



DIRECTORY

FOOD & BEVERAGE OUTLETS

THE CAFÉ & TERRACE 6357 3332 / 333

Daily: 7.00am – 11.00pm (Last order at 10.15pm)

THE CHINESE RESTAURANT 6357 3338 / 339

Tue – Sat Lunch: 11.30am – 3.00pm (*Last order at 2.30pm*)
Sun & PH Lunch: 10.30am – 3.00pm (*Last order at 2.30pm*)

Dinner: 6.00pm – 10.30pm (Last order at 10.00pm)

Closed on Mon (Excluding Eve of PH & PH)

MIYABI JAPANESE RESTAURANT 6357 3335

Lunch: 11.30am – 3.00pm (Last order at 2.30pm)

Dinner: 6.00pm – 10.30pm (Last order at 10.00pm)

Closed on Wed (Excluding Eve of PH & PH)

THE LOUNGE 6357 3334

Daily: 11.00am – 11.00pm (Last order at 10.30pm)

ROOM SERVICE 6357 3332 / 333

Daily: 8.00am – 11.00pm (Last order at 10.00pm)

GENERAL FACILITIES

MAIN LINE 6323 2323

FRONT OFFICE / ROOM RESERVATIONS 6357 3502 / 504

MEMBERSHIP ADMINISTRATION / 6358 0012
BILLING ENQUIRIES Fax: 6358 1171

MEMBER RELATIONS & MARKETING 6357 3322 / 323

CATERING SALES 6357 3325 / 326 / 388

GENERAL ENQUIRIES:

Catering Sales: catering@rtc.com.sg Sports & Recreation: snr@rtc.com.sg Membership: membership@rtc.com.sg Room Reservations: roomresvn@rtc.com.sg

Member Relations: member_relations@rtc.com.sg

OTHER FACILITIES

THE THEATRE 6357 3325 / 326 / 388

THE BILLIARD ROOM 6357 3334

Daily: 12.00pm – 10.00pm (Last order at 9.30pm)

THE CARD ROOMS 6357 3334

Daily: 12.00pm - 10.00pm

CAR GROOMING SERVICES 6357 3479

Daily: 11.00am – 7.00pm

Closed on Wed

MINDCHAMPS PRESCHOOL 8809 3816

Mon – Fri: 7.00am – 7.00pm Sat & Sun: 9.00am – 6.00pm

SPORTS & RECREATION

THE BOWLING ALLEY & 6357 3330 / 331

VIDEO GAMES ARCADE Daily: 1.00pm – 9.00pm

SPORTS & RECREATION COUNTER 6357 3566 / 567

Daily: 7.00am - 10.00pm

THE GYM 6357 3566 / 567

Daily: 6.00am to 10.00pm

TENNIS COURTS 6357 3566 / 567

Daily: 7.00am to 10.00pm

SWIMMING & WADING POOLS 6357 3566 / 567

Daily: 7.00am - 9.00pm

TOWEL COUNTER 6357 3487

(Mezzanine Level)

Daily: 7.00am to 10.30pm (Last towel draw at 10.00pm)

STEAM & SAUNA 6357 3487

(Male & Female Changing Rooms)

Daily: 7.00am - 10.00pm

All prices are inclusive of GST, unless otherwise stated. All promotional images used are for illustration only. Pre-registration for classes and activities is a must. Classes will commence only if the minimum number of participants have been met. Cancellation or no show past the closing date of registration will be charged full fees. All information in this magazine is accurate at the time of publish.

1 Plymouth Avenue Singapore 297753 Tel: 6323 2323 • Fax: 6337 6116

Vol. 112 ROC199605086N

www.rafflestownclub.com.sg



Our Message

Dear Valued Members,

May and June are the months we show our appreciation for our superstar mum and dad, pampering them on Mother's and Father's Day. Bring them simple happiness through food by checking out the time limited celebration menus at our Signature dining outlets, so make your reservations in advance!

Delight sophisticated palates of your loved ones with bundles of flavourful rice dumplings and its delectable treasures hidden within! Not able to decide on which rice dumpling flavour to order? Enquire with The Chinese Restaurant about the Imperial Treasure Bundle to sample the diverse flavours of Dragon Boat Festival!

Get ready for some summer fun as you feast at the Club! Diners will receive a chance to win lucky draw with every \$30 spent at participating dining outlets. Join us at the Club's Summer Fun & Feast event on 28 and 29 of June for fun-filled activities as well as to savour exclusive dining specials. Make sure to be at the Lucky Draw sessions for a chance to win attractive prizes!

The Sports and Recreation
Department has some interesting
classes open for your
registration. Pickleball classes
are now available. It is time to
pick up the paddle, step onto the
court and find out why this
age-friendly and easy to learn
game is widely liked nowadays.

If you love dancing your way to fitness, find out more about Latino Jam classes and bring out the explosive energy in you for a good cardio workout. Register for Pop Retro Music and Dance's complimentary introduction class to experience a fit and fabulous time, dancing to pop retro music. Sign up for these classes and meet like-minded friends!

Remember to take the much needed mid-year break with a 2-nights family-friendly staycation package where complimentary dining voucher and bowling games are included for family bonding time! Contact The Front Office to enquire and make your guest room booking.

With all the upcoming dining events and activities available, there is something for everyone! Come on down to the Club with your family and friends and fend off the summer heat!

The Management

CONTENTS









ACTIVITIES

- 05 FRAGRANCE IN ABUNDANCE
- 06 INDULGENCE FOR MY SUPERSTAR
- 10 DAD'S SIMPLE HAPPINESS
- 13 SUMMER FUN & FEAST
- 19 A FUN & SIMPLE GAME!
- 20 FITNESS LEVEL UP
- 21 FIT & FABULOUS
- 22 A MID-YEAR BREAK!

FOOD & BEVERAGE

- 15 THE CHINESE RESTAURANT PROMOTION
- 16 MIYABI JAPANESE RESTAURANT PROMOTION
- 17 THE CAFE & TERRACE PROMOTION
- 18 THE LOUNGE PROMOTION

EVENT COVERAGE

- 24 FAMILY REUNIONS
- 26 AN ENERGETIC YEAR AHEAD
- 28 A DATE TO REMEMBER

ARTICLES

- 31 CELEBRATING MUM & DAD
- 32 BERRY GOOD FOR HEALTH

INFORMATION

- 23 THANK YOU FOR YOUR COMPLIMENTS
- 35 MOVIES







This Dragon Boat Festival, delight sophisticated palates with the array of aromatic rice dumplings! It is time to bring home the flavourful bundles and unveil the hidden treasures within the delectable sticky rice parcels.



精装棕礼盒

Imperial Treasures Bundle

\$60.80 w/GST (U.P. **\$66.20**)

Our Imperial Treasures Bundle includes an assortment of rice dumplings, allowing you to sample the diverse flavours of the festival!

Includes: Premium Hong Kong style Rice Dumpling, Black Glutinous Rice Dumpling, Black Pepper Chicken Rice Dumpling, Red Bean Rice Dumpling, Homemade Sweet and Sour Chilli Sauce

紫米咸肉粽



Black Glutinous Rice Dumpling

\$13.80 w/GST

Taste the natural sweetness and mild nutty flavour of the black glutinous rice, paired seamlessly with the flavours of the meat and salted egg yolk.





Black Pepper Chicken Rice Dumpling

\$9.80 w/GST

Savour the tender chicken meat coupled with the bold spiciness of black pepper, enveloped within the soft and chewy aromatic glutinous rice.



SCAN TO ORDER

For enquires, please call The Chinese Restaurant at 6357 3338 / 339.







Tel: 6357 3338 / 339

Mother's Day Set

母亲节感恩套餐

Available from 6 to 11 May 2025.

Menu

Soup of the Day 老妈靓汤

Braised Duck with Sea Cucumber and Chestnut 栗子海参扒卤鸭

Scrambled Eggs with Prawn and Tomato 虾仁番茄炒蛋

Handmade Five Spice Prawn Roll 手工五香虾枣

Steamed Red Snapper with Pineapple Sauce 黄梨酱蒸红鲷鱼

Yam Paste with Ginkgo Nut and Coconut Milk 椰汁银果芋泥

\$188 w/GST for 4 persons









Tel: 6357 3338 / 339

Mother's Day A La Carte Lunch Buffet

母亲节单点自助午餐

Available on 10 & 11 May 2025.

All-You-Can-Eat Dim Sum 任享用点心

- Steamed Shrimp Dumpling 水晶虾饺
- Pork Dumpling in Hot Chilli Vinaigrette 红油抄手
- Steamed Barbequed Pork Bun 蜜汁叉烧包
- Steamed Mushroom Bun 蘑菇包
- Steamed Siew Mai with Fish Roe 鱼子烧卖

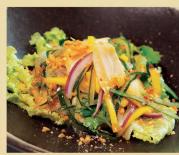
- Fried Carrot Cake with X.O. Chilli Sauce
- Deep-fried Bean Curd Roll 鲜虾腐皮卷
- Deep-fried Vegetarian Spring Roll 脆炸素春卷
- Deep-fried Seafood Dumpling with Thai Sauce 西施石榴球
- Deep-fried Prawn Dumpling with Mayonnaise 沙律明虾饺















Dishes below are limited to one order per person 以下菜肴每人限单点一次

Main Course • 主菜

Poached Live Prawn with Chinese Herbs (3 pcs per person) 药膳灼生虾 (每人三只)

Roasted Duck and BBQ Pork with Honey-glazed Sauce (2 pcs per person)

烧鸭拼叉烧〔每人两件〕

Thai style Salad with Fresh Abalone 泰式沙拉捞鲜鲍鱼

Deep-fried Soon Hock Fillet with Garlic in Superior Soya Sauce 油浸蒜香顺壳柳

Last order at 2:00pm. Excludes of Chinese Tea and other beverages. Other terms & conditions apply.

Soup • 汤

Double-boiled Fish Maw with Bamboo Pith and Dried Scallop in Fish Bone Broth 干贝竹笙花胶鱼骨汤

Dessert • 甜品

Chilled Cream of Mango with Sago and Pomelo 杨枝美甘露

Adult | \$68 w/GST Child | \$48 w/GST (12 years old and below) Minimum two persons









Dad's presence brings not only joy but also wisdom to his children's life. This Father's Day, thank your extraordinary Dad for his valuable life lessons and unwavering support by spending quality time with him. After a day out with Dad, it is time to fill his tummy with his favourite food bringing him simple happiness!





Father's Day Set Menu 父亲节特别套餐 Available from 10 to 15 June 2025.

Available from 10 to 15 June 2025.



Tel: 6357 3338 / 339

Menu

菜单

Deep-fried Duck Ball with Pine Nuts and Chilled Marinated Whole Abalone in Thai Sauce 松仁鸭粒球拼西施鲍鱼

Double-boiled Fish Maw with Bamboo Pith and Dried Scallop in Fish Bone Broth 干贝竹笙花胶鱼骨汤

Deep-fried Live Prawn with Lemongrass 香茅脆生虾

Baked Pork Fillet with Black Pepper Sauce 黑椒焗肉扒

Truffle Fried Rice with Scallop served in Stone Pot

松露带子石锅饭

Chilled Osmanthus Oolong Tea Jelly 桂花乌龙茶冻

\$68 w/GST per person (Minimum 2 persons)





Father's Day Set

Menu

Starter

Flame-seared Scallop, Spanish Mackerel, Mozuku Seaweed, Tobiko Ginger Vinaigrette

Baked

Sea Perch, Wild Mushroom, Aioli, Hajikami, Lime

Steamed

Large Prawn with Nagaimo Egg White, Black Fungus, Tofu, Edamame, Ikura, White Wine, Yuzu

Sous Vide

Wagyu Tenderloin, Root Vegetables, Miso Mayo

Dessert

Crème Brûlée Cheesecake with Caramelised Glaze, Triple Chocolate Ice Cream, Mixed Berries

The meal is served with steamed rice, miso soup and pickles.

\$58.80 w/GST per person



Tel: 6357 3335





Summer Fun & Feast

Get ready for some delightful summer fun at the Club! Tantalise your taste buds with exclusive dining specials and participate in the fun-filled activities. Join us as there is something for everyone to enjoy!



Happenings at dining outlets on Saturday & Sunday, 28 & 29 June 2025

House Wine \$25 w/GST per bottle Available at all dining outlets. While stock lasts.









Miyabi Japanese Restaurant (Tel: 6357 3335)

Teppanyaki Set | \$25 w/GST

Gindara & Shake Sashimi Teishoku | \$25 w/GST

A la carte menu is not available.



(Tel: 6357 3334)

Afternoon Tea Set with Coffee \$25 w/GST serves 2 persons Available from 12:00pm to 5:30pm.





Draw and 1 Spin & Win coupon with every \$30 spent at participating dining outlets from now till 29 June 2025*.

*To participate in Lucky Draw, drop off coupon in Lucky Draw Box located at The Main Lobby. Terms & conditions apply.



(Tel: 6357 3338 / 339)

Steamed Red Snapper with Pineapple Sauce 黄梨娘惹酱蒸红鲷鱼 \$25 w/GST per person

Wok-fried Venison with Celery in Brown Sauce 芹香烧汁爆鹿肉 **\$25** w/GST

Happenings at The Dunearn Ballroom on **Saturday & Sunday**, 28 & 29 June 2025, 12pm to 6pm



Time to Win Prizes!

Present your Spin & Win coupons to spin and drop off your Lucky Draw coupons in the box for chances to win attractive prizes.

12:00pm to 6:00pm (While stock lasts.)

3:00pm (16th to 30th Prize) Lucky Draw* |

> 5:30pm (1st to 15th Prize) * Terms & conditions apply.



Summer Bazaar

Our bazaar vendors bring a mix of retail merchandise to The Dunearn Ballroom. Come over and start shopping!



Hawker Stalls

Mouthwatering dishes made available by our culinary team.

- · Roasted Chicken with Rice
- · Sarawak Kolo Noodle
- · Braised Pork Belly Bun
- · Ice Pop

Price from \$8 w/GST onwards



Seats!

Cooking **Demonstration**

Complimentary cooking demonstrations by our friendly Chefs!

Saturday, 28 June 2025

Master Chef Mashiko Yaki Udon

4:00pm

Sous Chef Vernon Spaghetti Carbonara

Sunday, 29 June 2025

2:00pm

Sous Chef Ronald

Pineapple Fried Rice with Chicken Floss

4:00pm

Master Chef Ben

Golden Salted Egg Prawn

Limited to 20 seats only.

Seats are on first come first served basis.



Complimentary popcorn & candy floss!





Bouncy Castle

The exciting news is: the bouncy castle is back at The Dunearn Ballroom and your little ones can bounce and slide all they want!



Access!

Children **Movie Marathon**

Have a movie date with your little ones with the children movie marathon!



Floats at the Pool

Cool off the summer heat at the swimming pool by taking a dip and drift away on an inflatable float.



MAY CHEF'S SPECIAL



Deep-fried Sea Cucumber and Onion served with Brown Sauce 葱烧脆皮海参 **\$22** w/GST per person



Scrambled Egg with Prawn and Tomato 虾仁番茄炒蛋 \$18 w/GST

JUNE CHEF'S SPECIAL



Braised Pork Belly with Preserved Vegetable 传统梅菜扣肉 \$18 w/GST



Deep-fried Prawn with Lemongrass served in Thai Chilli Sauce 香茅脆生虾 **\$22** w/GST



NOZOMI PROMOTION



The promotion includes:

Starter

Bluefin Tuna, Mountain Yam, Avocado, Togarashi Shoyu

Grilled

Marinated Jidori Chicken with Gochujang Miso, Lettuce, Garlic Chip

Simmered

Crab Shinjyo Quenelle, Asparagus, Carrot, Wasabi Ankake

Deep-fried

Shrimp, Scallop, Nama Nori Kakiage

Dessert

Chocolate Lingot, Vanilla Ice Cream, Pistachio

This meal is served with Japanese rice, miso soup and pickles.

\$38.80 w/GST

Available in May, excluding 10 & 11 May.

KAISEN KANI MISO KORAYAKI

Crab Meat, Prawn, Scallop, Tobiko, Assorted Mushrooms, Quail Egg Yolk, Sake and Spring Onion in Heated Crab Shell on Charcoal Stove

\$22 w/GST

Available in June, excluding 14, 15, 28 & 29 June.

While stock lasts.



Closed on Wednesday (Excluding Eve of PH & PH). For enquiries, please call Miyabi Japanese Restaurant at 6357 3335.



MAY CHEF'S SPECIAL



Pork Chop with Vegetable and Fries \$14.80 w/GST

Includes a cup of coffee or tea.

Available from 11:00am to 9:00pm, Monday to Friday in May, excluding Eve of PH & PH.

JUNE CHEF'S SPECIAL

Curry Chicken Noodle **\$10.80** w/GST

Includes a cup of coffee or tea.

Available from 11:00am to 9:00pm, Monday to Friday in June, excluding Eve of PH & PH.





COCKTAIL VS MOCKTAIL



Cocktail

Pina Colada Milk, Coconut Syrup, Light Rum, Pineapple Juice, Cherry Maraschino

\$7 w/GST

Mocktail

Virgin Pina Colada Milk, Coconut Syrup, Pineapple Juice, Cherry Maraschino

\$5 w/GST

A Fun & Simple Game!

Pickleball, a form of paddle sport, is easy to learn and is gaining popularity fast! The rules of the game are simple and it is age-friendly. Playing double on the pickleball court is a great way meet and interact with new friends over games!

Pickleball Class

Instructor: Roel • Venue: Tennis Court

30 minutes

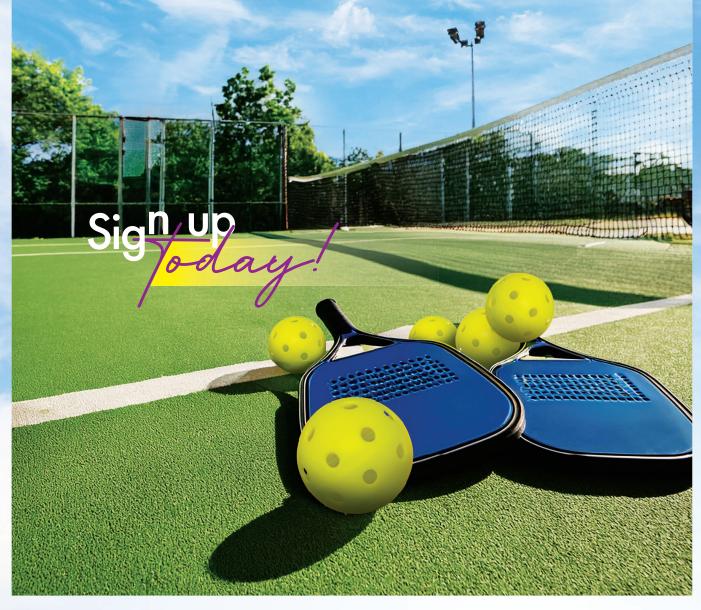
Member | \$59.95 w/GST Guest | \$65.40 w/GST

45 minutes

Member | \$81.75 w/GST Guest | \$87.20 w/GST

60 minutes

Member | \$103.55 w/GST Guest | \$109.00 w/GST





Level up on your fitness with Latino Jam! With fast-paced music rhythms and a mix of Latin dance movements, our instructor will guide you through the fitness programme for a cardio workout. Bring out the explosive energy in you today!

Latino Jam Class

Instructor: Den

Time: Wednesday,

9:30am to 11:00am

Fees: 4 sessions

Member **\$109.00** w/GST

Guest **\$138.80** w/GST

Venue: Aerobics Room

m



Does vintage music have a special place in your heart? Stay fit with your favourite pop retro music and have a fabulous fun time dancing towards a healthier you! Experience it by registering for the complimentary introduction class.



Mid-Vear Break!

Longing for a mid-year break? Book a guest room in advance for a fun-filled staycation at Raffles Town Club! Fuel up for the day with the complimentary breakfast at The Café & Terrace, as there will not be a dull moment with family-friendly amenities available. Our 2-nights staycation package includes a dining voucher and complimentary bowling games too.

Rooms	3D2N Rates
Studio Room	\$360 ++
Straits Suite	\$480 ++
Lavender Spa Suite	\$540 ++
Sandalwood Spa Suite	\$540 ++
Jasmine Spa Suite	\$580 ++

Package Includes:

- · Breakfast at The Café & Terrace for two persons
- Raffles Town Club Signature Welcome Drink for two persons
- \$20 dining voucher for booking of Studio Room or \$30 dining voucher for booking of Suite Room
- One-hour unlimited bowling games for one lane (Maximum 4 players per lane)
- Complimentary parking for room guest
- Complimentary WIFI access

The promotion is valid for booking made from 1 May to 30 June 2025. Rooms are subject to availability upon booking. Advance reservation is required at dining outlets, subject to availability. Dining and bowling vouchers are valid for use during stay only. No refund of unused dining or bowling vouchers. Terms & conditions apply.

Prices are subject to 10% service charge and prevailing government tax.







For reservation, please call **The Front Office** at **6357 3502 / 504** or email **roomresvn@rtc.com.sg**.

THANK OUT for your compliments

The club would like to thank our members for giving us the wonderful opportunity to serve you. It is our desire to keep you satisfied with our services and none of our achievements would have been possible without you and your unwavering support.



"We would like to thank Irene and her team at The Chinese Restaurant. We had a wonderful dinner time."

Front Office

"Our compliments to the entire Club: accommodation, dining and facilities services never failed to deliver. The delightful suites, friendly staff and pleasant dining experiences rank way beyond our expectations. Too many individual staff to name here; and I believe they know who they are! Thank you all for your continuous service excellence."



"My family and I were very satisfied and happy with the excellent service rendered by Mr Hamdan and Ms Rozana. The above staff is very kind and extended their best hospitality towards all the customers in the restaurant. We wish them all the best and good luck."

Membership

"I wish to thank Ms Zee Mei, the Membership Manager, and the rest of the RTC staff for your excellent services to its members. It's sad that the Club will be closing and we will miss this iconic facility right in the centre of Singapore. I have always enjoyed our stay here and the excellent food, especially at Miyabi Japanese Restaurant and The Chinese Restaurant. I will miss it!"



"Rozana is an excellent manager who helped us take care of everything for my wife's birthday party. She is very patient, always accommodating our requests and ensuring everything ran smoothly throughout the entire event. She is an amazing manager, and we couldn't have done it without her. Thank you, Rozana!"

Member Relations

"I want to take a moment to sincerely thank Ms Lydia Sharon, an Assistant Member Relations Manager at Raffles Town Club, for her incredible action in returning my wallet which I lost at the venue.

It is not every day you come across someone so thoughtful and honest, and her actions really meant a lot to me. Knowing that someone took the time to ensure my belongings were safe truly put my mind at ease, and I'm so grateful to her for that.

Please do let her know how much I appreciate what she did. It's little acts of kindness like this that leave a big impact."



"Fizah and Hazree are helpful and provide very good service. The decoration is nice. We have fun time here."



"We have a very sumptuous dinner prepared by the chef. They are very delicious and creative. Good work and very attentive service!"

Family Reunions

In the Chinese culture, reunion dinner is the most important family get-together meal of the whole year. Diners at the Club's dining outlets elevated the festivities by indulging in reunion meals filled with auspicious dishes crafted by our culinary team, as they get ready to receive everlasting fortune and happiness!























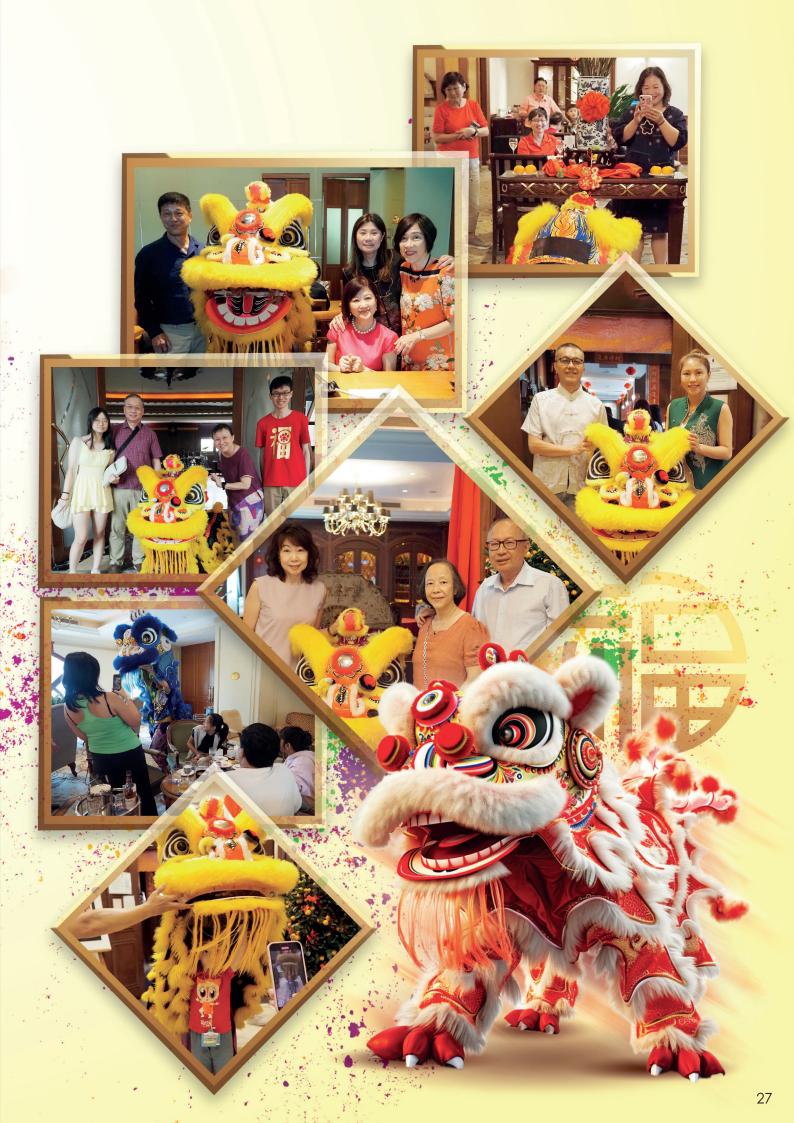












Date to Remember

A must-do for a memorable Valentine's Day date is to enjoy a lovely dinner with your significant other and loved ones! In the cosy ambience of The Dining Room, diners enjoyed a 4-course meal that speaks to their heart, completed with a glass of wine. It is a special date to remember.



Car Grooming @ RTC

Basement 3, 11am - 7pm. Closed on alternate Wednesdays

By appointment only. For more information and appointment, please call **Anthony** at **6357 3479** or **9479 3668**.



Carnauba \$238

Sealant \$268

Sealant coating

- · Car wash and clean
- · Standard polishing and waxing
- Hi-gloss application
- · Dashboard protection
- Interior vacuum (including engine bay and boot)
- · Cleaning of door panels and edges
- All windows clean, rims clean and tyres shine

20%FF
* T&Cs apply.

Sio2

\$448

Sio2 ceramic coating

Nano Graphene

\$548

- Nano Graphene coating
- Full exterior nano shampoo car wash
- Clay bar treatment to remove embedded contaminants
- A hand polishing process to work on minor swirls and scratches
- IPA process to strip off any residue on the paint surface
- Head lights and rear lights coating
- All windows coating
- · Cleaning of door panels, edges and coating
- · All rims coating
- All tyres are treated and coated

Leather Protection ADD ON \$90

Seat cleaning, anti-bacterial and fungi and leather moisturised, 4 doors conditioning and cockpit conditioning. \$120 for 7 Seaters

Terms & Conditions

- · Valid for May and June 2025.
- Not valid with other discount, voucher, package or promotion and cannot be exchanged for cash.
- Valid for one-time use only. Your membership card and identification card must be presented prior to servicing to enjoy the privileges.
- An additional charge of \$20 applies for vehicles above 1500cc, \$30 for vehicle above 1800cc including Luxury Sedans, MPVs, SUVs and Jeeps and \$50 for vehicles above 2500cc.
- Services not listed in the packages will incur additional cost.
- One Stop Car Beauty Centre (OSCBC) reserves the right to amend and / or retract the promotion without prior notice.
- In the case of dispute, OSCBC's decision will be final.
- RTC is not liable for any product, service or transaction between its member and OSCBC.

PAY YOUR SUBSCRIPTION ONLINE

The Club has various online payment methods which allow members to conveniently make contactless payment. Options of online payment are listed in the table below. Please remember to indicate your membership number and name when making an online payment.

METHOD	DETAILS			
PAY NOW	Please key in RTC Registration Number: 199605086N			
AXS	1) Please visit www.axs.com.sg 2) Go to Pay Bills 3) Go to Memberships 4) Go to Raffles Town Club			
INTERNET BANKING	For Standard Chartered Bank, please visit: www.standardchartered.com.sg For United Overseas Bank (UOB), please visit: www.uob.com.sg			
BANK TRANSFER	Please provide the following details. Account Name: Raffles Town Club Pte Ltd Bank Name: UOB Account No: 922 343 1689 Bank Code: 7375 Swift Code: UOVBSGSG Branch Code: 001			













We believe that learning extends beyond the classroom. Our K1 Champs from MindChamps PreSchool @ Raffles Town Club embarked on a meaningful learning journey, one that touched hearts of all ages and created fond memories for many.

In their guest to understand and appreciate the community, our Champs decided to bring joy to the senior citizens in our neighbourhood. With boundless energy and bright smiles, they engaged in interactive games, performed heartwarming songs and dances, and most importantly, shared their love and kindness with the elderly.

In the spirit of giving, our Champs also took part in a delightful gift exchange. Seeing the joy on the faces of both the young and the elderly was a beautiful reminder of the power of connection and compassion. Through hands-on experiences like these, our Champs learn the values of gratitude, generosity, and community spirit - lessons that will stay with them for a lifetime.

> We are incredibly proud of our Champs for spreading so much joy, and we look forward to many more heartwarming learning journeys ahead!



We'd love to hear your review!





MindChamps PreSchool @ Raffles Town Club #03-00





8809 3816 @ @MindChampsRafflesTownClub f @MindChamps.sg



Celebrating Mum & Dad

Mother's Day and Father's Day are cherished occasions to express gratitude and love for the parents who have shaped our lives. While the traditions may vary, the sentiment remains universal. Let's take a moment to explore the origins of these heartfelt celebrations and discover ideas for making these days extra special.

The Origin of Mother's Day

Mother's Day, as we know it today, originated in the early 20th century. In 1908, Anna Jarvis organised the first Mother's Day service in West Virginia, USA, to honour her mother's selfless devotion to reuniting families divided by the Civil War. In 1914, President Woodrow Wilson proclaimed Mother's Day a national holiday in the USA, setting the precedent for its global recognition. Traditionally celebrated on the second Sunday of May each year, this day is now a time to honour the nurturing love and sacrifices of mothers in many countries worldwide.

The Origin of Father's Day

Gifts and Activities to Celebrate

Whether it is Mother's Day or Father's Day, it is the heartfelt thought and effort behind your gesture that truly matters. The celebration honours parents' vital role with love and gratitude. To help you express your love and make the day unforgettable, here are a few ideas:

Personalised Gifts: Create a customised photo album, a heartfelt letter or a piece of engraved jewellery.

Pampering: Treat them to a relaxing spa day or a gourmet meal.

Quality Time: Spend a day together doing what they love — a scenic walk, a movie night out or a leisure game of golf.

DIY Creations: A crocheted item, homemade baked goods or a painting can add a personal touch.

Celebrate this Mother's and Father's Day with an unforgettable dining experience at our Signature dining outlets. Indulge in exclusive menus crafted to tantalise your taste buds while creating cherished memories with your loved ones!





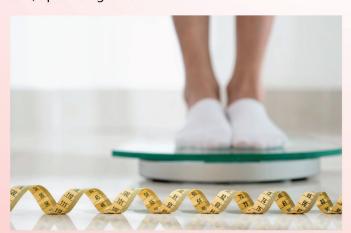
Berry Jood for Health

Berries, small tasty fleshy fruits, comes in a variety of colours and even shapes. They are not only pretty to look at but also packed with loads of nutrition, bringing health benefits! Some of the health benefits are:

Antioxidants

Berries are a great source of antioxidants. Antioxidants help boost immune system and can protect cells from free radical damage, reducing inflammation. These not only help to defend and lower cancer and heart disease risk, but can also combat wrinkles and premature aging of skin.

Anthocyanin, a type of antioxidant, helps lower blood pressure by stimulating the release of nitric oxide, that helps dilate blood vessels. Anthocyanin also protects the arteries walls, preventing them from becoming stiff, optimising blood circulation.



High in Fibre

Berries are great for people trying to manage weight. It gives us a sense of fullness, due to its high fibre content. The soluble fibre in berries slows down the movement of food in the digestive system, reducing the feeling of hunger. The reduction of food consumption will lead to a decrease in calorie intake making weight management easier.

Dietary fibre in berries helps keep your gut microbiome balanced, it improves gut health and promotes bowel movements too!



High in Vitamins

Berries are also known for its high content of vitamins, which includes vitamin C. Vitamin C is essential for skin health and collagen formation which supports new tissue growth, for instance, healing of cuts and wounds.



Berries that Top the Nutrition Chart

Blueberries, raspberries, strawberries, cranberries and goji berries are some of the most nutrient-dense berries. Let's take a look at their nutrients content and food that they complement!

Blueberries

Blueberries are high in vitamin C and vitamin A which are needed to boost immunity. It is also packed with anthocyanins, a type of antioxidants, giving blueberries their vivid colour.

Blueberries complement creamy food like yoghurt and cottage cheese. It adds flavours pancakes, waffles and muffins!



Raspberries

Raspberries are not only loaded with vitamin C and anthocyanins, but also fibre that is good for gut health. It can also nourish bones and nerves with minerals like calcium, potassium and magnesium.

Since raspberries has a jammy texture and is one of the sweetest berries around, making it a great addition to salad or turning it into jam to spread on toasts.

Strawberries

Strawberries top the chart for its vitamin C content, which is great for not only immune system but also skin health as vitamin C supports production of collagen. A cup of strawberries contains more than the recommended vitamin C daily intake. Folate (vitamin B9) and potassium are also found in strawberries, which support healthy red blood cells and blood pressure.

Strawberries are delicious when eaten with honey, chocolate, fresh cream and even baked goods!

Cranberries

Cranberries are rich in antioxidants, like anthocyanins, flavonoids and proanthocyanidins. Its especially high content of proanthocyanidins, helps reduce the risk of urinary tract infections.

Pairing cranberries with sweet food makes it easier to consume as tartness will be reduced. It is recommended to enjoy cranberries with pecans, quinoa and apples or consume it in the form of juice!



Goji Berries

On top of being gut-friendly for its high fibre content and supporting healthy red blood cells for its rich iron content, goji berries are good for eyesight as it is a good source of vitamin A. The red-orange plant pigments in goji berries, known as carotenoids, decreases risk of diseases as it reduces oxidative stress and inflammation in the body.

Goji berries are usually available as dried berries with tangy flavour. They are great to eat with food that has deep nutty flavours like oats, coconut and chocolate. Add goji berries to yoghurt parfaits, oatmeal or eat it on its own!

With the above knowledge and understanding of berries, start adding berries to your diet and reap the health benefits!

Did you know?

- It is recommended to consume 100g to 150g of fresh or frozen berries to reap its benefits.
- Consuming fresh or frozen berries are better than dried berries as dried berries contain only 20% of phytonutrients and has more sugar.
 - Berries should not be wash before storage in fridge, as excess moisture from washing may promote mould and decay. It is best to wash berries right before consumption.



The Ultimate School After School

by

Mind**Champs**°

Honouring our Incredible Teachers at MindSpace @ Raffles Town Club

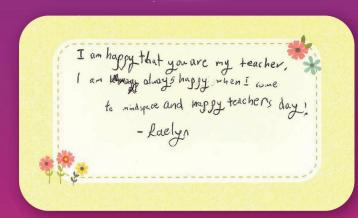
This August, we celebrated the passion and dedication that our Champion Teachers have shown to all our young Champs. Their commitment and guiding hand in nurturing the Champion and Scholar in each of our Champs are truly inspirational.

Our research-backed programmes include the **Art of Learning™**, which integrates school taught concepts with advanced learning techniques to build a strong foundation, and the **Optimal Flow Method™** which further strengthens understanding by breaking down complex topics into concepts and building upon prior knowledge for greater understanding and recall. These proven programmes have enabled our Champs to achieve up to 6 grade improvements in English, Maths, Science and Chinese, as verified by by global accountancy firm, Forvis Mazars*. And, at the heart of everything we do, is nurturing our Champs' Champion Mindset, setting them up for success in school and in life!

Thank you for your unwavering dedication to nurturing young minds. Your efforts make a lasting impact on every Champ you teach.



Dexter Say





Enrol your child now and watch them thrive at MindSpace @ Raffles Town Club



The results have been verified by Forvis Mazars LLP (fka Mazars LLP) in Singapore to supporting records provided by the Company, based on specified procedures in accordance with the Singapore Standard on Related Services SSRS 4400 Engagements to Perform Agreed-upon Procedures Regarding Financial Information.

MOVIE SCREENINGS

AT THE THEATRE

MAY 2025



Pitch Perfect 3 (PG-13) 93 minutes

Music | Comedy

Stars: Anna Kendrick, Rebel Wilson, Brittany Snow

Following their win at the world championship, the now separated Bellas reunite for one last singing competition at an overseas USO tour, but face a group who uses both instruments and voices.



Transformers: Age of Extinction (PG-13) 165 minutes

Action | Adventure | Sci-fi

Stars: Mark Wahlberg, Nicola Peltz Beckham, Jack Reynor

When humanity allies with a bounty hunter in pursuit of Optimus Prime, the Autobots turn to a mechanic and his family for help.



Rio (PG) 96 minutes

Animation | Adventure | Comedy

Stars: Jesse Eisenberg, Anne Hathaway, George Lopez

When Blu, a domesticated macaw from small-town Minnesota, meets the fiercely independent Jewel, he takes off on an adventure to Rio de Janeiro with the bird of his dreams.

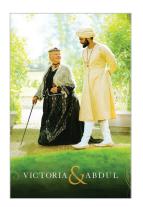


Dear Evan Hansen (PG-13) 137 minutes

Drama | Musical

Stars: Ben Platt, Julianne Moore, Kaitlyn Dever

Film adaptation of the Tony and Grammy Award-winning musical about Evan Hansen, a high-school senior with social anxiety disorder, and his journey of self-discovery and acceptance after a classmate's suicide.



Victoria & Abdul (PG) 111 minutes

Biography | Drama | History

Stars: Judi Dench, Ali Fazal, Tim Pigoott-Smith

Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

DAY	DATE	TIME	TITLE
Thu	1 May	2:30pm	Victoria & Abdul
Sat	3 May	2:30pm	Pitch Perfect 3
Sat	3 May	8:00pm	Transformers: Age of Extinction
Sun	4 May	2:30pm	Rio
Sat	10 May	2:30pm	Dear Evan Hansen
Sat	10 May	8:00pm	Victoria & Abdul
Sun	11 May	2:30pm	Pitch Perfect 3
Mon	12 May	2:30pm	Rio
Sat	17 May	2:30pm	Transformers: Age of Extinction
Sat	17 May	8:00pm	Rio
Sun	18 May	2:30pm	Dear Evan Hansen
Sat	24 May	2:30pm	Victoria & Abdul
Sat	24 May	8:00pm	Pitch Perfect 3
Sun	25 May	2:30pm	Transformers: Age of Extinction

MOVIE SCREENINGS

AT THE THEATRE

JUN 2025



X-Men: Dark Phoenix (PG-13) 113 minutes

Action | Adventure | Sci-fi

Stars: James McAvoy, Michael Fassbender, Jennifer Lawrence

Jean Grey begins to develop incredible powers that corrupt and turn her into a Dark Phoenix, causing the X-Men to have to decide if her life is worth more than all of humanity.



The First Slam Dunk (PG-13) 124 minutes

Comedy | Drama | Animation

Stars: Shugo Nakamura, Jun Kasama, Shinichiro Kamio

Follows 17-year-old Ryota Miyagi, who struggles to accomplish his late elder brother's dream of becoming a basketball star.



M3GAN (PG-13) 102 minutes

Horror | Sci-fi | Thriller

Stars: Allison Williams, Violet McGraw, Ronny Chieng

When robotics engineer Gemma becomes the guardian of her orphaned niece, Cady, she thinks her new invention, a robotic AI, will be a good companion. However, M3GAN begins to behave in unexpected and shocking ways.



PAW Petrol: The Movie (PG) 86 minutes

Animation | Action | Adventure

Stars: Tyler Perry, Ron Pardo, Will Brisbin

Ryder and the PAW Patrol pups are called to Adventure City in order to stop the recently-elected Mayor Humdinger from wreaking havoc.



Footloose (PG-13) 113 minutes

Music | Comedy | Drama

Stars: Kenny Wormald, Julianne Hough, Dennis Quaid

City teenager Ren MacCormack moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

DAY	DATE	TIME	TITLE
Sun	1 Jun	2:30pm	PAW Petrol: The Movie
Fri	6 Jun	2:30pm	Footloose
Sat	7 Jun	2:30pm	X-Men: Dark Phoenix
Sat	7 Jun	8:00pm	The First Slam Dunk
Sun	8 Jun	2:30pm	M3GAN
Fri	13 Jun	2:30pm	The First Slam Dunk
Sat	14 Jun	2:30pm	PAW Petrol: The Movie
Sat	14 Jun	8:00pm	Footloose
Sun	15 Jun	2:30pm	X-Men: Dark Phoenix
Fri	20 Jun	2:30pm	Footloose
Sat	21 Jun	2:30pm	The First Slam Dunk
Sat	21 Jun	8:00pm	M3GAN
Sun	22 Jun	2:30pm	PAW Petrol: The Movie
Fri	27 Jun	2:30pm	PAW Petrol: The Movie
Sat	28 Jun	2:30pm	Footloose
Sat	28 Jun	8:00pm	X-Men: Dark Phoenix
Sun	29 Jun	2:30pm	The First Slam Dunk