

CLUB TIMES

MAY & JUNE 2023

www.dbrc.hk

Not a member yet?
還未成為會員?

Join Us!

Call our membership hotline on 2987 7381 to learn more about our offers!

歡迎您隨時致電會員專線 2987 7381 了解各項會員優惠!

It's been a busy time for the club recently and we've enjoyed seeing so many familiar faces again. For the first time in three years, we hosted several large-scale events. These included the 27th Tennis Nations Cup on 25-26 March with twelve teams participating and players from 29 countries such as Canada, China, France, Germany, Great Britain, Korea, Hong Kong, India, Italy and South Korea! Decathlon, Peony Chinese Restaurant, Pocari and UL•OS all kindly sponsored the event. Given the unfavourable weather conditions that weekend, we've rescheduled the remaining games to 7 May.

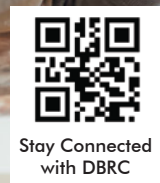
Looking ahead, why not celebrate Mother's Day (14 May) and Father's Day (18 June) by reserving a table on either day for a lunch at D'café or a dinner at Café Siena with your family? You can also let your hair down at our regular D'café Bingo Nights over a few glasses of chilled beer. And for meat lovers, don't miss the special menu at D'café that's perfect for you!

我們很高興再次見到這麼多熟悉的面孔。闊別了三年，我們終於能再次舉辦了幾個大型活動，其中包括 3 月 25 日至 26 日舉辦的第 27 屆 DBRC Tennis Nations Cup，由來自加拿大、中國、法國、德國、英國、韓國、香港、印度、意大利和南韓等 29 個國家的選手組成的 12 支隊伍參加！亦要感謝迪卡儂、牡丹軒中餐廳、寶礦力水特和樂·傲仕慷慨贊助了這次活動。可惜天公不造美以致當天未能完成所有賽事，而剩下的賽事亦會重新安排在 5 月 7 日（星期日）舉行。

展望未來，不妨在母親節（5 月 14 日）和父親節（6 月 18 日）當天預約和您的家人在 D'café 享用午餐或在 Café Siena 享用晚餐？您還可以在我們定期舉行的 D'café Bingo Night 上放鬆身心，品嚐幾杯冰涼的啤酒。對於肉類愛好者來說，更加不能錯過在 D'café 的特別菜單了！

The Management Team
DBRC

10 years+
商界展關懷
caring company
Awarded by The Hong Kong Council of Social Service
香港社會服務聯會頒發



Stay Connected
with DBRC



May- Jun
Specials
5月至6月限定

Meats Market



- **Grilled N.Z. Beef Tenderloin**
Roasted Potatoes, Seasonal Vegetables, Red Wine Sauce
扒紐西蘭牛柳 / 燒薯仔, 時蔬, 紅酒汁
- **Grilled U. S. T-Bone Steak**
Roasted Potato Wedges, Seasonal Vegetables, Black Pepper Sauce
扒美國T骨牛扒 / 炸薯角, 時蔬, 黑椒汁
- **Roasted Lamb Striploin "Provençal"**
Mashed Potato, Seasonal Vegetables, Red Wine Gravy
燒寶雲蘇羊西冷 / 薯蓉, 時蔬, 紅酒燒汁
- **Roasted Suckling Pig**
Roasted Potatoes, Seasonal Vegetables, Pomelo Vinegar Sauce
燒乳豬 / 燒薯仔, 時蔬, 柚子醋汁
(30 minutes preparation time required 製作需時30分鐘)

\$288

\$278

\$288

\$298

Add \$25 to enjoy a glass of selected red or white wine
另加 \$25 享用精選紅酒或白酒乙杯

Guests of members will be charged a 15% service fee.
會員賓客需另加 15% 服務費。

For enquiries, please call: 2500 1942
如有查詢, 請致電: 2500 1942





BINGO NIGHT

5 May & 19 May 2023

9 June & 30 June 2023

Time: 8:00pm sharp

JOIN A FUN FRIDAY NIGHT AND WIN THE JACKPOT!

- **A minimum food & beverage charge of \$80 per person**
- **\$20 per ticket / game**
- **Maximum 2 cards per player**

Guests of members will be charged a 15% service fee.
會員賓客需另加 15% 服務費。

For enquiries, please call: 2500 1942
如有查詢，請致電：2500 1942



Mother's Day Buffet Lunch

Date: 14 May 2023 (Sunday)

.....

Time: 12:00noon - 2:30pm

.....

Price: \$328 per adult / \$198 per child

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Guests of members will be charged a 15% service fee.

會員賓客需另加 15% 服務費。

For enquiries or reservations, please call: 2500 1942

查詢或訂座，請致電 2500 1942





Father's Day Set Lunch

Date: 18 June 2023 (Sunday)

Time: 12:00noon - 2:30pm

Price: \$198

Truffle and Wild Mushroom Cream Soup

松露野菌忌廉湯

Braised Ox-Tail with Red Wine Sauce, Spaghetti

紅酒燴牛尾伴意粉

or

**Pan-Fried Halibut Fillet accompanied with Prawn Cutlet,
Mashed Potato and Seasonal Vegetable**

香煎比目魚柳伴吉烈蝦
薯蓉及時蔬

Chestnut Cream Cake

栗子忌廉蛋糕

Coffee or Club Fine Tea

咖啡或茗茶

Guests of members will be charged a 15% service fee.
會員賓客需另加 15% 服務費。

For enquiries or reservations, please call: 2500 1942
查詢或訂座，請致電 2500 1942



Café Siena

Mother's Day Semi-Buffer Dinner

Date: 14 May 2023 (Sunday)

Time: 6:00pm - 8:30pm

Price: \$238 per adult/ \$168 per child

Additional Main Course Selection

Grilled N. Z. Beef Ribeye Steak, Red Wine Gravy **HK\$70**
燒紐西蘭肉眼牛扒, 紅酒燒汁

Pan-Seared Seabass Fillet, Tomato Sauce **HK\$70**
香煎海鱸魚柳, 番茄汁

Roasted Pork Loin, Onion Sauce **HK\$55**
香烤豬柳, 洋蔥汁

Grilled King Prawn, Spaghetti, Pesto Cream Sauce **HK\$55**
扒大蝦意粉, 香草忌廉汁

A complimentary glass of house wine (red or white) for adults
A complimentary glass of chilled fruit juice or soft drink for children

Guests of members will be charged a 15% service fee.
會員賓客需另加 15% 服務費。

For enquiries or reservations, please call: 3156 7426
查詢或訂座, 請致電: 3156 7426

Café Siena

Father's Day Set Dinner

Date: 18 June 2023

Time: 6:00pm - 8:30pm

Price: \$238

Additional Main Course Selection

Prawn and Parma Ham Salad, Pomelo Vinegar Dressing

鮮蝦巴馬火腿沙律配柚子醋汁

Cream of Asparagus Soup

露筍忌廉湯

Grilled Spanish Pork Chop, Red Wine Sauce,
Potato Wedges and Seasonal Vegetable

燒西班牙豬扒配紅酒汁, 脆薯角及時蔬

or

Pan-Seared Seabass Fillet, Fresh Tomato Sauce,
Potato Wedges and Seasonal Vegetable

香煎鱸魚柳配鮮番茄汁, 脆薯角及時蔬

Blueberry Cheese Cake

藍莓芝士蛋糕

Coffee or Club Fine Tea

咖啡或茗茶

A complimentary glass of house wine (red or white) for adults

Guests of members will be charged a 15% service fee.
會員賓客需另加 15% 服務費。

For enquiries or reservations, please call: 3156 7426
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Noodles Temptation

Chicken Noodles Soup with Fish Maw

HK\$118

棉花嫩雞陽春麵

Vietnamese Beef Noodles Soup

HK\$115

(Angus Beef Slices, Beef Brisket, Beef Omasum, Beef Balls and Turnips)

越式火車頭

(安格斯牛肉, 牛腩, 牛柏葉, 牛丸及蘿蔔)

Japanese Kurobuta Pork with Soba Miso Soup

HK\$105

日式吉列黑豚豬扒味噌湯蕎麥麵

Korean Kimchi and Pork Belly with Vermicelli Soup

HK\$105

(Fungus, Needle Mushrooms)

韓式泡菜腩肉湯粉絲

(木耳, 金菇)



The 27th Tennis Nations Cup

Game Day



Carnival



Dinner



Happy Easter

club siena
Discovery Bay



Funfit



New Term enrolment is now open!

Period: April - June 2023

- Wiggle Worms (From around 6 months) – ACCOMPANIED
Thur 11:00am - 11:45am
- Little Steps (1-3 years) – ACCOMPANIED
Thur 9:15am - 10:15am



Application forms available at DBRC and Club Siena.

For enquiries, call Melissa Gough on 63026327 or email: funfitdb@gmail.com for enquiries.

Music



Musical Instrument lessons

- Electric Guitar/Acoustic Guitar/Classical Guitar/Ukulele/
Saxophone/Trumpet/Clarinet/Flute/Piano/12-string baby Harp

For ages 7 years old or above

- jSax/Mini-Keyboard/Ukulele/Piano/12 string baby Harp

For ages 7 years old below

Club Siena / Thursday / 3:30pm – 9:00pm

Club Siena / Saturday / 12:00pm – 6:00pm



Contact

Mr Simon Leung 梁老師

91312915 (WhatsApp & Voice Call)

Email: woodwindstation@gmail.com

Wing Chun



Wing Chun enhances self-confidence while building physical fitness and mental toughness.

New term is open for registration

- Kids A class : 3:45pm – 4:45pm
- Youth B class: 4:45pm – 5:45pm



Every Monday at Club Siena

For course details please contact: Kurk Leung
M: 9249 1021 Email: Kungfu.force@gmail.com

Harry Wright Swimming Programme Summer Term 2023



The Harry Wright programme provides a modern and progressive curriculum in a positive learning environment. This ensures steady progression, talent identification and pathways to excellence for swimmers of any age or ability.

Summer Term enrolment is now open!

Apr – Jun 2023

Mon – Sat

Open for members and guests.

Schedule details available on www.harrywright.com.hk

Range of lessons

- Parent & Infant (4-23 months)
- Learn to Swim (3 years & above)
- Preschool (2 years to 4 years 11 months)
- Swim Team

For more information, please email swimming@harrywright.com.hk



HARRY WRIGHT INTERNATIONAL
THE PREMIER
SWIMSCHOOL

At Club Siena
Discovery Bay

Summer Holiday

3rd July – 12th August 2023

3-Day / 5-Day Camps

Once Per Week Tuesday or Saturday

Autumn Term

14th August – 16th December

暑期游泳班

2023年7月3日至8月12日

3天/5天精進班

恆常班(星期二/六)

秋季游泳班

2023年8月14日至12月16日

15 OLYMPIANS 名奧運選手

18 ASIAN GAMES 名亞運會選手

10 COMMONWEALTH
名英聯邦運動會選手

"The Harry Wright programme consists of highly qualified coaches who are passionate about coaching. They are professionals who care about not only the swimming skills of athletes but also their well-being. Because of this, they have a long history of developing world-class swimmers"

Siobhan Haughey

Former Harry Wright Swimmer And Two
Time Olympic Medallist



Infant Aquatic 4 Months +
嬰幼兒親子游泳班 (4個月或以上)



Learn To Swim 3 Years +
習泳班 (3歲或以上)



Competitive
泳隊訓練



Private Lessons
私人泳班

Enrol at Club Siena or DBRC Reception
Members & Non-members

報名請到海澄湖畔會所接待處
歡迎會員及非會員報名



+852 2575 6279



swimming@harrywright.com.hk



harrywright.com.hk

Membership Notice



Thank you for your continuous support of the Discovery Bay Recreation Club.

Recently, there have been cases of members inviting other people to rent their theme park membership card or even offering to transfer it to them. Let us, take this opportunity to share with members our rules & regulations relating to these issues:

- 1 The use of membership card is governed by the Club Rules and By-Laws of Discovery Bay Recreation Club; and cards cannot be transferred under any circumstances.
- 2 The membership card must be shown when requested by any authorized staff within the Club premises. If you forget to bring your membership card, you can approach the Reception at DBRC or Club Siena, our reciprocal club, for assistance.
- 3 We may refuse admission to the Club or to offer membership benefits if, in our view, the person's identity, age or eligibility to use the membership card and/or membership benefits cannot be verified. We may also cancel and/or confiscate an individual membership card (and its associated membership) without refund or compensation if we discover that the membership card has been used by anyone other than the member to enter the Club and/or to use any club facilities.
- 4 We encourage members to take good care of their membership cards and promptly report if their card is lost, stolen, or damaged to help protect member's interests and prevent fraud.

We take membership card transfers seriously as protecting our members' interests has always been our Club priority.

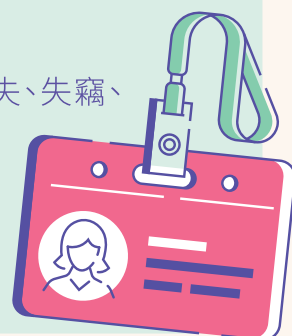
Thank you again for supporting DBRC and we look forward to seeing you at the Club soon.

感謝閣下一直對愉景灣康樂會的支持。

鑒於最近有主題樂園的會員卡被非法租售或轉借與他人事件，藉此機會我們想向會員分享會所在有關方面的條款及細則：




- 1 會員卡的使用權限是遵照愉景灣康樂會的章程及附例訂立，會員卡在任何情況下均不可轉讓或轉借。
- 2 本會職員有權要求會員出示會員卡。如會員忘記攜帶會員卡，可前往愉景灣康樂會或我們的聯繫會所 - 海澄湖畔會所的接待處尋求協助。
- 3 如我們認為無法核實有關人士的身份、年齡或其使用會員卡及/或會員優惠的資格，我們可拒絕讓該名人士進入會所或使用會所設施。如發現會員卡被會員以外的任何人士使用以進入會所及/或使用任何設施，我們亦可取消及/或沒收個人會員卡(及其相關會籍)而毋須退款或作出任何賠償。
- 3 我們鼓勵會員妥善保管其會員卡，並及時報告任何有關其個人會員卡之遺失、失竊、損壞，以保障個人利益並防範欺詐行為。

保護會員的利益一向是本會的首要任務。我們定必嚴肅地處理有關轉讓/轉借事件。再次感謝您對康樂會的支持，期待您的光臨。



Club Swimming Pool Rules

會所泳池使用守則

- 1 Children under 12 years old must be accompanied at all times by an adult guardian;
十二歲以下之小童在泳池範圍內必須由一位十八歲以上監護人照顧；
- 2 No adult can bring more than two children under the age of 12 into the pool area;
每名成人最多只可帶同兩名十二歲以下小童進入泳池範圍；
- 3 The children's wading pool is for children under the age of 8 with adults supervising them;
幼童淺水池 (Wading Pool) 只限八歲以下之幼童使用，並須同時有成人照顧；
- 4 No infant will be allowed to use the swimming pools without wearing swimming nappies or swim pants. (Swimming nappies for babies are on sale at the Front Desk);
因衛生理由，初生嬰孩必須穿著游泳用之尿片泳褲，方可使用本會泳池 (於大堂接待處有售)；
- 5 Do not use large inflatable toys and water guns in the pool. Toys cannot be over 3 feet x 3 feet in size;
任何池內均不可使用大型之吹氣玩具及水槍，吹氣玩具不可大於 3 尺 x 3 尺；
- 6 No pushing or chasing is allowed in or around the swimming pools. Diving or jumping into the water is strictly prohibited;
泳池範圍嚴禁追逐及推撞；並禁止跳水動作，以免危害他人安全；
- 7 Swimmers are not allowed to enter or stay in the pool area beyond the official Opening Hours or during the daily cleaning session;
在泳池開放時間以外的任何時段，以及於泳池清潔時段，所有泳客均不可擅自進入或逗留泳池範圍內；
- 8 Baby Strollers are prohibited in the pool deck area. Please park your strollers in the designated Baby Strollers Parking Area;
任何種類的嬰兒車均不得進入泳池範圍
- 9 Persons suffering from any coetaneous or communicable disease are prohibited from using the changing rooms and entering the pool area;
任何人士如患有任何皮膚病或傳染性疾病，一律不可使用更衣室設施及進入泳池範圍；
- 10 All swimmers must shower before entering the pool area;
進入泳池範圍前請先淋浴；

- 11 All swimmers must walk through the footbath before entering the pool area.
所有泳客必須行經洗腳池後方可進入泳池範圍；

- 12 All swimmers must wear clean and appropriate swimwear;
所有泳客必須穿著合身及整潔的泳裝



- 13 Apart from slippers, flip-flops or sandals, no outdoor shoes are allowed in the pool area. Wear your slippers when walking through the foot bath before entering the pool deck to remove any silt or dust;

除拖鞋、人字拖及涼鞋外，不可穿著任何其他鞋類進入泳池範圍；如預備穿著鞋子進入泳池範圍則須先穿著該鞋走過足池消毒及清洗鞋上塵埃；



- 14 You are prohibited from bringing glass bottles or any breakable objects into the pool area;
嚴禁攜帶玻璃瓶或任何易碎物品進入泳池範圍；

- 15 No photographing, video recording or movie taking is allowed in the Club Premises without the consent of the Club;

未經授權，不可在會所範圍內進行拍攝及錄影；



- 16 Smoking is not permitted. No outside food and drinks are allowed;
嚴禁吸煙；不准攜帶會所以外的飲品及食物進入泳池範圍



- 17 The use of radios, tape recorders or musical instruments is not allowed (except for special functions and with the prior approval of the Club).

不可使用收音機及或任何播放音樂用之器材或樂器 (獲會所預先批准者除外)

- 18 The Club has the right to display a "FULL" sign and restrict entrance to the pools when the maximum capacity is reached;

如泳池內的游泳人士太多並達至泳池監管規定之上限，本會有權即時限制進入泳池人數；

- 19 Valid Membership cards must be shown to the pool attendant and the proper registration procedure completed. Guests of Members must pay a special guest fee (applicable on weekdays only) to obtain a wrist band at the Club Reception when using the swimming pool;
游泳人士在進入泳池範圍前須向職員出示有效會員證並完成有關登記手續，即日賓客 (只限非假期之星期一至五) 則須預先在接待處辦理手續及購買泳池手帶



CLUB CORNER



DBRC joined the “AFTERLIFE” programme 愉景灣康樂會參與“AFTERLIFE”計劃

The Sports for Hope Foundation's “AFTERLIFE” programme, aims to promote sustainability through recycling unwanted tennis balls into usable products. Being one of the most popular sports in the world, let's make sure we don't just extract the good and leave the damaging waste. We encourage our members to support this awesome deed by depositing any used tennis ball in the recycling bin placed in the lobby area of DBRC & Club Siena. Your small step will bring big impact to our environment.

由運動燃希望基金會主導的“AFTERLIFE”計劃，旨在透過將舊網球重新加工製成可用物品以推動可持續發展。作為全球最受歡迎的運動之一，我們不能只萃取其美，卻丟棄造成傷害的廢棄物。因此，我們鼓勵會員將使用過的網球，投放到放置於愉景灣康樂會及海澄湖畔會所大堂區域的回收箱中，以支持這個有意義的計劃。您的一小步將對我們的環境產生重大影響。



Membership Notice

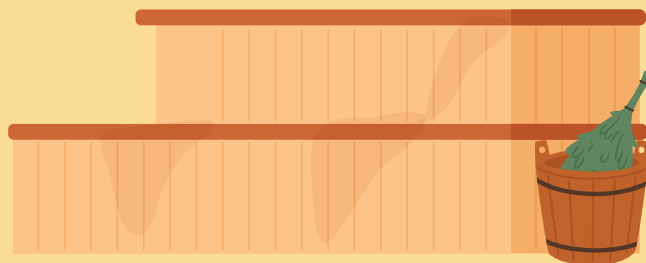
Sauna, Steam Room & Jacuzzi Notice



- Shower before using the Sauna / Steam Room
- Drink sufficient water before and after using the Sauna
- Take care of your valuables



- NO hair dyes / aromatherapy oil / treatment oils / or similar ointments
- NO facial masks
- NO hanging or drying personal clothing and shoes





Event 4 Fun

1 May –
30 June

Meats Market, D' Café

**Noodles Temptation
Café Siena**

5 May

Bingo Night, D' Café

14 May

**Mother's Day Buffet Lunch,
D' Café**

**Mother's Day Semi-Dinner Buffet,
Café Siena**

19 May

Bingo Night, D' Café

9 June

Bingo Night, D' Café

18 June

Father's Day Set Lunch, D' Café

**Father's Day Set Dinner,
Café Siena**

30 June

Bingo Night, D' Café



Fitness Tips

Muscles help the body burn more calories. Generally speaking, 1 kilo of muscle burns about 100 calories, while 1 kilo of fat only burns around 4 to 10 calories. Increasing muscle mass can therefore significantly boost calorie burn.

肌肉能幫助身體消耗更多熱量，一般而言，1 公斤肌肉消耗約 100 大卡熱量，而 1 公斤脂肪只能消耗約 4~10 大卡熱量，所以增加肌肉能提升燃燒熱量速度。



A BREATH OF DISCOVERY

心呼吸・愉景灣

NATURE GUIDEBOOK
環愉遊蹤

Explore Discovery Bay with New Nature Guidebook

Are you an adventurous hiker or a nature lover? At Discovery Bay, a neighbourhood teeming with natural wonders and unexpected finds, you can stumble upon rare bird species and explore humble heritage sites. Discovery Bay is launching a new NATURE GUIDEBOOK in which you can follow four hiking trails to uncover ecological highlights, Instagrammable spots, and more. The guidebook is available at Discovery Bay Recreation Club, Club Siena, and DB Plaza concierge from mid-May, or visit www.visitdiscoverybay.com to download a digital copy. Get one and start your adventure around Discovery Bay!

全新「環愉遊蹤」指南 帶你探索愉景灣

你喜歡遠足或者探索大自然嗎？在風光如畫的愉景灣，不論是新手或是經驗豐富的戶外愛好者，都可輕鬆投入大自然的懷抱，細賞雀鳥及生態奇觀，引領身心與大自然重新接軌。愉景灣全新推出「環愉遊蹤」指南，帶你探索四條遠足路線，沿途可欣賞各具特色的景點之餘，更有機會看到不同鳥類和大自然生態。立即開展你的愉景灣探險行程！五月中旬起，你可在愉景灣康樂會、海澄湖畔會所、或愉景廣場禮賓部索取「環愉遊蹤」指南，或瀏覽www.visitdiscoverybay.com下載電子版指南。

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