



#### GENERAL INFORMATION

**General Committee** 

**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

# CONTENTS AUGUST TO SEPTEMBER 2021

**GP Riders** 

Trek De Bukit Brown

**OUR FAMILY** 

President's Message

**CLUB NEWS** 

Keeping the Club a Clean & Safe Environment!

Opening of 13 INCH @Aranda Country Club

Club Promotion

S&R ACTIVITIES

06

Peranakan Cultural Tour



Trek De Chestnut



08

Building a Terrarium



ACC-OCC Connection

Colon Health Workshop

CALENDAR OF EVENTS

August - September

ONGOING S&R



**USports** 



Club Facilities & Contact Info



# PRESIDENT'S MESSAGE

#### Dear Members and Friends,

Warmest Greetings from Aranda Country Club! I trust that you have been staying healthy and most importantly, keeping safe.

Since my last message, it is unfortunate that we have had to go through two blocks of Phase 2 (Heightened Alert) measures. This had resulted in the closure of some facilities that could increase exposure risks whilst operational facilities had limited capacities imposed. It is not ideal but I am certain that members will agree that these inconveniences are necessary to ensure we all stay safe and adhere strictly to guidelines mandated by authorities.

We have increased disinfecting and sanitizing of common areas, as well as stepped up regular checks on safe management measures. Our staff has also taken the responsibility to get vaccinated and I am proud to share that all have been fully vaccinated.

To keep our offerings to members fresh and relevant, we launched a special promotion on our Executive Suites from June, where members can enjoy up to 30% off regular rates. Our suites have remained open since September last year and the Club continues to curate promotions to offer members an experiential staycation at an exceptional value. Members looking for long-stay options can book a comfortable apartment-size suite with two bedrooms for the whole family as a home-awayfrom-home. The Club has not forgotten its promise to upgrade the Executive Suites. Delayed in part due to stricter measures in place, we seek to complete the upgrading works in the next three months.

Our new tenant, 13 INCH, opened its doors in May this year offering a menu with a twist. With 150 dishes inspired by cuisines of four countries, the fusionbased options also boast skewered delicacies that are accompanied with 13 different honey dips and honeyinfused beverages. Members enjoy a 10% discount on menu items. Over the next month, members will see more changes as open-air dining areas and private function areas are revealed, which will add to the exciting amenities available at the Club.

There has been a gradual rejuvenation of our social and recreational activities as we observe safe management measures and continue our collaboration with Orchid Country Club and NTUC Club Communities. We have successfully introduced programmes such as Knowing Our Singapore, Discovering Our Neighbourhood, Parents and Kids and now Mind Your Body Series. Each of these series is centred on relevant interest-driven activities that appeal to members of all ages. Our cycling, running, yoga and table tennis group activities are beginning to pick up again, whilst adhering to social distancing and safety guidelines. More interest-driven groups are in the works, from baking to eco-based gardening to pet appreciation. The Club certainly looks forward to having more members return to use the facilities and participate in the programmes, with the assurance that safe management measures have been prioritised and implemented.

As you are aware, this marks the first electronic issue of the Club's newsletter and it will continue to serve as a platform where we share news from the Club, collaborations with partners, offerings, promotions and activities organised for you. I would like to encourage you to stay in touch with us through our various platforms such as our Facebook, website and weekly electronic mailers, as more planned changes will be announced in the coming months.

On behalf of the staff, I would like to wish all members a Happy National Day. We appreciate your loyalty through this difficult period. Just a teaser to inform you that our Membership Department will launch a promotion as a give-back within the month of August. Do look out for this in your mail!

I trust that we will all continue to do our part to keep ourselves and those around us safe and healthy. I wish you the very best and look forward to seeing you and your family at the Club!

Warmest regards,

Chong Kee Hiong

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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# KEEPING THE CLUB A CLEAN & SAFE ENVIRONMENT!





We are SG Clean certified and we have increased the frequency of cleaning and disinfecting of our Executive Suites, common areas and facilities to give you a peace of mind when you pop over to our Club or when you stay with us at our E-Suites.

We would also like to remind Members to adhere to the latest Heightened Alert Safe Management Measures strictly when you visit the Club.

Stay Healthy & Safe!







# CONTRIBUTION FROM OUR MEMBER!

#### A VIRTUAL RACE FOR LIGHT!

Aranda Country Club decided to send two teams to compete in the Run For Light 2021 virtual race which was scheduled on 20 March, Saturday. Each team will have five runners from the club's running interest group. Team Forrest Gump 1 will compete in 5KM and Team Forrest Gump 2 in 10KM. In all, there were 16 teams in the 5KM category and 13 teams in the 10KM category.

Led by the two team captains, Tomas Tay and Peter Yeo, they had their weekly training at Pasir Ris Park to prepare for the run. The youngest runner in the team is 42 and the oldest, 72 but age aside, their energy levels are nothing but phenomenal.

While mounting a podium finish was the furthest thing in their minds, forging camaraderie is. They agreed to run the virtual race together on 20 March, Saturday and after that, adjoined for a celebratory dinner.

Each runner was assigned a profile to the GPS tracker app which will be activated once he or she started running. All five runners in the team must complete the run and the combined timings shall determine the overall position in the team challenge category. Lo and behold, when the results were revealed, Team Forrest Gump 1 put up a high-octane performance to finish in the second position in the 5KM team challenge category while Team Forrest Gump 2 garnered a creditable fifth position in the more competitive 10KM run. For the record, the mean age for the 5KM team is 63.6 and the 10KM team is 57.2.

These senior runners from Aranda Country Club are certainly setting good examples for living healthily and breaking boundaries. Keep it up!

## THINKING OF YOU

# WE ARE COMMITTED TO YOUR HEALTH & SAFETY

Our Club has put the following measures into effect to protect the well-being of all our members, guests and staff. Please adhere to the following:

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





2

Proceed to the Front Office to:
Scan QR code or show your NRIC for TraceTogether Contact Tracing
Screen your temperature

DO NOT Intermingle among groups.

3

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





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

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

Regulations are correct at the time of publishing. Please check with the Front Office for any changes.

04 CLUB NEWS CLUB PROMOTIONS 05



# OPENING OF 13 INCH @ARANDA COUNTRY CLUB

We are excited to announce the opening of 13 INCH at Aranda Country Club! Offering all day bistro dining with a wide variety of special honeyinfused dishes, 13 INCH serves 13 different honey dips on 13-inch long skewers as an attraction for food enthusiasts! You may choose to have an all day breakfast at our coffee corner or a beer with skewers in the open air area facing Begonia carpark!

More happenings are also upcoming with the opening up of their event spaces and outdoor dining areas in the next month! There will be mini event areas for dining and small gatherings with specially created dishes to make your dining experience unique and memorable!









# FACES OF ARANDA

Let's meet our friendly handymen of the Club, Rashid and Tay! They handle the property maintenance and the various repairs at the Clubhouse and E-Suites. Please say hi to them if you meet them at the Club!



**TAY KIM LIAN** 



**RASHID OMAR** 

# Reserve and Stay From NOW to 30 September to enjoy

FABULOUS SAVINGS & Off weekdays & weekends bookings!

PLUS receive a Downtown East voucher when you book for 3D2N!



DON'T LOSE OUT!

# Home Renovation Staycation Package



Stay at our 2 Bedrooms E-Suite without bursting your budget while refurbishing your home!

Attractive Rates! 7D6N - \$1,000+ Monthly - \$4,500+

Book now and get Downtown East Vouchers with your stay today!



#### PACKAGE INCLUDES:

- 4 x Club Facilities Passes
- Complimentary Parking
- 10% discount at 13 INCH

- Complimentary WIFI

 Complimentary Shuttle Bus Service to Pasir Ris MRT



Call us TODAY!
6584 6811
email: reservation@arandaclub.org.sg
Promotion Terms and Conditions apply.





#### PFRANAKAN **CULTURAL TOUR**

Don't miss this walk around Katong and Joo Chiat area which showcases our multi-cultural heritage from preserved shophouses with peranakan accents to food which made this area one of the best food haunts in Singapore!

Date : 7 August 2021 (Saturday)

Time : 9am to 1pm

Fee

: ACC/OCC Member \$12 **Union Member \$14** 

Guest \$17

**Max Pax** : 20 persons

Closing Date : 6 August 2021 (Friday)



#### FACADES OF CHINATOWN WALKING TOUR

Have a stroll with us around Chinatown area on a Saturday afternoon and discover where the coolies gather and the stories behind the famous 'Street of the Dead'! Get a glimpse of our multicultural heritage with a visit to the Sri Mariamam Temple, the Buddha Tooth Relic Temple and end your visit with a dim sum feast at Chinatown Street Market! Join us for an unforgettable trip where we journey through the past!

: 11 September 2021 (Saturday) **Date** 

: 3pm to 6pm Time

Venue :TBA

: ACC/OCC Member \$12 Fee

Union Member \$14

**Guest** \$17

: 20 persons Max Pax

Closing Date: 04 September 2021 (Saturday)

Participants must be adventurous and should be prepared to (possibly) get "lost" during these walks. For enquiries and reservations, please email linda.yeo@arandaclub.org.sg.

# KNOWING OUR SINGAPORE SERIES



The Sungei Buloh Wetland Reserve was first discovered in 1986 by a group of birdwatchers from the Malayan Nature Society. Catch migratory birds escaping the cold on their way to the warmer climates of Australia, with some having come as far away as Siberia. Don't miss this opportunity to see the beauty of Singapore's nature!

: 28 August 2021 Date

Time

(Saturday) : 3pm to 6 pm

: ACC/OCC Member \$12 Fee

Union Member \$14

Guest \$17

Max Pax : 20 persons Closing Date : 21 August 2021

(Saturday)



Located on the eastern end of Chestnut Avenue, the nature park serves as a green buffer for the Central Catchment Nature Reserve. This trek will enable you to view rare tree species and flora as we trek along this green stretch. Enjoy fresh air and stay healthy!

**Date** : 25 September 2021

(Saturday)

Time : 3pm to 6 pm Fee : ACC/OCC Member \$12

**Union Member \$14** 

Guest \$17

**Max Pax** : 20 persons

**Closing Date** : 18 September 2021

(Saturday)

Participants must be adventurous and should be prepared to (possibly) get "lost" during these walks. For enquiries and reservations, please email linda.yeo@arandaclub.org.sg.

08 S&R ACTIVITIES S&R ACTIVITIES 09

# PARENTS AND KIDS SERIES



## **BUILDING A TERRARIUM**

Terrariums are tiny self-sustaining gardens encased in transparent glass jars which won't require much care apart from a little sunlight and watering. Spend some time with your child to spruce up your home with hand-made greenery masterpieces both of you can be proud of!

: 4 September 2021 Date

(Saturday)

Time : 3pm to 6pm : Children's Playroom Venue

> : ACC/OCC Member 12 **Union Member** \$14

**Guest** \$17

**Max Pax** : 20 persons Closing Date : 28 August 2021

(Saturday)



# MIND YOUR BODY SERIES

## PUTTING ON A SMUDGED-FREE MAKEUP!

Look radiant and natural with tips from the Mary Kay experts on how to do up a smudged-free makeup that can last the whole day! Join us in this zoom session to discover more!

: 21 August 2021 **Date** 

(Saturday)

Time : 11am to 12.30pm

ACC/OCC Member free

**Union Member \$2** 

Guest \$4

Max Pax : 20 persons

Closing Date: 14 August 2021 (Saturday)

(Zoom id and password will be given upon event



## **BAKING IS FUN!**

Join us in this interactive online workshop to bake some delicious and scrumptious chocolate cookies that your whole family can enjoy!

: 18 September 2021 **Date** 

(Saturday)

Time

Fee

: 3pm to 6pm

: ACC/OCC Member free Fee

**Union Member \$2** 

Guest \$4

Closing Date: 11 September 2021

(Saturday)

(Zoom id and password will be given upon event

confirmation)



### COLON HEALTH WORKSHOP

A healthy colon helps keep colorectal cancer at bay! Discover how to keep your colon healthy with fresh fruits, vegetables and whole grains coupled with health tips from a nutritionist from LiCo Wellness.

Date : 11 September 2021

(Saturday)

Time : 3pm to 6pm

: ACC/OCC Member free

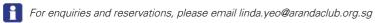
**Union Member \$2** 

Guest \$4

Closing Date : 4 September 2021

(Saturday)

(Zoom id and password will be given upon event confirmation)



10 CALENDAR OF EVENTS CALENDAR OF EVENTS 11

AUG	JST	16 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	
01 SUN	Gardening	17 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	
02 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening Natural Food Detox	18 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	
03 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	19 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	
04 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	20 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	
05 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	21 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba	
06 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	22 SUN	Gardening	
07 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Peranakan Cultural Tour	23 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	
08 SUN	Gardening	24 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	
9 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	25 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	
10 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	26 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	
11 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	27 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	
12 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	28 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Trek De Bamboo River SG Buld	oh
13 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening	29 SUN	Gardening	
14 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba	30 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening	
15 SUN	Gardening	31 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening	

# SEPTEMBER

01 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening		16 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
02 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening		17 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
03 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening		18 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Baking Is Fun!
04 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Building a Terrarium		19 SUN	Gardening
05 SUN	Gardening		20 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
06 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening		21 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
07 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening		22 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
08 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening		23 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
09 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening		24 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening
10 FRI	Cycling (Tour De Marina Barrage, 45km) Gardening		25 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Trek De Chestnut
11 SAT	Cycling (Tour De Singapore, 65km-100km) Gardening Hatha Yoga Zumba Colon Health Workshop Walking Tour		26 SUN	Gardening
12 SUN	Gardening		27 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening
13 MON	Running (Pasir Ris Park/ Beach, 5km) Gardening		28 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening
14 TUE	Cycling (Tour De Marina Barrage, 60km) Table Tennis Gardening		29 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening
15 WED	Running (Pasir Ris Park/ Beach, 5km) Gardening	$\times$	30 THU	Cycling (Tour De Marina Barrage, 60km) Table Tennis

12 ONGOING S&R ACTIVITIES SPORTS FEATURE 13



#### **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, full body workout. Join us now!

ACC/OCC Member \$120 **Union Member** \$125

Min Pax: 10 persons Fee guoted is for 10 sessions

#### HATHA YOGA

A gentle introduction to the most basic poses—work up sweat and leave the 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!

: Every Saturday : 8.30am -10am Date Time Venue

**ACC/OCC Member \$90** 

**Union Member \$95** 

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!

: Every Tuesday & Thursday : 8.30am - 10.30am Date Time Venue

: Pool Pavilion : \$1/hour

## **GARDENING**

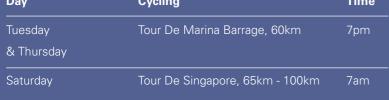
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Venue & Date : Executive Suite (Daily)
Time : 10am to 12pm

## Fee

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

# CYCLING CALENDAR Day



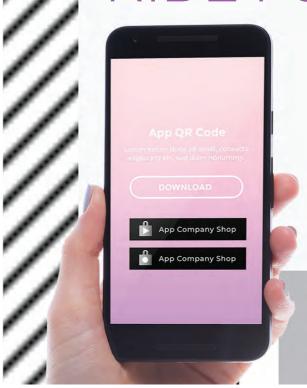
# RUNNING CALENDAR

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



# **GP RIDERS**

# RIDE FOR RATIONS





Our GP riders are doing their part for the annual charity. This year, it's a hybrid way of riding for Ride For Rations 2021.

Find out more by scanning the qr code!

# FG RUNNERS

Our heartiest congratulations to our runners who have done us proud by coming in 2nd for 5km and 5th for 10km in the Run for Light 2021! Well done, everyone!







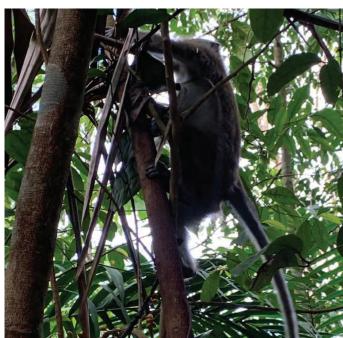
14 FUN @ PAST ACTIVITIES FUN @ PAST ACTIVITIES 15

## KNOWING OUR SINGAPORE SERIES

# TREK DE WINDSOR

27 March 21, Saturday

It was a long trek to Windsor Park on a Saturday where everyone sweated it out and enjoyed an impromptu picnic along with the sights of the wildlife and the plants that dotted the park.





Refreshing walk with the interesting plants! Didn't know Singapore still has such places existing.

Mr. Tan, 53









# KNOWING OUR SINGAPORE SERIES

# TREK DE BUKIT BROWN

24 April 2021, Saturday

Everyone had a fun time in this wild trek in Bukit Brown cemetery, where there are loads of fresh air with flora and where tales of the olden day pioneers are regaled!



Enjoy the Trek, with the stories and the fresh air! Mr. Lim, 57



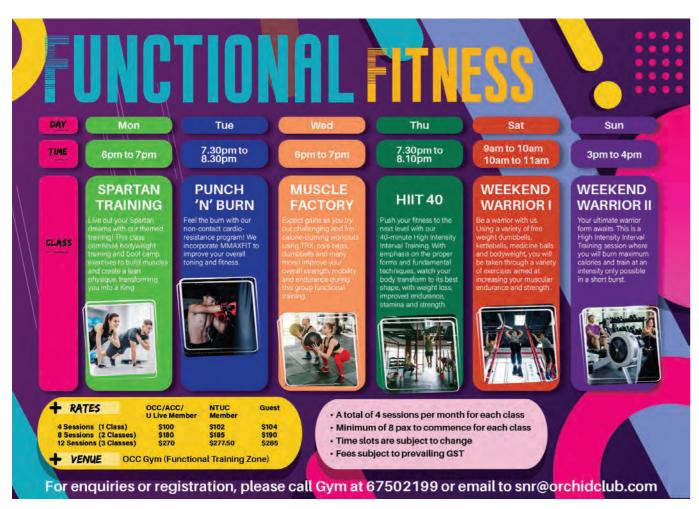








16 OUR FAMILY @OCC OUR FAMILY @WWW 17







18 OUR FAMILY QU SPORTS OUR FAMILY QU CLUB 19



# GET FITAND HEALTHY WITH USPORTS

U Sports offer a series of fun fitness programmes and promotions fit for sports and health enthusiasts.

Be sure to stay in touch for updates on exclusive and engaging events, workouts, webinars and more!



Email us at info@uports.com.sg to subscribe to a monthly e-newsletter.











# Join Our New Baking Community

ARE YOU INTO BAKING? WE
WOULD LOVE TO HEAR FROM
YOU! ANSWER SOME SIMPLE
QUESTIONS TO BE PART OF OUR
BRAND-NEW BAKING
COMMUNITY!







20 OUR TENANTS OUR TENANTS 21







22 CLUB FACILITIES & CONTACT INFO PROMOTIONS 23



#### **OPERATION HOURS & CHARGES**

• Member Services Counter

#### Weight Room

- Table Tennis
- Swimming Pool

#### Room

 Leisure Room School

- Executive Suites Poolside Fitness &
- **Reading Room**
- Kids' Room
- Sauna / Steam
- **Games Room**
- **Yvonne Swim**

#### **CLUB GENERAL DIRECTORY & ASSISTANCE**

6584 6811 (Main Line)

General Enquiries

Goriorai Eriquirios	0001 0011 (1710111 211	10)	
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	

#### **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**

- 13 INCH@ Aranda Country Club 11am to 3am daily
- Ban Heng Seafood Paradise @ Aranda Closed
- Ten Dollar Club (Family KTV) Closed due to SMM

#### 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

# TERM MEMBERSHIP

A TOTAL EXPERIENCE TO ENJOY NATURE, FUN & EXCITEMENT AMIDST A COUNTRY CLUB SETTING!



Welcome Pack worth \$1000!

- Staycation Experience at E-Suites (2 bedrooms)
- Lifestyle Vouchers
- Learn to Play Golf Vouchers

- Hi Roller and other activity vouchers

NTUC MEMBER - \$650+ **PUBLIC - \$750+** (For 1 year Membership)



**CONTACT US** TODAY!

6584 6811



# STEP INTO THE WORLD



Enjoy 1-year COMPLIMENTARY entry to Wild Wild Wet\* when you sign up for nEbO Max Membership today at



#### **Scan Here for More Information**

Join the nEbO community and enjoy exclusive offers up to 25% discount



Promo Code: ACCxnEbO
Valid till 31st Dec 2021





