



Yau Yat Chuen Garden City Club
又一村花園俱樂部

Newsletter for Members
會員通訊

SPRING

春

2021



DINING HIGHLIGHTS

餐飲精選呈獻

CHINESE RESTAURANT'S CUISINE PROMOTION:

中菜廳美饌推廣：

May 五月

BAK KUT TEH 肉骨茶



Bak Kut Teh is one of the most popular cuisines in Southeast Asia. By using pork ribs and various Chinese medicinal herbs, the soup is cooked gently in a complex broth with different spices for hours. Bak Kut Teh could improve blood circulation, boost energy, restore the respiratory system and rejuvenate the skin. Let's try it at our Chinese Restaurant.

肉骨茶是東南亞國家的日常美食，是以帶肉的豬骨配合各種中藥及香料熬製而成的湯。在五月春夏交替之際，喝上一碗肉骨茶，有溫中和胃、健脾養血、散寒祛濕的作用。大家快來中菜廳滋補一下吧！

June 六月

TUEN NG FESTIVAL - RICE DUMPLINGS 端午糉飄香



Tuen Ng Festival is approaching! The Chinese Restaurant master chef will exquisitely present you the Rice Dumplings. All the ingredients are handpicked with high quality. It is definitely the ideal gift to share among family and friends in this festive occasion.

端午節快到，中菜廳誠意推出應節糉子，口感綿延的糯米配上矜貴的用料，大大提升味蕾的享受，實屬送禮自奉的必備之選！

VERBENA CAFÉ EXQUISITE PROMOTION:

地錦廳星級推介：

April 四月

JAPANESE CUISINE 日本菜系列



The chef of Verbena Café will prepare a series of gorgeous Japanese delicacies with the use of premium seafood. Cuisines like Black Cod Saikyo Yaki and Clams with Sake & Garlic will never let you down. Come and join us for a culinary journey to Japan!

地錦廳將推出多款日系菜式，讓大家的舌尖走一趟日本之旅。主廚嚴選新鮮食材，當中的銀鱈魚西京燒及蒜片清酒花甲定必令你垂涎三尺、一試難忘。

May 五月

MOTHER'S DAY SET DINNER 母親節套餐

It is a perfect time to express your love to your beloved mom on Mother's Day. Verbena Café is delighted to present you Mother's Day Set Dinner on 9th May. Please reserve a table in advance and have a big feast with your family. Moreover, there will be a wine tasting session on 8th and 9th May. A variety of fine wine will be ready for you to choose and celebrate in festival. Cheers!

母親節快到了！大家都要把握這時機，表達對母親的愛意。地錦廳誠意為你獻上母親節套餐，讓你與家人在一片甜蜜溫馨的氛圍下，享受一頓豐盛晚宴。另外，在5月8及9日亦設有試酒會，提供一系列的名釀給大家選購。在美酒佳餚下，各位定必歡度一個充滿回憶的晚上。



June 六月

FATHER'S DAY SET DINNER 父親節套餐

Father's Day is coming soon! In order to say thank you to our dad, Verbena Café is delighted to arrange Father's Day Set Dinner. You may enjoy a fabulous meal in the sweet atmosphere with your beloved family.

父親節即將來臨！為了答謝父親的養育之恩，地錦廳將為你準備父親節套餐，助你慶祝節日，溫情洋溢的度過美好時光。



UPCOMING EVENTS

活動推廣

April 四月

PLANT TERRARIUM MAKING 玻璃盆景製作

It is worth joining the Plant Terrarium Making Class hold by our Recreation Department in order to refresh your mind. The terrarium is easy to make and you may release pressure while making your unique masterpiece. There is no doubt that it would add colours for your lovely home.

想放鬆心情？何不參與一些有益身心、陶冶性情的工作坊來調劑一下呢？康樂部將舉辦玻璃盆景製作班，既簡單易學，又可洗滌心靈。在家中放置一個親手製作的玻璃盆景，更添生機！



May 五月

CREAM CLAY CREATION DIY 仿真蛋糕DIY

Come and join the Cream Clay Cake Making Class. Use your little hand with your big heart to make a magnificent present to your mother in the Mother's Day. It is definitely a wonderful gift for her. How sweet you are! For details, please contact our Recreation Department.

歡迎前來參加我們的仿真蛋糕DIY工作坊。小朋友可親手揉合充滿溫情的心意，製作出一份窩心的母親節禮物，媽媽一定暖在心頭呢！如有任何查詢，可與康樂部聯絡。

June 六月

FATHER'S DAY GREETING CARD MAKING 父親節恤衫心意卡製作

Are you looking for some craft ideas to make a nice handmade gift for your father? Let's make a lovely origami shirt-sharp greeting card for him. You may write down your sweet notes and send your blessing to your father on the coming Father's Day. Please contact Recreation Department for any queries.

小朋友是否想親手製作一份親情滿溢的禮物在父親節送給爸爸呢？康樂部將會在摺紙工作坊中，教小朋友如何創作父親節恤衫心意卡，內裡寫上溫馨字句，為偉大的父親送上無限祝福，以表心意。





UKULELE DESIGN WORKSHOP 夏威夷小結他創作坊

Membership and Promotion Department will hold a Ukulele Design Workshop and have fun with our little members. Kids may assemble a ukulele by themselves and craft a masterwork with their creativity. Please contact us for details.

會籍事務及推廣部將舉辦夏威夷小結他創作坊，和我們的小會員一起組合及創造一個別出心裁的作品。快快和我們聯絡，一起發揮無限創意吧！



OTHER EVENTS AND COURSES 其他活動及課程

April 四月

/ Art & Craft Workshop for Children

- Easter Egg DIY

兒童手工藝班

- 復活節彩蛋裝飾

/ Art & Craft Workshop for Teenager

- Quilling Art Craft

青少年手工藝班

- 衍紙畫

May 五月

/ Art & Craft Workshop for Children

- Mother's Day Carnation Making

兒童手工藝班

- 母親節康乃馨盆栽

/ Art & Craft Workshop for Children

- Stone Painting

兒童手工藝班

- 手繪石頭擺設

June 六月

/ Art & Craft Workshop for Children

- Straw Hat DIY

兒童手工藝班

- 手繪草帽

* The launch date of the aforesaid events and courses will be announced later.
上述活動及課程的確實舉辦日期有待公佈。

MEMBERS' ACTIVITIES REVIEW

會員活動回顧

CHINESE NEW YEAR RIDDLES

元宵猜燈謎

On 26th February, members and friends were enjoying solving the riddles in the Lantern Festival. Kids were trying their best to answer all questions and get the prize. Thank you very much for your participation.

在2月26日元宵節當晚，會員和朋友們一起競猜燈謎消遣一番。而小朋友也熱烈參與，用心作答。再次感謝各位的支持及參與。



CHINESE NEW YEAR FAIR

送鼠迎牛賀年坊

Before Chinese New Year, the Club had arranged various festive snacks, auspicious orchids, ginseng and dried seafood for members to choose. Members shopped comfortably and picked their favours at our Club Chinese New Year Fair. Thank you for your support, and wishing all members good health and great fortune in 2021.

俱樂部在農曆新年前夕舉辦了賀年坊，讓各會員舒適悠閒地選購心頭好。賀年糖果、特產蘭花、參茸海味等，款式應有盡有。願各位新的一年身體健康，新年進步。



CHINESE NEW YEAR AND VALENTINE'S DAY SWEET MOMENT

歡度農曆新年及情人節

Happy Chinese New Year and Happy Valentine's Day! Thank you very much for having joy with us at the Club! With tremendous Chinese New Year decorations, all members were enjoying in the festive atmosphere with their beloved one. On the Valentine's Day, complimentary gifts were given to members to celebrate the season of love. Wishing you all the best in the New Year to come.

於農曆新年，俱樂部經悉心佈置下，充滿了濃厚的新年氣氛，喜氣洋洋，大家與親朋好友在一片歡笑聲中，在俱樂部喜迎佳節！適逢年初三亦是情人節，大家在情人節的裝飾佈置下拍照，留下甜蜜回憶。當日我們亦準備了小禮物，為大家送上點點心意，倍添溫馨。祝願各位新的一年，事事如意，幸福美滿。



DONATING CHINESE FESTIVE CAKES 新年糕點捐贈活動

The Club keeps supporting the charitable activities and never step back for testify our pledge "giving back to the society". Before Chinese New Year, we have donated 510 sets of festive cakes (Chinese Rice Cakes and Turnip Cakes) to various social welfare organizations, including Hong Kong Christian Service, Salvation Army, Sik Sik Yuen, Christian Action and The Chinese Rhenish Church Hong Kong Synod, for which they provide support to the elderly and the low-income families. We sincerely hope that these heartwarming initiatives could bring them joyful while celebrating festival. We will definitely continue to give a helping hand to the underprivileged, and promote the public awareness for caring the needy in the community.

多年來，俱樂部都積極關懷社群，熱心公益，在慈善推廣方面一向不遺餘力。在農曆新年前夕，俱樂部與香港基督教服務處、救世軍、奮色園、基督教勵行會，以及中華基督教禮賢會香港區會合作，捐贈了510套賀年糕點(年糕及蘿蔔糕)予長者及低收入家庭，為他們送上祝福，分享春節喜悅。我們定必繼續關顧社區需要，向普羅大眾宣揚關懷弱勢社群的信息。



CLUB ANNOUNCEMENT

俱樂部通告

通告 ANNOUNCEMENT

Present Valid Membership Card

Please note that we are a private membership club, and all the facilities are for members' use only. In order to protect members' rights and interests, and also for security reason, please always bring your own member card to enjoy the facilities.

Below is the capture of the Club's General Bye-laws and Rules for your information:

Rule 8.7

A valid membership card or supplementary card must be presented for inspection upon request by any staff of the Club.

Rule 12.4

All guests must be signed in by their accompanying member or Supplementary Card Holder before they are allowed to use the Club's facilities. No guest is allowed to present the membership card or supplementary card of a member or Supplementary Card Holder and sign chits for the purchase of goods and services provided by the Club.



出示有效會員證

本俱樂部屬於一所會員制的私人俱樂部，當中設施只提供予會員使用。為保障各會員權益及保安理由，請各會員時刻帶備你的會員證，享用俱樂部設施。

以下是相關會章附則及守則節錄，以供各會員參考：

第八·七

倘若俱樂部職員提出要求，會員須出示其有效之會員證或附屬會員證以供查核身份。

第十二·四

來賓須由陪同之會員或附屬會員即時簽妥賬單，方可使用俱樂部設施。本俱樂部嚴禁來賓出示會員證或附屬會員證及代為簽單。

TIPS ON BEING JOYFUL

活出好心情小貼士

Mental health is an integral part of the whole person. With a healthy mind, it could help you face challenges, solve problems, achieve goals and enjoy life more. It is easy to look after you mental well-being. We will base on 3 elements "Sharing", "Mind" and "Enjoyment" to share some tips with you, and make your life healthier, happier and more meaningful.

心理健康是整體健康不可或缺的一部分，健康的心靈能幫助我們面對挑戰、解決難題、達成目標和更享受生活。要保持心理健康並不困難，我們以下分了三個要點：「與人分享」、「正面思維」和「享受生活」，與大家分享一些小貼士，助你變得更健康、開心和充實。



Sharing

- Share the bits and pieces in your daily life with others so as to ease your emotions.
- Establish and maintain relationships with others, like visit your neighborhoods and friends.
- Express your appreciation, gratitude or encouragement to others, and express your empathy.
- Be kind and supportive to others. For example, participating in volunteer works.
- Spend time with your family members.

與人分享

- 和他人分享生活點滴，舒緩情緒。
- 與其他人建立和維持關係，如探望鄰居，或與朋友聚會。
- 多欣賞、讚美和鼓勵別人，表達同理心。
- 善待他人並給予幫助，例如參加義工活動。
- 多與親人共度時光。

Mind

- Keep an open mind for acceptance to new ideas, and share your views with others.
- Think about the things you feel grateful for so as to refresh your mind.
- Think positively while handling stressful situations, and all will be the best afterward.
- Keep track of your mood changes, take a break if anxious.
- Relax by setting aside your troubles and be optimistic.

正面思維

- 保持開放思想接受新事物，與別人分享你的見解。
- 回憶一些快樂事情，為自己心靈打氣。
- 面對壓力時保持正面思想，想想逆境過後又是一番新景象。
- 留意自己的情緒變化，當心情緊張時休息一會。
- 放下身邊的煩惱，放鬆心情。

Enjoyment

- Engage in and enjoy activities that you are interested in and turn them into your hobbies.
- Regularly engage in physical activities or mind-body exercises that you are interested in.
- Be curious and pay attention to your surroundings.
- Learn something new that you like.
- Engage in activities that can further develop your strengths or talents and maximize your potential.

享受生活

- 參與和享受你感興趣的活動，培養嗜好。
- 定期進行你有興趣的體能活動或身心運動。
- 保持好奇心及多留意身邊事物。
- 學習你喜歡的新事物。
- 參與能夠發展你長處或天賦的活動以充分發揮你的潛能。



Yau Yat Chuen Garden City Club

又一村花園俱樂部

Newsletter for Members

會員通訊

ENQUIRY & RESERVATION HOTLINES 查詢及訂座熱線

Membership & Reception 會籍及接待處	2397 4311	membership@yycclub.org
Chinese Restaurant 中菜廳	2397 4951	fnb@yycclub.org
Verbena Café 地錦廳	3580 0701	coffeeshop@yycclub.org
Card Room 棋牌室	2397 4954	
Recreation & Sports 康樂及體育	2397 4950	recreation@yycclub.org
Recreation Counter 康樂部接待處	Ext. 內線 205	

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