



Club *Spirit*

APRIL • MAY 2023

SGCC Open House

A lookback
on the event

Pg 2

Super Mums of the Animal World

A mother's love
transcends species

Pg 8

These Are the Droids We are Looking For!

Robot workers
amongst us

Pg 22

Walking Down the Via Dolorosa

Retracing Jesus'
route to crucifixion

Pg 34

Happy Easter!

Celebrating the season of
hope and new life!



CONTENTS

APRIL • MAY 2023



24

MESSAGE

- 1 President's Message

CLUB NEWS

- 2 SGCC Open House
- 4 SGCC Town Hall Meeting
- 5 The SGCC Gym Challenge

FOOD & BEVERAGE

- 12 The Best of Scottish Recipes
- 14 Maryland Cooking
- 16 Easter Weekend Set Menu
- 20 Mother's Day Special Set Menu
- 21 Mother's Day Weekend Special Set Menu

CALENDAR OF EVENTS

- 18 April 2023
- 19 May 2023



10

SPORTS & RECREATION

- 24 • Chess Friendly with Tanglin Club
- CNY Lo Hei Cricket (Blind) Darts Event
- 25 • CNY One-Day Squash
- 26 • Hong Bao Bridge
- Hong Bao Golf Tournament
- 27 • Hong Bao Bowling
- Upcoming Events
- 28 S&R regular classes

LIFESTYLE

- 36 Make Your Own: Maryland Crab Cakes
- 37 Household Hacks for Modern Living
- 38 • Social Dance
- DIY Stone Painting
- 39 • Aromatherapy: The Art of Blending and Mixing
- Line Dance

FEATURES

- 8 Super Mums of the Animal World
A mother's love transcends species
- 10 Fantastic Tales and Where to Find Them
Exploring the legends of the Scots
- 22 These Are the Droids We Are Looking For!
Robot workers amongst us
- 34 Walking Down the Via Dolorosa
Retracing Jesus' route to crucifixion



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Dear Fellow Members,

April 2023 will see us celebrating two religious holidays: Good Friday on 7 April, and Hari Raya Puasa on 22 April. Good Friday, the Friday before Easter, commemorates the crucifixion of Jesus Christ. It is a day of fasting and penance. Hari Raya Puasa is a religious holiday to celebrate the end of the Islamic holy month of Ramadan, a period of dawn-to-sunset fasting. Singapore is fortunate indeed that our many religions co-exist in harmony, and various ethnicities can celebrate and partake in each other's festivities while living peacefully together. I would like to wish SGCC Members of the Christian faith, "**Happy Easter!**" and Members of the Muslim faith, "**Selamat Hari Raya!**".

April also marks the beginning of the new Financial Year (FY23/24). From 1 April 2023, the Club will implement the quarterly Minimum Spending (Min-Spend) levy. This is a common practice in social and country clubs, and SGCC is one of the last few social clubs in Singapore to implement a Min-Spend scheme. As sent out in a notice to Members in March and as made known to Members during the Town Hall meeting of 26 February 2023, the Min-Spend amount is set at \$120 per quarter (every three months).

In addition to patronage at the F&B outlets, the Club will recognise spending on activities and events operated directly by the Club as part of Min-Spend. The Min-Spend scheme will improve vibrancy at the Club and help to increase revenue for the Club to partially offset drastic inflation. Some Members will start the Min-Spend in April, others will start in either May or June.

The Management and GC have noted Members' concerns on service quality and operational challenges in implementing the Min-Spend. Here, I would like to assure you that while we cannot guarantee that there will be no teething problems in the roll-out, the Management and staff will put in their best efforts to carry out the scheme as smoothly as possible.

The first day of May is known as Labour Day or International Workers' Day. It is a day to celebrate the achievements of workers. I would like to wish our Members who are still working and our diligent employees, a **Happy May Day!**

Warmest wishes,
Koh Jin Kit
 President



SGCC Open House

11 and 12 February 2023

The Club organised an Open House over the weekend on 11 and 12 February and saw a good turnout. There were Members who came with their friends while others, who were non-Members, walked in, attracted by the banner outside the Club and the publicity on the Club's social media.

The Main Lobby was buzzing with activity, with a bazaar in the centre and fitness demonstrations next to it.

The bazaar had participating stalls selling a wide range of products, from costume jewelry, French cheeses, cold cuts, chocolates and biscuits with free sampling, to hair accessories and free shoulder massages.

Free popcorn and candy floss were definitely a crowd pleaser, attracting the young and the young at heart. And at the same time, the Wine & Whisky Fair also proved to be a crowd puller with the promise of attractive discounts.

The Sports & Recreation department put together a showcase of some of their signature programmes, such as Bounce Fitness and Happy Neigong, allowing Members and guests to try these sessions for free. In addition, Members and their guests also competed in a series of Fitness Challenges held at the newly opened two-storey Gym.

Many who were keen to be Members of the Club also took the opportunity to walk in for a Club tour and to find out more about the Club before purchasing the Membership.

Indeed it was a fun-filled weekend and everyone had a wonderful time. We thank all who dropped by and look forward to see everyone again in the next Club Open House!







SGCC Town Hall Meeting

A Town Hall Meeting was called on Sunday, 26 February 2023, for the General Committee to meet the Members to talk about the increase in monthly subscription fees and the introduction of Minimum Spending (Min-Spend) that will take place from 1 April 2023.

The meeting started at 2.30pm with the Club President, Koh Jin Kit, greeting the Members and explaining that the increase of subscription fees by \$15 and the Min-Spend (\$120 per quarter) were non-Business-as-Usual measures meant to counter unexpected and drastic increase in operating costs.

The increase in costs mainly consisted of the hike in electricity tariff that resulted in close to \$600,000 extra spent per year; and the increase in salaries for the Club's non-managerial employees.

The salary range of this group of staff was, according to the Singapore National Employer Federation (SNEF), too low and they had to be revised closer to the 50th percentile (market median). The salary adjustment exercise resulted in a manpower cost increase of about \$600,000 for the ensuing financial year.

Before factoring other cost hikes, the combination of electricity tariff and manpower costs alone will see the Club being managed with an increased operating cost of approximately \$1.2 million.

When the floor was open for discussion, Members had the opportunity to ask questions and provide suggestions.

One popular suggestion was the use of solar panels and LED lights to reduce electricity costs. The Club had assessed the use of solar panels but it would be a long-term commitment that required a detailed study before implementation, and the Club was already actively replacing all lighting fixtures to LED ones.

Although Members were supportive of the measures to combat cost increase, there were concerns regarding Min-Spend, which many felt would lead to overcrowding at the F&B outlets. Some also remarked that this would lead to an increase in manpower costs, as higher patronage means more staff are needed to handle food preparation and provide service at the outlets.

The Management has assured that it would take the necessary steps and precautions to prepare and manage the possibility of large crowds on weekends, and ensure that the day-to-day operations will continue to run smoothly.

In conclusion, the Town Hall Meeting was a productive one. Many came with questions and went away with answers. Thank you to all Members who attended the meeting and took part in the discussion.

SGCC Gym Challenge

Between 6 to 12 February, avid SGCC Gym goers got together to compete amongst themselves to see who would come up tops in various categories organised around popular gym exercises from bench presses to deadlifts. The competition was intense but as the dust settled, and winners announced, smiles were all around. Our Members enjoyed a fun time mingling with others with similar interest in fitness!



Do they even lift? They sure did.



TREADMILL CHALLENGE (MEN)

- 1 V.Ravi
- 2 Ong Seng Leong
- 3 Puah Lian Heng

TREADMILL CHALLENGE (WOMEN)

- 1 Jasmyn Tan
- 2 Goh Pei Pei
- 3 Jaya M

BENCH PRESS CHALLENGE (MEN)

- 1 Li Rui Hong
- 2 Raphael Lim

BENCH PRESS CHALLENGE (WOMEN)

- 1 Elaine Tan
- 2 Stephanie Koh
- 3 Veronica Teo

DEAD LIFT CHALLENGE (MEN)

- 1 Kwan Yan Wei
- 2 Li Rui Hong
- 3 Abel Sim

DEAD LIFT CHALLENGE (WOMEN)

- 1 Jolin Yeo
- 2 Stephanie Koh



Chum Chan Fai

Grand Member

Nair Balachandran

Grand Member

Lim Monica

Grand Member

Songgaram Virabhak

Nominee

Ang Poh Yeow, Sam

Ordinary Member

Choo Ker Fong, Kevin

Ordinary Member

Chuah Ee Teen June

Ordinary Member

Chia Choon Hiang

Ordinary Member

Chua Su Hao Russell

Ordinary Member

Chum Zhi Zhen, Wendy

Ordinary Member

*Huam Yi Bin, Terence
(Fan Yibin)*

Ordinary Member

Kuah Beng Har, Alicia

Ordinary Member

Lim Li Fen Alicia

Ordinary Member

Mok Shuxian Jolene

Ordinary Member

Nandini Nair

Ordinary Member

Keeve Png Yeow Kuan

Ordinary Member

Peter Jeremy Ponniah

Ordinary Member

Girish Sahajwalla

Ordinary Member

Seah Kwee Fang

Ordinary Member

*Jude Emmanuel
Tan Choon Keong*

Ordinary Member

Wee Jian, Eric

Ordinary Member

Randie Yap

Ordinary Member

Thiviayan Narayanasamy

Ordinary Member

Darren Say Pu Xiang

Ordinary Member

Marco Attilio

Term Member

Moran Brendan Thomas

Term Member

Magdelaine Benoit Jean Marie

Term Member

Taranjeet Singh

Term Member



AROMATHERAPY: The Art of Blending and Mixing

Learn all about the essentials of essential oil from identifying the different notes and properties in scents and oils, to the various notes in scent, storage know-how, and ways to apply the varied oils. Participants can also expect to be able to blend their own essential oils to arrive at that personal special scent!

Date: 6 May 2023, Saturday

Time: 2pm – 3.30pm

Venue: Casuarina Room

Fee: \$45.36* (Member) | \$48.60* (Guest)

** Prices include GST.*

Please register before 26 April 2023, Wednesday; minimum 8 participants to start a class

For more details, contact

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



Barbara is an WSQ ACLP certified Trainer & Assessor and MOE registered Instructor for CCA and Enrichment programmes, and she holds an ITEC Level 3 Diploma in Aromatherapy with Merit.

Barbara developed her knowledge in Holistic Health successfully with her family since 2013. She has also conducted various aromatherapy-related events for local hospitals and organizations.



Super Mums of the Animal World

It has always been said that nothing tops a mother's love for her children. While that is true among humans, it can be thus in the wild, too. Let's take a look at some of nature's super mums!

The month of May always reminds us that Mother's Day is right around the corner. It is a season when we give thanks and show our appreciation to all loving and hardworking mothers who have not only gone through the ordeal of conception and childbirth, but also given their children their unconditional and unfailing love — even after their offspring have reached adulthood.

But did you know that the love of a mother does not only limit itself to human communities?

The animal world is filled with super mums. Even though these dedicated mothers do not work long hours, pick up their kids from school, solve difficult homework, or handle the dirty laundry, they are by no means lesser in terms of their affection and commitment to seeing their young survive and thrive in the world that they find themselves in. This can even be more crucial as in the wild, life can be brutal and unforgiving. A single mistake could potentially result in death!

We showcase some of the truly super mummies in the animal world below — from the skies to the land and the seas.



A tigress would defend her brood with fang and claw.

THE TIGER MUM: **Survival is not all "fang" and games**

No, we do not mean Asian mothers, but rather the feline kind!

There are many naturalist references that tell of the ferocity of tigresses, especially when it comes to the well-being of their cubs. Tiger mums have been observed in the wild embroiled in fierce battles with other powerful predators in a bid to protect her brood, sometimes to the point of serious injury or death. These fierce mothers also have to grapple with hunting for

prey that have their own unique set of defensive mechanisms. The tiger mum would have to learn to overcome them so that they can avoid getting injured or killed along the way.

In a research done on a particular female Amur Tiger that was collared with a GPS tracker, it was found that she would alter her hunting behaviour at a great cost to herself in order to safeguard her cubs. She was seen giving up defending her own territory, patrol less, travelled more rapidly, and opted to make fewer but larger kills — which can be a danger to the hunting mum — and having little rest so that her cubs are fed and protected. A true mother indeed!

THE HYENA MUM: **Bringing up cubs is no laughing matter**

Hyenas are not commonly associated with being caring parents — we are much more used to images of these creatures laughing their faces off as in *The Lion King*.

We all would have read about how some Singaporean parents who will move house just so their kids can be near their ideal primary school — well, hyena mothers can give them a run



Despite their appearances, female hyenas are awesome mums.

for their money. You see, before she is about to deliver, a hyena mum would already be on the lookout for a den, preferably with a single entry and exit point away from the rest of the clan.

After birth, the mum would elect to remain with the cubs for about two weeks in order to forge a bond, after which the cubs would be introduced to the rest of the family members. Some really interesting facts about hyenas are that cubs are nursed for almost two years — which is rare in the wild — and the milk they produce is one of the most nutritious among terrestrial carnivores!

THE ELEPHANT MUM: It takes a herd

Elephants are the largest land mammals on earth, and elephant



Elephant calves are raised by a literal army.

mums have hearts as big as their girth when it comes to caring for their calves. The average gestation period for an elephant mother is about two years. After the calf is born, it is frequently surrounded by a throng of adoring sisters and aunts, all eager to pamper it. Talk about a child raised by a village!

As elephant herds are matriarchal in nature, all adult females would be involved in calf-rearing. These feisty matrons are extremely protective of the young ones, and have been seen coming to the aid of baby elephants in danger as a group. They further support the mum by imparting useful skills and seeing to the nutritional needs of the baby.

THE HUMPBACK WHALE MUM: Self-giving to the end

We all know parenthood entails sacrifice, and female humpback whales know that more than most sea-going creatures.

In a display of self-giving love, humpback whale mums would nurse their young with 50 gallons of blubber milk a day! These gentle giants of the deep would also skip their own feeding when they are nursing in a show of undivided attention. As a result, a humpback



Humpback whale mothers are a sacrificial lot.



Great Hornbills mate for life.

whale mother typically loses up to 33% of her total body mass and fat stores to feed her baby!

THE GREAT HORNBILL MUM: Home alone with the chicks

We all remember how painful it was when the kids were stuck at home with us for two weeks of home-based learning during the early days of the COVID-19 pandemic. Now imagine sealing yourself at home with an entire nest of hungry chicks for months on end, and you will come to admire the inner strength of the great hornbill mum.

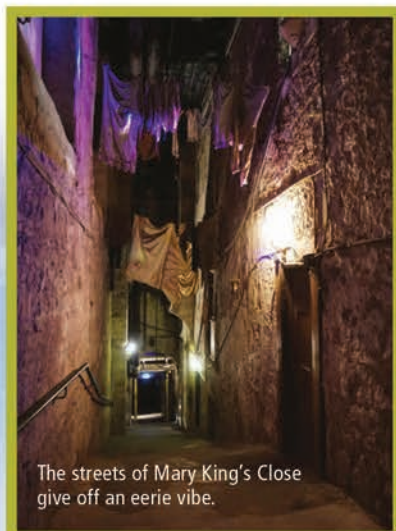
Great hornbills mate for life, and they would use the same cavity in a tree they have been living in as a nest for their young. Great hornbill mums would literally seal herself with her eggs for a few months as she busies with incubating, hatching and caring for the new-born chicks. During this time, mummy and her chicks will be fed through a slit at the entrance of the cavity by daddy. Mum would also have to position herself near the slit to poop while using the chicks' waste to repair the entrance.

No one ever said parenthood was glamorous, but the great hornbills show next-level co-parenting commitment.



Fantastic tales and where to find them

From mist-filled plains, castellated mountains and deep lochs to sites of ancient epic battles and bizzare urban legends, Scotland has much to offer to the myth hunter and history buff. Here are four sites, spread across the land, that would pique your curiosity or even make you look over your shoulder!



The streets of Mary King's Close give off an eerie vibe.

Mary King's Close

Touted as one of the most haunted spots in Scotland, Mary King's Close in the capital city of Edinburgh is a subterranean labyrinth of structures and roads dating back to the 17th century. Even though it is located right under the buildings of the famous Royal Mile, the existence of the underground street was only previously known to thrillseekers. Today, it has been restored and turned into an attraction offering hour-long tours. However, the macabre history of Mary King's Close still lingers among the communities of ghost hunters and fans of the paranormal.

A well-known apparition said to still roam these warrens is the ghost of Little Annie, a young child who died during the Bubonic Plague that decimated much of Europe. In the 1990s, a Japanese psychic named Aiko Gibo encountered the shade of the child. Gibo reportedly understood from the ghost that, as she died, she lost both her favourite doll and her family. Seeking to calm the spirit, Gibo bought a replacement doll and left it in the room where she encountered Annie. Thereafter, tourists would leave toys and plushies in the room in memory of Annie.



The Loch Ness Monster is believed to be a living fossil.

The Loch Ness Monster

The Loch Ness Monster is practically a household name today. The monster, nicknamed endearingly as Nessie, is believed to be a prehistoric creature that resembles a Plesiosaur. Sightings of the beast have been numerous throughout history, but definitive evidence of its existence is still lacking. Since Loch (Scottish for 'lake') Ness is the second largest water body in Scotland that is both deep and has many underwater caverns, proving Nessie's existence is a nigh-impossible task.

One of the most tantalising sightings was a two-and-a-half-minute video taken by a tourist couple just last year in April. It showed humps breaking out of the water and something large propelling itself forward, creating huge ripples in its wake. However, the filmed phenomena could be explained away as other marine life swimming through the lake and the wake being caused by strong winds, thus this compelling evidence could not be used as conclusive proof of Nessie's existence. Nevertheless, Nessie continues to be the subject of interest as humans continue to ponder whether dinosaurs still walk (or swim) among us.

The Gorbals Vampire

When two policemen went to disperse a crowd of children roaming the Southern Necropolis graveyard in Glasgow one September evening in 1954, they did not expect to come face to face with hundreds of kids armed with makeshift weapons. The youngsters were looking to hunt a seven-foot tall vampire with iron teeth that had eaten two boys, whose identities were never revealed. This strange event would go on to spawn the legend of the Gorbals Vampire.

Although the children were eventually persuaded to go home that evening, crowds continued to gather at the graveyard over the next two nights. This created a furore so great that laws were passed in Scotland to regulate the level of horror in media that children could access. It would also inspire the creation of the Comics Code in America, which curtailed depictions of the supernatural in publications!

Today, the tale of the Gorbals Vampire remains an interesting urban legend, being immortalised as a mural that can be found in an archway on St Luke's Place near The Citizens'.



The tale of the Gorbals Vampire is ingrained in Scottish society.



The Ring of Brodgar is both mysterious and evocative.

The Standing Stones

With an origin believed to lead all the way back to 3BC, the Ring of Brodgar consists of 60 stones — of which 36 still stand today — arranged in a giant circle. The site is also home to at least 13 prehistoric burial mounds, while a rock-cut ditch forms the perimeter. Part of the 'Heart of Neolithic Orkney' World Heritage Site, the Ring of Brodgar is one of the many important domestic and ritual monuments in the Orkney Islands.

The Ring of Brodgar is associated with its fair share of mystery as people try to figure out who erected them and for what purpose. One of the many tales surrounding the stones is that it was constructed by giants, who would gather and dance around the rocks, some of which reach 5m in height! However, a more mundane but nevertheless still incredible reason for its construction could be that it was a site for rituals of early Neolithic people, or even functioned as a kind of a celestial observatory. Whatever the truth about the Ring, it is undeniably a sight to behold.



Savour the Best in Scottish Cooking

Mouth-watering dishes from the highlands!

April 2023 (except 8 & 9 April)

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

Price

3-course set menu from \$28 per person

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

4-course set menu from \$33 per person

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

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

Prices include GST

APPETISER

Scotch Egg

OR

Bubbles and Squeak Patty

OR

Smoked Salmon Omelette with Spinach Cream

SOUP

Hotchpotch

OR

Cauliflower and Cheddar Cheese Soup

MAIN COURSE

Scottish Seafood Linguini

OR

Salmon on Savoury Cabbage with a Mushroom Vinaigrette

OR

Chicken Bonnie Prince Charlie

OR

Pork Apricot a la Crème

OR

Scottish Beef Cheek

(\$8 surcharge)

DESSERT

Drambuie Liquor Ice Cream

OR

Raspberry and Whisky Cheesecake

COFFEE OR TEA

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



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(1 YEAR)

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Maryland Cooking

Delectable dishes straight from the
Old Line State to Singapore!

May 2023 (except 13 & 14 May)

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set menu from \$28 per person

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

4-course set menu from \$33 per person

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

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

Prices include GST

APPETISER

Prawn and Avocado on Toast

OR

Crab-stuffed Baked Eggplant

OR

Steamed Mussels in Beer

SOUP

Baltimore Bouillabaisse

OR

Mixed Seafood and
Corn Chowder

MAIN COURSE

Seafood Jambalaya

OR

Barramundi in Beer Batter

OR

Maryland Style Stuffed Pork Loin
with Coffee BBQ Rub

OR

Chicken Maryland

OR

Ribeye Steak with Mustard Sauce
(\$8 surcharge)

DESSERT

Golden Fried Banana Fritters with
Vanilla Ice-Cream

OR

Bread and Cheese Pudding
with Bourbon Sauce

COFFEE OR TEA

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

Eat, Drink, Earn

Be rewarded when you dine at any of our F&B outlets

Accumulate spending of more than
\$500 within a month at any of
our F&B outlets and receive a
SGCC F&B voucher in
gratitude for your support.

**Terms and conditions apply*

Every block of \$500 spent in a month
entitles you to a **\$20 F&B** credit value.

Promotion Period: 1 April 2023 - 31 March 2024

For more details, contact Adrian at 6398 5368
or email fnb@sgcc.com.sg





Easter

Weekend Set Menu

Whet your appetites on these value-for-money course meals!

Available on 8 & 9 April 2023

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

3-course set menu from \$38 per person

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

4-course set menu from \$48 per person

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

Prices include GST

APPETISER

Prawn Cerviche with Avocado

SOUP

Chicken Consommé with Julienne Vegetables and Quail Eggs

SET MENU

MAIN COURSE

Threadfin Fillet Wrapped with Parma Ham, with Balsamic Vinaigrette Dressing

OR

Nagano Pork Cutlet, with Gherkins and Dijon Mustard

DESSERT

Crunchy Hazelnut Feuilletine

FRESHLY BREWED COFFEE OR TEA

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

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Package includes:

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

Food & Beverage

- Sumptuous selection of buffet menu
- Complimentary bottle of sparkling juice during ceremony
- Free flow of soft drinks

Gold Package

200 - 299 pax

\$68 per pax

Price includes GST.

Diamond Package

300 - 399 pax

\$65 per pax

Price includes GST.













































FOR ENQUIRIES





























6286 8888 or 6398 5387

banquetsales@sgcc.com.sg

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 The Best of Scottish Recipes Garden Grill 12pm/6pm	2 
3 Advance Line Dance Club 22 4pm 	4 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	5 Table Tennis Social Practice Squash Courts 4 2pm - 4pm  High Beginners Line Dance Club 22 2.30pm  Judy & William Crossroads Lounge 8pm - 10pm 	6 Basic / Beginners Line Dance Club 22 2.30pm  Squash Social Night Squash Courts 5pm - 8pm  Holiday Eve: Pastapop Crossroads Lounge 8pm	7 GOOD FRIDAY The M.O.B.B. Crossroads Lounge 8pm - 12am  Snooker League: SGCC vs CSC Billiard Room 6pm - 10pm	8 Easter Weekend Set Menu Garden Grill 12pm/6pm  Locomotion Club 22 8pm - 10.45pm 	9 One Day Tennis - Ladies Doubles Tennis Courts 8am - 12pm  Easter Weekend Set Menu Garden Grill 12pm/6pm 
10 Advance Line Dance Club 22 4pm 	11 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	12 Table Tennis Social Practice Squash Courts 4 2pm - 4pm  High Beginners Line Dance Club 22 2.30pm  Judy & William Crossroads Lounge 8pm - 10pm	13 Basic / Beginners Line Dance Club 22 2.30pm  Squash Social Night Squash Courts 5pm - 8pm  Tristan & Yunrui Crossroads Lounge 8pm - 10pm	14 Snooker League: SGCC vs SRC Hawks Billiard Room 6pm - 10pm Tennis Social Night Tennis Courts 8pm - 10pm  The M.O.B.B. Crossroads Lounge 8pm - 12am	15 Locomotion Club 22 8pm - 10.45pm 	16 One Day Tennis - Men's Doubles Tennis Courts 8am - 12pm 
17 Advance Line Dance Club 22 4pm 	18 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	19 Table Tennis Social Practice Squash Courts 4 2pm - 4pm  High Beginners Line Dance Club 22 2.30pm  Judy & William Crossroads Lounge 8pm - 10pm	20 Basic / Beginners Line Dance Club 22 2.30pm  Squash Social Night Squash Courts 5pm - 8pm 	21 The M.O.B.B. Crossroads Lounge 8pm 	22 HARI RAYA PUASA Latin & Ballroom Dance Night Kensington Ballroom Locomotion Club 22 8pm - 10.45pm  	23 One Day Tennis - Mixed Doubles Tennis Courts 8am - 12pm 
24 Advance Line Dance Club 22 4pm 	25 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	26 Table Tennis Social Practice Squash Courts 4 2pm - 4pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm	27 Basic / Beginners Line Dance Club 22 2.30pm  Squash Social Night Squash Courts 5pm - 8pm  Tristan & Ruoyuan Crossroads Lounge 8pm - 10pm	28 Snooker League: SGCC vs SRC Bravo Billiard Room 6pm - 10pm Tennis Social Night Tennis Courts 8pm - 10pm The M.O.B.B. Crossroads Lounge 8pm - 12am 	29 Locomotion Club 22 8pm - 10.45pm 	30

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 LABOUR DAY Maryland Cooking Garden Grill 12pm/6pm TCA Junior Chess Championship Kensington Ballroom 8am Summer Heat Dance Party Club 22 12.30pm	2 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	3 Table Tennis Social Practice Squash Courts 4 2pm - 4pm  High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm 	4 Basic / Beginners Line Dance Club 22 2.30pm  Squash Social Night Squash Courts 5pm - 8pm Tristan & April Crossroads Lounge 8pm - 10pm	5 The M.O.B.B. Crossroads Lounge 8pm - 12am 	6 DIY Stone Painting Casuarina Room 10.30am Aromatherapy Class Casuarina Room 2pm-3.30pm Locomotion Club 22 8pm - 10.45pm 	7
8 Advance Line Dance Club 22 4pm 	9 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm - 8pm 	10 Table Tennis Social Practice Squash Courts 4 2pm - 4pm  High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm	11 Basic / Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm - 8pm ETC Crossroads Lounge 8pm - 10pm	12 The M.O.B.B. Crossroads Lounge 8pm - 12am Tennis Social Night Tennis Courts 8pm - 10pm 	13 Mother's Day Special Set Atrium Cafe 11am/6pm Mother's Day Set Menu Garden Grill (13 & 14 May) 12pm/6pm  Locomotion Club 22 8pm - 10.45pm 	14 Mother's Day Special Set Atrium Cafe 11am/6pm Mother's Day Set Menu Garden Grill (13 & 14 May) 12pm/6pm 
15 Advance Line Dance Club 22 4pm 	16 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm - 8pm 	17 Table Tennis Social Practice Squash Courts 4 2pm - 4pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm	18 Basic / Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm - 8pm Tristan & Ruoyuan Crossroads Lounge 8pm - 10pm	19 The M.O.B.B. Crossroads Lounge 8pm - 12am 	20 Locomotion Club 22 8pm - 10.45pm 	21
22 Advance Line Dance Club 22 4pm 	23 Squash Social Night Squash Courts 5pm - 8pm 	24 Table Tennis Social Practice Squash Courts 4 2pm - 4pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm	25 Basic / Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm - 8pm ETC Crossroads Lounge 8pm - 10pm	26 Tennis Social Night Tennis Courts 8pm - 10pm  The M.O.B.B. Crossroads Lounge 8pm - 12am 	27 Locomotion Club 22 8pm - 10.45pm 	28
29 Advance Line Dance Club 22 4pm 	30 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm - 8pm	31 Table Tennis Social Practice Squash Courts 4 2pm - 4pm High Beginners Line Dance Club 22 2.30pm Judy & William Crossroads Lounge 8pm - 10pm 	 			



Mother's Day Special Set Menu

Treat your mum to an
unforgettable dining experience!

Available on 13 & 14 May 2023

12pm-3pm; 6pm-10pm

(Last order: 45 minutes
before closing)

Price

**4-course set menu at
\$68 per person**

(appetiser, soup, main course,
dessert with coffee or tea and
a glass of sparkling wine)

Price includes GST

APPETISER

**Trio Appetiser: Prawn and Mango, Seared Scallop
with Avocado-Yuzu Sauce and Cheese Fritter**

SOUP

Fish Maw with Crabmeat Soup in Superior Stock

MAIN COURSE

**Pan-seared Hamachi (Yellowtail)
with Saffron Cream Sauce**

OR

Herb-crusted Lamb Rack with Red Wine Jus

DESSERT

Strawberry Mirror Sweetheart

FRESHLY BREWED COFFEE OR TEA

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



Mother's Day Weekend Special Set Menu

A weekend outing for the whole family!

Available on 13 & 14 May 2023

11am-2.30pm; 6pm-9.30pm

Price

\$138 (serves 3-5 persons)

Price includes GST

Double Boiled Herbal Chicken Soup

Braised Pork Belly with Mui Chye

Hong Siew Soon Hock Fish

Abalone and Sea Cucumber with Broccoli

Three Treasures Mee Suah

Rose Jelly with Longan

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

PAST EVENTS



CHESS FRIENDLY WITH TANGLIN CLUB

It was all the right moves made when SGCC Chess Convenor Mr Ronnie Ng and his counterpart in Tanglin Club, Mr K.K. Chan, collaborated to organise a chess friendly between the clubs on 12 February. Chess fans got to interact with each other during the event, playing great matches and swopping trusty strategies. It was great to see the young players in particular, having a great time!



It was a fun time for all the chess players present!



CNY LO HEI CRICKET (BLIND) DARTS EVENT

As part of the Lunar New Year celebrations, 32 Darts enthusiasts congregated at the Crossroads Lounge on 4 February for the CNY Lo Hei Cricket (Blind) Darts Event.

The friendly camaraderie amongst the participants added to the festive ambience as the competition commenced promptly at 2pm. A sumptuous dinner wrapped up the wonderful evening. During the dinner, the players also enjoyed a raucous round of Lo Hei to usher the Year of the Rabbit.

We congratulate the winners and hope that all participants have had a great time hanging out!

A group shot to remember the evening.



Members enjoying their Lo Hei.

POSITION	MAIN EVENT	PLATE
1st	William Ng	Ramel Ang
	Richard Lim	Elsa Tan
2nd	Fred Kang	Matthias Lee
	Irene Teo	Cindy Chua
3rd	Liesje Yap	Iris Lim
	Randie Yap	Loh Peck Jin
4th	Eddy Edwards	Bertram Lee
	James Ng	Jenn Wong



A group shot for the memories.

CNY ONE-DAY SQUASH

Twenty-eight squash players turned up at the SGCC Squash Courts on 4 February for a one-day competition. The players were split into three teams where they battled each other for the ultimate bragging rights. Since it was the CNY season as well, the players took the opportunity to use the event as a get-together, adjourning to Casuarina Room after the squash games for a steamboat dinner as well as Lo Hei!



The Champion team of the event.

CHAMPION TEAM	
Pieter Le Roux	Simon Elliot
Gillian May Ng	Simon Sim
Woffles Wu	Molly Chua
Tio Hong Tjoen	Peter Lim
Stephen Chan	



The 1st Runner-up Team.

1ST RUNNER-UP TEAM	
J. P. Filhol	Jason Lee
Adele Han	Dennis Tan
Raymond Tan	Edward Chia
Eric Lee	Ken Pua
Joseph Liew	



The 2nd Runner-up team.

2ND RUNNER-UP TEAM	
Stephane Macresy	Shaan Kumar
Cheah Wei Jie	Chris Pua
Daryl Khoo	Roy Tan
Alvin Lim	Joyce Lim
Chen Chin Sang	



"Huat ar!"



The Winners of Hong Bao Bridge

1st pair	Ng Kong and Lye Meng
2nd pair	Henry Goh and Jenny Goh
3rd pair:	Mary Lim and Iris Lim



HONG BAO BRIDGE

The Casuarina Room was abuzz with activity on 31 January as 10 Bridge enthusiasts gathered for the Hong Bao Bridge competition. Even though prizes were on the line, the mood was relaxed as competitors were clearly looking forward to the rounds of games with fellow Members. After the winners were announced, participants came together around the table for a loud session of Lo Hei. Congratulations to the winners!



HONG BAO GOLF TOURNAMENT

Sembawang Country Club played host to 57 SGCC golfers who participated in the Hong Bao Golf Tournament on 13 January. However, the event was cancelled due to bad weather. Despite the downpour, the mood of the golfers remain buoyant as they stayed on for dinner at the Kensington Ballroom. Goodie bags containing a golf shirt, tees, a sleeve of golf balls, mandarin oranges and one TOTO ticket were given out. A lucky draw was also held where Mr Michael Ong walked away with a cash prize of \$188. We would also like to thank Mr Aaron Lim, a Member of the SGCC Golf Committee, for sponsoring the cash prizes.



The SGCC Junior U10 players and their counterparts from CSC.

SGCC golfers gathering together for a great time around the dinner table.



Men Winner



Ladies Winner

The Winners of Hong Bao Bowling

MEN CATEGORY

1st - Marcus Loh
- 1180 pin fall

2nd - Samuel Ho
- 1144 pin fall

3rd - Joseph Tan
- 1055 pin fall

LADIES CATEGORY

1st - Lily Leow
- 1036 pinfall

2nd - Celine
- 902 pinfall



HONG BAO BOWLING

Fifteen Members participated in the Hong Bao Bowling tournament held at the Gardens Bowl on 4 February. Besides the exciting rounds of bowling, participants were also handed red packets to mark the joyous Lunar New Year season! Along with festive songs playing in the background, the bowlers also enjoyed a fun Lo Hei session together!

UPCOMING EVENTS

ONE DAY TENNIS



Come pit your tennis skills against other SGCC Members in this event! Happening over three Sundays in April, the format of the competition will be Ladies and Men's Doubles and Mixed Doubles. Pairings in the event will be assigned. The event is open to all Members aged 12 and above.

Date: 9 April 2023, Sunday – Ladies' Doubles
16 April 2023, Sunday – Men's Doubles
23 April 2023, Sunday – Mixed Doubles

Time: 8am–12pm

Venue: Tennis Courts

Fee: \$16.20* (Member)

*Price includes GST

Closing Date: 2 April 2023, Sunday

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

TABLE TENNIS SOCIAL PRACTICE

Calling all Members! Do you wish to meet new friends while improving your table tennis skills? If you do, come on down for some rounds of casual Table Tennis with other SGCC Members every Wednesday afternoon!



Day: Every Wednesday

Time: 2pm–4pm

Venue: Squash Court 4

Fee: Free for all Members

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

TENNIS SOCIAL NIGHT

Members who love social tennis sessions will be in for a treat! For four evenings spread across April and May, SGCC tennis players can gather for some fun and engagement. All skill levels are welcome, however the events are open to adult Members only.



Date: 12 and 28 April 2023,
Wednesday and Friday respectively
12 and 26 May 2023, Fridays
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for all Members

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

SQUASH SOCIAL NIGHT

Head on over to the squash courts to enjoy evenings of casual squash games with fellow Members! No booking is required, just show up, have fun and meet new friends! Members need only sign-in at the gym counter before proceeding with the games.



Day: Every Tuesday and Thursday
Time: 5pm–8pm
Venue: Squash Courts
Fee: Free for all Members

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

CLASSES

BOWLING COACHING



About the Trainer

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation. Peter Chng has been the Club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.

Min/Max: 3/8 participants
Venue: Gardens Bowl
Fee: **Group Coaching**
\$46.22 (Member) | \$57.78 (Guest)
Private Coaching
(to arrange with instructor)
\$79.38 (Member for Individual, 1.5hrs)
\$90.72 (Guest for Individual, 1.5hrs)
\$63.56 (Member for 2 Students, 1.5hrs)
\$75.11 (Guest for 2 Students, 1.5hrs)

Prices include GST.

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

BIO BOWLING

Run by Bio Bowling Academy, Bio Bowling classes will focus on helping children to improve their bowling skills. Simulator bowling lanes and pins will be used in the coaching sessions.



About the Trainers

Bio Bowling Academy was established in 2012 and supported by a team of experienced coaches. It has been offering training programmes to both primary and secondary schools. Ms Vanessa Fung joined the academy in 2017. Before working in Singapore, she was a private bowling instructor in Hong Kong for 10 years. A national athlete for 12 years, she came in third at the Women's Masters in the 2005 World Games in Duisburg, Germany, and was second runner-up at the AVIVA Asian Bowling Tour, Grand Slam Finals 2001. She was also second runner-up at the Asian Bowler of the Year 2009 competition. Having pioneered a bowling programme targeted at children from the age of five, she is well placed to conduct training programmes for budding young talents. An SBF Level 2-certified instructor with SGCC for the past three years, she has fostered good relationships with both Members and staff.

Day/Time: Fridays: 4.45pm–5.45pm
Sundays: 4pm–5pm
Min: 5 participants
Fee: \$388.80 (Member) | \$431.57 (Guest) |
\$352.25 (Junior Gems Member)

Prices include GST.

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

STREET JAZZ

Street Jazz mixes old jazz dance styles with elements of what is trending in the dance world today. Despite the use of old-school jazz music, these moves will make you feel young again. And because the moves require lines and a strong physique, they can help you to keep fit.

About the Trainer

Clare Tay has more than 20 years' experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop, and street jazz, she still actively attends workshops and classes in Singapore and overseas.



Day/Time: Thursdays, 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$68.04* (Member) | \$90.72* (Guest)
** Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.*

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

DYNAMICSCULPT

DynamicSCULPT focuses on rehabilitative (increasing range of motion) and controlled 'time under tension' strength-building movements using instructor-approved resistance and loop bands, which participants are required to purchase.

About the Trainer

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

Day/Time: Mondays, 11.30am–12.30pm
Venue: Aerobics Studio
Fee: \$68.04* (Member) | \$90.72* (Guest)
** Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.*

ABTSOLUTESCULPT

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

About the Trainer

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

Day/Time: Fridays, 11am–12pm
Venue: Aerobics Studio
Fee: \$68.04* (Member) | \$90.72* (Guest)
** Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.*

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 burn efficiently all day.

About the Trainer

Having conducted group exercise classes for more two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning

Day/Time: Wednesdays, 7.30pm–8.30pm
 Thursdays, 10.30am–11.30am
Venue: Aerobics Studio
Fee: \$86.40* (Member) | \$109.08* (Guest)
** Price includes GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.*

POWERSTRETCH® BY DERRICK EE

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

About the Trainer

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

Day/Time: Wednesdays, 10am–11am
Venue: Aerobics Studio
Fee: \$68.04* (Member) | \$90.72* (Guest)
** Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.*

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

TENNIS COACHING PROGRAMME



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

ADULT GROUP COACHING PROGRAMME

Class: Beginner
Day/Time: Tuesdays, 9pm–10pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Intermediate
Day/Time: Mondays, 7pm–8.30pm and 8.30pm–10pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Ladies' Intermediate
Day/Time: Fridays, 8am–9.30am
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Club Men/Women
Day/Time: Wednesdays, 7.30pm–9pm
Fee: \$164.59* (Member) | \$186.19* (Guest)

Prices include GST and are for 4 sessions per month.

JUNIOR GROUP COACHING PROGRAMME

Class: Red Ball (for kids 4 to 6 new to tennis)
Day/Time: Mondays, 4.30pm–5.30pm
 Fridays, 5pm–6pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Orange Ball
 (for kids 5 to 7 promoted from Red Ball)
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Green Ball
 (for kids promoted from Orange Ball)
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Junior 1 (Lower Intermediate)
Day/Time: Wednesdays, 6pm–7.30pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Junior 2 (Intermediate)
Day/Time: Mondays, 5.30pm–7pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Junior 3 (High Intermediate)
Day/Time: Tuesdays, 4.30pm–6pm and 7.30pm–9pm
 Thursdays, 6pm–7.30pm
Fee: \$109.73* (Member) | \$131.33* (Guest)

Class: Junior (Advanced)
Day/Time: Saturdays, 10am–11.30am and 11.30am–1pm
Fee: \$164.59 (Member) | \$186.19 (Guest)

** Price includes GST and are for 4 sessions per month.*

Min: 3 participants

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

FUSION MOBILITY



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

About the Trainer

Having conducted group exercise classes for more than two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility, and Total Body Conditioning.

Day/Time: Mondays, 10am–11am
Venue: Aerobics Studio
Fee: \$86.40* (Member) | \$109.08* (Guest)

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

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

TABLE TENNIS (PRIVATE COACHING)

Hone your skills in this fast-paced sport through private coaching.



About the Trainer

Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has given personal and group coaching for kids and adults since 2000.

Venue: Squash Court 4
Fee: \$45.36* (Member, per hour) |
 \$56.70* (2 pax per group, per hour)
 Additional \$10.80* per guest, per hour

** Price includes GST but not court bookings.*

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

HATHA YOGA



Hatha yoga is a branch of yoga that teaches poses and breathing exercises that bring peace and calm to the body and mind. It's an excellent way to de-stress while cultivating balance and flexibility.

About the Trainer

Michael Choong is a full-time, freelance yoga instructor and personal trainer at several clubs, companies and community centres. Besides holding an International Diploma in Ashtanga Yoga, he is also certified in Therapeutic Healing Yoga, and has attended the Sivananda Yoga Teacher Training Course.

Day/Time: Mondays, 7.30pm–8.30pm
Saturdays, 3pm–4pm

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$79.38* (Guest)

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

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

SQUASH (PRIVATE TRAINING)



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

About the Trainer

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

Fee: \$86.40 (Member, per hour) |
\$129.60 (2–4 pax per group, per hour)
Additional \$16.20 per guest, per hour

Prices include GST but do not include court bookings.

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

TAIJIQUAN (BEGINNER)

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



About the Trainer

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

Day/Time: Sundays, 7.30am–8.30am
Venue: Car Park Area (Palm Wing)

Min: 6 participants

Fee: \$147.42* (Member) | \$170.10* (Guest)

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

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health. Members can sign up for the foundation, intensive or private one-to-one training.

**About the Trainer**

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 21st generation lineage holder of the Zi Wu Men tradition of *neigong*. Zi Wu Men Gongfu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with more than 35 years of international teaching experience, and is highly sought-after for her modern approach to ancient health techniques.

Foundation Training (1-hour sessions)

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

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

Fee: \$73.44* (Member) | \$84.78* (Guest)

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

Private One-to-One Training

Private one-to-one training can be arranged for those who have disabilities or are wheelchair-bound.

Day/Time: TBC
Fee: \$172.80* (Member) | \$184.14* (Guest)

* Price includes GST and is on a per hour basis.

Intensive Training (2-hour sessions)

The training will include *daoyin* methods in addition to the above. *Daoyin* is mainly floor and seated work that develops strength and flexibility. Structural and motor skills as well as breathing techniques are worked on at a higher level. No prerequisites are required to attend intensive training.

Day/Time: TBC
Min: 10 participants
Fee: \$140.40* (Member) | \$151.74* (Guest)

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

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

AIKIDO

**About the Trainer**

George Chang Koon Chua is the Chief Instructor of Ueshiba Aikido Singapore. Officially recognised by Aikido World Headquarters in Japan, he is a qualified Aikido instructor holding 7th Dan grade. He is the Head of Grading Committee and is authorised to conduct Aikido lessons and grading examinations in Singapore. He has taught this form of martial arts in community centres, country clubs, and other organisations in Singapore.

Day/Time: Saturdays, 4.30pm–5.30pm

Venue: Aerobics Studio

Eligibility: 6 years old and above

Fee: \$56.70* (Member) | \$68.04* (Guest)

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

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

TAEKWONDO



Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.

About the Trainer

Patrick Tan has more than 37 years of taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) seventh-degree black belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor, and a STF referee (Poomsae and Kyorugi). Under his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.

Venue: Aerobics Studio

Beginner/Intermediate*; Intermediate/Advanced^

Day/Time: Fridays, *6.15pm–7pm (for ages 4 and above);
^7pm–8pm (for ages 6 and above)

Fee: \$86.40* (Member) | \$97.20* (Guest)

Advanced

Day/Time: Fridays, 8pm–9pm
Fee: \$86.40* (Member) | \$97.20* (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays, 5.30pm–6.30pm
Fee: \$102.60* (Member) | \$113.40* (Guest)

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

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

CHESS LESSONS FOR ALL LEVELS



About the Trainer

Tan Poh Heng has been an avid chess player since 1967, and has competed locally and overseas (Malaysia, Dubai). His FIDE rating is currently 2139. A certified chess instructor and member of the Singapore Chess Federation, he started coaching in 2010 for individuals as well as schools. He is well versed in arbitering and organising chess tournaments.

Day/Time: Saturdays: 1pm–2.30pm

Venue: Casuarina Room

Min: 5 participants

Eligibility: 6 years old and above; adults are welcome

Fee: \$108.00 (Member) | \$129.60 (Guest)

Prices include GST and are for 4 lessons a month; there will be additional charges if there are 5 lessons in a month.

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

LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.



Registration fee for new sign-up/re-registration at \$30.28 per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

Day/Time: Mon & Fri: 4pm–5pm, 5pm–6pm
Tue & Thu: 4pm–5pm, 5pm–6pm, 6pm–7pm
Sat: 9am–10am, 10am–11am, 11am–12pm, 3.30pm–4.30pm, 4.30pm–5.30pm
Sun: 8.15am–9.15am, 9.15am–10.15am, 10.15am–11.15am

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session; there will be a 5-minute transition between each class.

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

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

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

COOL WATER WORKOUT

Hate feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. Cool Water Workout is the coolest way to keep fit!

About the Trainer

Pamela Sahai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.



Day/Time: Mondays, 8.30am–9.30am

Tuesdays, 7pm–8pm

Thursdays, 8.30am–9.30am

Eligibility: 16 years old and above

Fee:

1 Session/Week

\$68.04* (Member; once a week per month) |

\$85.05* (Guest; once a week per month)

2 Sessions/Week

\$113.40* (Member; twice a week per month) |

\$130.41* (Guest; twice a week per month)

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

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

WATERBABIES (PRIVATE COACHING)



Allow your babies to experience the joys of being in the water with this course. This is a one-on-one session for children between six and 42 months old. Each child is to be accompanied by a parent.

Venue: Swimming Pool

Fee: \$136.08* for four sessions @ 15 minutes per session

Additional guest charges:

\$5.40* per session (weekday)

\$8.64* per session (weekend)

* Price includes GST.

About the Trainer

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



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

Walking Down the Via Dolorosa

The story of Jesus' death and resurrection is well-known even to non-believers. What is not so prominent is that, since the 18th century, pilgrims and visitors to Jerusalem have been retracing Jesus' path to his crucifixion through a walk along the Via Dolorosa.



The Stations of the Cross, consisting of 14 checkpoints along a route named Via Dolorosa ('Sorrowful Way' in Latin), recounts the key moments from Jesus' sentence by Pontius Pilate to his eventual death on the hills of Calvary just outside the old City of Jerusalem in Israel.

The route — which spans 600m — starts from an Islamic school in the Muslim Quarter and ends at the Church of the Holy Sepulchre, located in the Christian Quarter.

Each year, scores of people — both believers and otherwise — would be guided down the route, where they would witness what were the probable spots where significant moments of Jesus' last hours played out.



The journey begins in the courtyard of the Muslim El-Omariya School, believed to be the site of the Praetorium of Pilate. Here, Jesus was whipped and condemned.



Just across the street is the second station. Here, on the road between El-Omariya and the Franciscan Museum and Library, was where Jesus was handed his cross, whipped again, then dressed in a robe and given a crown of thorns by Roman soldiers.



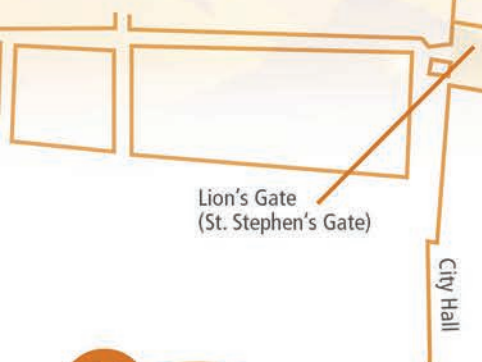
The third station is a short walk from the Ecce Homo ('Behold the Man') Church. Here, Jesus is widely believed to have fallen for the first time as the weight of his cross brings him down.



On El-Wad Street, it is said that Jesus met his distraught mother, Mary, even though this is not mentioned in the Bible. It is interesting to note that between Stations 3 and 4 is a short Roman-Byzantine pathway that was paved over the same street that Jesus walked on.



Pilgrims retracing Jesus' journey to Calvary.



Lion's Gate (St. Stephen's Gate)

City Hall



7

Another black plate, this time imprinted with 'VII', marks the seventh checkpoint.

This spot is believed to be where Jesus fell for the second time while carrying the cross.



11

Station 11, where Jesus is believed to have been nailed to the cross he had been carrying, is

located in the Latin chapel. In here, the walls are adorned with mosaics depicting the crucifixion.



8

Participants will then be guided to the right of Station 7 to a street called Aqabat el-Kanqa. A

stone carved into the wall here bears the Greek letters 'IC-XC NI-KA', which means 'Jesus Christ conquers'. Here was where Jesus addressed the women of Jerusalem, saying, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."



12

In the Greek Orthodox side of the Church marks Station 12, the place where Jesus died on Calvary.

The original bedrock of Calvary frames the altar that features a crack that was supposedly caused by the earthquake that followed Jesus' death.



9

The ninth station, located where a cross has been painted on a stone pillar, is

where Jesus is believed to have fallen for the third time before making his climb up Calvary.



13

Located between the 11th and 12th stations, Station 13 marks the spot where Jesus was taken

down from the cross and placed on a stone to prepare his body for burial. The stone, known as the Stone of Anointing, remains there for pilgrims to behold.



10

The entrance of the Church of the Holy Sepulchre marks the 10th checkpoint, where Jesus was stripped of his clothes before being crucified.



14

The final stop is the eventual resting place for Jesus' body. It lies in the Rotunda of the Church.

This spot is accepted as the genuine place of Christ's burial by most Eastern and Western churches.



5

At the corner of El-Wad Street is Station 5, where Simon of Cyrene

relieved Jesus of his heavy load temporarily. On a wall in the vicinity is a stone tile said to bear Jesus' handprint.



6

About 36m away lies Station 6, where a woman named Veronica used her headscarf to

wipe the blood and sweat off Jesus' brow. The piece of fabric, now a Roman Catholic relic, is housed in the Basilica of St Peter. It is said to hold curative properties.

*Make
Your Own:*

Maryland Crab Cakes

One of the many local delights of Maryland, USA, is the Maryland Crab Cake. This hearty snack is packed chockful of crab meat served with a crispy finish. Here is an easy-to-follow recipe for six persons that is sure to bring smiles to the faces of family and guests alike.

Ingredients

- ✓ 450g of crabmeat
- ✓ 2 slices white bread, crusts trimmed
- ✓ 1 large egg, beaten
- ✓ 1 tablespoon of Old Bay seasoning
- ✓ 1 tablespoon of mayonnaise
- ✓ 1 teaspoon of Dijon mustard
- ✓ 1 teaspoon of Worcestershire sauce
- ✓ 2 tablespoons of butter

Directions

- Place crab meat in a large bowl. Be sure to remove any remaining shell pieces.
- Break bread into small pieces and add to crab meat. Add beaten egg, Old Bay seasoning, mayonnaise, Dijon mustard, and Worcestershire sauce to the bowl.
- Mix by hand to avoid mashing the crab meat too much; you want to keep the texture of the meat as much as possible. Shape the mixture into six patties.
- Heat butter in a skillet over medium heat.
- Fry patties in hot butter until golden brown. Take about four minutes for each side.



Household Hacks for Modern Living

Mothers never have it easy, especially when it comes to solving household issues that occur now and then. The good news is that there are some nifty household hacks to make mummy's life easier.

We all know that adage with regards to lost items at home: "If your mother cannot find it in the house, it is lost forever." So if there are some annoying household problems that mum can't solve, does it mean that it's game over?

Definitely not, if we have anything to say about it!

Read on for some of the most ingenious home hacks to help our intrepid mums slay some of life's most challenging first-world problems.

1 Sprinkle some baking soda on floors before vacuuming

Baking soda absorbs smells from both the carpet/rug/floor, which value adds to your vacuuming. Essential oils can be added for bonus fresh scents!



2 Clean streaky windows

Drip some vinegar or vodka to water when cleaning streaky glass. Wear shades after because a shiny finish is almost guaranteed!



3 Chalk as a dehumidifier

Just hang a bundle of chalk in your closet to keep the insides as dry as possible. But do remember to put the chalk out in the sun every three months to 'recharge' them.



4 Make those weevils weep

Mum having trouble fending off rice weevils? Fret not! Weevils have a weakness that we can exploit: their aversion to strong scents. Simply drop some cloves of garlic, pieces of dried chilli or strips of pandan leaves to deter them. We also recommend an airtight container, of course.



5 Making zippers zip again

If your zipper tends to snag easily, run a bar of soap across its entire length to help smoothen the tracks.



6 Bread, the ideal way to pick up glass fragments

Pick up tiny shards of broken glass with a slice of bread, as the small sharp pieces will be embedded in it.



7 Give those orange peels a second chance!

Place orange peels in a sealable container and soak them in vinegar. After a day, the orange oil will have mixed in with the vinegar. Strain the solution and use it in a spray bottle. Do, however, avoid using it on wood or other delicate surfaces.



UPCOMING EVENTS

Social Dance



Social Dancing is a dance genre for social settings and functions. It spans over a spectrum of styles from Rock and Roll, Salsa to Square Rumba. Get in step with other dance aficionados as you learn new moves from instructor, Dennis Ng, a specialist in Social Dances and an experienced dance coach since 2007!

Date: Starts 9 June 2023, every Friday
Time: 2.30pm–3.30pm
Venue: Club 22
Fee: \$64.80* (Member) | \$79.92* (Guest)
** Price includes GST*
Min: 8 participants

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

DIY Stone Painting

Get in touch with your creativity as you learn how to mix and match colours into different hues to paint your own stoneware. Stonewares can add a unique accent to your home or given away as great gifts bearing your signature touch!

Date: 6 May 2023, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$25.27* (Junior Gems) | \$28.08* (Member) | \$30.24* (Guest)
**Price includes GST*
Min: 8 participants
Closing Date: 26 April 2023, Wednesday



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

Aromatherapy: The Art of Blending and Mixing

Learn all about the essentials of essential oil from identifying the various notes and different properties in scents and oils, to the varied notes in scent, storage knowhow, and the ways to apply the variety of oils. Participants can also expect to blend their own essential oils to arrive at that personalised special scent!

Date: 6 May 2023, Saturday
Time: 2pm–3.30pm
Venue: Casuarina Room
Fee: \$45.36* (Member) | \$48.60* (Guest)
** Prices include GST.*
Min: 8 participants
Closing Date: 26 April 2023, Wednesday



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

Line Dance



Pick up complex line dance routines and impress your buddies with your newly acquired steps at our dance sessions.

Day/Time: Advanced Line Dance: Mondays
 4pm–6pm (ongoing)
 Intermediate Line Dance: Tuesdays
 2pm–4pm (ongoing)
 High Beginner: Wednesdays
 2.30pm–4pm (ongoing)
 Basic/Beginners: Thursdays
 2.30pm–4pm

Venue: Club 22
Fee: Mondays & Tuesdays (4 lessons)
 \$63.72* (Member) | \$76.68* (Guest)
 Wednesdays & Thursdays (4 lessons)
 \$47.79* (Member) | \$60.75* (Guest)
**Price includes GST and is for 4 lessons*

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



A whole new world of fun and exciting activities for the little ones!

Are you a member of SGCC who has children aged between 4 and 12 years old? Then let them become members of Junior Gems, a kids' club where they can enjoy special privileges!

SGCC's Junior Gems membership will introduce the little ones to a whole new world of fun and exciting activities! It also gives them opportunities to make new friends, interact in a social environment, and build self-confidence.

As a Junior Gems member, your child gets to enjoy:

- Junior Gems welcome gift
- Bi-monthly Junior Gems newsletter
- Junior Gems birthday surprises
- Subsidised rates for events
- Invitation to exclusive Junior Gems activities
- Junior Gems festive celebrations
- Gifts

All these for
\$27* per annum!

**Price includes GST
(auto-renewal of membership
till 12 years old)*

Particulars of Applicant

Name: _____

Date of Birth: _____

Particulars of Applicant's Guardian

Name: _____

Membership Number: _____

Relationship to Applicant: _____

Contacts: mobile _____ email _____

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

☐ SMS

☐ mobile

☐ email

Signature: _____ Date: _____

Non-refundable annual membership fee of \$27 (includes GST) will be debited in your next Statement of Account. The annual membership fee will be billed to your account subsequently every 12 months until your child turns 12 years old. Any termination of membership must be done in writing at least one calendar month before auto-renewal date. For enquiries, please email jean_leef@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

Swatow Garden

Tel: 6343 1717
Weekdays: 11am–3pm; 6pm–11pm
Weekends, Eve of PH & PH: 9am–3pm;
6pm–11pm

SPORTS & RECREATION FACILITIES**Billiards Room**

Tel: 6398 5346
Daily: 1pm–10pm

Darts (Crossroads Lounge)

Mon–Thu, Sun & PH: 10am–12am
Fri, Sat & Eve of PH: 10am–1am

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
2pm–6pm
Peak hours (Mon–Fri & Eve of PH):
6pm–10pm
Peak hours (Sat–Sun & PH):
Whole day

Gymnasium

Tel: 6398 5331
Daily (incl. Eve of PH & PH): 6am–10pm
Except during scheduled partial closure
for maintenance four times a year, where
it opens from 1pm onwards. Refer to
www.sgcc.com.sg for partial closure dates.
Off-peak hours (Daily):
10am–5pm
Peak hours (Daily):
5pm–10pm*
*After 5pm, no guests allowed

Swimming Pool / Spa Pools

Daily: 6am–10pm
Closed on the last Wednesday of every
month unless otherwise stated.

Water Play Area

Daily: 8am–8pm
Closed on the last Wednesday of every
month unless otherwise stated.

Sauna / Steam Bath

Daily: 8.30am–10pm

Squash Courts

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
8am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Tennis Courts

Tel: 6398 5340
Daily: 7am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
7am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): Whole day
Tennis training night:
Thu 7pm–10pm

Table Tennis

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH):
8am–5pm
Peak hours (Mon–Fri & Eve of PH):
5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Mahjong

Tel: 6286 8888
Mon–Thu, Sun & PH: 11am–12am
Fri, Sat & Eve of PH: 11am–1am

OTHER FACILITIES**Jackpot Room**

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 10am–10pm

Kiddieland

Daily: 9am–10pm

Lat Salon

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

Functions Rooms / Ballroom

For bookings, please call
6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Male & Female Changing Rooms

Daily: 6.30am–10.30pm

Study Room

Daily: 9am–10pm

Cambridge Pre-School

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

MANAGEMENT STAFF**General Manager**

Farrock Ebrahim 6398 5329
Email: farrock@sgcc.com.sg

Personal Assistant cum

Office Manager (GM's Office)
Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

Finance Manager

Pamela Lee 6398 5303 / 358
Email: pamela_lee@sgcc.com.sg

Human Resource Manager

Elleana Ho 6398 5366
Email: elleana_ho@sgcc.com.sg

Membership Relations Manager

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

Sports & Recreation Manager

Vincent Lee 6398 5372
Email: vincent_lee@sgcc.com.sg

Security Operations Manager

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

Facilities, Maintenance & Safety Manager

Matthew Lim 6398 5311
Email: matthew_lim@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, Darts & Fitness

Vincent Lee 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

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

Queenie Yu 6398 5305
Email: queenie_yu@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg



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

**T&Cs apply.*

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