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# Grassroots

Issue 116

Aug 2020 - Oct 2020

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[WWW.GRASSROOTSCLUB.ORG.SG](http://WWW.GRASSROOTSCLUB.ORG.SG)

*With Passion*



Happy  
Birthday

55<sup>TH</sup>

SINGAPORE



# Club Directory

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### GENERAL FACILITIES

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Membership	6550 2114 / 6550 2120
Club Events	6550 2119

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

### FITNESS

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## ISSUE 116 (AUG 2020 – OCT 2020)

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# MESSAGE FROM *Chairman*

## Building & Facility Committee



**Mr William Mok  
Chan Mun, PBM**  
Chairman,  
Building & Facility Committee

*Dear Members,*

I would like to convey my sincere thanks to the Management Committee (MC) for entrusting me to the appointment of Chairman, Building & Facility Committee. I also wish to thank my Committee members and Management Team for their support and assistance in looking after Club's facilities.

The Committee is guided by the Terms of Reference mandated by the MC, which forms our KPIs. To name a few, these include planning of facilities enhancements, preventive maintenance programmes, ensuring a proper Club security system, proper upkeep and cleanliness of Club premises, maintenance of Club greenery and monitoring of the various Club facilities and fees.

Even after the upgrading of the Club, we still encounter some maintenance issues and breakdowns of various equipment. Some of these equipment are not replaced during the upgrading (for e.g. the air-con chillers). We will continue to monitor the situation and propose the replacement/overhaul of the faulty equipment so that breakdowns can be minimised.

In the pipeline is a brand new outdoor F&B area at the courtyard beside the multi-purpose hall. Due to the COVID-19 outbreak, the construction works have been severely delayed. I am hopeful that the F&B outlet can start operations after the third quarter of 2020.

My Committee is committed to these maintenance and improvement KPIs and will definitely welcome ideas, feedback and suggestions from all members to make our Club a place of pride for all our Grassroots Leaders.

Having better and upgraded facilities will help in membership recruitment and also increase value in TGC membership. I hope to see more GRLs sign up to join TGC.

# *Editorial* TEAM

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**Vice Chairman**  
Chee Yi Long

**Member**  
Marie Lim Soo  
Cheng

**Secretariat**  
Steven Chia  
Ethan Seet

**Design & Editorial**  
Words Worth Media  
[wordsworth.com.sg](http://wordsworth.com.sg)

# Editor's MESSAGE



Greetings to all Members. Time flies and we had already pushed past the halfway mark of the year. I hope that everyone is staying safe.

As The Grassroots' Club (TGC) reopens, COVID-19 Safe Management Measures are implemented to provide a safe environment for everyone. This includes temperature taking, collecting travel and health data, implementing SafeEntry systems and providing hand sanitisers. On 24 July 2020, we successfully had our Annual General Meeting (AGM) conducted by Zoom.

This year due to COVID-19, it will be the first time that we celebrate National Day differently from what we are used to every year. Turn to page 4 and you will be amazed to discover that there are still many ways to celebrate Singapore's 55th birthday!

Even though we are in phase 2 of re-opening, working from home will continue to be the default mode of working. Turn to page 6 for ideas on setting up your ideal home office.

With the current changes in our lives brought about by COVID-19, children may feel stressed and anxious. Turn to page 8 for insights on teaching your child to manage emotions like a Star!

See page 12 for TGC's comprehensive Partner Merchant Privileges in Food & Beverages, Home and Living, Apparel and Accessories, Beauty and Spa, Healthcare Products and Services, Recreation and Hospitality. Like us on Facebook and subscribe to TGC WhatsApp to get the latest exclusive news, updates, deals and discounts at your fingertips.

Take care and see you soon at TGC!

## Miss Ng Liza

Editor  
Honorary Assistant Secretary of  
Management Committee,  
The Grassroots' Club



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



# Welcome

## To Our New Members

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Balakrishnan S/O Venkadasamy  
Chua Soo Heem  
Shamsudin Bin Shadan  
Foo Chang Ming  
Foong Yee Moi Judy  
Goh Luan Cheng Mary  
Lim Ah Siew

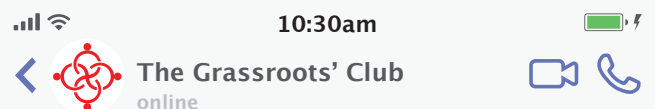
Lim Hui Fang  
Lim Kong Hwee Desmond  
M. Sivaanathan  
Tan Boon Heng Shaun  
Tan Soo Koon Jeric  
Tan Yong Kwee David  
Yap Yi  
Yeap Beng Seng Daryl

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- Level 3** **Pat's Schoolhouse** Tel: 6459 2382  
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- Level 4** **Sparkz KTV** Tel: 6458 5026  
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### The Grassroots' Club (TGC) is now on WhatsApp!

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- 1) Save TGC into your contact list @**9150 7989**
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- 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)

The Management

10:30am

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# National Day

## with a difference

There's always an air of anticipation around Singapore in the lead up to National Day, but as the battle against Covid-19 continues here and around the world, this year's festivities won't quite be like what we're used to. While safe-distancing measures are in place, and gatherings are limited to five people, there are still many ways to celebrate Singapore's 55th birthday. Here's everything you need to know about National Day 2020 and how you can experience a National Day Parade like no other.



### Collect your Singapore Together Pack

One highlight of attending an NDP (or an NDP preview or rehearsal) is getting your hands on an NDP fun pack. Fun packs will again feature this year but the Singapore Together Packs, as they've been named, can be collected by every Singaporean or permanent resident household (one per household). Each pack will contain a state flag, a handheld flag, a snack, a canned drink, a commemorative magnet, a face mask, a thermometer, hand sanitiser and more. To find out which Community Centre/Club or Residents' Committee Centre you can visit to collect yours, head to [sgtogetherpack.govwhere.gov.sg](https://sgtogetherpack.govwhere.gov.sg) and enter your postal code.

### Get Involved in #OurHeartForSG

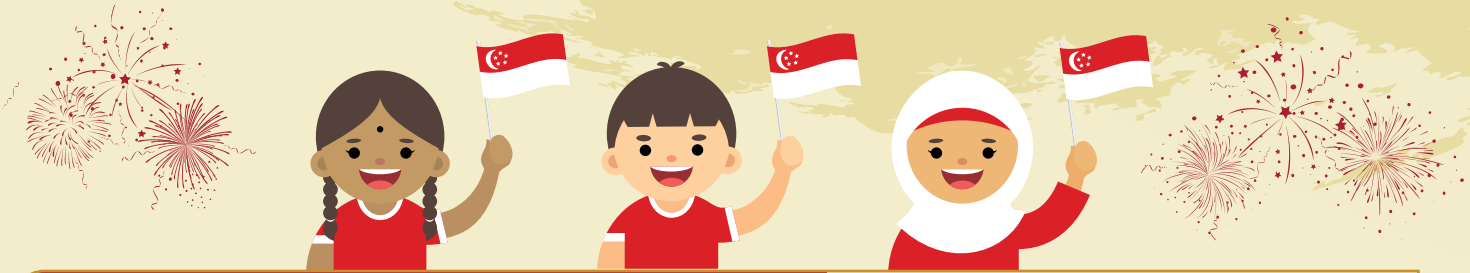
It goes without saying that 2020 has been a trying year for Singaporeans, as we've faced uncertainty and restrictions on many day-to-day activities throughout the year so far. But we've all done our part, we've soldiered on and we've been able to celebrate small victories.

The Our Heart For Singapore project is made up of three pillars, and in "Stories & Gratitude from the Heart", you can share your personal thoughts on this journey and your words of thanks for everyday heroes on Facebook and Instagram. Get creative! You can express yourself through photos, videos, stories, poetry, art and more.

Music is a key part of any National Day celebration, and this year will be no different. Whether "Home" is your favourite NDP standard, you're more inclined towards "Stand Up for Singapore" or you've already taken a liking to this year's tune, "Everything I Am", you can showcase your vocal talents as part of the "Songs from the Heart" pillar. Post your version of any NDP song – or create your own! – on Facebook or Instagram, and your video could be shared on the NDP YouTube and social media channels.

The final pillar of Our Heart For Singapore is "Pledges from the Heart". Inspired by the community spirit shown by people across Singapore these past months, Pledges from the Heart encourages you to play a role in shaping Singaporean society. There are 55 pledges to choose from – you could volunteer in food distribution programmes, teach skills to less fortunate children, support the elderly and people with disabilities or even contribute to the arts and heritage sector – or you can come up with your own pledge.

Be sure to use the hashtag #OurHeartForSG in all your posts, and tag the NDPeeps social media accounts. For more information, head to [www.ndp.gov.sg/ourheartforsg](https://www.ndp.gov.sg/ourheartforsg).



### Have a watch party for the National Day Parade, and keep a lookout as elements of the parade head to the heartlands

This year's NDP is a full-day affair, and will feature many familiar sights and sounds – though you won't have to be near the Padang to see and hear them. There are three components to the parade: The Strength of Our Nation, Active Participation by Singaporeans and The Show.

The morning will kick off with the Strength of Our Nation – focusing on Singapore's heritage and traditions – and the first part of the programme is the National Day Message from Prime Minister Lee Hsien Loong. This will be followed by a parade at the Padang, complete with a review by President Halimah Yacob and the Presidential Gun Salute.

Next, the National Anthem will be played as flags are raised around the country. This will take place together with the "Fly Our Flag" aerial display – with the familiar Republic of Singapore Air Force Chinook and Apache helicopter formation carrying the state flag – and the "Roar of Unity" flypast – featuring F-15SG fighter jets – over the island. The parachutists of the Red Lions will also land in the heartlands for the first time, while the Singapore Armed Forces and Home Team Mobile Column moves around Singapore and the Republic of Singapore Navy conducts a sailpast.

The afternoon of NDP 2020 encourages Singaporeans to have fun and engagement with families. It could be as simple as working out, cooking, waving your flags, applauding frontliners or joining in the light-up, pledge and anthem moments.

Finally, we come to the evening segment of NDP 2020: The Show. A first at this year's NDP, The Show will take place indoors at the Star Performing Arts Centre, and will be made up of a series of smaller-scale group performances. Expect to hear inspiring stories of how Singaporeans have coped with the Covid-19 pandemic and tributes to the unsung heroes who have helped the country move through one of the most trying times in its history. You can also look forward to appearances by local celebrities.

Another highlight, and another first, is a performance from the NDP Virtual Choir, made up of everyday Singaporeans who contributed videos of themselves singing "We Are Singapore". The Show will conclude with – what else – fireworks! They will be set off from locations around Singapore, so there's a good chance that you'll get a view from your window.

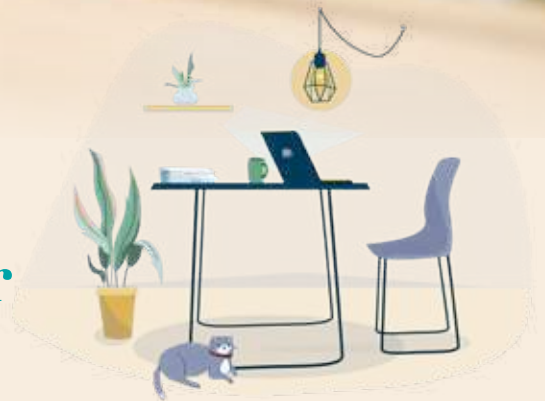
Stay tuned on local TV channels and various internet platforms.

### Make the most of e-discounts

NDP 2020 partners are offering a whole host of discounts, deals and free gifts to celebrate National Day. On the dining side are offers from the likes of Burger King, the Manhattan Fish Market, Mr Popiah, Polar Puffs & Cakes, Popeye's and Texas Chicken, just to name a few. Sentosa attractions like iFly Singapore, the Singapore Cable Car and Wings of Time have offers too. On top of that, there are also discounts on everything from beauty and wellness treatments to online classes and photo printing services. Head to [www.life.gov.sg/ndp2020/coupons](http://www.life.gov.sg/ndp2020/coupons) to find out more.



# 5 Ideas on Setting Up Your Ideal Home Office



With the current changes in our lives brought about by the COVID-19, all of us have to adapt to these changes. These include going out only to do the essential tasks, practice social distancing and to many, working from home. Others might be new to working from home and thus find this challenging. That is why, it is imperative to make the necessary steps in creating a conducive space at home to do work.

We can always think of ingenious and creative ways to achieve this: either we find that spot or we create that corner.

Ensuring you have a conducive place at home for your work is critical in completing your tasks. Whether you are doing a remote job or merely doing your personal projects over the weekend, it is vital that you have a special place that you can comfortably finish all your duties on time.

Here are the 5 tips in choosing and making your home conducive for work:

## Choose a space that is comfortable

**1** A comfortable place means a space that is appropriate and convenient for you to do work. This means that your chair and table must support your long hours of working. In addition, this also means that you have enough space to carry out your duties.

You should also consider the room temperature and ventilation. This can help you concentrate on your tasks. Take note that if the place is too warm or too cold, you'll end up being distracted and thus you will be wasting time looking for another spot.

A comfortable set up means you won't get disrupted by any external factor such as noise. Each person has different preferences in working from home, so see to it that if you are looking for your ideal work space, it is the best possible set up that you can get.

## Choose adequate lighting

2

As much as possible, choose an area that is near a window. Natural light can give you the right mood for you to do your work and also it can save you from paying high electricity bills. However, make sure it isn't too bright as you might get a migraine due to eye strain.

Sufficient lighting allows you to see your materials and tools immediately - whether these are the details on your papers, your pens or your drawings. In addition, this makes you ready all the time for an immediate video meeting.



## Don't choose a boring spot

3

A boring spot is deadly. It can make you feel drained easily and it will hinder you from finishing your tasks on time. Ensure that there are charming things around you that can inspire you to work. Say for example, you have some plants around, family photos or photos of your goals. A handwritten inspirational quote will work well too!

Different types of people have different styles on working at home. Some can carry out duties while sitting beside their children who are studying online. Some people prefer this as they can carry out two responsibilities at the same time.

## Be minimalist

4

Avoid cluttering your work space. A clean work desk can give you enough space for you to do your work. It can also set your mood to be productive. It makes things easier to move. It does not distract you from anything.

Although this can be challenging to many of us, it is advisable that we have a clean space to do our work. It just don't help us perform our tasks easily but it can also ensure that we can work safely.

With whatever challenges there can be, we can find better ways on creating that space. One example is we can organize our belongings and store those that we rarely use. Through this, we can create the much needed space for us to do our work.

After your tasks are done, the work place at home must be clean at all times so that you will be inspired to complete your duties every day. And if you are using the dining table, you can keep your things in an orderly manner so by the next day, you can get to work swiftly without losing anything from your things.



## Establish a personal work space

5

A personal touch on setting up your perfect work space at home is essential. It makes you feel lively while working. An example could be a plant or your favourite stuffed toy. Also, make sure that you don't get distracted by it and it will not mess your desk. Having the right combination and balance can definitely make your work space at home a perfect place to be productive.

Haven't found the spot yet? Reading articles and scanning through magazines will also help. You can also make that spot yourself. All you have to do is to rethink how to organize your home.

### About the author

Vicky Berdina Pascual has worked for 6 years as a Communications Specialist.

Prior to this, she was a TV news reporter on national Philippine TV and a news writer for a bilingual regional broadsheet.

Her passion is writing, and most recently, her blog was nominated in Singapore Website Awards.

She believes in active learning and dynamic personal development.



## Teaching your child how to manage emotions like a Star

In the modern age, we teach our children logic, critical thinking, math, language but teaching our children about their emotions? That is almost unheard of. Often, teaching children about their emotions are mostly a by-product found in majority structured educational programs.

We can all agree that emotional quotient or EQ, is an important ability to achieve success. Part of the EQ ability is learning how to manage our emotions and today, we will focus on building our skill to manage our natural emotional states.

### What is the STAR method?

The STAR method is based on elements from Cognitive Behavioural Therapy (CBT). CBT is a widely used psychotherapy that psychologists administer to help their patients overcome mental challenges. The STAR method should only be used as a guide and not by any means regarded as a CBT treatment. The STAR method is an abbreviation for



### STOP

First, teach your child how to stop shouting, crying, screaming in excitement or any other negatively perceived behaviour. Teach them to calm down, take a deep breath, or count down from 3.

### The See-Saw brain

Understand that we have two parts of the brain: logical and emotional brain. The two parts of the brain are like the captains of the boat. Similar to the real life, we cannot have two different captains commanding the ship; it is simply not mentally possible. Like a see-saw, when one goes up, the other goes down.

When your child is screaming, the emotional brain is in control. When you teach your child to calm down, like a see-saw, the emotional brain lowers while inviting the logical brain to go up.

By inviting the logical brain to take control, we are ready for the next step.



### THINK

There are two parts to the Think segment. First, we want our child to think why they are behaving in a certain way. This helps our child to be aware of their emotions. Secondly, we want to teach our child to think of methods to cope with their emotions. We don't want to spoon feed our child because that is not a sustainable way. By equipping our child with the skills to think, we are presenting a gift to them for their future success.

How do we teach our child to be aware and to manage their emotions?

For example, when they are crying, and you want to address the behaviour.

1. You may suggest to the child to first take a deep breath (STOP).
2. Next, you may ask your child questions such as "what are you feeling right now?" (Awareness)
3. After the child identifies their emotions, ask them "what can you do to feel less [emotions identified]?"



## ACT

The third part of STAR is teaching our child to test their ideas in coping their emotions. A crying child may suggest to

themselves that playing with toy will help them cope. Alternatively, they may even want to continue crying for a while more.

At this point, most parents jump in straightaway to reject the idea that crying will not help them cope. However, the most important part of this segment is to allow your child to test their own ideas. Be patient as the critical part of the STAR method comes in the next part.

## REVIEW



After your child acts on what they want to do, it is time to check in with them. It is time to help them review their idea if the coping mechanism yields positive or negative results.

Ask your child “does playing with a toy help you feel better?”

Or ask your child “does crying more help you feel better?”

When your child tells you that the test idea did not help them feel better, go back to Think. Get them thinking or help them think of another possible coping method.

## CONCLUSION

The STAR method is all about more teaching and less telling. When you apply the STAR method and find yourself more like a guide than an instructor, you have successfully mastered the STAR methodology. Let me leave you with a quote that appropriately sums up the STAR methodology.

*“I have found the best way to give advice to your children, it is to find out what they want and then advise them to do it.”*

*- Harry S. Truman, 33rd president of the United States of America*

### The Author

Aaron was previously a Mind Coach giving presentations and workshops to like-minded individuals who aim to achieve a healthy body through effective mental wellness strategies.

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Tel : 6259 0977  
[www.vesurehairtherapy.sg](http://www.vesurehairtherapy.sg)

Promotion is valid till 30 November 2020. Prior appointment is required, please WhatsApp/call to make an appointment and quote TGC. Please present your TGC card/ Grassroots Leader card with the identification sticker for verification. Offer is not valid in conjunction with any other promotions, discounts and offers. Offer is not applicable to package deals and products.

\*2IN1 Scalp Detox Treatment + QXTL Head Reflexology \$54 - For new customers only. Limit to 2 redemptions per member. Chrysolite Enterprise reserves the right to amend the Terms and Conditions without prior notice.

**Essentially Oils**  
Natural Remedies

**10% DISCOUNT**

**PTGC10OFF**

Visit [www.getessentiallyoils.com](http://www.getessentiallyoils.com) to utilise promocode.

T&C:

- 1) Promocode cannot be used with other promocodes.
- 2) Minimum purchase of \$50 applies (for Birthday gift redemption)
- 3) Private Message to Essentially Oils through their Facebook page (Essentially Oils) or Instagram (EssentiallyOilsFlo) with proof of birthday (photo of NRIC with birth date, block out NRIC number) for birthday gift redemption

# TGC Partner Merchant Privileges

## FOOD & BEVERAGES

### 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](http://www.kironascent.com) with promocode "KSXGR"
- 15% off total bill for showroom walk in purchase
- 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](mailto:taylor@singaporeuits.com) | Contact: 6734 9990 | Website: [www.singaporeuits.com](http://www.singaporeuits.com)

### Optique ICU

\$10 off every \$100 spent for prescription spectacles and sunglasses

As an initiative to build awareness of the importance of eye-screening:

- FREE IOP(Intraocular Pressure) screening for Glaucoma
- Diabetic Eye-screening using the latest AI program (Eyris) at \$18 only

Address: 30, #02-02 Sembawang Dr, Sun Plaza, 757713 | Contact: 6555 1583

### 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](http://www.oeteo.co)

Promotion valid till 30 April 2021

\*No minimum spending required

Limited to 1 time use per customer

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:

- **LUMINOX & ARBUTUS**  
VivoCity #01-k30, TANGS Tang Plaza Level 3, Robinsons The Hereen Level 4, beauty & Spa  
OG Orchard Point Level 1
- **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](http://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](http://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.princessscottage.com](http://www.princessscottage.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](http://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)

- **\$10 per class**
- **10% off Beauty Package**  
Promotion valid till 30 September 2021 | Contact: 8222 8829



## HEALTHCARE PRODUCTS & SERVICES

### 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 2021

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

Email: [admin@allwellscoliosis.com](mailto: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](mailto:vaishu@hallmarkphysio.com) | Contact:

6258 8707



### Essentially Oils

- 10% off total bill with promocode "PTGC10OFF" on [www.getessentiallyoils.com](http://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 Singapore

- 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](mailto:hello@amazingchambers.sg) | Contact: 6906 3271 | [www.amazingchambers.sg](http://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](mailto:play@hyperforce.asia) | Contact: 8833 4833 | Website: [www.hyperforce.asia](http://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](mailto:kathy@bbboats.com) or [enquiries@bbboats.com](mailto: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.rydersatpongol.com> | Email: [phaantw@yahoo.com.sg](mailto:phaantw@yahoo.com.sg)



### GolfGreedy.com

Enjoy discounts for your next Golf game!

- 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](mailto:d_haven79@yahoo.com)



## HOSPITALITY

### Crowne Plaza Changi Airport

- 15% off Best Flexible Room Rates

Promotion valid till 31 March 2021

Address: Changi Airport, 75 Airport Boulevard, Singapore 819664

Email: [reservations.cPCA@ihg.com](mailto:reservations.cPCA@ihg.com) | Contact: 6823 5388

