered to enjoy a lineup of delightful activities, including stage games, balloon sculpting, and a magic show that brought laughter and joy to children and adults alike. The Frozen-themed light-up was a visual spectacle, creating an unforgettable backdrop

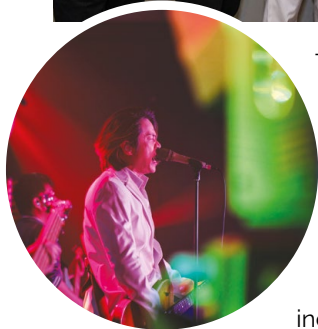
for festive photos. Santa Claus and Olaf also made a grand appearance, spreading cheers and taking photos with thrilled children. Finally, we had a speech by our President, and invited our General Committee members on stage to commence the light-up. It was a magical evening that truly captured the essence of Christmas.

For many attendees, the event wasn't just about the lights or activities but the cherished moments spent with loved ones. The joy on the children's faces and the warmth of camaraderie shared by members made the Frozen Christmas Light-Up an unforgettable start to the season.



Nostalgic Canto Night

30 November 2024



The festive celebrations continued with a trip down memory lane during the **Nostalgic Canto Night**, held in the Kensington Ballroom. This event paid tribute to the golden era of Cantopop, and members were treated to an incredible live performance by **Alex & The X-Side Men**.

The evening featured timeless hits from legends such as Alan Tam, Leslie Cheung, and Hacken Lee, evoking fond memories and creating an atmosphere of pure nostalgia. Guests sang along to their favourite classics, while the band's lively energy kept everyone entertained throughout the night. The vibrant lighting and stage setup added to the immersive experience,

making it feel as though the golden age of Cantopop had come alive within our walls.

Bundle deals for groups ensured that members could enjoy the event with their loved ones, and the inclusion of light snacks and drinks added a delightful touch. Many attendees shared stories of how these songs had been the soundtracks of their youth, creating a warm and personal connection throughout the event. Nostalgic Canto Night was more than just an event; it was an emotional journey that brought our community closer through shared memories and music.

The highlight of the evening was the heartfelt encore performance, where the audience waved their glowsticks and joined in a chorus that resonated deeply with everyone present. It was a night filled with emotions, unity, and a deep appreciation for the timeless art of music.





Gingerbread House Workshop

14 December 2024

As the holiday season rolls in, communities and families alike seek out festive activities to embrace the Christmas spirit. One timeless and delicious tradition that has captured the hearts of many is the gingerbread house workshop. These workshops are not only a feast for the eyes but also a delightful way to bring people together, fostering creativity, joy, and a sense of community.

Gingerbread has been a part of holiday celebrations for centuries, with its origins tracing back to Europe. The tradition of making gingerbread houses is believed to have been popularised in Germany during the 16th century, inspired by the Brothers Grimm's fairy tale, *Hansel and Gretel*. Over time, this charming confectionery art spreads across the globe, becoming a beloved Christmas custom.

Attending a gingerbread house workshop during Christmas is a magical experience that combines culinary art with holiday cheer. Whether you're a seasoned baker or a novice looking for a fun holiday activity, these workshops offer a chance to create lasting memories and sweet treats.

Serangoon Gardens Country Club recently hosted a delightful **Gingerbread House Decor and Assemble Workshop** in collaboration with **Chef Lim Her-Yi**, the founder and owner of **Bud Of Joy Organic Bakery**. Participants were provided with pre-baked gingerbread pieces, icing, and a variety of candies and decorations. Families came together to bond and create beautiful, gluten-free, vegan and fully edible gingerbread houses. The houses even lit up, adding a magical and heartwarming touch to the festive season!

Retro Christmas 21 December 2024



The festive cheer reached its peak with the **Retro Christmas Dinner & Dance**, a sold-out event that brought back the vibrant charm of the 1970s and 1980s.

The Kensington Ballroom was filled with dazzling lights and festive decor, and members dressed in their retro best. From bell-bottoms to glittering gowns, the outfits alone were a spectacle to behold.

Guests were treated to a scrumptious Christmas buffet featuring classic festive dishes and a variety of alcoholic beverages at special prices. The evening began with a lively early bird dance, setting the tone for a night of endless fun. Members took to the dance floor, showing off their moves to the groovy beats of disco and pop classics.

Uberjam, a talented live band, took the stage and captivated the audience with their dynamic performances. Their renditions of retro hits had everyone reminiscing about days gone by while creating new memories. **DJ Dennis Goh** kept the energy alive with retro hits that had everyone dancing well into the night. The event also included a lucky draw, adding an element of surprise and excitement to the evening. Members cheered as winners walked away with exclusive prizes, adding to the festive spirit.

The Retro Christmas Dinner & Dance was a celebration of nostalgia, community, and festive spirit, leaving everyone with cherished memories. Guests departed with smiles on their faces and excitement for the upcoming New Year celebrations.





Movie Magic: New Year's Eve Party 31 December 2024

The year concluded with a bang at the **Movie Magic New Year's Eve Party**, a spectacular celebration that brought movie magic to life. Members and guests arrived dressed as their favourite movie characters, adding a touch of creativity and excitement to the evening. From superheroes to iconic villains, the costumes were as diverse and impressive as the movies they represented.

The evening began with an indulgent eight-course Chinese dinner, setting the stage for a night of entertainment and celebration. Every course was meticulously crafted, delighting guests with flavours that complemented the grandeur of the occasion.

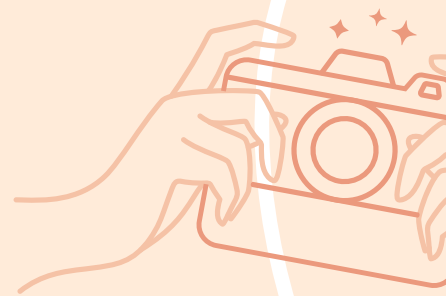
Memory Lane, a live band, delivered stellar performances of crowd-favourite tunes, while the best-dressed contest saw members showcasing their creativity and passion for movies. Thunderous applause greeted each contestant as they walked the stage, and the winners took home prizes that were just as memorable as their costumes.

As the clock struck midnight, the grand countdown marked the end of 2024 and the beginning of a new year. The ballroom was filled with cheers, laughter, and popping champagne bottles. A festive supper served after midnight ensured that everyone ended the night on a high note. The Movie Magic New Year's Eve Party was a fitting finale to a year of vibrant events at the club, leaving attendees excited for what lies ahead.



Snapshots

Here are photos and snippets of Club events that took place from **November and December 2024**.



Excellent Service Awards



SGCC's proud EXSA winners!

Sicilian Wine Dinner

26 November 2024



Isabelle Wu, Head of Sales for Corney & Barrow with attendees.



Curated wine pairings.



Our Trustee, Mr Pao Kiew Tee (L) and General Manager Mark (R) attended the event as well.

Stand-Up Comedy of Rishi Budhrani

22 November 2024



Rishi Budhrani engaging participants by sharing his inspiring story and personal journey.



Excited fans eagerly await the chance to capture a memorable photo with their idol.



Guests cherishing a delightful moment together, embracing the vibrant atmosphere and creating lasting memories in a welcoming and joyful setting.

Eyes in F[ocus]

Why does vision decline as we age?

As we age, our eyes face new challenges, including a higher risk of cataracts, glaucoma, and macular degeneration. These natural changes can lead to a gradual decline in vision.

Understanding how aging affects vision is key to protecting your eye health and tackling age-related concerns effectively.

FREE TALK



Join us for an insightful talk and have your eye screened as Dr. Don Pek, co-founder of Lumin Eye Specialists and Senior Consultant Ophthalmologist explores effective treatment options that can alleviate these symptoms and improve overall eye health.

“ Dry eye syndrome

Dry eye syndrome is often caused by factors such as environmental exposure, aging, medications, or excessive screen time, with symptoms like itchiness, redness, eye fatigue, blurry vision, and light sensitivity.

Dr. Don explores effective treatments to alleviate these symptoms and enhance your overall eye health.

“ Discover the Latest Cataract Treatments

Cataracts are the leading cause of preventable blindness worldwide, but modern cataract surgery offers a safe and effective solution, with high success rates in restoring vision.

Join Dr. Don as he delves into the intricacies of cataracts, shedding light on telltale symptoms and diverse treatment options available.

1 Mar 2025
Saturday

10AM

CASUARINA ROOM

Registration closes: 24 Feb 2025

Free eye screenings, door gifts & refreshments for attendees

Book a seat today!

62868888/jean_lee@sgcc.com.sg





Chan Ching Hern Charles

Ordinary Member

Tang Yunyi

Ordinary Member

Xu Tianwei

Ordinary Member

Chen Peiwen Ruth

Ordinary Member

Tan Yong Siak

Ordinary Member

Courbon Antoine Philippe Charles

Term Member

Terence Gerard Gomes

Ordinary Member

Wee Hwee Shing Fionna

Ordinary Member

Dang Tran Florent Jean

Term Member

Goh Keng Yu

Ordinary Member

Ang Tzi Soon Eugene

Ordinary Member

Fournier Adrien Frederic

Term Member

Ho Shaowei

Ordinary Member

Lim Suu Kuan

Ordinary Member

Sebastian Fenk Otto Eberhard

Term Member

Jacob Julian

Ordinary Member

Charmaine Annabelle Mathew

Ordinary Member

Maurisse Thomas Patrick Philippe

Term Member

Khoo Poh Suan

Ordinary Member

Png Chang Cun

Ordinary Member

Nicolas Alexandre Menville

Term Member

Pang Yee Chong

Ordinary Member

Quek Jing Yuan

Ordinary Member

Nicolosi Marc Pierre Romain

Term Member

Kabir Singh S/O Baldevraj Singh

Ordinary Member

Nicholas Rachmadi

Ordinary Member

Rondeaux de Courcy Guillaume

Term Member

Su Hing Fu

Ordinary Member

Rankine Raymond Clifford

Ordinary Member

Carine Mathilde Paulette Saadoun

Term Member

Pamela Teng

Ordinary Member

Nigel Teng

Ordinary Member

Thiers Pascal Louis

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.



The Best of Portuguese Recipes

Available throughout the month of February 2025 (except on 14 February)

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set from \$35* per person

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

4-course set from \$40* per person

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

* Prices include GST

SET MENU

APPETISER

Portuguese Octopus Salad

*With onions, tomatoes and pepper,
coated in tangy dressing*

OR

**Traditional Portuguese Tomato
& Onion Salad**

OR

**Clam with Garlic &
Lemon Coriander Sauce**

SOUP

Portuguese-style Vegetable Soup

OR

Watercress Potato Cream Soup

MAIN COURSE

**Portuguese-style Baked Fish
with Potatoes**

OR

Roasted Half Spring Chicken

With piri-piri sauce

OR

Pan Seared Rosemary Lamb Chop

With lemon thyme sauce

OR

Pork Loin with Pineapple

Served with garlic gravy

OR

Rib-Eye Steak with Mustard Sauce

(surcharge \$10)

DESSERT

Sawdust Pudding

*Sweetened whipped cream layered
with cookie crumbs*

OR

Portuguese Custard Tart

Coffee OR Tea

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



The Delights of Madagascan Cuisine

Available throughout the month of March 2025

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set from

\$35* per person

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

4-course set from

\$40* per person

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

* Prices include GST

SET MENU

APPETISER

Avocado & Tomato Salad

With lime vinaigrette
OR

Madagascar Potato Salad

With paprika, red onions, tomatoes & mint leaf
OR

Vegetable Fritters

With onions, green chilli, red pepper & watercress

SOUP

Pureed Vegetable Soup

OR

Romazawa

Traditional Madagascan hearty stew, brimming with beef and leafy greens, simmered to perfection

MAIN COURSE

Pan Seared Barramundi

With coconut sauce
OR

Madagascar Curry Prawns

With vanilla coconut rice
OR

Chicken with Ginger & Garlic

Served with tomato relish
OR

Madagascar Pork Stew

OR

Steak Madagascar

Rib-eye steak topped with Madagascar black peppercorn sauce
(surcharge \$10)

DESSERT

Sweetened Banana in Coconut Milk

OR

Vanilla Crème Brulee

COFFEE OR TEA



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



Special Chinese New Year Set Menu (3-5 pax)

Come celebrate Chinese New Year over lunch and dinner!

Available for lunch and dinner from 30 January to 12 February 2025

Operating hours:

Lunch: 11am-3pm

Dinner: 6pm-10pm

(Last order: 30 minutes before closing)

Price:

\$128 (include GST)

Set Menu

Four Treasures Soup

Fish maw, prawns, dried scallop and enoki mushroom

Cereal Prawns with Cashew Nut

Crispy Fried Soon Hock with Superior Soy Sauce

Asparagus with XO Sauce

Crabmeat Fried Rice with Ebiko

Add on Smoked Salmon or Vegetarian Yu Sheng @ \$32 (UP: \$48) for 4-6 persons

Add on Abalone & Salmon Yu Sheng @ \$62 (UP: \$78) for 4-6 persons

Available for dine-in and takeaway

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

Lo Hei Dinner & Dance with Live Band Locomotion

4 February 2025

Venue: Kensington Ballroom

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

Price: \$68* Member
\$78* Guest
\$720* Table of 10 pax

* Prices include GST



Set Menu

Prosperity Salmon Yu Sheng

Seafood Chowder with
Corn and Carrot

Steamed Sea Bass with
Black Bean Sauce

Tomato Gan Xiang Prawns

Braised Spinach with
Flower Mushroom

Ee Fu Noodle with
Yellow Chives

Hot Sweetened Yam Paste with
Corn and Coconut Milk

Free flow of soft drinks

For more details, call **Adrian Chew 9115 0417** or email **adrian_chew@sgcc.com.sg**



This Valentine's Day Celebrate Your Love in Style

Friday, 14 February 2025

Operating Hours:
Lunch: 12pm-3pm
Dinner: 6pm-10pm

Price
4-course set @ \$58*
per person
(appetiser, soup, main course,
dessert with coffee or tea)

Includes a glass
of sparkling each and
roses for the ladies

** Price includes GST*

Set Menu

APPETISER

Romantic Saint Valentine Salad
Shrimp and berries with raspberry sauce

SOUP

Velvety Truffle Mushroom Velouté

MAIN COURSE

Baked Norwegian Salmon
Dauphinoise potato and romesco sauce
or

Seared Aged Grass Fed Rib-Eye
Pomme puree and pepper cream sauce

DESSERT

Love is in the Air
Refreshing mocha chestnut cake
with salted caramel

**FRESHLY BREWED COFFEE
OR FLAVOURED TEA**

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

THE ULTIMATE **ABBA** TRIBUTE

ABBA CADABRA

SUPPORTED BY
DISCO FEVER

TICKET SALES: 9115 0417

FEB
14
2025

KENSINGTON BALLROOM
SERANGOON GARDENS COUNTRY CLUB

EARLY BIRD (BEFORE 23 AUG 2024)
MEMBER: \$108 | NON-MEMBER: \$118
AFTER EARLY BIRD
MEMBER: \$118 | NON-MEMBER: \$128

DOOR: 7.30PM
SHOW: 8.00PM
END: 10.30PM

A Special Valentine's Concert Celebration

Romance is in the air! Join us for a Valentine's event like no other.

Event Highlights:

***Sumptuous 6-Course Chinese Dinner: Indulge in a delicious meal served to perfection.
Live Concert: Enjoy the fabulous hits of ABBA performed live.***

Get ready to fall in love with the music of ABBA all over again! Hailing from Australia, ABBA-CADABRA brings their wildly popular BEST OF ABBA concert performance to town, transporting you back to the glitz and glamour of the 1970s. This talented group promises a fun, energetic show that will make your Valentine's Day truly unforgettable! Don't miss out on this special night!



For Enquiries : banquetsales@sgcc.com.sg
22 Kensington Park Road, Singapore 557271

www.sgcc.com.sg
Follow us on SGCC1955

Say it with Flowers

Flowers can convey hidden meanings beyond their obvious beauty. This Valentine's season, tell your beloved exactly what you mean with the right mix of blooms in the bouquet you present.



One can't escape from roses in February — such is the allure of Valentine's Day and its floral symbol.

Make no mistake, gentlemen (and you take-charge kind of ladies!) — be it a single stalk or an entire bouquet, the rose you present had better be of the scarlet variety if you intend to pursue romance with the recipient. After all, that colour conveys passion and desire. Cheerful yellow roses may seem a perfectly suitable alternative, but be aware that the hue on those blooms means you want nothing more than platonic friendship!

Although roses are the preferred botanical emblems of this day of romance, there are equally pretty blooms that you can present to your significant other. Moreover, these flowers have nuanced meanings

that may be more suitable for your current romantic situation.

Gardenias

Do you have a crush on someone, and they're not aware of how you feel? One way to hint to them that they have a secret admirer in you is to send them a bouquet of gardenias — whether you wish to reveal your identity is another matter!

Red Camellias

Like red roses, a bouquet of red camellias embodies passion, romance and desire. Not only do these flowers look gorgeous, they have a beautiful meaning behind them. This flower symbolises a pair of lovers — the petals represent the woman, and the calyx (the green leafy part) represents the man.

In most other species, when the

petals start to fall, the calyx will stay intact. With camellias, the petals and the calyx both fall together, thus representing eternal love and long-lasting devotion.

Bleeding Hearts

These heart-shaped blooms also have a strong link to love and romance, which makes them perfect for Valentine's Day.

According to a Chinese legend, there was a maiden who rebuffed all suitors because she was in love with a soldier who was assigned a post far away. To ease her yearnings, she would embroider a purse with flowers once a month and hang it on a tree outside her window. Her needlework was so realistic that it fooled butterflies and bees, which tried to pollinate them, leading to the 'blooms' being in this strange shape.



Calla Lilies

Today, the gifting of such purses is the equivalent of getting down on one's knees!

Zinnias

Is your beloved far away from you on Valentine's Day? In the era of the Internet and online shopping, you could always order a bouquet of zinnias to be delivered to them, wherever they are!

These flowers serve as a reminder to never forget absent friends and make a great thinking-of-you gift for someone you love who lives more than an MRT ride away.

Calla Lilies

If you admire someone for their inner and outer beauty, give them a bouquet of this bloom to represent your attraction. The true flower is the spike on the inside, while the outer white petal is a leaf.

Food for thought

Besides the requisite bouquet, Valentine's Day would not be complete without a romantic meal, preferably a candlelit dinner. While the type of cuisine can be up to what the couple likes to eat, there are a couple of ingredients that should be on the menu — and we're not referring to the usual aphrodisiacs, such as oysters. We list here some important edible items that should prove useful for those of you who prefer to prepare the meal yourself on the day specially reserved for lovers.



Honey

One great feature of honey is its versatility — it can work its magic as a component of numerous culinary functions and features, from meat marinades to desserts and cocktails.

Honey is, of course, produced by honey bees, which are revered by many cultures as symbols of abundance, love and magic. Numerous holidays include honey as a traditional offering, and Valentine's Day is no exception.

Herbs

Herbs bring out the flavour in many dishes. Valentine's Day has a special relationship with three herbs in particular.

Basil, one of the most prominent herbs in Italian cuisine, pairs deliciously with other Italian staples like tomatoes, cheese and garlic. It is, of course, the base of the classic pesto sauce. Apart from its association with Italian cuisine, basil is also a symbol of love, courtship and fidelity in the Italian tradition.

Rosemary symbolises love and loyalty and has traditionally formed a part of both wedding bouquets and funerary wreaths. It's also well known that this herb goes wonderfully with many meat, fish and potato dishes.

Lavender lends a unique flavour

to vegetable dishes and, especially, desserts, thanks to its sweet scent. In addition, this herb can act as an aphrodisiac, according to mediaeval traditions.

Strawberry

Heart-shaped and blood-hued, it's not surprising that the strawberry is the fruit most associated with Valentine's Day. It also carries an association with Aphrodite/Venus, the goddess of love in ancient Greek and Roman traditions. According to legend, splitting a strawberry with your date is a surefire way to fall in love.

You and your date can consume strawberries on their own, topped with whipped cream, or dipped in melted chocolate. Strawberries are also the key ingredient in classic desserts like strawberry cheesecake.

Chocolate

Besides red roses, the other item most associated with Valentine's Day is chocolate, especially when it comes in a heart-shaped box, which was a marketing gimmick started in Britain in 1868 by Cadbury's. Often portrayed as a rich and luscious treat, chocolates, especially the dark variety, can trigger the brain's pleasure centre and act as an aphrodisiac.

PAST EVENTS

BOWLERS OF THE YEAR 2024

It was a dramatic conclusion to months of hard work, with every bowler focusing and the crowd holding its breath. The mental and physical fortitude required at this competition stage made it one of the most exciting moments in the bowling season.

The stepladder finals for Bowler of the Year 2024 were an electrifying event. The top three women and top five men competed for the coveted title. These were the top-performing bowlers after 10 games. The stepladder had the top bowlers facing each other in a sequence that determined who advanced and eventually won the title.



Valerie Teo Ladies Champion



Tan Zhi Qiang Men's Champion

Men's stepladder – starting with the fifth place male bowler, the winner advanced, and they faced the next highest-ranked player until the top male champion was determined.

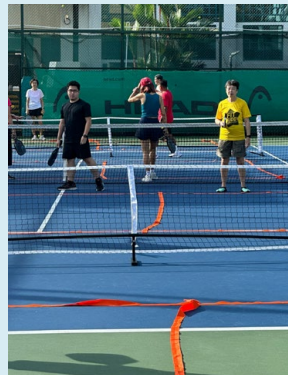
Women's stepladder – similarly, the top three women battled, beginning with the third place finisher, and advancing through the ladder to claim the championship.

As the matches progressed, there was a palpable sense of tension. The audience and bowlers alike stayed completely silent, knowing that each throw could potentially decide the champion.

The bowlers displayed amazing consistency and skill, throwing double strikes one after the other. Each strike increased the pressure on the opponent, making every frame count. As the match headed into the final two frames, the atmosphere became even more thrilling. The crowd felt the tension as the bowlers gave everything they got, knowing they were moments away from determining the 2024 Bowler of the Year champion.



The enthusiastic bunch of pickleball players



Getting the hang of playing pickleball



PICKLEBALL INTRODUCTION

On 23 November 2024, SGCC hosted an exciting Pickleball Introduction event at the Tennis Court. With a turnout of 40 eager participants, the event was a fantastic opportunity for members to learn the basics of pickleball, a sport that combines elements of tennis, badminton, and ping-pong.

The session focused on foundational skills, gameplay techniques, and rules, providing attendees with

a strong starting point to enjoy and play pickleball confidently. The atmosphere was filled with energy and camaraderie, as participants actively engaged in drills and fun matches.

The event's main goal was to familiarise members with this fast-growing sport while ensuring they had an enjoyable and enriching experience. Judging by the smiles and positive feedback, the event was a resounding success!

TENNIS HOLIDAY CAMP

The Tennis Holiday Camp, held on 19-21 November and 26-28 November 2024 at the Tennis courts, was a smashing success! Over the course of two sessions, a total of 10 young participants had the opportunity to hone their tennis skills, make new friends, and enjoy fun-filled days of learning and activity.

Each day was packed with engaging drills, technique improvement exercises, and friendly matches. Under

the guidance of experienced coaches, the young athletes worked on everything from serves and volleys to footwork and game strategies.

The Tennis Holiday Camp not only helped the participants improve their game but also fostered a love for tennis and teamwork. A big thank you to the coaches, parents, and all the young players who made these two sessions so memorable. We're already looking forward to the next edition!



Children learning tennis techniques



TENNIS JUNIOR CHAMPIONSHIP

The Tennis Junior Championship, held on 24 November 2024 at the Tennis Courts, was an extraordinary showcase of young talent and sportsmanship. The event featured players competing across eight categories – 8 & Under, 10 & Under, 12 & Under, and 14 & Under. Despite weather challenges, the tournament went on as planned, delivering exciting and highly competitive matches with many games decided in the final moments. Spectators were treated to thrilling rallies and the determination of these young athletes was evident throughout the day. Due to inclement weather, the 16 & Under category matches was postponed to 1 December 2024.

The Tennis Junior Championship continues to be a celebration of emerging talent, fostering a spirit of competition and camaraderie among young athletes. Congratulations to all the participants and their families for making this event a resounding success!



14U prize winners



8U before the game






































10U winners





































16U players

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31 Squash Social Night Squash Courts 6pm-9pm 				1 Special CNY Set Menu Atrium Café 11am; 6pm (till 12 Feb)  The Best of Portuguese Recipes Garden Grill 12pm; 6pm (whole month except 14th) Locomotion Club 22 8pm 	2
3	4 Squash Social Night Squash Courts 6pm-9pm  Lo-hei D&D Kensington Ballroom 7pm-11pm 	5 Table Tennis Social Practice Squash Court 4 2pm-4pm  ItsLawLeePop Crossroads Lounge from 8pm 	6 Squash Social Night Squash Courts 5pm-8pm 	7 Eleventh Hour Crossroads Lounge from 8.45pm 	8 CNY Squash Squash Courts 3pm  Locomotion Club 22 8pm 	9
10	11 Squash Social Night Squash Courts 6pm-9pm 	12 Table Tennis Social Practice Squash Court 4 2pm-4pm  ItsLawLeePop Crossroads Lounge from 8pm 	13 Squash Social Night Squash Courts 5pm-8pm 	14 Valentine's Day Celebration Garden Grill 12pm; 6pm  SGCC: The Ultimate ABBA Tribute from Australia ABBA CADABRA Kensington Ballroom 7.30pm  Tennis Social Night Tennis Courts 8pm-10pm  Eleventh Hour Crossroads Lounge from 8.45pm 	15 Darts Ang Bao Darts Lounge 2.30pm  Locomotion Club 22 8pm 	16
17 Music Monday with Sound Sensation Club 22 12.45pm 	18 Squash Social Night Squash Courts 6pm-9pm 	19 Table Tennis Social Practice Squash Court 4 2pm-4pm  ItsLawLeePop Crossroads Lounge from 8pm 	20 Squash Social Night Squash Courts 5pm-8pm 	21 Eleventh Hour Crossroads Lounge from 8.45pm 	22 SGCC Goes Pulau Ubin SGCC Lobby 8am  Locomotion Club 22 8pm 	23
24	25 Squash Social Night Squash Courts 6pm-9pm 	26 Table Tennis Social Practice Squash Court 4 2pm-4pm  ItsLawLeePop Crossroads Lounge from 8pm 	27 Squash Social Night Squash Courts 5pm-8pm 	28 Tennis Social Night Tennis Courts 8pm-10pm  Eleventh Hour Crossroads Lounge from 8.45pm 		

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					<p>1 Myopia, Dry Eyes talk  Casuarina Room 10am</p> <p>DIY Unicorn Lamp  Carnation Room 11am-12.30pm</p> <p>The Delights of Madagascan Cuisine  Garden Grill 12pm; 6pm (whole month)</p> <p>Locomotion  Club 22 8pm</p>	2
3	<p>4 Squash Social Night Squash Courts 6pm-9pm </p>	<p>5 Table Tennis Social Practice Squash Court 4  2pm-4pm 玩得Fun WTF Crossroads Lounge from 8pm </p>	<p>6 Squash Social Night Squash Courts 5pm-8pm </p>	<p>7 Eleventh Hour Crossroads Lounge  from 8.45pm</p>	<p>8 Locomotion  Club 22 8pm</p>	9
<p>10 Music Monday with Sound Sensation Club 22 12.45pm </p>	<p>11 Squash Social Night Squash Courts 6pm-9pm </p>	<p>12 Table Tennis Social Practice Squash Court 4  2pm-4pm 玩得Fun WTF Crossroads Lounge from 8pm </p>	<p>13 Squash Social Night Squash Courts 5pm-8pm </p>	<p>14 Tennis Social Night Tennis Courts 8pm-10pm  Eleventh Hour Crossroads Lounge from 8.45pm </p>	<p>15 FREE Pool & Snooker Familiarisation Clinic  Billiard Room 2pm-6pm Locomotion  Club 22 8pm</p>	<p>16 FREE Pool & Snooker Familiarisation Clinic  Billiard Room 2pm-6pm</p>
17	<p>18 Squash Social Night Squash Courts 6pm-9pm </p>	<p>19 Table Tennis Social Practice Squash Court 4  2pm-4pm 玩得Fun WTF Crossroads Lounge from 8pm </p>	<p>20 Squash Social Night Squash Courts 5pm-8pm </p>	<p>21 Eleventh Hour Crossroads Lounge  from 8.45pm</p>	<p>22 Locomotion  Club 22 8pm</p>	23
<p>24 Music Monday with Sound Sensation Club 22 12.45pm </p>	<p>25 Squash Social Night Squash Courts 6pm-9pm </p>	<p>26 玩得Fun WTF Crossroads Lounge  from 8pm</p>	<p>27 Squash Social Night Squash Courts 5pm-8pm </p>	<p>28 Tennis Social Night Tennis Courts 8pm-10pm  Eleventh Hour Crossroads Lounge from 8.45pm </p>	<p>29 Alex & the X-Side Men Kensington Ballroom 7pm  Locomotion  Club 22 8pm</p>	30

UPCOMING EVENTS

51ST INTER-TEAM BOWLING MIXED LEAGUE



Join us for a fun bowling event every Wednesday night! This is a great opportunity for bowlers of all skill levels to meet new people and enjoy the game together. We're excited to announce a special weekly event where you'll get to know other bowlers with different bowling styles and have fun while competing.

Date: From 23 April 2025, every Wednesday (20 weeks)

Time: 7.45pm roll-off, 8pm start

Venue: Gardens Bowl

Fee: \$16.35* (Member)

**Price includes GST*

Teams: There will be a total of 6 Team Captains, all of whom are volunteering to lead the teams.

Team Selection: The remaining bowlers will be placed into teams based on their averages through a blind draw. You won't know your team or your captain until after the captains' meeting.

Team Captain Contact: Once the captains' meeting is held, your captain will contact you directly to confirm your participation and your team.

Format: 4 games per bowler each week

Min/Max: 40/60 participants

Closing date: 2 April 2025, Wednesday

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

2-DAY FREE POOL & SNOOKER FAMILIARISATION CLINIC



Discover the art of pool and snooker with our 2-day clinic! Designed for beginners and enthusiasts alike, this free event provides hands-on guidance from seasoned players. Don't miss the chance to refine your skills and enjoy these timeless games in a friendly and welcoming setting.

Date/Day: 15 & 16 March 2025, Saturday & Sunday

Time: 2pm-6pm

Venue: Billiard Room

Fee: Free for SGCC Members

Jie Kai at 6398 5353 or recreation@sgcc.com.sg

SGCC GOES PULAU UBIN



Let's go for a trek at Singapore's nature island Pulau Ubin! It's just you and Mother Nature in this trip where you can see the fauna and flora in their natural habitat.

Date: 22 February 2025, Saturday

Time: 8am (SGCC Lobby)

Meeting point: SGCC Lobby

Fee: \$16.00* (Member) | \$21.00* (Guest)

**Price includes GST*

Minimum age 7 years old to join

Please note:

1. The route is approximately 6km and features various terrains.
2. Personal insurance is not included.
3. The itinerary, route and timings are subject to change.
4. No meals will be provided.
5. Trekking shoes are highly recommended.
6. There will be insects and mosquitoes; insect repellent is advised.
7. The entry fee includes a round-trip boat ride.

Terms and conditions:

1. Any cancellations after 15 February 2025 will be subjected to a 100% fee charge.
2. Confirmation of registration will be sent via email.
3. SGCC reserves the right to change any of these terms and conditions.

Ashley Toh at 6395 5327 or recreation@sgcc.com.sg

DARTS ANG BAO



Darts proponents, play with other competitors this Chinese New Year for prosperity!

Date: 15 February 2025, Saturday

Time: 2.30pm onwards,
Dinner at 6.45pm

Venue: Darts Lounge

Fee: \$15.00* (Member)

**Price includes GST*

Ashley Toh at 6398 5327 or 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–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.

Jie Kai at 6398 5353/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



Jie Kai at 6398 5353/Julia Kong at 6398 5352 or recreation@sgcc.com.sg

ZUMBA GOLD



Ready to have a blast while staying fit? Join our Zumba Gold class, a dance fitness experience crafted for older adults and beginners, led by instructor Miko! Enjoy easy-to-follow routines set to infectious beats, boosting your cardiovascular health, flexibility, and coordination—all in a vibrant, supportive atmosphere. Just bring your energy!

Day: Fridays
Time: 10am–11am
Venue: Aerobics Studio
Fee: \$92.65* (Member) | \$115.54* (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.*

Min: 6 participants

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

ZUMBA FITNESS



Looking to break a sweat while having fun? Let Instructor Eve Tan guide you through an energetic Zumba class with interval training for a total-body workout. It incorporates elements of salsa, merengue, reggae, and other dance styles, along with aerobic exercises to promote cardiovascular health.

Day: Fridays
Time: 5.30pm–6.30pm
Venue: Club 22
Fee: \$92.65* (Member) | \$115.54* (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

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

About the Trainer

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

Day/Time: Fridays, 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*

Jie Kai at 6398 5353/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*

Jie Kai at 6398 5353/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*

Jie Kai at 6398 5353/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 joys of being in the water with this course. This is a one-on-one session for children between six and 42 months old. Each child is to be accompanied by a parent.

Venue: Swimming Pool
Fee: \$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

Julia Kong at 6398 5352 or 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

MASTERS SWIMMING PROGRAMME

Our Masters Swimming Programme will cater to all adults above the age of 21, with all standards of ability. We will have our Learner, Intermediate and Competitive Ready levels that swimmers will be upgraded accordingly.

Venue: Swimming Pool

Fee: **1 Session/week**
\$87.20* (Member) | **\$109.00*** (Guest)

2 Sessions/week
\$141.70* (Member) | **\$174.40*** (Guest)

Lessons (exclude guest fee payable) are subject to prorate in the event of public holidays or if there are fifth week in the month.

** Price includes GST*



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

AIKIDO



Aikido is a martial way, a discipline and an educational process that trains the body, mind and spirit. It teaches respect, sincerity and modesty as essential qualities 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*

Jie Kai at 6398 5353/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*

Jie Kai at 6398 5353/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

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
Venue: Club22
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 GONGFU

**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.

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

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*

Zaleha at 6398 5373/ Ashley Toh at 6398 5327
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: 5/10 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.

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)
	<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

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: 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–12pm
Fee: \$218* (Member) | \$239.80* (Guest)

**Price includes GST*

Min 3 students to start

Ashley Toh at 6398 5327 or recreation@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, 2.30pm–4pm (ongoing)

High Beginners:

Wednesdays, 2.30pm–4pm (ongoing)

Basic/Beginners:

Thursdays, 2.30pm–4pm (ongoing)

Venue:

Club Twenty-Two



Fee:

Mondays

\$64.31* (Member) | **\$77.39*** (Guest)

Tuesdays, Wednesdays & Thursdays

\$48.23* (Member) | **\$61.31*** (Guest)

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

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

DIY Unicorn Lamp

Explore your creativity and make your own unique Unicorn Lamp! Decorate this LED night light with your imagination and style. Add your own special touches to create beautiful unicorn hairstyles and designs.

Join us for this fun-filled and unique creation workshop, perfect for kids who love to craft and create magic! Suitable for children between 4 to 10 years old.



Date/Day:

1 March 2025, Saturday

Time:

11am–12.30pm

Venue:

Carnation Room

Fee:

\$32.60* (Junior Gems) | **\$34.77*** (Member) | **\$35.86*** (Guest)

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

Min:

6 participants

Closing date:

19 February 2025, Wednesday

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

Chinese Painting Class (New)



Learning Chinese painting offers a journey into an art form rich in tradition, philosophy, and culture. Rooted in techniques that date back thousands of years, Chinese painting emphasises harmony with nature, the balance of yin and yang, and the expressive use of brush and ink. From the delicate lines of calligraphy to the vibrant strokes depicting landscapes, flora, and fauna, this discipline invites you to explore both technical skill and personal expression. Immerse yourself in this timeless art to develop patience, creativity, and a deeper appreciation of Chinese culture.

About the instructor

Instructor Yap is a graduate of the Nanyang Academy of Fine Arts with over 40 years of teaching experience in traditional art forms. He has worked with students from diverse cultural and professional backgrounds and is deeply passionate about tailoring his teaching approach to suit each individual's skill level and artistic goals.



Day/Date: 5 May 2025, Monday (every Monday)

Time: 3pm-5pm

Venue: Casuarina Room

Fee: \$200 (Member) | \$220 (Guest)
*Prices exclude GST and are for 4 lessons

Min: 10 participants

Closing date: 25 April 2025, Friday

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

Make
Your Own:

Heart-Shaped Pancakes with Berries

Whip up a little love for breakfast with these adorable heart-shaped pancakes! Light, fluffy, and topped with fresh berries and a drizzle of syrup, they're the perfect way to start your day—whether it's Valentine's Day, a special occasion, or just because.

Ingredients (Serves 2):

- ✓ 1 cup pancake mix
- ✓ ¾ cup milk
- ✓ 1 egg
- ✓ ½ tsp vanilla extract
- ✓ Fresh strawberries, raspberries, or blueberries
- ✓ Maple syrup or honey
- ✓ Butter (for cooking)

Method:

1. Mix the pancake batter by combining the pancake mix, milk, egg, and vanilla extract in a bowl.
2. Heat a non-stick pan over medium heat and lightly butter it.
3. Use a heart-shaped cookie cutter as a mould or pour the batter into heart shapes directly.
4. Cook for 1-2 minutes per side until golden brown.
5. Plate the pancakes and top with fresh berries and a drizzle of maple syrup or honey.





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

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: Closed
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

Membership, Marketing & Communications Manager

Ivonn Law 6398 5320
Email: ivonn_law@sgcc.com.sg

Sports & Recreation Manager

Stanley Cornelius 6398 5372
Email: stanley_cornelius@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Kelvin Ng 6398 5311
Email: kelvin_ng@sgcc.com.sg

Finance Manager

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

Human Resource Manager

Lucy Tan 6398 5366
Email: lucy_tan@sgcc.com.sg

Security Operations Manager

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

Advertisement Bookings

Priscilla Chia 6398 5305
Email: priscilla_chia@sgcc.com.sg

Data Protection Officer

Email: dpo@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