

CLUB TIMES

July & August 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!

Summer's finally here! In case you are craving for Thai food but haven't book your plane ticket yet, D'Café offers you delicious 'Thai Food Delight' menu so you can enjoy favourite dishes and round off some spicy treats with a fresh coconut drink.

There's nothing like a glass of something cold and refreshing to beat the summer heat. Café Siena is serving a range of summer drinks all infused with our exquisite home-grown lemongrass. Come and try it!

As the typhoon and rainy seasons are fast approaching, do read about the club's special arrangements for bad weather.

Have kids? Then why not have them participate in our Parent-Child Amazing Splash 2023 event - the best way to enjoy their summer holidays as they can play with their friends and family!

夏天終於來了！對於那些喜歡泰國菜但還沒有訂機票的您，歡迎到D'Café品嚐我們推出的『泰式美食』，配以冰凍香甜的椰青，實在是賞心樂事。

在炎熱的夏季，沒有什麼比一杯冰涼清爽的飲料更能消暑。Café Siena 推出了一系列夏季特飲，全部都用上了我們自家種植的新鮮香茅，不但能夠消暑解渴，亦能消退夏天令人煩躁的燥熱感。

隨著颱風和雨季的逐漸臨近，敬請留意會所於惡劣天氣時的特別安排。

今年夏天何不與家中的孩子一同參加海澄湖畔會所的『Parent-Child Amazing Splash 2023』，讓孩子們跟家人及朋友共享快樂暑假！



Stay Connected
with DBRC

The Management Team
DBRC





Jul-Aug
Specials
7月至 8月限定

Thai Food Delight

Thai Appetizer Platter
Pandan Chicken, Fish Cakes, Spring Rolls
泰式小食拼盤
班蘭葉雞、魚餅及春卷

\$98

Seafood Tom Yam Soup
冬陰海鮮湯

\$78

Pad Thai
泰式炒金邊粉

\$118

Thai Boat Noodles
Sliced Angus Beef, Beef Balls, Beef Shanks
Turnips and Crispy Pig's Skin
泰式船麵
安格斯肥牛, 牛丸, 牛腱, 蘿蔔及炸豬皮

\$118

Stir-fried Seasonal Vegetables "Thai" Style
泰式炒雜菜

\$88

Thai Minced Pork with Lettuce Wraps
泰式肉碎生菜包

\$115

Thai Green Curry with Chicken Fillet served
with Steamed Rice
泰式青咖喱雞伴香苗

\$105

Sautéed Prawns with Thai Chili Paste and
Herbs served with Steamed Rice
泰式香葉辣椒膏醬爆蝦球伴香苗

\$118

Sweetened Glutinous Rice with Fresh Mango and
Coconut Sauce
香芒椰汁糯米飯

\$68



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





BINGO

Night

14 & 28 July 2023

11 & 25 August 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.
For enquiries, please call: 2500 1942

Café Siena

Jul-Aug
Specials
7月至8月限定

Summer Drink Promotion



1. **Pink Grapefruit Honey** \$68
pink grapefruit juice, lemongrass, syrup, honey, sake

2. **Lemongrass Collins** \$68
lemongrass infused vodka, lemon juice, syrup, ginger beer

3. **Lemongrass Iced Tea** \$58
lemongrass, lemon juice, fresh brewed tea

4. **Lemongrass Ginger Cooler** \$58
lemongrass, ginger beer, syrup

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

Harry Wright Swimming Programme - Summer Holidays & Autumn Term 2023

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

Summer Holidays

Period: 3 July - 12 Aug 2023

Weekly Intensive: Mon to Fri

Once Per Week: Mon to Sat

Autumn term

Period: 14 Aug - 16 Dec 2023

Day: Mon to Sat

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

Range of lessons:

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

Classes: Mon & Fri

Aged 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.

For course details please email:

Charles Chan: sportmanshiiphk@gmail.com



Wing Chun



Wing Chun enhances self-confidence, builds physical fitness and helps you develop mental toughness.

New term open for registration

Kids A class 3:45pm - 4:45pm

Youth B class 4:45pm - 5:45pm

Every Mon at Club Siena



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

Happy Camper Summer Kids Camp now open for registration!

Period: 3 Jul - 11 Aug 2022

Age: 4 years old or above

Time: 9:00am - 12:30pm

Price:

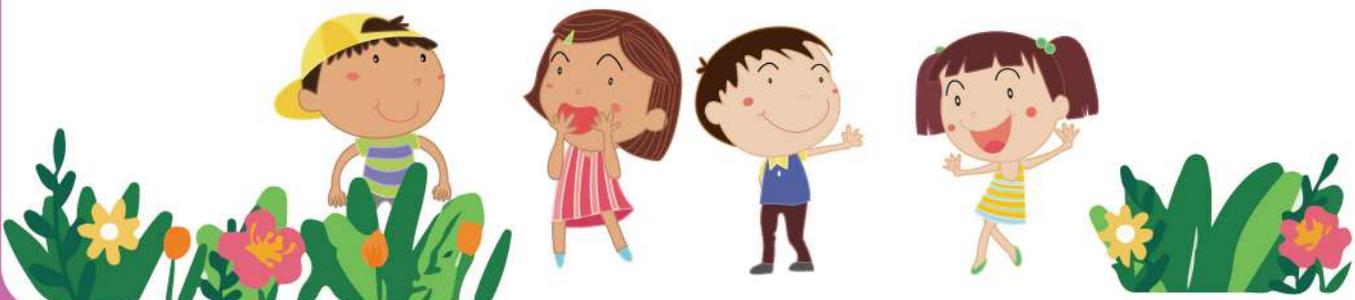
Member: \$3,320/Week (5 days)

Non-Member: \$4,150/Week (5 days)

50% off for Siblings

Includes Campers Lunch (except Monday's) and Free Happy Camper T-shirt for New Campers

For more information, please email info@forwardmotionhk.com



GYMNASTICS



SPORTSMANSHIP NURTURING THE BODY AND MIND
TO INSPIRE BE INSPIRED

NEW TERM

21 AUGUST 2023 - 02 FEBRUARY 2024

CLASSES: MON & FRI AGED: 3 YEARS OLD OR ABOVE

Early Bird 20% off

(for two lessons per week before 21 Aug 2023)

Enquires: Charles Chan
Email: sportsmanshiphk@gmail.com
Club Enquiry Hotline: 2987 7382

club sienna
Discovery Bay





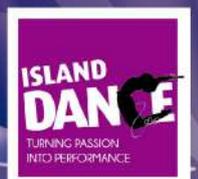
Island Dance Annual Show

(10-11 Jun 2023)



Island Dance Annual Show 10 - 11th June 2023 - Island Dance celebrated 30 years of Dance with their Annual Show "Danceflex!" which took place at Y-Theatre at Youth Square on 10/11th June. The performances included dances in Freestyle, Ballet, Hip Hop and Tap to popular songs from Netflix originals and featured over 100 dancers from DBRC and Club Siena. Island Dance started its first dance class here at DBRC in 1993! Congratulations to 30 fabulous years of Dance in DB!

For more information, call Island Dance at 2987 1571.



Amazing Splash 2023

- Event details
1. Over the rainbow
 2. Swish - Swoosh
 3. **SPLASH** It



Date: 26 Aug 2023 (Sat)

Time: 2:00pm - 4:30pm

Price: **FREE** /member, \$100/member's guest (**First-come-first served!**)

Age: 5-11 years old (kids under 6 must accompanied by a valid adult member/ a valid guardian pass holder)

Theme:

Experience the heat like never before, come **SPLASH** with us

Venue: Club Siena Basketball court

Remarks:

The club reserves the right to cancel the Parent-Child Amazing Splash 2023 if less than 10 participants sign up. Photos of the events may be published in various media such as DBRC's websites and printed materials. Venue is subject to change without prior notice in case of unfavourable weather.

For Enrolment & Enquiries: 2987 7381 / dbrc-lessons@dbrc.hk

Register Now!



Summer Exercise Tips



5 Tips for Summer Exercising 夏日運動 5大Tips

- Do warm-up exercises before you begin
- Regularly replenish with water or sports drinks
- Avoid sunburn by wearing sun glasses and a hat and applying sunscreen
- Wear comfortable clothes that facilitate sweat evaporation
- In case of an injury, please contact club staff for immediate assistance

- 運動前，做足熱身運動
- 定時補充水份或運動飲料
- 戴太陽眼鏡、帽、擦上太陽油等防曬措施，避免曬傷
- 穿着通爽、方便排汗的衣服
- 如不慎受傷，請聯絡會所職員提供即時協助

Club Service Arrangement under Typhoon Signal & Rainstorm Warning 颱風及暴雨警告信號下之會所服務安排

T1 / L3



Amber 黃

Red 紅

Black 黑

8 / 9
NW 西北

+10

The Club will operate as normal
會所照常運作

The Club will close
會所關閉

If Typhoon Signal No. 8 or above is lowered **before** 6:00pm, the Club will reopen with limited services two hours after the signal has been lowered.

If Typhoon Signal No. 8 or above is lowered **after** 6:00pm, the Club will remain closed until the regular opening time on the following day.

如果八號或以上颱風信號或黑色暴雨警告信號於下午六點**前**除下，會所將於兩小時後恢復有限度服務。

如果八號或以上颱風信號或黑色暴雨警告信號於下午六點**後**除下，會所將關閉直至翌日正常開放時間。



club siena

Discovery Bay

小朋友生日派對

A UNIQUE AND MEMORABLE BIRTHDAY PARTY FOR THE LITTLE ONES!

For party with total spending of HK\$5,200 or above on MENU PACKAGE, Themed Party Decoration (Car Adventure/ Fairy Dream/ Sea World) will be offered free of charge including:
凡訂購派對套餐滿HK\$5,200，即免費提供主題派對裝飾（碰碰車歷險記 / 夢幻小仙子 / 海底世界）包括：

Special Door Signage 入口設特別主題設計之標誌

Giant Birthday Party Backdrop 巨型生日派對佈景裝置

Giant Birthday Card 巨型生日卡

Besides our ambassador, other party entertainment options are on the list which help you to host a birthday party for your children without any stress.

除了我們的派對大使，我們尚有其他派對娛樂活動以供參考，助您輕鬆自如地為您心愛的寶貝舉辦一個生日派對！

2 hours party package from HK\$178 per person including

兩小時派對套餐每位由HK\$178起，包括

- Food & Drinks 食物及飲品
- Tables & Chairs 桌子及椅子
- Children's Dining Ware 兒童餐具
- A Door Signage 入口標誌
- Wordings of "Happy Birthday" 字句





Event 4 Fun

1 Jul – 31 Aug

Thai Food Delights, D' Café

1 Jul – 31 Aug

Summer Drink Promotion, Café Siena

14 Jul

Bingo Night, D' Café

28 Jul

Bingo Night, D' Café

6 Aug

Parent-Child Amazing Splash 2023

11 Aug

Bingo Night, D' Café

25 Aug

Bingo Night, D' Café



Fitness Tips

For strength training for beginners, we recommend you start with the large muscles before moving on to smaller ones. Thigh are the largest muscles in the human body, so we begin by exercising these first. You can also work on your chest, back, and core groups before focusing on smaller muscles.

初學者肌力訓練，建議先做大肌肉再做小肌肉，大腿的肌肉是全身之中最大的，因此我們一開始可以先做大腿的訓練，胸肌、背肌和核心肌群也是身體的主要肌肉再做小肌肉。



CLUB CORNER



Solar Window Film Installed at DBRC 會所大堂安裝防曬隔熱貼膜

DBRC recently installed solar window film in the club lobby area. By blocking most of the sun's harmful UV rays and reducing glare, this film will ensure a cooler and more comfortable environment for members during the summer months!

愉景灣康樂會最近在會所大堂區域的玻璃上安裝了防曬隔熱貼膜，這除了能夠阻擋大部分陽光中有害的紫外線和減少眩光外，還能夠讓會員在夏季享受到更涼快及舒適的環境！

FUNTASTIC SUMMER at Discovery Bay

愉景灣夏日樂滿FUN

DISCOVERY
愉景灣 DBRC

LIVE YOUNG SUMMERFEST 大十一〇夏日祭

大家減節 大十一〇 x DECATHLON

A Weekend of Free Play
一連兩日 免費任玩

8/7 ~ 9/7 (Sat & Sun 星期六及日)
11:00 ~ 18:30
Tai Pak Beach 大白灣沙灘



Free shuttle bus to/from Sunny Bay for registered participants
已登記人士可享來往欣澳之免費穿梭巴士服務

The Nextwave BEACH MUSIC FESTIVAL 沙灘音樂節

耀樂文化 x NEXTWAVE YACHTING

29/7 ~ 30/7 (Sat & Sun 星期六及日)
12:00 ~ 19:30
Tai Pak Beach 大白灣沙灘

20+ music units including
Jay Fung, Jeffrey Ngai, Eric Chou,
Crowd Lu and more...

20+ 音樂單位演出，包括
馮允謙、Jeffrey 魏浚笙、周興哲、盧廣仲等



Free shuttle bus to/from Sunny Bay for registered participants
已登記人士可享來往欣澳之免費穿梭巴士服務

SUMMER SALES REDEMPTION 夏日購物禮遇

7/7 ~ 31/8
12:00 ~ 21:30
Concierge at DB Plaza
愉景廣場禮賓部



Upon same-day spending of HK\$600* or more
can redeem one set of limited edition
Summer-themed jute bag and eternity pencil
即日消費滿 HK\$600*，可換領
限量版夏日主題購物袋及永恒鉛筆乙套

*Terms and conditions apply, while stock lasts. 受條款及限制約束，數量有限售完即止。

SKATE ASIA 2023 亞洲滑冰邀請賽

7/8 ~ 15/8
DB Ice Rink 愉景灣溜冰場



200+ competitions with over
a thousand local and Asian figure skaters
200+ 場賽事，逾千個本地及亞洲花式滑冰運動員參賽

For Details 詳情





Photos are for reference only
圖片只供參考



精緻巧手中菜盡在愉景灣
逢星期一至五(公眾假期除外)
出示愉景灣康樂會會員卡，可享食品 **9** 折優惠

Fine Chinese Cuisine for Epicures
Enjoy **10%** discount on food items from Mon to Fri (except public holidays)
by presenting Discovery Bay Recreation Club membership card





PEONY



迷你奶黃月餅 [六個裝]

Mini Egg Custard Mooncakes (6 pcs)

100%香港製造 · 無添加防腐劑 · 真材實料
100% Made in Hong Kong
No Preservatives · Quality Ingredients

優惠受條款及細則約束，圖片只供參考。

Terms and conditions apply, photo is for reference only.

2023年9月10日前
Purchase before 10 Sep 2023

早鳥優惠價

Early Bird Offer

HK\$258 /盒 per box

原價 HK\$288 (original price: HK\$288)

月餅換領日期：

9月11日至9月29日

Collection Period: 11 Sep to 29 Sep 2023



A Brand of
AUBERGE
HOSPITALITY

Shop 153A, 1/F, Block C, DB Plaza
大嶼山愉景灣愉景廣場C座1樓153A舖
2215 0833 / reservation@dbpeony.com

