DBRC Discovery Bay

club siena Discovery Bay

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

CLUB TIMES

MAY & JUNE 2022 www.dbrc.hk



Social distancing measures to combat COVID-19 were finally eased in late April. Hooray! Most club facilities including the fitness centre, tennis courts, squash courts, snooker room and children playroom have now reopened – while our restaurants can extend service hours and relax the maximum number of people per table.

This is just in time for Mother's Day on 8 May. And of course, it's Father's Day on 19 June. Reserve a table on either day for a buffet lunch at D'Café or semi-buffer dinner at Café Siena and celebrate these special occasions in style with your nearest & dearest. Better still, book now and you'll enjoy a 20% Early Bird discount at D'Café.

You've probably been stuck at home for weeks whether working or looking after kids. With restaurants and gyms closed, you've most likely got bored with home cooking and are in need of some good exercise. As life returns to normal, why not stretch your muscles at our gym then stimulate your taste buds with some spicy Thai food at Café Siena?

No nightlife for what seems like forever? Then come to D'Café on any Friday for Bingo Night and let loose with friends over a glass or two of cold beer. Life's definitely getting better!

針對新冠肺炎的社交距離措施終於在四月下旬放寬了。萬歲！康樂會大部分設施包括健身中心、網球場、壁球場、桌球室、兒童遊樂室等都可以重開，而餐廳也可以延長服務時間和放寬每枱人數上限。

正好趕上5 月 8 日的母親節，當然還有6 月 19 日的父親節 ，盡快預留心水座位，以享用 D Café 的自助午餐，或 Café Siena 的半自助晚餐，與摯親一起慶祝這個特別的日子。千萬不要錯過 D Café 20%早鳥預訂折扣優惠。

無論是工作還是照顧孩子，你可能已經被困在家裡好一段日子，又或者因為餐廳和健身室關閉，你可能厭倦了每天在家煮食,也需要一些運動好好鍛煉身體。隨著生活恢復正常，何不來會所健身中心伸展一下筋骨，然後到 Café Siena 品嚐美味的泰國菜來刺激一下味蕾？

似乎很久沒有夜生活了？週五晚你一定要來D'Café參加Bingo Night，和朋友一起喝番一、兩杯冰凍啤酒放鬆一下。生活肯定會越來越好！

The Management Team
DBRC

DB Recreation Club
Tel: 2987 7381
Fax: 2987 9738
Email: dbrc-enquiries@dbrc.hk

D'Café
Tel: 2500 1942

Café Siena
Tel: 3156 7426

Club Siena
Tel: 2987 7382
Fax: 3156 7488

cafe

Mother's Day Buffet Lunch

母親節自助午餐

8 May 2022（Sunday 星期日）
11:30am - 2:30pm

Adult 成人 $328 / person位　Child 小童* $198 / person位

❤ Early Bird Offer 早鳥優惠 ❤

Enjoy a 20% discount for confirmed booking on or before 6 May 2022
五月六日前訂座將獲享八折優惠

Every mother will receive a Carnation
每位母親將獲贈康乃馨乙朵

Guests of members will be charged a 15% service fee.
會員賓客須另付15%服務費。

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

*under 12 years old 12歲以下

cafe

Father's Day Buffet Lunch

父親節自助午餐

19 June 2022（Sunday 星期日）
11:30am - 2:30pm

Adult 成人 $328 / person位　Child 小童* $198 / person位

❤ Early Bird Offer 早鳥優惠 ❤

Enjoy a 20% discount for confirmed booking on or before 17 June 2022
六月十七日前訂座將獲享八折優惠

A complimentary glass of White/Red Wine, Beer or Soft Drink for every Father
每位父親將獲贈紅或白餐酒、啤酒、汽水乙杯

Guests of members will be charged a 15% service fee.
會員賓客須另付15%服務費。

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

*under 12 years old 12歲以下

D cafe

Bingo Night
at D' Café

Date :
13 & 27 May, 10 & 24 June 2022 (Friday)
Time : 8pm Sharp

COME JOIN US FOR A FUN FRIDAY NIGHT AND WIN THE JACKPOT !

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

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

For enquiries, please call : **2500 1942**











cafe

便當 Bento Boxes

May & June SPECIALS
5月至6月限定

Teriyaki Chicken Bento Box 照燒雞扒便當	*$148*
Kurobuta Pork Cutlet Bento Box 黑豚肉吉列便當	*$148*
Kabayaki Unagi Bento Box 浦燒鰻魚便當	*$158*
Beef Burger Curry Bento Box 咖喱漢堡便當	*$138*

All Bento Boxes are served with Miso Soup, Sautéed Vegetables, Prawn Cutlet Salad and Japanese Rice

以上便當皆伴以麵豉湯, 炒雜菜、吉列蝦沙律及珍珠飯

For enquiries, please call: 2500 1942

如有查詢，請致電 2500 1942

Café Siena

Yummy 泰滋味 Thai

May & June SPECIALS
5月至6月限定

Thai Appetizer Platter (Pandan Leaf Chicken, Fish Cake, Spring Roll) **泰式拼盤（班蘭葉雞，魚餅，春卷）**	$88
Thai Roasted Spring Chicken, Herbs, Green Chili Sauce (Whole Bird) **泰式香草燒春雞，青椒汁（全隻）**	$118
"Tom Yam" Seafood Rice Noodles Soup **泰式冬蔭公海鮮湯河**	$108
Stir-Fried Rice Noodles, Chicken Fillet "Thai" Style **泰式雞絲炒河**	$98
Thai Roasted Duck, Red Curry, Steamed Rice **泰式紅咖喱燒鴨，香苗**	$108
Sweetened Glutinous Rice, Fresh Mango, Coconut Sauce **香芒椰汁糯米**	$68

Beverage choices:
飲品選擇

Fresh Young Coconut 椰青 $48	Iced Longan and Barley Tea 薏米龍眼冰 $45	Mango Smoothie 香芒沙冰 $45

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查詢或訂座，請致電 3156 7426

Café Siena

MOTHER'S DAY
SEMI-BUFFET DINNER
母親節半自助晚餐

8 May 2022（Sunday 星期日）
6:00pm - 9:00pm

Adult 成人 $228 / person位

Child 小童 (under 12 years old 12歲以下) $138 / person位

Includes: Appetizer, Salad, Soup, Dessert and Drinks (Coffee or Tea)
包括前菜、沙律、餐湯、甜品及飲品(咖啡或茗茶)

A complimentary glass of House White/Red Wine, Beer or Soft Drink will be offered
敬送精選紅/白餐酒、啤酒或汽水乙杯

Additional Main Course Choices 額外主菜精選

Wild Mushroom Linguini, Pesto Sauce 香草野菌闊條麵	*$30*
Grilled Chicken Steak, French Fries, Garden Vegetables Onion Gravy 烤雞扒、薯條、時蔬、洋蔥汁	*$40*
Pan-Seared Salmon Fillet, Boiled Potatoes, Garden Vegetables, White Wine Sauce 香煎三文魚柳、烚薯、時蔬、白酒汁	*$50*
Grilled N.Z. Beef Rib Eye Steak, French Fries, Garden Vegetables, Red Wine Gravy 扒紐西蘭肉眼牛扒、薯條、時蔬、紅酒汁	*$60*

Last order for main course at 8:30pm. 主菜最後下單時間為晚上8時30分

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Café Siena

FATHER'S DAY

SEMI-BUFFET DINNER

父親節半自助晚餐

19 June 2022 (Sunday 星期日)

6:00pm - 9:00pm

Adult 成人 $228 / person位

Child 小童 (under 12 years old 12歲以下) $138 / person位

Includes: Appetizer, Salad, Soup, Dessert and Drinks (Coffee or Tea)

包括前菜、沙律、餐湯、甜品及飲品(咖啡或茗茶)

A complimentary glass of House White/Red Wine, Beer or Soft Drink will be offered

敬送精選紅/白餐酒、啤酒或汽水乙杯

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會員賓客須另付15%服務費。

For enquiries or reservations, please call: 3156 7426

查詢或訂座，請致電 3156 7426

Sportsmanship
nurturing the body & mind

Gymnastics

Come join our new programme!

Classes : Monday & Friday

Age : 3 years old and up (all levels)

Location : Club Siena Dance Studio

Sportsmanship Gymnastics looks forward to welcoming healthy and well-behaved gymnasts with positive energy. See you soon!

For course details, please email

Charles Chan: sportmanshiphk@gmail.com

Island Dance

ISLAND DANCE
TURNING PASSION INTO PERFORMANCE

ISLAND DANCE
DB BALLET SCHOOL

New 2022 term now open for registration

• Ballet • Freestyle/Hip-Hop • Arco Dance

Island Dance has been teaching Dance and instilling confidence through performance to the children of Discovery Bay for over 25 years!

Dance Styles taught include ISTD Disco Freestyle, ISTD Hip Hop, RAD Ballet, Contemporary, Jazz and Tap.

Five Professional Diverse and Talented teachers teaching 6 days a week at DBRC & CLUB SIENA.

All ability levels including beginners are welcome. Sibling discounts available.

Application forms are available at DBRC and Club Siena.

Offering ISTD & RAD recognized Dance education by highly qualified teachers from all over the globe.

Trial classes and Sibling Discounts available. Please call 2987 1571 for more details.

CHRIS CLARK
Squash Academy

Squash

Take your game to a new level by training with a professional who can guide you through the finer points of squash.

45-minute session at DBRC Squash Court

Private lesson : $450

Group lessons :

- 1 : 2 $250 / person
- 1 : 3 $200 / person
- 1 : 4 $180 / person
- 1 : 5 $165 / person
- 1 : 6 $150 / person

For course details, please contact: **Chris Clark**
Mobile no: 9812 0879
Email: chrisbhclimited@gmail.com

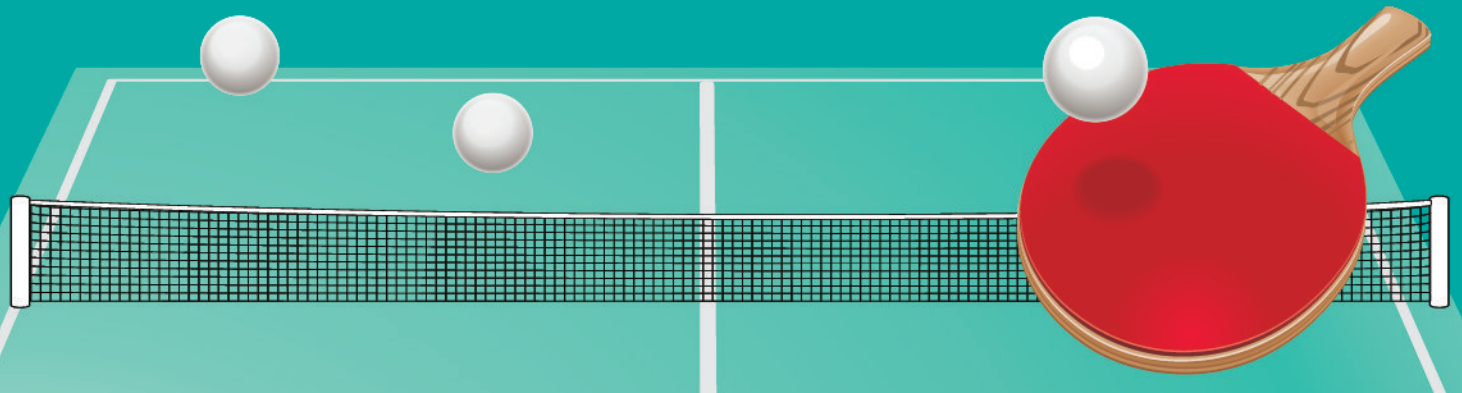
Table Tennis

45-minute coaching sessions

1. Beginners
- 1-person session : $190
- 2-person session : $140

2. Intermediate
- 1-person session : $360
- 2-person session : $240

3. Advanced
- 1-person session: $560



Tennis Court No.3 - Resurfacing Work

DBRC strives to continuously enhance the Club facilities and equipment. Unfortunately, we must postpone the planned resurfacing work for Tennis Court No. 3 because of shipping delays due to the current pandemic. The necessary building materials should arrive in mid-April and work will start immediately. We expect the refurbished court to open in mid-May.

There may be some noise and disturbance during the maintenance period and we apologize for any inconvenience. We will closely monitor the progress and update you in due course.

三號網球場- 地面維修工程



愉景灣康樂會一直致力改善及提升會所設施及設備，茲因疫情原故導致船運貨期延遲抵達，原定計劃於康樂會三號網球場進行的地面維修工程被逼延遲在四月中原材料到達後才迅速展開，預計將於五月中旬竣工並重新投入服務。

工程期間可能會產生噪音和干擾，不便之處，敬請原諒。本會將密切留意工程進度並作適時更新。

FITNESS TIPS

If you're a beginner and don't exercise regularly, it may seem very strenuous at first. It's important to slowly develop your muscle strength so as to minimize the risk of injury when exercising. We recommend starting with aerobic exercises such as running and swimming three or four times a week – then gradually introducing strength training twice weekly as you get more used to the fitness routine.

如果您是一個健身初學者，平日比較少運動，剛開始不宜太過劇烈，應該慢慢鍛鍊你的肌肉耐力，以盡量減少受傷的風險。由帶氧運動開始是個不錯的選擇，如每週三至四次跑步及游泳，再逐步加入每週兩次力量訓練，以逐漸適應。

Event For Fun

1 May – 30 Jun	Bento Boxes, D' Cafe
1 May – 30 Jun	Yummy Thai, Café Siena
8 May	Mother's Day Buffet Lunch, D'Cafe
8 May	Mother's Day Semi-buffet Dinner, Café Siena
13 May	Bingo Night, D' Café
27 May	Bingo Night, D' Café
10 Jun	Bingo Night, D' Café
19 Jun	Father's Day Buffet Lunch, D'Cafe
19 Jun	Father's Day Semi-buffet Dinner, Café Siena
24 Jun	Bingo Night, D' Café

Partner Recruitment for Special-Interest Classes
招募新興趣班合作伙伴

We're now looking for partners to teach the following special-interest classes for our Summer Programme:

現誠徵以下興趣班/ 暑期興趣班之合作伙伴:





1. STEM / Science Workshop 科學工作坊
2. Netball 投球
3. Playgroup 學前遊戲班
4. Yoga 瑜珈
5. kickboxing 自由搏擊
6. Mini-rugby 小型欖球
7. Art Class 美術
8. Judo / Taewondo 柔道 / 跆拳道





Interested?

Then please email your resumé and proposal to : dbrc-lessons@dbrc.hk

有意者請將簡歷及計劃書發送至 dbrc-lessons@dbrc.hk