

ARANDA

news

A CLUB
FOR THE
MULTI-
GENERATIONAL
FAMILY



APRIL - JUNE 2021
MCI (P) 067/05/2020



A Labour Movement Destination
by NTUC Club



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PRESIDENT

Mr. Chong Kee Hiong

VICE PRESIDENT

Mr. Lim Eng Lee

TREASURER

Ms. Ho Poh Ching

MEMBERS

Mr. Raymond Chin

Mr. Ronnie Tan

Mr. Franz Yeo

SECRETARY / GM

Mr. Kevin Chandra

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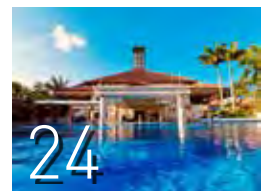


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Aranda News is published quarterly and distributed free to the members of the Club. Views and opinions expressed may not necessarily reflect those of the Club, its committee or editorial staff.

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PRESIDENT'S MESSAGE

Dear Members and Friends,

I trust that you have been staying safe and healthy as we continue to ride through these uncertain times. Although there is light at the end of the tunnel after a little more than a year, we should still be mindful of adhering to guidelines put in place for our safety.

I am pleased to share with you that in the coming months, Aranda Country Club has exciting new developments and a host of experiences in store for you!

The Club has reassessed new avenues to galvanise resources to add value and provide better offerings to all members. Last year, we entered into a partnership with Momley Loft to offer health and wellness programmes for new mothers and their loved ones. Momley Loft will be occupying the top level of the Club's Executive Suites and this collaboration will enable us to put to better use these under-utilised units. When Momley Loft opens its doors in late August this year, the programmes offered will be extended to members as part of additional benefits.

We have, in the last few months, provided experiential staycation packages for members to enjoy the Club's Executive Suites. We are now taking this experience a step further with the refurbishment of the suites. Members can look forward to refreshed and updated interiors of the remaining suites on Levels 1 and 2. The renovations will be carried out in phases till September this year. Integrated with activities and offerings, staying at the Club will allow you to indulge in the best of both worlds – the tranquil appeal of nature at Pasir Ris Park and the vibrancy of offerings at Downtown East.

We will also be welcoming a new tenant, The Forage Café with their interesting new concept outlet, 13 INCH. This will invigorate the look, feel and provision of dining options at the Club. The bistro style concept offers unique varieties of honey dips on skewers and special infused honey dishes to whet the appetites of members and guests alike.

Like many organisations, we have also made some changes to how we operate in response to the challenges faced in the past year. This includes the drive towards digitalisation. The enhanced content seen in our weekly electronic mailers and on Facebook enables us to bring activities and promotions more efficiently to members. This issue will be our last physical newsletter and the next issue will be entirely online and made available on the Club's website. Going digital with the Club's newsletter provides the opportunity to let us share more experiences, hear more from members and showcase more in terms of offerings and promotions.

The road ahead is exciting for Aranda. We believe the upcoming developments will benefit members and create new memorable experiences as we continue to develop our membership road-map and value add to the membership of the Club.

The team and I look forward to continue serving members with passion. See you and your family at the Club soon!

Warmest regards,

A handwritten signature in black ink, appearing to read 'Chong Kee Hiong'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Chong Kee Hiong

REPLACEMENT OF SKYLIGHT GLASS PANELS

We have replaced our skylight glass panels in February due to wear and tear. Thank you for your patience and understanding during the period of inconvenience caused by the closure of the Coffee Area and Clubhouse staircases!



LET US HEAR FROM YOU

If you have anything interesting to share about the Club, your hobbies, or any other topics you may have, we would LOVE to hear from you! We invite you to be a contributor to Aranda News by writing in to marketing@arandaclub.org.sg with your name, membership no. and your contribution. We hope to hear from you!

JOIN US TO GO 'GREEN'!

This will be the last printed issue of Aranda News. Our Club is moving to the digital platform and will continue to put up our quarterly newsletter in a digital flipbook on our website for your viewing pleasure! We will inform you whenever new issues have been uploaded. Please update your email address with us at feedback@arandaclub.org.sg so that you will receive timely Club updates and events.

We will also continue to update club announcements and news through our website at <https://www.arandaclub.org>.sg and our Facebook page at <http://www.facebook.com/arandacountryclub>.



Please join our efforts as Aranda embarks on our journey towards digitalisation and receive your news in a more timely manner.

FACES OF ARANDA

Our staff members in this feature are not unfamiliar to our Members. They are the 'backbone' that ensures that our Club runs smoothly!



JAMIE

You will not miss the lovely lady who is in charge of our Front Office and is around to assist you with your queries.



LINDA

The most popular staff member in ACC! You'll definitely see her if you attend our S&R events.



TYRONE

Let's meet our 'handyman' who is in charge of Property Maintenance. You will probably see him around, inspecting the various areas that require touching up.



WEEKDAY 'SUITE' DEALS!

This promotion is NOT applicable to online reservation and weekend bookings.
Valid from 1 March to 31 May 2021

Block out dates: 12-20 March, 1-3 April, 30 April to 2 May, 12-14 May, 25-31 May

20% Discount Off rates
For 2D1N booking
Promotional Rate:
ACC-\$144/NTUC-\$192/Public-\$320

50% Discount Off 2nd Night
For 3D2N Booking
Promotional Rate:
ACC-\$270/NTUC-\$360/Public-\$600

- Package Includes:
- 4 x Social Passes
 - 2 x Complimentary Carpark
 - Tickets for Downtown East Carpark B
 - Complimentary use of BBQ Pit



TERMS & CONDITIONS:

An additional \$40 per night will be charged for reservation of any Ground Level units. Promotions are discount off published rates. Booking of any package is subject to room availability and GST. All guests **must strictly adhere to the safety measures** implemented at ACC in view of the COVID-19 pandemic. **Social Distancing must be observed.** Cooking and Catering Services are strictly prohibited. All activities at BBQ Pits are to be stopped at 10pm.

YOUR HEALTH & SAFETY ARE IMPORTANT TO US

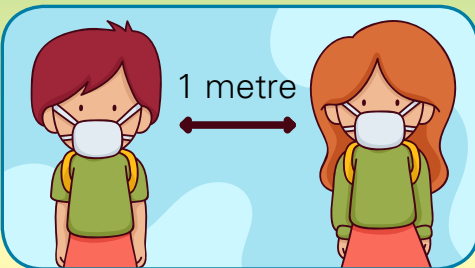
The following measures have been put into place to protect the wellbeing of all our Members, guests and staff and keep the Club operational. We would like to remind members to adhere to the following when you visit the Club.



Please ensure you are wearing your mask at all times, except when exercising.



Scan QR code or show your NRIC for TraceTogether Contact Tracing. Please also take your temperature before entering the Club.



Keep at least 1 metre apart from each other, or 2 metres if you are exercising in the gym.



DO NOT gather in groups of more than 8 persons.

Anyone found breaching the Safe Management Measures may be reported to the authorities and may face disciplinary action.

Thank you for your cooperation and we look forward to serving you.

FUNCTIONAL FITNESS

DAY	Mon	Tue	Wed	Thu	Sat	Sun
TIME	6pm to 7pm	7.30pm to 8.30pm	6pm to 7pm	7.30pm to 8.10pm	9am to 10am 10am to 11am	3pm to 4pm
CLASS	SPARTAN TRAINING Live out your Spartan dreams with our themed training! This class combines bodyweight training and boot camp exercises to build muscle and create a lean physique, transforming you into a King. 	PUNCH 'N' BURN Feel the burn without our non-contact cardio-resistance program! We incorporate MMA/KIT to improve your overall toning and fitness. 	MUSCLE FACTORY Expect gains as you try out challenging and fun circuit and workout using TRX, core work, suspension training, kettlebells, and small fitness equipment to increase and develop the muscle to improve fitness. 	HIIT 40 Push your fitness to the next level with our 40-minute High Intensity Interval Training. With emphasis on the proper forms and fundamental techniques, watch your body transform to its best shape, with weight loss, improved endurance, stamina and strength. 	WEEKEND WARRIOR I Be a warrior with us. Using a variety of free weight dumbbells, kettlebells, medicine balls and bodyweight, you will be taken through a variety of exercises aimed at increasing your muscular endurance and strength. 	WEEKEND WARRIOR II Your ultimate warrior form awaits. This is a High Intensity Interval Training session where you will burn maximum calories and train at an intensity only possible in a short burst. 

+ RATES

	OCC/ACC/ U Live Member	NTUC Member	Guest
4 Sessions (1 Class)	\$100	\$102	\$104
8 Sessions (2 Classes)	\$190	\$185	\$190
12 Sessions (3 Classes)	\$270	\$277.50	\$285

+ VENUE OCC Gym (Functional Training Zone)

- A total of 4 sessions per month for each class
- Minimum of 8 pax to commence for each class
- Time slots are subject to change
- Fees subject to prevailing GST

For enquiries or registration, please call Gym at 67502199 or email to snr@orchidclub.com

JUNIOR & ADULT TENNIS PROGRAMME WITH FUTURE TENNIS @ OCC





Group Class Rates

Class	OCC/ACC	NTUC	Guest
Mini Red (1hr class)	\$120	\$140	\$160
Mini Orange (1hr class)	\$120	\$140	\$160
Mini Green (1.5hr class)	\$160	\$180	\$200
Adult Beginner	\$120	\$140	\$160
Adult Intermediate	\$160	\$180	\$200

*Rates are for 4 sessions
*Rates are Subject to prevailing GST

Private Class Rates

Ratio	Head Pro		
	OCC/ACC	NTUC	Guest
Private (1 Pax)	\$85	\$90	\$95
Semi-Private (2 pax)	\$90	\$100	\$110
Semi-Private (3 pax)	\$100	\$110	\$120
Semi-Private (4 pax)	\$110	\$120	\$130

*Rates are Subject to prevailing GST

For enquires and registration, please contact Future Sports Academies via WhatsApp at 9852 8773 or email: tennis@futuresportsacademies.com

Sonkran

WATER  FEST 2021

1 - 30 APR | WILD WILD WET

WATER FIGHT

Bring your water guns and join us for an epic water gun battle daily from 3-5pm

TICKETING

Weekday Passes at \$20, inclusive of \$5 Ola Beach Club Voucher*

SHIOK RIVER & PROFESSORS' PLAYGROUND

Take an experiential journey through Thailand and blast some targets!

FOOD

Enjoy Thai Milk Tea and other signature snacks while chilling at Ola Beach Club

SINGAPOREdiscovers ^{SG}
VOUCHERS
Accepted Here!



*Excluding Public Holidays. More varieties of Thai cuisine also available at Downtown East, visit www.downtowneast.com.sg for more information.

ACC
MEMBERS
enjoy
20%  public rates!

U SPORTS 9-HOLE NIGHT GOLF SERIES

LIMITED SLOTS AVAILABLE

April to Dec 2021

ACC - \$125* | MGK/NTUC Member - \$110*

*Session only Includes game play of 9 Holes, dinner and lucky draw not included.
Cost is inclusive of GST

To book a slot and for more information

Visit: <https://bit.ly/3uxMYNB> or
Email: Eugene.Chong@ntucclub.com.sg



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Partner,





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LIVE
*
PLAY



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BEGINS
AT 55!

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- ♥ Lifestyle & wellness activities
- ♥ Life skills & tech-savvy workshops
- ♥ Leadership opportunities
- ♥ Interest group networking

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For any enquiries, email us at events@ulive.com.sg



KNOWING OUR NEIGHBOURHOODS SERIES



LENG KEE ROAD & REDHILL MARKET WALKING TOUR

Walk with us around Redhill neighbourhood on Sunday morning and learn about the car industry which Leng Kee Road is famous for. In addition, try delicious 'old-school' hawker food at Redhill Food Centre where dishes are tasty and inexpensive.

Date : 30 May 2021 (Sunday)
Time : 9am to 1pm
Fee : **ACC/OCC Member** \$12
 Union Member \$14
 Guest \$17
Max Pax : 20 persons
Closing Date : 23 May 2021 (Sunday)



LITTLE INDIA MURAL WALKING TOUR

Don't miss this walk around the Tekka area, which will showcase our multi-cultural heritage! You will be introduced to sights and buzzing crowds, lots of fresh produce, and view colourful murals not found elsewhere in Singapore.

Date : 5 June 2021 (Saturday)
Time : 3pm to 6pm
Fee : **ACC/OCC Member** \$12
 Union Member \$14
 Guest \$17
Max Pax : 20 persons
Closing Date : 29 May 2021 (Saturday)

KNOWING OUR SINGAPORE SERIES




TREK DE BUKIT BROWN

Trek through the abandoned Bukit Brown Cemetery to observe the graves of our famous pioneers and also enjoy the wildlife and the many bird species residing there. Find out more about the fascinating tales of old Singapore and at the same time, enjoy a relaxing walk through nature.

Date : 24 April 2021 (Saturday)
Time : 3pm to 6 pm
Fee : **ACC/OCC Member** \$12
Union Member \$14
Guest \$17
Max Pax : 20 persons
Closing Date : 17 April 2021 (Saturday)



TREK DE TANJONG RUSA

Be intrigued with history, folklores, haunted tales and abundant flora as we trek along the eastern end of Singapore at Tanjong Rusa, now known as Changi. Visit the famous Sook Ching massacre site, the 'haunted' Changi Hospital, and historical buildings along Changi Boardwalk. Invite your friends and be a part of this journey of discovery together!

Date : 29 May 2021 (Saturday)
Time : 3pm to 6 pm
Fee : **ACC/OCC Member** \$12
Union Member \$14
Guest \$17
Max Pax : 20 persons
Closing Date : 22 May 2021 (Saturday)



TREK DE GRANITE ISLAND

Trek with us along the Chek Jawa Wetlands in Pulau Ubin, also formerly known as Granite Island. Enjoy cycling trails and footpaths that criss-cross the hill, going past disused granite quarries. Partake in the picturesque scene from Jejawi Tower and view kingfishers and bulbul birds in the tidal flats and mangroves of their natural habitat. Don't miss this rare chance to get up close and personal with Singapore's nature and discover its beauty!

Date : 26 June 2021 (Saturday)
Time : 3pm to 6 pm
Fee : **ACC/OCC Member** \$12
Union Member \$14
Guest \$17
Max Pax : 20 persons
Closing Date : 19 June 2021 (Saturday)

PARENTS AND KIDS SERIES



A TALK ON CHILDREN'S DHA

DHA is essential for neurological and visual development, and its supplements are purported to enhance brain function and vision and have effects on certain ailments such as allergies, asthma, and attention deficit-hyperactivity disorder (ADHD) in children. Learn more about the effects of DHA in this FREE online workshop.

Date	: 8 May 2021 (Saturday)
Time	: 2pm to 4pm
Fee	: ACC/OCC Member free Union Member \$2.00 Guest \$4.00
Max Pax	: 10 persons
Closing Date	: 1 May 2021 (Saturday)

Zoom link and login details will be sent upon confirmation of event.



QUILLING WORKSHOP FOR CHILDREN

Engage your children, building their patience, refining their fine motor skills, and exploring their creativity using quilling paper. A few simple steps are all that is needed to create a beautiful art piece. Register your child today!

Date	: 12 June 2021 (Saturday)
Time	: 2pm to 4pm
Venue	: Children's Playroom
Fee	: ACC/OCC Member \$12.00 Union Member \$15.00 Guest \$25.00 (includes materials)
Max Pax	: 10 persons
Closing Date	: 5 June 2021 (Saturday)

(APRIL 2021)

EASY SKINCARE FOR LAZY PROFESSIONALS



Date: 14 April 2021 (Wednesday)
Time: 2pm to 4pm
Fee: Free (M), \$2.00 (UM), \$4.00 (G)
Closing Date: 10 April 2021 (Wednesday)

Zoom link and login details will be sent upon confirmation of event.

Find out how to cleanse your skin properly and effectively in this online session hosted by Gel University by Mary Kay. You will learn how to better handle problematic areas and be introduced to cleaning and moisturising routines to achieve glowing and radiant skin!

(MAY 2021)

SLOWING AGE-DEGENERATION



Date: 15 May 2021 (Saturday)
Time: 2pm to 4pm
Venue: Tulip Room
Fee: \$2.00 (M), \$4.00 (UM), \$6.00 (G)
Max Pax: 10 persons
Closing Date: 8 May 2021 (Saturday)

Aging gracefully isn't just trying to look like you are in your 20s. It's about living your best life and having the physical and mental health to enjoy it. With the right care, you too can get better with age like a bottle of wine. Join us and find out how to age gracefully using Cellular Therapy in this talk!

(JUNE 2021)

EATING FOR BETTER CHOLESTEROL



Date: 19 June 2021 (Saturday)
Time: 2pm to 4pm
Venue: Tulip Room
Fee: \$2.00 (M), \$4.00 (UM), \$6.00 (G)
Max Pax: 10 persons
Closing Date: 12 June 2021 (Saturday)

Find out more about the different types of cholesterol in our bodies and how our diet affects them. Join us now!

APRIL

01 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	16 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
02 FRI	Cycling (Tour De Changi Village, 16km) Gardening	17 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba
03 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba	18 SUN	Gardening
04 SUN	Gardening	19 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
05 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	20 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
06 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	21 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
07 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	22 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
08 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	23 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
09 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	24 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Trek De Bukit Brown
10 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba	25 SUN	Gardening
11 SUN	Gardening	26 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
12 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	27 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
13 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	28 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
14 WED	Running (Pasir Ris Park/ Beach, 5km) Jogging Gardening Easy Skincare for Lazy Professionals	29 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
15 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	30 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening

MAY

01 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba
02 SUN	Gardening
03 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
04 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
05 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
06 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
07 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
08 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba A Talk on Children's DHA
09 SUN	Gardening
10 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
11 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
12 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
13 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
14 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
15 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Slowing Age-Degeneration

JUNE

16 SUN	Gardening
17 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
18 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
19 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
20 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
21 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
22 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba
23 SUN	Gardening
24 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
25 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
26 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
27 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
28 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
29 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Trek De Tanjong Rusa
30 SUN	Gardening Leng Kee Road & Redhill Market Walking Tour
31 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening

01 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	16 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
02 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	17 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
03 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	18 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
04 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	19 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Eating for Better Cholesterol
05 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Little India Mural Walking Tour	20 SUN	Gardening
06 SUN	Gardening	21 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
07 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	22 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
08 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	23 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
09 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	24 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
10 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	25 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
11 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	26 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Trek De Granite Island
12 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Quilling Workshop for Children	27 SUN	Gardening
13 SUN	Gardening	28 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
14 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	29 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
15 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	30 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening



ZUMBA CLASS

Incorporate Latin and hip-hop dance styles to strengthen your core and calves by working your stomach, hips and ankles through the fast dance steps. You'll also do squats, slow pushups against the wall, and jumping exercises for a full body workout. Join us now!

Date : Every Saturday, starting from 23 January 2020
Time : 4:30pm - 5:30pm
Venue : Pool Pavilion
Fee* : **ACC/OCC Member** \$120
Union Member \$125
Guest \$130
Min Pax : 10 persons
** Fee quoted is for 10 sessions*

HATHA YOGA

A gentle introduction to the most basic poses—work up a sweat and leave class feeling more relaxed. Learn to execute core yoga postures, which improve both your physical and mental fitness at the same time. Sign up for your de-stressing sessions now!

Date : Every Saturday
Time : 8.30am - 10am
Venue : Pool Pavilion
Fee* : **ACC/OCC Member** \$90
Union Member \$95
Guest \$105
Min Pax : 10 persons
** Fee quoted is for 10 sessions*

TABLE TENNIS

Head down to the pool pavilion and enjoy this ball game at just a dollar per hour with your family and friends. Practice different serving and defense techniques against your opponent and kick off a healthy lifestyle today!

Date : Every Tuesday & Thursday
Time : 8.30am - 10.30am
Venue : Pool Pavilion
Fee : \$1/hour

GARDENING

Join like-minded members who love to tend to plants and relish in the satisfaction of seeing your 'fruit of labour' grow strong and healthy!

Venue & Date : Executive Suite (Daily)
Time : 10am to 12pm

CYCLING CALENDAR



Day	Cycling	Time
Tuesday & Thursday	Tour De Marina Barrage, 60km	7pm
Saturday	Tour De Singapore, 65km - 100km	7am

RUNNING CALENDAR



Day	Running	Time
Monday & Wednesday	Pasir Ris Park/ Beach, 5km	6pm



OUR SPORTS INTEREST GROUPS

Calling all sports enthusiasts! Join our sports interest groups now for some fun and camaraderie and keep yourself fit at the same time:

GP RIDERS

Our riders have always done us proud and they have continued to raise funds for charitable causes amid difficult times! They ride 3-4 times a week around Singapore.



FG RUNNERS

Our running group has been around for 17 years, meeting twice a week for their runs. Our dedicated runners adopted this tag as a way to encourage each other to run and stay healthy doing it!



Be a part of our team of riders or runners today! Cite your interest via email at feedback@arandaclub.org.sg and we will hook you up with them.

TRADITIONAL COFFEE WORKSHOP

24 January 2021



It was a trip down memory lane as Members and guests were introduced to fragrant 'old-school' kopi by Nanyang Coffee and how to make it! Everyone had such a great time mixing and savouring the taste of our 'kopitiam' culture!



NUTRITIONAL IMMUNOLOGY-HEALTHY JOINT AND MUSCLES

5 December 2020

An informative talk for everyone present, who were presented information about their joints and how to keep them and their supporting muscles healthy.

PARENTS AND KIDS SERIES

COOKING BAKING FUN

21 November 2020

The children were in for a great time where they mixed and baked their own cookies. They explored their creativity and came up with edible masterpieces with big smiles on their faces!



CHINESE LANTERN MAKING CLASS

30 January 2021

See the satisfied smiles on everyone's faces on this fruitful and interesting session, where they brought back their handiworks to decorate for the festive season!



KNOWING OUR NEIGHBOURHOODS SERIES

CRIME, SUICIDE & MURDER WALKING TRAIL

03 January 2021

Members had a fun time walking around Chinatown and Commonwealth with interesting and gory tales of solved and unsolved crimes alike. They got a surprise visit from an otter family along the way too!



KNOWING OUR SINGAPORE SERIES

TREK DE RAIL CORRIDOR

27 January 2021

A long 15km trek along the railway path from Tanjong Pagar to the western part of Singapore on a sunny Saturday where everyone had loads of fresh air and saw flora and fauna not easily found in our heartlands!





萬興酒樓

Ban Heng® @Aranda Country Club

60 Pasir Ris Drive 3, Aranda Country Club, Singapore 519497
Pasir Ris MRT Station EXIT A or B, Next to NTUC Downtown East

EAT-ALL-YOU-CAN

50 varieties of popular Chinese Seafood & Dim Sum

ALA CARTE BUFFET (LUNCH & DINNER)

ONE ADULT DINES FREE WITH EVERY 3 PAYING ADULTS

MENU A

Tuesday to Friday

\$32.80⁺⁺
(per pax)

Saturday & Sunday &
Eve of Public Holidays

\$36.80⁺⁺
(per pax)

Public holidays

\$38.80⁺⁺
(per pax)



MENU B

Tuesday to Friday

\$39.80⁺⁺
(per pax)

Saturday & Sunday &
Eve of Public Holidays

\$43.80⁺⁺
(per pax)

Public holidays

\$45.80⁺⁺
(per pax)

**55TH ANNIVERSARY
CELEBRATORY PROMOTIONS**

**30% OFF
ON SUCKLING PIG SET MENUS**

乳猪鲍鱼龙虎斑套餐

SUCKLING PIG, ABALONE &
SEA GAROUPA SET MENU

~~UP: \$488⁺⁺~~

\$298⁺⁺

for 5pax

~~UP: \$618⁺⁺~~

\$428⁺⁺

for 8pax

乳猪螃蟹鲍鱼斗鲳套餐

SUCKLING PIG, CRAB, POMFRET
& ABALONE SET MENU

~~UP: \$518⁺⁺~~

\$318⁺⁺

for 5pax

~~UP: \$698⁺⁺~~

\$498⁺⁺

for 8pax

精装佛跳墙套餐

BUDDHA JUMP OVER
THE WALL SET MENU

\$938⁺⁺

for 8pax



凭定金预约乳猪套餐,
每桌将获送一份自制桂花糕

Complimentary 1 box of Homemade Refreshing Osmanthus
Flower Jelly for every table reservation of Suckling Pig Set Menu
(Subject to reservation confirmation with deposit only)

All prices quoted are subject to 10% service charge & 7% GST. Terms and conditions apply. Above visuals are for illustration purposes only. Ban Heng reserved the rights to make any changes, including change in price, content, description, terms, etc. at any time without prior notice.

VIP

出示ACC俱乐部会员卡
可享减免10%服务费

Members of Aranda
Country Club
Enjoy Waiver of
10% service charge if
member card
presented



SCAN ME

For Reservations, Takeaway or Home Delivery

CALL: 6585 1770 / 6585 1093

Email: acc@banheng.com.sg

Online Order: www.banheng.com.sg



#2021 GOALS



ACC Members enjoy **discounted** rates!!

WHAT'S YOUR RESOLUTION?



#BeWaterSafe #BeSwimFit #BeAquaFit #SwimmingMakesMeHappy
www.yvoneswimschool.com FB&IG: yvoneswimschool
Contact us: 8328 6865



learningjungle.com



The Learning Jungle Program combines effective teaching approaches with a unique delivery method to create the optimal learning environment for children to excel.

Swimming . Yamaha Music . STEM classes
Toddler - Pre-Nursery
Nursery - Kindergarten

Learning Jungle Pasir Ris

60 Pasir Ris Drive 3, Level 2
Aranda Country Club | Singapore
T | +65 65820882

Request a tour online

Discounts for Aranda and NTUC Member
For more information and a detailed listing of other locations, please visit our website.

Learning Jungle is a global provider of **quality educational child care**, enriching young minds and inspiring children to be creative, mindful and influential to the future of our families, communities and the world we live in.

ACC Members enjoy **10% 折扣** rates!
simply present your Membership card!



CLUB FACILITIES & CONTACT INFO

OPERATION HOURS & CHARGES

- **Member Services Counter** 9am - 10pm
- **Executive Suites**
Off-Peak period: Sun to Thurs
 (excluding School Holidays, Eve of PH and PH)
Peak period: Fri & Sat, Sun to Thurs during
 School Holidays, Eve of PH and PH
Super-Peak period: Fri & Sat, Eve of PH and
 PH during School Holidays
- **Poolside Fitness & Weight Room** 7am - 9:30pm
- **Reading Room** 7am - 9:30pm
- **Table Tennis** 7am - 9:30pm @ S\$2/hr
- **Kids' Room** 7am - 9:30pm
- **Swimming Pool** 7am - 9:30pm
- **Sauna / Steam Room** 7am - 9:30pm
- **Games Room** 9am to 10pm
- **Leisure Room** 9am to 10pm
 Weekday \$25/4 hrs
 \$6.50/subsequent hour
 Weekend \$30/4 hrs
 \$7.50/subsequent hour
- **Yvonne Swim School** 8am - 12nn
 3pm - 9pm

GUEST RATES

Each member may sign in six guests (except Games Room) at the following rate:
 Mon – Thurs: \$4 per guest
 Fri – Sun, Eve of PH & PH: \$6 per guest

F&B ENTERTAINMENT OUTLETS

- **Ban Heng Seafood Paradise @ Aranda**
Closed on Mondays except when it falls on PH
 Lunch: 11:30am to 3:30pm
 Dinner: 6pm to 10pm
- **Ten Dollar Club (Family KTV)**
 Closed due to SMM

CLUB GENERAL DIRECTORY & ASSISTANCE

General Enquiries	6584 6811 (Main Line)
General Fax	6584 1036
General E-mail	feedback@arandaclub.org.sg
Club Website	www.arandaclub.org.sg
General Manager	Mr. Kevin Chandra Ext. 27
Assistant Finance Manager	Ms. Sheila Yong 6384 9323
Finance & Admin	Ms. Janet Tay Ext. 18
Membership	Ms. Linda Brueschweiler Ext. 14
Social & Recreation	Ms. Linda Yeo Ext. 30
Excutive Suite	Ms. Amy Ong Ext. 10/20
Jackpot	Ext. 33
Duty Manager	9678 4453

FOR ENQUIRIES & BOOKINGS

Ten Dollar Club (Family KTV)	6582 0002 / 6582 4222
Ban Heng Seafood Paradise @ Aranda Catering & Reservation	6585 1770 / 6585 1093
Learning Jungle	6583 0882
Yvonne Swim School	8328 6865

RECIPROCAL CLUBS

Please obtain a Letter of Introduction prior to your visit and present it together with your Aranda Membership Card upon arrival.

SOCIAL CLUBS

• **AUSTRALIA**

Commercial Club (Albury), NSW
Tel: 61 2 6057 2000
www.commercialclubalbury.com.au

Mulgrave Country Club, Victoria
Tel: 61 3 9582 4600
www.mulgravecc.com.au

• **CANADA**

Hollyburn Country Club, Vancouver
Tel: 1 604 922 0161
www.hollyburn.org

Toronto Cricket Skating & Curling Club, Toronto
Tel: 1 416 487 4581
www.torontocricketclub.com

• **CHINA**

Ambassy Club Shanghai
Tel: 86 21 6437 9800
www.ambassyclub.com.cn

Old Chengdu Club, Chengdu
Tel: 86 28 8695 6688
www.oldchengduclub.com.cn

Shanghai Racquet Club & Apartment, Shanghai
Tel: 86 21 2201 0000 / 2201 0108
www.src.com.cn

Shanghai Town & Country Club, Shanghai
Tel: 86 21 8025 8666
www.ddi-tcc.com

• **HONG KONG**

Club Siena Discovery Bay
Tel: 852 2987 7382
www.dbrc.hk

Discovery Bay Recreation Club
Tel: 852 2987 7381
www.dbrc.hk

Kowloon Cricket Club
Tel: 852 3473 7000
www.kcc.org.hk

The Foreign Correspondents' Club
Tel: 852 2521 1511
www.fcchk.org

• **INDIA**

Deccan Gymkhana, Pune
Tel: 91 20256 75994
www.deccangymkhana.co.in

Jaisal Club, Rajasthan
Tel: 91 2992 255555 / 254999
www.jaisalclub.com

Piyush Palace Club, Gujarat
Tel: 91 97277 22082
www.piyushpalace.com

The Stellar Gymkhana, Uttar Pradesh
Tel: 91 120 4647500
www.stellargym.co.in

• **INDONESIA**

Mercantile Athletic Club, Jakarta
Tel: 62 21 5211320
www.macjakarta.com

• **MALAYSIA**

Royal Ipoh Club, Ipoh
Tel: 605 254 2212
www.royalipohclub.org.my

Royal Port Dickson Yacht Club
Tel: 606 647 1635 , 606 647 3505
www.rpdyc.com.my

Sunway Lagoon Club, Selangor
Tel: 603 5639 8600
www.sunway.com.my

The Raintree Club, Kuala Lumpur
Tel: 603 4257 9066
www.raintree.com.my

• **NORWAY**

Shippingklubben, Oslo
Tel: 47 23 23 98 00

• **PHILIPPINES**

Celebrity Sports Club, Metro Manila
Tel: 931 2920
www.celebritysportsplaza.com

• **USA**

The Georgian Club, Atlanta
Tel: 1 770 952 6000
www.georgianclub.com

ACCESS CLUBS / GOLF CLUBS

• **AUSTRALIA**

Peregian Springs Golf Club, Queensland
Tel: 61 7 5471 5471
www.peregianspringsgolfclub.com.au

• **CAMBODIA**

Angkor Golf Resort, Siem Reap
Tel: 855 63 767 688 / 689
www.angkor-golf.com

• **INDONESIA**

Indah Puri Golf Resort, Batam
Tel: 62 77 8323 702/3, 62 77 832 3720
www.indahpuri.com

SouthLinks Country Club, Batam
Tel: 62 778 324 128/ 168
www.southlinksgolf.com

• **MALAYSIA**

Tanjong Puteri Golf Resort, Johor
Tel: 607 271 1888
www.tpgr.com

• **SINGAPORE**

Orchid Country Club
Tel: 6755 9811
www.orchidclub.com

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WWPM refers to Wet & Wet Premium Membership

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