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Grassroots

Issue 115
May 2020 - Jul 2020

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WWW.GRASSROOTSCLUB.ORG.SG

With Passion

Selamat Hari Raya



Club Directory

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GENERAL FACILITIES

Concierge / General Enquiries	6554 2350
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Membership	6550 2114 / 6550 2120
Club Events	6550 2119

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Swimming Pool	6550 2128
Activity Room	6550 2128
Mahjong Room Booking	6554 2350
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Muslim Delights 11am to 7pm daily, closed on Mondays	9001 9401

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Brighton's Montessori 7am to 7pm, Mon-Fri	6455 8830

FITNESS

Soul Fit 8am to 10pm, Mon-Sat	92354789 / 91699306
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ISSUE 115 (MAY 2020 – JUL 2020)

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MESSAGE FROM *Chairman* Finance Committee



Mr Abel Tan Joo Meng

*Honorary Treasurer of
Management Committee,
The Grassroots' Club*

Dear Members,

This is my first term as the Treasurer cum Chairman of the Finance Committee (FC). I am very honoured to be able to serve in this capacity.

We are now not only as a Club but as a whole nation facing an unprecedented economic shock due to the Covid-19 outbreak, which has been described as the most serious crisis that our nation has faced.

As such, I will practise utmost prudence and conservatism in overseeing our financial management, cash flow management and in our finance matters especially in terms of budgeting and spending. I will also keep an active oversight in our investment matters to ensure the best interests of TGC in this difficult period.

The FC is formed to assist our Management Committee (MC) in ensuring appropriate control measures are adopted to safeguard TGC assets from any potential risk exposure and losses. Thus, your interests as a member are also well secured and protected.

We assist the MC in effectively discharging their financial responsibilities. In addition, we also continuously seek to improve TGC's policies, procedures and guidelines to ensure they are consistently complied with by all management levels from various operating units and all other TGC sub-Committees.

Last but not least, I would like to take this opportunity to express my heartfelt thanks to all my fellow FC members for their fullest co-operation, dedication and assistance rendered.

Editorial TEAM

Chairman
Liza Ng

Vice Chairman
Chee Yi Long

Member
Marie Lim Soo
Cheng

Secretariat
Steven Chia
Ethan Seet

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Words Worth Media
wordsworth.com.sg

Editor's MESSAGE



Greetings to all Members and welcome to the latest issue of Grassroots with Passion. Our Chinese New Year Lohei Dinner received overwhelming response and all the Club Members and friends greatly enjoyed the good food and networking opportunities. The highlight of the event - High Pole Lion Dance Performance captivated all present and the Lucky Draw gave out attractive prizes to the lucky winners. Turn to page 8 to recap the joyous evening.

During this Circuit Breaker period, many people found that working from home has its own set of challenges from technical problems, unreliable internet connections or uncondusive environments having to care for elderly parents or children. Having to juggle work and family demands, people find it more stressful and demanding than expected. If you think that you are burned out, turn to page 4 to read about the effects of burnout and how to manage it.

Ramadan has started on 23 April 2020. It is the most important month of the Muslim calendar, leading up to Hari Raya Puasa which falls on 24 May 2020. Dining in at restaurants or homes of family members and friends is not possible now but you still can celebrate and dine in the comfort of your home with Hari Raya Feasts from some of Singapore's best eateries. Turn to page 6 to find out more.

To our valued Club Members and Grassroots Leaders who have signed up to enjoy the TGC Partner Merchant Privileges, do look out for the new Merchants presented in this magazine. Like us on Facebook and subscribe to TGC WhatsApp to get the latest exclusive news, updates, deals and discounts at the tips of your fingers!

On behalf of the Staff from The Grassroots' Club, the People's Association and The Grassroots' Club Management Committee, I would like to wish all our Muslim friends a Selamat Hari Raya Aidilfitri! Stay safe and stay connected with TGC!

Miss Ng Liza

Editor

Honorary Assistant Secretary of
Management Committee,
The Grassroots' Club



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www.changibc.org.sg

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Singapore 769162
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www.orchidclub.com

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283 3518
Fax: 06-284 8303
www.malaccaclub.com.my

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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/>





Welcome

To Our New Members

Chau Ping
 Hee Siew Peng
 Hee Xian Yang
 Huang Zigen
 Leong Siew Mun
 Lester John Lee Kok Wah
 Michael Tong Kai Wee
 Mook Meng Nguan
 Muhamed Rizal Bin Rasudin
 Muhammad Khairani Bin Basiran

Ng Wei Yong
 Nor Ah Zalian Binti Rahmat
 Pang Meiyun
 Praveen S/O Chandran
 Seow Hui Woon
 Tan Eng Li
 Tan Ming Chuan
 William Oh
 Wong Tze Yew Jerrold



- Level 1** **Pat's Schoolhouse** Tel: 6459 2382
 10% discount off monthly fees @ TGC
- Common Folks** Tel: 9237 6650
 10% discount on a la carte menu
- Muslim Delights** Tel: 9633 0261
 10% discount on a la carte menu
- Soul Fit** Tel: 9235 4789
 20% discount on all classes
- Fish@Ang Mo Kio** Tel: 9839 2715
 40% discount off all non-promotional items (excluding F&B)

Level 2 **Brighton Montessori** Tel: 6455 8830
 10% discount off monthly fees @ TGC

Level 3 **Pat's Schoolhouse** Tel: 6459 2382
 10% discount off monthly fees @ TGC

Level 4 **Sparkz KTV** Tel: 6458 5026
 20% discount except for beer during Happy Hour

MEMBER Discounts



AT THE GRASSROOTS' CLUB



Back to the Grind? Think Again

Dany Alfian from Grassroots' Toastmasters Club shares more about the signs and dangers of burning out.

After dragging yourself out of bed, it's a struggle to commute to work. Toiling away in your cubicle, it's a never-ending chore to clear your inbox. Droning away until your shift ends, it's another fruitless work day. The cycle continues.

Sound familiar? This is an everyday reality of being burned out.

Identifying the signs

Facing work-related stress is inevitable but there is a point where it can spiral out of control. This is when burnout occurs, when work-related stress is not properly managed. According to the World Health Organisation, there are three common symptoms:

- Feeling exhausted all the time
- Showing a lack of care to one's job
- Being less productive at work



If you're still unsure, the four questions below, devised as part of the United Kingdom Practitioner Health Programme in 2017, may help.

1. Has anyone close to you asked you to cut down on your work?
2. In recent months have you become angry or resentful about your work or about colleagues, clients or patients?
3. Do you feel guilty that you are not spending enough time with your friends, family or even yourself?
4. Do you find yourself becoming increasingly emotional (for example, crying, getting angry, shouting, or feeling tense) for no obvious reason?

Stressful Singapore

Singapore workers are prone to burnouts as we are one of the most stressed and sleep-deprived populations in the world.

According to a survey from health services company Cigna in 2019:

- 92% of Singaporeans surveyed were stressed from work, higher than the global average of 84%
- 1 in 8 Singaporeans consider their stress unmanageable

According to a survey from Phillips in 2019:

- Singaporeans have a lower sleep hours of 6.3 on weekdays than the global average of 6.8. Weekends are much worse, with 6.7 and 7.8 hours for Singapore and the global average respectively
- 61% of Singaporean respondents blame their lack of sleep to worry or stress, higher than the global average of 54%



When you crash and burn

Burnout has been recognised in the World Health Organisation in May 2019. Although it is listed as an “occupational phenomenon” rather than a medical condition, burnout can cause adverse consequences to one’s overall health.

Besides insomnia and chronic fatigue, as described by Psychology Today, long-term physical effects of burnout can be severe. One such effect relates to heart conditions. A study done by Tel Aviv University in 2012 tested 8838 employed men and women, aged 19 to 67 years, for routine health examinations. After a 3-year follow-up examination, it was found that those with severe burnout have a significant risk of developing coronary heart disease.

Not only can burnouts affect physical health, but one’s mental health can also deteriorate as well. Burnouts are often compared to, and can develop into depression. Both conditions have shown similarities in terms of putting our mental state into the same wavelength. In fact, a study in the International Journal of Stress Management in 2014 found that “about 90% of workers with full-blown burnout meets the diagnostic criteria for depression”.



Putting out the fire

Being aware of the situation, our employers and government are trying to curb burnout cases, but to limited success. According to a 2019 study by health service company Cigna, a third of the respondents had a wellness programme in their companies. Yet, half of them felt that these programmes were not focused enough on mental well-being. Despite the downward trend of the working hours of Singapore workers, Singapore workers still worked the second longest week in developed cities around the world, according to a TODAY article in December 2018.

It is heartening to see that some employers are putting in the effort to help employees manage stress - such as with having flexible hours. The Conditions of Employment

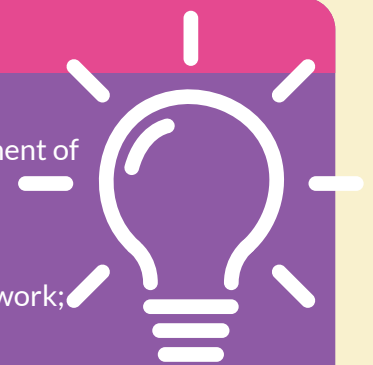
report by the Ministry of Manpower shows that 72% of the workforce last year are in companies that offer at least one flexible working arrangement, up from 70% in 2017.

Unfortunately, burnout is a complex and deeply rooted issue that cannot be managed easily. Our working culture and company policies need drastic changes as a whole to focus more on mental wellness, and recognise burnout cases.

Managing Burnouts

Here are some tips you can do to manage burnouts. Taken from *The New Paper*, Ms. Denise Lim, a clinical psychologist in the Institute of Mental Health’s Department of Psychology, has this to say:

- ✓ Take time off from work responsibilities to relax;
- ✓ Allow yourself to feel useful in other aspects of your life, such as doing charity work;
- ✓ Reflect on what attracted you initially to your profession; and
- ✓ Let yourself ask for help.



QUICK TIPS

Hari Raya Feasts

in the comfort of home

From traditional Malay specialities to Indian Muslim delights, your favourite food is only a few taps away thanks to these restaurants and eateries

As the global fight against COVID-19 continues, some of our favourite Hari Raya Puasa activities will have to take a back seat. There will be no Ramadan Bazaar at Geylang Serai, while dining in at restaurants and visits to the homes of family and friends have been impacted. However, one thing we can count on is that some of Singapore's best eateries will still be up and running, making sure that we have our favourite food while we weather the storm. As we prepare to celebrate Hari Raya Puasa on 24 May, here are some of Singapore's best Malay, Indian Muslim, Pakistani, Middle Eastern and halal Western establishments that will deliver food fit for the festive season.

Hjh Maimunah

Founded in the 1990s, Hjh Maimunah has made a name for itself by serving up favourites from the kampung days. Tucking into their buffet is one of Malay cuisine's great experiences, and among their signatures are Sundanese grilled chicken, lemak siput, beef rendang, oxtail soup and barbecued fish. Hjh Maimunah offers islandwide delivery with a minimum order of \$30. If your order doesn't hit that number, then delivery is just \$5. Order online at hjhmainunahdelivery.oddle.me.



Sinar Malay Seafood

If you're hankering for seafood, whether prepared Malay style or halal Chinese and Thai style, look no further than Sinar Malay Seafood. Their expansive menu includes 180 dishes, covering everything from seafood fried rice to tom yam mee soup, fish head curry, salted egg prawns, sambal sotong and chilli crab. They have outlets at Ang Mo Kio, Jurong West and Yishun, and you'll find them on Food Panda and GrabFood. If you don't live within the delivery areas of the three outlets, you can also make takeaway orders: **Ang Mo Kio, 8545-7318; Jurong West, 6569-7583; Yishun, 8465-3348. Visit fb.com/sinarmalayseafood** to view their full menu.

Islamic Restaurant

In its remarkable 99 years of history, this Indian Muslim restaurant has served Singaporean and Malaysian prime ministers and Bruneian royalty, so it's safe to say that their biryani (or beryani in their preferred spelling) is among the best you'll find anywhere – whether you go with chicken, mutton, fish, prawn or vegetable. Now run by the third generation of the same family, Islamic Restaurant continues to satisfy with a comprehensive menu of Mamak and North Indian standards. To order, **head to dial-a-beryani.sg or call 6296-1161**. Delivery is free with orders of \$60 or more, otherwise, delivery fees range from \$10 to \$20 depending on where you are located. Also available on Food Panda.





Usman's

Usman's is the name if you're looking for an authentic taste of Pakistan. Opened in 2003, the restaurant – which also serves North Indian cuisine – has outlets on Serangoon Road and in Bedok. Take your pick from Lahori fish fry, chapli kebab, chicken or prawn karahi, bhuna mutton biryani and more before finishing your meal with some gulab jamun or kheer. Usman's is on Deliveroo, Food Panda and GrabFood. Alternatively, you can also place your order at usmanrestaurant.odde.me (minimum orders and delivery fees vary depending on your location).

Beirut Grill

Take a journey across the Middle East with this Bussorah Street mainstay, a popular spot that has been running since 2009. Start with mezze like paprika hummus and kibbeh, sample from the Beirut pastry platter and then feast on the mixed seafood platter – which includes prawns, calamari, mussels and dory fish – or the mixed grilled meat platter – featuring lamb kebab kofta, tikka kebab and shish taouk – before concluding with some baklava. Do note that Beirut Grill is not halal-certified, although their food is halal and made with ingredients purchased from halal-certified vendors. Beirut Grill is available on Deliveroo, Food Panda and GrabFood, and you can also call them at **6341-7728** for self-pick-up orders.



Fatty Bom Bom

Singapore-style Western food always hits the spot, and in recent years, a new wave of Western food specialists has changed the game with modern takes on a well-loved cuisine. One great example is Fatty Bom Bom, who serve up classics like black pepper chicken and fish and chips along with Cajun chicken rolls, hefty burgers, popcorn chicken and baked potatoes. Fatty Bom Bom outlets are located around the country, and you'll find them on Food Panda and GrabFood. Alternatively, you can order via WhatsApp by sending your order and delivery info to **9648-0968** or **8721-0175** (visit fb.com/fattybombomzxc to view the format). Delivery is free islandwide with a minimum order of \$50, otherwise, delivery costs \$10.

Bonus: Bungkus

Can't decide what to eat? Looking for a specific dish that isn't typically found at restaurants? Then you should check out the halal marketplace Bungkus. This company provides islandwide delivery from an extensive array of halal restaurants. So whether you're craving dim sum, nasi lemak, mutton soup, shawarma, rojak, chicken rice or satay, Bungkus have you covered. **Check out their website at bungkus.sg** or download their app on Google Play or in the Apple App Store. Delivery fees vary depending on your location, ranging from \$5 to \$17.





THE GRASSROOTS' CLUB LUNAR NEW YEAR LOHEI DINNER

基层俱乐部 新春联欢晚会

31 January 2020

Chinese New Year Lohei Dinner

As per tradition, our Chinese New Year Lohei Dinner was held on the seventh day of the lunar calendar which fell on 31 Jan 2020. Prior to the commencement of the dinner proper, members and guests had fun with the various game stalls. The highlight of the night was the Lion Dance Mei Hua Zhuang performance which was held at TGC for the very first time. After the sumptuous dinner and stage performances, the event concluded with a grand Lucky Draw giving away travel packages to Taipei, Hanoi and Penang.





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- S\$228++ per room per night
- Premier King Room
- Complimentary Wi-Fi
- Breakfast for 2 Adults and 2 Children (below 12 years)
- 30% off Lunch and Dinner at Azur
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Terms and conditions apply.

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PTGC10OFF

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- 2) Minimum purchase of \$50 applies (for birthday gift redemption)
- 3) Private Message to All About Essentially Oils through Facebook page or Instagram with proof of birthday (photo of NRIC with birth date, block out NRIC number) for birthday gift redemption.

TGC Partner Merchant Privileges

FOOD & BEVERAGES

Ply Baked Goods

- 10% off with minimum spending of \$10 in a single receipt
Promotion valid till 30 June 2020
Email: starpinion@gmail.com

Kontiki

- 15% off on a la carte menu
Promotion valid till 30 June 2020
Address: 11 Rhu Cross, #01-02, PAssion Wave@Marina Bay, Singapore 437440
Email: support@handlebaroriginal.com | Contact: 6268 5225



Sky View Pavilion (Singapore Flyer)

- Complimentary Double Boiled Cabbage Soup with Bamboo Fungus & Mushroom with minimum spending of \$50 in a single receipt during Birthday Month
Promotion valid till 30 September 2020
Address: 30 Raffles Ave, #01-04, Singapore 039803 | Contact: 6854 5245

Miss Tea

- 20% off all Beverages
Promotion valid till 30 November 2020.

HOME & LIVING

Kirona Scents

- 15% off total bill for online purchase on www.kironascent.com with promocode "KSXGR"
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- Walk-in exclusive: Get a free gift (worth \$9.90) with minimum spend of \$20 in one purchase
Promotion valid till 31 March 2021
Address: LINK@AMK, 3 Ang Mo Kio Street 62 #02-01, Singapore 569139 | Contact: 6610 8513

APPAREL & ACCESSORIES

Picadilly Custom Tailors

- Exclusive 20% discount* off regular items
Valid TGC Membership card / Valid Grassroots Leader card with The Grassroots' Club's identification must be presented, before getting a quotation and tailoring
Address: 14 Scotts Road #02-85, Far East Plaza, Singapore 228213
Email: taylor@singaporeuits.com | Contact: 6734 9990 | Website: www.singaporeuits.com

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)
Visit <http://www.capitol.com.sg> for outlets address details



OETEO

- Exclusive 20% discount* off regular items with coupon code TGC20 on www.oeteo.co
Promotion valid till 30 April 2021
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Not applicable for Little Sprout Box and discounted items
This coupon is not applicable in conjunction with other coupons
Free local shipping for orders above S\$60

Crystal Time

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

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- **CLAUDE BERNARD**
VivoCity #01-k30, Robinsons The Hereen Level 4, OG Orchard Point Level 1
- **EDOX**
VivoCity #01-k30, TANGS Tang Plaza Level 3, Robinsons The Hereen Level 4
- **REEBOK WATCHES**
Robinsons The Hereen Level 4, OG Orchard Point Level 1
Promotion valid till 31 August 2021



BEAUTY & SPA

Fresver

- **Hydra Perfect Facial at \$29 nett*** (worth \$385.20 with 7% GST | 75 minutes)
Scan QR code on the Fresver ad in this magazine (page 9) to redeem your Free Head Gua Sha (15 minutes)
Quote "GRC-HP29" for offer
- **Herbal Spa with Jing Luo Wellness at \$39 nett*** (worth \$321 with 7% GST | 60 minutes)
Quote "GRC-HJL39" for offer. Only available at Tampines and Tiong Bahru outlets. Terms and Conditions apply.
Promotion valid till 30 August 2020
Visit <http://www.fresver.com.sg> for address details of all outlets



Irén (Face Shower Bar by Ikeda)

- **First trial at \$58** (U.P. \$90)
- **Birthday Treat - Modelling Masks at 50% off** (U.P. \$40)
Promotion valid till 31 October 2020
Promotion is only available at Face Shower Bar located at One Raffles Link, B1-17A Citylink Mall, Singapore 039393
First trial Hydra Cleanse Facial is only redeemable for first-time customers of Face Shower Bar

DrSpa®

10% off ala carte treatments

PLUS! Enjoy a complimentary Bright & Energize Eye Treatment worth \$120 upon purchase of skin treatments

DrHair®

10% off ala carte treatments

PLUS! Enjoy a complimentary Scalp Tension Relief upon purchase of scalp and hair treatments

Promotion valid till 31 October 2020

Visit www.drhl.com for outlets address details

VESURE Hair Therapy

- **QXTL Head Reflexology + Scalp rejuvenating deep cleansing 2IN1 @ \$54** (U.P. From \$103)
- **15% off All Service Price Menu**
Promotion valid till 30 November 2020
Address: Blk 714 Ang Mo Kio Avenue 6, #01-4012, Singapore 560714 | Contact: 6259 0977



Beijing 101 Hair Consultants

- **\$42 for 3-in-1 Scalp Cleansing Therapy** (U.P. \$514)
- **Complimentary hair care set worth \$68 after treatment**
Promotion valid till 31 December 2020
Only for 1st time customers aged 18 and above
Visit www.beijing101hair.com for outlets address details

Princess's Cottage: The Nails Story

- **10% off all ala carte services**
Complimentary Foot Mask (U.P. \$35) with every classic or gel pedicure service
Promotion valid till 31 March 2021
Visit www.princesscottage.com for outlets' addresses and details
Quote "Grassroots Member" as remarks, during booking on website or phone



Refresh TCM Wellness

- **Exclusive \$50 for 45min Back Massage with complimentary 15min Guasha** (for 1st-time customers only)
Promotion valid till 31 March 2021
For booking, please call outlet, and quote "Grassroots Member" as remarks.
Visit www.yongkangtcm.com for outlets' address details.

Kenko Reflexology & Spa

- **Enjoy 15% discount on a-la-carte services at all Kenko Wellness Spa outlets: Foot Reflexology, Shoulder and Head Massage, Body Massage & Spa Treatments**
Promotion valid till 30 September 2021
Visit <http://www.kenko.com.sg> for outlets' address details

The Eaqlia Studio (Fitness & Beauty)

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HEALTHCARE PRODUCTS & SERVICES

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- 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 2021

Address: 545 Orchard Road, Far East Shopping Centre #10-05, Singapore 238882

Email: admin@allwellscoliosis.com | Contact: 6610 6562



Hallmark Physiotherapy

- Consultation & Treatment – First visit at special rate of \$140, Subsequent visits at \$130
- Consultation only – Enjoy 20% discount on your first visit and 10% discount on subsequent visits

Promotion valid till 1 October 2021

Address: 320 Thomson Road, Singapore 307663 | Email: vaishu@hallmarkphysio.com | Contact: 6258 8707



Essentially Oils

- 10% off total bill with promocode "PTGC10OFF" on www.getessentiallyoils.com
- Special gift* worth \$15 during Birthday month with minimum purchase of \$50

Promotion valid till 31 March 2022. Terms and Conditions apply

Luminous Dental Group

- Special rates for TGC members

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



RECREATION

Amazing Chambers Singapura

- 15% off standard off-peak price of \$28.90 per pax (min 4 playing pax to enjoy this discount) with online promocode "TGC15"
- 15% off standard peak price of \$32.90 per pax (min 4 playing pax to enjoy this discount) with online promocode "TGC15"

Promotion valid till 31 March 2021

Address: 73 Sultan Gate Singapore 198497

Email: hello@amazingchambers.sg | Contact: 6906 3271 | www.amazingchambers.sg

HyperForce Paintball

- **Unlimited Pellet Package:** \$5 off for all unlimited pellet packages (U.P. \$40 per pax for 2-Missions, U.P. \$50 per pax for 3-Missions & U.P. \$60 per pax for 4-Missions)
- **500 Pellet Package:** Free 100 additional pellet when they purchase this package (U.P. \$38 for 500 pellets for 3-Missions)

Promotion valid till 31 March 2021

Address: 600 West Coast Road Singapore 127445 | Email: play@hyperforce.asia | Contact: 8833 4833 | Website: www.hyperforce.asia

Boats, Boats and Boats Services (Private Yacht Charter)

- 12% off listed rates for Private Yacht Charter

Promotion valid till 30 April 2021

Visit <http://www.bbboats.com> | Email: kathy@bbboats.com or enquiries@bbboats.com | Contact: 6861 6965

Ryders Singapore (Wakeboarding)

- \$50 off for 3 hours booking (U.P. \$390)

Promotion includes wakeboarding equipment, coaching, and mineral water, ice and ice box

Promotion valid till 30 April 2021

Visit <https://www.rydersatponggol.com> | Email: phaantw@yahoo.com.sg



GolfGreedy.com

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

Promotion valid till 31 July 2020

D'Haven (Ice Skating Lessons)

- 10% off group lesson packages

Promotion valid till 30 November 2021

For enquiries, email: d_haven79@yahoo.com



HOSPITALITY

Crowne Plaza Changi Airport

- 15% off Best Flexible Room Rates

Promotion valid till 31 March 2021

- **Family Staycation Package**

\$228++ per room per night

Premier King Room

Complimentary Wi-Fi

Breakfast for 2 adults and 2 children (below 12 years old)

30% off lunch and dinner at Azur

Top up \$160++ for a suite

Quote "FAMSTAYCAY" to enjoy offer

Promotion valid till 30 June 2020

Address: Changi Airport, 75 Airport Boulevard, Singapore 819664

Email: reservations.cPCA@ihg.com | Contact: 6823 5388

