

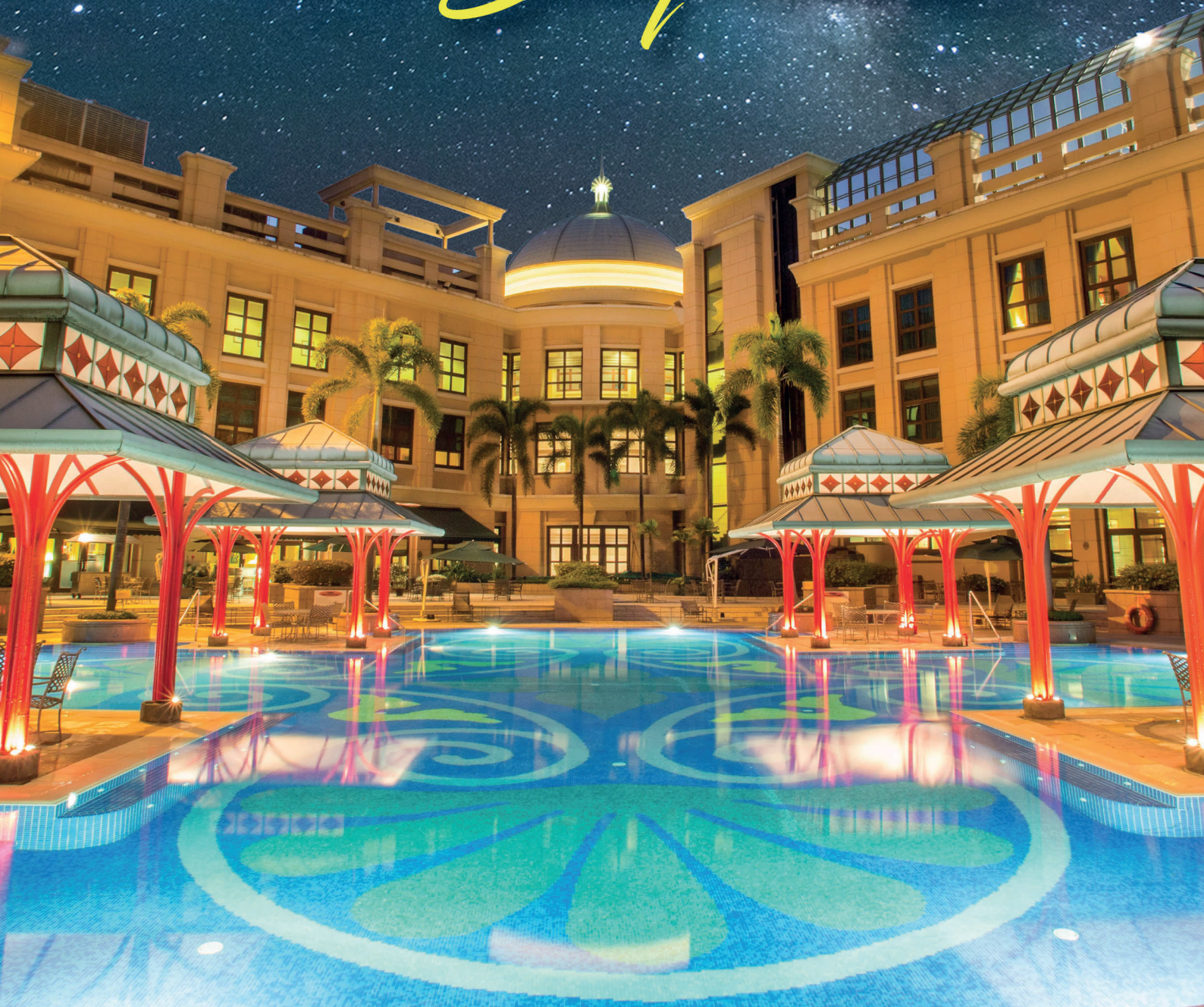
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A RAFFLES TOWN CLUB MEMBERS' MAGAZINE

MARCH- APRIL 2025

Holiday *Staycation*





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.

1 Plymouth Avenue Singapore 297753

Tel: 6323 2323 • Fax: 6337 6116

www.rafflestownclub.com.sg

Vol. 111 ROC199605086N

Our Message

Dear Valued Members,

As the calendar turn a page, we find ourselves in the month of March. Let us embrace the new month by pampering ourselves, hence it is time to have a short break! Book your guest room with The Front Office, then check-in for a two-night stay and enjoy the vacation vibes.

Pamper your palate with the line-up of dinner events, specialty menu and promotions! Be at The Dining Room's Italian Wine Pairing Dinner in March to explore and discover the characteristics of diverse Italian wines as you embark on your gastronomic journey.

Come April, The Dining Room will be declaring the love for meat along with their diners who are madly in love with meat by presenting a curated Mad About Meat Special. Meanwhile, The Chinese Restaurant culinary team brings you delicate sweetness of white asparagus with the specially designed White Asparagus Set. Make your reservations with the respective restaurants to avoid disappointment!

An Easter Egg Hunt will be held at The Café & Terrace on 20th April at 12:30pm. The little ones will race to find the most number of colourful eggs for pleasant surprises while the adults enjoy a hearty buffet lunch! You will be glad to know that on this special day, for every three adults diners having the buffet lunch or dinner, the fourth person gets to dine free! Contact The Café & Terrace for more details.

Start off your wellness journey with the yoga classes at a new time slot! Release tension and find your inner balance under the instructor's guidance. Alternatively, strengthen your core muscles with the repetitive movements of pilates for a more toned muscles and improved posture. If you prefer more actions in your fitness routine, cardio kickboxing should be the programme for you! The choreographed kicks and punches into the air will give you a good total body workout. Find out more from the Sports and Recreation Department.

We look forward to seeing you and your loved ones at the events and we hope that you will spend awesome and fun time together at the Club!

The Management

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Vacation Vibes

Step into Raffles Town Club for a two-night stay with vacation vibes. Go for some leisure activities followed by satisfying meals that are just steps away from your room door. Experience the exciting buzz of the city or serenity of the botanic gardens which are a few train stations away. And end your day unwinding in your cosy guest room!

Package includes:

- Breakfast at The Café & Terrace for two persons
- Raffles Town Club Signature Welcome Drink for two persons
- High Tea at The Lounge for two persons
- Complimentary parking for room guest
- Complimentary WIFI access

Rooms	3D2N Rates
Studio Room	\$340 **
Straits Suite	\$460 **
Lavender Spa Suite	\$520 **
Sandalwood Spa Suite	\$520 **
Jasmine Spa Suite	\$560 **

The promotion is valid for booking made from 1 March to 30 April 2025. Rooms are subject to availability upon booking. Terms & conditions apply.

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



Book Your Room Today!

Perfect Accompaniment

Be at the Italian Wine Pairing Dinner to explore the diversity of Italian wines. You will discover that the acidic character of Italian wines makes them the perfect accompaniment to your evening's gastronomic journey. Reserve your seats for your exploration!

Italian Wine Pairing Dinner

Date: Friday, 28 March 2025
 Time: Commence at 7:00pm sharp
 Venue: The Dining Room
 Price: **\$108** w/GST per person

Complimentary one bottle of wine for every diner. Please drink responsibly.

Wine Reception

Assorted Canapés, Butler Style
IL Follo Prosecco Extra Dry NV

Menu

Appetiser

Carpaccio di Salmone
Salmon Carpaccio, Pickled Shallot, Arugula, Grana Padano
Casteltonne Pinot Grigio delle Venezie DOC 2023
Cantine Volpi Gavi DOCG 2022

Soup

Zuppa di Vongole
Cream of Clam Soup with Oregano, Garlic, Mozzarella

Main Course

Brasato di Guancia di Manzo
Braised Angus Beef Cheek, Sun-dried Tomato Risotto, Seasonal Vegetable, Redcurrant Sauce
Brogliola La Beccaccia Langhe Nebbiolo DOC 2018
Lanciola Chianti Classico 2019

Dessert

Classico Tiramisu Italiano
Classic Italian Tiramisu, Wild Berries, Streusel, Vanilla Ice Cream

Coffee & Tea



Delicate sweetness

White asparagus is considered a prized delicacy in Germany due to its labour-intensive cultivation and seasonal availability. This April, The Chinese Restaurant is cooking up an Oriental style white asparagus set meal. Do not miss the chance to savour the white asparagus' delicate sweet flavours!

White Asparagus Set 白芦笋特别套餐

Available from 22 to 27 April 2025

Chilled Asparagus tossed with Truffle Sauce
松露酱冷拌鸳鸯芦笋

Baked White Asparagus and Australian
Scallop with Cheese
芝士焗白芦笋澳洲带子

White Asparagus and sliced Abalone
in Millet Soup
金汤小米煮白芦笋鲍角

Chilled Osmanthus
Oolong Tea Jelly
桂花高山乌龙茶冻

\$58 w/GST per person
(Minimum 2 persons)



An Egg-cellent Easter Day!

Hop down to The Café & Terrace for an egg-cellent day out! Celebrate Easter Day as a family over a meal. The delectable buffet spread is available for lunch.

In the afternoon, your little ones will get to participate in the Easter Egg Hunt, collecting as many colourful hidden eggs as possible!



Easter Egg Hunt

Date: Sunday, 20 April 2025

Time: 12:30pm to 1:30pm

Venue: The Café & Terrace
and Poolside Area

- For children 5 to 10 years old
- Limited to 10 children only.
- Registration is required.
Please proceed to The Café & Terrace for registration.
- Parent's supervision is encouraged.

Buffet Lunch

Adult | \$28 w/GST

Child | \$14 w/GST



1 Dines FREE for
Every 3 Paying Adults



Complete your celebration with
Easter Chocolate Truffle Cake
\$13.80 w/GST



Mad about Meat!

Let's declare our love for meat with Mad about Meat Special! Meat lovers will be in awe by the specially curated 6-course menu. Be delighted by an assortment of juicy, succulent mouth-watering meats throughout the dinner!

Mad about Meat Special

Date: *Friday, 25 April 2025*
Time: *Commence at 7:00pm sharp*
Venue: *The Dining Room*
Price: *\$98 w/GST per person*

Menu

Smoked Duck Bruschetta
Arugula Salad, House Dressing

Minced Veal in Puff Pastry
Baked in Tomato Cream Sauce with Spinach

Chunky Cream of Chicken Soup

Roasted Lamb Rack
Asparagus, Truffle Mashed Potato, Rosemary Sauce

Pan-seared Angus Beef Tenderloin
Braised Mixed Mushroom, Daikon Radish, Red Wine Sauce

Maple Bacon Doughnut
Wild Berries, Vanilla Ice Cream

MARCH CHEF'S SPECIAL



Boiled sliced Abalone in Millet Soup
金汤小米煮百花鲍片
\$16.80 w/GST per person



Golden Salted Egg Boston Lobster
风沙波士顿龙虾
\$36 w/GST

APRIL CHEF'S SPECIAL



Traditional Vinegar Pork Trotter
传统猪脚醋
\$16.80 w/GST



Baked White Asparagus and Australian Scallop with Cheese
芝士焗白芦笋澳洲带子
\$18 w/GST per person

FRESH OYSTER PROMOTION



Choice of:

Raw

Ikura, Black Truffle, Momiji Oroshi, Citrus Jelly

Baked

Bacon, Baby Spinach, Mushroom, Parmesan Cheese, Breadcrumb

Deep-fried

Breadcrumb, Rice Cracker, Mesclun Salad, Tonkatsu Sauce

Half Dozen | **\$38.80** w/GST

One Dozen | **\$68.80** w/GST

Available in March,
excluding Eve of PH & PH.
While stocks last.

SPRING PROMOTION

The promotion includes:

Baked

Silver Cod, King Crab, Black Fungus, Egg, Carrot, Spinach, Tofu wrapped in Cherry Blossom Leaf

Steamed

Prawn, Scallop Quenelle Domyoji, Wakame, Bamboo Shoot, shaved Smoked Bonito Broth

Teppanyaki

Grass-fed Tenderloin Beef, Rape Blossom, Vine Tomato Pumpkin Creamy Sauce

Oshokuji

Sakura Shrimp Fragrant Rice, Asari Miso Soup, Pickled Sakura

Dessert

Sakura Panna Cotta, Berry Compote

\$38.80 w/GST per person

Available in April,
excluding Eve of PH & PH.



CHEF'S SPECIAL



Braised Angus Beef Roulade
Seasonal Vegetable, Home Fries,
Mushroom Gravy
served with Soup of the Day

\$68 w/GST
(serves 2 persons)

CAKE OF THE MONTH



March
Almond Cake | **\$42 w/GST**



April
Chocolate Vanilla Cherry Cake | **\$42 w/GST**

Closed on Tuesday (Excluding Eve of PH & PH). For enquiries, please call **The Dining Room** at 6357 3337.

MARCH CHEF'S SPECIAL



Assam Fish with
Steamed Rice
\$15.80 w/GST

Includes a cup of
coffee or tea.

Available from 11:00am
to 9:00pm, Monday to Friday
in March, excluding Eve
of PH & PH.

APRIL CHEF'S SPECIAL

Sliced Fish Soup with
Thick Bee Hoon and
Bitter Gourd
\$11.80 w/GST

Includes a cup of
coffee or tea.

Available from 11:00am
to 9:00pm, Monday to
Friday in April, excluding Eve
of PH & PH.



COCKTAIL OF THE MONTH



Kir
Crème de Cassis, Chardonnay

\$10 w/GST

Please drink responsibly.

WEDNESDAY SPECIAL

Watermelon Lychee Tini

\$12 w/GST

Please drink responsibly.

1 FOR 1



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

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. \$120 for 7 Seaters

Terms & Conditions

- Valid for March and April 2025.
- 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.

*New
Time Slot*

Wellness *Journey*

Start your wellness journey! Improve your strength and flexibility while releasing tension with yoga. At the same time, you will relax and find your inner balance as you practise mindfulness. Hone your mind and body through the yoga classes with the instructor's guidance.

Yoga Class

| Instructor: **Brenda** | Time: **Saturday, 7:00pm to 8:00pm** |
| Fees: **4 sessions • Member \$218.00 w/GST • Guest \$239.80 w/GST** | Venue: **Aerobics Room** |

This class requires a minimum number of participants to commence.



Repeat for **STRENGTH**

Enhance your fitness level with pilates classes! Pilates, a low-impact workout, gets you into deep stretches while strengthening your core muscles through strength and resistance training exercises. Its repetitive movements will result in improve muscle tone and posture too!

Pilates Class

Instructor: Agnes Yoong

Time: Tuesday, 6:30pm to 7:30pm

Fees: 8 sessions

Member **\$200.56** w/GST

Guest **\$222.36** w/GST

Venue: Aerobics Room





Endurance, Speed & Agility

Cardio Kickboxing is a form of martial art inspired fitness programme, that is designed to elevate your heart rate while training your speed and agility. Challenge your muscle endurance by throwing choreographed kicks and punches into air, set to upbeat music rhythm! The calorie cardio routine ensures you a good overall body workout.

Cardio Kickboxing Class

Instructor: Berry

Time: Saturday, 2:00pm to 3:00pm

Fees: 10 sessions

Member **\$163.50** w/GST

Guest **\$185.30** w/GST

Venue: Aerobics Room



Lunar New Year is a time for **family, togetherness, and celebration**; at **MindChamps PreSchool @ Raffles Town Club**, it was nothing short of spectacular! **Champion Parents** joined their little ones in a vibrant and joyous celebration.

The festivities kicked off with the festive Lion Dance, and then our Champs' song & dance, our event also included traditional **games** where laughter and cheers filled the air. Champs also had the opportunity to showcase their creativity through **calligraphy**.

A dedicated **photo spot** provided the perfect backdrop for families to capture special moments, preserving the joy of the day. Another highlight of the celebration was the traditional **Lo Hei**—a lively and meaningful tossing of **Yu Sheng** to usher in **abundance, happiness, and success** for the year ahead. This Lunar New Year celebration was a wonderful reflection of the **MindChamps spirit**, bringing families together in a heartwarming and enriching experience. Here's to a year filled with **joy, growth, and endless possibilities!**



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.

THE CHINESE RESTAURANT



"We are writing to commend The Chinese Restaurant Manager Irene for her excellent service. Although it is a busy festive period, she tried her best to accommodate our reservation request and ensured that we had a great family lunch and dinner. We like to compliment Irene for her excellent service with a smile."

THE
DUNEARN
BALLROOM

"We celebrated our Chinese New Year Reunion Dinner at the ballroom and were delighted. The food was delicious, the staff were attentive and the ambience was exceptional. Special thanks to Ms. Julia, the restaurant manager, whose enthusiastic and energy made the Lohei unforgettable. She brought great joy and prosperity to our family celebration!"

MIYABI
JAPANESE RESTAURANT

雅

"The menu was very good, especially the beef. We had a very good dinner."

"The service is good and I always enjoy the excellent service from the staff. The quality of food is nice as well."

"My family and I have celebrated our Reunion Dinner at the Club for many years, and it has always been a cherished experience. This year, Ms. Julia impressed us with a beautifully presented Lohei, delivered fluently in both Mandarin and English, which was a last-minute request. Her warm hospitality added an auspicious touch to our gathering."

The Café & Terrace

"The staff was polite and attentive. She did not have the answer for my request, but took my number to ensure the person in charge will call me. She repeated my request and gave her name as assurance of a return call. Kudos for the professionalism. The staff at The Café & Terrace always welcome us when we are at the Club. The kids look forward to it."

"My family and I are thankful for professional, skilled and hospitable staff at The Café & Terrace and we hope that their hard work and dedication which make our every visit there a pleasure is recognised by the Club management. Thank you and keep up the good work."

"We had a very enjoyable meal and was very happy with Mary May and her team at The Café & Terrace. Please keep up the good service!"



"The food tasted good and that the portion was good for our group. The staff are very kind and helpful. They addressed all our questions and helped us to receive the cake we ordered. They are also helpful on arranging bowling tournaments and the response from the staff is fast. The place is cosy and a good size for our group."

"Overall good atmosphere, food and cleanliness. Staff is also helpful and approachable."

"Great job at hosting our event. Fizah is very responsive and Hazree is helpful and patiently listening to our queries."

A Joyous Party!

Members celebrated Christmas early with a joyous Zumba party. They not only bonded with their fitness buddies through Zumba workout but also over gift exchange game and party food! What a joyous way to move towards better fitness.

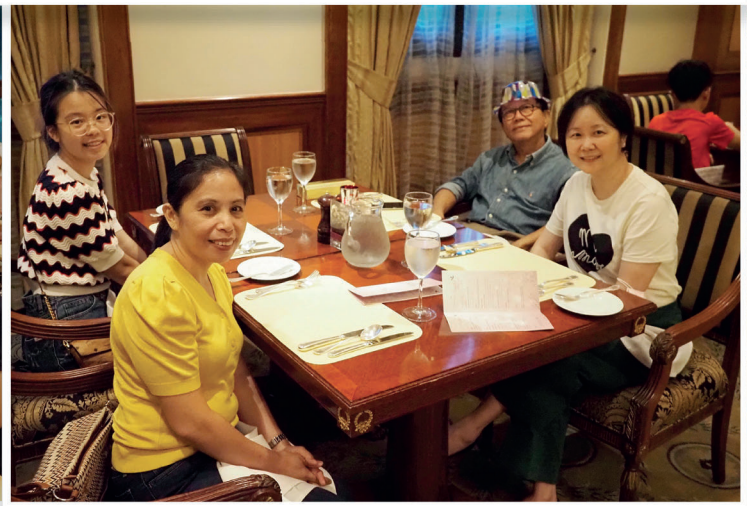




Echoes of Christmas Carols

Energetic and joyful Christmas carols echoed through the Club as our invited choir sang for our Members and their loved ones as they enjoyed their Christmas dinner at the dining venues. Such nostalgia festive songs are sure to bring back some happy memories!





Sustainable *Fashion*

Fast fashion is a huge and growing industry. Retailers have made garments widely available to consumers at a fast pace, yet at a rather inexpensive price. As a result, consumers are buying more with the same amount of money spent and disposing clothing at a faster rate than before.

Fast fashion has left an impact on the environment. It is said that fast fashion industry contributes as much as 10% of global carbon dioxide emission, and unwanted clothes that are disposed as waste by consumers end up in landfill instead of being donated or recycled. And only 1% of used clothes are being recycled. Let's see what we can do as consumers to reduce the impact on the environment with our fashion choices.

Make sustainable choices

As consumers, we can make more sustainable fashion choices by supporting brands with sustainable initiatives. For instance, buying from brands that uses sustainable materials for clothes production and packaging, or brand that produce clothes that lasts longer. Shop at second hand fashion retail shop and extend the life of pre-loved or vintage clothing. Alternatively, we can take part in clothes swap event instead of buying new fashion pieces. Rent clothing for that upcoming dinner event or winter vacation! More importantly, think twice before making that impulse purchase as very often we are buying more than we need.



Check your laundry habits

It may be surprising to know that laundry washing impacts the environment too. It is good to adopt laundry habits with lesser impact on the environment. Wash laundry at full load to save water and electricity. Use room temperature water for laundry washing and save on electricity that is used to heat up the water. Likewise, reduce the usage of tumble dryer as it consumes a huge amount of electricity. And clothes that are line-dry tend to be more durable than those that are tumble dried. And avoid dry cleaning clothing when possible as it uses harmful chemicals.



Do not bin it!

Throwing our unwanted clothes into a regular bin will lead to the synthetic or non-biodegradable fabrics ending up in the landfill. Before throwing our old clothes into the bin, consider extending the life of the clothes by upcycling them. Alternatively, donate unwanted clothes that are still in good condition to charity or sell the clothes to second hand fashion retail shop. Lastly, we can drop them into a textile recycling bin.

Let us strive to be a more environmentally friendly consumer by making more sustainable fashion choices as part of our daily life!

MindSpace™

The Ultimate School After School

by

MindChamps®



Honouring our Incredible Teachers at MindSpace @ Raffles Town Club

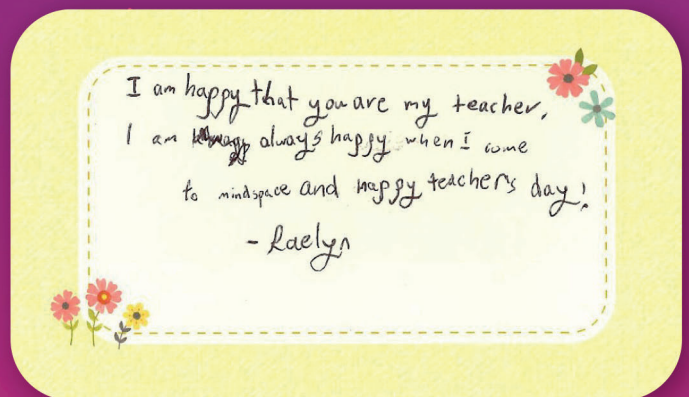
This August, we celebrated the passion and dedication that our Champion Teachers have shown to all our young Champs. Their commitment and guiding hand in nurturing the Champion and Scholar in each of our Champs are truly inspirational.

Our research-backed programmes include the **Art of Learning™**, which integrates school taught concepts with advanced learning techniques to build a strong foundation, and the **Optimal Flow Method™** which further strengthens understanding by breaking down complex topics into concepts and building upon prior knowledge for greater understanding and recall. These proven programmes have enabled our Champs to achieve up to 6 grade improvements in English, Maths, Science and Chinese, as verified by global accountancy firm, Forvis Mazars*. And, at the heart of everything we do, is nurturing our Champs' Champion Mindset, setting them up for success in school and in life!

Thank you for your unwavering dedication to nurturing young minds. Your efforts make a lasting impact on every Champ you teach.

“ The team at MindSpace @ Raffles Town Club are very attentive to the needs of my child. I am very grateful for the very constant updates I get on my son's development, and the amount of effort that goes into really bringing up his grades, inspiring enthusiasm for his work and for his work and truly developing his interest and motivation in achieving his goals. It was my best decision ever enrolling my child here. ”

Dexter Say



Enrol your child now and watch them thrive at MindSpace @ Raffles Town Club



*The results have been verified by Forvis Mazars LLP (fka Mazars LLP) in Singapore to supporting records provided by the Company, based on specified procedures in accordance with the Singapore Standard on Related Services SSRS 4400 Engagements to Perform Agreed-upon Procedures Regarding Financial Information.

📍 **MindSpace @ Raffles Town Club (Stevens Road)** 📞 **8828 5380**

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



Managing *Anxiety* in the Golden Years

Anxiety is a natural response to stress, but for many older adults, it can become a persistent and overwhelming challenge. While occasional worry is normal, chronic anxiety can significantly impact physical health, mental well-being and overall quality of life. The good news is that understanding the causes and symptoms of anxiety can lead to effective management strategies, allowing older adults to enjoy a peaceful and fulfilling life.

Causes of Anxiety

Anxiety in older adults can stem from a variety of factors. Common causes include:

Health Concerns: Chronic illnesses, pain and fear of declining physical or cognitive abilities can be significant triggers.

Loneliness and Isolation: With age, social circles may shrink due to retirement or the loss of loved ones, leading to feelings of isolation.

Financial: Concerns about managing expenses on a fixed savings can heighten anxiety.

Changes in Routine: Adjusting to retirement or moving to a new living environment can be stressful.

Fear of Loss: The loss of independence, mobility or loved ones can create emotional distress.

Trauma or Past Experiences: Past traumatic events may resurface and contribute to anxiety as individuals reflect on their lives.

Symptoms of Anxiety

Anxiety can manifest in various ways and recognising the signs is crucial for addressing it effectively. Common symptoms include:

Physical: Increased heart rate, shortness of breath, muscle tension, headaches or gastrointestinal issues.

Emotional: Constant worry, feelings of dread, irritability or restlessness.

Cognitive: Difficulty concentrating, racing thoughts or a tendency to dwell on worst-case scenarios.

Behavioural: Avoiding social situations, withdrawing from activities or seeking constant reassurance from others.



Managing Anxiety Effectively

Managing anxiety involves a combination of lifestyle changes, emotional support and exploring helpful strategies. Here are some tips to help manage anxiety better :



Stay Active

Engaging in regular physical activity can help reduce anxiety by releasing endorphins, which improve mood and reduce stress. Activities like walking, swimming or yoga are gentle yet effective options for older adults.

Practice Mindfulness Techniques

Mindfulness practices, such as meditation and deep breathing exercises, can calm racing thoughts and help individuals stay present. Guided imagery or progressive muscle relaxation are other techniques that can alleviate tension and promote relaxation.

Establish a Routine

A consistent daily routine can provide structure and reduce feelings of uncertainty. Scheduling regular meals, exercise and leisure activities can help create a sense of normalcy and control.

Stay Socially Connected

Maintaining strong social connections can significantly reduce feelings of isolation and anxiety. Joining community groups, participating in hobby clubs or connecting with family and friends regularly can make a world of difference.

Limit Triggers

Identifying and minimising triggers, such as excessive caffeine or exposure to distressing news, can help reduce anxiety. Setting boundaries around stressful activities or conversations may also be beneficial.

Maintain a Healthy Lifestyle

A balanced diet, adequate sleep and staying hydrated contribute to overall mental well-being. Foods rich in omega-3 fatty acids, magnesium and B vitamins can support brain health and reduce anxiety.

Focus on Gratitude

Practicing gratitude can shift focus away from worries and toward positive aspects of life. Keeping a gratitude journal or sharing daily positive moments with loved ones can foster a sense of contentment.

Engage in Enjoyable Activities

Hobbies and interests provide a sense of purpose and joy. Whether it is gardening, painting, playing sports or listening to music, engaging in enjoyable activities can divert attention from anxious thoughts.

While anxiety can be a challenge for some older adults, it doesn't have to overshadow their golden years. By understanding its causes and symptoms and adopting simple, effective strategies, older adults can confidently take charge of their mental well-being. With the right support and tools, they can embrace life with joy, peace and positivity.

MOVIE SCREENINGS

AT THE THEATRE

MAR 2025



TROLLS BAND TOGETHER (PG-13)
91 MINUTES

Animation | Adventure | Comedy

Stars: Anna Kendrick, Justin Timberlake, Kenan Thompson

Poppy discovers that Branch was once part of the boy band "BroZone" with his brothers, Floyd, John Dory, Spruce and Clay. When Floyd is kidnapped, Branch and Poppy embark on a journey to reunite his two other brothers and rescue Floyd.



TRANSFORMERS: DARK OF THE MOON (PG)
154 MINUTES

Adventure | Sci-fi | Action

Stars: Shia LaBeouf, Rosie Huntington-Whiteley, Tyrese Gibson

The Autobots learn of a Cybertronian spacecraft hidden on the moon, and race against the Decepticons to reach it and to learn its secrets.



THE GREAT WALL (PG-13)
103 MINUTES

Action | Adventure | Fantasy

Stars: Matt Damon, Tian Jing, Willem Dafoe

In ancient China, a group of European mercenaries encounters a secret army that maintains and defends the Great Wall of China against a horde of monstrous creatures.



SPINNING MAN (PG-13)
100 MINUTES

Drama | Mystery | Thriller

Stars: Guy Pearce, Pierce Brosnan, Minnie Driver

A happily married professor, known for having many affairs with students, becomes the prime suspect when a young woman has gone missing.



THE THREE STOOGES (PG-13)
92 MINUTES

Comedy | Family

Stars: Sean Hayes, Chris Diamantopoulos, Will Sasso

While trying to save their childhood orphanage, Moe, Larry, and Curly inadvertently stumble into a murder plot and wind up starring in a reality television show.

DAY	DATE	TIME	TITLE
Sat	1 Mar	2:30pm	Trolls Band Together
Sat	1 Mar	8:00pm	Transformers: Dark of the Moon
Sun	2 Mar	2:30pm	The Great Wall
Sat	8 Mar	2:30pm	Spinning Man
Sat	8 Mar	8:00pm	The Three Stooges
Sun	9 Mar	2:30pm	Trolls Band Together
Sat	15 Mar	2:30pm	Transformers: Dark of the Moon
Sat	15 Mar	8:00pm	The Great Wall
Sun	16 Mar	2:30pm	Spinning Man
Fri	21 Mar	2:30pm	Trolls Band Together
Sat	22 Mar	2:30pm	The Three Stooges
Sat	22 Mar	8:00pm	Trolls Band Together
Sun	23 Mar	2:30pm	Transformers: Dark of the Moon
Sat	29 Mar	2:30pm	The Great Wall
Sat	29 Mar	8:00pm	Spinning Man
Sun	30 Mar	2:30pm	The Three Stooges
Mon	31 Mar	2:30pm	Trolls Band Together

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

APR 2025



X-MEN: APOCALYPSE
(PG-13)
144 MINUTES

Action | Adventure | Sci-fi

Stars: James McAvoy, Michael Fassbender, Jennifer Lawrence

In the 1980s, the X-Men must defeat an ancient all-powerful mutant, En Sabah Nur, who intends to thrive by bringing destruction to the world.



WITHOUT REMORSE
(PG-13)
109 MINUTES

Thriller | War | Action

Stars: Michael B. Jordan, Jodie Turner-Smith, Jamie Bell

An elite Navy SEAL goes on a path to avenge his wife's murder only to find himself inside of a larger conspiracy.



MOANA (PG)
107 MINUTES

Animation | Adventure | Comedy

Stars: Auli'i Cravalho, Dwayne Johnson, Rachel House

In ancient Polynesia, when a terrible curse incurred by the demigod Maui reaches Moana's island, she answers the Ocean's call to seek out Maui to set things right.

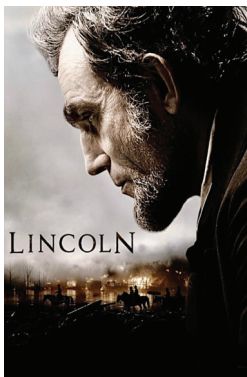


PITCH PERFECT 2 (PG-13)
115 MINUTES

Comedy | Music

Stars: Anna Kendrick, Rebel Wilson, Hailee Steinfeld

After a humiliating command performance at The Kennedy Centre, the Barden Bellas enter an international competition that no American group has ever won, to regain their status and right to perform.



LINCOLN (PG-13)
150 MINUTES

Biography | Drama | History

Stars: Daniel Day-Lewis, Sally Field, David Strathairn

As the Civil War rages on, U.S. President Abraham Lincoln struggles with continuing carnage on the battlefield as he fights with many inside his own cabinet on his decision to emancipate the slaves.

DAY	DATE	TIME	TITLE
Sat	5 Apr	2:30pm	X-Men: Apocalypse
Sat	5 Apr	8:00pm	Without Remorse
Sun	6 Apr	2:30pm	Moana
Sat	12 Apr	2:30pm	Pitch Perfect 2
Sat	12 Apr	8:00pm	Lincoln
Sun	13 Apr	2:30pm	X-Men: Apocalypse
Fri	18 Apr	2:30pm	Moana
Sat	19 Apr	2:30pm	Without Remorse
Sat	19 Apr	8:00pm	Moana
Sun	20 Apr	2:30pm	Pitch Perfect 2
Sat	26 Apr	2:30pm	Lincoln
Sat	26 Apr	8:00pm	X-Men: Apocalypse
Sun	27 Apr	2:30pm	Without Remorse

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

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