

CLUB TiMES

Mar & Apr 2024

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!

Easter is just around the corner with brighter days and warmer weather. As always, we'll be celebrating the season in colourful style.

How could Easter be without fun games and activities? The Discovery Bay Easter Egg Hunt on the Beach cum Carnival returns to Tai Pak Beach again. Get ready to uncover hidden Easter eggs nestled in the sand! Join the DIY Easter Egg Keychain Workshop at Discovery Bay Recreation Club, crafting personalized keychains with your loved ones. And for a perfect conclusion to your holiday, savour the exclusive Easter semi-lunch buffet at D'Cafe. Embrace the joy of Easter with us!

Join us for the grand return of the 28th Tennis Nations Cup at DBRC on 16 & 17 Mar! Experience thrilling tennis matches alongside a carnival and dinner party perfect for the entire family. Save the dates, rally your loved ones, and be part of this year's Nations Cup extravaganza.

復活節即將來臨，帶來了陽光明媚及和暖的好天氣。一如以往，我們準備了多姿多彩的活動和大家一起開心慶祝復活節。

復活節怎可以缺少有趣的遊戲和活動呢？愉景灣沙灘獵蛋奇兵暨嘉年華再度回歸於大白灣沙灘舉行，各位獵蛋奇兵們準備好掘出埋藏在深處的復活蛋嗎？您亦可到愉景灣康樂會舉辦的D.I.Y復活節蛋鑰匙扣工作坊，與家人和朋友一起創造獨一無二的復活節蛋鑰匙扣，紀念特別的時刻。此外，別忘了到D' Café 品嚐復活節半自助午餐，為美好的假期畫上完美的句號。

萬眾期待的第28屆Tennis Nations Cup將於3月16日及17日在愉景灣康樂會舉行，除了精彩刺激的網球比賽外，亦設有嘉年華及晚會，讓大小朋友們盡情玩樂。快記下日期，與一眾親朋好友，一起參與今屆網球盛事，共度充滿動感活力的週末。

The Management Team
DBRC

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



Stay Connected
with DBRC



Bingo Night

Date: 12 & 26 Mar, 09 & 23 Apr 2024 (Tuesday)
Time: 8:00pm sharp

**COME JOIN US FOR A FUN TUESDAY 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.
For enquiries, please call: 2500 1942



AUBERGE
HOSPITALITY

DISCOVERY
愉景灣



Mar Specials
3月限定

Portuguese Food Promotion

- | | | |
|---|---|----------|
| 1 | Portuguese Style Roasted Suckling Pig with Garden Green Salad
葡式焗乳豬配田園沙律 | HK\$ 298 |
| 2 | Braised Seafood with Portuguese Sauce served with Garlic Bread
葡式燴海鮮配蒜茸包 | HK\$228 |
| 3 | Portuguese Duck Rice
葡式焗鴨飯 | HK\$188 |
| 4 | African Chicken
非洲雞 | HK\$138 |
| 5 | Deep-fried Bacalhau Balls
馬介休球 | HK\$138 |
| 6 | Portuguese Style Stir-fried Assorted Vegetable
葡式炒雜菜 | HK\$98 |

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





Easter

復活節半自助午餐

Semi Lunch Buffet

31 March, Sunday

Appetizer, Salad, Soup and Dessert on Buffet Table
自助頭盤, 沙律, 餐湯及甜品

Choice of Main Course
自選主菜

Roasted Chicken Steak with Gillette Scallops
Roasted Potato, Seasonal Vegetables
烤雞扒配吉列帶子, 燒薯, 時蔬
or 或

*Pan-fried Salmon Fillet with Truffle Cream Sauce
Mashed Potato and Veggie
香煎三文魚柳配松露忌廉汁伴薯蓉及菜苗
or 或

*Grilled New Zealand Ribeye Steak with Red Wine Jus
Sweet Potato Chips and Stir-fried Vegetable
新西蘭牛柳配紅酒燒汁, 紅薯脆片, 時蔬

Coffee or Tea
咖啡或茶

成人每位HK\$328 per Adult with Main Course 包括主菜
小童每位HK\$228 per Child with Main Course 包括主菜

*The main courses require a supplement of HK\$60
*選擇此主菜需另加港幣\$60元

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

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



Apr Specials
4月限定

Italian Food Promotion

- 
- 1 Chicken Parmigiana
意式芝士焗雞 HK\$ 178
 - 2 Spaghetti Aglio e Olio
香辣蒜片意大利粉 HK\$ 128
 - 3 Vegetable Frittata with Rocket Salad
意大利雜菜蛋餅配火箭菜沙律 HK\$ 128
 - 4 Tomato Mozzarella Salad
番茄水牛芝士沙律 HK\$ 128
 - 5 Classic Caesar Salad
凱撒沙律 HK\$ 88
 - 6 Homemade Minestrone
意大利雜菜湯 HK\$ 58
- 



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圖片只供參考

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The 28th Tennis **NATIONS CUP 2024**

**16 - 17 MARCH
SATURDAY
AND
SUNDAY**

TOURNAMENT

8:00am – 6:00pm

CARNIVAL

10:00am – 5:00pm

Dinner Party

7:00pm – 10:00pm
(17 March, Club Siena)

Special Thanks

FORWARDMOTION

20 Teams

**(8 Men & 4 Women
per Team)**

Please contact Tournament Director -

Ajit Gidwani 9779-0747 (WhatsApp) should you require more information

The 28th Tennis Nations Cup 2024

CARNIVAL



★ Game Booths
★ Bouncy Castle

★ F&B Kiosk
★ Face Painting

And more...



16 & 17 Mar

Sat & Sun

10:00am – 5:00pm



Chinese New Year Lion Dance Party



Chinese New Year Fireworks Harbour Cruise 2024



Easter Egg Keychain

D.I.Y. Workshop

D.I.Y. 復活節蛋鎖匙扣

Date日期: 30 March 2024 (Sat) 2024年3月30日 (星期六)

Time時間: (1) 下午2:00pm — 2:30pm

(2) 下午2:45pm — 3:15pm

(3) 下午3:30pm — 4:00pm

Price費用: Member 會員 HK\$100

Venue地點: DBRC — Lobby 愉景灣康樂會大堂

Age年齡: 5 years old or above 5歲或以上

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

6歲或以下兒童須由持有有效康樂會會員證或監護人證之成人陪同



For enquiries 如有查詢 請致電 : 2987 7381

Funfit Winter Term now enrolling

Period: Winter Term 5 Jan to 22 Mar 2024

1 Little Steps (1-3 years) – ACCOMPANIED
Friday 9:30am to 10:30am

2 Wiggle Worms (From apprx. 6 months) – ACCOMPANIED
Friday 11:15am to 12:00noon



Application forms are available at DBRC and Club Siena.

For enquiries, phone Melissa on 63026327 or email: funfitdb@gmail.com



Gymnastics

Come join the new term programme!

19 Feb 2024 - 28 Jun 2024

Classes: Mon & Fri

Aged 3 years old up (All levels)

Location: Club Siena Dance Studio

Sportsmanship Gymnastics looks forward to welcoming healthy and well-behaved Gymnasts with positive energy.

For course details please email:

Charles Chan: sportmanshiphk@gmail.com

New term open for registration



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 available. Please call 29871571 for more details.



詠春

Wing Chun



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

New term opens for registration

Kids A class 15:45-16:45

Youth B class 16:45-17:45

Every Monday at Club Siena

For course details please contact: Kurk Leung

M: 9249 1021 Email: Kungfu.force@gmail.com



Let's get ready for summer time!

The DBRC swimming pool will
re-open at the end of March.

*Stay tuned for the new opening hours

愉景灣康樂會之游泳池將於3月底重新開放，
一起為夏天做好準備！

*敬請留意往後發佈之游泳池開放時間表



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Exclusive member privilege for MessageSpring will be launching soon. Please stay tuned for announcements within the App.

Discovery Bay Easter Carnival 愉景灣復活節嘉年華

To enjoy the joyful atmosphere of Easter, come to bounce and play at the DB Plaza Inflatable Funland, where amusing bouncy castles and game booths are set up for children. DB North Plaza will be transformed into an adrenaline-pumping DBN Wong-Kam-Po Cycling Funland, co-organized by none other than Mr. Wong Kam Po, internationally renowned track cycling world champion! Kids can experience the fun of balance bike rides and exhilarating cycling e-sports here!

為歡度復活節假期，今年特設「愉景廣場充氣樂園」，提供多個充氣城堡和遊戲攤位，讓小朋友們盡情玩樂。而愉景北商場將打造成緊張刺激的「愉景北黃金寶單車樂園」，由享譽國際的場地單車世界冠軍黃金寶先生協辦，讓小朋友體驗平衡車的樂趣和電競單車的挑戰。

Date 日期: 31 March - 1 April 2024 (Sun - Mon) 2024年3月31日至4月1日 (星期日至一)

Game Time 遊戲時間: 10:30am - 2:30pm or 2:30pm - 6:30pm 上午10時30分至下午2時30分 或 下午2時30分至6時30分

Venue 地點: DB Plaza and DB North Plaza 愉景廣場以及愉景北商場

Registration: Public registration starts on 13 March from 10:00am on KKday. The administrative fee is HK\$200# (including a 50-minute session at the DB Plaza Inflatable Funland and a 15-minute session at the DBN Wong-Kam-Po Cycling Funland).

報名方法：3月13日上午10:00起可於KKday公開報名，行政費為HK\$200 (包括一節愉景廣場充氣樂園50分鐘體驗以及一節愉景北單車樂園15分鐘體驗)。

For details 詳情: <https://www.visitdiscoverybay.com/en/whats-hot/>



Fitness Tips

A balanced diet is key to maintaining good health. Before formulating your fitness meal plan, you should consider the following nutritional diet ratios: 40% fruit & vegetables, 25% fiber-rich carbohydrates, 25% protein and 10% fats.

均衡飲食是維持健康的關鍵。在製定健身飲食計畫之前，不妨參考以下營養飲食比例：

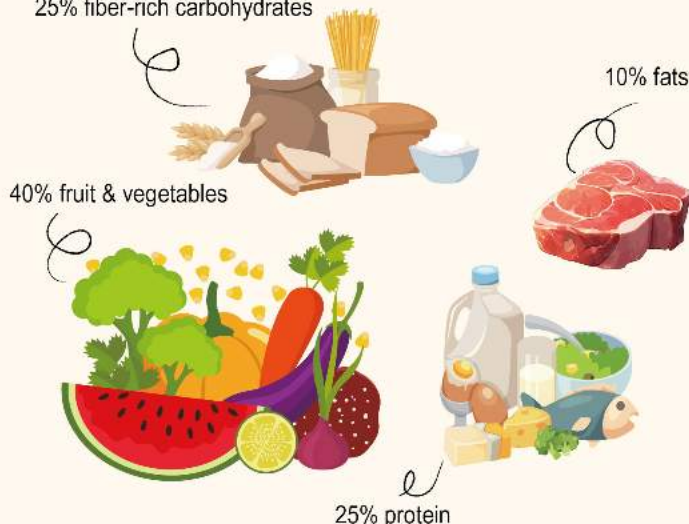
40% 的水果和蔬菜、25% 富含纖維的、25% 的蛋白質和10% 的脂肪。

25% fiber-rich carbohydrates

10% fats

40% fruit & vegetables

25% protein



Event For Fun

1 Mar – 31 Mar

Portuguese Food Promotion, D'Café

12 Mar

Bingo Night, D'Café

16 & 17 Mar

Nations Cup & Carnival, DBRC

Nations Cup Dinner Party, Club Siena

30 Mar

Easter egg keychain D.I.Y workshop, DBRC

1 Apr – 30 Apr

Italian Food Promotion, D'Café

9 Apr

Bingo Night, D'Café

23 Apr

Bingo Night, D'Café





Your idyll

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Residential Packages

Whether you are staying for leisure or business, Auberge Discovery Bay Hong Kong offers you a private sanctuary embraced with breathtaking mountain or sea views.

Contact us for more value-added / tailored privilege to make your stay a memorable one.



Complimentary shuttle services to Sunny Bay MTR Station
Available on Sat / Sun and PH



Complimentary Wifi



25-minute bus ride to Airport



Outdoor swimming pool



25-minute ferry ride to Central



Gym facilities



AubergeDBay



For enquiries, please call (852) 2295 8288 or email enquiry@aubergediscoverybay.com

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*Terms and conditions apply

*Price is subject to change without prior notice

*Price is inclusive of 10% service charge