

# CLUB TiMES

MARCH & APRIL 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!



Winter is behind us, spring is nearly here, and life's finally getting back to normal! After all those heavy festive feasts you're probably craving some lighter fare - so why not savour our Noodle Temptations at D'Café, or special Baked Rice at Café Siena.

The Easter holidays run from Good Friday to Easter Monday and we've plenty of things planned here in Discovery Bay. Join the signature Easter Egg Hunting Party at Tai Pak Beach or come to the DBRC clubhouse for Easter Art & Craft session and make your own favourite chocolate egg. Don't miss our delicious Easter Buffet Lunch at D' Café or Semi-Buffer Dinner at Café Siena. It will surely be a wonderful holiday full of egg-citement at Discovery Bay!

And now that the weather's getting hotter, why not cool off in our inviting swimming pool?

冬去春來，生活終於可以慢慢回復正常。經過連場節日的盛宴後，想轉一轉口味吃得清淡一點的你，可以在三月和四月到 D' Cafe 品嚐載譽歸來的「湯麵誘惑」或到 Cafe Siena 嘗嘗新推出的特色焗飯。

趁著一連四日的復活節假期，不妨帶同你的小朋友一起到大白灣沙灘成為獵蛋奇兵，掘出埋在沙灘中的彩色復活蛋，或者到愉景灣康樂會參加手作工作坊，製作自己喜歡的巧克力復活蛋。當然不能錯過在 D' Cafe 的復活節自助午餐及 Cafe Siena 的半自助晚餐，一定可以讓大家渡過一個七彩繽紛、滿載而歸的復活節假期。最後，氣溫亦在逐步回暖，讓我們一同為游泳季節做好準備！

The Management Team  
DBRC

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



Stay Connected  
with DBRC



Mar – Apr  
Specials  
3月至4月限定

# Noodles Temptation

**\$115**

## Chicken Noodles Soup with Fish Maw

棉花嫩雞陽春麵

**\$118**

## Vietnamese Beef Noodles Soup

(Angus Beef, Beef Brisket, Beef Omasum, Beef Balls and Turnips)

越式火車頭 (安格斯牛肉, 牛腩, 牛柏葉, 牛丸及蘿蔔)

**\$105**

## Japanese Kurobuta Pork Chop Cutlet with Soba Miso Soup

日式吉列黑豚豬扒味噌湯蕎麥麵

**\$105**

## Korean Kimchi and Pork Belly with Vermicelli Soup

(Black Fungus, Enoki Mushrooms)

韓式泡菜腩肉湯粉絲 (木耳, 金菇)

Guests of members will be charged a 15% service fee.  
會員賓客需另加 15% 服務費。

For enquiries, please call: 2500 1942  
如有查詢, 請致電: 2500 1942





# BINGO NIGHT

**10 Mar & 31 Mar 2023**

**14 Apr & 28 Apr 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.  
會員賓客需另加 15% 服務費。

For enquiries, please call: 2500 1942  
如有查詢，請致電：2500 1942



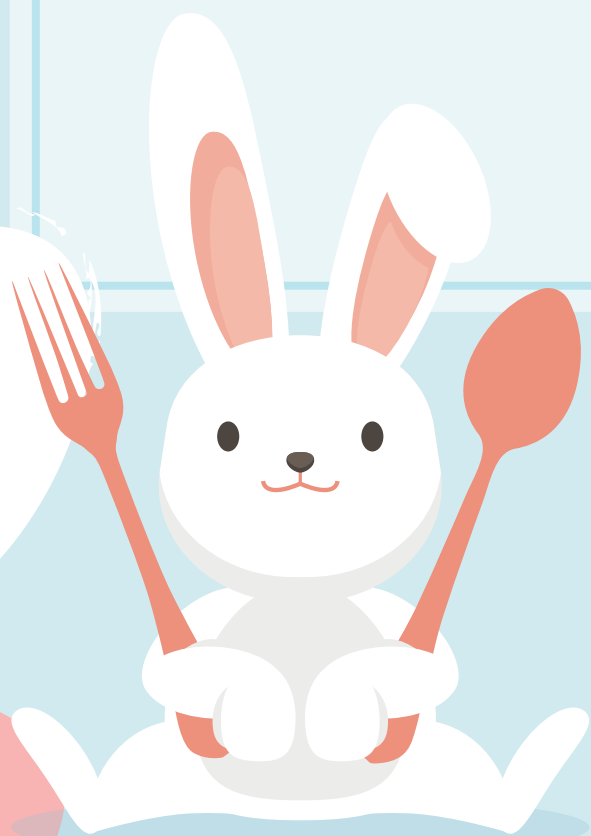
# Easter Buffet Lunch

Date: 08 Apr 2023 (Sat)

Time: 12:00noon – 2:30pm

Price: \$298 adult / \$188 child

(A La Carte Menu will not be offered)



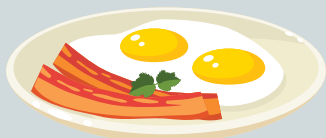
Guests of members will be charged a 15% service fee.  
會員賓客需另加 15% 服務費。

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





# SUNDAY BREAKFAST



## Breakfast Set 早餐

### American Breakfast 美式早餐

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

鮮雞蛋兩隻(太陽蛋或炒蛋) / 脆煙肉 / 豬肉腸 / 焗豆 /  
炸薯餅 / 麥多士 / 田園沙律

**\$108**



### Local Breakfast 香港特色

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

豬肉碎冬菜湯銀針粉 / 煎豬肉餃子 / 煎蝦米腸粉

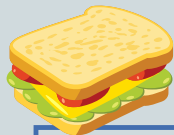
**\$98**



### Continental Delights 歐陸風味

Fish Cutlet / Black Truffle Scrambled Egg /  
Brown Toast

吉列炸魚柳 / 黑松露炒蛋 / 麥多士



**\$108**

## Additional Order 追加食物



Corn Flakes with Fresh Milk 粟米片配鮮奶 \$12  
Movenpick Yogurt 瑞士乳酪 \$18

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

\$68 / person 位

## Your Own Breakfast 自選早餐

Select One from each Column  
每項請選一款

Mini Cereal Croissant / Mini Muffin /  
Sour Dough Rye Vienna / Brown Toast

迷你穀物牛角包 / 迷你蛋糕 /  
天然酵母黑麥維也納麵包 / 麥多士

Scrambled Egg /  
Two Farm Eggs (Sunny side up) / Boiled Eggs  
炒蛋 / 煎太陽蛋 / 烺蛋

Crispy Bacon / Pork Sausage /  
Luncheon Meat / Smoked Gammon Ham

脆煙肉 / 豬肉腸 /  
厚切午餐肉 / 煙火腿

Instant Noodles /  
Macaroni Pork Bone Broth /  
Vermicelli Chicken Soup  
日清公仔麵 / 豬骨湯通心粉 / 雞湯米粉

**\$118**

\*Breakfast Sets include  
Fresh Fruits, Chilled Juice, Coffee and  
Club Fine Tea  
以上早餐可享用新鮮水果, 果汁, 咖啡及茗茶



Available from 9:00am to 11:30am  
EVERY SUNDAY  
(Last Order - 11:15am)

逢星期日早上9:00-11:30供應  
(最後下單時間 - 早上11:15)

Café Siena

Mar – Apr  
Specials  
3月至4月限定

## Baked Rice Promotion

OX-Tongue, Fresh Tomatoes, Cheese Sauce

鮮番茄芝士汁焗牛脷飯 ----- HK\$158

Sole Fillet, Wild Mushroom, Pumpkin Cream Sauce

南瓜忌廉汁雜菌焗龍脷飯 ----- HK\$128

Wild Mushroom, Vegetable, Cream Sauce

意式忌廉汁野菌雜菜焗飯 ----- HK\$118

Chicken Fillet, Korean Kimchi

韓式泡菜雞柳焗飯 ----- HK\$118

◆ 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



# Chinese New Year Lion Dance Party





# Chinese New Year Lion Dance Party



福



# Table tennis

## Table Tennis 45-mins Coaching Sessions

- Beginners

<b>1 - person/session</b>	<b>\$190</b>
<b>2 - persons/session</b>	<b>\$140 per person</b>

- Intermediate

<b>1 - person/session</b>	<b>\$360</b>
<b>2 - persons/session</b>	<b>\$240 per person</b>

- Advanced

<b>1 - person/session</b>	<b>\$560</b>
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For enquiries, please contact 2987 7381

# Music



## Musical Instrument lessons

- Electric Guitar/Acoustic Guitar/Classical Guitar/Ukulele/  
Saxophone/Trumpet/Clarinet/Flute/Piano/12-string baby Harp

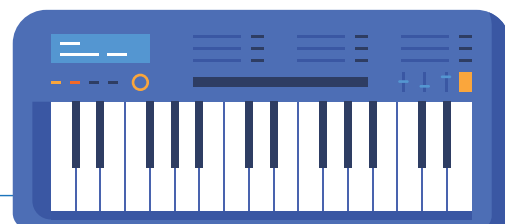
For age 7 or above

- jSax/Mini-Keyboard/Ukulele/Piano/12 string baby Harp

For age 7 or below

**Club Siena / Thurs / 3:30pm – 9:00pm**

**Club Siena / Sat / 12:00noon – 6:00pm**



## Contact

Mr Simon Leung 梁老師

91312915 (WhatsApp & Voice Call) Email: woodwindstation@gmail.com



# Wing Chun



Wing Chun increase self-confidence and helps you build physical fitness & mental resilience.

## New term open for registration

- A Class (Kids) : 3:45pm – 4:45pm
- B Class (Youth): 4:45pm – 5:45pm



**Every Monday at Club Siena**

For course details please contact: Kurk Leung  
M: 9249 1021 Email: [Kungfu.force@gmail.com](mailto:Kungfu.force@gmail.com)

# Harry Wright Swimming Programme Summer Term 2023



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 swimmers of any age or ability.

**Summer Term enrolment now open!**

**Apr – Jun 2023**

**Mon – Sat**

**Open for members and guests.**

**Schedule details available on HWI website [www.harrywright.com.hk](http://www.harrywright.com.hk)**

## Range of lessons

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

For more information, please email [swimming@harrywright.com.hk](mailto:swimming@harrywright.com.hk)

# Gymnastics

Come join the new term programme!



**30 Jan – 30 Jun 2023**

**Classes: Mon & Fri**

**Age 3 years and above (All levels)**

**Location: Club Siena Dance Studio**



Sportsmanship Gymnastics would like to see healthy, well behaved Gymnasts with positive energy.

For course details, please email: Charles Chan on: [Sportmanshiphk@gmail.com](mailto:Sportmanshiphk@gmail.com)

# 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 teaching 6 days a week at DBRC & CLUB SIENA



**All ability levels and beginners welcome. Sibling discounts available.**

**Application forms available at DBRC and Club Siena.**

Offering ISTD & RAD recognized Dance education by highly-qualified teachers from across the globe. Trial classes and Sibling Discounts available. Please call 2987 1571 for more details.



# Classes for children 6 months to 3 years

Our Wiggle Worms (6 mths+),  
Busy Bees (walking to 18 mths) and  
Tumble Tots (18 mths+) classes

Focus mainly on gross motor skill development and every session include music & movement, fine motor skills activities and sensory play.

## Our Little Steps (1 - 3 yrs) class

Prepares your little one for drop-off playgroups - we maintain the playgroup structure but mom, dad or aunties remain in the class! Classes include circle time, free play, sensory play, crafts & painting, story and snack time.

**Every class includes our all-time faves -  
parachute and bubble time!**

Email [funfitdb@gmail.com](mailto:funfitdb@gmail.com) for more information or to schedule a trial class.

# Happy Easter

Date: 7 Apr 2023 (Friday)

Age: 3 - 8 years

Venue: Discovery Bay Recreation Club

Sections: 1) 1:00pm - 1:45pm  
2) 3:00pm - 3:45pm

**Members Only**

Enrolment Date: 13 - 31 Mar 2023

## ◆ Art & Craft Workshop\*

"Create your own chocolate egg"

\*Available on a first-come-first-served basis

For enquiries, please call: 2987 7381

Remark: Children under 6 must be accompanied by parents  
If parents do not have valid membership card, \$70 entrance fee would be charged



DBRC

Discovery Bay

club siena

Discovery Bay



The swimming pools at DBRC and Club Siena  
will be re-opened in April,  
let's get ready for summer time!

\*Please stay tune for the upcoming opening hours

愉景灣康樂會及海澄湖畔會所之游泳池將於  
4月內重新開放，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





# HAPPY Birthday

**It's your Birthday, let's celebrate!!**

Birthday Members will receive Exclusive Dining Coupons\*  
Please redeem all coupons at Club Receptions\*\* within  
your birthday month

**讓我們一起慶祝您的生日！**

**專享餐飲優惠券\***

**贈送給我們的生日會員。**

**請於生日月份前往會所前台換領\*\***

- \* Only adult and senior members are eligible
- \* 只適用於成人及長者會員
- \*\* Coupons can be redeemed at the receptions of both DBRC & Club Siena
- \*\* 優惠券可於愉景灣康樂會及海澄湖畔會所前台換領



## Event 4 Fun

1 Mar – 30 Apr	<b>Noodles Temptation, D' Café</b>
	<b>Baked Rice Promotion Café Siena</b>
10 Mar	<b>Bingo Night, D' Café</b>
25 Mar	<b>Earth Hour, DBRC &amp; Club Siena</b>
25 – 26 Mar	<b>27th Nations Cup, DBRC</b>
31 Mar	<b>Bingo Night, D' Café</b>
7 Apr	<b>Easter Party, DBRC</b>
8 Apr	<b>Easter Buffet Lunch, D' Café</b>
	<b>Easter Semi-Buffer Dinner, Café Siena</b>
14 Apr	<b>Bingo Night, D' Café</b>
28 Apr	<b>Bingo Night, D' Café</b>



## Fitness Tips

You don't need to be overly strict about your diet before and after a fitness routine just as long as everything you eat is 'high-quality' ! For example, ensure you get enough protein. However, there's little difference between eating steak, salmon or protein powder. Planning your food is what's most important and of course avoid eating processed foods.

健身前後的飲食種類並沒有那麼嚴格，只要確定自己規劃的食物都是「高質素」的食物就可以！像是只要能夠攝取到足夠的蛋白質，要吃牛排、三文魚或是蛋白粉，其實沒有太大的分別，而這些食品規劃是最重要的，應該盡量減少吃加工食品。



## Earth Hour 2023 地球一小時 2023

To raise awareness of climate change and promote energy saving, Discovery Bay Recreation Club and Club Siena will participate in "Earth Hour 2023", organised by the World Wild Fund for Nature (WWF). All decorative and non-essential lighting will be turned off from 8:30pm to 9:30pm on Saturday 25 March.

**Thank you very much for your attention and support!**

為宣揚氣候變化及節約能源的訊息，愉景灣康樂會及海澄湖畔會所將參與由世界自然基金會（WWF）舉辦的「地球一小時 2023」熄燈行動，於三月二十五日（星期六）晚上八時三十分至九時三十分期間，會所內的非必要用途及裝飾燈將會關掉。

**敬希垂注及支持！**







## CLUB CORNER



## Taking steps for our environment and community 為我們的環境和社區出一分力

Being part of the first ever green community in Hong Kong, we've been continually exploring different possibilities of sustainable development and committed to practicing a green and low-carbon lifestyle. By that, we've installed solar lights and LED lighting at DBRC and Club Siena outdoor area. We strive to contribute more for our environment and work together against the challenge of climate change.

作為香港首個綠色社區的一份子，愉景灣康樂會一直在探討各種可持續發展的可能性並致力實踐綠色低碳的生活模式。我們最近亦在康樂會和海澄湖畔會所內的戶外位置加設太陽能燈及LED燈，務求為環保多出一分力，協力應對氣候變化的挑戰。



## 愉景灣沙灘獵蛋奇兵2023

Discovery Bay Easter Egg Hunt on the Beach



**Date 日期：**7/4/2023 - 8/4/2023 (Fri-Sat 星期五至六)

**Time 時間：**11:00 - 18:00

**Venue 地點：**DB Plaza and Tai Pak Beach  
愉景廣場及大白灣沙灘

"Discovery Bay Easter Egg Hunt on the Beach" is back! Kids are invited to become egg hunters and hunt for colorful Easter eggs hidden in Tai Pak Beach. Over 30,000 fabulous prizes with total value exceeding HK\$1 million are waiting to be discovered. Adding more fun to the day, DB Plaza will turn into "Discovery Bay x Ohpama Kids Fiesta". Come to enjoy a day full of egg-citement at Discovery Bay!

「愉景灣沙灘獵蛋奇兵」今年將會載譽歸來！約定小朋友一起來到大白灣沙灘成為獵蛋奇兵，掘出埋在沙灘中的彩色復活蛋。大會準備了逾30,000份精美禮品，總值超過一百萬港元！此外，愉景廣場特設「愉景灣 x Oh!爸媽放電節」遊戲區。讓大家可以玩足一日！

### Registration 報名途徑: KKday

- 1 to 5 March Discovery Bay residents early bird discount: administration fee for each Egg Hunt Pass is HK\$220\*.
- 8 March Public registration: administration fee for each Egg Hunt Pass is HK\$250\*.
- 3月1至5日愉景灣居民專享早鳥優惠，每張獵蛋通行證的行政費為HK\$220\*。
- 3月8日起公開報名，每張獵蛋通行證的行政費為HK\$250\*。

\*First-come first-served, while stocks last.  
先到先得，額滿即止。



For details  
了解更多





DB IceRink X



# ICE HOCKEY COACHING PROGRAMME

The DB Ice Rink and the China Hockey Group (CHG) are pleased to provide private, semi-private, group ice hockey coaching, and skating lessons for children aged 4 - 18. The CHG is comprised of the China Ice Hockey League (CIHL), the South China Ice Hockey League (SCIHL), and the Junior Tigers. The Junior Tigers offers a number of training sessions, leagues (elite and house), camps, and tournaments throughout the season catering to children of all ages and abilities in a variety of age groups.

愉景灣溜冰場聯同中國冰球集團(CHG)為4至18歲的兒童舉辦私人、半私人和團體Junior Tigers冰球訓練班。CHG是由中國冰球聯賽 (CIHL)、華南冰球聯賽 (SCIHL) 和Junior Tigers組成並提供多種訓練課程、聯賽 (精英聯賽和內部聯賽)、訓練營和錦標賽。全個季度都可迎合不同年齡階段和能力的兒童。

## 時間表 Timetable

時間 Time	星期三 Wed	16:00 - 19:00
	星期四 Thu	15:00 - 17:00
	星期五 Fri	15:00 - 18:00
	星期日 Sun	11:00 - 13:00

## 每位收費 Fee Per Person (一小時課堂 1 hour Class)

私人 Private (1 學生 student)	\$800/堂 Class
半私人 Semi-Private (2-3 學生 students)	\$650/堂 Class
團體 Group (4-8 學生 students)	\$500/堂 Class

課程查詢及報名，請致電2234 6678 或電郵至：course@dbicerink.com  
For enquiries and enrolment, please contact us at 2234 6678 or email course@dbicerink.com

## 課程詳情

Programme Details





# AI Skin Rejuvenation Treatment

spa & botanica

## AI醫學智慧新肌療程



**HK\$ 1,690**

Mon – Thur 週一至週四

**HK\$ 1,790**

Fri – Sun & PH 週五至週日及公眾假期

逢週三休息(公眾假期除外)

Close on every Wednesday(Except public Holiday)

**25% off your first trial**  
**首次試做可獲七五折優惠**

- Advance booking is required
- Prices are subject to 10% service charge
- Offer cannot be used in conjunction with any other promotions
- 需提前預約
- 以上價格需另收加一服務費
- 優惠不能與任何其他優惠同時使用

Pamper yourself and take good care of every inch of your skin with 75 mins AI Bio-Activating Facial Treatment. Our formula is meticulously formulated by the DIBI medical consultant team. The AI Skin Rejuvenation Treatment penetrates deep into the skin with revitalizing essence, directly solving skin aging issues. It can tackle 8 major problems at the same time by providing the following improvements: unify skin tone, rejuvenate and firm skin, reduce wrinkles and fine lines, improve skin texture, enhance product efficiency, reduce pore size, anti-aging, and deep moisturization. Start caring for your skin today, book an appointment now and experience our efficient treatment. Let us help you regulate and care for your skin, so it can continue to radiate and shine with confidence.

犒賞自己，75分鐘 AI 醫學智慧新肌療程用專業和細心，呵護您每一寸肌膚。由DIBI 醫學顧問團隊嚴選配方，AI醫學智慧新肌療程把活膚精華全方位滲透肌膚，深入肌底，直接擊退肌膚老化問題。一次過改善8大問題：均勻膚色、嫩膚緊緻、減淡皺紋、改善肌膚質感、提升產品功效、幼滑毛孔、抗衰老、深層保濕。呵護肌膚由今日開始，馬上預約尊貴療程，享受專業護理，調理呵護肌膚，繼續散發自信光芒。