



# CLUB

Sep & Oct 2024 www.dbrc.hk



As the Paris Olympics draw to a close, with Hong Kong's athletes delivering outstanding performances across various events, has this reignited your passion for sports? In September, DBRC will host a "Fencing Fun Day" where children will experience the unique charm of fencing under the guidance of professional coaches, and a "Fitness Quiz Day" to test your knowledge about fitness and get a chance to win great prizes!

Mid-Autumn Festival is approaching, DBRC cordially invites you and your loved ones to join the "Mid-Autumn Party". You can participate in the fun riddle games and create your own lanterns. Enjoy the festive atmosphere while immersing yourself in the rich cultural heritage of the Mid-Autumn Festival, rekindling fond memories of these age-old

Throughout September and October, D'Café has prepared a variety of delicious dishes for you. Not only is there a selection of exquisite Japanese bento meals and a newly launched snack menu, but there are also themed offerings for the upcoming German Beer Festival. Savour the tasty German sausage platter and crispy pork knuckles while pairing them with a selection of fine German beers to celebrate this joyous occasion.

Moreover, DBRC will be hosting several sports events, including the highly anticipated 17th Tennis Charity Cup and Discovery Bay Swimming Gala. Please join us and fill this autumn with excitement and energy.

隨著巴黎奧運的圓滿落幕,香港運動健兒在多項賽事中表現出色,是否 也激發了您內心潛藏的運動熱情呢?康樂會將於9月舉辦「劍擊同樂 日」,小朋友們有機會親身體驗劍擊手的熱身訓練和模擬比賽。不僅如 此,「健身問答日」同樣值得期待!考驗您對健身知識知多少,還有機 會贏取豐富的獎品!

中秋佳節的臨近,康樂會誠邀您和至愛的人一起參加「中秋月圓派 對」。在這個傳統節日中,您可以參加趣味十足的猜燈謎遊戲,或親手 製作燈籠,在歡樂的氛圍中感受中秋節的文化氣息,重溫這些懷舊的傳

整個九月和十月, D'Café 為您準備了多款美味佳餚, 邀請您與親朋好友 一起來享用。不僅有精緻的日式便當料理和全新推出的小食餐單,更有 德國啤酒節的主題餐飲。您可以一邊品嚐美味的德國腸拼盤和鹹豬手, 一邊搭配醇香的德國啤酒,共同慶祝這個充滿歡樂的節日。

此外,康樂會還會舉辦多項體育賽事,包括備受矚目的第17屆Tennis Charity Cup和愉景灣水運會等。邀請您一同參與,讓這個秋天充滿激情 與活力。

The Management Team **DBRC** 



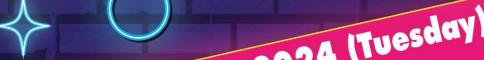


**DB Recreation Club** Tel: 2987 7381 Fax: 2987 9738 Email: dbrc-enquiries@dbrc.hk Club Siena Tel: 2987 7382 Fax: 3156 7488









Date: 10, 24 Sep & 8, 22 Oct 2024 (Tuesday)



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

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







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





## 9月限定 **Sep Special**



# Bento Promotion

- 1 Kabayaki Unagi 浦燒鰻魚便當
  - Phamburger Steak with Japanese Curry 咖喱牛肉漢堡便當
- 3 Teriyaki Chicken 照燒雞扒便當
- 4 Kurobuta Pork Chop Cutlet 日式吉列黑豚豬扒便當

Bento Box is served with Miso Soup, Seasonal Vegetable, Cutlet Prawn and Pearl Rice

所有便當均配有味噌湯、時令蔬菜、吉烈炸蝦和珍珠米

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

Photos are for reference only 圖片只供參考

For enquiries, please call: 2500 1942

如有查詢 請致電: 2500 1942



\$138

\$148

\$148



# Jomny Snack

Crispy Sriracha Chicken Wings(6pcs)

HK\$ 88

Takoyaki, Bonito Flake, Teriyaki Sauce(6pcs) HK\$ 68 和風章魚小丸子(6粒)

Pan-fried Pork Dumplings, Japanese Style(6pcs) HK\$ 60 日式煎餃子(6隻)

White Sweet Corn Stick, Butter HK\$ 58 牛油白粟米條

Baked Sweet Potato, Japanese Style HK\$ 48 日式焗甜薯









Guests of members will be charged a 15% service fee 會員賓客須另付15%的服務費 Photos are for reference only 圖片只供參考









10月限定 Oct Special





# German Beer Festival

1 Lowenbrau Beer (500ml, 1 Pint) 盧雲堡啤酒(500毫升,一杯) \$78

2 Sausage Platter (Nuremberger, Cumberland Spiral Sausage, Emmentaler Sausage, Munich White Sausage) \$118

德國腸拼盤

(紐倫堡腸,坎伯蘭蛇餅腸,愛美拿腸,慕尼黑白腸)

3 Sausage Platter + Lowenbrau Beer 德國腸拼盤 + 盧雲堡啤酒 \$168

4 Pork Knuckle (1kg, bone-in) 德國鹹豬手(1公斤,帶骨) \$228

5 Pork Knuckle + Lowenbrau Beer 德國鹹豬手 + 盧雲堡啤酒 \$278

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

Photos are for reference only 圖片只供參考



# Fencing Fun Day

# 擊同樂日

7//9//2024

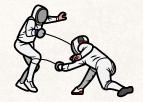
下午12:30 pm - 2:30 pm **DBRC Lobby & Table Tennis Court no.2** 

偷景灣康樂會大堂及2號乒乓球場

Age年齡: 3 – 12 years old 歲



Member Exclusive 會



**Fencing Drill Trial** 

劍擊訓練體驗



**Mini Games & Exercise** 

劍擊小遊戲



**Photo Booth** 

照相亭

Kids under 6 years old MUST be accompanied by a valid DBRC adult member or a valid DBRC guardian pass holder 6歲以下兒童必須由有效的愉景灣康樂會成人會員或有效的愉景灣康樂會監護人通行證持有者陪同

### Enrolment Deadline 截止報名日期: 4 September 2024 (Wed)

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

2) Terms and conditions apply. In case of any dispute, Discovery Bay Recreation Club reserves the right of final decision. 受條款與細則約束,如有任何爭議,愉景灣康樂會保留最終決定權。



**Registration & Details** 

**AUBERGE** 4OSPITALITY

Enquries查詢





2987 7381 dbrc-lessons@dbrc.hk





14/9/2024 (Saturday 星期六) 下午1:00pm-2:00pm DBRC Lobby 愉景灣康樂會大堂

15 years old or above Members Exclusive 15歲或以上會員限定

FREE 免費

### Join The Challenge!

Answer 8 of the 10 questions correctly, you will get a chance to win a lucky draw

10條問題中答對其中8條問題,即可獲得幸運抽獎機會乙次

Prizes include one month complimentary fitness membership or one session of In-body / Fitness assessment & 60 mins PT experience 有機會獲得一個月免費健身會員資格或一次體內/健身評估和 60 分鐘私人教練課程

- 1)Shot photo of the event may be published in various media such as website and printed materials of DBRC. 活動期間所拍攝之照片將用於不同媒體,包括愉景灣康樂會之網站或刊物。
- 2)Terms and conditions apply. In case of any dispute, Discovery Bay Recreation Club reserves the right of final decision. 受條款與細則約束,如有任何爭議,愉景灣康樂會保留最終決定權。

For enquiries 查詢: 2987 7381









# 中於月風流逝 Mithautumn Party

17/9/2024 (Tue 星期二) 晚上 7:00pm-10:00pm DBRC Lobby 愉景灣康樂會大堂



Program Highlight 活動內容

- 1. Riddle Game 競猜燈謎遊戲
- 2. Art & Craft Workshop (Lantern) 手工藝工作坊(燈籠製作)



For Enquiries, please call 2987 7381 如欲查詢 請致電2987 7381

Remarks: Photos shot during the event may be published in various media such as the club website and DBRC publicity materials.

註:活動期間所拍攝之照片將會用於不同媒體,包括愉景灣康樂會之網站或刊物











# EOMING MCHT

**GROUP BOWLING COMPETITION** 

# 川人保殿球比賽

4/10/2024 (Friday 星期五)

晚上 8:00pm - 9:30pm

Club Siena Bowling Alley 海澄湖畔會所保龄球場





## HK\$360 / Group團體

Group consists of at least one adult and one child aged 12 or below

團體至少由一名成人及一名12歲或以下小童組成

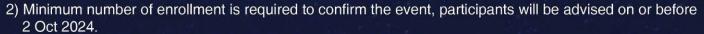
Open To DBRC Members & Member's Guest (HK\$70 Entrance fee) Adults and Kids (8yr+), All Levels

歡迎所有八歲或以上愉景灣康樂會員及會員賓客參加(會員賓客需繳付HK\$70入場費)



Enrolment Deadline 截止報名日期: 27/09/2024





本活動設有最低報名人數要求,已報名的人士會在2024年10月2日或之前收到最終活動的安排。

Enquiries 查詢: 2987 7382 / dbrc-lessons@dbrc.hk











# Twist Stick Daley. Sunflower Workshoo Daley: Hit Delegation Deleg

Date日期: 12/10/2024 (Saturday 星期六)

Time時間: 上午10:00am -下午1:00pm

Age年齡: 3-12 years old 歲

Venue地點: DBRC Reading Area

愉景灣康樂會閱讀區

# Member Exclusive 會員限定

# Free免費



Enrollment Deadline 截止報名日期: 8/10/2024

- 1)Shot photo of the event may be published in various media such as website and printed materials of DBRC.
  - 活動期間所拍攝之照片將用於不同媒體,包括愉景灣康樂會之網站或刊物。
- 2)Terms and conditions apply. In case of any dispute, Discovery Bay Recreation Club reserves the right of final decision.

<mark>受條款與細則</mark>約束,如有任何爭議,愉景灣康樂會保留最終決定權。



Registration and Details 報名及詳情

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



# Discovery Bay Swimming Gala 愉景灣水運會2024

Date日期: 20 Oct 2024 (Sunday 星期日)

Time時間: 下午2:00pm-5:30pm

Venue地點: DBRC Swimming Pool 愉景灣康樂會主池

Enrollment Deadline 截止報名日期: 16/10/2024 (Wednesday 星期三)

Entry fee 報名費: 每項HK\$85 per event

(Members Only 只限會員)

SWIMMING EVENTS 分組賽事	Individual events will be further separated by boys & girls race 個人項目賽事均另分男子及女子組賽事
Ages	Challenges
4 years old or below	Width Race/25M Kickboard Race
5 years old or below	Width Race
5 years old or below	25M Back-stroke/ 25M Breast-stroke/25M Freestyle
6 years old	25M Butterfly/ 25M Back-stroke/ 25M Breast-stroke/ 25M Freestyle
7 years old	25M Butterfly/ 25M Back-stroke/ 25M Breast-stroke/ 25M Freestyle
8 years old	25M Butterfly/ 50M Back-stroke/ 50M Breast-stroke/ 50M Freestyle
9 years old	25M Butterfly/ 50M Back-stroke/ 50M Breast-stroke/ 50M Freestyle
10 years old	50M Butterfly/ 50M Back-stroke/ 50M Breast-stroke/ 50M Freestyle
11-12 years old	50M Butterfly/ 50M Back-stroke/ 50M Breast-stroke/ 50M Freestyle
13-15 years old	50M Butterfly/ 50M Back-stroke/ 50M Breast-stroke/ 50M Freestyle
Child at 6-8 years old	25M x 2 Parents & Child Relay
Child at 9-12 years old	25M x 2 Parents & Child Relay
Child at 13-15 years old	25M x 2 Parents & Child Relay
	Boys & Girls Relay

Application forms are available at DBRC's & Club Siena's Reception Counters. 請於康樂會及海澄湖畔會所接待處查詢報名詳情及索取表格。

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。

For more details 查詢詳情







# Halloween Party 2024



Time 時間: 晚上 7:00pm-9:00pm

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

Age 年齡: 4 - 8 years old 歲

### Fee費用

## Member會員: Free 免費

Member's Guest 會員賓客: HK\$100

Mini Halloween Costume Catwalk Show 萬聖節服飾 Catwalk Show Tattoo Sticker and Photo Booth 紋身貼紙攤位及 照相亭



PIÑATA

D.I.Y. Cake Pops Workshop 蛋糕棒棒糖 手作坊

Enrollment Deadline 截止報名日期: 18/10/2024

Limited quota is available on a first-come-first-served basis. 名額有限,先到先得

1)Kids under 6 years old must be accompanied by an adult or guardian holding a valid membership card of DBRC. 6歲以下兒童須由持有有效康樂會會員證之成人或監護人陪同參與。

2)Shot photo of the event may be published in various media such as website and printed materials of DBRC. 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。

Enquiries 查詢: 2987 7382 / dbrc-lessons@dbrc.hk





# **Harry Wright Swimming Programme**

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

### **Autumn term**

Period: 12 Aug to 14 Dec 2024 Day: Monday to Saturday

(Open for members and guests. Schedule details available on HWI website www.harrywright.com.hk)

### Range of lessons:

- ★ Parent & Infant (4-23 months)
- ★ Preschool (2.0-4.11 years)
- ★ Learn to Swim (3.0 years & above)
- ★ Swim Team

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



# Wing Chun New term open for registration

Kids A class 3:45pm - 4:45pm Youth B class 4:45pm - 5:45pm Every Monday at Club Siena

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

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





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





Welcome all ability levels and beginners.

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 are available. Please call 29871571 for more details.

# Funfit Fall Term enrolment now open!

### Period: 4 Sep to 13 Dec 2024

- Busy Bees (Walking to 18 months)-ACCOMPANIED
  Wed 9:15am 10:00am
- Tumble Tots (18 monthsto 3years)-ACCOMPANIED
  Wed 10:15am 11:00am
- Wiggle Worms (From apprx. 6 months)—ACCOMPANIED
  Wed 11:15am 12:00nn
- Little Steps (1-2 yrs) ACCOMPANIED Fri 9:00am - 10:00am
- Big Steps (2-4 yrs) ACCOMPANIED Fri 10:30am - 11:45am







Island Dance teaches young dancers in Discovery Bay from age 2.5 years to Adult - 6 days a week at DBRC and Club Siena. Their classes focus on technique, choreography and building confidence. Their motto is TURNING PASSION INTO PERFORMANCE! Contact them for a trial class in the new term starting August 19

In June, Island Dance held their annual showcase "DANCING THROUGH THE DECADES" which took place at the Y-Theatre in Youth Square on HK Island. Performances included dances in Freestyle Jazz, Ballet, Hip Hop, Acrodance and Jazz Tap using popular songs from the 60s to Present day featuring over 100 Island Dancers from DBRC and Club Siena!

### **Island Dance Limited**

Suite 514, Block B, DB Plaza, Discovery Bay, Lantau Island, Hong Kong Ph. + 852 2987 1571 | Cell. +852 9159 0663 | Fax. +852 2987 1570 www.islanddance.com.hk

TURNING PASSION INTO PERFORMANCE | Follow us!







# DBRG "SPORTASTIC DAY 2024"









# 下載 Download MessageSpring

### 9月至10月 Sep to Oct 獨享優惠 Exclusive Privilege

由9月1日起,現有DBRC會員下載MessageSpring APP及訂閱「愉景灣康樂會」後,於星期一至日到D'Café惠顧椰青特濃咖啡,即可享半價優惠。

From 1 Sep, current DBRC members who download the MessageSpring APP and subscribe to the "Discovery Bay Recreation Club" can enjoy a 50% Discount on Coconut Coffee at D'Café from Monday-Sunday.



優惠日期:2024年9月1日至10月31日 Offer period: From 1 Sep to 31 Oct 2024

\*優惠只限使用乙次及不能與其他優惠同時使用

The offer can only be redeemed once and cannot be used in conjunction with other promotion privileges



記得開啟"訊息通知"功能,隨時隨地掌握最新資訊及優惠

Remember to turn on the "Notification" function to stay up to date with the latest information and offers anytime



1.簡單介面<sup>,</sup>輕鬆查閱 User-friendly interface, Easy to read



2.即時接收重要資訊,例如

Instantly receive important information, such as

- 設施實時情況 Real-time status of facilities
- 惡劣天氣預告 Adverse weather forecast
- 會所公告及活動 Club announcements and activities (更多內容將陸續推出 And more...)



3.探索不同的主題及獨家優惠

Diverse topics and exclusive offers to explore

- 獨享優惠 Exclusive Offers
- 生日禮遇 Birthday Offers
- 餐飲優惠 Dining Offers
- 早鳥活動優惠 Early-bird Discount





# GLUB NEWS 會所快訊

DBRC Main Pool 康樂會主池

Artificial Grass Replacement 更換人造草皮 (Jun 6月 & Aug 8月)









Club Siena Outdoor Pool /
Baby Pools / Bucket Pool
Enhancement Work (Jul 7月)

海澄湖畔會所室外池 / 小童池 / 嬉水池優化工程



DBRC & Club Siena Reception 康樂會及海澄湖畔會所接待處

Installing Candy Corner 增設糖果販賣處(Jun 6月 & Aug 8月)





Club Siena Baby Pools 海澄湖畔會所小童池

Providing Water Toys 提供嬉水玩具(Aug 8月)



6

New Facility "Fab-minton" at DBRC Squash Court No.4 (Sep 9月) 新增設奇趣羽毛球於康樂會4號壁球室







### Glowing Bunnies Under the Moon @ Discovery Bay 玉兔圓月慶中秋@愉景灣2024

Celebrate the Mid-Autumn Festival with the "Glowing Bunnies under the Moon" at DB North Plaza from 11/9 to 13/10. Join our photo competition from 11/9 to 6/10 by posting your photos with the Glowing Bunnies on Facebook or Instagram and tagging @VisitDiscoveryBay for a chance to win prizes. Spend HK\$100 at DB Plaza, DB North Plaza, or D'Deck and follow @VisitDiscoveryBay on Facebook or Instagram to redeem a Lantern DIY Pack from 11/9 to 18/9. Don't miss out!

為慶祝中秋佳節,於9月11日至10月13日齊來愉景北商場欣賞每晚閃耀亮燈的繽紛玉兔燈飾打卡位!拍照後可以參加「愉景灣玉兔攝影比賽」,於9月11日至10月6日上傳與玉兔的合照至Facebook或Instagram並標記@VisitDiscoveryBay,即有機會贏取獎品。此外,於愉景廣場、愉景北商場或D'Deck消費滿HK\$100,並追蹤@VisitDiscoveryBay的Facebook及Instagram,即可換領月•兔燈籠DIY包乙份!

### Spooky Chills@ Discovery Bay 「壽魚」 偷景灣2024

Experience the enchanting Halloween vibes at Discovery Bay in October! Immerse yourself in the spooktacular photo spots at DB Plaza and DB North Plaza. Explore the bustling Discovery Bay Halloween Night Market at DB Plaza on 27/10 (Sun), where you can discover a variety of handicrafts. Dress up in your most creative Halloween attire with your kids to join our Catwalk Show and Online Photo Contest for a chance to win fabulous prizes. Discover more at Discovery Bay!

十月來愉景灣體驗充滿「盞鬼」氣氛的萬聖節!10月中起可以在愉景廣場和愉景北商場的燈飾打卡熱點拍照。10月27日 (星期日) 在愉景廣場探索熱鬧的萬聖節夜市集,發掘各種手工藝品。和小朋友一起打扮成最具創意的鬼怪造型,參加「小小嘩鬼 Catwalk Show」和網上攝影比賽,有機會贏取豐富獎品!



# FITNESS TIPS

### Listen to your body 聆聽身體的聲音

Having enough rest and recovery time is just as important as exercise. Rest days will prevent burning out and reduce the risk of injury.

充足的休息和恢復時間與運動同樣重要。定立休息日可以防止您精疲力盡並 降低受傷風險。







14-15/9/2024 Sat & Sun 星期六及日

Free Wine Tasting With Us 免費美酒品嚐







DBRC Lobby 愉景灣康樂會大堂 中午12:00 nn - 下午3:00 pm









# 中秋慶團圓晚宴 Mid-Autumn Set Dinner 9月17日 | September 17

HK\$1,688 up 起 / 4 Person 四位用 HK\$2,688 up 起 / 6 Person 六位用 HK\$5,088 up 起 / 10 Person 十位用





以上價目均另設加一服務費 All prices are subject to 10% service charge

查詢及訂座 Enquiry or reservation: +852 2215 0833











### Rivetto美酒晚宴 Rivetto Wine Pairing Dinner

2024年10月4日 (星期五) 4 October 2024 (Friday)







**圖片只供參考** Photos are for reference only

#### 餐前酒

Welcome Wine Pitars Gli Spumanti Prosecco Brut NV

### 迎賓彩碟

海南白胡椒焗虎蝦·香麻紅海蜇花·脆香燒鱔 Pan-fried Tiger Prawn, White Pepper, Hainan Style Marinated Red Jelly Fish, Sesame Oil Grilled Eel Fillet Rivetto Langhe Nascetta DOC "Vigna Lirano" 2021

#### 荔蓉燒鵝酥

Baked Goose Pastry, Taro Rivetto Nebbiolo d'Alba "Vigna Lirano

#### 蜜汁醬燒鬈毛豬肋骨

Grilled Mangalica Pork Spare Rib, Barbecued Honey Sauce Rivetto Langhe Nebbiolo DOC 2021

### 風範汁焗本地龍蝦

Baked Lobster, Butter & Garlic Sauce Rivetto Barbaresco DOCG "Nervo" 2020

### 順德煎焗深海龍躉

Pan-fried Giant Grouper, Shunde Style Rivetto Barolo DOCG "Serralunga d'Alba" 2019

#### 海皇鮑粒燴香苗

Seafood Fried Rice, Abalone

#### 熱情果乳酪布甸・宇治焙茶酥

Milk Yogurt Pudding, Passion Fruit, Rum Baked Matcha Pastry

HK\$1,088 每位 per person

於2024年9月17日前訂座及付全費可享早鳥優惠價每位 HK\$798 Early bird offer of HK\$798 per person for reservations and payment made before 17 September 2024

> 另收加一服務費 Subject to 10% service charge

查詢及訂座 Enquiries & Reservations 2215 0833 / reservation@dbpeony.com









