

Orchid

COUNTRY CLUB



MARCH - APRIL 2020
MCI (P) 089/11/2019



A Labour Movement Destination
by NTUC Club

OCC CAPTAIN & LADY CAPTAIN'S CUP

29 MAR 2020 (SUN)

Tee-off
1.30pm (Shotgun start)

Format of Play
Strokeplay

Divisions
Men's Division (HI 24.9 & Below)
Ladies' Division (HI 36.9 & Below)

Category & Price*

\$58.85 (Gold)
\$133.75 (Silver)
\$144.45 (Affiliate)
\$155.15 (WTGM)



Registration starts
28 Feb 2020 (Fri)
From 9am onwards

Closing date
19 Mar 2020 (Thu)

*All prices include green, buggy and entry fees, and are inclusive of prevailing GST. Lunch and dinner (free flow of beer during dinner) are included. Terms & conditions apply.

Entry forms will be available at Golf Reception and registration is on a first come first served basis. One member is only allowed to book one flight. The Club reserves the right to reject any entries without giving any reasons thereof and pairing is at the discretion of the Club. Full participation fee applies for cancellation received after the closing date of 19 March 2020 (Thursday).

For enquiries and registration, please call **Golf Department** at **6750 2102/111** or email **golfregistration@orchidclub.com**

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Club General Committee

President
Mr. Chong Kee Hiong
Vice President
Mr. Lim Eng Lee
Captain
Mr. Yeo Khee Leng
Treasurer
Ms. Ho Poh Ching
Lady Captain
Mrs. Maureen Goh
Members
Mr. Chng Chee Beow
Mr. Chua Bor Jern
Mr. Sazali Bin Zainal
Mr. Jeffrey Chua
Secretary
Mr. Emmanuel Lem

Club Management

General Manager
Mr. Emmanuel Lem
Head of Finance
Ms. Ng Siew Cheng
Head of Golf
Ms. Ong Pway Kheng
Head of Hotel
Mr. Gopal Thangavelu
Head of Housekeeping
Ms. Margaret See
Head of Human Resource
Mr. Charlie Goh
Head of IT
Mr. Foo Teck Xian
Head of Marcom & Membership
Ms. Joanne Ng
Head of Property & Maintenance
Mr. Alan Chua
Head of Sales & Marketing
Mr. Thomas Ng
Head of Social & Recreation
Ms. Toh Poh Kuan
Jackpot Manager
Mr. Jasper Woo

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PLEASE EMAIL MARCOM DEPARTMENT AT
MARCOM@ORCHIDCLUB.COM
OR CALL 6750 2160.**



Scan this QR code for event photos!



FROM THE GENERAL MANAGER

Dear Members and Friends,

It is my pleasure and privilege to join the Orchid Family on 1 February 2020 and to pen my first message as the General Manager of Orchid Country Club (OCC). I am not new to OCC. I have been an active member since 2013 and last served as the Chairman of Handicap Committee and member of the Greens Committee from 2017 to 2019. It is no coincidence that many familiar faces have come up to me to give their valuable feedback and suggestions. I am excited and immensely grateful for this opportunity to further contribute and work alongside a committed team to serve all of you, members of OCC and the Labour Movement family!

Starting off a new phase of our OCC journey was the annual Lion Dance performance, Hong Bao Golf Special, Bowl and Dinner on 2 February 2020 (Sunday) to usher in good health and prosperity for the year of the Rat. It was indeed heart-warming to see close to 200 golfers, 50 bowlers and over 400 diners from OCC, Aranda Country Club, *my golf kaki* and friends enjoying themselves, with so many happy faces and lucky draw winners. A big thank you to all OCC members and guests. Without your overwhelming support and participation, this annual festive celebration would not have been possible. Let us continue to work together to **raise the overall vibrancy, patronage and utilisation of the Club facilities and services.**

As part of the **Club's upgrading and enhancement of facilities**, I am delighted to share with you that we had finally completed the refurbishment of all OCC restrooms, as well as the Olympic and Fun pool changing rooms. Our car park, common corridor and walkway street lightings had also been replaced with LED lights for energy efficiency, improved safety, and a brighter and more secure environment. We have also changed all the carpets and bed mattresses in the hotel rooms, to provide a more conducive, comfortable stay for our members and hotel guests. Re-painting of the Club's main building facade, interior furnishing and other improvement works are also in progress. We had earlier shared with you on our golf course upgrading work and schedule in previous issues of *Orchid Ripples*. Besides improving irrigation system reliability, course maintainability and turf quality, the golf course upgrading will incorporate new design and contour of the greens to infuse challenges and bring the golfing experience at OCC to the next level. We are certainly looking forward to see a revamped OCC hardware.

Beyond the hardware, we are also rejuvenating our 'heartware'. Since coming under the ownership of NTUC Club, we now have access to an extensive pool of resources and network with greater synergies. We have been working closely with NTUC Club to develop new initiatives and

better privileges for you. For a start, this includes a one-time complimentary nEbO membership, 'U Run Get Fit Pass' that is offered to members at an exclusive price, and complimentary use of practice green, putting course and range system at MBGC for our golfing members. You can refer to our brand-new section called, 'Our Family', on pages 4 to 7 for more details of these privileges. Moving forward, we are excited to be presenting to you more benefits and better access to NTUC Club-wide facilities, social and recreational activities such as Wild Wild Wet, eXplorekid, Scarlet City and many more.

With the **Coronavirus Disease 2019 (COVID-19) outbreak**, I would also like to keep you updated on the current situation at OCC. We are adhering to the advisories issued by the Ministry of Health. **Mandatory temperature taking and health/travel declarations** have been implemented, along with various precautionary measures such as **intensified cleaning and disinfecting high-traffic areas** among other protocols to ensure the safety of our members, guests and staff during this period. Please be reminded to stay at home if you are unwell with fever or respiratory symptoms such as cough or shortness of breath, had recent travel history to mainland China, South Korea, Iran or northern Italy, or have been placed on Stay-Home Notice (SHN) for the full 14 days. Should you feel unwell while at OCC, please approach our staff immediately for assistance. We are constantly monitoring the situation and at the time of writing, the annual **OCC Captain & Lady Captain's Cup** is still happening on 29 March 2020.

I would like to seek members' kind understanding, patience and cooperation as we execute these measures. On our part, we have also implemented quicker and more efficient method such as QR-code/online health declaration to streamline the process for faster registration. **We are all in it together** as viruses know no borders, boundaries nor nationalities and these measures will only be effective if **everyone plays his/her part, and exercises social responsibility.**

With the recent spate of dangerous play incidents on the golf course, I would like to urge golfers to exercise more patience towards fellow golfers. **Patience is the key to playing great golf.** Let's start with **M.S.A tips (page 20) on the golf course** and once you learn to become more patient, then you will not only start to see better scores but also find more enjoyment in your game. Some quick tips on speeding up play have also been included on page 20. I would also like to take this opportunity to remind golfers of the **Handicap Index (HI) restrictions on weekends and public holidays.** Only male golfers with a HI of 18.0 and below are allowed to tee off from the blue tee while ladies with a HI of 12.0 and below are allowed to play off from the white tee. In the event that anyone in a flight with all male golfers has a HI above 18.0, the whole flight must tee off from the white tee; if anyone in a flight with all female golfers has a HI above 12.0, the whole flight must tee off from the red tee.

In closing, I would like to extend **my sincere appreciation to all of you for the support** you have given us over these years. My job as the GM is to bring OCC to greater heights. I will work hard with my team to constantly improve our services and quality standards to **provide the best experience for all members of OCC and the Labour Movement family.**

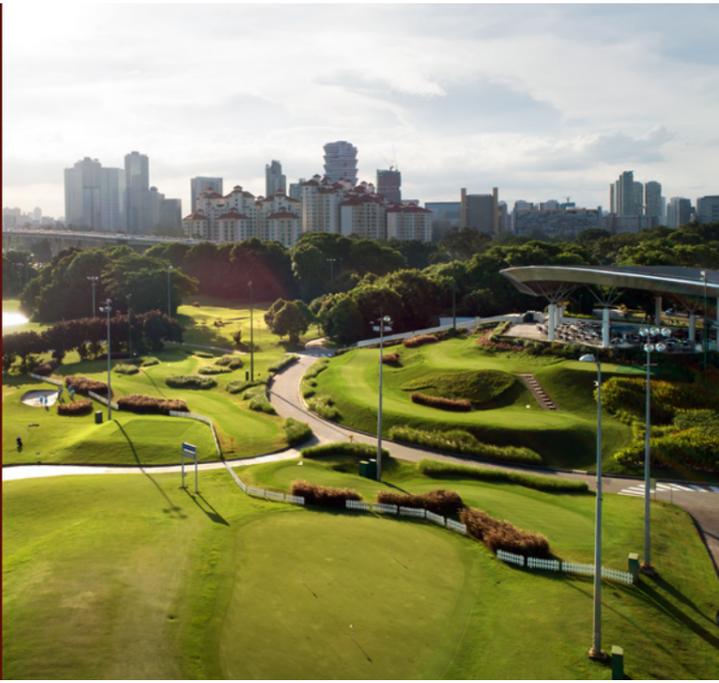
Here's wishing you a Happy Easter filled with love and happiness. Stay vigilant, active and healthy, and see you at the Club soon!

Warmest regards,

Emmanuel Lem
General Manager

OCC GOLF MEMBER PRIVILEGES at MBGC

1 FEB - 30 APR 2020



FLASH YOUR OCC GOLF MEMBERSHIP CARD to enjoy

FREE ONE-hour use of PRACTICE GREEN (only weekdays)

- Present OCC golf membership card to the Golf Reception to use the facilities.
- Junior members below 12 years old must be accompanied by an authorised guardian/adult who is an OCC golf member or a full-paying adult golfer.
- Limited to one redemption per member within a day and subject to the availability of the practice greens at MBGC.

FREE USE of PUTTING COURSE (all days)

- Present OCC golf membership card to the Golf Reception to use a round of 6 holes at the Marina Bay Putting Course.
- Junior members below 12 years old must be accompanied by an authorised guardian/adult who is an OCC golf member or a full-paying adult golfer.
- Limited to 20 redemptions each day (one redemption per member within a day) and subject to the availability of the putting course at MBGC.

FREE 30-MINUTE USE OF Total Range™ System (all days)

- Present OCC golf membership card to the Golf Reception to get a complimentary pin to access the range system.
- Limited to 40 redemptions per month (one redemption per member within a day) and subject to availability of the range bays.
- Range balls are not included.

* All rules and regulations of Marina Bay Golf Course apply. Marina Bay Golf Course reserves the right to amend the terms and conditions of the above promotions as it deems fit.



For more information, call MBGC at **6345 7788** or write to: enquiry@mbgc.com.sg
Marina Bay Golf Course | 80 Rhu Cross, Singapore 437437 | www.mbgc.com.sg

URUN GET FIT PASS

The ultimate multi-fitness package which combines run races and gym classes specially formulated for sporty individuals looking for wider fitness choices at one affordable price.

- **Single Pass**
- **Lowered Price**
- **Multi-Fitness Journey**
- **More Than 10 Runs and Gym Classes to choose from**

\$168 for OCC/ACC/NTUC Member* **\$198 for Public**

RUNS IN 2020

GYM CLASSES*

SAFARI ZOO RUN

29 MAR

2XU COMPRESSION RUN

5 APR

INCOME ECO RUN

26 APR

OSIM SUNDOWN MARATHON

23 MAY

FUNCTIONAL TRAINING

KICKBOXING

HATHA YOGA

...and many more!

Pass holders are guaranteed race slots in our list of popular local 2020 races.
Gym classes are held at Orchid Country Club. Pass holders will receive priority placement in our 2020 gym classes.
*Visit registration portal for exact dates of classes.

HOW IT WORKS

Choose from one of the combo packages:

COMBO 1

3 RUNS

COMBO 2

2 RUNS
1 GYM PASS

COMBO 3

1 RUN
2 GYM PASSES

ADD ON \$50 1 Additional Run OR 1 Gym Pass (1 Type = 4 Classes)

Find out more at www.bit.ly/urungefit



FREE

nEbO Max membership for OCC members' child/grandchild*

*Limited to 1 child/grandchild per member.

With the **exclusive nEbO Max membership**, youth enjoy a host of lifestyle and entertainment privileges until the **age of 25**. Live life to the Max with nEbO today!



nEbO MAX MEMBER
Stay a member until age 25



40% OFF D'RESORT STAY
Chillax at D'Resort



WELCOME PACK
Unravel a world of discounts at your favourite merchants



U BOWLING MEMBERSHIP
Enjoy exclusive rates when you bowl



MEMBERSHIP PRIVILEGES
Enjoy benefits & privileges for members only

LinkPoints

LINKPOINTS
Earn LinkPoints & Redeem Rewards



EVENTS & WORK-ATTACHMENT OPPORTUNITIES
Learn new skills and develop your potential through various initiatives

FIND OUT MORE ABOUT NEBO

www.nEbO.sg/nebo-card



Terms and conditions apply. nEbO membership is applicable to those aged 12-25. nEbO membership will expire when member turns 25 years old.

**WORK • WORLD • LIFE
READY**



UPCOMING ACC EVENTS

MARCH

Pyssla Beads Class for Kids

21 Mar 2020 (Sat) 2pm - 4pm Kids' Room



This fun class engages children through the use of pyssla beads and inculcates patience through play. Do not underestimate these tiny plastic beads as they can help young children to develop fine motor skills. The beads come in a wide array of colours that can be arranged in various shapes and characters with one's imagination. Register your child and develop their creativity!

Fee* : \$10 (OCC/ACC Member's Child)
\$15 (Union Member's Child)
\$25 (Guest's Child)
Min Pax : 10 persons
Closing Date : 14 Mar 2020 (Sat)

*Child is between 3 to 12 years old. Materials are included.

3D2N Genting & Bentong Tour

28 to 30 Mar 2020 5.45am sharp Assemble at ACC Lobby



Short getaways to Malaysia are an ideal option when it comes to a weekend where you may feel bored staying at home. For those who are game for a foodie trip, you can anticipate a trip packed with activities for you to explore Genting and Bentong at a relaxing pace. Visit peanut and beancurd factories, and eat like a local as we bring you to discover the finest dishes Genting and Bentong have to offer!

Fee : \$250 (OCC/ACC Member)
\$255 (Union Member)
\$265 (Guest)
Min Pax : 20 persons
Closing Date : 14 Mar 2020 (Sat)

APRIL

Easter Egg Colouring

12 Apr 2020 (Sun) 2pm to 6pm Kids' Room



Let your kids spend an artistic Sunday afternoon at our Easter Egg colouring session. They will get to display their creativity as they decorate their own Easter eggs and meet new friends. Celebrate Easter Day by enrolling your child in this enjoyable class!

Fee* : \$10 (OCC/ACC Member's Child)
\$12 (Union Member's Child)
\$16 (Guest's Child)
Min Pax : 10 persons
Closing Date : 5 Apr 2020 (Sun)

*Materials are included.

3D2N Keptri Island

18 to 20 Apr 2020 7.15am Assemble at Harbourfront Level 2



This newest private island located at the most southern side of main Batam Island will give you all the thrills and a magnificent view. Get your fill of fun in the sun and check out their IG-worthy dome room and shark feeding activities. The best part is, you won't even need to travel far to experience these adventures as this sunny paradise is just a 45-minute ferry ride away from Batam ferry terminal!

Fee : \$335 (OCC/ACC Member),
\$340 (Union Member), \$350 (Guest)
(Child w Bed) \$320 (OCC/ACC Member's Child)
\$325 (Union Member's Child)
\$335 (Guest's Child)
(Child w/o Bed) \$230 (OCC/ACC Member's Child)
\$235 (Union Member's Child)
\$245 (Guest's Child)
Min Pax : 10 persons
Closing Date : 4 Apr 2020 (Sat)

For enquiries and reservations, please contact **Ms. Linda Yeo** at **6584 6811 ext. 30** or email **linda.yeo@arandaclub.org.sg**

STAFF YEAR-END PARTY

WEDNESDAY, 18 DECEMBER 2019

A mid-week treat was in store for OCC and ACC staff as everyone gathered at the Aranda Lounge for the Staff Year-End Party. The annual party endeavours to boost staff morale and engage staff to strengthen work relationships and team unity. Everyone was rewarded for a year of hard work with a scrumptious buffet spread and sweet treats like old-school ice-cream sandwiched between rainbow bread, door gifts and attractive lucky draw prizes. Catching up over good food and conversations, it was a heartwarming bonding session with one another!



STAFF CNY LO HEI

WEDNESDAY, 5 FEBRUARY 2020



Aranda Lounge was brimming with symbolic good luck as staff donned red and oriental outfits for the annual Chinese New Year reunion. Our new GM, Emmanuel Lem, joined us for his very first staff event, tossing Yu Sheng with everyone to a year of abundance and prosperity. Everyone enjoyed the festive buffet spread and lucky winners walked away with attractive prizes during the Lucky Draw. Gong Xi Fa Cai and may the year of the rat bring an abundance of blessings to all!



GM, Emmanuel Lem making a speech.



New STAFF LOUNGE & CAFETERIA

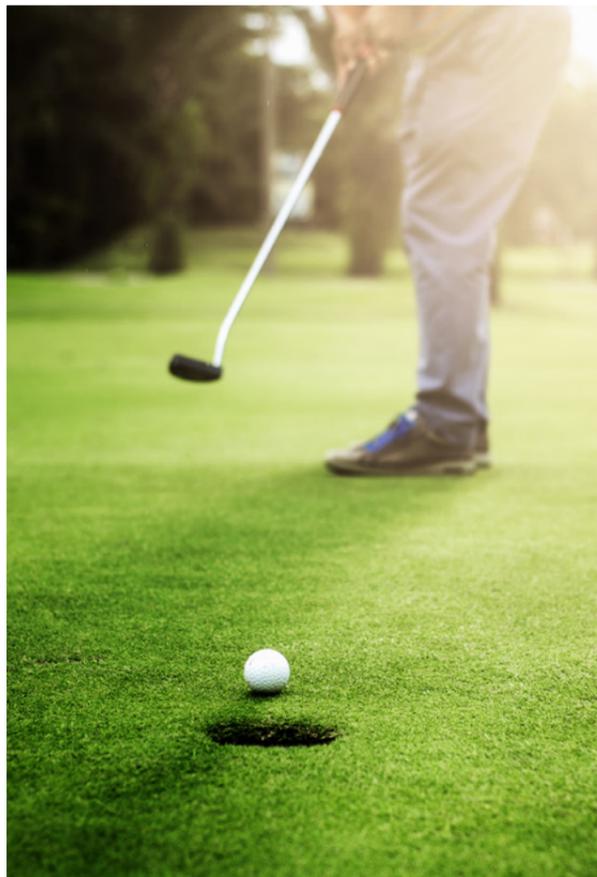
Renovation work started in November 2019 to create a new Staff Lounge and Cafeteria, and the project was brought to fruition in January 2020. With a common space for staff to rest and mingle during lunch and shift breaks, it is definitely a great morale booster!



Lounge



Cafeteria



HOLE-IN-ONE ACHIEVERS!

OCC MEMBERS

- Mr. Ong Beng Quee**
Aranda Hole 6
12 October 2019 (Saturday)
- Mr. Stewart Ang**
Dendro Hole 4
23 October 2019 (Wednesday)
- Mr. Ko Dae Hyun**
Aranda Hole 2
30 November 2019 (Saturday)
- Mr. Alex Khoo Siang Tee**
Dendro Hole 4
18 December 2019 (Wednesday)
- Mr. Chew Hai Chwee**
Vanda Hole 2
2 February 2020 (Sunday)
- Mdm. Ivy Ong Lee Choo**
Aranda Hole 6
22 February 2020 (Saturday)



golf

upcoming club competitions

MARCH 2020

MARCH MONTHLY MEDAL CUM QUALIFYING ROUND FOR ROLEX GOLF CHALLENGE 2020
14 Mar 2020 (Sat)

OCC CAPTAIN & LADY CAPTAIN'S CUP 2020
29 Mar 2020 (Sun)

APRIL 2020

APRIL MONTHLY MEDAL CUM QUALIFYING ROUND FOR CLUB HANDICAP MATCHPLAY CHAMPIONSHIP & MERCEDES TROPHY 2020
11 Apr 2020 (Sat)

1ST ROUND CLUB HANDICAP MATCHPLAY CHAMPIONSHIP
18 Apr 2020 (Sat)

2ND & FINAL ROUND CLUB HANDICAP MATCHPLAY CHAMPIONSHIP
19 Apr 2020 (Sun)

MAY 2020

MAY MONTHLY MEDAL
9 May 2020 (Sat)

OCC MAIFEST GOLF CHALLENGE
16 May 2020 (Sat)

All information is correct at the time of printing.

LION DANCE PERFORMANCE & HONG BAO GOLF SPECIAL

SUNDAY, 2 FEBRUARY 2020



Gracing the Club this Chinese New Year were some very special guests – playful lions, the Three Star Gods Fu Lu Shou and God of Fortune, who blessed the Club, tenants and members with good luck and fortune. The Lion troupe displayed a spectacular "Cai Qing" (plucking the green) performance with a refreshing high pole stunt, and red packets and mandarin oranges were given out to everyone who were present.



With the accompaniment of our very own God of Fortune, 196 participants teed off for the annual Hong Bao Golf Special after an energy-boosting lunch at Sapphire Suite. Golfers were all dressed in bright colours and buggies were decorated with Chinese New Year ornaments, heightening the festive spirit on the golf courses. To make things a tad more exciting, special novelty events such as 'Nearest to Cai Shen', 'Nearest to Fire Cracker', 'Nearest to 'Fortune Bag' and more were included in the game.





HONG BAO DINNER

SUNDAY, 2 FEBRUARY 2020

More than 400 members and guests joined in for the annual reunion dinner in the evening at the Grand Ballroom and were treated to a sumptuous eight-course meal. The arrival of the Lions kick-started the event with a traditional 'Cai Qing' performance, blessing everyone present with good health and fortune. With the appearance of God of Fortune right after, the mass Lo Hei session commenced and everyone tossed to a prosperous year ahead. Live music and stage games over great food and drinks definitely injected fun and memories to the heart-warming get-together that night!



OCC LADIES' GOLF GAMES

To cater to our lady golfers and bring them together, OCC launched a series of ladies' golf games for the first time in 2018. The very first OCC Ladies' Flag Game kicked off on 28 April 2018, with 28 participants. These friendly games are held quarterly to engage lady golfers on a regular basis, encouraging bonding and interaction so as to create a culture of strong teamwork among lady golfers. We hope that more lady golfers can join us for future ladies' golf events and have some fun together!

OCC Ladies' Flag Game (23 Feb 2019)



OCC Ladies' Bogey Game (18 May 2019)



OCC Ladies' Greensome Game (7 Dec 2019)



OCC Ladies' Rosebowl Game (28 Sep 2019)



WINNERS FOR 2019

OCC Ladies' Flag Game (23 Feb 2019)

Pearlyn Koh	35m to Green
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OCC Ladies' Bogey Game (18 May 2019)

Vanya Teh Shun Yuan	6(+)
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OCC Ladies' Rosebowl Game (28 Sep 2019)

Judy Quek	37 pts
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OCC Ladies' Greensome Game (7 Dec 2019)

Cheng Fong Kiew & Saw Poy Geok	66 Nett
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OCC GOLD MEDAL

SUNDAY, 19 JANUARY 2020



Lady Captain, Maureen Goh (right) with Champion for Men's Division, Lee Hin Hooi (left).



Champion for Ladies' Division, Stella Lim (left).

Twenty-nine winners of the OCC Monthly Medals 2019 convened for an opportunity to be crowned Overall Champion at the OCC Gold Medal event held annually. Battling it out in full force, Mr. Lee Hin Hooi and Ms. Stella Lim ultimately emerged victorious in the Men's and Ladies' Divisions respectively. Big congratulations to the champions!



Golf Challenge

16 MAY 2020 (SAT)

Format of Play
System 36

Tee-off
1:30pm (Shotgun Start)

Category & Price*

\$88 (Gold) \$158 (Silver)

\$178 (WTGM/ACC/Union[^]/NTUC[^] Member)

\$248 (Guest)

Registration opens
3 Apr 2020 (Fri)

Closing date
4 May 2020 (Mon)

*No Balloting required for this Event
*All prices include green, buggy and entry fees and are inclusive of prevailing GST. Lunch and \$40 worth of dinner coupons are included. Terms & conditions apply.

Registration opens on Friday, 3 April 2020 from 9am onwards. Entry forms will be available at Golf Reception and registration is on a first come, first served basis. One member is only allowed to book one flight. The Club reserves the right to reject any entries without giving any reasons thereof and pairings are at the discretion of the Club. Full participation fees apply for cancellations received after the closing date of Monday, 4 May 2020.

For enquiries and registration, please call Golf department at **6750 2102/111** or email golfregistration@orchidclub.com

IN CONJUNCTION WITH




JANUARY MONTHLY MEDAL RESULTS

STABLEFORD (11 JANUARY 2020)
VANDA / DENDRO

MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)				MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)			
Best Gross	Mr. Xue Sheng Nian	(6.9)	80 Gross	Best Gross	Mr. Lee Hin Hooi	(12.2)	83 Gross
Winner	Mr. Masilamany J	(10.3)	68 Nett	Winner	Mr. Colin Koh Juin Hao	(12.3)	70 Nett
Runner Up	Mr. Loh Hong Hoo	(11.4)	70 Nett	Runner Up	Mr. Chin Kwee Yuen	(15.8)	72 Nett OCB
Ballsweep (1st Nine)				Ballsweep (1st Nine)			
Winner	Mr. Masilamany J	(10.3)	32 Nett	Winner	Mr. Toh Chye Soon	(15.2)	31 Nett
Ballsweep (2nd Nine)				Ballsweep (2nd Nine)			
Joint Winners	Mr. Loh Hong Hoo	(11.4)	36 Nett	Winner	Mr. Chin Kwee Yuen	(15.8)	33 Nett
	Mr. Xue Sheng Nian	(6.9)	36 Nett				
	Mr. Masilamany J	(10.3)	36 Nett				
MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)				LADIES' DIVISION (H'CAP 36.9 & BELOW)			
Best Gross	Mr. Edward Raj	(17.4)	89 Gross	Best Gross	Ms. Jacqueline Lim	(14.1)	86 Gross
Winner	Mr. Patrick Yang	(20.2)	72 Nett	Winner	Ms. Oh Chew Khoon	(16.3)	74 Nett OCB
Runner Up	Mr. Ng Song Cheng	(19.1)	75 Nett	Runner Up	Ms. Cho Yong Kum Judy	(18.8)	74 Nett
Ballsweep (1st Nine)				Ballsweep (1st Nine)			
Joint Winners	Mr. Lim Boon Thye	(17.7)	35 Nett	Winner	Ms. Jacqueline Lim	(14.1)	34 Nett
	Mr. William Lau	(22.9)	35 Nett				
	Mr. Patrick Yang	(20.2)	35 Nett	Ballsweep (2nd Nine)			
Ballsweep (2nd Nine)				Winner	Ms. Jacqueline Lim	(14.1)	36 Nett
Winner	Mr. Edward Raj	(17.4)	35 Nett				

FEBRUARY MONTHLY MEDAL RESULTS

STABLEFORD (8 FEBRUARY 2020)
VANDA / ARANDA

MEN'S 'A' DIVISION (H'CAP 11.4 & BELOW)				MEN'S 'B' DIVISION (H'CAP 11.5 - 16.0)			
Winner	Mr. Liu Xiao Yuan	(9.4)	40 Pts OCB	Winner	Mr. Abdul Karim Razak	(14.6)	42 Pts
1st Runner Up	Mr. Xue Sheng Nian	(6.3)	40 Pts	1st Runner Up	Mr. Ng Soon Lee	(15.8)	38 Pts
2nd Runner Up	Mr. Soh Jian Wei Shmuwel	(2.6)	38 Pts	2nd Runner Up	Mr. Allan Tan Kee Sze	(15.1)	37 Pts OCB
Ballsweep (1st Nine)				Ballsweep (1st Nine)			
Winner	Mr. Xue Sheng Nian	(6.3)	22 Pts	Joint Winners	Mr. Colin Koh Juin Hao	(11.3)	21 Pts
Ballsweep (2nd Nine)					Mr. Ng Soon Lee	(15.8)	21 Pts
Joint Winners	Mr. Eio Hock Siang	(9.6)	18 Pts		Mr. Abdul Karim Razak	(14.6)	21 Pts
	Mr. Xue Sheng Nian	(6.3)	18 Pts	Ballsweep (2nd Nine)			
	Mr. Joseph Samy	(10.9)	18 Pts	Winner	Mr. Abdul Karim Razak	(14.6)	21 Pts
MEN'S 'C' DIVISION (H'CAP 16.1 - 24.9)				LADIES' DIVISION (H'CAP 36.9 & BELOW)			
Winner	Mr. Basanth Thulaseedharan	(17.9)	45 Pts	Winner	Mdm. Loh Ay Ling	(25.3)	42 Pts
1st Runner Up	Mr. Lim Boon Thye Clemence	(18.3)	40 Pts OCB	1st Runner Up	Mdm. Cheng Fong Kiew	(21.0)	40 Pts OCB
2nd Runner Up	Mr. Goh Swee Hee Lawrence	(19.9)	40 Pts	Ballsweep (1st Nine)			
Ballsweep (1st Nine)				Winner	Ms. Quek Lee Tiam Judy	(15.2)	21 Pts
Winner	Mr. Basanth Thulaseedharan	(17.9)	23 Pts	Ballsweep (2nd Nine)			
Ballsweep (2nd Nine)				Winner	Mdm. Loh Ay Ling	(25.3)	26 Pts
Joint Winners	Mr. Basanth Thulaseedharan	(17.9)	22 Pts				
	Mr. Lim Boon Thye Clemence	(18.3)	22 Pts				

OCC-U GOLF 9-HOLE NIGHT SERIES

18 JAN 2020 (SAT) | DENDRO (STABLEFORD)

RESULTS FOR MEN'S DIVISION			RESULTS FOR LADIES' DIVISION		
Winner	Mr. Christiaan	23 Points	Winner	Ms. Nina Koh	23 Points OCB
1st Runner Up	Mr. Shashank	21 Points	1st Runner Up	Ms. Passion Hsu	23 Points
2nd Runner Up	Mr. Jimmy Bong	19 Points OCB	2nd Runner Up	Ms. Wu Yuhong	20 Points

22 FEB 2020 (SAT) | VANDA (SYSTEM 36)

The OCC-U Golf 9-hole Night Series held in February was a special one with 6 junior golfers participating among a total of 48 golfers. Two of these junior golfers also won lucky draw prizes at the end of the event. It was heartening to see more of our junior golfers engaging in such friendly games to gain exposure in competitive golfing, learn about being part of a team and have fun along the way. We hope to encourage more of the younger generation to pick up this sport and develop their golfing skills from young!



GM, Emmanuel Lem (right) with Lucky Draw 2nd Prize Winner, Ashley Tay (right).



Lucky Draw 5th Prize Winner, Janais Tay (left).



Winner of the Men's Division, Zaneth Teo (left).



1st Runner Up of the Ladies' Division, Aoba Muranaka (left).

RESULTS FOR MEN'S DIVISION			RESULTS FOR LADIES' DIVISION		
Winner	Mr. Zaneth Teo	23 Points OCB	Winner	Ms. Melissa Sim	26 Points
1st Runner Up	Mr. Paul Wong	23 Points	1st Runner Up	Ms. Aoba Muranaka	19 Points
2nd Runner Up	Mr. Royston Jalleh	22 Points	2nd Runner Up	Ms. Nina Koh	17 Points

LET'S PRACTISE GOOD GOLF ETIQUETTE!

With the recent spate of dangerous play incidents on the golf courses, we would like to highlight to all golfers two noteworthy cases that were brought up to the Disciplinary Committee (DC) involving OCC and MGK members and their guests.

Case 1

Three OCC members and their guest teed off in spite of the flight in front of them still being clearly within range and sight. Their balls landed dangerously close to the golfers before them, with one ball hitting a buggy. The DC had decided that the entire flight had committed dangerous play, and as a result, their memberships were suspended for 3 months and their guest declared *persona non grata* for 6 months.

Case 2

A flight of 3 balls consisting of two MGK members and an OCC member was on Dendro 9 fairway when one of the MGK members decided to play his second shot from under a tree using a pitching wedge, hoping to hit only 90 to 100 metres forward, when the group in front was some 40 to 50 metres to the green. The ball landed just behind a golfer in front of them. The MGK member did not shout "fore" nor did he approach the group in front to apologise; instead, he claimed that it was a thin shot that flew further than expected. The DC had decided that the MGK member's action had posed a danger to fellow golfers. *The penalty has not been finalised yet at the time of publication.*

The Club views dangerous play on the golf course very seriously. Golfers who have committed dangerous play will be taken to task and penalties meted out by the DC. Many past disciplinary actions taken against OCC members saw their memberships suspended up to 12 months. Non-members will be declared *persona non grata*. His penalty is twice the period of the OCC member's and he will be prohibited to golf and use any of the Club facilities during this period.

Safety is of paramount importance when golfing. Here are the M.S.A tips:

- **Maintain a good distance from the flight in front of you.** If you are unsure whether it is safe to take your shot, make the extra effort to go forward to check on the golfers in front. Ensure the golfers in front are out of range before you play your shots.
- **Shout 'fore'** immediately if you or your flight mate(s) hit a bad shot in the direction of another flight.
- **Apologise.** Saying 'sorry' may be the best way to express your regret that you have made a bad shot. A simple apology does go a long way.

Let's all play our part in practising good golf etiquette! A safe environment definitely makes a happier golfing experience!

HI Restrictions

Please be reminded that Handicap Index (HI) restrictions apply to all golfers on **weekends and public holidays.**

- Only male golfers with HI of 18.0 and below are allowed to tee off from the blue tee while ladies with HI of 12.0 and below are allowed to play off from the white tee.
- In the event that anyone in a flight with all male golfers has a HI above 18.0, the whole flight must tee off from the white tee; if anyone in a flight with all female golfers has a HI above 12.0, the whole flight must tee off from the red tee.

Quick Tips to Speed Up Play

- **Plan your shot** while walking to your ball or while others are playing.
- **Line up your putt** when others are putting.
- **Be ready** to play when it is your turn.
- **Walk briskly** between shots.
- **Walk directly to your golf ball;** don't follow others unless assisting in a search.
- If driving/riding a buggy, **take several clubs with you** to your ball so you do not have to walk back to the buggy.
- **Do not step off yardage** for every single golf shot.
- Develop **an eye for distance.**
- Be efficient with **pre-shot routine.**
- **Minimise** the number of practice swings.
- **Play a provisional ball** if you think the original might be lost outside a water hazard or go out of bounds.
- **Leave your clubs on the side** of the putting green towards the next tee.
- **Exit putting green promptly** after holing out.

OCC SOCIAL & RECREATION WEEKLY PROGRAMMES

DANCE

Social Dance Nights

Aranda Lounge
7:30pm to 1:00am
(Every Fri and Sat)

Sim Han Hoon Dance Class

Aranda Lounge
Mon, 8:00pm to 9:15pm
Wed, 8:00pm to 9:15pm
Thu, 8:00pm to 9:15pm
\$85 (OCC Member)
\$90 (NTUC Member)
\$95 (Guest)

FITNESS

Hatha Yoga

Lifestyle Studio
Sat, 9:00am to 10:00am

Zumba Fitness

Lifestyle Studio
Wed, 7:00pm to 8:00pm

FT60

Functional Training Zone
Wed, 7:15pm to 8:15pm
Sat, 9:00am to 10:00am &
10:00am to 11:00am

Zumba Gold*

Lifestyle Studio
Wed, 8:00pm to 9:00pm

Calisthenics

Functional Training Zone
Fri, 7:30pm to 8:30pm

HIIT 30

Functional Training Zone
Thu, 7:30pm to 8:00pm

Pilates

Lifestyle Studio
Wed, 7:00pm to 8:00pm

Vinyasa Yoga

Lifestyle Studio
Wed, 8:00am to 9:00am

MARTIAL ARTS

Karate

Lifestyle Studio
Sun, 12:00pm to 1:00pm

Taekwondo

Lifestyle Studio
Fri, 7:30pm to 9:00pm

Aikido (Adults & Kids)

Lifestyle Studio
Sat, 3:00pm to 4:15pm

Kickboxing

Lifestyle Studio
Mon, 7:30pm to 9:00pm
Tue, 7:30pm to 9:00pm
Thu, 7:30pm to 9:00pm
Fri, 12:00pm to 1:30pm
Sun, 3:00pm to 4:30pm

Kobudo

Lifestyle Studio
Sun, 1:30pm to 2:30pm

RECREATION

Karaoke Night*#

Aranda Lounge
Thu, 12:00pm to 11:00pm

OCC Social Saturday

Aranda Lounge
10:00am to 12:00pm
28 Mar & 11 Apr

Scratch-It-To-Win-It Night*

Aranda Lounge
7:00pm to 10:00pm
31 Mar & 28 Apr

SPORTS

SIG - Black 8 (Pool)

Aranda Lounge
• **OCC Black 8 Training**
Sat, 3:00pm to 6:00pm

- **Bi-Monthly Cue Challenge**
Last Monday of Odd Months
7:00pm onwards

SIG - Bowling

Orchid Bowl
• **OCC Bowling Training**
Sat, 3:00pm to 6:00pm

- **Bowling Medal**
2nd Saturday of the Month
(subject to change)

SIG - Orchid Bulls (Darts)

Aranda Lounge
Tue, 8:00pm to 10:00pm
Thu, 8:00pm to 10:00pm

SITA (Tennis)

Tennis Court
Tue, 8:00pm to 9:30pm (Adult)
Sat, 8:00am to 12:00pm (Junior)

SpeediSwim (Learn to Swim)

Fun & Olympic Pool
Tue to Thu, 6:00pm to 8:10pm
Fri, 6:00pm to 8:55pm
Sat & Sun, 9:15am to 1:15pm &
3:30pm to 7:25pm

Simply Scuba (Scuba Diving)

Olympic Pool
Mon to Fri, 9:00am to 5:00pm
Sat and Sun, 12:00pm to 5:00pm

SpeediSwim (Competitive Swim)

Olympic Pool
Mon to Thu, 5:30pm to 8:00pm
Sat, 4:00pm to 6:30pm (Squad) &
6:30pm to 7:30pm (Half Squad)
Sun, 8:00am to 10:30am (Full Squad) &
10:30am to 11:30am (Half Squad)

For the full programme listing, please visit our website at www.orchidclub.com

For more information, email snr@orchidclub.com

NOTE: All information is correct at time of printing.

* Free for OCC members, please bring along your membership card for verification
Charges apply for first drink

MARCH

DATE	DAY	EVENT
1	Sun	• Karate • Kickboxing • Kobudo
2	Mon	• Sim Han Hoon Dance Class • Kickboxing
3	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis
4	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
5	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
6	Fri	• Social Dance Night • Taekwondo • Kickboxing • Calisthenics
7	Sat	• Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
8	Sun	• Karate • Kickboxing • Kobudo
9	Mon	• Sim Han Hoon Dance Class • Kickboxing
10	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis
11	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
12	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing

DATE	DAY	EVENT
13	Fri	• Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
14	Sat	• Golf Medal • Bowling Medal • Social Dance Night • SIG - OCC Black 8 • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
15	Sun	• Karate • Kickboxing • Kobudo
16	Mon	• Sim Han Hoon Dance Class • Kickboxing
17	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis *CGE
18	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
19	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
20	Fri	• Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
21	Sat	• Diabetes Prevention Talk • Line Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60 • OCC-U Golf 9-hole Night Series
22	Sun	• Karate • Kickboxing • Kobudo

DATE	DAY	EVENT
23	Mon	• Sim Han Hoon Dance Class • Kickboxing
24	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis
25	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
26	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
27	Fri	• Will Planning Talk • Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
28	Sat	• Social Saturday - Aromatherapy • Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
29	Sun	• OCC Captain & Lady Captain's Cup • Karate • Kickboxing • Kobudo
30	Mon	• Sim Han Hoon Dance Class • Kickboxing
31	Tue	• Scratch It To Win It • Kickboxing • Tennis

Legend

School Holiday: 14 Mar (Sat) to 22 Mar (Sun)

*CGE: Corporate Golf Events

APRIL

DATE	DAY	EVENT
1	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
2	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
3	Fri	• Cancer Talk • Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
4	Sat	• Dance Fiesta: Sakura Line Dance • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
5	Sun	• Karate • Kickboxing • Kobudo
6	Mon	• Sim Han Hoon Dance Class • Kickboxing
7	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis *CGE
8	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
9	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
10	Fri	• Good Friday • Social Dance Night
11	Sat	• Golf Medal & Qualifying Round for Club Handicap Matchplay Championship

DATE	DAY	EVENT
11	Sat	• Bowling Medal • Social Saturday - Tea Blending • Social Dance Night • SIG - OCC Black 8 • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
12	Sun	• Easter Sunday Coffee Art Workshop • Karate • Kickboxing • Kobudo
13	Mon	• Sim Han Hoon Dance Class • Kickboxing *CGE
14	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis *CGE
15	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
16	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
17	Fri	• Securing Your Digital Privacy and Information Talk • Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
18	Sat	• 1st Round Club Handicap Matchplay Championship • Line Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60 • OCC-U Golf 9-hole Night Series
19	Sun	• 2nd & Final Round Club Handicap Matchplay Championship

DATE	DAY	EVENT
19	Sun	• Karate • Kickboxing • Kobudo
20	Mon	• Sim Han Hoon Dance Class • Kickboxing
21	Tue	• SIG - Orchid Bulls • Kickboxing • Tennis
22	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates *CGE
23	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing
24	Fri	• Social Dance Night • Taekwondo • Kickboxing • Calisthenics *CGE
25	Sat	• Social Dance Night • SIG - OCC Black 8 • SIG - OCC Bowling • Tennis • Hatha Yoga • Aikido (Adults & Kids) • FT60
26	Sun	• Karate • Kickboxing • Kobudo
27	Mon	• Sim Han Hoon Dance Class • Kickboxing
28	Tue	• Scratch It To Win It • Kickboxing • Tennis *CGE
29	Wed	• Sim Han Hoon Dance Class • FT60 • Zumba Gold • Zumba Fitness • Tennis Night • Vinyasa Yoga • Pilates
30	Thu	• Sim Han Hoon Dance Class • SIG - Orchid Bulls • Karaoke Night • HIIT 30 • Kickboxing

Christmas DANCE FIESTA

TUESDAY, 24 DECEMBER 2019

It was a hearty celebration of the most joyous season of the year with more than 150 OCC and NTUC members gathering on Christmas eve at the Aranda Lounge for a festive bash. Dancers welcomed Christmas in style and grace as they grooved all night to music specially arranged by our Social Dance Night deejay, Dennis Goh on the dance floor. A Christmas dinner buffet and activities such as Christmas-themed table games and lucky draw were also prepared for the night. Laughter, boisterous conversations and lively dance numbers – it was clear that everyone loved a good Christmas dance party!



Best Dressed Winners!



GLAMOUR & GLITZ COUNTDOWN PARTY

TUESDAY, 31 DECEMBER 2019

Ring in a brand new year on New Year's eve were 400 OCC, NTUC members and their guests, who gathered for the annual countdown party. A sumptuous sit-down dinner was served at the Grand Ballroom, which was transformed into a magnificently illuminated dance floor. Dancers strutted their stuff to music specially arranged by the live band 'Ricky and Esther' and the Club's Social Dance Night deejay, Dennis Goh. At the stroke of midnight, glasses were raised and hugs were shared amidst a spectacular blast of confetti and party poppers as everyone said "Hello" to a new decade. Wishing everyone a Happy 2020!



HONG BAO BOWL

SUNDAY, 2 FEBRUARY 2020



In line with the annual series of Chinese New Year celebrations in the Club, 48 OCC & ACC members and their guests took part in the festive bowling competition held at Orchid Bowl @ OCC. Bowlers were challenged to Singles and Doubles games before joining other members in the evening for a lavish banquet at the Hong Bao Dinner. Prizes were given out to winners during the dinner, with OCC member, Jenny Oon coming in second runner-up for Singles category. Mdm. Oon also clinched the second runner-up position for the Doubles category, together with fellow OCC member, Steven Ang, with a combined pinfall of 1,126. Congratulations to all winners!



OCC members, Steven Ang (1st from left) and Jenny Oon (centre) receiving the prize for 2nd Runner-up (Doubles category) from Chairperson of S&R Committee, Lim Kay Min (1st from right).

5

OCC BOWLER OF THE YEAR

SATURDAY, 11 JANUARY 2020



Overall Champion, Mr. Patrick Phua (left).



It's showdown at Orchid Bowl @ OCC as the top 10 OCC & ACC bowlers of the Monthly Bowling Medals (March to November 2019) battled it out at the 'Bowler of the Year' event held for the second consecutive year! Everyone was at fever pitch as they watched the match live, with participants competing in five rounds of single games before moving on to the Stepladder finals. Congratulations to OCC member, Patrick Phua, who was crowned the ultimate Bowling Champion for second year running, boasting a pinfall of 227 for his finale game!

Social Saturday CNY CASHEW NUT COOKIES MAKE & BAKE

SATURDAY, 11 JANUARY 2020



With just two weeks away from Chinese New Year, Chef Lim's vegan cashew nut cookies baking session was indeed godsend! Participants gained a lot of tips on making the cookies from scratch, as they learnt techniques of balancing just the right crumbly texture and nutty flavour. We can already imagine the inviting aroma of freshly baked cookies wafting from everyone's kitchen this festive holiday!



CNY IMPERIAL BIRD'S NEST APPRECIATION TALK

SATURDAY, 18 JANUARY 2020

With all the fried food and goodies to indulge in during Chinese New Year, it is no doubt that our bodies tend to become heavy with all that snacking. A talk was organised just in time before the festive period, where participants learnt about the health benefits of bird's nest and were treated to honey and a free bottle of bird's nest!



LET THE FOOD BE THY CANCER AVENGERS TALK

FRIDAY, 17 JANUARY 2020

Good nutrition is essential for fighting against diseases, including cancers. Fifteen health-conscious members attended a talk given by Dietician, Caleb Mok, where he shared the secrets to a healthy and balanced diet. Everyone enjoyed the session as they delved into the topic of improving one's physical and mental health with our food choices and eating habits.



AUGUST BALL 2020

22 AUG, 2020 (SAT)

GRAND BALLROOM, 7PM - 12MN

PRICE*

\$78 (OCC/ACC MEMBER), \$88 (NTUC MEMBER), \$108 (GUEST)

*INCLUSIVE OF PREVAILING GST



THEME: MOULIN ROUGE (RED, BLACK, BLUE)

REGISTRATION STARTS: 6PM

CLOSING DATE: 9 AUG 2020 (SUN)

FOR ENQUIRIES AND REGISTRATION, PLEASE CALL ARANDA LOUNGE AT 6750 2121 (OPENS AT 12PM DAILY) OR EMAIL SNR@ORCHIDCLUB.COM

KOBUDO 古武道

Kobudo is the ancient Japanese, or Okinawan, art of weaponry. There are numerous weapons incorporated into the art, namely, the Bo (quarterstaff), Nunchaku (two-sectional staff), Tonfa, Sai, etc. Weapons are primarily practised in a set of moves. It is a very good workout for one's lower and upper body joints, especially the wrists, elbows and shoulders.



EVERY SUNDAY
1.30pm to 2.30pm
Lifestyle Studio

\$180 (OCC/ACC Member)
\$190 (NTUC Member)
\$200 (Guest)

For enquiries and registration, please call **Gym** at **6750 2199** or email snr@orchidclub.com

Keep calm & do VINYASA YOGA

A popular style of yoga that inculcates proper breathing and poses to help relieve anxiety and stress, detoxify your body, improve muscle tone, body posture and alignment, and increase flexibility, balance and strength. Classes are of progressive intensity to suit all fitness levels.



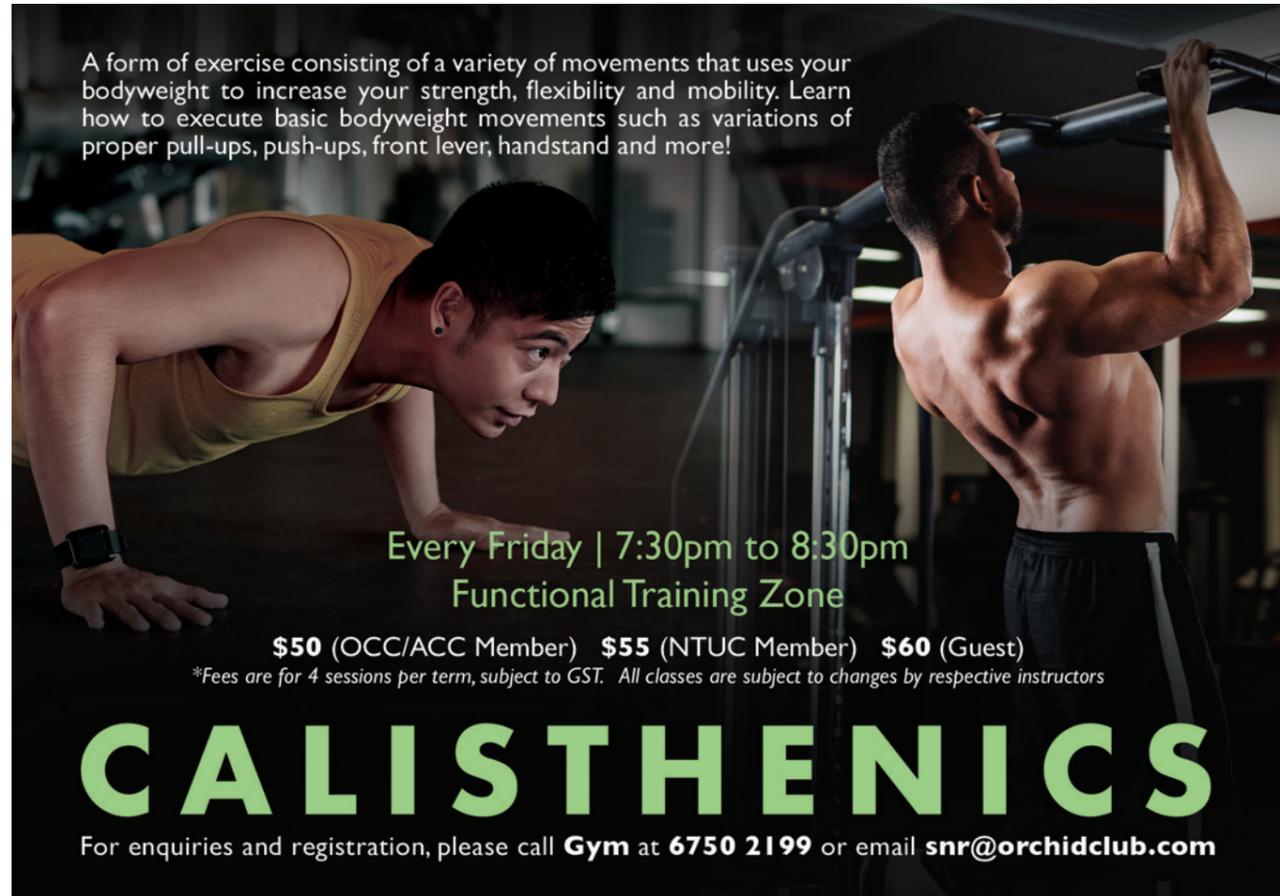
Date: Every Wednesday
Time: 8am - 9am
Venue: Lifestyle Studio

Price:
\$150 (OCC/ACC Member)
\$160 (NTUC Member)
\$180 (Guest)

*Price are for 12 sessions per term and subject to prevailing GST. All classes are subject to changes by instructor.

For enquiries and registration, please call **Gym** at **6750 2199** or email at snr@orchidclub.com

A form of exercise consisting of a variety of movements that uses your bodyweight to increase your strength, flexibility and mobility. Learn how to execute basic bodyweight movements such as variations of proper pull-ups, push-ups, front lever, handstand and more!



Every Friday | 7:30pm to 8:30pm
Functional Training Zone

\$50 (OCC/ACC Member) \$55 (NTUC Member) \$60 (Guest)

*Fees are for 4 sessions per term, subject to GST. All classes are subject to changes by respective instructors

CALISTHENICS

For enquiries and registration, please call **Gym** at **6750 2199** or email snr@orchidclub.com

HIIT30

A 30-minute high intensity interval training class that involves short and intense bursts of full body exercises, followed by short and active recovery periods. You will be challenged to gradually push your fitness level with emphasis on proper form and fundamentals. Benefits include weight loss, improved endurance, stamina and strength, and a higher metabolism rate!

	SESSIONS		
	1	4	8
OCC/ACC Member	\$25	\$80	\$120
NTUC Member	\$30	\$85	\$125
Guest	\$35	\$90	\$130

*Fees are subject to GST. All classes are subject to changes by respective instructors.

EVERY THURSDAY
7.30PM-8.00PM
FUNCTIONAL TRAINING ZONE

For enquiries and registration, please call **Gym** at **6750 2199** or email snr@orchidclub.com

UPCOMING OCC EVENTS

Nutritional Immunology Talk

21 Mar 2020 (Sat) 2pm – 4pm Aranda Lounge



Diabetes is getting more and more prevalent in our society today, plaguing not only older adults but also younger people. Find out how the food we eat can cause diabetes and what to take note of when it comes to nutrition so that we can take precautions early.

Fee : FOC (OCC/ACC Member)
\$3 (NTUC Member)
\$6 (OCC/ACC Member's Guest)
Min Pax : 20 persons
Closing Date : 18 Mar 2020 (Wed)

Social Saturday – Tea Blending Workshop

11 Apr 2020 (Sat) 2pm – 4pm Aranda Lounge



If you are a tea lover, join us for a hands-on session where you will learn about the history of tea, various types of tea and the proper way of preparing tea. Discover the art of tea blending and get the opportunity to create and bring home a tin of your own custom tea blend that suits your palate. Don't miss out on this unique experience; come have a sip of fun with us!

Fee : \$25 (OCC/ACC Member)
\$30 (OCC/ACC Member's Guest)
Min Pax : 15 persons
Closing Date : 6 Apr 2020 (Mon)

Social Saturday – Aromatherapy: DIY Natural Hand Sanitiser

28 Mar 2020 (Sat) 2pm – 4pm Aranda Lounge



In times like this, it's important to exercise personal hygiene so that we can take care of ourselves and our loved ones. Learn how to make your own essential oil blend that can double as a natural hand sanitiser! Every participant will receive a limited edition booklet complete with 50 'recipes'.

Fee : FOC (OCC/ACC Member)
\$8 (OCC/ACC Member's Guest)
Min Pax : 15 persons
Closing Date : 25 Mar 2020 (Wed)

Easter Sunday Coffee Art Workshop

12 Apr 2020 (Sun) 10am – 12pm Aranda Lounge



Let's celebrate Easter in a different artsy way! Art triggers the sense of smell; in this workshop, you will be working with coffee powder and coffee liquid to create art pieces that are meaningful. Awaken your art senses as you bask in the invigorating aroma of coffee at this one-of-a-kind art workshop!

Fee* : \$35 (OCC/ACC Member)
\$45 (OCC/ACC Member's Guest)
Min Pax : 10 persons
Closing Date : 6 Apr 2020 (Mon)

*All materials will be provided.

All fees are subject to prevailing GST.

For enquiries and registration, please contact **Aranda Lounge (opens at 12pm daily)** at **6750 2121** or email **snr@orchidclub.com**



CONTACT : +65 6966 6788 (24HRS)
WEBSITE : WWW.ANDIGITALLOCK.COM
FACEBOOK : WWW.FACEBOOK.COM/ANDIGITALLOCK/

NORTH : 2 Gambas Crescent #01-07
Nordcom2 Singapore 757044
EAST : 140 Paya Lebar Road #03-11
AZ Building Singapore 409015
HOURS : Open daily (Incl. PH)
11am - 8pm

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CLASSIC PEKING DUCK SET MENU

~~\$388++~~ **\$298++** for 6 person

~~\$598++~~ **\$458++** for 10 person

五彩缤纷大拼盘, (日本酥带子, 蜜汁豉油鸡, 芙蓉桂花翅, 脆皮春卷)
蟹肉金菇鱼鳔翅, 北京片皮鸭, 剁椒豆酱蒸龙虎斑, 蜜椒汁大葱煎生虾,
翡翠花菇10头金鲍, 韭黄银芽鸭丝焖伊面, 芒果杨枝甘露

Ban Heng Five Kinds of Cold Dish Combination

Braised Shark's Fin Soup with Fish Maw, Crab Meat & Golden Mushrooms

Peking Duck, Steamed Dragon Tiger Garoupa with Preserved Bean Chilli

Pan-fried Live Prawns with Honey Black Pepper Sauce

Braised 10-headed Abalone with Flower Mushroom & Vegetables,

Braised Ee-fu Noodles with Duck Meat & Yellow Chives

Cream of Mango with QQ Balls



超值金陵乳猪套餐

EXTRA VALUE SUCKLING PIG SET MENU

~~\$548++~~ **\$418++** for 6 person

~~\$868++~~ **\$668++** for 10 person

南乳金沙脆皮烧猪, 高汤竹笙蟹肉蟹黄翅, 尼泗水斗鲳两吃 (油泡兰花鲳鱼球,
椒盐鲳鱼头胸), 潮州卤水鹅片, 烧汁松菇焗生虾, 翡翠鱼鳔10头金鲍, 松仁黑松露海鲜炒饭,
桃胶红枣炖雪燕

BBQ Whole Suckling Pig, Braised Shark's Fin Soup with Bamboo Pith, Crab Meat & Crab Roes,

Pomfret cooked in Two Ways, Braised Goose Meat in Teochew Style, Baked Live Prawns with Pine Mushroom in BBQ

Sauce, Braised 10-headed Abalone with Fish Maw & Vegetables, Seafood Fried Rice with Pine Nuts & Black Truffle,

Double-boiled Bird Nest with Peach Gum & Red Dates

精装佛跳墙套餐

BUDDHA JUMP OVER THE WALL SET MENU

~~\$1288++~~ **\$998++** for 10 person

南乳金沙脆皮烧猪, 精装宝鼎佛跳墙, 原粒蒜子芹香干煎斗鲳,
奶香咸蛋虾球拼日式芥末虾球, 闽南海鲜炒冬粉, 桃胶红枣炖雪燕

BBQ Whole Suckling Pig, Ban Heng Famous Buddha Jump over The Wall, Pan-fried Pomfret with

Whole Garlic & Celery, De-shelled King Prawns cooked in Two Ways, (Salted Egg Yolks and Wasabi Mayo),

Fried Rice Vermicelli with Seafood in Hokkien Style, Double-boiled Bird Nest with Peach Gum & Red Dates \\\



Tel: 6732 7888 / 6732 6623

Email: occ@Banheng.com.sg



THE MATTRESS BOUTIQUE

CONTACT : +65 6287 6288

WEBSITE : WWW.THEMATTRESSBOUTIQUE.COM

FACEBOOK : WWW.FACEBOOK.COM/THEMATTRESSBOUTIQUE/

NORTH : 2 Gambas Crescent #01-07
Nordcom2 Singapore 757044

EAST : 140 Paya Lebar Road #1-10
AZ Building Singapore 409015

HOURS : Open daily (Incl. PH)
11am - 8pm



20% OFF FOR ALL ORCHID COUNTRY CLUB MEMBERS

<p>\$599 (U.P. \$1199) Queen Size Individual Pocketed Spring Mattress</p>	<p>\$899 (U.P. \$1799) Queen Size Orthopedic Individual Pocketed Spring with Plush Top</p>
<p>\$1099 (U.P. \$2199) Queen Size Orthopedic Individual Barrel Pocked Spring with Latex Top</p>	<p>\$1199 (U.P. \$2399) Queen Size Back Supporter Super Coil with Pillow Top</p>
<p>\$1399 (U.P. \$2799) Queen Size Orthopedic Individual Pocketed Spring with Visco Cool Foam Pillow Top</p>	<p>\$1599 (U.P. \$3199) Queen Size Zoned Individual Pocketed Spring with Coolmax Latex Pillow Top</p>
<p>\$2299 (U.P. \$4599) Queen Size Zoned Individual Pocketed Spring with Aloe Vera Latex Pillow Top</p>	<p>\$3999 (U.P. \$7999) Premium Queen Size Advance Zoned Individual Pocketed Spring with Cool Micro Gel Visco Latex Supreme Top</p>

Bouquets

Excellent Event Services

Dear Sheena,

I just wanted to drop a note to say "Thank You Very Much" to you and your operations team for the good and kind services. As you recall, last Friday, we held our Kick-Off event at Sapphire Suite from 1.30pm till 9pm. Halfway through, we broke off for a bowling game at Orchid Bowl.

Please convey our gratitude to:

1. Tyrone, the technician who helped me fix up my laptop and cables
2. Harry, who saw to the banquet setup and helped in chilling our wine bottles
3. Kumar and his team for serving our dinner, replenishing food and drinks, clearing up the wine bottles and packing up for us
4. Tony and his team at the Bowling Alley

The bowling event helped in our team building, so thanks to Orchid Country Club for arranging not only a golf game but also bowling game for us. We can say that our event is successful because of the help and support from you and your operations team.

We look forward to coming back again someday.

I believe our Japanese colleagues are looking for an opportunity to play golf too!!!

Best Regards
Geraldine Sim
ABeam Consulting

Exceptional Wedding Coordination

Dear Serene,

From the bottom of our hearts, Clara and I would like to say a very big 'thank you' to you for being nice, friendly and helpful throughout the course of our wedding preparations.

We do understand that we are very detail-oriented, yet you painstakingly read through all of our requests. To us, we could never have had a better wedding coordination from anyone else.

Thank you for your kind hospitality and attitude throughout our stay at Orchid Country Club. On behalf of Clara and I, we wish you success in your career and that you continue to delight other couples with your can-do spirit.

Thank you.

Yours Sincerely,
Iman Heng & Clara Tan

Amazing Training Space

All staff on duty are always keeping a lookout for users to see if they need assistance. The gym is well-ventilated, spacious, and has good lighting too. Good quality and well-stocked equipment. There is also good safety in place.

Mary Tham
Guest

We are pleased to extend a warm welcome to these new members to our Orchid Family!

- Mr. Lee Chunju
- Mr. Lim Fei Shen, Damien
- Mr. Loong Jian Wen Dion
- Mr. Low Chon Mong
- Mr. Nakamura Shigefumi
- Mdm. Ong Teng Leng
- Mr. Ryu Dong Choun
- Mr. Seah Kok Khong
- Mdm. Tan Aik Hoon
- Mr. Watson Adam James
- Mr. Yuji Fujihara

CLUB DIRECTORY

GOLF

GOLF REGISTRATION COUNTER
7:00am - 7:00pm daily (Extended hours till 9:00pm when there is night golf)

TEE OFF 18-HOLE
7:07am - 8:59am (Mornings)
12:01pm - 1:53pm (Afternoons)
4:27pm - 5:58pm (Thursdays, unless otherwise stated)

TEE OFF 9-HOLE
7:07am - 8:59am (Weekdays)
4:27pm - 5:16pm (Daily)

CHANGING ROOM
7:00am - 9:00pm (Mon - Wed)
7:00am - 11:00pm (Thu)
7:00am - 9:00pm (Fri)
6:00am - 9:00pm (Sat, Sun & PH)
* Female Changing Room available from 11.00am on 1st and 3rd Monday of the month

DRIVING RANGE
7:00am - 11:00pm (Tue - Sun)
12:01pm - 11:00pm (Mon)

DK DELIGHTS (ARANDA HALFWAY HOUSE)
8:00am - 5:30pm (Daily)

FATELICIOUS SNACK HOUSE (DENDRO HALFWAY HOUSE)
8:00am - 5:30pm (Daily)

EAGLE 9 INTERNATIONAL
Tel: 6737 9939
10:00am - 6:00pm (Mon - Sat)
By appointment (Sun)

GOLF PERFORMANCE 360
Tel: 6481 0398
1:00pm - 9:00pm (Mon)
8:00am - 9:00pm (Tue - Fri)
8:00am - 7:00pm (Sat, Sun & PH)

PAN-WEST
Tel: 6752 3110
7:00am - 9:00pm (Daily)

PING
Tel: 6481 5669
Closed on Mondays
2:00pm - 9:00pm (Tue - Fri)
9:00am - 5:00pm (Sat, Sun & PH)

CORPORATE SALES/ EVENTS
☎ 6750 2166
✉ s&m@orchidclub.com

ROOM RESERVATIONS
☎ 6750 2100
✉ roomsales@orchidclub.com

MEMBERSHIP
☎ 6750 2123/2180
✉ membership@orchidclub.com

FOOD & BEVERAGE

BAN HENG @OCC
Tel: 6732 7888/ 6623
Lunch: 11:30am - 3:00pm
(last order at 2:00pm)
Dinner: 6:00pm - 10:00pm
(last order at 9:00pm)

CAFE FATTYCASO
11:00am - 6:00pm (Mon - Fri, except PH)

HIMAWARI JAPANESE RESTAURANT
Tel: 6834 3313
Lunch: 11:45am - 2:45pm
Dinner: 5:45pm - 10:00pm

MY LITTLE CAFÉ
1:00pm - 11:00pm (Daily)

NO. 3 CRAB DELICACY SEAFOOD RESTAURANT
Tel: 6327 2148
Lunch: 11:45am - 2:30pm
Dinner: 5:00pm - 10:00pm

PAR LOUNGE
Tel: 6750 2204
2:00pm - 1:00am (Mon - Sat)
2:00pm - 12:00am (Sun)

ROYAL PALM @ OCC
Tel: 6555 2165
Lunch (Buffet): 12:00pm - 2:30pm (Daily)
Dinner (Buffet): 6:00pm - 10:30pm (Daily)
Ala Carte: 12:00pm - 10:30pm (Daily)

SUBWAY
Tel: 6482 7942
9:00am - 9:00pm (Daily)

VANDA TERRACE
(operated by NTUC Foodfare)
Tel: 6750 2200
7:30am - 10:00pm (Daily)
*Last order at 9:30pm

SUPERMARKET

FAIRPRICE
8:00am - 11:00pm (Daily)

GOLF
☎ 6750 2111
✉ golfregistration@orchidclub.com

DRIVING RANGE OFFICE
☎ 6750 2198
✉ drivingrange@orchidclub.com

S&R RECREATION & SOCIAL ENQUIRIES
☎ 6750 2122 / 6750 2121
✉ snr@orchidclub.com

FACILITIES

ARANDA LOUNGE
Tel: 6750 2121
12:00pm - Midnight (Sun - Thu)
12:00pm - 1:00am (Fri, Sat & Eves of PH)

ASIA GYMNASTICS & DANCE ACADEMY
Tel: 8777 3313
9:30am - 9:00pm (Daily)

AUDIOLINE
Tel: 6756 5585
10:00am - 8:00pm (Daily)

CHILDREN'S OUTDOOR PLAYGROUND
7:00am - 7:00pm (Daily)

FUNPOOL & BUNKER POOL
7:00am - 9:00pm (Daily)

FUTSAL COURTS
Tel: 9185 2555
8:00am - 11:00pm (Daily)

GYMNASIUM
7:00am - 10:30pm (Daily)

HEALING TOUCH - MASSAGE AND SPA
Tel: 6759 0752
11:00am - 10:30pm
Last appointment at 9:00pm

HEGURU ORCHID COUNTRY CLUB (OCC) CENTRE
Tel: 6659 1449/ 6592 7074
Closed on Mondays & Tuesdays
10:00am - 6:00pm (Wed - Sun)

JACKPOT
Tel: 6750 2193
10:00am - 11:00pm (Daily)

LITTLE SKOOL-HOUSE
Tel: 6759 0393
7:00am - 7:00pm (Weekdays)
7:00am - 2:00pm (Sat)

MAHJONG ROOMS
12:00pm - 11:00pm (Sun - Thu)
12:00pm - 12:00 midnight (Fri, Sat & Eve of PH)

MUSIC FOR YOUNG CHILDREN SINGAPORE
Tel: 6100 0306
4:00pm - 9:00pm (Thu & Fri)
9:00am - 5:00pm (Sat)
9:00am - 12:00pm (Sun)

OLYMPIC POOL
7:00am - 9:00pm (Daily)

ORCHID BOWL
Tel: 6759 4448
10:00am - 1:00am (Mon - Thu, Sun & PH)
10:00am - 3:00am (Fri, Sat & Eves of PH)

ORCHID LODGE
24 hours

PLAY FIT @ OCC
Tel: 8522 7386
11:00am - 9:00pm (Daily)

POP INSTITUTE
Tel: 6346 5155
9:00am - 6:00pm

READING/TV CORNER
9:00am - 11:00pm (Sun - Thu & PH)
9:00am - 1:00am (Fri, Sat & Eve of PH)

TENNIS COURT
7:00am - 10:00pm (Daily)

Welcome
to the
Orchid Family



OCC MAIFEST 2020 Local Edition

Swing by for a heartwarming night at this year's **OCC Maifest** with a local twist. Get ready to spring to life with a mix of German and local delicacies and drinks of your choice to indulge in, accompanied by live band performance, stage games, lucky draw and fringe activities!

16 MAY 2020 (SAT)

TIME
6.30pm - 10pm

VENUE
Vanda Terrace Patio

PRICE
\$40 Dining Coupons

REGISTRATION OPENS
3 Apr 2020 (Fri)

CLOSING DATE
4 May 2020 (Mon)

*Alcoholic beverages only available for purchase for participants 18 years old and above.



Emcee
Happy Fei Fei

- Live band performance
- Lucky draw
- Stage games
- Fringe activities

For enquiries and registration, please call Aranda Lounge (opens at 12pm daily) at **6750 2121** or email **snr@orchidclub.com**