

Signature



A RAFFLES TOWN CLUB MEMBERS' MAGAZINE

JULY - AUGUST 2024



MAJULAH Singapura





RAFFLES TOWN CLUB
SINGAPORE

DIRECTORY

FOOD & BEVERAGE OUTLETS

THE CAFÉ & TERRACE 6357 3332 / 333
Daily: 7.00am – 11.00pm (*Last order at 10.15pm*)

THE CHINESE RESTAURANT 6357 3338 / 339
Tue – Sat Lunch: 11.30am – 3.00pm (*Last order at 2.30pm*)
Sun & PH Lunch: 10.30am – 3.00pm (*Last order at 2.30pm*)
Dinner: 6.00pm – 10.30pm (*Last order at 10.00pm*)
Closed on Mon (Excluding Eve of PH & PH)

THE DINING ROOM 6357 3337
Lunch: 11.30am – 3.00pm (*Last order at 2.30pm*)
Dinner: 6.00pm – 10.30pm (*Last order at 10.00pm*)
Closed on Tue (Excluding Eve of PH & PH)

MIYABI JAPANESE RESTAURANT 6357 3335
Lunch: 11.30am – 3.00pm (*Last order at 2.30pm*)
Dinner: 6.00pm – 10.30pm (*Last order at 10.00pm*)
Closed on Wed (Excluding Eve of PH & PH)

THE LOUNGE 6357 3334
Daily: 11.00am – 11.00pm (*Last order at 10.30pm*)

ROOM SERVICE 6357 3332 / 333
Daily: 8.00am – 11.00pm (*Last order at 10.00pm*)

GENERAL FACILITIES

MAIN LINE 6323 2323

FRONT OFFICE / ROOM RESERVATIONS 6357 3502 / 504

MEMBERSHIP ADMINISTRATION / 6358 0012
BILLING ENQUIRIES Fax: 6358 1171

MEMBER RELATIONS & MARKETING 6357 3322 / 323

CATERING SALES 6357 3325 / 326 / 388

GENERAL ENQUIRIES:

Catering Sales: catering@rtc.com.sg

Sports & Recreation: snr@rtc.com.sg

Membership: membership@rtc.com.sg

Room Reservations: roomresv@rtc.com.sg

Member Relations: member_relations@rtc.com.sg

OTHER FACILITIES

THE THEATRE 6357 3325 / 326 / 388

THE BILLIARD ROOM 6357 3334
Daily: 12.00pm – 10.00pm (*Last order at 9.30pm*)

THE CARD ROOMS 6357 3334
Daily: 12.00pm – 10.00pm

CAR GROOMING SERVICES 6357 3479
Daily: 11.00am – 7.00pm
Closed on Wed

MINDCHAMPS PRESCHOOL 8809 3816
Mon – Fri: 7.00am – 7.00pm
Sat & Sun: 9.00am – 6.00pm

SPORTS & RECREATION

THE BOWLING ALLEY & 6357 3330 / 331
VIDEO GAMES ARCADE
Daily: 1.00pm – 9.00pm

SPORTS & RECREATION COUNTER 6357 3566 / 567
Daily: 7.00am – 10.00pm

THE GYM 6357 3566 / 567
Daily: 6.00am to 10.00pm

TENNIS COURTS 6357 3566 / 567
Daily: 7.00am to 10.00pm

SWIMMING & WADING POOLS 6357 3566 / 567
Daily: 7.00am – 9.00pm

TOWEL COUNTER 6357 3487
(Mezzanine Level)
Daily: 7.00am to 10.30pm (*Last towel draw at 10.00pm*)

STEAM & SAUNA 6357 3487
(Male & Female Changing Rooms)
Daily: 7.00am – 10.00pm

All prices are inclusive of GST, unless otherwise stated. All promotional images used are for illustration only. Pre-registration for classes and activities is a must. Classes will commence only if the minimum number of participants have been met. Cancellation or no show past the closing date of registration will be charged full fees. All information in this magazine is accurate at the time of publish.

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www.rafflestownclub.com.sg

Vol. 107 ROC199605086N

Our Message

Dear Valued Members,

Singapore is turning 59 this August, let's parade our patriotism for our nation with a celebration at the Club's Signature dining outlets. The exclusive menus for this special occasion, ranges from lunch buffet to set menus and even a \$5.90 meal! Find out more from your preferred dining venues. If you are having a celebration at home, place your order for the National Day takeaway set with our Catering Sales Department.

On top of these, the culinary team has also prepared attractive dishes to tease your tastebuds for the month of July and August. Look out for specialties that will be available for a limited time only! Miyabi Japanese Restaurant features delectable set menus, including an exquisite one themed around yuzu and citrus. The Chinese Restaurant showcases a variety of Chinese cooking methods through the specialty dishes, offering both stewed and baked options.

The Café & Terrace is featuring some of the local favourites, like Thai Nasi Ambeng for two. At the same time, The Dining Room is serving up sophisticated French special for two persons. The weekend high tea set for two is now available at The Lounge. These are the perfect reasons to ask your friend to come along and catch up over a meal or a cup of tea!

Wine lovers should not miss the opportunity to appreciate old world wines paired with meticulously crafted dinner menu. Do place your reservations early with The Dining Room as seats are limited.

Planning to host a corporate event? Elevate your networking opportunities with the exquisite Chinese cuisine. For a start, speak to our Event Specialists about the 7-course Chinese Set Menu package.

Retreat and rejuvenate with a 3-night staycation that is not too far from home! With breakfast and dining vouchers included, you can relax in the cosy guest room after all the activities. Find out more details from The Front Office.

Bond with your child by attending the Parent and Child Terrarium Workshop! You will get to bring home your very own creation. Terrarium workshop for adults is available too! Enquire with the Sports and Recreation Department today.

If you are looking for a new exercise routine, check out the details of Retro Dance Workout and Zumba Fitness. Sign up with the Sports and Recreation Department and dance your way to fitness!

We look forward to seeing you at the Club bonding with your family and friends over delicious meals and fun-filled activities!

From The Management

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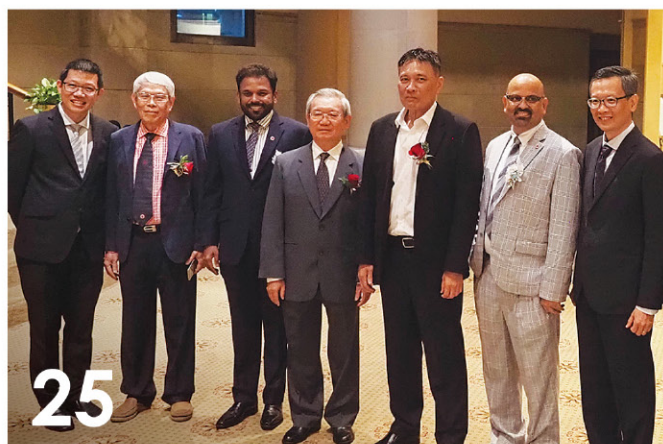
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Parade your Patriotism

As Singapore turns 59 this year, show your love for our nation with a celebration over the long weekend with the fantastic meal offerings at the Club. Our culinary team is showcasing Singapore's multi-cultural identity through the exclusive menus for this special occasion!



Catch the National Day cake cutting ceremony during lunch on 9 August 2024

The Café & Terrace

Tel: 6357 3332 / 333

Lunch Buffet

\$59 w/GST for 2 persons

\$38 w/GST for 1 person

Available on 9 & 10 August 2024.



THE DINING ROOM

Tel: 6357 3337

Breaded Fish & Chips
Fries, Lemon Wedge, Tartar Sauce

\$5.90 w/GST

Available on 9 August 2024.

Parade your Patriotism



Tel: 6357 3335

National Day Set

Available from 8 to 13 August 2024.

\$59 w/GST for 2 persons



Menu

Appetiser

*Chawanmushi with Abalone,
Wakame Seaweed Sauce*

Main Course (Select 3 Items)

*Trilogy Sashimi: Salmon,
Kanpachi, Mekajiki*

*Grilled Salmon with Baked
Green Bean Potato Puree,
Ikura*

*Grilled Cod Fish, Asparagus
with Truffle Teriyaki Sauce*

*Scallop, Prawn Aonori Seaweed
Tempura, Tobiko Topping*

*Teppanyaki Tenderloin Beef,
Celery, Black Fungus*

**Main course is served with steamed
rice, miso soup & pickles.**

Dessert

*Matcha Ice Cream with Red
Bean Compote*

Parade your Patriotism

THE CHINESE RESTAURANT



Tel: 6357 3338 / 339

National Day Set 国庆日套餐

Available from 3 to 11 August 2024.

\$59 w/GST per person
(Minimum 2 persons)

Menu

Duo of Salt and Pepper Pipa Tofu and Spicy Shredded Chicken with King Oyster Mushroom
椒盐琵琶豆腐拼麻辣手撕鸡伴杏鲍菇

Assam Curry Sea Perch
亚参咖喱煮海鲈鱼

Sautéed Chicken Fillet with Mango
银盏香芒鸡柳

Bak Kut Teh
胡椒肉骨茶

Chilled Coconut Jelly with Black Glutinous Rice
紫米露椰子冻



Parade your Patriotism

Takeaway Set A **\$259** w/GST per set
(recommended for 4 – 5 persons)



Menu

- Malay Rojak Salad
- Braised Soya Sauce Pork Belly with Mushroom
- Tamarind Fish Curry with Lady Finger and Pineapple
- Naan Bread
- Sambal Cincalok Fried Rice
- Chilled Almond Bean Curd and Longan

Available from 5 to 11 August 2024.
While stocks last. Terms & conditions apply. 3-day advance order required.



Order via
WhatsApp 8136 4936
Scan me to order!

For enquiries, please call
Catering Sales at 6357 3325 / 326 / 388
or email catering@rtc.com.sg.

Parade your Patriotism

Takeaway Set B **\$259** w/GST per set
(recommended for 4 – 5 persons)



Menu

- Seafood Bean Curd Roll
- Beef Rendang
- Baked Pepper Chicken
- Deep-fried Thai style Sea Bass
- Seafood Mee Goreng
- Chilled Mango Sago

Available from 5 to 11 August 2024.
While stocks last. Terms & conditions
apply. 3-day advance order required.



Order via
WhatsApp 8136 4936
Scan me to order!

For enquiries, please call
Catering Sales at 6357 3325 / 326 / 388
or email catering@rtc.com.sg.

Appreciating the Old

Old World wine makers has a long history of winemaking where traditional techniques and the role of terroir give unique traits to wines from different place of origins. Embark on a gastronomic voyage through the meticulously crafted menu paired with the selected Old World wines.

Old World Wine Pairing Dinner

Date: Friday, 26 July 2024

Time: Commence at 7:00pm sharp

Venue: The Dining Room

Price: \$108 w/GST per person

Please drink responsibly.

Complimentary

one bottle of wine for every diner.

Wine Reception

Assorted Canapés, Butler Style

Chateau Gassier, Le Pas du Moine, Cotes de Provence Rose, France 2022

Menu

Appetiser

Smoked Duck Breast and Prosciutto Ham
Grilled Peach and Feta Cheese Salad

Maison Ogier, Cote du Rhone Blanc AOC, France 2022

Bertani Pinot Grigio DOC, Italy 2022

Soup

Italian Minestrone Soup
Carrot, Onion, Zucchini, Diced Tomato, Pasta, Bean

Main Course

Boeuf en Croûte
Angus Beef Steak Fillet with Foie Gras and Mushroom wrapped in Puff Pastry, Red Wine Sauce, Seasonal Vegetable, Truffle Mashed Potato

Maison Ogier, Crozes Hermitage AOC "L'Orientale", France 2021

Bertani Ripasso Valpolicella DOC, Italy 2020

Dessert

Tiramisu Panna Cotta with Crème Brûlée
Coffee Sauce, Berries, Cinnamon Streusel, Vanilla Ice Cream

Coffee & Tea



For enquiries, please call The Dining Room at 6357 3337.

Unlock Success

Corporate Event Package

DTHE
DUNEARN
BALLROOM

Experience sophistication and excellence with our corporate event package. Elevate your networking opportunities with exquisite Chinese cuisine, complemented by refined atmosphere and impeccable service. Speak to our Event Specialist today and unlock the power of professional collaboration.

7-course Chinese Set Menu

\$788⁺⁺ per table of 10 persons

Menu

Appetiser

龙虾什果沙拉
Lobster Salad Platter

Vegetable

罗汉斋
Buddha's Delight

Soup

竹笙药材香菇鸡汤
Double-boiled Chicken
Soup with Bamboo Pith
and Mushroom

Starch

扣肉包
Braised Pork Bun

Or

海鲜蟹肉豆腐羹
Seafood Tofu Thick Soup
with Crab Meat

Dessert

红豆沙窝饼
Deep-fried Pancake
with Red Bean Paste

Or

莲子红枣龙眼炖
雪耳甜汤
Double-boiled White
Fungus Sweet Soup with
Red Dates, Longan and
Lotus Seed

Fish

港式清蒸金目鲈
Steamed Sea Bass with
Superior Soya Sauce

Poultry

法砵鸡粒
Deep-fried Yam Ring
with Diced Chicken

The promotion is valid for event held before 31 Dec 2024. Minimum booking of 5 tables is required. Price is subject to 10% service charge and prevailing government tax. Terms & conditions apply.

Free flow
of Chinese tea and
soft drink



JULY CHEF'S SPECIAL



Stewed Mustard Greens with Salted Spare Rib
芥菜咸骨煲
\$23.80 w/GST



Baked Chicken Roll with Truffle and Mushroom
松露蘑菇鸡卷
\$12 w/GST per person

AUGUST CHEF'S SPECIAL



Assam Curry Sliced Red Garoupa
亚参咖喱煮红斑柳
\$13.80 w/GST per person



Hakka style Yellow Rice Wine Chicken
客家黄酒走地鸡
\$28 w/GST

BEEF STEW HAYASHI RICE



The promotion includes:

Appetiser

Egg Flan, Foie Gras with Green Peas, Butternut Puree

Raw

Chef's Selection Sashimi

Oshokuji

Beef Stew, Fried Oyster, Sea Urchin, Truffle, Omelette on Hayashi Rice

Dessert

Matcha Ice Cream with Red Bean

This meal is served with mixed salad, miso soup & pickles.

\$48.80 w/GST

Available in July.

YUZU CITRUS FESTIVAL SET

The promotion includes:

Madai & Hotate Yuzu Carpaccio

Japanese Red Sea Bream, Scallop, Yuzu-infused Pickled Vegetable, Flying Fish Roe with Yuzu Vinegar Sauce

Gindara Miso Hoba Yaki

Black Cod Fillet, Autumn Gingko Nut, Nanohana, Pumpkin, Wild Mushroom, Yuzu Miso on Magnolia Leaf

Tori Yuzu Nabe

Chicken Roll with Mushroom, Vegetable & Bean Curd in Yuzu Broth Hot Pot served with Udon, Citrus Sauce

Dessert

Kyoto-fu Mango Yuzu Cheesecake, Berries Compote

\$38.80 w/GST

Available in August, excluding 8 to 13 August 2024.



JULY CHEF'S SPECIAL



3-tier Claypot
\$13.90 w/GST

Includes a cup of
coffee or tea.

Available from 11:00am
to 9:00pm, Monday to
Friday in July.

AUGUST CHEF'S SPECIAL

Thai style Nasi Ambeng
\$26.90 w/GST (serves 2 persons)

Includes a cup of
coffee or tea.

Available from 11:00am
to 9:00pm, Monday to Friday
in August, excluding PH.



For enquiries, please call **The Café & Terrace** at **6357 3332 / 333**.

FRENCH SPECIAL



Soupe A' l'Oignon Traditionnelle Francaise

Traditional French Onion Soup

Canard Roti A la Sauce A la Orange
*Roasted Duck with Orange Sauce,
Scallop Potato and Wilted Salad*

\$52 w/GST (serves 2 persons)

CAKE OF THE MONTH



July
Passion Fruit Mousse Cake | **\$42 w/GST**



August
Earl Grey Cake | **\$42 w/GST**

HIGH TEA SET FOR 2



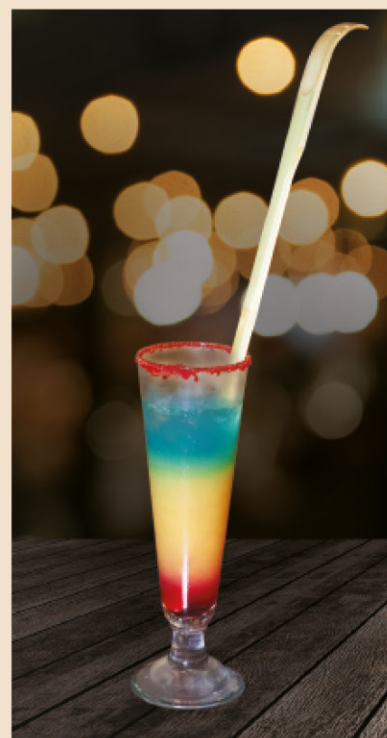
\$24 w/GST

Available on Saturday, Sunday & PH,
from 12:00pm to 5:00pm.

COCKTAIL OF THE MONTH



Grasshopper
\$8 w/GST
*Crème De Menthe
Green, Milk, Crème
De Cacao*



Tropical Itch
\$8 w/GST
*Grenadine Syrup,
Orange Juice, Vodka,
Blue Curacao*

For enquiries, please call **The Lounge** at 6357 3334.

Oktoberfest / 2024

Experience Oktoberfest without travelling halfway around the world. At Raffles Town Club, we will bring you the annual beer festival with Munich style celebration. A sumptuous dinner with Bavarian cuisine inspired dishes accompanied by a good beer and music are the necessities for this party!

Limited Seats Available!

Date: Friday, 20 September 2024

Time: 7:00pm to 11:00pm

Venue: The Bar, Level 3

Price: **\$68** w/GST per person



Ticket includes:
Buffet Dinner for One
One FREE Bottle of Beer

For enquiries, please call Catering Sales at 6357 3325 / 326 / 388 or email catering@rtc.com.sg



SPOOKY-LICIOUS TIME!

Make your Friday night extra spooky. Get into the frightful mood at The Bar with its haunting makeover. Our Halloween-themed dinner ensures that you will have a fun and spooky-licious time. Get ready to be thrilled by our Chefs' creativity!

Date: Friday, 25 October 2024

Time: 7:00pm to 11:00pm

Venue: The Bar, Level 3

Price: **\$68** w/GST per person



For enquiries, please call Catering Sales at 6357 3325 / 326 / 388 or email catering@rtc.com.sg

Almost Like *Home*



For a rejuvenating retreat experience that is not too far from home, book a staycation with us! With the staycation package, your breakfast is included along with dining vouchers. After a day of activities at the Club, relax in the cosy and comfy guest room that makes you feel almost like home!

Package includes:

- Breakfast at The Café & Terrace for two persons for booking of Studio Room / four persons for booking of Suite Room
- Raffles Town Club Signature Welcome Drink for two persons for booking of Studio Room / four persons for booking of Suite Room
- \$20 dining voucher for booking of Studio Room, \$30 dining voucher for booking of Straits Suite or \$40 dining voucher for booking of Spa Suite
- Complimentary parking for room guest
- Complimentary WIFI access

The promotion is valid for booking made from 1 July to 31 August 2024. Rooms are subject to availability upon booking. Advance reservation is required at dining outlets, subject to availability. Dining vouchers are valid for use during stay only. No refund of unused dining vouchers. Terms & conditions apply.

Prices are subject to 10% service charge and prevailing government tax.

Rooms 4D3N Rates

Studio Room	\$510 **
Straits Suite	\$690 **
Lavender Spa Suite	\$780 **
Sandalwood Spa Suite	\$780 **
Jasmine Spa Suite	\$840 **



For reservation, please call **The Front Office** at 6357 3502 / 504 or email roomresvn@rtc.com.sg.

Build a Mini Garden

Build your very own sustainable terrarium with guidance from our experienced instructor! Learn techniques to craft and beautify that insta-worthy mini garden you have always wanted. You will also get tips on how to care for the terrarium that is going home with you.

Parent & Child Terrarium Workshop

Instructor: Michelle Lim
Time: Saturday, 20 July 2024,
3:00pm to 4:30pm
Fees: **\$76.30** w/GST per pair*
Venue: Harmony Room

**1 parent and 1 child
(suitable for child aged between 5 and 12)*

Terrarium Workshop

Instructor: Michelle Lim
Time: Saturday, 17 August 2024,
3:00pm to 4:30pm
Fees: **\$49.05** w/GST per person#
Venue: Harmony Room

#This class is for adults only.

Bond with
your child!



Fitness

WITH THE RETRO

Are you a retro music fanatic? Start dancing to retro music for better fitness! The Retro Dance Workout choreography is fun and easy to follow. Before you know it, your heart rate is up and you are grooving and moving like never before!



RETRO DANCE workout

Instructor: Benjamin

Time: Wednesday,
7:30pm to 9:00pm

Fees: 4 sessions
Member | **\$109.00** w/GST
Guest | **\$130.80** w/GST

Venue: Aerobics Room



Step up for a *Dance Workout*

Zumba Fitness brings you classes almost like a dance party. The lively, high-energy classes emphasized that you have a good time while moving to the upbeat music, getting a full body workout and boosting your endorphins. You cannot wait to return for your next class!

Zumba Fitness

Instructor: Aaron

Time: Thursday,
7:30pm to 9:00pm

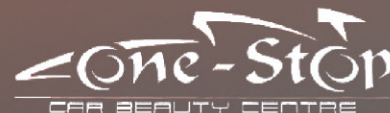
Fees: 8 sessions
Member | **\$200.56 w/GST**
Guest | **\$222.36 w/GST**

Venue: Aerobics Room

Car Grooming @ RTC

Basement 3 , 11am - 7pm . Closed on alternate Wednesdays

By appointment only. For more information and appointment, please call **Anthony** at **6357 3479** or **9479 3668**.



Carnauba
\$238

- Car wash and clean
- Standard polishing and waxing
- Hi-gloss application
- Dashboard protection
- Interior vacuum (including engine bay and boot)
- Cleaning of door panels and edges
- All windows clean, rims clean and tyres shine

Sealant
\$268

- Sealant coating

Sio2
\$448

- Sio2 ceramic coating
- Full exterior nano shampoo car wash
- Clay bar treatment to remove embedded contaminants
- A hand polishing process to work on minor swirls and scratches
- IPA process to strip off any residue on the paint surface
- Head lights and rear lights coating
- All windows coating
- Cleaning of door panels, edges and coating
- All rims coating
- All tyres are treated and coated

Nano Graphene
\$548

- Nano Graphene coating

Leather Protection
ADD ON \$90

Seat cleaning, anti-bacterial and fungi and leather moisturised, 4 doors conditioning and cockpit conditioning. Additional \$120 for 7 Seaters

Terms & Conditions

- Valid for July and August 2024.
- Not valid with other discount, voucher, package or promotion and cannot be exchanged for cash.
- Valid for one-time use only. Your membership card and identification card must be presented prior to servicing to enjoy the privileges.
- An additional charge of \$20 applies for vehicles above 1500cc, \$30 for vehicle above 1800cc including Luxury Sedans, MPVs, SUVs and Jeeps and \$50 for vehicles above 2500cc.
- Services not listed in the packages will incur additional cost.
- One Stop Car Beauty Centre (OSCBC) reserves the right to amend and / or retract the promotion without prior notice.
- In the case of dispute, OSCBC's decision will be final.
- RTC is not liable for any product, service or transaction between its member and OSCBC.

20% OFF

* T&Cs apply.

PAY YOUR SUBSCRIPTION ONLINE

The Club has various online payment methods which allow members to conveniently make contactless payment. Options of online payment are listed in the table below. Please remember to indicate your **membership number** and **name** when making an online payment.

METHOD	DETAILS
	Please key in RTC Registration Number: 199605086N
	1) Please visit www.axs.com.sg 2) Go to Pay Bills 3) Go to Memberships 4) Go to Raffles Town Club
INTERNET BANKING	For Standard Chartered Bank, please visit: www.standardchartered.com.sg For United Overseas Bank (UOB), please visit: www.uob.com.sg
BANK TRANSFER	Please provide the following details. Account Name: Raffles Town Club Pte Ltd Bank Name: UOB Account No: 922 343 1689 Bank Code: 7375 Swift Code: UOVBSGSG Branch Code: 001



For enquiries, please call Membership at **6358 0012** or email membership@rtc.com.sg.

THANK YOU

for your compliments

The club would like to thank our members for giving us the wonderful opportunity to serve you. It is our desire to keep you satisfied with our services and none of our achievements would have been possible without you and your unwavering support.

Member Relations

Linnges, I just wanted to email to thank you again for all your help. You made what was already a joyous evening even better. I thoroughly enjoyed visiting the beautiful Raffles Town Club last night. Your recommendation for the restaurant was sublime and everyone in the Club was extremely helpful and very accommodating. I hope to be back soon so I can spend a bit more time in the club. Many thanks again!

- Mr Tom

The Café & Terrace

Glad that there is a change in the menu. Good and wide choice. Love the new menu, especially the Braised Pork Trotter Bee Hoon.

- Ms Ong

Green Curry Chicken is very good. Services are excellent. Staff are very cheerful and accommodating as always.

- Mr Yeo

Front Office

I'm writing to say a big "Thank you" to the wonderful staff and treatment we received during our stay at Raffles Town Club for the festive season. It has been a real treat. We have enjoyed ourselves very much.

- Ms Chan

THE DINING ROOM

Many thanks for helping us to come up with the special menu for the dinner reception. Our extended family members enjoyed the evening very much. The food was good, drinks were nice and the service was excellent. Please extend my family's appreciation to your service staff.

- Mr Teo

Jaffar provided excellent service with his two staff. The Chef was also excellent in his delivery of food.

- Mr Fong

THE DUNEARN BALLROOM

On behalf of Mount Pleasant Veterinary Group, I want to thank the Raffles Town Club team for facilitating the smooth running of the event! Everyone was very helpful, especially the Banquet Manager, Wilson. The quality of the food was also very good, especially the Fish and the Tandoori Chicken, the Poached Chicken and the Glutinous Rice Balls with Red Beans. All in all, we had a great experience!

- Dr Wong



Learn & Play TOGETHER

It was June school holiday, children participated in the tennis and swim group lessons. Parents and guardians of the participants watched with interest and satisfaction as their little ones progressively acquired new skills through the lessons and are playing tennis and swimming confidently!



NSCS LIFETIME ACHIEVEMENT AWARD



The National Safety Council Singapore (NSCS) promotes safety awareness in all areas of life in Singapore. NSCS held an award presentation at the Dunearn Ballroom and Mr. Abu Bakar, the Chairman of Workplace Safety and Health Council, was the event's Guest of Honour. The Lifetime Achievement Award was presented to Mr. Wong Weng Sun, the former President & CEO of Sembcorp Marine Ltd, as a recognition of his contribution and leadership in businesses.





We're so Proud of our Raffles Town Club Champs!

At MindChamps, we believe that children's accomplishments, big and small, should be celebrated every day. And so, we initiated the "I'm Proud of You" movement to provide parents with the perfect opportunity to appreciate and celebrate their child's efforts and victories.

Our MindChamps @ Raffles Town Club K2 Champs took the stage last month at Marina Square, singing and dancing so proudly to showcase their abilities and multi-instrumental talents. From energetic dance routines to melodious instrumental performances, our Champs delivered an unforgettable show that entranced parents and passersby. We were all so inspired by the enthusiasm and charisma of our young stars, and their performance was a testament to their growth and learning journey at MindChamps @ Raffles Town Club.

Thank you to all our Raffles Town Club Champs for your incredible performance! We can't wait to see you on stage again next year!



We'd love to hear your review!



MindChamps PreSchool
@ Raffles Town Club #03-00

Active Ageing

5 Ways to Stay Fit & Healthy



As we age, staying active becomes increasingly important for maintaining overall wellbeing. Engaging in regular physical activity can help seniors manage chronic conditions, improve flexibility, boost mood and enhance cognitive function. However, finding suitable activities can be challenging sometimes. In this article, we will explore five effective ways for seniors to stay active and enjoy a fulfilling lifestyle.

Walking

Walking is a simple yet highly effective form of exercise for seniors of all fitness levels. It requires no special equipment and can be done almost anywhere. Seniors can start with short walks around their neighbourhood or local park and gradually increase the duration and intensity as they build stamina. Walking not only improves cardiovascular health but also strengthens bones and muscles, reduces the risk of falls, and provides opportunities for social interaction if done in groups.

Swimming and Water Aerobics

Swimming and water aerobics offer low-impact workouts that are gentle on ageing joints while providing a full-body workout. The buoyancy of water reduces stress on the joints, making it an ideal exercise for seniors with arthritis or mobility issues. Swimming improves cardiovascular fitness, muscle strength and flexibility. Many gyms and public swimming complex offer water aerobics classes specifically designed for seniors, providing a fun and social way to stay active.

Yoga and Tai Chi

Yoga and Tai Chi are ancient practices that focus on gentle movements, deep breathing and mindfulness. These mind-body exercises are particularly beneficial for seniors as they improve balance, flexibility and posture while reducing stress and anxiety. Both Yoga and Tai Chi can be adapted to suit individual needs and abilities, making them accessible to seniors of all fitness levels. Regular practice can help seniors maintain mobility, prevent falls and enhance overall wellbeing.

Strength Training

Strength training, also known as resistance training, is crucial for maintaining muscle mass and bone density as we age. Simple exercises using resistance bands, dumbbells or body weight can help seniors strengthen muscles, improve balance, and prevent age-related muscle loss. Strength training can also alleviate symptoms of chronic conditions such as arthritis and osteoporosis, improving overall functional capacity and quality of life. Seniors should start with light weights and gradually increase resistance as they progress.

Dancing

Dancing is a fun and enjoyable way for seniors to stay active while improving cardiovascular health and coordination. Whether it's ballroom dancing, line dancing or simply dancing around the living room, moving to music can uplift the spirit and provide a social outlet. Many community centres and gyms offer dance classes tailored to older adults, providing opportunities for socialisation.

Staying active is essential for seniors to maintain independence, vitality and quality of life. If you are looking for ways to incorporating physical activities into your routine, our Sports & Recreation Department offers plenty of enjoyable fitness lessons for you to stay active and age gracefully. For lesson information, please contact Sports & Recreation Department at 6357 3566 / 567 today!

Islands of Singapore

Singapore is an island country that comprises of one main island, 63 satellite islands and islets, and 1 outlying islet. Most of us are familiar with the main island, where most of our daily activities are. Other than the well-known islands like Sentosa and Pulau Ubin, how much do we know about the other offshore islands? Let us find out more!



Did you know?

Many of the offshore islands are a boat ride away while some are just a walk away! For instance, Sentosa and Coney Island are accessible via a bridge.



Coney Island is located near the northeastern coast of Singapore and is connected via two bridges. Initially, there were plans to develop the island into a recreational venue with chalets, a beach and a marina for pleasure boats. The plan was put on hold and the island's natural state was retained for visitors to experience the rustic feel. With cycling trails on the island, it is recommended to cycle to explore the island. The island houses a diverse range of flora and fauna. It is also home to more than 157 species of animals and over 80 species of birds, making it a popular spot for birdwatching. And look out for the group of smooth-coated otters that inhabit the island!



Pulau Hantu translates to "Island of Ghosts". It is made up of Pulau Hantu Kechil (Little Ghost Island) and Pulau Hantu Besar (Big Ghost Island). The name of the picturesque island may be due to the middle part of the island "disappearing" during high tide. And there is a legend of Malay warriors dueled to death and their ghosts wander on the island. Today, the peaceful island has sheltered beaches, swimming lagoons and corals around. Attracting fishing, scuba diving and snorkelling enthusiasts chartering boats to the island, as no ferry service is available. With permit, you can camp on the island to experience the wild.

Pulau Satumu is the southern most island of Singapore. Its name means “One Tree” in Malay. It is a very small island where one of Singapore’s oldest lighthouses, Raffles Lighthouse, is located. Raffles Lighthouse is still in use today but is out-of-bound except for staff and visitors with special permission. The Maritime and Port Authority of Singapore conducts regular tours to the island and Raffles Lighthouse.



St. John’s Island is located off the southern coast of Singapore, it was a quarantine centre in the 19th century. And in the 20th century, it served as a detention centre, drug rehabilitation centre and temporary refugee settlement. The west coast of St. John’s Island is part of the Marine Park Islands, a marine protected area by government. Currently, it houses a few aquaculture research and development facilities.

Skip the cat cafes and visit St. John’s Island to cat-watch as friendly cats can be seen lounging around. Bicycle rental is available, for the ease of exploring the island. It has lagoons and beaches where you can go for a swim while having a picnic. With the clear water, you can find good spots for fishing. If you would like to stay the night on the island, you can rent a chalet or camp with a permit!

Lazarus Island is connected to St. John’s Island by a causeway and does not have a ferry terminal. Visitors will need to alight the ferry at St. John’s Island and take a short walk. In 1800s, there were prison confinement sheds on the island and were proved ineffective as a prisoner had successfully escaped. Today the island is known for having one of the best beaches in Singapore with its clear turquoise water and white sandy beach.

Tips for visiting offshore islands:

- Check weather forecast.
- Check on ferry timings (if applicable).
- Find out amenities and facilities available on island and plan essentials that you will need to bring. For instance, you may need to pack food, drinks, sunscreen and insect repellent.



Sisters’ Island are also part of the Marine Park Islands. One of the legends says that an elder sister tried to save the younger sister who was drowning. In the end, both sisters drowned. Touched by their love for one another, God turned them into two little islands so that they can be together forever.

The Big Sister Island is closed for enhancement works till 2024. Upon re-opening, the island will feature a coastal forest trail that leads to a hilltop viewing deck, also a birdwatching vantage point. And a tidal pool with educational and monitoring programmes for visitors. The Small Sister Island is not open to public as it is strictly for conservation and research.

With this information, start planning for a short escapade from the city without your passport and start island-hopping!

MindSpace™

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by

MindChamps®



Art at Gardens by the Bay

Action-Packed Holiday Programme!

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Guided by their teacher, our Champs unleashed their creativity, dabbling in shapes, colours and blending techniques. Gardens by the Bay turned into an artistic haven, igniting their imagination and setting the stage for their next masterpieces.

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1 Plymouth Avenue, #01-00, Raffles Town Club, Singapore 297753

MOVIE SCREENINGS

AT THE THEATRE

JUL 2024

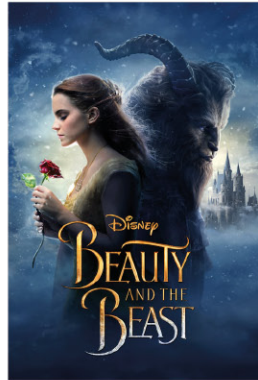


INDIANA JONES AND THE DIAL OF DESTINY (PG-13)
154 MINUTES

Action | Adventure | Sci-fi

Stars: Harrison Ford, Phoebe Waller-Bridge, Antonio Banderas

Archaeologist Indiana Jones races against time to retrieve a legendary artifact that can change the course of history.



BEAUTY AND THE BEAST (PG)
129 MINUTES

Adventure | Family | Fantasy

Stars: Emma Watson, Dan Stevens, Luke Evans

A selfish Prince is cursed to become a monster for the rest of his life, unless he learns to fall in love with a beautiful young woman he keeps prisoner.

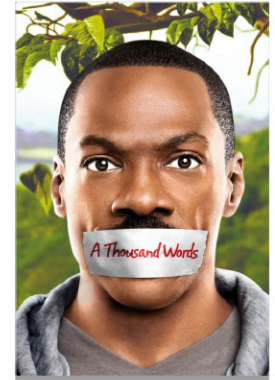


DESPICABLE ME 2 (PG)
98 MINUTES

Animation | Adventure | Comedy

Stars: Steve Carell, Kristen Wiig, Benjamin Bratt

When Gru, the world's most super-bad turned super-dad has been recruited by a team of officials to stop lethal muscle and a host of Gru's own, he has to fight back with new gadgetry, cars, and more minion madness.

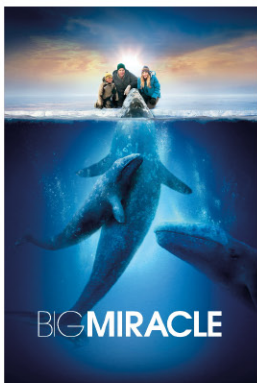


A THOUSAND WORDS (PG-13)
91 MINUTES

Comedy | Drama | Fantasy

Stars: Eddie Murphy, Cliff Curtis, Kerry Washington

After stretching the truth on a deal with a spiritual guru, literary agent Jack McCall finds a Bodhi tree on his property. Its appearance holds a valuable lesson on the consequences of every word he speaks.



BIG MIRACLE (PG-13)
107 MINUTES

Biography | Drama | Romance

Stars: Drew Barrymore, John Krasinski, John Pingayak

In small-town Alaska, a news reporter recruits his Greenpeace-volunteer ex-girlfriend on a campaign to save a family of grey whales trapped by rapidly-forming ice in the Arctic Circle.

DAY	DATE	TIME	TITLE
Sat	6 Jul	2:30pm	Indiana Jones and the Dial of Destiny
Sat	6 Jul	8:00pm	Beauty and the Beast
Sun	7 Jul	2:30pm	Despicable Me 2
Sat	13 Jul	2:30pm	A Thousand Words
Sat	13 Jul	8:00pm	Big Miracle
Sun	14 Jul	2:30pm	Indiana Jones and the Dial of Destiny
Sat	20 Jul	2:30pm	Beauty and the Beast
Sat	20 Jul	8:00pm	Despicable Me 2
Sun	21 Jul	2:30pm	A Thousand Words
Sat	27 Jul	2:30pm	Big Miracle
Sat	27 Jul	8:00pm	Indiana Jones and the Dial of Destiny
Sun	28 Jul	2:30pm	Beauty and the Beast

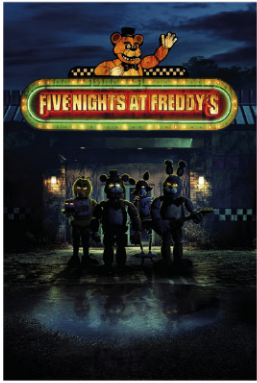
No food & beverage allowed. Seats are on first come first served basis.

Movies and screening times are subject to change without prior notice. For the latest screenings, please call **Member Relations** at 6357 3322 / 323.

MOVIE SCREENINGS

AT THE THEATRE

AUG 2024



FIVE NIGHTS AT FREDDY'S
(PG-13)
109 MINUTES

Horror | Mystery | Thriller

Stars: John Hutcherson, Piper Rubio, Elizabeth Lail

A troubled security guard begins working at Freddy Fazbear's Pizza. During his first night on the job, he realises that the night shift will not be so easy to get through. Pretty soon he will unveil what happened at Freddy's.



FIGHTING WITH MY FAMILY
(PG-13)
108 MINUTES

Comedy | Drama | Biography

Stars: Dwayne Johnson, Lena Headey, Vince Vaughn

A former wrestler and his family make a living performing at small venues around the country while his kids dream of joining World Wrestling Entertainment.



GOLDA (PG-13)
100 MINUTES

Biography | Drama | History

Stars: Helen Mirren, Zed Josef, Henry Goodman

Focuses on the intensely dramatic and high-stakes responsibilities and decisions that Golda Meir, also known as the 'Iron Lady of Israel,' faced during the Yom Kippur War.

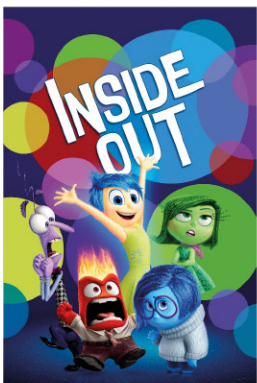


STAR WARS: THE LAST JEDI
(PG)
152 MINUTES

Action | Adventure | Fantasy

Stars: Daisy Ridley, John Boyega, Mark Hamill

Rey develops her abilities with the help of Luke Skywalker, as the Resistance prepares for battle against the First Order.



INSIDE OUT (PG)
95 MINUTES

Animation | Adventure | Comedy

Stars: Amy Poehler, Bill Hader, Lewis Black

After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school.

DAY	DATE	TIME	TITLE
Sat	3 Aug	2:30pm	Five Nights at Freddy's
Sat	3 Aug	8:00pm	Fighting with My Family
Sun	4 Aug	2:30pm	Golda
Fri	9 Aug	2:30pm	Golda
Sat	10 Aug	2:30pm	Star Wars: The Last Jedi
Sat	10 Aug	8:00pm	Inside Out
Sun	11 Aug	2:30pm	Five Nights at Freddy's
Sat	17 Aug	2:30pm	Fighting with My Family
Sat	17 Aug	8:00pm	Golda
Sun	18 Aug	2:30pm	Star Wars: The Last Jedi
Sat	24 Aug	2:30pm	Inside Out
Sat	24 Aug	8:00pm	Five Nights at Freddy's
Sun	25 Aug	2:30pm	Fighting with My Family
Sat	31 Aug	2:30pm	Golda
Sat	31 Aug	8:00pm	Star Wars: The Last Jedi

No food & beverage allowed. Seats are on first come first served basis.

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