



CLUBTINES

NOVEMBER & DECEMBER 2023

www.dbrc.hk



It's hard to believe how swiftly the year has flown by, but here we are at DBRC, with a remarkable lineup of events ahead. Brace yourselves as our Annual Tennis Tournament is back! This tournament promises to be more epic and thrilling than ever before. Tennis enthusiasts, it's your chance to showcase your skills on the court. But fear not if you're not a tennis player – everyone can still join us in cheering in the auditorium.

With Christmas just around the corner, we are thrilled to present an array of gourmet delights that will add a touch of magic to your celebrations. Place your orders now for our Thanksgiving and Christmas carvery, offering delectable options to satisfy every palate. Alternatively, indulge in a delightful Christmas or New Year's meal at D' Café or Café Siena, where a plethora of choices await, from semi-buffet feasts to mouthwatering set lunches. Allow us to pamper you with a truly festive dining experience.

As we embark on this enchanting holiday season, we extend our warmest wishes to you and your loved ones. May your holidays be filled with joy, laughter, and cherished moments.

歲月如梭, 2023 年即將完結。康樂會在這年末仍為您們準備了 -連串精彩的活動。一年一度康樂會網球精英賽又回來了,比 賽定必比以往更精彩!如果您是網球好手,請千萬不要錯過這 個一展身手的好機會! 即使您不是網球健將, 亦可與我們一起 在觀眾席上吶喊助威,為選手們加油打氣。

聖誕節即將來臨, 我們準備了各種美食與您們一起歡度佳節。 立即訂購感恩節和聖誕烤肉套餐,在家中享受派對之樂。除此 之外, 您更可邀請親朋好友一同到 D' Café 或 Café Siena 享 用我們特別準備的聖誕和新年大餐,從令人垂涎的午市套餐到 豐富的半自助晚餐,有多種選擇等著您。

在踏上這個奇妙節日的同時, 我們祝您和您的家人有一個充滿 歡樂、笑聲和感恩的假期。

The Management Team **DBRC**



Email: dbrc-enquiries@dbrc.hk

D'Café Tel: 2500 1942 Café Siena Tel: 3156 7426 Club Siena Tel: 2987 7382 Fax: 3156 7488





Curry Promotion

- Thai Red BBQ Duck Curry 紅咖喱燒鴨
- Thai Green Chicken Curry 青咖喱雞柳
- 3 Pan-fried Prawns with Thai Basil Curry 泰式香葉咖喱炒大蝦
- 4 Nyonya Chicken Curry 娘惹咖喱雞

HK\$138

HK\$128

HK\$218

HK\$128

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

For enquiries or reservations, please call: 2500 1942 如有查詢 請致電: 2500 1942 Photo is for reference only 圖片只供參考





Noodle Feast promotion

Seafood Noodles in Soup Prawn, Scallop, Seabass, Crabmeat 海龍皇湯麵 大蝦、帶子、加州鱸魚及蟹肉

HK\$158

2 Imperial Noodles in Soup
Beef Brisket, Beef Tripe, Beef Shank, Beef Ball, Turnip
宮廷牛肉麵

HK\$158

牛坑腩、牛肚、牛展、牛丸、蘿蔔

3 Rice Noodles, Chicken, Supreme Broth 濃雞湯嫩雞米線

HK\$128

Deep-fried Pork Chop, Chili Meat Sauce, Shanghai Noodles in Soup 上海辣肉醬排骨湯麵

HK\$128



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

For enquiries, please call: 2500 1942

如有查詢 請致電: 2500 1942

Photo is for reference only 圖片只供參考



Date: 03 & 17 Nov, 01 & 15 Dec 2023 (Friday) Time: 8:00pm sharp

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

A minimum food & beverage charge of HK\$80 per person

- HK\$20 per ticket / game

- Maximum 2 cards per player

Guests of members will be charged a 15% service fee. For enquiries, please call: 2500 1942

Collection Date

Thanksgiving Day



Place your order from 6-18 Nov 2023 由2023年11月6日至11月18日接受預訂	Self pick up from 18-23 November 2023 自取日期由2023年11月18日至2023年11月23日
Name 姓名	Membership No. 會員證號碼
Contact No. 聯絡電話	Contact Email 聯絡電郵
Collection Date 到取日期 *Please order at least 4 days in advance. 請於最少四天前	Collection Time 領取時間 (12noon / 3pm / 6pm) 前預訂。
Pre-payment Method 預訂付款方式 (Please tick the box請"✓"合適方格)	Credit to my membership account 從本人會員賬戶記賬 By cash (pay when ordering) 現金繳付 (下單同時確認付款) By credit card (pay when ordering) 信用卡繳付 (下單同時確認付款)
Roast Turkey 烤火雞 (5 to 6kg per pie Includes Cranberry Sauce & Red Wine Gravy, with stuff	
Carving Orders 烤肉	mg error control year.
Roast New Zealand Rib Eye Steak 燒紐西蘭牛 Roast New Zealand Lamb Leg 燒紐西蘭羊腿 Roasted Gammon Ham 烤金門火腿	(5.5 lbs per piece)\$868
Sauce 醬汁	
Red Wine Gravy 紅酒燒汁 Hon	ey Gravy 蜜糖燒汁
with payment. 請填妥此預訂表	
Collection Time 提取時間: 12noon / 3pm / 6pm Collection Venue 提取地點: 愉景灣康樂會 D' Café at I 海澄湖畔會所Café Siena Hotline 查詢熱線: 2500 1942 (D' Café) / 3156 7426 (C	
Order Reference Turkey Turkey (with stuffing on side)	Carving Sauces

Collection Time



Date: 24 Dec 2023, Sunday

Time: 6:00pm – 9:00pm

Price: HK\$308 per Adult, HK\$208 per Child (under 12 years old)
(Price includes salad, soup & desserts)

Additional Main Course Choice

Roaster Turkey Breast with Cranberry Sauce Stew Chestnut, Brussel Sprouts

or

Pan-fried Seabass with Black Truffle Cream Sauce Stew Chestnut, Seasonal Vegetable

or

Grilled US Angus Beef Ribeye with Red Wine Jus Stew Chestnut & Seasonal Vegetable HK\$100

HK\$130

HK\$160

Include Fresh Brewed Coffee or Tea

Guests of members will be charged a 15% service fee. 會員賓客須另付 15% 的服務費。 For enquiries or reservations, please call: 2500 1942 查詢或訂座 請致電: 2500 1942



Christmas & New Year Set lunch & dinner

Three - course Set Lunch

Date: 25, 26 Dec 2023 & 1 Jan 2024

Time: 12:00noon - 2:30pm

Price: HK\$168 -198 / person

Four - course Set Dinner

Date: 25, 26 & 31 Dec 2023

Time: 6:00pm - 9:00pm

Price: HK\$238 - 298 / person

Menu ∗

Potato and Leek Soup

Roasted Turkey with Cranberry Sauce (\$168)

or

Grilled US Beef Sirloin with Herb Gravy (\$198)

Blueberry Cheese Cake

Smoked Salmon Caesar Salad

Cream of Pumpkin Soup with Jumbo Scallop

Roasted Turkey with Cranberry Sauce

or

Pan-fried Seabass with Black Truffle Cream Sauce (\$268)

or

Grilled US Angus Beef Ribeye with Red Wine Jus (\$298)

Dessert Platter
Mini Tiramisu, 3.6 Milk Panna Cotta, Mixed Berries

For the above set, add HK\$25 to enjoy a glass of house wine

cafe Lafé Siena

Collection Date

Christmas & New Year Turkey & Carving Order Form

聖誕及新年火雞及烤肉訂購表格

Place your order from 1-28 Dec 2023 由2023年12月1日至12月28日接受預訂 Self pick up from 17 Dec 2023 -1 Jan 2024

自取日期由2023年12月17日至2024年1月1日

Name 姓名 Membership No. 會員證號碼	
Contact No. 聯絡電話 Contact Email 聯絡電郵	
Collection Date 到取日期 Collection Time 領取時間 (12noon / 3pm / 6pm)	
*Please order at least 4 days in advance. 請於最少四天前預訂。	
Pre-payment Method 預訂付款方式 (Please tick the box請"✓"合適方格) Credit to my membership account 從本人會員賬戶記賬 By cash (pay when ordering) 現金繳付 (下單同時確認付款) By credit card (pay when ordering) 信用卡繳付 (下單同時確認付款)	
Roast Turkey 烤火雞 (5 to 6kg per piece) \$1088	
Includes Cranberry Sauce & Red Wine Gravy, with stuffing on side 包括曼越莓醬及紅酒燒汁,另備餡料	
Carving Orders 烤肉	
Roast New Zealand Rib Eye Steak 燒紐西蘭牛肉眼扒 (4 to 4.5 lbs per piece) \$900	
Roast New Zealand Lamb Leg 燒紐西蘭羊腿 (5.5 lbs per piece)\$868	
Roasted Gammon Ham 烤金門火腿\$588	
Sauce 醬汁	
Red Wine Gravy 紅酒燒汁 Honey Gravy 蜜糖燒汁	
Remark 注意事項 To confirm your order, please complete this form and return to D' Café at DBRC / Café Siena at Club Siena with payment. 請填妥此預訂表格,交回愉景灣康樂會D' Café / 海澄湖畔會所Café Siena並同時付款確認。 After order is confirmed, no cancellation will be accepted or refund offered. 確認訂單後,不設取消及退款。 Guests of members will be charged a 15% service fee. 會員賓客須另付15%服務費。	
Collection Time 提取時間: 12noon / 3pm / 6pm Collection Venue 提取地點: 愉景灣康樂會 D' Café at DBRC / 海澄湖畔會所Café Siena Hotline 查詢熱線: 2500 1942 (D' Café) / 3156 7426 (Café Siena)	
Order Reference Turkey Carving Sauces Turkey (with stuffing on side) Roast New Zealand Rib Eye Steak Red Wine Gravy	

Roast New Zealand Lamb Leg

Roasted Gammon Ham

Collection Time

Honey Gravy

Chit No.



Holiday Breakfast

Preakfast Set 早餐

American Breakfast

HK\$108

Two Farm Eggs (Sunny side up or Scrambled) / Crispy Bacon / Pork Sausage / Baked Beans / Hash Brown / Toast / **Butter & Jam / Garden Greens**

拳里步美

鮮雞蛋兩隻(太陽蛋或炒蛋)/脆煙肉/豬肉腸/焗豆/炸薯餅/多士/田園沙律

Local Breakfast

HK\$98

Needle-shaped Noodles Soup Minced Pork with Preserved Vegetables/ Pan-fried Pork Dumplings / Fried Rice Flour Rolls with Dried Shrimp

香港特色

豬肉碎冬菜湯銀針粉/煎豬肉餃子/煎蝦米腸粉

Continental Delights 3

Fish Cutlet / Black Truffle Scrambled Egg / Toast

歐陸風味

吉列炸魚柳/黑松露炒蛋/多士

HK\$108

Sour Own Breakfast, Select One from each Column HK\$118 自選早餐,每項請選一款

- Mini Cereal Croissant / Mini Muffin / Sour Dough Rye Vienna / Toast 迷你穀物牛角包 或 迷你蛋糕仔 或 天然酵母黑麥維也納麵包 或 多士
- Scrambled Egg / Two Farm Eggs (Sunny side up) / Boiled Eggs 炒蛋 或 煎太陽蛋 或 烚蛋
- Crispy Bacon / Pork Sausage / Luncheon Meat / Smoked Gammon Ham 脆煙肉 或 豬肉腸 或 厚切午餐肉 或 煙火腿
- Instant Noodles / Macaroni with Pork Bone Broth / Vermicelli with Chicken Soup 日清公仔麵 或 豬骨湯通心粉 或 雞湯米粉

Breakfast Sets include

Fresh Fruits, Chilled Juice, Coffee and Club Fine Tea 以上早餐可享新鮮水果,果汁,咖啡及茶

Additional Order 追加食物

Corn Flakes with Fresh Milk 粟米片配鲜奶

HK\$12

Movenpick Yogurt 瑞士乳酪

HK\$12

Fresh Fruits, Chilled Juice, Coffee and Club Fine Tea 新鮮水果,果汁,咖啡及茶

HK\$68/person位

Available from 9:00am to 11:30am, EVERY SATURDAY, SUNDAY and PUBLIC HOLIDAYS (Last Order - 11:15am) 逢星期六、日及公眾假期早上9:00-11:30供應(最後下單時間 - 早上11:15)

Shabu Shabu 渦網網

Nov & Dec Specials 11–12月 限定

Angus Beef or Kurobuta Pork 安格斯牛肉 或 日本豚肉 HK\$148 per set

Accompanied with:

Inaniwa Udon, Narutomaki, Chikuwa, Enoki Mushroom, Black Mushroom, Baby Cabbage, Sweet Corn, Bean Curd and Carrot

伴:稻庭烏冬、鳴門卷、竹輪、金針菇、冬菇、娃娃菜、甜粟、豆腐及甘筍

限定

Additional Orders 追加食物:

Angus Beef / Kurobuta Pork 安格斯牛肉 / 日本豚肉 HK\$48 一份 / per order
Inaniwa Udon 稻庭烏冬 HK\$28 一份 / per order



Guests of members will be charged a 15% service fee. 會員賓客須另付 15% 的服務費。 For enquiries or reservations, please call: 3156 7426 查詢或訂座 請致電: 3156 7426

BBQ Dinner . 26 November 2023, Sunday.

Appetizer 前菜

- Parma Ham with Melon 帕爾馬火腿配蜜瓜
- Smoked Salmon with Capers and Red Onion 煙三文魚配水瓜柳及紅洋蔥

Soup 湯

 Black Truffle Wild Mushroom Soup 松露野菌忌廉湯

erill 燒烤

- New Zealand Beef Ribeye 紐西蘭肉眼扒
- Lamb Chop 羊扒
- Chicken and Beef Satay
 雞肉及牛肉沙嗲
- Chicken Wings 雞翅
- Gammon Ham 金門火腿
- Chicken Sausages 雞肉香腸
- Sardine 沙丁魚
- Scallop 帶子
- OClam 白蜆
- Grilled Enoki Mushroom with Butter wrapped with Tinfoil 錫紙牛油金菇
- Grilled Zucchini, Eggplant 燒意大利青瓜,矮瓜

Salads 沙律

- Caesar Salad 凱撒沙律
- Garden Green Salad
 田園雜菜沙律

Pot Dishes 熱盤

- Sauteed Vegetables 炒雜菜
- Vegetable and Egg White Fried Rice 雜菜蛋白飯

esserts 甜品

- Serradura 木糠布甸
- 3.6 Milk Pudding3.6 牛奶布甸
- Chocolate Truffle Cake 朱古力蛋糕
- Jasmine Tea Mousse Cake 茉莉綠茶慕絲蛋糕
- Fresh Fruit Platter 鮮果拼盤

Complimentary Baked Boston Lobster with Cheese (Half piece) per person 每位人客奉送芝士焗龍蝦(半隻)

HK\$338 per Adult / \$238 per Child (under 12)
(10% early bird discount with paid deposit on or before 13 Nov 2023)
每位成人 HK\$338 / 每位兒童 (12 歲以下) HK\$238
(於 2023 年 11 月 13 日或之前支付按金可享早鳥 9 折優惠)

Additional HK\$50 per person with free flow of house beer and soft drinks 每位只需另加港幣 \$50, 無限量供應啤酒及汽水



Three - course Set Lunch

Date: 25 , 26 and 1 Jan 2024 Time: 12:00noon - 2:30pm

Price: HK\$168 -198 / person

Four - course Set Dinner

Date: 24 , 26 & 31 Dec 2023 Time: 6:00pm - 9:00pm

Price: HK\$238 - 298 / person

Menu ⋆

Potato and Leek Soup *******

Roasted Turkey with Cranberry Sauce (\$168)

or

Grilled US Beef Sirloin with Herb Gravy (\$198)

Blueberry Cheese Cake

Smoked Salmon Caesar Salad

Cream of Pumpkin Soup with Jumbo Scallop

Roasted Turkey with Cranberry Sauce

(\$238)

Pan-fried Seabass with Black Truffle Cream Sauce (\$268)

Grilled US Angus Beef Ribeye with Red Wine Jus (\$298)

> **Dessert Platter** Mini Tiramisu, 3.6 Milk Panna Cotta &1 Mixed Berries

For the above set, add HK\$25 to enjoy a glass of house wine



Christmas Day Semi Dinner Buffet

Date: 25 Dec 2023

Time: 6:00pm - 9:00pm

Price: HK\$308 per Adult, HK\$208 per Child (under 12 years old)
(Price includes salad, soup & desserts)

Additional Main Course Choice

Roaster Turkey Breast with Cranberry Sauce Stew Chestnut, Brussel Sprouts

HK\$100

Pan-fried Seabass with Black Truffle Cream Sauce Stew Chestnut, Seasonal Vegetable

HK\$130

Grilled US Angus Beef Ribeye with Red Wine Jus Stew Chestnut & Seasonal Vegetable

HK\$160

Include Fresh Brewed Coffee or Tea

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





Christmas Fun Day 4

Xmas D.I.Y Gingerbread House Workshop 聖誕薑餅屋工作坊

日期: 17 Dec 2023 (Sun) 2023年12月17日 (星期日)

Time 時間: 2:00pm-4:30pm 下午2時至4時半

Venue地點: Club Siena-Lobby 海澄湖畔會所大堂

年齡:*Above 6 year old 6歲或以上 Age

(*Kids under 6 years old must accompanied by a valid member/ a valid guardian pass holder) (6歲或以下兒童 需由持有有效康樂會會員證或監護人證之成人陪同)

Price 費用: \$80/ member 會員 \$150/ member's guest 會員賓客

(Max. 10 people per session, first-come, first served)



Parent-Child Xmas 2D Chocolate Workshop by Rayca's Cacao Chocolate Ltd 聖誕親子2D朱古力工作坊

Date 日期: 17 Dec 2023 (Sun) 2023年12月17日 (星期日)

Time 時間: 1:00pm-4:30pm 下午1時至4時半

Venue地點: Club Siena - Siena Room 海澄湖畔會所 - Siena Room

年齡:*Above 6 year old 6歲或以上 Age

(*Kids under 6 years old must accompanied by a valid member/ a valid guardian pass holder)

(6歲或以下兒童 需由持有有效康樂會會員證或監護人證之成人陪同)

Price 費用: \$480

Enquiry查詢: 2987 7381 / dbrc-lessons@dbrc.hk

Remark: Shot photo of the event may be published in various media such as website and printed materials of DBRC. 註:活動期間所拍攝之拍照將用於不同媒體,包括愉景灣康樂會之網站或刊物。





Fluid Bear Workshop 2023

流體熊藝術體驗班

Fee費用: Member Price 會員價: \$400 /person (Normal Price 原價: \$580/ person)

Date 日期: 18 November, 2023 (Sat) 2023年11月18日(星期六)

Time 時間: 2:00pm-3:30pm下午2時至3時半

(Time of registration 登記時間: 1:45pm)

Venue 地點: DBRC Lobby 愉景灣康樂會大堂

Age 年齡: *Above 6 years old 6歲或以上

(*Kids under 6 years old must accompanied by a valid adult member / a valid guardian pass holder.6歲或以下兒童

需由持有有效康樂會會員證或監護人證之成人陪同)





Terms & Conditions apply, details please refer to the application form or contact our Membership Department at 2987 7381





Mid-Autumn Party









club siena

Discovery Bay

Halloween Event









Congratulations to the following swimmers for achieving new records in the following events:

Yujun Chen (HWI-Club Siena, Sliver Squad) Boys 9 years old 50m Freestyle 35.28

Boys 9 years old 50m Breaststroke 47.65
Boys 9 years old 25m Butterfly 18.57



Clarie Chen (HWI-Club Siena, Sliver Squad)
Girls 11-12 years old 50m Breaststroke 47.65



Harry Wright Swimming Programme - Spring Term 2024

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

Spring term 6 Jan to 23 Mar 2024 Monday to Saturday
(Open for members and guests.
Schedule details available www.harrywright.com.hk)

Range of lessons:

Parent & Infant (4 – 23 months)

(2 - 4 years , 11 months)Preschool

- Learn to Swim (3years & above)
- Swim Team

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

Gymnastics

Come join the new term programme!

21 Aug 2023 - 2 Feb 2024

Age: 3 years and above (All levels)

Classes: Mon & Fri

Location: Club Siena Dance Studio

Sportsmanship Gymnastics welcomes healthy, well behaved Gymnasts with positive energy.

20% discount for two lessons per week

For course details, please email: Charles Chan at Sportmanshiphk@gmail.com





Table Tennis

Table Tennis Coaching 45 mins/ session

Beginner

1-person session HK\$190 2-person session HK\$140

Intermediate

1-person session HK\$360 2-person session HK\$240

Advanced

1-person session **HK\$560**

For enquiries: 2987 7381 / dbrc-lessons@dbrc.hk







Island Dance

New term open for registration

Ballet
 Freestyle/Hip-Hop
 Acro Dance
 Adult Hip-hop

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 teach 6 days a week at DBRC & CLUB SIENA.

Welcome all ability levels and beginners.



Application forms available at DBRC and Club Siena

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

Trial classes available. Please call **2987 1571** for more details.

Wing Chun

New term open for registration

Every Monday at Club Siena:

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

Wing Chun helps you enhance self-confidence, build physical fitness and mental toughness.

For course details please contact: **Kurk Leung**Call: **9249 1021**or email: **Kungfu.force@gmail.com**





Application / Renewal of 2024 Golf Cart Parking Permit Application

2024愉景灣康樂會高爾夫球車停車場許可證申請 / 續期

You can now apply for a 2024 DBRC Golf Cart parking Permit or renew your current permit. Please scan the QR code for more details or download the application and return to our reception for registration.

2024年愉景灣康樂會高爾夫球車停車場許可證現正接受申請或續期。獲取 更多詳情,請立即掃瞄QR Code或 下載申請表交回本會註冊。



For enquiries, please call: 2987 7381 如有查詢,請致電 2987 7381



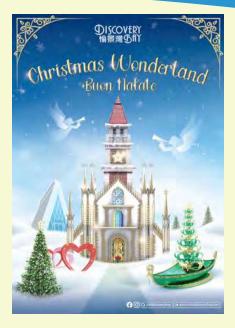
Christmas Wonderland @ Discovery Bay

Buon Natale! From 24 Nov 2023 to 2 Jan 2024, DB North Tower will be transformed into a Milan Cathedral, together with the string lights, angels, snowing effect, and a gondola decorated with a 6-metre-high giant Christmas tree, transcend Discovery Bay to a Christmas Wonderland! Come and explore the fascinating festive decoration in DB Plaza and the D'Deck, truly immerse in the European ambience at Discovery Bay!

Also don't miss out on the chance to meet and greet Santa Claus on 24 and 25 Dec, and redeem the lovely cotton candy and popcorn to add the festive sweet*.

For details, please stay tuned: https://www.visitdiscoverybay.com/en/whats-hot/

*Terms & Conditions apply.



CLUB CORNER

CARING • Integration

Discovery Bay Recreation Club Limited has always been committed to support good corporate citizenship, caring for disadvantaged groups, and promoting community integration. In 2012, we joined the "Caring Company Scheme", hoping to continue contributing the society, people's livelihood and the environment.

In September this year, the company began to cooperate with Caritas Lok Mo Integrated Vocational Training Centre to provide internship opportunities for trainees with mild disabilities. In addition, this program also enhances the cleaning effectiveness of the clubhouse. We are very grateful to be a part of the program that enables trainees to be open employment successfully, live independently with dignity, and contribute back to society.

If you see the intern working in the club, you might as well say hello to him and give him some support and encouragement!



關愛●共融



愉景灣康樂會有限公司一直致力支持企業社會責任,關愛弱勢社群,促進社區共融,並於2012年加入「商界展關懷」計劃,希望能為社會、民生和環境持續作出 貢獻。

今年9月,公司開始與明愛樂務綜合職業訓練中心合作,為有輕微殘疾的學員提供 實習機會。同時,本計劃亦加強了會所的清潔成效。能夠促使學員成功就業,有尊 嚴地獨立生活,並回饋社會,我們非常感恩能夠參與其中。

如果大家見到學員在會所工作,不妨同佢打個招呼,畀啲支持及鼓勵吖!





訂立合適的目標 Set appropriate goals

有很多人都不懂得如何訂立目標。如果訂立過於宏大或是無法量化的目標,你很快就會因為無所適從而放棄。開始時可以分成三部分:短期目標、中期目標以及長期目標。

Many people don't know how to set goals. If you set goals that are too ambitious or unquantifiable, you will quickly give up because you feel overwhelmed. You can start by dividing it into three parts: short-term goals, medium-term goals, and long-term goals.



Event for Fun

01 Nov – 30 Nov Curry Promotion

01 Dec – 31 Dec Noodle Feast, D' Café

01 Nov - 31 Dec Shabu Shabu, Café Siena

04 Nov – 26 Nov 2023 DBRC Annual Tennis Championships, DBRC Tennis Courts

3 Nov Bingo Night, D' Café

17 Nov Bingo Night, D'Café

01 Dec Bingo Night, D' Café

15 Dec Bingo Night, D'Café

16 Dec Christmas Fun Day, Club Siena

17 Dec Christmas Fun Day, DBRC Lobby

24 Dec Christmas Eve Semi Dinner Buffet, D'Café

24 Dec Christmas Eve Set Dinner, Café Siena

25 Dec Christmas Day Set Lunch & Dinner, D'Café

25 Dec Christmas Day Set Lunch & Semi Dinner Buffet, Café Siena

31 Dec New Year Eve Set Dinner, D'Café



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