

# *Signature*



RAFFLES TOWN CLUB MEMBERS' MAGAZINE

NOVEMBER - DECEMBER 2019



*Merry Christmas*  
& A HAPPY NEW YEAR!





RAFFLES TOWN CLUB  
SINGAPORE

## DIRECTORY

### FOOD & BEVERAGE OUTLETS

**THE CAFÉ & TERRACE** 6357 3332 / 333  
Daily : 7.00am – 11.00pm (*Last Order at 10.30pm*)

**THE CHINESE RESTAURANT** 6357 3338 / 339  
Mon – Sat (Lunch) : 11.30am – 3.00pm (*Last Order at 2.15pm*)  
Sun & PH (Lunch) : 10.30am – 3.00pm (*Last Order at 2.15pm*)  
Daily (Dinner): 6.30pm – 11.00pm (*Last Order at 10.15pm*)

**MIYABI JAPANESE RESTAURANT** 6357 3335  
Daily (Lunch) : 11.30am – 3.00pm (*Last Order at 2.15pm*)  
Daily (Dinner): 6.00pm – 11.00pm (*Last Order at 10.15pm*)

**THE DINING ROOM &  
THE CELLAR & HUMIDOR** 6357 3337  
Daily (Lunch) : 12.00pm to 3.00pm (*Last Order at 2.30pm*)  
Daily (Dinner) : 6.30pm to 11.00pm (*Last Order at 10.30pm*)

**THE BAR** 6357 3336  
Sun – Thu : 6.00pm – 11.00pm (*Last order at 10.30pm*)  
Fri, Sat, Eve of PH : 6.00pm – 12.00am (*Last order at 11.30pm*)

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

### GENERAL FACILITIES

MAIN LINE (24 hours) 6323 2323

FRONT OFFICE / ROOM RESERVATIONS 6357 3502 / 504

MEMBERSHIP ADMINISTRATION / BILLING ENQUIRIES  
6358 0012  
Fax: 6358 1171

MEMBER RELATIONS & MARKETING 6357 3322 / 323

CATERING SALES 6357 3325 / 326 / 388

### GENERAL ENQUIRIES:

Catering Sales: [catering@rtc.com.sg](mailto:catering@rtc.com.sg)

Sports & Recreation: [snr@rtc.com.sg](mailto:snr@rtc.com.sg)

Membership: [membership@rtc.com.sg](mailto:membership@rtc.com.sg)

Room Reservations: [roomresvn@rtc.com.sg](mailto:roomresvn@rtc.com.sg)

Member Relations: [member\\_relations@rtc.com.sg](mailto:member_relations@rtc.com.sg)

### OTHER FACILITIES

THE THEATRE 6357 3325 / 326

THE BILLIARD ROOM 6357 3336  
Sun – Thu: 12.00pm – 11.00pm  
Fri, Sat & Eve of PH: 12.00pm – 12.00am

THE CARD ROOMS 6357 3336  
Daily: 12.00pm – 11.00pm

BODY CONTOURS 6251 2063 / 7086  
Mon – Fri : 11.00am – 8.30pm (*Last Appointment at 7.30pm*)  
Sat & Sun : 10.00am – 6.00pm (*Last Appointment at 4.00pm*)  
Closed on Public Holidays

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

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

### SPORTS & RECREATION

THE BOWLING ALLEY & VIDEO GAMES ARCADE  
6357 3330 / 331

Mon – Fri : Open at 1.00pm  
Sat, Sun & PH : Open at 11.00am  
Fri, Sat, & Eve of PH : Closed at 11.00pm  
Sun – Thur & PH : Closed at 10.00pm

THE GYM 6357 3566 / 567  
Daily: 6.00am – 10.30pm

SQUASH & TENNIS COURTS 6357 3566 / 567  
Daily: 7.00am – 10.00pm  
(*Last Booking at 9.00pm*)

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

STEAM & SAUNA 6357 3487  
(Male & Female Changing Rooms)  
Daily: 6.00am – 10.30pm

TOWEL COUNTER 6357 3487  
(Mezzanine Level)  
Daily: 7.00am – 10.45pm

SPORTS & RECREATION COUNTER 6357 3566 / 567  
Daily: 7.00am – 11.00pm (*Last Booking at 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.

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[www.rafflestownclub.com.sg](http://www.rafflestownclub.com.sg)

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# Jolly Moments

This is the season to be jolly! With greetings from shimmering Christmas Trees, poinsettias and Christmas songs, let's get in the festive mood and start planning for your Christmas celebrations! Raffles Town Club's culinary team presents to you Christmas menus, ranging from festive buffet to set meals, to suit your preferences.

## The Chinese Restaurant



## Miyabi Japanese Restaurant



**The Chinese Restaurant** (Tel: 6357 3338 / 339)  
Christmas Eve & Day 6-course Set Menu  
**\$58** w/GST per person (min. 2 persons)

**Miyabi Japanese Restaurant** (Tel: 6357 3335)  
Christmas Set Menu | **\$62** w/GST per person  
Complimentary 1 bottle of Sake for take-away with every 2 set meals ordered. While stocks last.

**The Dining Room** (Tel: 6357 3337)  
Christmas Eve Dinner | **\$68** w/GST per person  
Christmas Day Lunch | **\$48** w/GST per person  
Christmas Day Dinner | **\$58** w/GST per person  
Set meal includes a glass of wine per person or 1 bottle of wine for every 4 set meals ordered.

**The Café & Terrace** (Tel: 6357 3332 / 333)  
Christmas Eve Buffet  
Dinner\* | **\$52** w/GST per person  
1st seating: 5.30pm – 7.30pm  
2nd seating: 8.00pm – 10.00pm

Christmas Day Buffet  
Lunch | **\$42** w/GST  
Dinner\* | **\$52** w/GST  
Buffet includes free flow of beer.

\*Complimentary Evian Mineral Water (500ml) for every Dinner Buffet diners.

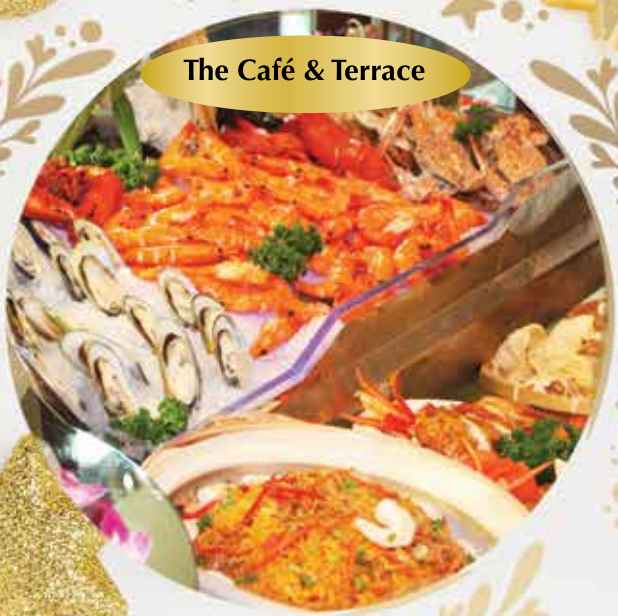
A La Carte menu is not available at Miyabi Japanese Restaurant, The Dining Room and The Café & Terrace on Christmas Eve and Christmas Day.

### 10% Early Bird Discount

For Christmas Goodies orders placed before Friday, 6 December 2019

**Complimentary Classic Butter Cake** (worth \$20) with every order of Turkey or Beef Tomahawk

## The Café & Terrace







## Our Message

Dear Valued Members,

It is the annual festive season of gifting and feasting once again! You'll be glad to know that we have lined up exciting programmes and promotions for your year end celebrations.

Planning for your Christmas party? Warm up by inviting your loved ones to our Whisky and Oyster Sampling event (Page 10). If you are planning to host a Corporate Christmas event, contact our Event Specialist for details on a Christmas ballroom event (Page 14)!

Share your jolly moments with your loved ones! Witness Raffles Town Club's beautifully decorated Christmas Tree light up and be mesmerised by the shimmery twinkles (Page 11). And indulge in Christmas menus presented by our culinary team, ranging from festive buffet to set meals, to suit your preferences (Page 1). Then head down to the Christmas themed bowling alley after meal and have a friendly competition (Page 13)! Alternatively, have an urban staycation with us during this festive season (Page 21)!

After the Christmas celebrations, it is about time for us to bid goodbye to Year 2019 and welcome Year 2020. Check out the exclusive dining holiday specials available on New Year's eve and New Year's day. And don't miss the New Year Countdown Party and the fun, all by the pool side (Page 9)!

Amidst the festive mood and celebrations, let's spare some time to take care of our well-being. We'll have discussion on how chiropractic care help maintain a healthy body and lifestyle as well as securing our digital privacy and information (Page 8). Stay fit with our Zumba class for a full body workout. Dance classes are available for the little ones too (Page 12)!

Wishing you a Merry Christmas and a Happy New Year 2020!

From The Management



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## Majulah Singapura!

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During the National Day long weekend, members and their loved ones celebrated the nation's 54th birthday by enjoying exclusive dining promotions with a touch of local flavours and 'strike' in red in the Bowling Alley. Happy Birthday Singapore!








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## Yes, We Do!

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Be it an intimate solemnisation ceremony or a grand wedding dinner, it is the honour and pleasure for Raffles Town Club's team to help newlyweds create their once in a lifetime memorable moments. Wishing all newlyweds a lifetime of love and happiness!




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## Passion for Cantonese Cuisine

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While Master Chef Man skillfully prepared Cantonese dishes, participants of the cooking demonstration observed with eagle eyes, picking up cooking tips. The demonstration ended with a tasting session, where everyone got to sample the delicious dishes while sharing personal tips!





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## Everything About Hamachi

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Diners at Miyabi Japanese Restaurant's Hamachi Cutting Demonstration had an extraordinary dinner. They witnessed our Sushi Chef's impressive nimble knife skills while he broke down a whole Hamachi. Diners then proceed to savour the fresh taste of raw Hamachi, followed by a menu filled with a variety of seafood dishes.



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## The World of New and Old

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The Dining Room hosted Wine Pairing Dinner, presenting diners with the unique aromas and flavours of successful food paired with New World and Old World wines. A luxurious treat for the palate!







## Temptations of Medallions

At the Mooncake launch, guests were welcome by a wide array of handcrafted mooncakes. The mooncake tasting samples were simply irresistible. Hence, many made their purchase on the spot and even placed advance orders!



## Roaring Good Time

Members who signed up for Tiger Beer brewery tour had a roaring good time. They were first enriched with the insights and the process of the first Singapore brewed beer. Next they indulged in food, drinks, Karaoke, games and many more!





# Chiropractic Care FOR A HEALTHY BODY

Musculoskeletal pain has been on the rise across the general population. Chiropractic care has been proven to be an effective drug-free alternative in the management and prevention of common joint, muscle and nerve related disorders. Regular chiropractic health check-ups are effective in supporting joint mobility, nervous system function, posture and muscle function. Join us to find out more on how chiropractic care can help you maintain a healthy body and lifestyle.

Date : Wednesday, 20 November 2019

Time : 2:30pm to 3:30pm

Venue : The Theatre

Closing Date for Registration: Friday, 15 November 2019



## Speaker's Profile

Dr. Angelica Joy, D.C. has a doctorate from Palmer Chiropractic and a Bachelor of Science in Kinesiology from the University of San Francisco. She specialises in musculoskeletal disorders and sports therapy, with a primary focus on treatment for joint health and mobility. Her philosophy is to help patients reach their optimal health to live the lifestyle of their choice.

# Let's Talk



# Securing Your Digital PRIVACY AND INFORMATION

Singapore has taken a very proactive approach to digital privacy and information via the Personal Data Protection Act (PDPA) for protecting individuals and companies. Join us to learn how to identify and manage your digital privacy and information across social media, public email and "dropbox" providers.

At this talk, the following topics will be covered

- 1) Understanding digital privacy around us
- 2) What is your risk?
- 3) Cyber breaches around us
- 4) How to protect your digital privacy

Date : Friday, 22 November 2019

Time : 3.00pm to 4.00pm

Venue : The Theatre

Closing Date for Registration: Friday, 15 November 2019

## Speaker's Profile

Ms. Chong Wun Leng is a recognised IT leader with more than 15 years of expertise in managing and securing digital information for regional and local enterprises. In her role as the director of Declique Pte Ltd, she creates awareness on digital privacy and information for high net worth families and offices.





# HOLIDAY FEAST

There is no better way to welcome the New Year with a good feast! Kick off your New Year celebrations by tucking into our holiday specials at Raffles Town Club's various dining venues.

## ***The Chinese Restaurant*** (Tel: 6357 3338 / 339)

**New Year's Eve & Day**  
**6-course Set Menu**  
**\$68 w/GST per person**  
(min. 2 persons)

## ***The Café & Terrace*** (Tel: 6357 3332 / 333)

**New Year's Eve Buffet**  
Dinner\* | **\$52 w/GST per person**

1st seating: 5.30pm – 7.30pm  
2nd seating: 8.00pm – 10.00pm

**New Year's Day Buffet**  
Lunch | **\$42 w/GST per person**  
Dinner\* | **\$52 w/GST per person**

Buffet includes free flow of beer

\*Complimentary Evian Mineral Water (500ml) for every Dinner Buffet diners.

## ***The Dining Room*** (Tel: 6357 3337)

**New Year's Eve Dinner**  
**\$68 w/GST per person**  
**New Year's Day Lunch**  
**\$48 w/GST per person**

Set meal includes a glass of wine per person or 1 bottle of wine for every 4 set meals ordered.

## ***Miyabi Japanese Restaurant*** (Tel: 6357 3335)

**New Year Set Menu**  
**\$62 w/GST per person**

Complimentary 1 bottle of Sake for take-away with every 2 set meals ordered. While stocks last.

*The Café & Terrace*

*The Chinese Restaurant*

*Miyabi Japanese Restaurant*

A La Carte menu is not available at Miyabi Japanese Restaurant, The Dining Room and The Café & Terrace on New Year's Eve and New Year's Day.

## ***2020 Countdown Party***

*Party with us and count the seconds to Year 2020!*

Date: Tuesday, 31 December 2019

Time: 9.00pm to 1.00am

Venue: The Café & Terrace Poolside, Level 2



# SIP & SHUCK

Sample freshly shucked oyster amazingly paired with finely selected whiskies and experience how the smoke, spice and salinity of whisky simultaneously brings out an oyster's rich creaminess and brininess. The perfect duo echoes and contrasts with flavours from the other, simply delight your taste buds with its magical balance of juiciness and yielding texture.

## GLEN GRANT WHISKY & OYSTER SAMPLING EVENT

Date: Friday, 29 November 2019

Time: 7.00pm

Venue: The Cellar & Humidor

Price: **\$40** w/GST per person

Oyster Regions: US, Irish, French and Scotland.

Limited to 20 seats only.

Please drink responsibly.

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

## THE FUSION OF FLAVOURS

Helmed by Master Chef Man, satisfy your taste buds with the exquisite flavours of Chinese dishes that is meticulously conceptualised to match seamlessly with the selected fine Western wines.

Date : Friday, 29 November 2019

Time : 7.00pm

Venue : The Chinese Restaurant

Price : \$76 w/GST per person

Limited to 30 seats only.

Please drink responsibly.

THE CHINESE RESTAURANT



For enquiries, please call **The Chinese Restaurant** at 6357 3338 / 339.



## The Golden Taste

Step into the world of teppanyaki and Macallen whisky and enjoy a meal with food flavours enhanced by the complementing whiskies. All in the intimate setting of Miyabi Japanese Restaurant's cosy teppanyaki corner!

Date : Friday, 13 December 2019

Time : 7.00pm

Venue : Miyabi Japanese Restaurant

Price : \$62 w/GST per person

Limited to 20 seats only.

Please drink responsibly.



For enquiries, please call **Miyabi Japanese Restaurant** at 6357 3335.





# Bedazzling Twinkles

With the clock ticking, we are approaching Christmas! Witness the exciting moment of Raffles Town Club's beautifully decorated Christmas Tree lighting up and be mesmerised by the shimmery twinkles.

**DATE:**  
**Saturday, 16**  
**November 2019**

**TIME:**  
**7.00pm onwards**

**VENUE:**  
**The Main Lobby**

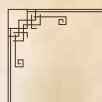
Carol Singing  
.....  
Free  
Candy Canes  
.....  
Complimentary  
Canapés

For enquiries, please call **Member Relations** at **6357 3322 / 323**  
or email [member\\_relations@rtc.com.sg](mailto:member_relations@rtc.com.sg).



## CUISINES FIT FOR FESTIVE

This November, our Banquet Sous Chef Ronald is hosting an East meets West cooking demonstration. Learn how to cook a nourishing oriental soup along with a western pan-seared Turkey breast dish. These recipes may come in handy during your festive celebrations!



COOKING DEMONSTRATION OF:  
Double-boiled Pork Ribs Coconut Soup

Pan-seared Turkey Breast, Asparagus & Sticky Bacon  
with Strawberry Salsa



**Date: Friday, 29 November 2019**  
**Time: 3.00pm to 5.00pm | Venue: Miyabi Japanese Restaurant**  
Limited to 10 seats only



For enquiries, please call **Miyabi Japanese Restaurant** at **6357 3335**.







## RHYTHM & GROOVE FOR KIDS

Does your little one loves to dance? Sign up for Rhythm & Groove for Kids! It is a dance programme combining moves from the dance genres of soul, hip hop, funk, street and pop. Classes are enjoyable, engaging and interactive for children, which will keep them on their toes!

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INSTRUCTOR: LUQMAN

Time	Tuesday, 8.30pm to 9.30pm Saturday, 12.00pm to 1.00pm
Venue	Harmony Room
Price	Member <b>\$145</b> w/GST (8 lessons) Guest <b>\$160</b> w/GST (8 lessons)

Suitable for children aged between 4 and 12.

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## ZUMBA FITNESS

Feel the beat with Zumba fitness! Zumba fitness combines Latin and international music with dance moves. Alternating between fast and slow rhythms, Zumba routines incorporate interval training as well as resistance training. Integrate Zumba into your fitness regimen for a full body workout!

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INSTRUCTOR: ROZI

Time	Wednesday, 5.00pm to 6.00pm Friday, 5.00pm to 6.00pm
Venue	Harmony Room
Price	Member <b>\$145</b> w/GST (8 lessons) Guest <b>\$160</b> w/GST (8 lessons)



For enquiries, please call Sports and Recreation Department at 6357 3566 / 567 or email [snr@rtc.com.sg](mailto:snr@rtc.com.sg).



# Fun with Sports

Make this year end school holidays more exciting by letting your children pick up sports activities! The tennis and swim programmes are designed for children so that they are able have fun with their companions while learning and perfecting the skills taught.

## 5 Half Days Combination Tennis and Swim Camp

Date : Monday to Friday  
Time : 9.00am to 12.00pm  
Fee : Member: \$350 w/GST  
Guest: \$390 w/GST

## 5 Full Days Multi-sport and Activity Camp

Date : Monday to Friday  
Time : 9.00am to 3.00pm  
Fee : Member: \$600 w/GST  
Guest: \$650 w/GST

- Suitable for children aged between 4 and 12.
- Campers are to bring their own tennis shoes, hat, sunscreen, drinks, snacks, swimwear and towel.

For enquiries, please call  
**Sports & Recreation Department** at  
6357 3566 / 567 or email: [snr@artc.com.sg](mailto:snr@artc.com.sg).



Lunch, Photos  
& Certificates  
will be provided  
on the last day  
of the camp.

## It's Christmas, It's a Turkey!

We are not able to battle it out with snowball fight in sunny Singapore during Christmas season. Let's compete with bowling balls instead. Gather your friends and knock down all the pins!

Date : Tuesday to Sunday,  
24 to 29 December 2019

Price : **\$28** w/GST  
per lane per hour

Rate is for up to 5 persons per  
lane, inclusive of guest fees and

For enquiries, please call  
**The Bowling Alley** at 6357 3330 / 331  
or email [bowlingalley@artc.com.sg](mailto:bowlingalley@artc.com.sg).





# CORPORATE Christmas Event

Host your company's Christmas event at Raffles Town Club's elegant Ballroom this year. Contact our Event Specialists for a discussion and be impressed by the extensive package!

**From \$68 w/GST per person**

## ENJOY COMPLIMENTARY

House Wine per table

1 barrel of Beer

1 hour  
Chocolate Fountain



The package require a minimum booking for 35 persons.  
The package is valid till 30 December 2019. Terms and conditions apply.  
For enquiries, please call **Catering Sales** at 6357 3325 / 326 / 388 or email [catering@rtc.com.sg](mailto:catering@rtc.com.sg).



From **\$888++**  
per table of 10 persons

## ENJOY COMPLIMENTARY

**Fortune Bag**  
**House Wine per table**  
**1 barrel of Beer**  
**Food Vouchers**

Price is subject to 10% service charge and prevailing government taxes. Minimum booking of 5 tables is required. Available from 10 January to 7 February 2020. Terms and conditions apply.

For enquiries, please call **Catering Sales** at  
6357 3325 / 326 / 388 or email  
[catering@rtc.com.sg](mailto:catering@rtc.com.sg).

**鼠不尽的财富**  
**CHINESE NEW YEAR  
CORPORATE PACKAGE**



## CLAYPOT RICE WITH CHINESE SAUSAGES



**\$26 w/GST**  
Available from 1 to 15 November



## STIR-FRIED SALTED EGG PRAWNS WITH BLACK TRUFFLE

**\$21 w/GST**  
Available from 1 to 15 December

## STIR-FRIED ASPARAGUS WITH BLACK FUNGUS AND FRESH LILY BULB



**\$17 w/GST**  
Available from 16 to 30 December, except  
Eve of Public Holidays and Public Holidays



## CLAYPOT COD FISH WITH ROASTED PORK AND BEAN CURD

**\$17 w/GST**  
Available from 16 to 30 November

## FESTIVE GROUP DINING SPECIAL

Table of 10 from **\$608 w/GST**  
with Free Flow Soft Drinks and Chinese Tea  
and Complimentary Bottle of House Wine  
per table (Minimum booking of 3 tables).



## 20% OFF TEPPANYAKI SET



### Gindara & Beef Tenderloin Course

**\$40 w/GST (U.P. \$51 w/GST)**

### Wagyu & Premium Seafood Course

**\$66 w/GST (U.P. \$83 w/GST)**

### Maine Lobster & Beef Course

**\$72 w/GST (U.P. \$90 w/GST)**

Available for Lunch and Dinner, from Monday to Thursday in November



## HOKKAIDO WAGYU SHABU SHABU

**\$38 w/GST**

Available for Lunch and Dinner, from 1 to 15 December



## SHIMOTSUKI GOZEN

**\$40 w/GST**

The image features Unagi Modoki & Yurine and Baked Hiroshima Oyster & Hokkaido Scallop

Includes one bottle of Sapporo Beer. Available for Lunch and Dinner, from Friday to Sunday in November.



**\$25 w/GST**

Available for Lunch and Dinner, from 16 to 30 December, except Eve of Public Holidays and Public Holidays



## CAJUN SEAFOOD PLATTER



**\$58 w/GST** (Serves 1 to 2 persons)  
Available from 1 to 15 November



## CHICKEN AND SEAFOOD PAELLA

**\$38 w/GST** (Serves 1 to 2 persons)  
Available from 1 to 15 December



## PORK SHARING PLATTER

**\$65 w/GST** (Serves 2 to 3 persons)  
Available from 16 to 30 November



**\$38 w/GST** (Serves 1 to 2 persons)  
Available from 16 to 30 December, except  
Eve of Public Holidays and Public Holidays





## NOVEMBER WEEKLY SPECIAL

**\$13.90 w/GST**

Week 1 - Thai Style Deep-fried Yellow Fish

Week 2 - X.O. Fish Mee Hoon

Week 3 - Braised Chicken Drumstick  
with Rice Set

Week 4 - Mui Choy Kong Bak Pau

Available from 11.00am to 9.00pm, Monday to  
Thursday in November, except Public Holidays  
Includes a soft drink, coffee or tea

## DECEMBER WEEKLY SPECIAL

**\$13.90 w/GST**

Week 1 - Chef's Delight

Week 2 - Grilled Salmon with Cream Sauce

Week 3 - Spaghetti Seafood Aglio Olio

Week 4 - Deep-fried Half Spring Chicken

Available from 11.00am to 9.00pm, Monday to  
Thursday in December, except Public Holidays  
Includes a soft drink, coffee or tea



## BUFFET PROMOTION



Buffet Breakfast

**\$18 w/GST for 1 Adult & 1 Child**

Buffet Dinner

**\$32 w/GST per person**

**\$54 w/GST per 2 persons**

Not available on Eve of Public Holidays  
and Public Holidays



## MACALLAN 12 YEARS OLD WHISKY



### Double Cask / Triple Cask Matured

Single bottle | **\$198 w/GST**

Twin bottles | **\$298 w/GST**

Mix and Match Twin Bottles  
**\$298 w/GST**

### Whisky Social Night

Date : Every Friday

Time : 7.00pm to 11.00pm

Venue : The Lounge

Complimentary snacks for  
bottle whisky purchased

## TIGER CRYSTAL BOTTLE BEER

1 for **\$8 w/GST**

3 for **\$16 w/GST**





# 2019 RAFFLES ROYALTY

The Raffles Royalty programme offers exclusive privileges crafted specially for you. Simply flash your membership card and a world of lifestyle privileges will be right in the palm of your hands.

 <p>Enjoy exclusive offers for all education and business magazine subscriptions. Promo code <b>RTC18</b>.</p> <p><b>www.2read2learn.com/rafflestownclub</b></p> <p>For enquiries, please call <b>6841 6128</b> or email <b>support@2read2learn.com</b></p>	 <p>Receive 2 Complimentary Premium-range 100% Cotton Shirts with purchase of any Zegna suits or 1 Complimentary Shirts for VBC 150 suits. Promo code <b>RTC2019</b>.</p> <p><b>www.3eighth.co</b></p> <p>For enquiries, please call <b>8768 8577</b> or email <b>enquiry@3eighth.co</b></p>	 <p>Pay <b>\$38 Nett</b> for customised facial or full body massage. Valid for first-timers or customers who have not visited for the last 12 months.</p> <p>For enquiries, please call <b>Body Contour</b> at <b>6841 1141</b></p>
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 <p>Pay <b>\$119 Nett</b> and enjoy exclusive savings up to 70% off a Google Home purchase and enjoy free delivery for orders above \$500.</p> <p>For enquiries, please call <b>6880 2835</b> or email <b>asmartlife@a-smart.sg</b></p>	 <p>Enjoy <b>15%</b> off regular priced tickets for Singapore's #1 Real Escape Room (min of 4 pax). Promo code <b>RTC15</b>.</p> <p><b>www.trapped.sg</b></p> <p>For enquiries, please call <b>6636 9722</b> or email <b>enquiry@trapped.sg</b></p>	

Terms and conditions by partner companies apply and are subject to change without prior notice. Raffles Town Club is not liable for promotions offered by partner companies. For more information, please contact each partner respectively. The promotions are valid till **31 December 2019**.



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Café & Terrace

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Rooms are subject to availability upon booking. Terms & conditions apply.  
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For reservations, please call **Front Office** at **6357 3502 / 504**  
or email [roomresvn@rtc.com.sg](mailto:roomresvn@rtc.com.sg).

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**Validity: 31 Dec 2019**

For clients who have not tried the treatment before. Offers are redeemable after consultation at Body Contour Premier Raffles Town Club establishment unless otherwise specified. Limited to one-time redemption per customer. Redemption is by appointment only. It is necessary to produce your original NRIC or supporting identification documents when redeeming offers. Offers are only applicable for the treatment(s) stated and are not to be combined with any other promotions; neither are they exchangeable for cash or in kind, or any product(s) or other service(s) that is not stated. Surcharge of \$28 applies for couple room booking. All prices stated include prevailing GST. For further details and information, please refer to our Privacy Policy, which can be found at [www.gwg.com.sg](http://www.gwg.com.sg). The management of Body Contour Premier reserves the right to vary the terms and conditions of this promotion without prior notice.

**Hotline 6841 1141** | Hotline Hours Monday - Friday 9.30am - 7.30pm

**Raffles Town Club** 1 Plymouth Avenue

Operating Hours: Mon - Fri 11.00 am - 8.30 pm Sat - Sun 10.00 am - 5.30 pm Closed on Public Holiday

 Body Contour | [www.bodycontour.com.sg](http://www.bodycontour.com.sg)



# MUSIC ON THE BRAIN



As Bob Marley puts it, “One good thing about music is when it hits you, you feel no pain.”

Music can be a powerful influence on us without realising it, especially when it comes to coping with pain or getting through a bad day.

Nothing beats rocking out to your favourite tunes as it acts as a constant companion while we go about our day.

Insomuch music being constantly involved in our daily lives, does it translate into any physiological or mental benefits?

Research has shown that despite the personal taste in music, it has a synchronised effect on our brains – it activates brain regions which affects our emotions, attention and memory. Let’s keep it on a high note as we jive deeper into how music can be more than just rhyming words and harmonising tunes.

*“Music; the art of sounds occurring in a single or multiple melody in a harmony.”*

## EMOTIONS:

We can see how music easily impacts our mood and emotions; Adele can make us go on a rampage of heartbreak while Beyonce can evoke confidence and self-empowerment to a teenage girl. Listening to music activates our brain’s Nucleus Accumbens, which is responsible for the feel-good hormones known as Neurochemical Dopamine. The higher the Dopamine levels, the better you will feel!

## MEMORY:

Our brain is hard-wired to draw the connection between music and our experiences. When a familiar music is heard, specific brain regions linked to any episodic memories and emotions are triggered. Music can tap deep into our emotional recall and it has been shown that it helps improve memory in older adults, even for those suffering with Alzheimer’s or severe dementia.

## ATTENTION:

Many of us listen to music while doing something, be it while studying or working. We claim that it helps with focusing, but does it really do so?

Despite the brain’s many abilities, did you know that it is unable to spend a prolonged period focusing on one thing? We have two attention systems: a conscious one that concentrates on the things we want to and an unconscious one which shifts its attention to anything our senses pick up, which also results in getting distracted.

When our conscious attention is focused on something, the unconscious attention is still functioning in the background; waiting to sense something from the peripheral senses. Therefore, when one is completing a mundane job – on top of having to forcefully focus on it – the unconscious attention system is more potent, making it easier to get distracted. Having music in the background provides a non-invasive noise to balance the unconscious attention’s ability and keep distraction at bay.

Regardless, music has proven to be fundamental to our lives. As the saying goes, “Music is a piece of art that goes in to the ears, straight into the heart.”





# YOGA FOR SENIORS

If you don't already practise yoga yourself, you probably know someone who does. Yoga studios have been popping up all over Singapore, attracting people of all ages and fitness levels. The practice of yoga is meant to unite the individual with universal consciousness - this is achieved by creating harmony between the mind, body, and spirit. Originating from Indus Saraswati Valley civilisation dating back to 2700 BC., yoga is not just an exercise - it's a practice with rich history and culture. Throughout the years, yogic practice has been added to, modified and adapted to popular culture.

## BENEFITS OF YOGA

Yoga is one of the few exercises that places equal importance on each muscle, leading to better overall health and strength. As you become more adept at the poses, you will find yourself receiving a myriad of health benefits.

### MENTAL

One study found that yoga helps to improve cognitive function, focus and working memory. Another found that participants who went through 20 minutes of Hatha yoga, displayed significantly better brain

functions than those who engaged in a 20-minute vigorous aerobic exercise.

The nature of yogic practice also encourages mindfulness. It requires you to connect in with your breath and to take account of how your body feels at each moment. In a world where we are constantly checking off to-do lists in our minds, this practice is like a mini-vacation. You will also find yourself being more present in everyday life, leading to increased productivity and better quality of life.



## STRENGTH AND FLEXIBILITY

Many poses in yoga require balance and stability. Muscles are stretched out, making you more limber and less susceptible to injuries related to stiff muscles. Studies have also found that yoga provides therapeutic benefits for those with osteoarthritis, as it helps ease achy and stiff joints.





## BONE DENSITY

Yoga's various poses act as low-impact resistance exercises that increase bone density, something that is increasingly important after the age of 30. The loss of bone density with age or osteoporosis leaves one susceptible to falls and other injuries. Research have shown that those who practised yoga not only kept their bone density but also gained some!



## REDUCE HIGH BLOOD PRESSURE

High blood pressure is a serious medical condition that can lead to cardiovascular disease and is the second leading cause of kidney disease. Oxidative stress is one of the underlying causes of high blood pressure and is a strong risk factor for heart attacks. Luckily, studies have found that yoga reduces oxidative stress and therefore, lowers blood pressure.



If you want to further your yoga practice, you don't have to look far—join us right here at Raffles Town Club, where our yoga instructors will lend their expertise in guiding you through a fruitful experience.

For enquiries, please call  
Sports & Recreation Department at  
6357 3566 / 567 or email [snr@rtc.com.sg](mailto:snr@rtc.com.sg).



Here are some of the fundamental Yoga poses for beginners:

**TREE POSE** for balance and overall posture and spinal health.

Stand with legs together and arms straight over your head, palms together.

Raise your one leg slightly off the ground so that the toes are still on the ground and your heel is touching the inner ankle - or, for the next level, the inner thigh.

Hold and breathe for 8-10 breaths. Repeat with the other leg.

**WARRIOR II** for hips, groin, and inner thigh stretching and strengthening.

Stand with your feet one leg's length apart. Turn your right toes out 90 degrees and your left toes in 45 degrees. Bend your right knee until it is directly over your right ankle while keeping the torso even between the hips.

Stretch your arms out to your sides and gaze over your right hand. Hold for 8-10 breaths before straightening the right leg and turning your feet to the other side to repeat on left side.

**BRIDGE POSE** for front body stretching and lower back strengthening

Lie down on your back with your feet hip width apart. Press firmly on to your feet and lift your butt up off the mat. Interlace your hands together and press the fists down to the floor as you open up your chest even more.

Exhale and tighten your stomach muscles as you tilt your pelvis and then your spine off the ground until you are in a bridge position. Hold for 8-10 breaths then lower your hips down and repeat two more times.



# YOUR GATEWAY TO OVERSEAS OPULENCE

Since its establishment, Raffles Town Club has been expanding its network of Reciprocal Clubs to bring high level services to its members even when they are not in Singapore. With a Reciprocal Club programme amongst the finest and prestigious Clubs throughout the world such as the famous Lansdowne Club in London to the very exclusive Old Chengdu Club in China, members are warmly welcomed and get to enjoy the benefits on the accommodations and facilities that these Clubs have to offer. Be it for sports, business or pleasure, members have a wide variety of Private, Golf and Country Clubs to choose from.

To enjoy the perks at any of the affiliated clubs, simply contact our Member Relations Officers at **6357 3322 / 3323** or email them at [member\\_relations@rtc.com.sg](mailto:member_relations@rtc.com.sg) for a Letter of Introduction.

## List of Affiliated Clubs

### ASIA

#### **Cambodia - Cambodian Country Club**

Street 2004 Group 6 Toeuk Thla District Russey Keao Phnom Penh, Kingdom of Cambodia  
Tel: (855 023) 885 591/2 or (855 023) 883 861/2  
Fax: (855 023) 885 592  
Website: [www.cambodian-country-club.com](http://www.cambodian-country-club.com)  
E-mail: [info@cambodian-country-club.com](mailto:info@cambodian-country-club.com)

#### **China - Embassy Club Shanghai**

1500 Central Huai Hai Road Shanghai 200031  
Tel: (86 21) 6437 9800  
Fax: (86 21) 3401 0814  
Website: [www.ambassyclub.com.cn](http://www.ambassyclub.com.cn)  
Email: [info@ambassyclub.com.cn](mailto:info@ambassyclub.com.cn)

#### **China - Beijing Riviera Country Club**

No. 1 Xiang Jiang Bei Road Chao Yang District Beijing 100103  
Tel: (86 10) 8450 6688  
Fax: (86 10) 8450 6999  
Website: [www.bjriviera.com](http://www.bjriviera.com)  
Email: [club@bjriviera.com](mailto:club@bjriviera.com)

#### **China - Capital Club**

50/F Capital Mansion No. 6 Xin Yuan Nan Road Chao Yang District Beijing 100004  
Tel: (86 10) 8486 2225  
Fax: (86 10) 8486 3331  
Website: [www.thecapitalclub.com](http://www.thecapitalclub.com)  
Email: [member@thecapitalclub.com](mailto:member@thecapitalclub.com)

#### **China - Han Yuan Resort & Yacht Club**

No. 99 Shigong Road Xi-Shan Island Jiangsu Province People's Republic of China 215111  
Tel: (86 512) 6637 8888  
Fax: (86 512) 8888 7777  
Website: [www.clubhanyuan.com](http://www.clubhanyuan.com)  
Email: [info@ceduna-worldclubs.com](mailto:info@ceduna-worldclubs.com)

#### **China - Placid Rivers Club**

233 Pu Xin Nan Li Lu Cheng Zhen Tongzhou District Beijing - PRC 101117  
Tel: (86 10) 8957 6888  
Fax: (86 10) 8957 6999  
Website: [www.phg.asia/prc/](http://www.phg.asia/prc/)  
Email: [info@ceduna-worldclubs.com](mailto:info@ceduna-worldclubs.com)

#### **China - Shanghai Racquet Club & Apartments**

Lane 555, Jinfeng Road, Hua Cao Town Minhang District Shanghai 201107  
Tel: (86 21) 2201 0000/0888  
Fax: (86 21) 2201 0808  
Website: [www.src.com.cn](http://www.src.com.cn)  
Email: [service@src.com.cn](mailto:service@src.com.cn)

#### **China - Shanghai Town & Country Club**

46 Luding Road, Shanghai 200062  
Tel: (86 21) 8025 8666  
Website: [www.ddi-tcc.com](http://www.ddi-tcc.com)  
Email: [info@ddileisure.com](mailto:info@ddileisure.com)

#### **Hong Kong - Discovery Bay Marina Club Limited**

Discovery Bay Lantau Island  
Tel: (85 2) 2987 9591  
Fax: (85 2) 2987 7669  
Website: [www.dbmarinaclub.com](http://www.dbmarinaclub.com)  
Email: [dbmc-reception@dbmc.hk](mailto:dbmc-reception@dbmc.hk)

#### **Hong Kong - The Pacific Club**

Canton Road, Tsim Sha Tsui Kowloon  
Tel: (85 2) 2118 1828  
Fax: (85 2) 2118 0208  
Website: [www.pacificclub.com.hk](http://www.pacificclub.com.hk)  
Email: [info@pacificclub.com.hk](mailto:info@pacificclub.com.hk)

#### **India - BLVD Club**

Embassy Boulevard, Bangalore-Hyderabad Highway Hunasamaranahalli Post, Near Yelahanka Air Force Station Bangalore North, Bengaluru Karnataka 562157  
Tel: (91 80) 3066 6666  
Website: [www.blvdclub.in](http://www.blvdclub.in)  
Email: [membership@blvdclub.in](mailto:membership@blvdclub.in)

#### **India - Calcutta Club**

241 Acarya J.C. Bose Road Kolkata 700020 West Bengal  
Tel: (91 33) 2223 6030/6031  
Fax: (91 33) 2223 3258  
Website: [www.calcuttaclub.in](http://www.calcuttaclub.in)  
Email: [ccclub@vsnl.net](mailto:ccclub@vsnl.net)

#### **India - Golden Swan Country Club**

Off Pokhran Road No. 1 Yeoor Hills Thane 400 602 Mumbai  
Tel: (91 22) 2585 4078  
Fax: (91 22) 2585 5980  
Website: [www.goldenswan.com](http://www.goldenswan.com)  
Email: [countryclub@goldenswan.com](mailto:countryclub@goldenswan.com)

#### **Indonesia - Aryaduta Country Club**

401 Bulevar Jend. Sudirman Lippo Village 1300, Tangerang 15811 Banten  
Tel: (62 21) 546 0101 ext. 7830/7032  
Fax: (62 21) 546 0139  
Website: [www.aryaduta.com](http://www.aryaduta.com)  
Email: [membership@aryaduta.com](mailto:membership@aryaduta.com)

#### **Japan - Tokyo American Club**

2-1-2 Azabudai Minato-ku, Tokyo 106-8649  
Tel: (81 3) 4588 0670 / 734  
Fax: (81 3) 4588 0703  
Website: [www.tokyoamericanclub.org](http://www.tokyoamericanclub.org)  
Email: [tac@tac-club.org](mailto:tac@tac-club.org)  
For accommodation -  
Email: [guest.relations@tac-club.org](mailto:guest.relations@tac-club.org)

#### **Korea - The Seoul Club**

208 Junggu Jangchungdong 2ga Seoul 100-856  
Tel: (82 2) 2238 7666  
Website: [www.seoulclub.org](http://www.seoulclub.org)  
Email: [reservation@seoulclub.org](mailto:reservation@seoulclub.org)

#### **Malaysia - The Raintree Club**

Lot 1002 Jalan Wickham Off Jalan Ampang Hilir Kuala Lumpur 55000  
Tel: (60 3) 4257 9066  
Fax: (60 3) 4257 8880  
Website: [www.raintree.com.my](http://www.raintree.com.my)  
Email: [admin@raintree.com.my](mailto:admin@raintree.com.my)

#### **Philippines - The Palms Country Club**

1410 Laguna Heights Drive Filinvest City, Alabang Muntinlupa  
Tel: (63 2) 771 7171  
Fax: (63 2) 771 4861/4864  
Website: [www.thepalmsclub.com](http://www.thepalmsclub.com)  
Email: [membership@thepalmsclub.com](mailto:membership@thepalmsclub.com)



**Philippines - The Rockwell Club**

Amorsolo Square, 23 Amorsolo Drive  
Rockwell Center, Makati City  
Tel: (63 2) 897 8310  
Fax: (63 2) 897 8372  
Website: [www.therockwellclub.com](http://www.therockwellclub.com)  
Email: [club@rockwell.com.ph](mailto:club@rockwell.com.ph)

**Taiwan - The American Club**

47 Pei An Road,  
Taipei 10462, Taiwan, ROC  
Tel: (88 62) 2885 8260  
Fax: (88 62) 2885 8055  
Website: [www.americanclub.org.tw](http://www.americanclub.org.tw)  
Email: [accmsd@americanclub.org.tw](mailto:accmsd@americanclub.org.tw)

**Thailand - The British Club Bangkok**

189 Suriwongse Road  
Bangrak  
Bangkok 10500  
Tel: (66 0) 2234 0247  
Fax: (66 0) 2235 1560  
Website: [www.britishclubbangkok.org](http://www.britishclubbangkok.org)  
Email: [info@britishclubbangkok.org](mailto:info@britishclubbangkok.org)

**OCEANIA****Australia - Athenaeum Club**

87 Collins Street  
Melbourne, Victoria 3000  
Tel: (61 3) 9654 3200  
Fax: (61 3) 9650 3756  
Website: [www.athenaeumclub.com.au](http://www.athenaeumclub.com.au)  
Email: [concierge@athenaeumclub.com.au](mailto:concierge@athenaeumclub.com.au)

**Australia - The Newcastle Club**

40 Newcomen Street  
Newcastle NSW 2300  
Tel: (61 2) 4929 1224  
Fax: (61 2) 4929 6302  
Website: [www.newcastleclub.com.au](http://www.newcastleclub.com.au)  
Email: [reception@newcastleclub.com.au](mailto:reception@newcastleclub.com.au)

**Australia - United Service Club  
Queensland**

183 Wickham Terrace  
Brisbane, Queensland 4000  
Tel: (61 7) 3831 4433  
Fax: (61 7) 3832 6307  
Website: [www.unitedserviceclub.com.au](http://www.unitedserviceclub.com.au)  
Email: [membership@unitedserviceclub.com.au](mailto:membership@unitedserviceclub.com.au)

**New Zealand - The Canterbury  
Club Inc.**

129 Cambridge Terrace  
Christchurch 8013  
Tel: (64 3) 365 0353  
Fax: (64 3) 365 0354  
Website: [www.canterburyclub.co.nz](http://www.canterburyclub.co.nz)  
Email: [admin@canterburyclub.co.nz](mailto:admin@canterburyclub.co.nz)

**New Zealand - The Christchurch Club**

154 Worcester Street  
Christchurch Central  
Christchurch, 8011  
New Zealand  
Tel: (64 3) 366 9461  
Fax: (64 3) 366 9460  
Website: [www.christchurchclub.co.nz](http://www.christchurchclub.co.nz)  
Email: [reception@christchurchclub.co.nz](mailto:reception@christchurchclub.co.nz)

**New Zealand - The Northern Club**

19 Princes Street, PO Box 4291  
Auckland 1140, New Zealand  
Tel: (64 9) 379 4755  
Fax: (64 9) 302 0909  
Website: [www.northernclub.co.nz](http://www.northernclub.co.nz)  
Email: [reservations@northernclub.co.nz](mailto:reservations@northernclub.co.nz)

**New Zealand - The Wellington Club**

Level 4, 88 The Terrace  
Wellington 6011  
Tel: (64 4) 472 0348  
Fax: (64 4) 472 2475  
Website: [www.wellingtonclub.co.nz](http://www.wellingtonclub.co.nz)  
Email: [info@wellingtonclub.co.nz](mailto:info@wellingtonclub.co.nz)

**EUROPE****England - City University Club**

42 Crutched Friars,  
London EC3N 2AP  
Tel: (020) 7863 6680  
Website: [www.cityuniversityclub.co.uk](http://www.cityuniversityclub.co.uk)  
Email: [secretary@cityuniversityclub.co.uk](mailto:secretary@cityuniversityclub.co.uk)

**England - The Lansdowne Club**

9 Fitzmaurice Place  
London W1J 5JD  
Tel: (44 207) 629 7200  
Fax: (44 207) 629 0846  
Website: [www.lansdowneclub.com](http://www.lansdowneclub.com)  
Email: [receptiondesk@lansdowneclub.com](mailto:receptiondesk@lansdowneclub.com)

**England - The Royal Society of  
Medicine**

1 Wimpole Street  
London W1G 0AE  
Tel: (44 207) 290 2991  
Fax: (44 207) 290 2992  
Website: [www.rsm.ac.uk](http://www.rsm.ac.uk)  
Email: [membership@rsm.ac.uk](mailto:membership@rsm.ac.uk)  
For accommodation –  
Email: [chandos.house@rsm.ac.uk](mailto:chandos.house@rsm.ac.uk)

**England - The St James's Hotel  
& Club**

7-8 Park Place, St James  
London SW1A 1LP  
Tel: (44 207) 316 1600  
Fax: (44 207) 316 1602  
Website: [www.stjamesshotelandclub.com](http://www.stjamesshotelandclub.com)  
Email: [reservations@stjamesshotelandclub.com](mailto:reservations@stjamesshotelandclub.com)

**France - The Saint James Paris**

5 Place du Chancelier Adenauer  
75116 Paris  
Tel: (33 1) 4405 8181  
Fax: (33 1) 4405 8182  
Website: [www.saint-james-paris.com](http://www.saint-james-paris.com)  
Email: [club@saintjamesclub.com](mailto:club@saintjamesclub.com)

**Scotland - The Royal Scots Club**

29-31 Abercromby Place  
Edinburgh EH3 6QE  
Tel: (44 131) 556 4270  
Fax: (44 131) 558 3769  
Website: [www.royalscotsclub.com](http://www.royalscotsclub.com)  
Email: [info@royalscotsclub.com](mailto:info@royalscotsclub.com)

**AMERICA****Canada - The Hamilton Club**

6 Main Street East  
Hamilton  
Ontario L8N 1E8  
Tel: (1 905) 522 4675  
Fax: (1 905) 546 5022  
Website: [www.thehamiltonclub.com](http://www.thehamiltonclub.com)  
Email: [info@thehamiltonclub.com](mailto:info@thehamiltonclub.com)

**Canada - The National Club**

303 Bay Street  
Toronto, ON  
Canada M5H 2R1  
Tel: (1 416) 364 3247  
Fax: (1 416) 364 5666  
Website: [www.thenationalclub.com](http://www.thenationalclub.com)  
Email: [morari@thenationalclub.com](mailto:morari@thenationalclub.com)

**Canada - The Union Club of British  
Columbia**

805 Gordon Street  
Victoria, BC, V8W 1Z6  
Tel: (1 250) 384 1151  
Fax: (1 250) 384 0538  
Toll Free: 1-800-808-2218  
Website: [www.unionclub.com](http://www.unionclub.com)  
Email: [info@unionclub.com](mailto:info@unionclub.com)

**USA - Capitol Hill Club**

300 First Street, SE Washington  
D.C. 20003  
Tel: (1 202) 484 4590  
Fax: (1 202) 479 9110  
Website: [www.capitolhillclub.org](http://www.capitolhillclub.org)  
Email: [reservations@capitolhillclub.org](mailto:reservations@capitolhillclub.org)

**USA - The Cornell Club**

6 East 44th Street  
NY 10017  
New York  
Tel: (1 212) 986 0300  
Fax: (1 212) 986 9543  
Website: [www.cornellclubnyc.com](http://www.cornellclubnyc.com)  
Email: [a.cruz@cornellclubnyc.com](mailto:a.cruz@cornellclubnyc.com)

**USA - The Georgian Club**

100 Galleria Parkway  
Suite 1700  
Atlanta, Georgia 30339  
Tel: (1 770) 952 6000  
Fax: (1 770) 9330605  
Website: [www.georgianclub.com](http://www.georgianclub.com)  
Email: [info@georgianclub.com](mailto:info@georgianclub.com)

**USA - Princeton Club of New York**

15 West 43rd Street  
New York, NY 10036  
Tel: (1 212) 596 1240  
Fax: (1 212) 596 1351  
Website: [www.princetonclub.com](http://www.princetonclub.com)  
Email: [membership@princetonclub.com](mailto:membership@princetonclub.com)

**USA - The University Club of St. Paul**

420 Summit Avenue, Saint Paul  
Minnesota 55102  
Tel: (1 651) 222 1751  
Fax: (1 651) 290 7170  
Website: [www.universityclubofstpaul.com](http://www.universityclubofstpaul.com)  
Email: [receptionists@universityclubofstpaul.com](mailto:receptionists@universityclubofstpaul.com)

**AFRICA****South Africa - Inanda Club**

1 Forrest Road, Inanda, Sandton  
South Africa  
Tel: (27 11) 884 1414  
Fax: (27 11) 884 2918  
Website: [www.inandaclub.co.za](http://www.inandaclub.co.za)  
Email: [info@inandaclub.co.za](mailto:info@inandaclub.co.za)

**GOLF AFFILIATION****China - Dali Stone Mountain Club**

Northwest of Ancient city, Dali,  
Yunnan Province, PRC  
Tel: (86 872) 266 7078  
Fax: (86 871) 266 7086

**Indonesia - Southlinks Country Club**

Jl. Gajah Mada 9km  
Skp Sei Ladi Sekupang  
Batam  
Tel: (62 778) 324 128/168  
Fax: (62 778) 323 288  
Singapore Office:  
Tel: (65) 6278 7079  
Fax: (65) 6270 0029  
Website: [www.southlinksgolf.com](http://www.southlinksgolf.com)  
Email: [sales@southlinksgolf.com](mailto:sales@southlinksgolf.com)

**Malaysia - Tiara Melaka Golf &  
Country Club**

Jalan Gapam, Bukit Katil  
Melaka 75760  
Tel: (60 6) 231 1111/2366  
Fax: (60 6) 231 4122  
Website: [www.lion.com.my/WebOper/Property/TiaraMelaka.nsf/home](http://www.lion.com.my/WebOper/Property/TiaraMelaka.nsf/home)  
Email: [tmgcc1@gmail.com](mailto:tmgcc1@gmail.com)





## FEATURED AFFILIATED CLUB THE SAINT JAMES PARIS

The Saint James Club is a private club situated in the only “château-hotel” of Paris. In the heart of an enclosed garden in the 16th district and near the Champs-Élysées, the Saint James Club nestles in a magnificent 19th century building originally built for the former Thiers Foundation. It is an exclusive and friendly setting, a privileged environment for business appointments and leisure time.

Our Chef Adrien Brunet shares his passion with sincerity through subtle recipes that combine French gastronomical classics and contemporary dining. The Menu “Club” at 59€ is available at lunch. On Sunday we serve a buffet brunch. In tribute to the history of the Terrace, from which once flew hot air balloons, three arbours evoking balloons stand in the garden, among plant form furniture in painted metal. As soon as the fine weather arrives, you can go for a drink and a light meal on the bar, or for a romantic dinner on the restaurant side.

A mythical bar is situated where used to be the old library of the Thiers Foundation including several thousands of books. Soft lights and leather armchairs give a relaxed atmosphere. The bar is open every day until one o'clock in the morning, to have a drink or for a convivial meal.

For business or private events, our two private rooms of fifty square meters each have a capacity up to fifty guests. Small private rooms for a capacity up to six guests are also available. Our fitness room is accessible only if reciprocal Members have a bedroom. The fitness room is filled with natural daylight and equipped with cardio-training and body-building machines. There is a traditional steam room in each changing-room. Our Guerlain Spa has a warm atmosphere with a velvety sofa, large finely worked mirrors and oriental lanterns. Two beauty rooms are available by appointment with preferential conditions for reciprocal Members. A Saint James treatment was

specifically created for the Club members. Our hotel has 49 bedrooms and suites two of which are pavilions in the garden. Rooms on the top floor benefit from a private winter garden. They are spacious and elegant, all individually decorated as if they were guest rooms. Special booking conditions and VIP welcome for reciprocal Members.



For more information, visit [www.saint-james-paris.com](http://www.saint-james-paris.com) or call +33 1 4405 8181.





## Mid-Autumn Fever at MindChamps PreSchool @ Raffles Town Club

At MindChamps PreSchool @ RTC, we celebrated the end of mid-autumn festival on 13 September by showing appreciation to our children's grandparents, and of course their parents too!

After weeks of practice, the children from all classes put up a heart-warming performance as they showed off their Chinese Song singing ability and dancing talents. Parents and grandparents had the opportunity to bond with the children as they savoured yummy mooncakes, pomelos and tea. They also worked together on a hands-on activity of making handmade lanterns to take with them for the lantern walk later.

At MindChamps PreSchool @ RTC, there are ample opportunities for parents to bond with their children through events such as this, as the little ones carry on the age-old tradition of giving thanks.



Scan the QR code to find out more about MindChamps PreSchool @ Raffles Town Club



## CAR GROOMING

@ RTC BASEMENT 3

11 AM TO 7 PM (CLOSE ON WEDNESDAY)

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

### Terms & Conditions

- Additional charge of \$20 for large vehicles between 1600cc to 1999cc, \$30 for vehicles of 2000cc & above and \$50 for vehicles above 2500cc. - Luxury Sedans, Hatchbacks, Sports Cars, MPVs, SUVs and Jeeps, will apply.
- Additional charges are applicable if vehicle requires additional services and treatments on top of what is offered in the respective service packages.
- By appointment only • Not transferrable to another car.
- Package A to D: Additional \$90 for leather Protection (\$120 for seven seaters) (Seat cleaning and leather conditioning, 4 doors conditioning and cockpit conditioning)
- RTC is not liable for any product, service or transaction between its members and OSCBC.

### PACKAGE A - \$138

Car wash and clean, polish & wax, all windows clean, rims clean, tyre dressing and wheel buffing.

### PACKAGE B - \$148

Car wash and clean, standard polishing, standard waxing (polymer resins), interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing.

### PACKAGE C - \$188

Car wash and clean, standard polishing, standard waxing (carnuaba wax), hi-gloss application, interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing, cleaning door panels and edges.

### PACKAGE D - \$208

Car wash and clean, standard polish system, sealant coating, hi-gloss application, interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing, dashboard waxing, cleaning door panels and edges.

### PACKAGE E - FR. \$338

(9H Glass/HD Crystal/HD Diamond Coat)

Wash & Clay Session, window de-stain, pre-stage for refine paint works, restoration of paint works, compounding polish, application of 9H Glass/HD Crystal/HD Diamond, engine detailing (engine bay cleaning), door shut cleaning & detailing, rim brake dust removal, tyre gloss, interior vacuum and dashboard waxing.



**Flash your RTC membership card and enjoy 20% off on Package A – D**





# SPORTS & RECREATION CLASSES LIST

	AEROBICS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	ZUMBA (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
TUE	ZUMBA FITNESS (BV)	9:30am – 10:30am	Aerobics Room	\$149.80 (8 weeks)*	\$171.20 (8 weeks)
THU	ZUMBA FITNESS (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
	JAZZERCISE (MT) 	10:00am – 11:00am	Aerobics Room	\$155.15 (8 weeks)	\$176.55 (8 weeks)
SAT	CARDIO KB (BA)	1:30pm – 2:30pm	Aerobics Room	\$ 90.95 (9 weeks)	\$112.35 (9 weeks)
	ZUMBA FITNESS (JR)	3:00pm – 4:30pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)

	PILATES	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	PILATES-MAT WORK (AY)	7:30PM-8:30PM	Harmony Room	\$185.11 (8 weeks)*	\$206.51 (8 weeks)*

	YOGA	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	YOGA (TL)	10:45am – 11:45am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
WED	YOGA (KC)	7:00pm – 8:30pm	Aerobics Room	\$214.00 (10 weeks)	\$235.40 (10 weeks)
FRI	YOGA (TL)	10:00am – 11:00am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
SUN	YOGA (TL)	4:30pm – 5:30pm	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)

	CHINESE BRUSH PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	CHINESE BRUSH PAINTING (YSG)	9:30am – 11:30am	Harmony Room	\$192.60 (4 weeks)	\$214.00 (4 weeks)
SUN	JNR. CHINESE BRUSH PAINTING (YSG)	2:30pm – 4:00pm	Harmony Room	\$80.25 (4 weeks)	\$101.65 (4 weeks)

	MULTI-SPORTS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
WED	MULTI-SPORTS (SHA)	5:00pm – 6:00pm	Aerobics Room	\$192.60 (10 weeks)	\$214.00 (10 weeks)

	OIL PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	OIL PAINTING (LTS)	2:00pm – 5:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
WED	OIL PAINTING (LTS)	9:00am – 12:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
FRI	OIL PAINTING (LTS)	9:30am – 12:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
	OIL PAINTING (LTS)	1:30pm – 4:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
SAT	OIL PAINTING (LTS)	8:30am – 11:30am	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)



DANCE		TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	BELLY DANCE (NS) ★	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE (NS) ★★	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE (NS) ★	7:00pm – 8:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE (NS) ★★	8:00pm – 9:30pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
WED	BELLY DANCE (NS)	7:00pm – 8:00pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	BELLY DANCE (NS)	8:00pm – 9:30pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
THU	BELLY DANCE FOR MOM & BABY (NS)	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE FOR MOM & BABY (NS)	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
SAT	BALLROOM DANCE (CH) 	7:00pm – 8:00pm	Aerobics Room	\$160.50 (8 weeks)	\$181.90 (8 weeks)
MARTIAL ARTS (ADULTS)		TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	TAIJIQUAN (NTK) ★★	9:00pm – 10:15pm	Aerobics room	\$112.35 (4 weeks)	\$133.75 (4 weeks)
THU	TAIJIQUAN (NTK) ★★	8:30pm – 9:30pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)
SAT	XINGYI QUAN (SZF)	8:30am – 9:45am	Aerobics Room	\$374.50 (10 weeks)	\$395.90 (10 weeks)
SUN	TAIJIQUAN (NTK) ★★	5:00pm – 6:00pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)
MARTIAL ARTS (KIDS)		TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
SUN	CHILDREN TAEKWONDO (TT) (5 yrs - 12 yrs old)	9:00am – 11:00am	Aerobics Room	\$64.20 (4 weeks)	\$85.60 (4 weeks)
TENNIS AND SWIM CAMP		TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON - FRI	HALF DAY CAMP (4 yrs - 13 yrs old)	9:00am – 12:00pm	Tennis Court/Pool	\$74.90 (1 day) \$374.50 (5 days)	\$85.60 (1 day) \$417.30 (5 days)
	FULL DAY CAMP (4 yrs - 13 yrs old)	9:00am – 3:00pm	Tennis Court/Pool/ Aerobics Room	\$128.40 (1 day) \$642.00 (5 days)	\$139.10 (1 day) \$695.50 (5 days)
PERSONAL TRAINER		VENUE	FEE		
30 MINS SESSION (RL & ID)		The Gym	\$428.00 (10 Sessions) \$561.75 (15 Sessions)		
KICK START 45 MINS (RL & ID)		The Gym	\$224.70 (3 Sessions)		
1 HOUR SESSION (RL & ID)		The Gym	\$749.00 (10 Sessions) \$1043.25 (15 Sessions)		

AEROBICS AR - Aaron / BA - Berry Ahmad / BV - Brigid Varghese / JR - Jarren / MT - Maegen Teh / SHA - Shahrin  
 PILATES AY - Agnes Yoong  
 YOGA TL - Tony Luah / KC - KC Lam  
 CHINESE BRUSH PAINTING YSG - Yap Sin Guan  
 OIL PAINTING LTS - Low Tho Seng  
 DANCE CH - Cheryl / PC - Pamela Chia / NS - Nadia A Sueoka / Den  
 MARTIAL ARTS NTK - Ngiam Tong Kheng / TT - Terence Tan / SZF - Su ZiFang  
 PERSONAL TRAINER RL - Ramlee / ID - Indra

★ BEGINNERS    ★★ INTERMEDIATE    ★★★ ADVANCE    \*FX CARD

Classes are subject to change without prior notice. Pre-registration for classes and activities is a must.  
 Classes will commence only if the minimum number of participants has been met. Prices are inclusive of GST, unless otherwise stated.  
 For more details and enquiries, please call **S&R Department** at **6357 3566 / 567** or email **s&r@rtc.com.sg**.



# MOVIE SCREENINGS

## AT THE THEATRE

### NOV 2019



#### AQUAMAN (PG-13) 143 MINUTES

Adventure | Action | Fantasy

Stars: Jason Momoa, Amber Heard, Willem Dafoe

Arthur Curry, the human-born heir to the underwater kingdom of Atlantis, goes on a quest to prevent a war between the worlds of ocean and land.



#### THE NUTCRACKER AND THE FOUR REALMS (PG) 99 MINUTES

Adventure | Family | Fantasy

Stars: Mackenzie Foy, Keira Knightley, Morgan Freeman

A young girl is transported into a magical world of gingerbread soldiers and an army of mice.



#### GLASS (PG-13) 129 MINUTES

Sci-Fi | Thriller | Drama

Stars: James McAvoy, Bruce Willis, Samuel L. Jackson

Security guard David Dunn uses his supernatural abilities to track Kevin Wendell Crumb, a disturbed man who has twenty-four personalities.



#### THE HOUSE WITH A CLOCK IN ITS WALLS (PG) 105 MINUTES

Horror | Fantasy | Comedy

Stars: Jack Black, Cate Blanchett, Owen Vaccaro

A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world.



#### BATTLE OF WITS 墨攻 (PG) 133 MINUTES

Action | Drama | War

Stars: Andy Lau, Sung-Ki Ahn, Zhiwen Wang

Story centers on a battle during China's Warring States Period, a series of civil wars, which spanned from the 5th to the 3rd century B.C. Based on a popular Japanese manga, inspired by Warring States history in China.

DAY	DATE	TIME	TITLE
Sat	2 Nov	2.30pm	Aquaman
Sat	2 Nov	8.00pm	The Nutcracker and the Four Realms
Sun	3 Nov	2.30pm	Glass
Sat	9 Nov	2.30pm	The House with a Clock in Its Walls
Sat	9 Nov	8.00pm	Battle of Wits 墨攻
Sun	10 Nov	2.30pm	Aquaman
Sat	16 Nov	2.30pm	The Nutcracker and the Four Realms
Sat	16 Nov	8.00pm	Glass
Sun	17 Nov	2.30pm	The House with a Clock in Its Walls
Fri	22 Nov	2.30pm	Aquaman
Sat	23 Nov	2.30pm	Glass
Sat	23 Nov	8.00pm	The House with a Clock in Its Walls
Sun	24 Nov	2.30pm	Battle of Wits 墨攻
Fri	29 Nov	2.30pm	The Nutcracker and the Four Realms
Sat	30 Nov	2.30pm	Battle of Wits 墨攻
Sat	30 Nov	8.00pm	Aquaman

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

### DEC 2019



#### JOHNNY ENGLISH STRIKES AGAIN (PG) 89 MINUTES

Action | Adventure | Comedy  
Stars: Rowan Atkinson, Ben Miller, Olga Kurylenko

After a cyber-attack reveals the identity of all of the active undercover agents in Britain, Johnny English is forced to come out of retirement to find the mastermind hacker.



#### HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD (PG) 104 MINUTES

Animation | Action | Adventure

Stars: Jay Baruchel, America Ferrera, F. Murray Abraham

When Hiccup discovers Toothless isn't the only Night Fury, he must seek "The Hidden World", a secret Dragon Utopia before a hired tyrant named Grimmel finds it first.



#### MAMMA MIA! HERE WE GO AGAIN (PG) 114 MINUTES

Comedy | Musical | Romance  
Stars: Lily James, Amanda Seyfried, Meryl Streep

Five years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.



#### MORTAL ENGINES (PG) 128 MINUTES

Adventure | Action | Fantasy

Stars: Hera Hilmar, Robert Sheehan, Hugo Weaving

In a post-apocalyptic world where cities ride on wheels and consume each other to survive, two people meet in London and try to stop a conspiracy.



#### FIRST MAN (PG-13) 141 MINUTES

Biography | Drama | History  
Stars: Ryan Gosling, Claire Foy, Jason Clarke

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.



#### THE GRINCH (PG) 85 MINUTES

Animation | Comedy | Family

Stars: Benedict Cumberbatch, Cameron Seely, Rashida Jones

A grumpy Grinch plots to ruin Christmas for the village of Whoville.

DAY	DATE	TIME	TITLE
Sun	1 Dec	2.30pm	Johnny English Strikes Again
Fri	6 Dec	2.30pm	The Grinch
Sat	7 Dec	2.30pm	Mamma Mia! Here We Go Again
Sat	7 Dec	8.00pm	Mortal Engines
Sun	8 Dec	2.30pm	First Man
Fri	13 Dec	2.30pm	How to Train Your Dragon: The Hidden World
Sat	14 Dec	2.30pm	Johnny English Strikes Again
Sat	14 Dec	8.00pm	The Grinch
Sun	15 Dec	2.30pm	Mamma Mia! Here We Go Again
Fri	20 Dec	2.30pm	Johnny English Strikes Again
Sat	21 Dec	2.30pm	First Man
Sat	21 Dec	8.00pm	How to Train Your Dragon: The Hidden World
Sun	22 Dec	2.30pm	Mortal Engines
Wed	25 Dec	2.30pm	The Grinch
Fri	27 Dec	2.30pm	Mamma Mia! Here We Go Again
Sat	28 Dec	2.30pm	Mortal Engines
Sat	28 Dec	8.00pm	First Man
Sun	29 Dec	2.30pm	How to Train Your Dragon: The Hidden World





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