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# Grassroots

**Issue 110**  
Feb 2019 - Apr 2019  
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[WWW.GRASSROOTSCLUB.ORG.SG](http://WWW.GRASSROOTSCLUB.ORG.SG)

*With Passion*

**CELEBRATE  
CHINESE NEW YEAR AT THE  
GRASSROOTS' CLUB**





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## Club Directory

### GENERAL FACILITIES

Concierge / General Enquiries	6554 2350
Bookings for Multi-Purpose Hall / Banquet Hall / Auditorium / Dance Studio / Meeting Rooms / Atrium	6550 2115 6550 2121
Membership	6550 2114 6550 2120
Club Events	6550 2115 6550 2120

### MEMBER FACILITIES

Gym	6550 2128
Spa	6550 2128
Member Room	6550 2128
Swimming Pool	6550 2128
Activity Room	6550 2128
Mahjong Room Booking	6554 2350
Massage Booking	6554 2350
Table Tennis Booking	6554 2350

### FOOD & BEVERAGE

8 <sup>th</sup> Avenue 10am to 10pm daily	8749 5342
Muslim Delights 11am to 7pm daily, closed on Mondays	8121 2286
Imperial Court 11am to 10pm daily	6553 2777

### ENTERTAINMENT

7 <sup>th</sup> Heaven KTV 3pm to 2am daily	6458 5026
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### CHILDCARE CENTRES

Pat's Schoolhouse 7am to 7pm Mon-Fri	6459 2382
Brighton's Montessori 7am to 7pm Mon-Fri	6455 8830
Learning Vision 7am to 7pm Mon-Fri	6459 9653

### ISSUE 110 (FEB - APR 2019)

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**MESSAGE BY****Chairman  
OF MEMBERSHIP &  
SOCIAL COMMITTEE**

**Jimmy New Cheng Tee, PBM**  
Chairman  
Membership & Social Committee

Greetings from Membership & Social Committee!

TGC celebrated its 20th Anniversary on 25 November 2018. The event was a huge success and I would like to extend my heartfelt appreciation to all sponsors who have contributed to this event and to our very own TGC Members, families and friends who have joined us in this joyous occasion.

In conjunction with the anniversary celebrations, we rolled out TGC's 20th Anniversary Membership Promotion also in appreciation of our fellow Grassroots Leaders who have tirelessly contributed to the community. The response has been very positive.

The Membership & Social Committee aims to provide an overall positive experience for our members, both at the Club and at off-site events and activities. In keeping with that overarching objective, we conducted our first introduction to golf for our members at Orchid Country Club with much success. There will be more of such sessions so stay tuned for details. In addition, also look out for many more exciting events and activities coming your way.

We thank all existing members for your continuous support and welcome every new member. And here's wishing you a Happy and Prosperous 2019!

**Reciprocal  
CLUBS****CHANGI BEACH CLUB**

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**ORCHID COUNTRY CLUB**

1 Orchid Club Road  
Singapore 769162  
Tel: 6755 9811 | Fax: 6755 8874  
[www.orchidclub.com](http://www.orchidclub.com)

**THE ARENA COUNTRY CLUB**

511 Upper Jurong Road  
Singapore 638366  
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[www.arenaclub.com.sg](http://www.arenaclub.com.sg)

**THE MALACCA CLUB**

New Townhouse:  
No. 18, 5th Floor  
Jalan Syed Abdul Aziz,  
75000 Melaka  
Tel: 06-282 4940 / 284 2488 /  
283 3518  
Fax: 06-284 8303  
[www.malaccaclub.com.my](http://www.malaccaclub.com.my)

**ROTUNDA:**

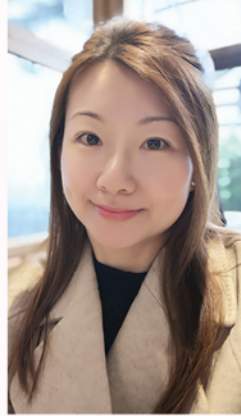
Jalan Kampung Hailam,  
Tanjung Kling,  
76400 Melaka  
Tel: 06-351 1543 / 351 1544  
Fax: 06-351 6309

For detailed privileges at our reciprocal clubs, please visit  
<http://www.grassrootsclub.org.sg/membership/affiliated-club-privileges/>

# Editor's MESSAGE

A very Happy New Year to all our Club Members! Welcome to a brand new year!

With this Chinese New Year (CNY) edition of the magazine, you should receive our limited edition set of The Grassroots' Club's (TGC) customised red packets. Notice how the special Chinese knot design on this issue's cover and on the red packets is creatively adapted from TGC's logo as a symbol to bring you good health and prosperity!



**Ng Liza**, Editor  
Honorary Assistant Secretary  
The Grassroots' Club

2018 ended memorably with TGC's 20th Anniversary Celebration on 25 November 2018, marking 20 years of building a strong Grassroots Network. We could not have done so without your unwavering support. Moving forward in 2019, we will continue to enhance the experience here at the Club for our Members.

As CNY approaches, we begin preparations to welcome the bountiful Year of Pig. Members had fun joining our CNY Shopping Tour on 19 January 2019. Mark your calendar for 11 February 2019 at 6.30pm. All Club Members, families and friends are warmly invited to join us in ushering in the auspicious Lunar New Year at TGC's own CNY Lohei Dinner, one of the most anticipated annual club events of the year. For more information, flip over to the backcover of this magazine.

While thumbing through the magazine, also take a look at the predictions of the 12 Chinese Zodiac Signs in the Year of the Pig. It will help navigate you towards good luck. If you want 2019 to be a good year, don't miss this one. Can't remember the membership discount privileges you are entitled to as a TGC Member? Refer to pages 12-13. Club Members will also enjoy exclusive discounts for any bookings of the TGC Banquet Hall, Auditorium, Dance Studio, Meeting Rooms, Multi-Purpose Hall & Atrium.

To help you to kick start your New Year's resolution to stay fit and active, table tennis tables are now available for booking at TGC (page 10). It is complimentary for Club Members and guests of Club Members. Let's also talk about Health and Longevity in this magazine (page 4).

Do you know that TGC is now on WhatsApp? Come join us to get the latest exclusive news, updates, Club Members' deals and discounts at the tips of your fingers! Steps on how to subscribe can be found on page 10. You can also like us on Facebook to stay up to date.

On behalf of the Staff from TGC, the People's Association and TGC Management Committee, I would like to wish all Members a Happy Chinese New Year! Gong Xi Fa Cai! We look forward to welcoming you at the Club in the year ahead!

## Editorial TEAM

**Chairman**  
Ng Liza

**Vice Chairman**  
Chee Yi Long

**Member**  
Marie Lim Soo Cheng

**Secretariat**  
Seow Hing Hock  
Ethan Seet

**Design & Editorial**  
Words Worth Media  
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# Welcome

## TO OUR NEW MEMBERS!

Mr Ang Swee Nam  
 Dr Asyifah Binte Mohamed Rashid  
 Ms Cheong Yah Ling Jessica  
 Mr Chia Chieh Lun Jimmy  
 Mr Chikrale Balaji Babuappa  
 Ms Chu Ai Keow  
 Mr Chung Fook Tet, Albert  
 Mr Colin Yeo Teck Lee  
 Mr Elvis Chew Keng Liang  
 Mr Goh Si Boon Edwin  
 Ms Joanna Portilla  
 Mr Kailasam Suresh  
 Mr Kee Wee Seng James  
 Mr Koh Chin Aye  
 Mr Kok Choon Keong Tony  
 Mr Kok Kum Seng Kelvin  
 Mr Kwa Teow Huat  
 Mr Kwek Boon Leng  
 Mr Lau Chin Huat

Ms Lee Kim Ping Lynn  
 Mr Lee Song Chiew  
 Ms Liew Yee May Serene  
 Ms Lim Guat Eng  
 Mr Lim Khee Khong  
 Mr Lim Tuan Lee  
 @Lim See Kuan, Jimmy  
 Mr Lim Woon Yong  
 Dr Liu Ling  
 Mr Mohd Ibrahim Foo Bin  
 Abdullah@Winson Foo  
 Mrs Mythireyi Prashanth  
 Mr Nicholas Lim Zheng Wei  
 Mr Prabhu Vinayak Ashok  
 Ms Rosiah Ismail  
 Mr Seow Hing Hock  
 Mr Sim Pau Rei  
 Ms Sim Shi Yun Jessica  
 Mr Soh Cheong Keat

Ms Soh Geok Cheng Serene  
 Mr Steven Ong Lai Teng  
 Mr Tan Beng Wah  
 Mdm Tan Chu Fang Agnes  
 Mr Tan Hock Kian  
 Mr Tan Hong Da  
 Mr Tan Kenneth Andrew Julian  
 Mr Tan Yan Song  
 Mr Teo Lai Soon  
 Mr Toh Cheng Poi  
 Mr Toh Eng Kiat Anthony  
 Ms Tomoe Yoshida  
 Ms Wang Xingli  
 Mr Wong Kim Hoong  
 Mr Wong Kok Chuan  
 Ms Wu Sumei  
 Mr Yeap Lai Hock  
 Ms Yeo Siew Leng Jeanette  
 Mr Yew Teck Siang

**Level 1 Pat's Schoolhouse** Tel: 6459 2382  
 10% discount off monthly fees @ TGC  
 \$50 off monthly fees at other centres

**8th Avenue** Tel: 8749 5342  
 10% discount on a la carte menu

**Muslim Delights** Tel: 96330261  
 10% discount on a la carte menu

**Level 2 Brighton Montessori** Tel: 6455 8830  
 10% discount off monthly fees @ TGC  
 \$50 off monthly fees @ other centres

**Level 3 Imperial Court Pte Ltd** Tel: 6553 2777  
 20% discount on a la carte menu

**Learning Vision@TGC** Tel: 6459 9653  
 20% discount off monthly fees @ TGC  
 10% discount off monthly fees @ other centres

**Level 4 7th Heaven KTV** Tel: 6458 5026  
 20% discount

**MEMBER  
 DISCOUNT  
 AT CLUB  
 OUTLETS**

# Health and Longevity by Goh Chye Lee

All of us want to stay physically fit and live longer. But have you noticed that today, generally speaking, people fall sick more easily and at a younger age?

So why does the rate of contracting lifestyle diseases continue to increase? Notwithstanding that medical advancement continues to make huge strides and there is an easy abundance of health information everywhere. What has gone wrong?

Medical advancement is important as it does help to prolong life, but we must also know what medical advancement cannot do.

**Medical advancement cannot help you to prevent diseases nor improve your quality of life. The best doctor in the world is within yourself – your own body immune system!**

Western medicine only started in the 17th century, but human beings started to have health problems way before. Our body immune system enables human kind to reproduce and survive till current time.

However, our modern lifestyles are leading to ageing immune systems, resulting in rapid ageing and a higher susceptibility to illness and at a younger age too.

## A Balanced Immune System

We fall sick easily because of malfunction of our immune system.

Through good nutrition, which entails the intake of correct food types and in the right amounts, we will be able to maintain our immune system for a healthy body.

Our immune system plays the role of defence, repair and cleansing of our body, from the moment we are born, 24/7.

For optimum health condition, we need to ensure a balanced immune system – neither too weak nor too strong.

Those with a weak immune system will fall sick easily, and the repair process in their body will be slow. A strong immune system can result in inflammation in the body system to cause autoimmune diseases like arthritis.

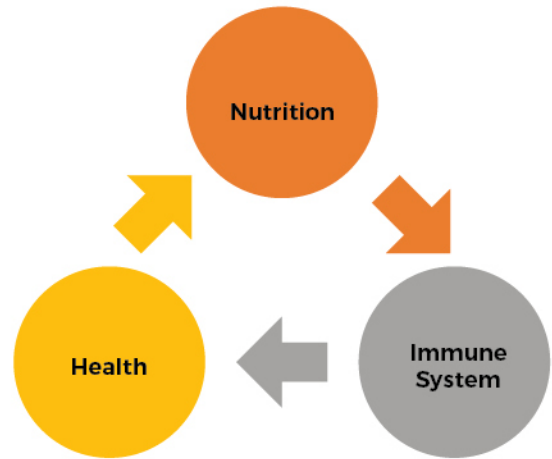
## We Are What We Eat

In conclusion, our immune system is the best doctor in the world.

It plays the role of defence, repair and cleansing of our body, from the moment we are born.

The modern lifestyle of today leads to an ageing immune system, resulting in us falling sick at an earlier age.

To stay young, eat healthy and live healthy.



**99% of our illnesses are caused by malfunctioning of our immune system.**

**Exposure to Free-radical**

1. Ultra violet rays
2. Atmospheric pollution
3. Self metabolism
4. Nutrition misconceptions

**Unhealthy Diets**

1. Too much animal based food
2. Fried food
3. Oily food
4. Additives, preservatives and chemicals
5. Contaminations
6. Genetically modified food
7. Synthetics vitamins pills
8. Not enough varieties of plant food

**Unhealthy Lifestyle**

1. Late nights and lack of sleep
2. Exposure to too much radiation
3. Cancer causing agents
4. Overuse of antibiotics

**Ageing Immune System**

## How to regain our health?

A regular intake of wholesome foods helps to keep our immune system in the best working condition. Wholesome foods are easily available and they include legumes, whole grains, nuts and seeds, as well as plenty of fresh fruits and vegetables.

The following are several more examples of wholesome foods that are perhaps lesser known.

**Cactus and Cactus fruit** are able to promote the regeneration and repair of human cells.

- Prevents DNA damage
- Effective in inhibiting and fighting free radical formation
- Prevents cancer-causing hormones from attaching to normal cells



Cactus fruit

**Cranberry** is able to regulate psychological function, thus it can help to maintain health and protect our body.

- Prevents urinary tract infections and cystitis
- Reduces the risk of gastric ulcer and gastric cancer
- Reduces cardiovascular ageing
- Promotes anti-ageing, to avoid Alzheimer's disease
- Maintains a healthy skin and glowing appearance



Cranberry

**Acerola Cherry** is high in iron content and contains 33 times more vitamin C than orange.

- Boosts development in children
- Protects the joints
- Improves skin appearance
- Increases haemoglobin in our body
- Protects the womb
- Reduces blemishes, promotes skin health such as elasticity and texture
- Enhances our body immunity system to prevent colds



Acerola Cherry

**Rose** has many other positive health and beauty-enhancement functions, besides being a fragrant flower.

- Contains 50 times more antioxidant content than lemon
- Enhance our body to produce collagen on its own
- Delays ageing process
- Lighten dark spots, enable us to have brighter and smoother skin
- Clean and purify skin
- Enhance stomach function
- Reduce women's health problem
- Promote blood circulation



Rose

Article is contributed by Goh Chye Lee, a member of Grassroots Toastmasters Club. Goh has a keen interest in food that contributes to the improvement of our body's immune system as he has been fighting his auto-immune body system disorder for many years.

His writing above is, in turn, based on the work of Dr Chen Jau-Fei, a world-renowned immunologist in cancer research for more than 20 years. Dr. Chen's passion in biology and chemistry led to her extraordinary education career. At 19, she earned her Bachelor's Degree in microbiology with a minor in chemistry from Brigham Young University in Provo, UT. She then went on to earn her Master's Degree in microbiology with a minor in biochemistry, before earning her PhD at 26 in microbiology with an emphasis in immunology.

Her extensive work in cancer research led her to dedicate her life to the prevention of diseases rather than focusing solely on searching for a cure. The science of Nutritional Immunology is rooted in the idea that harnessing the power of plant nutrients to fortify the immune system can lead to long, healthy lives free of sickness and disease. "A world free of disease" is the dream that Dr. Chen strives to create.

Her book "Nutrition, Immunity, Longevity" is a highly recommended read.

## The Earth Pig for a Year of Joy in 2019

The Chinese Zodiac dictates that come 5 Feb 2019, the Earth Dog will exit to make way for the Earth Pig.

With the Pig attracting success in all spheres, 2019 is expected to be a year of peace and joy. Deemed one of the most giving and loving among the 12 Chinese zodiac animals, the Pig is also expected to bring in lots of romance and good friendship.

The element of Earth provides stability in emotions, intellect and creativity by nurturing personal growth. Hence for most signs, 2019 will be a year of personal development. So listen up those wanting to make lifestyle changes – this is a great year to strive for a new and better you!



### PIG | Success with hard work

Although the year of one's zodiac sign is traditionally an unfavourable year fraught with troubles, 2019 is different for those born in the year of the Pig. You will mostly enjoy an upbeat year. In career, love life and health, you will experience stability. Your wealth will grow. It is a good year to invest in further education to take advantage of future opportunities. Work hard to maximise your success and be wary of conflicts. This is not the year for true romance. Do not be overly quick to jump into a relationship as it may lead to problems.



### RAT | Happiness and good fortune

For Rats, it will be a rewarding year filled with good fortune and luck. Your career will thrive as you enjoy recognition for your professional work. New doors will open with opportunities waiting for you at every corner. This is the year to put your body, mind and soul into your career. If you are single, you have great chances of finding true love. However stay away from flings and temptations. Your home life will be sweet and glowing. Make allies and strengthen your relationships to make the most of this great year. Do watch out for your health and work hard to stay fighting fit.



### OX | Make money or change job

This is the year where all your hard work and perseverance come to fruit. In 2019, you will experience an upturn in your professional life. You will enjoy good fortune and opportunities aplenty in this area this year. Try not to be too inflexible as there is a chance of conflict in your personal life. It is also a good year to get a grip on your health. Remember to eat healthier, sleep regular hours and take time out to exercise to avoid mental and physical fatigue.



### TIGER | Promotion, a raise or professional recognition

Tigers can look forward to a fresh new beginning and a good year all round, especially in career matters. Chances are high for promotion or a raise. Some Tigers will receive acclaim from both their superiors and peers. It's a good year for new projects, new contracts or a new job. Whether it's investment or a new venture, Lady Luck is with you. Not surprisingly this year will see an improvement in your financial situation. Romance is in the air as well. Even travel will bring new opportunities. Simply trust your intuition this year and go with the flow.



### RABBIT | Lucky in love and money

2019 will bring luck in career and finances. Professionally, your projects will bear fruit this year and your boss will recognise your work and value. That long overdue raise or promotion could happen this year. But to meet your targets, you will have to work hard. And this is not a good year to invest. But fortune awaits Rabbits in the romance department. Single Rabbits will have many opportunities to meet that someone special and will make many new friends. Do not overstretch yourself; watch your health and your diet this year and take time out for hobbies and leisure activities.



### DRAGON | A year of mixed bag

Prepare yourself: This is a year of many changes. Conflicts may be on the cards and there is the likelihood of a serious crisis. Work on improving your character and learn to be more humble and less stubborn. But there is good too. In areas of health and love, things will be looking up. Your career also looks favourable with business ventures expected to flourish this year and new careers starting off on a great footing. You will benefit from lots of learning opportunities this year. If single, romance is around the corner and your social life will be active and exciting.

## Famous Pig Year People

- Lee Kuan Yew
- Robert Kuok
- Henry Ford
- Arnold Schwarzenegger
- Hilary Clinton
- Ronald Reagan
- Alexander the Great
- Henry VIII of England
- Thomas Jefferson
- Michael Jackson
- Elton John
- Philip II of Spain

## SNAKE | Challenges to overcome

The year will present opportunities to advance and shine in your career but not before overcoming many challenges and toughing it through. The right opportunities will prove extremely rewarding so seize them when they present themselves. Ultimately, this is a year where you reap what you sow. Your hard work will be noticed by your boss and you will be rewarded. Stick to your current job or field; it will be too stressful to make a switch. Make your health top priority this year as you will be fighting off stress. You will make many new friends and entertain out a lot.

## HORSE | Success and adventure

Giddy up, Horses for a year of adventure! Horses have a likelihood of making a huge change in their career. Expect lots of action with the chance to take on extra roles or get promoted. Take charge of your career this year to move forward. It is not just your wealth that is on the upswing, romance is also on the horizon. Keep an eye open because Horses just might find their soul mates this year. All in all, this is an exciting, rewarding year of success.

## GOAT | Success all-round

Goats, all the dice is loaded in your favour this year. You will enjoy success in all spheres. You will make more money in 2019 and get that raise or promotion that you deserve. With Lady Luck on your side, this is a good time to invest. You will likely make a profit. Now is the time to shine; put in the hard work and show what you are capable of. Goats will be brimming with health in 2019, as you enjoy a stimulating year with energy and stamina. If you are single, you will find both new friends and romance.

## MONKEY | Tread with care

You can look forward to some career growth in 2019 but it will be hard-won. You will also experience some setbacks in your professional life. Another area of concern is your health. You will feel a little worn down this year, so make staying healthy a priority. Take time to exercise and eat well. On the positive side, you can look forward to better finances. However be cautious about how you manage your extra income or it will be lost. Romance will bloom this year with many passionate suitors after you. Do not rush into a new relationship but take time to foster your relationships.

## ROOSTER | Status quo

This year, your luck in career is moderate. Success will not come easy for Roosters in 2019. You will need to work very hard and the results will not be spectacular. With a lack of main stars in your path this year, be prepared for a lot of ups and downs. This is not the year for changing your career. Not surprising, you will suffer from stress so pay attention to your health. There could be significant happenings in your love life; single Roosters could fall in love. Respect your loved ones and exercise magnanimity to prevent relationship fallouts.

## DOG | A waggin' good year

Everything will go your way in 2019. Your grandest dreams have a good chance of being realised. There is plenty to celebrate in both your professional and private life. You will experience success at work, with good prospects of getting a raise or a promotion. You will also have opportunities to build your wealth. With all the stars aligned in your favour, boldly start a new business or change your field of work this year. Your love life will be buzzing too. In short, you're set for a memorable good year.





The 20<sup>th</sup> anniversary of Grassroots' Club was celebrated with a big bang. It attracted a good turnout of 350 comprising members and guests. Programme highlights include game booths where members had a lot of fun, Zumba and dance jams, movie screening and sing-along sessions.

Announcement was also made to introduce a very special 20th Anniversary Membership Promotion for Grassroots Leaders with 20 years or more of GRO service.



# TGC 20<sup>th</sup> Anniversary!





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**The Grassroots' Club**

←  online   

**The Grassroots' Club (TGC) is now on WhatsApp!**

Come join us to get the latest updates and news at the tips of your fingers!

Here are simple steps to subscribe in:

- 1) Save TGC into your contact list @ **9150 7989**
- 2) Send us a WhatsApp message with your name, number and "Subscribe"  
E.g : John Tan, 98765432, Subscribe
- 3) Do allow us some time to process your request.
- 4) We will send you a confirmation message once it has been done.


To unsubscribe, you may delete our contact and send us an "Unsubscribe" message.










This is a no reply and free of charge service.

In accordance with the Personal Data Protection Act, TGC places emphasis in protecting your personal data.

If you have any queries or requests concerning your personal information, please email us at [contactus@grassrootsclub.org.sg](mailto:contactus@grassrootsclub.org.sg)

**Enjoy 10% discount**  
for The Grassroots Club Members



Terms & Conditions apply. 10% discount on cake price only, not applicable to Artistic Labour Charge, Delivery Charge, Amendment Charge, etc. Valid for retail purchase or advance ordering. Valid for standard whole cakes and design cake orders. Original membership card must be presented at point of purchase. Discount not to be used in conjunction with other on-going discounts, promotions, deals and privileges. The Management reserves the rights to make changes to T&Cs without prior notice. Discount valid till from 01 July 2018 to 30 June 2019.

**Table Tennis** NEW

**NEW ACTIVITY**  
**JUST FOR OUR MEMBERS!**

Call us now to book your slot to kickstart your New Year's resolution to stay fit & active!



Complimentary use for TGC Members

Exclusively for TGC members and guests of members only.  
 For more information or to book your slot, Please call 6554 2350.  
 Advance booking is required.  
 Terms and Conditions Apply.



THE GRASSROOTS' CLUB

# At Your Service!

## TGC BANQUET FACILITIES

**Planning your company's next big event? Or putting together a small informal gathering?**

We have a comprehensive array of facilities and services to accommodate any event, with various room sizes to cater for everything from a modest family get-together to a seminar or presentation for an audience of several hundreds. Our highly experienced banquet team will see to the littlest of details throughout your event:

- Budget & planning
- Room inspection
- Special requirements

**TGC MEMBERS  
WILL ENJOY  
EXCLUSIVE  
DISCOUNTS!**



### BANQUET HALL

#### Capacity

Up to 150 pax for dinner reception and 160 pax for dialogue sessions.

*For seminars, campaign launches, parties, cocktail receptions or wedding banquets.*

### THEATRETTE

#### Capacity

Up to 278 pax & 1 wheelchair space

*For medium-to-large-scale events including talks, seminars, briefings, award presentation ceremonies and drama performances.*

### DANCE STUDIO

#### Capacity

Up to 60 pax

*For regular dance classes, workshops, seminars, celebration functions*



### MEETING ROOMS

#### Capacity

Up to 15 pax per meeting room or 25 pax per double meeting room

*For smaller functions such as meetings, seminars and press conferences etc.*



### MULTI-PURPOSE HALL

#### Capacity

Up to 400 pax for dinner reception, 600 pax for dialogue session

*For seminars, campaign launches, lavish parties, cocktail receptions or wedding banquets.*



### ATRIUM

#### Capacity

For receptions and hosting small exhibitions

### Booking Enquiries

**Elith** @65502115

elith\_choo@grassrootsclub.org.sg

**Kay** @6550 2121

kay@grassrootsclub.org.sg

# Privileges offered by Participating Merchants Specially for The Grassroots' Club Members

## F&B

### The Pine Garden

- 10% off standard whole cakes and design cakes at The Pine Garden outlets
- Promotion valid till 30 June 2019*

### Ply Baked Goods

- 10% off with minimum spending of \$10 in a single receipt.
- Promotion valid till 30 June 2019*

### Kontiki

- 15% off on a la carte menu
- Promotion valid till 30 June 2019*



## Retail & Services

### Crystal Time

Enjoy 20% discount off the following range of watches at the selected stores:

- **LUMINOX**  
Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1
- **ARBUTUS**  
Available at Tangs at Tang Plaza Level 3 and Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1
- **CLAUDE BERNARD**  
Available at Tangs Vivo City Level 1, Robinsons The Hereen Level 4 and OG Orchard Point Level 1
- **ELLE**  
OG Orchard Point
- **LEE**  
OG Orchard Point

*Promotion valid till 31 August 2019*



### Capitol Optical

- 25% off frames & sunglasses
- 15% off ophthalmic lenses
- 5% off contact lenses (With minimum purchase of 6 months' supply)
- Complimentary eye health check (Prior appointment is required)

### Luminous Dental Group

- Special rates for TGC members
- Visit <http://www.grassrootsclub.org.sg/membership/affiliated-club-privileges/> for more details



### All Well Scoliosis Centre

- 10% off First Visit (Consultation & Treatment and 1 Free Treatment session)
- 20% off Single Treatment session
- 30% off Package of 10 sessions

*Promotion valid till 30 June 2019*



## Retail & Services

### Kenko Reflexology & Spa

Enjoy 15% discount on a-la-carte services at all Kenko outlets:

- Foot Reflexology
- Shoulder and Head Massage
- Body Massage
- Spa Treatments

Promotion valid till 30 September 2019.

### Ikeda Spa

- 20% off ala-carte spa treatment for the first time
- 10% off ala-carte spa treatments for subsequent visits
- Birthday 1-for-1 Spa treats (During birthday month)

Promotion valid till 31 October 2019

### Hallmark Physiotherapy

CONSULTATION AND TREATMENT

- First visit at a special rate of \$130
- Subsequent visits at a special rate of \$120

CONSULTATION ONLY

- Enjoy 20% discount on your first visit and 10% discount on subsequent visits

Promotion valid till 1 October 2019

### Ma Kuang Chinese Medicine & Research Centre

- Present your TGC membership card to be entitled to a 10% OFF your total bill!

Promotion valid till 31 December 2019



## Lifestyle

### GolfGreedy.com

Enjoy discounts for your next Golf game!

- 10% off golf tee time Bookings on GolfGreedy.com

Promotion valid till 31 July 2019

### The Plant Story

- Deluxe Experience (Individual) at an exclusive rate of \$80 (U.P. \$88)
- Premium Experience (Celebration for 2) at an exclusive rate of \$208 (U.P. \$228) which includes:
  - Complimentary photo with photo frame
  - Welcome drink
  - High-tea set for 2
- Lunch set with sweeping view of the Marina Bay at \$25 with complimentary premium ice cream

Promotion valid till 30 June 2019



## Hospitality

### Carlton Hotel Singapore

- 15% off Best Flexi Room Rates with complimentary room upgrade to the next room category
- Enjoy 4-for-3 Adult Buffet Lunch at Café Mosaic or 1-for-1 Adult Buffet Dinner

Promotion valid till 31 July 2019

### Bay Hotel

- 10% off Best Available Room Rates
- 20% off a la carte menu at Rumah Rasa
- 10% off a la carte menu at Propeller
- 10% off Merrier Hours Buffet at Propeller

Promotion valid till 31 August 2019



TGC's CNY

# LOH EI DINNER

11 FEBRUARY 2019  
MONDAY, 6PM - 10PM  
VENUE: MULTIPURPOSE HALL

**Event Programme\*** subject to changes

6.00pm	Fringe Activities
7.15pm	Lion Dance Performance
7.40pm	Tossing of Yusheng followed by 8-course dinner
8.00pm	Stage entertainment
8.20pm	Games hosted by Emcee
8.40pm	Stage entertainment
9.00pm	Games hosted by Emcee
9.20pm	Lucky Draw
9.40pm	End of Programme



福

**Lucky Draw Prizes:**

- 1<sup>st</sup> Prize: 4D3N Macau for 2
- 2<sup>nd</sup> Prize: 3D2N Bangkok for 2
- 3<sup>rd</sup> Prize: 3D2N Malacca for 2

**Price**

Per table: \$588 / Per person: \$58.80

TGC members to receive \$40 back on event day upon registration



THE GRASSROOTS' CLUB

For enquiries, please call 65542350 / 65502115  
or email to [services@grassrootsclub.org.sg](mailto:services@grassrootsclub.org.sg)