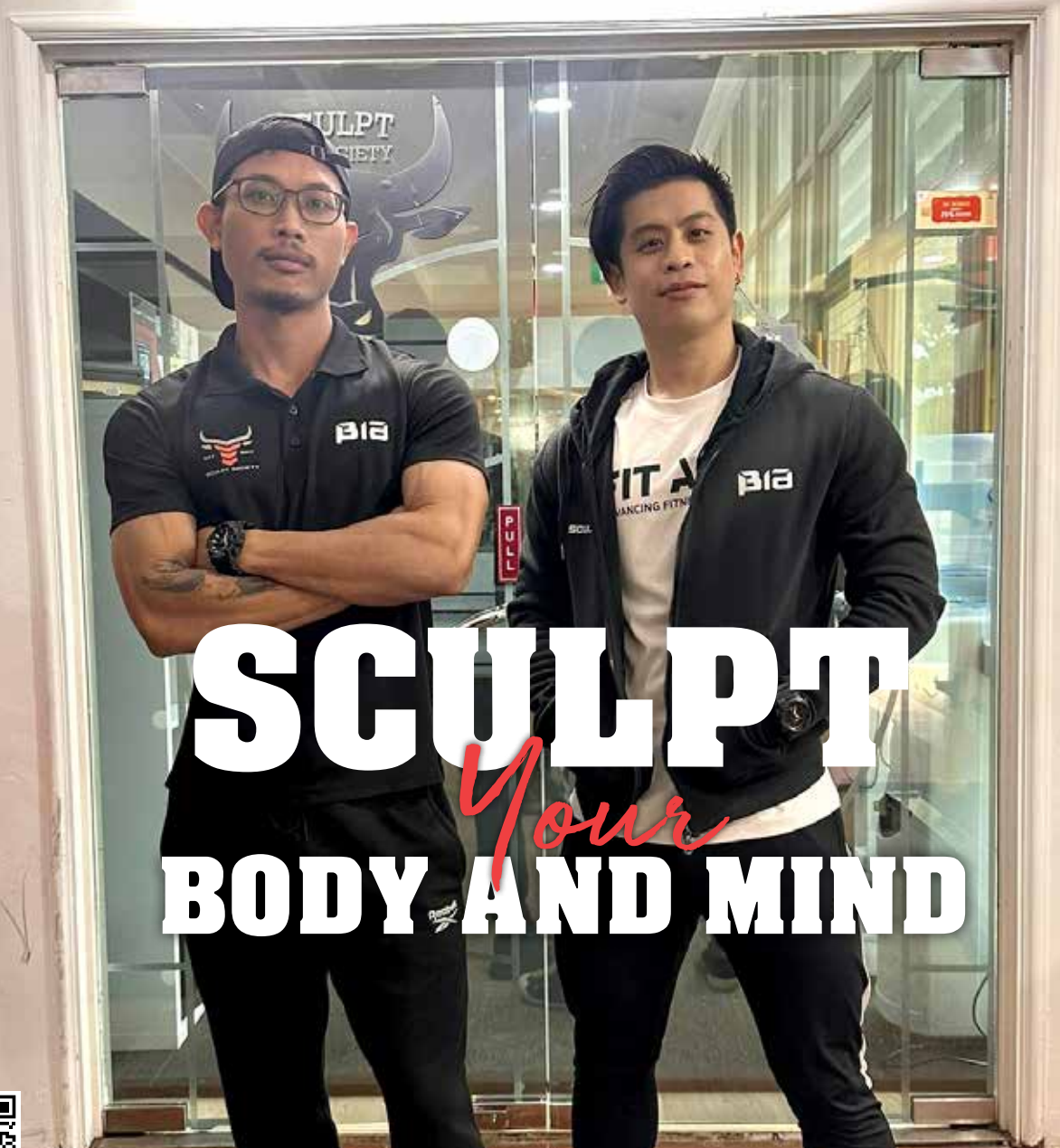




MCI(P)060/03/2022

GRASSROOTS *With Passion*

SCULPT  SOCIETY



SCULPT
Your
BODY AND MIND



MEMBERS' DIRECTORY

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

FACILITIES

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

TENANTS

Common Folks, 11am to 10pm daily	9237 6650
Muslim Delights, 11am to 7pm daily, closed on Mondays	9001 9401
Eternal Garden, 11am to 2.30pm & 6pm to 10pm daily	6970 0002
Fish@Ang Mo Kio, 10am to 5am daily	9839 2715
Pat's Schoolhouse, 7am to 7pm, Mon-Fri	6459 2382
Brighton's Montessori, 7am to 7pm, Mon-Fri	6455 8830
Sculpt Society, 8am-10pm (Mon-Fri), 8am-5pm (Sat-Sun)	8157 5447
Poker Federation, 1:30pm-10pm, Mon-Fri	9628 4824
The Builder's Bar, 5pm to 11pm daily	8756 8585

RECIPROCAL CLUBS

CHANGI BEACH CLUB

No. 2 Andover Road Singapore 509984
Tel: 6546 5215 | Fax: 6545 6883
www.changibc.org.sg

ORCHID COUNTRY CLUB

1 Orchid Club Road Singapore 769162
Tel: 6755 9811 | Fax: 6755 8874
www.orchidclub.com

SINGAPORE POLYTECHNIC GRADUATES' GUILD

1010 Dover Road Singapore 139658
Tel: 6796 9988 | Fax: 6796 9989
<https://www.spgg.org.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

EDITORIAL TEAM

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Ng Liza, PBM

Vice Chairman

Grace Tang

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Dr Tan Kow Wah
Dr Tong Kai Wee,
Michael

Secretariat

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See Wen Qian

Design & Editorial

Xpress Print Pte Ltd

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Congratulations
National Day Award 2022 Recipients!

The latest updated Club's Constitution
can be found on

<https://www.grassrootsclub.org.sg/about-us/history/>



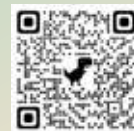
WE'RE GOING DIGITAL!

This is the final print issue of Grassroots

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WHATSAPP



TELEGRAM

ISSUE 123 (October 2022)

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MESSAGE FROM THE CHAIRMAN

Building and Facility Committee

Sustainability is a key issue that is close to my heart. My team and I have been working to ensure that The Grassroots' Club (TGC) remains a space for all to explore and enjoy spending time in, while reducing our carbon footprint.

One of TGC's priorities is to save electricity. Using less energy not only lowers our power costs, but it also has a positive impact on our environment. We are actively looking into new energy saving initiatives, including helping our tenants manage with less energy use. Simple recommendations like turning off fans and displays at the atrium during non-peak hours and keeping the air conditioning at a reasonable temperature whenever feasible are part of these efforts.

We are also prioritising club cleanliness so that members may relax and enjoy the facilities in a clean and fresh environment. Improvements to facilities will be made in accordance with the safety guidelines to protect your well-being.

We warmly welcome our members to attend events and enjoy facilities at the Club. As we approach the holiday season, we wish all TGC members and their families joy, happiness and good health.

Mr. Malik Bin Maksudi, JP, BBM

*Chairman, Building and Facility Committee
The Grassroots' Club*

WELCOME NEW MEMBERS!

Chong Fook Hsing Alvin

Kho Eng Hong

Chew Tee Khiang

Yeoh Cheng Meng Ricky

Koh Niak Wu

Muruganandam Vinoth Mannan

Goh Yeow Tin

Tay Ah Bee

Chew Bei Ying Cheryl

Foo Siang Yean

Chee Jun Hong

Lee Wei Liang

Teo Zi Hui Eleana

Oh Ying Chao

See Ah Chiam

Tham Elaine

Rajesh Tiwari S/O P Tiwari

Yeo Siew Leng Jeanette

Jamie Ng Jia Min

Loh Han Yang Vincent

R.S. Sandersegar

Kranthi Gali

Mohamed Arshad S/O Khaja Moinudeen

Loo Hwei Keng

Chew Ti Kwang

Melvin Yap Boon Haw

Chang Ted Hin

Aengus Leman

Gabriel Goh Yong Jun

Sim Bai Ting

Khoo Sin Noy

Tay Zhen Yan

Song Qiuxia

Lim Kong Hwee Desmond

Pawan Kumar Lalchand

Ricky Anand

Malaravan S/O Vaithilingam

Wong Yuan Jun Eldwin



EDITOR'S MESSAGE

Welcome to the final print issue of Grassroots!

We will be moving to digital platforms to communicate with you from now on, so please be sure to connect with us on Facebook and follow TGC on WhatsApp and Telegram.

In this issue, we invited our tenant, Sculpt Society, to share fitness secrets and tips behind their successful weight loss transformations. If you want to be fitter and strong, check out what they have to say on pages 6 and 7!

The Grassroots' Club offers a variety of facilities, services and interesting activities to fulfil your lifestyle needs. Our Club brings together and fosters networking within the community as the preferred meeting place for members of all ages and from all walks of life. We were able to reconnect with members during in-person events; read page 9 to learn more about our past events!

With so many benefits to being a TGC member, we have compiled a list of the latest merchant deals and exclusive privileges just for you. Check out page 10 and keep flipping!

As a reminder, our referral programme is still ongoing. So, introduce a fellow grassroots leader as a TGC Member and be rewarded with a \$50 voucher. More information can be found on the last page.

Take care, stay safe and see you at TGC!

Miss Ng Liza, PBM

Editor

Chairman, Marketing and Communications Committee

Honorary Secretary

The Grassroots' Club



SCULPT YOUR BODY AND MIND AT SCULPT SOCIETY



Sculpt Society was founded in 2017 in a modest space in Toa Payoh and has since relocated to The Club. The founder weighed 136kg due to severe obesity back then. As a result of his perseverance and determination in his weight loss journey, he lost 60kg in a year. In that process, he realised that exercising not only helped him in achieving his ideal weight but also moulded him as a person. He became a firm believer that physical fitness is a tool for strengthening both the body and the mind.

The mission of Sculpt Society is to support people who want to change. For most people, getting in shape starts with losing weight and Sculpt Society is here to help. Due to the abundance of inaccurate and misleading information available online, many people are unsure

of how to start their weight loss journey. Sculpt Society trainers are trained to advise those looking to lose weight in a healthy and sustainable way while also sculpting a stronger attitude. Sculpt yourself to be greater than who you were yesterday with Sculpt Society!





▲
“Fitness is a vital instrument for strengthening not only your body but also your mind. You sculpt yourself in this process to only become greater than what you were yesterday.”

Viknesh Vennu
Sculpt Fit Society Founder



HEAD COACH | NICHOLAS

Prior to transitioning into the role of a personal trainer, Nicholas worked as an engineer full-time. Due to his intense enthusiasm for fitness and desire to help others improve their lives, he took the decision to take this leap of faith.

“My training philosophy is to drop your ego, stick to the basics and master the fundamentals. You might progress slowly but surely. Most of my clients lack drive and discipline. I keep them consistent by setting small achievable goals. This would make what appears to be a long road rewarding and beneficial. Instead of only consuming processed food, have a well-balanced and portioned diet by including nutritious food. Don’t forget to lead an active lifestyle to keep your health in tip-top shape!”



GET STARTED WITH SCULPT SOCIETY

Sculpt Society focuses on personal 1-on-1 training and specialises in weight loss; however, the trainers also provide 2 to 1 training, so you may choose to begin your weight loss journey with a companion. Sculpt Society has effectively transformed more than 100 individuals, drop by the Club now for a one-time free trial!

Opening Hours:
 Mon-Fri 8am-10pm
 Sat-Sun 8am-5pm
Location: #01-03,
 The Grassroots’ Club



Welcoming members to TGC's 30th Annual General Meeting!

The Grassroots' Club's 30th Annual General Meeting (AGM) was held on 22 July 2022 with 197 members in attendance — our first in-person AGM since COVID-19!

This year's AGM was hosted at Qian Xi restaurant instead of the multi-purpose hall to let members experience one of the Club's many dining options. Members are encouraged to try out other new dining options, such as the new alfresco restaurant, Builder's Bar. The restaurant offers Mookata, a Thai dish that combines barbeque and hot pot. TGC is also in the midst of forming a new Sports Interest Group so members can take the opportunity to network while enjoying their favourite sport. The Management Committee is constantly exploring the possibilities of introducing new facilities for members. Membership has also been extended by a year to encourage existing members to patronise the Club more often.

We would like to thank each and every member for their ongoing support!



“

I would like to take this opportunity to express my sincere gratitude to my fellow Management Committee (MC) members as their two-year term draws to an end. I am grateful to each and every MC member who contributed their time and effort to improve the Club. Last but certainly not least, I am grateful to you, Members, for your understanding and continued support. It has been my great pleasure and honour to serve you as TGC President.”

Mr Leong Kai Chong, Simon, PBM
President of TGC



MEMBERS' EVENTS @ TGC

Over the past few months, we have been able to reconnect with members at in-person events. Thank you to everyone who joined us! Please look forward to more members' events and activities!

FEBRUARY

Tea Appreciation

An immersive, multi-sensory experience while learning to prepare and taste tea!

Zumba

Getting active with a popular workout inspired by several styles of Latin American dance.



MARCH

Golf Social Game

Golfers bonded by competing in friendly matches with one another during the Golf Social!



APRIL

Flower Arrangement Workshop

An opportunity for members to express their creativity through floral blooms.



Belly Dance Class

Learning age-old Middle Eastern dance techniques!

JUNE

Tiger Brewery Tour

Beer enthusiasts explored the home of Tiger Beer, Singapore's most iconic beer, in this one-day tour!



Yakult Virtual Tour

An inside look into how the beloved Japanese probiotic beverage is made!

JULY

Peranakan Tour

A colourful tour of the Peranakan lifestyle and culture.



AUGUST

Hay Dairies Farm Tour

Animal lovers had a unique experience in Singapore's only goat farm!



Archery

Members picked up fundamental archery skills and techniques, tailored for beginners.



Beauty Grooming Workshop

Self-beautification tips at Beauty Buzz Inc's Personal Skincare and Makeup Class.



SEPTEMBER

Golf Clinic

A fun and educational introduction to the world of golf!



Ice Cream Making Workshop

TGC families enjoyed hands-on fun making ice cream from scratch!



Kids' Holiday Programme

A fun-filled workshop that instilled confidence and creativity in young ones.



Stable Experience

A fulfilling day learning about horses for members and their families!



MEMBERSHIP PRIVILEGES

HEALTHCARE PRODUCTS & SERVICES

ONECARE MEDICAL

Health Screening Package

- Basic – \$72.76nett
- Basic+ – \$163.71nett
- Essential - \$254.66nett
- Comprehensive (Men) - \$345.61nett
- Comprehensive (Women) - \$381.99nett
- Premium (Men) - \$591.18nett
- Premium (Women) - \$618.46nett

Acqua Vida

- **10% Discount** on regular priced items with no minimum spend
- Additional **8% OFF** on Birthday Month

SkinLab The Medical Spa - 8 locations around Singapore

(Discount varies; different types of services, have varying discounts. Please refer below.)

- **Ultrasound Repair Facial with Apple Stem Cell Treatment (90min) with 1 complimentary ampoule at only \$38 nett**

(total worth \$361)

Harvested and cultured in Swiss laboratories, the stem cells come from the Utwiler Spätlauber breed of rare Swiss apples. Paired with absorption-boosting ultrasound, this facial fights off the signs of ageing while repairing the ravages of time on your skin.



More details available here: <https://skinlabmedspa.com/content/94-ultrasound-apple-stem-cell-facial>

TrichoLab - located at Plaza Singapura

- **Scalp Exfoliation Treatment (90min) at only \$28 nett (worth \$212)**

A unique treatment that simultaneously hydrates as it exfoliates. Using a specialised hyaluronic acid peel plus gluconolactone and plant enzymes, the treatment clears away dead scalp cells and product build-up while ensuring moisture levels are balanced.

- **Dermaroller Hair Growth Treatment at only \$98 nett (worth \$319)**

Clinically proven micro-needling treatment to stimulate hair growth and prevent hair loss. Paired with active ingredients that limit the proliferation of hair loss hormones (DHT) while promoting hair growth.

LIFESTYLE

ECOFRENLI

- **10% Discount** on regular priced items with no minimum spend
- Additional **10% OFF** on birthday month



SEMPRE MUSIC ACADEMY

- **10% OFF** violin course fees; Additional **5% OFF** on birthday month



ENGEL'S SENSE

- **20% OFF** total bill with no minimum spending PLUS! Additional **10% OFF** for Birthday month

BIG STARFISH SWIM SCHOOL

- **15 - 20% OFF** per course



APPAREL & ACCESSORIES

CAPITAL OPTICAL

- 25% OFF** frames & sunglasses
- 15% OFF** ophthalmic lenses
- 5% OFF** contact lenses

(With a minimum purchase of 6 months' supply).

Complimentary eye health check (Prior appointment is required).

Visit <http://www.capital.com.sg> for outlet address details



PICADILLY CUSTOM TAILORS

- 20% 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

Website: www.singapore suits.com



Congratulations

To National Day Award 2022 Recipients!

Thank you for your contributions to nation building



Mr Hudzaifah Alyaman
Bin Adam, PBM



Ms Zhou Fan,
PBM



Ms Lisa Ng Liza,
PBM



Mdm Leong Chin
Fong, PBM



Mr Ang Kok Kwang,
PBM



Mr Chua Wee Meng
Eric, PBM



Mr Ng Kheng Yong,
PBM



Mr Alan Yeo,
PBM



Mr Tan Tai Kiat,
PBM



Mr Yong Fook Seng,
PBM



Mr Tay Boon Sin,
PBM



Mdm Koh Siang Noi Rose,
BBM



Mr Oh Cheng Kiat,
BBM



Mr Lee Weng Leong,
BBM



Mr Lim Bok Quee Galvin,
PBM



Mr Ng Kok Hwee,
BBM



Mr Wee Chow Wei,
BBM



Mr Savinder Singh
Dhillon, PBM



Mdm Chua Sai Pheng
Maureen, BBM(L)



Mr Quek Bak Siang,
PBM



Mr Foo Jong Hung
Steven, PBM

If You're a Grassroots Leader, Join us today!

FOR MORE INFORMATION,
CONTACT ☎ 6554 2350 ✉ MSHIP@TGC.ORG.SG

MEMBER'S ROOM



ACTIVITY ROOM

- MAHJONG ROOM (AUTOMATED)
- POOL TABLE
- ELECTRONIC DART BOARD
- MASSAGE CHAIR
- TABLE GAMES

EVENT FACILITIES



- MULTI-PURPOSE HALL
- BANQUET HALL
- AUDITORIUM
- MEETING ROOMS

SPA & FITNESS



MEMBERS CAN MAKE USE OF THE GYM TO KEEP THEMSELVES FIT AND HEALTHY OR RELAX IN OUR SPA POOL LOCATED IN THE MALE AND FEMALE CHANGING ROOMS.

MEMBERSHIP PRIVILEGES

OVER 20+ MERCHANT PARTNERS

OneCare Medical

FJB FJ BENJAMIN



RECIPROCAL CLUBS



SPGG



The Malacca Club

OUR TENANTS

PAT'S SCHOOLHOUSE

Brighton MONTESSORI

Muslim Delights Halal Vegetarian & Sweets

AMR

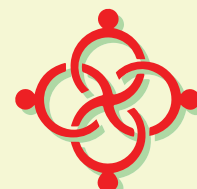
THE BUILDERS BAR THE COFFEE MONKERY

POKER FEDERATION SINGAPORE

QUAN XI QIYI 千禧

Common Folks

SCULPT SOCIETY



THE GRASSROOTS' CLUB



Mealtime made ezipz

ezipz creates developmentally-focused products that make mealtime less about mess and more about fun.

Each product is tailored towards a specific age group and usage occasion, and the mat's stable base helps baby/toddler to self-feed and meet key developmental milestones.

We aspire for family mealtime to be a HAPPY, positive experience where memories are made!

For more information log on to ezpzfun.com



Quote **GRCAMKFJB20** at babystore.sg to enjoy **20% off** regular priced items

This promotion is valid for existing Crossroads' Club members only. Promotion is only valid for regular priced items. Valid till 31st December 2022



MOBY

An immediate category leader after introducing our classic wrap in 2003, the MOBY name is synonymous with baby wearing. Globally recognized, we are the trusted experts. The brand that knows the importance of keeping babies close, calm, and happy, and innovates to meet the difference needs of today's parents.

We aim to celebrate the precious bonding moments of parenthood by designing wraps and baby carriers that provide ease, closeness, comfort, style, and confidence. Our products give parents the ability to share and explore the world with their babies.



Quote **GRCAMKFJB20** at babystore.sg to enjoy **20% off** regular priced items

This promotion is valid for existing Crossroads' Club members only. Promotion is only valid for regular priced items. Valid till 31st December 2022

BeSafe

Founded in Krodøen, Norway where the head office and one of the company's factories are located, HTS BeSafe AS is a leading company when it comes to the development and manufacturing of high quality car seats for children as well as other road safety products.

For more information log on to besafe.com



Quote **GRCAMKFJB20** at babystore.sg to enjoy **20% off** regular priced items

This promotion is valid for existing Crossroads' Club members only. Promotion is only valid for regular priced items. Valid till 31st December 2022

petunia pickle bottom

From backpacks and shoulder bags, to travel bags, satchels and totes, Petunia Pickle Bottom diaper bags are well-crafted, clever and ready for any outing, from baby to beyond.

Constantly in development with new ways to make a day out with littles effortless, our collection is rounded out by colourfully coordinating, easily transportable accessories, like nursing covers, portable changing kits, cosmetics cases, pacifiers and bottle holders and wallets to keep essentials in the ready and easily accessible.

For more information log on to petunia.com



Quote **RSHWFJB20** at babystore.sg to enjoy **20% off** regular priced items

This promotion is valid for existing Crossroads' Club members only. Promotion is only valid for regular priced items. Valid till 31st December 2022





KEEP YOUR HOME FRESH AND CLEAN WITH AIRFREE

Airfree as per many independent tests destroys:



- Completely silent
- Kills viruses
- No maintenance or filter change required
- Small and portable
- Low energy consumption
- Release neither ozone or ions



Use code **GRCFJB20** to enjoy **20% OFF** on regular priced items via cleanair.fjbenjamin.com.sg



Scan to order now

This promotion is valid for existing members. Club members only. Promotional is only valid for regular priced items. Valid till 31st December 2021.



VERSATILE STROLLER ULTRA-COMPACT AND SUPER STURDY

The YOYO² stroller folds and unfolds in a moment, can be worn over the shoulder and tucks in anywhere. Catch the subway, get on a bus, jump in a taxi or fly to the other side of the world! YOYO² provides optimal daily comfort to your child.

For more information log on to babyzen.com/sg

The one you need



Quote **GRC20** & email to yixin.sng@fjbenjamin.com your order to enjoy **20% OFF** regular priced items

This promotion is valid for existing GreenBiz Club members only. Promotion is only valid for regular priced items. Valid till 31st December 2021.

Add-Ons

- PAP Smear** \$50
At all OneCare Clinics
- Treadmill ECG** \$120
At OC Medical Raffles Place
- Ultrasound Prostate** \$100
At Radoc Imaging Radiology Centre
- Ultrasound HBS** \$120
At Radoc Imaging Radiology Centre
- Ultrasound Pelvis** \$100
At Radoc Imaging Radiology Centre
- Ultrasound Breast** \$100
At Radoc Imaging Radiology Centre
- BMD & Mammogram** \$250
At StarMed Specialist Centre
Recommended for menopause

Some tests require special preparation. Please consult your doctor for more information.

All information in this brochure is accurate at time of print, and is subject to change without notice at the sole discretion of OneCare Medical. Please check with our clinics for the latest information.

All prices stated are in Singapore Dollars and do not include the prevailing GST rate.

It is advisable to make an appointment for your preferred Health Screening package at least one day in advance.

Most medication can be taken with small sips of water. Please consult your doctor for more information.

Please fast for at least 8 hours before your appointment. Small sips of water are allowed.

Others

- Pre-marital Screen** \$160
Includes all tests in the Basic health screening package and: Hep B screen, Syphilis screen, HIV screen, Rubella screen, Thalassemia screen, Blood type screen, Urine FEME, Stool Occult Blood, UACr

When & how often should I go for a health screening?

This differs according to your condition, but we'd generally recommend that a comprehensive health screen is done **once every year** for adults above 18 years of age.

Why should I go for a health screening?

Regular health screenings can help to detect health conditions early. Early detection, can result in better outcomes and lower the risk of serious complications.



To make an appointment, visit www.onecaremedical.com.sg/health-screening or visit any OneCare Clinic

You may also email us at healthscreening@onecaremedical.com.sg

Health Screening at OneCare CLINICS



Le Petit Pumpkin

Are you looking for a cute baby gift?



Use Code: TGCMEM10

10% OFF on your first purchase (Cap. \$10)

plus 5% off on all subsequent purchase without minimum spending.



WWW.LEPETITPUMPKINSG.COM



@lepetitpumpkin.sg

Diaper Cake Gift Set

Many designs available for both girls and boys



10% OFF
first purchase

Baby Gift Box

5 designs for boys
5 designs for girl



omfs@farrer park

Remaking Smiles Redefining Life

TGC Members' Privileges



Birthday Package

Home Whitening Package* at \$499 + gst (Regular Price \$786+gst).

*Inclusive of upper and lower bleaching trays and whitening gel
*Valid only during the month of the member/ staff birthday.



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Call For Appointment
+65 6962 8649



Zero payment**

for Wisdom / Impacted Tooth Surgery

(Please refer to Terms & Conditions point 5)



25% discount

for the first visit, 15% discount for subsequent visits.

*Offer applicable only for non-surgical procedures.

BOOK NOW >



Terms & Conditions:

1. This offer is valid for all TGC member, staff and their immediate family members.
2. Please make appointment via email, whatsapp or phone prior to visit.
3. Please present TGC membership/ staff card and NRIC during registration for verification purposes.
4. Above privileges shall not be used together with other promotions.
5. **Additional fees above the Maximum cash limit may be applicable. to be confirmed by your treatment plan prior to your procedure.
6. omfs@farrer park reserves the right to amend and/or discontinue the terms and conditions herein without prior notice.

Our Address

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Clinexis
#10-14 Singapore 217567

Tel: +65 8802 8548



JH METAPHYSICS
CONSULTANCY GROUP

癸卯年 风水大会 FENGSHUI & ASTROLOGY

SEMINAR 2023

Venue: The Grassroots' Club

Date: 8 Jan 2023 (SUN)

Time: 10am - 6pm



9271 4988

Registration Link :

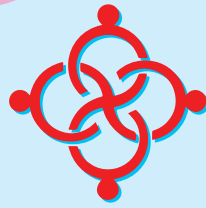
<http://jhseminar.com/register>

*Seminar is conducted mostly in Mandarin

* TGC members will enjoy 10% discount.

Fate is not Destiny, but a matter of Choice 命运不是机遇，而是选择





THE GRASSROOTS' CLUB

MEMBERSHIP REFERRAL

REFER A FELLOW GRL TO BE A TGC MEMBER AND RECEIVE
\$50 TGC VOUCHERS

Terms & Conditions Apply

For More Information,
Contact ☎ 6554 2350 ✉ mship@tgc.org.sg



**REFER YOUR
FELLOW GRL NOW**

TERMS & CONDITIONS

1. Referral must not hold any TGC membership before.
2. Only applicable for 5-year Membership sign up.
3. Vouchers will be issued upon confirmation of membership.
4. 1-week Trial Pass (upon PA Verification) to use the facilities before deciding to join.

