

# LONGITUDE

A PUBLICATION OF  
ONE°15 MARINA  
SENTOSA COVE  
SINGAPORE



## REFRESH & RENEW

Lunar New Year delights, seasonal escapes, equestrian chic

+

Flavour-led cultural journeys

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It's 2026! The Club welcomed the holiday season and the New Year with warm, festive celebrations that upheld our love for community. Our ON SAIL convoy series has increasingly been gaining popularity among Members and boaters alike, and the ON SAIL: Christmas Edition showed evidence of that. The annual Boat Light Parade was a resounding success as well. It was a joy to see the enthusiastic participation and the creative effort—every detail showed in the dazzling boat decorations.

The celebrations on land were equally grand. The Christmas Eve Buffet Dinner and Christmas Day Buffet Brunch—both offering opulent spreads of holiday favourites—alongside the New Year's Eve Buffet Dinner featuring luxury seafood, premium roasts and more, kept the festive spirit alive at Latitude Restaurant & Terrace. At Boaters Bar, the NYE Sundown to Countdown Party, complete with a live DJ set, ushered in 2026 with vibrant energy, great music and a lively atmosphere that carried on well past midnight. Your presence, undeniably, is what makes these moments meaningful.

Looking ahead, the celebrations continue as we welcome the Lunar New Year and the bounties of spring. This issue celebrates the year's zodiac animal with a new take on equestrian style in Essentials (page 6); Fun Facts demystifies the symbolism behind Lunar New Year practices; and Lush Escapes (page 12) unveils spring celebrations that go way past the festival thread. Food is an integral part of the festive season, and Fine Food (page 22) spotlights the rise of culinary tourism.

Speaking of which, we have rounded up many surprises on our end as well—from CNY Eve Buffet Dinner to take-home goodies and more. No Lunar New Year celebration is complete without the sharing of delicious pineapple tarts, and this year, we have taken that tradition up a notch with the introduction of the Cheese Pineapple Tart, which we see becoming a fast favourite. Club Perks and RSVP (page 30 onwards) have all the details along with exciting events you should add to your social calendar for participation.

We're also excited to return with some of our landmark events—preparations are in full swing for SB20 Asia Pacific Championships, happening later



YOUR  
PRESENCE,  
UNDENIABLY,  
IS WHAT  
MAKES THESE  
MOMENTS  
MEANINGFUL.

this month, and the Singapore Yachting Festival, which will be held in April. These gatherings are more than dates on a calendar for us, rather they are touchpoints of connection, discovery and shared passion.

All that we do, from the events we organise to the enhancements we make to the Club are undoubtedly motivated and shaped by the feedback we receive from you. A big thank you to everyone who took time to participate in our Members' Survey—we have outlined the summary in Notices (page 41).

To kickstart the year and elevate your experience, we're also rolling out exciting new privileges—from golfing and lifestyle perks to enhanced offerings. Here's to meaningful celebrations, shared traditions, and the community that makes the Club feel like home.

**Nick McLaughlin**  
General Manager



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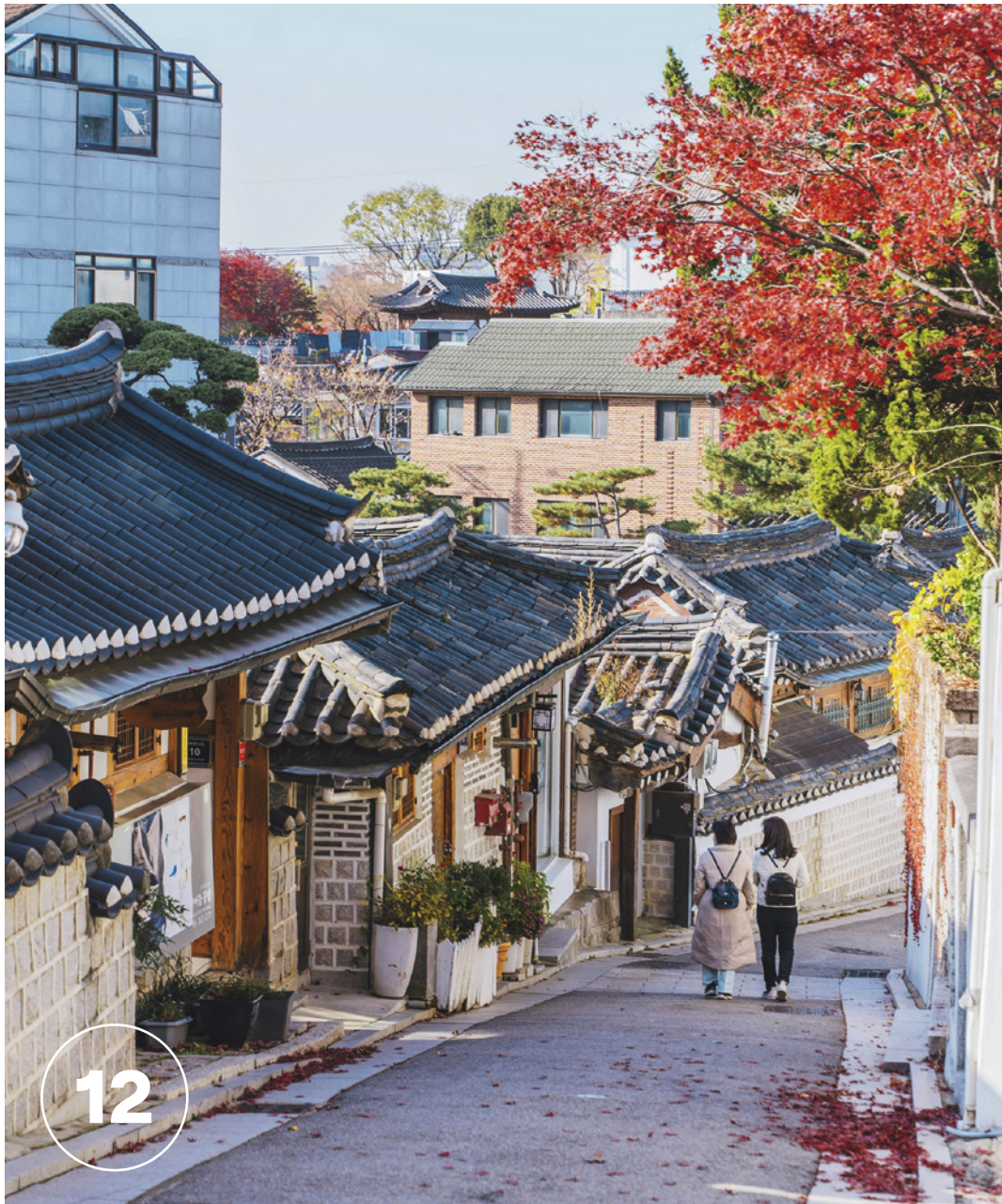
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RESERVATIONS





## Free Rein

Inspired by an antique Camargue saddle, the Hermès spring/summer women's collection is full of curved forms, buckles and leather straps—a convergence of utility and artistry. Think a cropped utilitarian jacket styled with a rope-beige saddle-flap-style wrap skirt in linen canvas with lambskin details. Dust coats are cinched with harness belts, while the gingerbread trench with lambskin detailing nods to the rigorous elegance of the stable. Even the accessories—from the Chaîne d'ancre jewellery to equestrian-inspired ultra-supple boots—carry the scent of the open field.

**Hermès is available at #01-02A Liat Towers.**



# Equestrian Chic

**THE YEAR OF THE HORSE ARRIVES IN CLEAN LINES, BOLD LUXURY, POLISHED ACCENTS, AND QUIET EQUINE CUES.**

TEXT YING RUI



## Buckle Up

Want to tap into the perennial western trend without committing to a fringe jacket and a hat? The answer is simple, powerful and worn at the waist. The cowboy-inspired belt is the chicest shortcut to rugged glamour, instantly lending a structured, confident edge to everything from a slip dress to your favourite denim jeans. For an urban rancher vibe, the YSL folk buckle belt (top) is your ally with brushed black leather and engraved gold hardware. No one does cowboy better than Ralph Lauren, so pick the hand-tooled piece crafted from vegetable-tanned American leather with a manually engraved brass buckle (above). Or, embrace quiet luxury with Brunello Cucinelli's braided calfskin belt (left), where the woven texture is perfectly balanced by the sophisticated engraving on its vintage buckle. This season, let your waist do the talking. **YSL is available at #B1-35 The Shoppes at Marina Bay Sands; Ralph Lauren is available at #01-01 Shaw Centre; Brunello Cucinelli is available at #01-17 Paragon Shopping Centre.**



## Unbridled Elegance

Dior and IWC offer exceptional tributes to this Lunar New Year's zodiac animal with the Dior Grand Soir Year of the Horse (below) and the Portugieser Automatic 42 (right) timepieces, respectively.

Dior's 36mm marvel, limited to just 30 pieces worldwide, is crafted with precious materials and houses an automatic movement with a 42-hour power reserve. The dial is a



brehtaking tableau, where a spirited, rose-gold horse navigates an enchanted landscape. Mother-of-pearl, meticulously carved into delicate bushes and flowers, forms the terrain, punctuated by the vibrant hues of amethysts, spessartites, and sapphires.

Limited to 500 pieces, the Portugieser Automatic 42 Year of the Horse features a 42mm stainless steel case and a rich burgundy dial. The true beauty lies beneath the surface.

Flip the watch, and the IWC-manufactured 52011 calibre is revealed through the case back. Its golden, galloping horse-shaped rotor is breathtaking. The seven-day power reserve is built through the efficient Pellaton winding system—which means that this stunning piece has the stamina to match its style. **Dior is available at #01-22 ION Orchard; IWC is available at #B2M-210 The Shoppes at Marina Bay Sands.**



## Ride On

Michael Rider's debut collection for Celine is an exercise in cool, confident power dressing—with a witty

equestrian twist. While others zig, Rider zags straight back to the foundational tenets of the Maison, paying homage to founder Céline Vipiana's passion for sport and saddle. The statement Celine Paris leather boots are destined for immediate It-item status, grounding a masterclass in tailoring.

The oversized belt buckle is also a must-have. Pick from a range of stylish pleated chinos, tight riding pants or strong-shouldered blazers, but the true star is the silk scarf with a heritage equestrian print. No longer an ultraconservative accessory, it can be layered over a blazer or even transformed into a shoulder bag. **Celine is available at #01-05 Ngee Ann City S.C.**



7



## Wild West

How do you bring the spirit of the rodeo to the city? Coach knows the secret: A perfect blend of vintage Americana and New York City cool. Put an elegant spin on a wild rag with a leopard-print triangle silk scarf, tied around the neck or a bag strap. Pair it with the '90s inspired t-shirt in red with a doodle of the iconic Horse and Carriage. The pièce de résistance is the Cargo Turnlock Soft Tabby bag. This relaxed reimagining of an archival '70s design is finished with bold cargo pockets and iconic turnlock closures. It's practical, rebellious and effortlessly cool—your new must-have for conquering the urban frontier.

**Coach is available at #02-13 Paragon Shopping Centre.**



## WHAT'S ON

## in Jan and Feb

## Masterpieces of Classical Ballet &amp; Carmen Suite

Get ready for a cultural extravaganza, involving leading soloists, winners of international competitions and dancers, whose artistry has captivated audiences worldwide. These stars from Abay Kazakh National Opera and Ballet Theatre, Kazakhstan's oldest theatre, where legendary choreographers such as Yuri Grigorovich and Boris Eifman have left their mark, present a unique performance in two parts: timeless classics and the fiery drama of Carmen Suite. **Price: From \$48, 23 to 25 January, University Cultural Centre Ho Bee Auditorium, NUS, [sistic.com.sg/events/carmen0126](http://sistic.com.sg/events/carmen0126)**



## The Best of Bill Bryson

Planetology, astronomy, particle physics, the Big Bang, quantum mechanics, evolution—these are things we wonder about yet cannot comprehend. Bill Bryson breaks it all down into simple language and laces it with his signature humour as he did in his best-selling book *A Short History of Nearly Everything 2.0*. As well as snippets from his book, Bryson will delve into his travels in this live performance. **Price: From \$95, 4 and 5 February, Capitol Theatre, [sistic.com.sg/events/bill0226](http://sistic.com.sg/events/bill0226)**



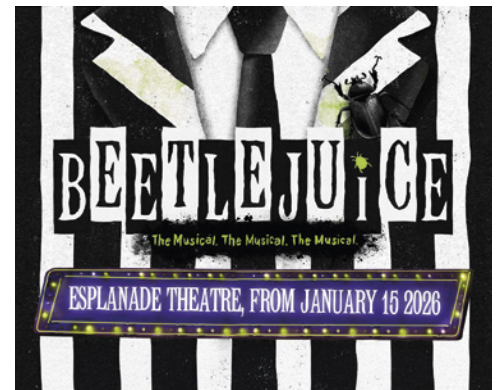
## Ichiko Aoba with Taro Umebayashi and Musicians

Japanese singer-songwriter and multi-instrumentalist Ichiko Aoba has released seven albums and will be in Singapore as part of Esplanade's Mosaic Music Series. Get ready to enter a dreamlike space of stillness and imagination as Aoba and an ensemble led by composer Taro Umebayashi deliver her full breadth of sound and artistic vision to life. **Price: From \$75, 22 February, Esplanade Theatre, [sistic.com.sg/events/ichiko0226](http://sistic.com.sg/events/ichiko0226)**



## Now You See Me Live

Fans of Lionsgate's blockbuster magic-heist film franchise *Now You See Me* are in for a treat with this live-stage performance with jaw-dropping stunts and high-tech illusions. From the creators behind Broadway's record-breaking hit *The Illusionists*, this show will defy all that you believe and know. **Price: From \$68, 20 February to 8 March, Sands Theatre @ Marina Bay Sands, [sistic.com.sg/events/nysml0326](http://sistic.com.sg/events/nysml0326)**



## Beetlejuice The Musical

Andy Karl, one of Broadway's most celebrated performers relives Tim Burton's classic movie on stage through a fun and comical script and memorable score. The eight-time Tony Award-nominated musical tells the story of Lydia Deetz—the unusual teenager whose whole life changes when she meets a recently deceased couple and a demon with a thing for stripes. **Price: From \$72, 15 January to 15 February, Esplanade Theatre, [sistic.com.sg/events/beetlejuice2026](http://sistic.com.sg/events/beetlejuice2026)**

\*Information of events correct at the time of printing

# Decoding Luck

FROM METAPHORICAL SYMBOLISM TO PHONETIC PUNS, LUNAR NEW YEAR SYMBOLS AND THEIR MEANINGS.

**3** The two-line spring couplets—**Chunlian**—are a common sight during the season, and originated as a protective practice. Wooden boards depicting the door gods Shentu and Yulei in the **Song Dynasty** evolved into red paper scrolls with poetic blessings during the **Ming Dynasty**.



**4**

IN THE CHINESE ZODIAC, THE HORSE IS ASSOCIATED WITH FIRE, YANG ENERGY, AND MOVEMENT. POSEIDON, THE GREEK GOD OF THE SEA, IS ALSO REVERED AS THE GOD OF HORSES—AN INDICATION OF HOW BOTH CULTURES VIEWED THE HORSE AS A LIVING METAPHOR FOR ENERGY, VIRTUE AND MASTERY.

**2**

**Fu**, one of the most important Chinese characters, is hung **upside down** during Lunar New Year. The core of the tradition lies in the fact that **fu dào le**, which means “**Fu is upside down**” sounds phonetically identical to “**good fortune has arrived**” in Mandarin.

**1** The tradition of distributing red envelopes, called hong bao or **ang bao**, evolved from coin-like charms called **yasheng qian** during the **Han Dynasty**.

The tradition was reportedly started to protect children from a demon named **Sui** that brought **illness**—parents would place **eight coins** under their children’s pillows to scare the monster away.



**5**

The vibrant Singaporean version of the yusheng was created in **1964** by four chefs: **The Four Heavenly Kings**, as they were called. **Chefs Tham Yui Kai and Lau Yoke Pui** from Lai Wah Restaurant; **Sin Leong** of Sin Leong Restaurant and Dragon Phoenix Restaurant fame, along with **Hooi Kok Wai**, founder of the latter, paired each ingredient with a specific auspicious phrase symbolising **prosperity, abundance, health, and good fortune**.





# LUXE LIFE

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## FRESH HORIZONS

Refreshing spring sojourns,  
escapades of the culinary kind,  
lifestyles rooted in wellness.

Keukenhof, the Netherlands.



# SPRING FORTH

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BUZZING CITIES AND CALM ISLAND ESCAPES THAT OFFER FRESH BLOOMS, CHARMING CAFÉ CULTURE AND A SLOWER RHYTHM—SPRING UNFOLDS IN DESTINATIONS WHERE YOU LEAST EXPECT IT.

TEXT SANDHYA MAHADEVAN



## AMSTERDAM, THE NETHERLANDS

Spring lends Amsterdam a softer, more luminous character. As winter recedes, colour returns in gentle waves—tulips stacked in buckets at the Bloemenmarkt, bursts of petals brightening canal bridges, and tidy beds blooming across Museumplein. Come spring, Amsterdam eases into the season like a garden city—especially in Jordaan’s quiet lanes.

The café scene shifts outdoors the moment sunlight breaks through. Tables that catch the warmest rays are snapped up almost instantly. Café Winkel in Jordaan, Toki Amsterdam in the Haarlemmerbuurt, and the canal-facing cafés along Utrechtsestraat are ideal spots for lingering over a flat white, a plate of bitterballen (a meat-based snack), or a crisp Dutch white wine. In De Pijp, locals picnicking, reading or cycling by with baskets of flowers are unmistakable markers of the season. The pace is buoyant and unhurried all at once.

Less than an hour away, Keukenhof’s gardens come alive with tulips, hyacinths and willows just coming into leaf. Plan to arrive early to take advantage of the morning calm and wander at your own pace through pavilions overflowing with seasonal displays, taking in the full spectacle of spring’s most celebrated display.

### STOPOVER:

Fit in a quick round of golf to reset before the long haul. Dubai’s Arabian Ranches Golf Club ([arabianranchesgolfclub.com](http://arabianranchesgolfclub.com)) offers a relaxed desert-course experience with wide fairways and natural landscaping—ideal for a refreshing midday game between flights.



Clockwise from far left: Spring in full bloom at Keukenhof; a day out from the city; Bloemgracht-canal in Amsterdam’s Jordaan district.





## MADEIRA, PORTUGAL

Spring in the Portuguese archipelago is a vibrant affair, especially during the Flower Festival from late April to late May. In Funchal, every garden and park bursts into colour, and the balconies of whitewashed, terracotta-roofed houses overflow with blooms that seem to spill into the Atlantic.

The Allegoric Flower Parade is the festival's most lavish moment—a grand procession of dancers in floral costumes and floats sculpted from orchids, proteas and birds of paradise, turning the city into a moving garden. Another highlight is the Wall of Hope Ceremony the morning before the parade, when children gather in Praça do Município to build a floral mural, ending with a symbolic release of doves that reflects the island's deeply rooted, peace-loving spirit.

Grandstand seats with prime views sell out fast, but a more indulgent way to enjoy the spectacle is from a promenade café with a bica and a slice of bolo de mel, the traditional sugarcane-molasses cake.

Many cafés along or near Avenida do Mar offer reservations for prime vantage points. While the panoramic sea views may not replace the immediacy of the grandstands, the atmospheric setting is just as memorable. Pair this with a stroll through Mercado dos Lavradores, home to stalls piled high with lilies, anthuriums and Strelitzia (bird of paradise). Continue to the carpeted squares, where artists craft fleeting petal mosaics, then wander the side streets for quieter discoveries—a ceramicist's studio, a fragrant bakery, or families decorating their doorsteps—small scenes that carry Madeira's spring spirit far beyond the parade route.



Clockwise from bottom left: Câmara de Lobos, a suburb in Funchal; Madeira's famous Flower Parade; Gyeongbokgung Palace; spring scenes in Seoul; retro vibes along Ikseon-dong.

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### STOPOVER:

You are likely going to have a stopover in London, and St James's Hotel & Club ([stjameshotelandclub.com](http://stjameshotelandclub.com)) makes an elegant pause. The intimate Mayfair hideaway combines refined comfort, impeccable service, and a quietly cosmopolitan spirit.



## SEOUL, KOREA

From late March, the South Korean capital city is awash with cherry blossoms. They brighten river paths, parks and neighbourhoods like Yeouido, Seokchon Lake and the palace district, casting a dreamy softness to Seoul's mix of temples, palaces and street culture.

Café life moves outdoors, with stylish spots in Hannam, Seongsu and Yeonnam-dong launching seasonal drinks and opening their rooftops. Evenings pick up with night markets, street food and cocktail bars in Itaewon and Apgujeong, while the Han River becomes a lively hangout of picnics and scooter rides.

Culturally, spring is probably one of the best times to explore the city. From traditional music and

dance performances at the palaces, to craft markets in Bukchon and Insadong, temple food tastings and tea ceremonies, and the Myeong-dong Festival, Seoul buzzes with activity.

Shopping districts like Garosu-gil and Seongsu do not disappoint either with a strong mix of international and homegrown fashion. With blossoms, breezy café hours and vibrant nights, Seoul seems upbeat and effortlessly inviting in spring.

### STOPOVER:

Break up the trip with a spring stopover in Hong Kong. The Clearwater Bay Golf & Country Club ([cwbgolf.org](http://cwbgolf.org)) with sweeping sea views and a calm, exclusive setting is a refreshing pause before continuing on to Seoul.





## ATHENS, GREECE

Spring shifts Athens into a different rhythm—café tables spill onto pavements again after the winter chill and the city's ancient landmarks blend naturally into the everyday rhythm of the city, feeling less like monuments. It's the best time to explore Athens—without the summer heat or crowds.

The neighbourhoods Plaka and Anafiotika are almost made for spring wandering, with narrow lanes, pastel homes and tiny squares where locals linger over Greek coffee. It's also a time to celebrate seasonal produce. Seek out a taverna that grills seafood over charcoal or serves ladera, home-style vegetable dishes slow-cooked with olive oil, tomatoes, onions, garlic, and seasonal vegetables like green beans, peas and okra.

Mornings are ideal for climbing up to the Acropolis. Add a visit to Varvakios Market and National Archaeological Museum to the agenda for varied cultural experiences—spring evenings are made for the open-air cinemas that begin reopening around this time. If you want a break from the capital, take a slow tram ride down to the Athens Riviera. The coastal walk from Flisvos to Alimos in delightfully balmy weather also ushers in many warm and familiar sights—families cycling and friends sharing loukoumades (crispy dough balls covered in syrup) among others.

Music is woven into the city's spring mood. Small venues in Psyrri and Exarchia host live rebetiko—Greek version of blues—and contemporary Greek bands. Spring in Athens is about discovering a city that feels lived-in and at a leisurely pace before the summer rush comes in. 📍

### STOPOVER:

On a spring stopover in Stockholm, swing by the Royal Swedish Yacht Club ([ksss.se/en](http://ksss.se/en)) in Saltsjöbaden. Even a quick wander along the marina offers a crisp snapshot of Swedish spring—especially the sights of the first boats getting prepped for regatta season.

Acropolis of Athens; café culture in Athen's Pittaki Street; buzzing spring scene in the city.



# KNEES, EXPLAINED

## DR ELTON ONG ANSWERS YOUR MOST PRESSING QUESTIONS ABOUT KNEE PAIN AND THE BEST PATHS TO RECOVERY.

BY VIGNE GROUP



*Dr Elton Ong is a primary care physician trained in family medicine and occupational health, with extensive experience in clinical practice and healthcare leadership. He has been a Designated Workplace Doctor with Singapore's Ministry of Manpower since 2012 and a Doctor of Medicine with the Ministry of Health since 2005.*

### What are the main causes of knee pain?

The most common culprits in active individuals are arthritis, injury and overuse.

With osteoarthritis, the knee's cartilage gradually wears down, leading to chronic inflammation, stiffness and pain. It typically develops in our 50s or 60s, but can appear earlier—especially in those who are overweight or lead a sedentary lifestyle.

Any part of the knee can be injured, particularly if you're active. Common injuries include sprains or strains of the ligaments and muscles, as well as tears in the cartilage, ligaments or meniscus. Repeated stress from activities like running and jumping can also lead to overuse issues. Tendinitis—painful swelling of the tendons—is one example, while frequent runners may also experience shin splints.

### How do we know if the knee pain is minor or something more serious?

The knee may look simple, but it's actually a complex joint that absorbs significant stress from our daily activities and sports. Some types of knee pain simply need rest and time to heal, while others require medical attention. Listening to your body is crucial—you risk causing further damage if you ignore the warning signs and just push through pain and discomfort.

Ask yourself a few key questions to understand the cause of the pain. Is the pain sharp and triggered by specific movements, or is it dull and persistent? Sharp, reproducible pain with a particular activity often points to an injury—it's your body's way of saying: "Stop, you're making this worse." A dull, low-grade ache after activity usually signals a more chronic issue, such as osteoarthritis or an overuse condition.

### What does the location of the pain tell us?

The location of your pain can reveal a lot about which part of the knee may be injured. If your knee buckles

or gives way when you change direction, that can signal an anterior cruciate ligament (ACL) injury—a common issue among athletes. If you struggle to twist or move side to side, feel the knee catching, and notice pain along the joint line, it may point to a meniscus injury, which affects the C-shaped cartilage in the knee. Pain at the front of the knee—often with clicking, difficulty climbing stairs, or discomfort running downhill—may suggest Patellofemoral Pain Syndrome, involving the tendons and cartilage around the kneecap.

### When should I see a doctor for knee pain?

Consider seeking medical attention if you answer "yes" to any of these questions:

- Is the knee swollen?
- Is it difficult to put weight on that leg?
- Do you hear clicking or popping with the pain?
- Does the knee catch or get stuck in certain positions?
- Does it feel unstable—like it might give way when walking, stepping off a curb, or changing direction?

These signs suggest something more serious may be happening inside the knee. If none of these red flags are present, it's reasonable to start with conservative home care.

### How can I treat knee pain on my own initially?

Start with the basics: Ice your knee and follow the RICE method—Rest, Ice, Compression and Elevation. You may also take nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen or naproxen to ease pain and swelling.

However, if you've been doing this for a few weeks with no improvement, it's time to get evaluated. Likewise, don't wait if knee pain is interfering with your daily activities. There are treatments that can help you return to what you enjoy—or to the demands of your job—while reducing the risk of further injury or long-term damage. ❌

## ANATOMY OF THE KNEE

### BONES

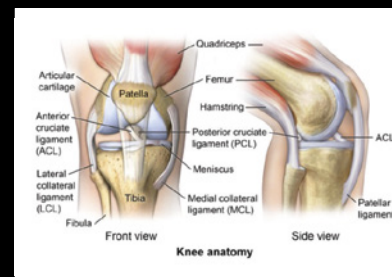
The thigh bone (femur) and shin bone (tibia) meet at the kneecap (patella).

### CARTILAGE

Cartilage is a substance that helps bones glide against each other when you bend or straighten a joint. It also helps absorb impact when you walk, run and jump.

### LIGAMENTS

Ligaments are strong bands of tissue that hold bones together and stabilise joints.



### TENDONS

Tendons are cord-like bands that connect muscles to bones. Knee pain can occur when any of these structures are injured, overused, or inflamed.





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“I just love waking up in the morning,” quips Kenneth Pereira. “It’s knowing that I have the time to meet up with friends and people in my social circle that I care about,” he says. The word “love to” figures quite often in the conversation—from coffee, to sports, music, people, and life in general. And Kenneth has managed to make all of the above a joyful and intentional part of his retirement rhythm—one that is getting increasingly busy as well.

Having held two jobs—as the head of IT at an agricultural company and a lecturer—for a good 18 years, Kenneth decided to retire at 50. “I have since been busy catching up with my school friends,” he says with a laugh. But that’s putting it far too simply.

His catch-ups include being in the committee for the Eurasian Association (EA) Singapore’s Football Club; actively rallying interest in pickleball in Singapore among those aged 50 and above; and, among others, guiding Members at the Club’s Pickleball Social Nights.

## QUIET CONNECTOR

**FOR MEMBER KENNETH PEREIRA, LIFE’S SIMPLE JOYS REVOLVE AROUND SPORT, FAMILY AND THE PLEASURE OF BRINGING PEOPLE TOGETHER.**

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH ART DIRECTION CHARLENE LEE

## LOVE OF THE GAME

Sports has been a part of Kenneth's life since his school days. "I participated in almost everything. I played tennis, badminton, basketball, and table tennis for primary school. I was on the athletics team as well. When I moved on to secondary school, I was supposed to play football for the school, but then I got interested in shooting, and I ended up being in the air rifle club and athletics instead," he laughs.

It was a reunion with an ex-army buddy Roger Ho that got him into the pickleball space. Kenneth had just set up the Merdeka football squad in EA Singapore with players who were 50 years old and above and recruited Roger's help to look for like-minded teams around the island. "We organised leagues and friendly matches with other teams with players who were also 50 years old and above and did not want to play with the younger guys," says Kenneth—and those numbers have since steadily grown to over a 100 registered players.

The pickleball connection was by chance. "Roger was good at racquet games. He was an A-grader in squash so I guess it was a natural progression for him," explains Kenneth. After retiring from the army, Roger started Top Pro Pickleball Singapore, a Facebook interest group that has since become a hub for local enthusiasts. "It's also been growing steadily," says Kenneth. "We started with less than 10 players with some introductory lessons, but the numbers have since soared to over 4000."

They play socially and competitively, all over Singapore and take part in international competitions—Roger has along the way, also picked up multiple gold medals in the 50+ and 60+ categories.

"Pickleball has been in Singapore for probably a good 20 years. But it's only recently that it's been really picking up," says Kenneth in response to my question "Why pickleball?".

"I guess it is also a much easier game to play for the older folks, especially former tennis, squash and badminton players. Firstly, it is not as tiring as tennis because the court size is smaller; it's not as tiring as badminton and squash either. You suffer less injuries, and it's easier on the knees and other joints," he explains. "The strategy is to try to get up to the front line—we call it the kitchen line, which is the badminton short service line—so the game is a lot less tiring while still serving as a good workout.

Kenneth's love for the sport comes through in the way he talks about it, teaches it and brings others along for the fun. It's part of his personality, he quips. "I don't believe in doing things halfway—I'll go all out and go all the way. I won't just learn something just for the sake of learning it and then just put it aside. Even when it comes to sports, I will go all the way until I can play in a competition or in a league, maybe even win some medals or bring back a trophy."

Although he isn't a certified coach, his involvement in the Club's Pickleball Social Nights and the drills he conducts on essential strategies have helped many Members elevate their game. In fact, his involvement with the game at the Club began from the time the idea of building a pickleball court was first taking shape, as Emelyn Goh, the Club's Sports &

Recreation Manager, sought his advice on everything from court dimensions to suitable lighting.

## NEVER A CROWD

Beyond his passion for the game and his determination to make things happen, Kenneth is someone who enjoys organising social events. "I like bringing people together; watching them having fun brings me great joy," he says. Interestingly, while he's the one setting everything in motion, Kenneth often prefers to take a step back—observing the room rather than being in the middle of every conversation.

"I like to have my alone time and be by myself," he shares, revealing a surprisingly introverted side to his personality.

He has even organised group trips to Malacca and Kuala Lumpur for his football league. "Football is just the excuse," he laughs. "Our trips run from Friday to Monday, with our families in tow. We play on Saturday—and the rest of the time is for enjoying good food, playing music, and just having fun together."

At heart, Kenneth admits, he's a bit of a beach bum. And the love of gathering people, he says, is something he likely inherited. "My dad always liked bringing people together. I think I got it from him," he recalls with affection.

"As kids, my dad would take us to the beach every weekend. It was our family ritual—cousins, food, and the whole day spent by the sea. My dad would make a flask of coffee, someone would bring curry chicken and French loaf, and we'd picnic there the entire weekend."

He is equally a family man, deeply committed to spending quality time with his wife—one of the reasons they became Members of the Club, which is conveniently close to her workplace at HarbourFront. "I would usually pick her up from work, then we'd head down to the Club—either to the gym or for a swim—have a nice dinner and just unwind together," he says. "It's unlike other Clubs—it's open, friendly and approachable. We feel very comfortable being here," adds Kenneth.

The couple hopes to eventually settle in Okinawa, Japan—"somewhere by the beach with enough land to grow my own vegetables or herbs," he says. But he isn't slowing down in Singapore yet. Right now, he's helping to organise a joint 60<sup>th</sup> birthday celebration with his secondary school friends from St Patrick's School, continuing the tradition they started with their 50<sup>th</sup>.

For Kenneth, retirement isn't about taking a step back. It's about staying engaged—through community, friendships, and movement. These are what keep him going, and he doesn't expect that to change, regardless of where he is. 📍

## KENNETH'S TOP 3

### TRAVEL

My wife is Japanese, so we travel to Japan quite often. But although she's from Tokyo, she is not fond of its winters, so lately, we've been heading to Okinawa—the Hawaii of Japan, which speaks to the beach bum in me. Another favourite destination is Australia—particularly the Gold Coast, Sunshine Coast and Byron Bay. My wife loves exploring the weekend flea markets there.

### UNWIND

I enjoy going shopping. My wife always jokes that I must have a lot of female hormones running through my body! We also like discovering charming cafés and bakeries tucked away in nature. I used to have a motorcycle, and on weekends we'd go exploring—riding out to find these little hidden cafés all around Singapore, even all the way to Lim Chu Kang—we like Bistrot by Gardenasia and Bollywood Veggies, among others.

### FOOD

I am a coffee addict. And I have a weakness for desserts—mousse, tiramisu, cakes... anything sweet.



# FULL CIRCLE

BACK FOR HER SECOND STINT, TERESA CHU BRINGS NOT JUST EXPERIENCE, BUT INTROSPECTION, CHARTING A MORE THOUGHTFUL, PERSON-CENTRED APPROACH TO ENGAGEMENT.

TEXT SANDHYA MAHADEVAN  
PHOTOGRAPHY BENNY LOH  
ART DIRECTION CHARLENE LEE

**T**eresa Chu joined the Club in June last year as Director, Membership & Partnerships—but she’s far from a new face, especially to some long-standing Members. This marks her second stint with the Club, and even her second feature in *Longitude*—though this time she returns with fresh perspectives and renewed purpose.

She was handling membership at the Club before her decision to take a gap year in 2021. “It felt like the right time,” she recalls. “We were coming out of the pandemic; operations were stabilising and the team had a strong foundation to work from. I felt I could step back without disrupting the momentum.”

## PAUSING WITH PURPOSE

The pause, she says, was intentional. “I wanted to relook at my career and consider how far I could grow. So instead of taking the typical route, like doing a master’s degree, I decided to do something completely out of the corporate framework—something different, something for myself.”

That “something” fed into her love of dogs. She went on to pursue a certification in canine therapy. “I did it mainly out of passion—and honestly, because



veterinary care can be really expensive in Singapore. I tend to adopt senior dogs—right now, I have a Singapore Special, a golden retriever, and a beagle. When COVID hit, the opportunity to do the course online opened up—otherwise I would have had to travel to Australia to take it.”

Her professional path took a detour during that time as well. After her gap year, Teresa joined UOB as a Digital Advisor, supporting SMEs in transforming their operations and embracing digitalisation. Three years on, she finds herself back on familiar ground. Yet, while the surroundings and many of the faces remain the same, the landscape has shifted—particularly in the realm of membership.

### CHANGING TIDE

“Things have evolved a lot,” Teresa observes. “Digitisation came in almost suddenly. Four years ago, digital marketing was maybe 15 per cent of our strategy—today, it’s at least half.” She sees this shift as positive—even her mother, once hesitant about e-payments, now “scans QR codes everywhere”, she laughs.

But with efficiency comes distance. Interactions risk becoming transactional—and that’s something Teresa is mindful of. Reflecting on her time at the bank where communication was mostly digital—as Teresa explains, “clients were always busy, so the fastest way to reach them was over the phone, Zoom or Teams”. “But here at the Club, what we stand for is human connection—real, personal touchpoints.” So she makes it a point to be visible and approachable: “I tell Members to feel free to let us know what’s going well and what’s not—not just over WhatsApp but also to call me.”

This is something she reinforces with her team. “When a Member complains, it means they still care. It’s when they go silent that you start to worry.” Her focus now is on re-engaging quieter Members—particularly those who have moved into new life stages and become more time-strapped. “We’re enhancing engagement—especially with women in our community and younger audiences,” she notes.

When Teresa first joined the Club years ago, her sales background in banking made the transition smooth. “I understood the affluent sector—so membership felt natural the first time,” she says. This time, the work feels more nuanced. “It’s no longer

just about selling a membership. It’s about a more customised, more targeted outreach—understanding what each Member values and meeting them there.”

### PASSION PROJECT

All this rethinking and redefining comes with its own challenges. “That’s when I go home and turn my dogs into my therapy project,” she laughs. Jokes aside, for Teresa, it’s about giving her dogs the best, pain-free life she can.

Canine therapy, she explains, is especially beneficial for severely arthritic dogs or those recovering from surgery. “Arthritic dogs are often put on painkillers, which I don’t subscribe to. I prefer holistic treatments—swimming, massages, things that help relieve the pain naturally,” she adds.

Realising that she could play a direct role in easing that pain is the greatest reward. “The first time I massaged a dog and she actually got up and walked... that was everything,” she says. It was a 14-year-old arthritic dog that she had fostered.

She also makes it a point to take her dogs out regularly, especially her golden retriever. “She has a bad hip, so I started taking her for short runs and hydrotherapy sessions to strengthen her muscles,” she explains.

One of the things she hopes to work towards is making the Club a truly pet-friendly environment. Currently, pets are welcome only at Boaters Bar and the alfresco area of Latitude Restaurant & Terrace. But she has observed a growing number of Members—particularly empty nesters—leaning into pet ownership. “They want to bring their pets along to enjoy the atmosphere too,” she says. “So that’s something we’re looking at developing further.”

For someone who jokes about having a short attention span, a conversation with Teresa offers a window into her intuitive, inquisitive nature. She admits she has become more patient and people-oriented over the years, yet the desire to learn, to be challenged, and to contribute meaningfully remains strong. It’s an energy she hopes to continue channelling into whatever roles the Club may hold for her next. 📧

### TERESA’S TOP 3

#### FOOD

My boyfriend and I love to eat, but we don’t really cook—so we’re always scrolling TikTok and Instagram for the best char siew, laksa, or hidden gems around town. Then we’ll go and try them. We also look out for dog-friendly places.

#### UNWIND

My dogs are my stressbusters. They are the ones that keep me grounded. They are the pick-me-up I need every morning—they literally wake me up—and the ones that wind me down at the end of the week.

#### INSPIRATION

I admire Indra Nooji, the former CEO of Pepsi, for her people-management skills, dynamism and leadership. She may not be in the spotlight now, but whenever I hit a mental block at work, I go back to her interviews and articles. It helps me see how she might have approached things differently—and that always gives me perspective.



# SOUL FOOD

FOOD CITIES THAT INVITE TRAVELLERS TO NOT JUST DINE, BUT IMMERSE THEMSELVES IN THE FLAVOURS THAT DEFINE THEIR CULTURAL SOUL.

TEXT BEATRICE BOWERS





## KYOTO, JAPAN

When people think of Japanese food cities, Tokyo and Osaka usually take the spotlight. But Kyoto—Japan’s former imperial capital and City of a Thousand Shrines—often slips under the radar.

However, discerning foodies will know that Kyoto’s culinary landscape is one of Japan’s most interesting, given that it is shaped by centuries of imperial influence, monastic simplicity, and a penchant for seasonality. For one, the city is the birthplace of *kaiseki*, the aristocratic multi-course Japanese dining experience that emphasises seasonal produce and balanced flavours. On the other end of the spectrum is *shojin ryori*, a refined form of vegetarian temple cuisine that is a product of the city’s longstanding Zen Buddhist heritage.

Kyoto is also synonymous with *kyo-tsukemono*—a traditional Japanese pickle originating from Kyoto. The city has pioneered a more delicate way of pickling greens with sake lees (the soft, crumbly solids left after sake is pressed during brewing), kombu, and the region’s mineral-rich water—a contrast to the sharper *tsukemono* pickles you would find accompanying your bento set elsewhere in Japan.

Travellers who love DIY food experiences will be happy to know that several Kyoto-based cooks conduct hands-on workshops that teach you how to make your own *kyo-tsukemono*. A Taste Of Culture, run by cookbook author and *New York Times* columnist, Elizabeth Andoh, offers an intimate, hands-on experience with just six participants per class. Over two days, you’ll taste more than a dozen classic Kyoto pickles and bring home jars of your own creations.



### FUN FACT

There are three main types of *kyo-tsukemono*, each influenced by the seasons. *Shibazuke*, made with eggplant, is its oldest, with a recipe dating back over 800 years.





## PORTO, PORTUGAL

In 2023, *Food and Travel* named Porto the City of the Year, and it's little wonder why. Curled along the Douro River, this UNESCO-listed city is as rich in history and culture as it is in flavour.

When it comes to food, Porto is a kaleidoscope. Portugal's legacy as a far-reaching maritime empire means its cuisine bears influences from across the globe. Even the city's iconic francesinha, which translates to "little Frenchie," nods to France's croque monsieur, though Porto's version is unmistakably its own—a towering, beer sauce-drenched sandwich blanketed with melted cheese. Let's not forget the pastel de nata, the beloved egg custard tart that is as ubiquitous in Porto as it is in the country's former Asian colonies.

Besides the cross-cultural *mélange* that makes up Porto's iconic dishes, the city is also a hotbed for old-world, family-run tascas (bistros) that serve up Northern Portuguese fare. Tascas are where you can find hearty classics like *dobrada*, a 15<sup>th</sup>-century tripe stew simmered in a rich tomato-based broth.

Also notable is that Porto's name itself gave rise to port wine. Today, the city is a gateway to Vila Nova de Gaia and the wider Douro Valley, where many of Portugal's most prominent port wine houses continue to operate. Names like Cockburn's, home to the last working cooperage in Gaia; Ramos Pinto, founded in 1880; and Graham's, known for its iconic wax-topped black bottles, all open their doors for visitors to enjoy private cellar tours, as well as tasting sessions with local fruits and cheeses.

### FUN FACT

Porto residents are also nicknamed *tripeiros*, or tripe-eaters, because of how popular *tripas à moda do Porto* is there.



## MARSEILLE, FRANCE

French cuisine is not all about haute gastronomy and rustic, wine-enriched stews. Its southern coast, stretching from Provence to Corsica, offers a lighter, Mediterranean expression of French cooking, with olive oil, seafood and fresh herbs taking centre stage.

Experience this firsthand at Marseille, France's oldest port city and southern capital. The city's Vieux Port—literally translating to Old Port—is a haven for seafood-loving gourmands. The famed Marché au Poisson, which began in the Old Port's quays in 1909 and has been running ever since, is where local fishermen dock their boats each morning to sell the day's catch straight from the sea.

Navigating the marché can be a bit tricky if you don't speak French, so there is always the option to book a private market tour day with a local cook. These guided experiences start with the morning at the Marché au Poisson and its neighbouring farmers' markets, from Cours Julien to Capucins. These sessions often end in a hands-on cooking class, where you'll learn true-blue Provençal fare, such as the bouillabaisse or the lighter yet hearty bean soup, soupe au pistou.

A trip to France isn't complete without your fair share of buttery pastries, but why not take it a step further and learn to bake them yourself? Marseille has several baking schools with short, immersive courses that fit neatly into a holiday itinerary. At places like the French Baking Academy and Ateliers De Pâtisserie, you can spend a day or two mastering the art of croissants, entremets, and other classic French confections under the guidance of expert pastry chefs.



### FUN FACT

Bouillabaisse was originally a humble fishermen's stew, but has since become an elevated Provençal icon. Today, a recipe usually includes three types of local fish: scorpionfish, eel, and monkfish.





## SYDNEY, AUSTRALIA

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Aboriginal cooking and ingredients have seen a profound resurgence in Australia's dining scene in the past decade in its major cities. Sydney, especially, has become a hub for First Nations chefs and restaurateurs who are reclaiming and reinterpreting their culinary heritage. Buzzy establishments such as Midden by Mark Olive, Firedoor, and Bush have all made their names by placing aboriginal ingredients and native cooking techniques front and centre.

Naturally, this revival has elevated bush tucker—the term for the native Australian ingredients—to much acclaim. Think lemon myrtle, finger lime and Davidson's plum for their bright acidity; wattleseed and macadamia nuts for earthiness; and proteins like kangaroo and emu, traditionally foraged or hunted from the Australian outback.

Now, dining in cities like Sydney has gone far beyond flat whites and avocado toast. Travellers can explore how true-blue Australian cooking is deeply tied to the land via a wide array of Aboriginal-led food tours.

Gourmands pressed for time can opt for shorter sessions, like the Aboriginal Bush Tucker Tour through the Royal Botanic Garden Sydney, run by a First Nations Guide. The short experience sheds light on the Gadigal People's heritage, as well as how to identify the native bush foods that fuelled the population. Other guides can take you out of the city to the nearby Orphan School Creek or Berry Island, where you can forage in the footsteps of Australia's natives.

Bush tucker isn't reserved for just food either. Many of Sydney's distilleries and coffee roasteries have also embraced native ingredients in their produce—a fact you can explore through the Sydney tourism board's several Meet The Makers Native Food & Distillery tours.



### FUN FACT

Many bush tucker ingredients are nutritional powerhouses. The Kakadu plum, for instance, contains up to 100 times more vitamin C than an orange.



## CHIANG MAI, THAILAND

Northern Thai cuisine is a world unto its own, characterised by bold aromatics and a penchant for complexity over spice. Shaped by the region's cooler climate and proximity to Myanmar, Laos and China, Northern Thai fare often features local herbs, fermented ingredients, and a love for sticky rice over jasmine. Frequent travellers to the region will know of popular curries like khao soi (egg noodle soup in a curry broth) and punchy condiments like nam prik ong (pork-based relish), but Northern Thai cooking isn't just limited to these familiar favourites.

The traditional dishes and cooking methods from its indigenous hill tribes, such as the Akha and the Lahu peoples are an essential, yet often overlooked, part of the region's culinary DNA. Their cuisines are mainly plant-based, relying on foraging and the abundance of the mountains. Travellers seeking a deeper connection to this side of Chiang Mai's gastronomic wealth can sign up for classes at the Thai Akha Kitchen. Set in an open-air kitchen surrounded by nature, participants start the day with a market tour, then cook at their own stations under the guidance of an Akha chef. You'll have the opportunity to learn up to 11 traditional dishes, from the refreshing, lemongrass Akha soup, to sapi thong, a peanut-chilli dip that the Akha people eat daily. 🍴



### FUN FACT

Akha cuisine is considered one of the freshest and healthiest in Thailand, as dishes rarely use added sugar or oil.







# CLUB BUZZ

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## MEMBERS ONLY

The definitive list of all that's happening in and around ONE<sup>15</sup> Marina Sentosa Cove.

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**30**

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**36**

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**Monday, 16 February 2026**

**6pm to 10pm**

Eat to your heart's content with your loved ones at this lavish buffet that is an equal celebration of Asian and Western flavours. Think Braised Whole Abalone with Black Moss and Oyster Sauce, Crispy Roasted Suckling Pig, Braised Australian Beef Short Rib with Five-Spice, and freshly shucked oysters. Reservations made before 1 February will receive a complimentary bottle of wine, salmon yu-sheng platter, and Steamed Live Marble Goby with Fried Garlic in Superior Soy Sauce.

**PRICE: \$88+ (Adult)**  
**\$48+ (Child, aged 3 to 11 years)**

**Alfresco Pet-friendly Sundays**

**Sundays**

**Lunch & Dinner**

Bring your furry buddy for a fun day out with frothy puppuccinos and treats. Members may bring up to two pets to dine in.

**PRICE: Complimentary frothy puppuccino and free-flow pet treats**

For orders and reservations: Latitude Restaurant & Terrace: Call 6305 6982, WhatsApp 9144 7124 or email latitude.sc@one15marina.com. WOK°15 Kitchen: Call 6305 6998, WhatsApp 8500 1015 or email wok15.sc@one15marina.com. Boaters Bar: WhatsApp 9849 0115 or email boatersbar.sc@one15marina.com. All prices are nett unless otherwise stated.

## WOK°15 KITCHEN

### Chinese New Year Goodies

15 January to

28 February 2026

Skip the kitchen stress and savour more family moments with our delectable reunion dinner bundles (available in three options), featuring Prosperity Yu-sheng with Crispy Salmon Skin, Premium Abundance Abalone Pot, Fried Glutinous Rice with Assorted Preserved Meats in Lotus Leaf, Double-boiled Superior Fish Maw & Conpoy Soup, Signature Roasted Pi Pa Duck, and more. No Lunar New Year celebration is complete without the timeless, sweet, tangy and buttery pineapple tarts. For cheese lovers, the newly added Cheese Pineapple Tart with mouthwatering Parmigiano Reggiano is not to be missed.

#### PRICE:

**Bundles (serves up to 10 people): From \$348**

**À la carte dishes: From \$48**

**Pineapple Rolls: From \$26.80**

**Reunion Dinner Set: From \$78**

### Weekend Dim Sum & Canton Brunch Buffet

Friday to Sunday

11am to 2.30pm

Treat yourself and loved ones to our Weekend Dim Sum & Canton Brunch Buffet, featuring a delightful mix of traditional and contemporary Cantonese flavours. Enjoy half a Peking Duck for every four paying guests. Each table is also entitled to a complimentary choice of refreshing flower tea. For a more luxurious affair, top-up \$38+ for free-flow champagne!

**PRICE: \$58+ (Adult), \$29+ (Child, aged 3 to 11 years)**

**Top-up \$38+ for free-flow champagne**



### À La Carte Buffet Dinner

Tuesday to Sunday

6pm to 9pm

Perfect for catch-ups and celebrations, our À La Carte Buffet Dinner offers a delightful dining experience for families and friends. Enjoy half a Peking Duck for every four paying guests. Each table also receives a complimentary live fish dish and a choice of refreshing flower tea.

**PRICE: Tuesday to Friday: \$58+ (Adult), \$29+ (Child, aged 3 to 11 years)**

**Saturday & Sunday: \$68+ (Adult), \$34+ (Child, aged 3 to 11 years)**

### Triple-flavour Seafood Platter

Valid till 28 February 2026

Lunch & Dinner

Choose up to three Chinese-style cooking methods for a personalised feast with this Seafood Platter featuring mud crab (500g), live prawns (250g), live clams, and mussels. It also comes with a chilled appetisers platter, your choice of mantou buns or wok-tossed noodles, and homemade ice lemon tea. Quote "Triple-flavour feast" when booking to enjoy this exclusive offer.

**PRICE: \$88+ per platter (serves up to 3)**

## BOATERS BAR

### Love on the Lava Platter

13 to 15 February 2026

Dinner

Charm your better half with this sizzling surf & turf feast featuring Lobster and Crab Dip served with crispy baguette slices and tortilla chips, Flame-seared Ribeye on lava stone, Tiger Prawn Skewers, and Garlic Butter Scallops. Turn up the heat with our signature cocktail Cupid's Kiss, or top-up for a bottle of sparkling rosé.

Don't forget to pre-order your Valentine's Rose Bouquet and score big on this special night. The first 20 couples to book and confirm their reservation will receive a complimentary Heart-shaped Lava Cake.

**PRICE: \$88+ per platter**

**(serves 2 people)**

**\$118+ per platter with two**

**Cupid's Kiss cocktails**

**(serves 2 people)**

**\$16+ per cocktail**

**\$78+ per bottle of sparkling rosé**

**\$68+ per Valentine's rose bouquet**

### Ladies' Night

Wednesdays, for ladies only

Unwind in style over prosecco and rosé at Boaters Bar with your girlfriends, all while keeping your wallet happy. Enjoy double the goodness at one irresistible price!

**PRICE: 1-for-1 prosecco and rosé**

### Pets Social Night

Thursdays, from 5pm

Pamper your pets with a curated selection of healthy, vet-approved snacks and a puppuccino made with whipped cream and lactose-free milk. Meanwhile, our Yappy Hour (5pm to 8pm) 1-for-1 cocktails, featuring playful creations like Pawgarita, Pawtini, and Tail-Chaser Spritz will kickstart your evening of socialising. Don't forget to capture the moments at our "Pet of the Week" photo zone!

**PRICE: Complimentary puppuccino and free-flow pet treats**

### First Drink Free -

Drink. Relax. Repeat

Friday

Exclusively for Members only, kick-start your weekend with a complimentary half-pint of beer at Boaters Bar as you cheer to TGIF!

**PRICE: Complimentary (U.P. \$12+)**

**Valid for the first half-pint only**

### Thank DJ It's Friday #TDIF

Friday, from 7pm

Swing to the beats of Latin tech house, UK garage, deep house and more as our resident spinner @samiki\_dj turns the floating bar into your new favourite dance floor.

**PRICE: \$16+ (U.P. \$20+)**

**Valid for smoky-themed cocktails only.**



## FITNESS

### Gym Intro Session

#### By appointment only

Familiarise yourself with the gym's facilities and programmes to optimise your workouts. At this introductory session, expert trainers will guide you through the cardio and strength training zones, group fitness studios, and demonstrate proper usage of the workout equipment, techniques as well as form. You will also receive updates on fitness classes, personal training options and upcoming events.

**PRICE: Complimentary**

### New Year, New You! Personal Training Package

Valid till 28 February 2026

Kick-start the year with a healthier you! Stay active and achieve your fitness goals with professional help from a personal trainer, incorporating tailored, effective exercises for optimal results.

**PRICE: \$135 per session**

**\$1,090 for 10 sessions**

**\$1,962 for 20 sessions**

**\$2,616 for 30 sessions**

**All sessions are for 60 minutes.**

### Personal Training for Kids

#### Ongoing

Swap screen time for gym time and keep your kids active, healthy, and having fun! Through engaging and age-appropriate workouts led by expert personal trainers, your little ones will not only improve their fitness, but also develop confidence and lifelong healthy exercise habits.

**PRICE: \$872 for 10 sessions**

**All sessions are for 60 minutes.**

### Pre-NS Conditioning Training

#### Ongoing

Designed for young men preparing for National Service, this fitness programme will prepare them physically and mentally to conquer their pre-enlistee Individual Physical Proficiency Test (IPPT) with ease, while building up their overall strength and stamina.

**PRICE: \$872 for 10 sessions**

**All sessions are for 60 minutes.**

### CrossCore®

#### Ongoing

Strengthen your core muscles and improve your overall posture with CrossCore® routines! With its patented pulley system, CrossCore® targets essential muscles through dynamic, rotational movements to enhance body awareness and motor skills, preparing your body to move more efficiently and safely in daily activities.

**PRICES: \$709 for 10 sessions**

**\$1,090 for 20 sessions**

**\$1,472 for 30 sessions**

**All sessions are for 30 minutes.**

**\$1,090 for 10 sessions**

**\$1,962 for 20 sessions**

**\$2,616 for 30 sessions**

**All sessions are for 60 minutes.**

### Power Plate

#### Ongoing

Whether your goal is to lose weight, gain muscle or simply improve overall health, these Power Plate workouts are designed to add a boost to standard exercises. Using vibration plates, your body is challenged to work harder to maintain stability, increasing your range of motion as you build balance and flexibility.

**PRICE: \$600 for 10 sessions**

**\$1,090 for 20 sessions**

**\$1,472 for 30 sessions**

**All sessions are for 30 minutes.**

### Buddy Training Special

#### Ongoing

Grab a workout buddy and turn your fitness journey into a shared adventure. Cheer each other on and celebrate the small wins together as you work towards your fitness goals.

**PRICE: \$1,308 for 10 sessions**

**\$2,398 for 20 sessions**

**\$3,270 for 30 sessions**

**Including Power Plate:**

**\$1,417 for 10 sessions**

**\$2,616 for 20 sessions**

**\$3,597 for 30 sessions**

**All sessions are for 60 minutes.**

### Boxing

#### Ongoing

Punch out your stress with this fun, energising full-body workout! Combining fitness and stress relief, it boosts cardiovascular health, tones muscles and burns fat all in one session.

**PRICE:**

**\$1,308 for 10 sessions**

**\$2,180 for 20 sessions**

**\$2,834 for 30 sessions**

**All sessions are for 60 minutes.**

### Recovery Room

#### Ongoing, 8am – 10pm

Equipped with an infrared sauna and ice bath, the Recovery Room is a sanctuary for post-workout recovery and holistic wellness.

Alternate between the two to soothe sore muscles, improve blood circulation, and accelerate recovery.

Book your session through the ONE<sup>15</sup> Marina Mobile app.

**PRICE:**

**\$50 per session**

**\$200 for 5 sessions**

**\$350 for 10 sessions**

**\$600 for 20 sessions**

**All sessions are 55 minutes.**

### Judo Class

#### Saturdays

2pm to 2.45pm (ages 4 to 5 years)

3pm to 4pm (ages 6 to 12 years)

4.30pm to 5pm (ages 13 years and above)

Learn practical self-defence skills and improve your flexibility and coordination, while developing mental discipline, concentration and resilience beyond the mat.

Receive a complimentary Dojo bag worth \$50 that comes with a T-shirt and a towel (limited quantity, first-come-first-serve basis).

**PRICE:**

**\$82 per class (Member)**

**\$93 per class (Member's guest)**

**\$273 for 4 classes (Member),**

**\$311 for 4 classes**

**(Member's guest)**



### **Yoga Nidra For Sleep (NEW)**

**Sundays, 5pm to 6pm**

Improve sleep quality and overall well-being with this powerful, guided meditative practice that induces deep physical, mental, and emotional relaxation while keeping your mind gently aware. Through gentle guidance and visualisation, participants are led through different stages of consciousness to release physical tension, quiet the mind, and restore emotional balance. Suitable for all levels.

**PRICE: \$30 (Member)**

**\$40 (Member's guest)**

**1st Trial: \$25**

### **Gentle Yoga**

**Sunset Yoga:**

**Tuesdays, 6.30pm to 7.30pm**

**Yoga Flow Vinyasa:**

**Wednesdays, 10am to 11am**

**Thursday, 7pm to 8pm**

Align and strengthen your body with Sunset Yoga on Tuesdays, combining mindful breathing and meditation. On Wednesdays and Thursdays, join Yoga Vinyasa at the ONE Fitness Centre Studio, flowing through movements that sync breath, rhythm, and fluidity, fostering a deep connection between the mind and body.

**PRICE: \$30 (Member)**

**\$40 (Member's guest)**

**1st Trial: \$25**

### **Pilates Matwork**

**Mondays, 10am to 11am**

Improve mobility and sculpt your core with these strengthening and lengthening Pilates exercises. With consistent mat work targeting your trunk, arms and legs, you will soon notice a leaner, more powerful physique.

**PRICE: \$30 (Member)**

**\$40 (Member's guest)**

**1st Trial: \$25**

### **Pre/Postnatal Pilates**

**Mondays, 11am to 12pm**

Nurture your motherhood journey with our Pre/Postnatal Group Class\*, designed to support you through pregnancy and beyond. Led by a certified instructor, each session includes tailored exercises, breathwork, and pelvic floor awareness to help improve strength, mobility, and overall well-being, along with a safe, nurturing environment to connect with fellow parents. All fitness levels welcome—medical clearance is required for high-risk pregnancies, recent C-sections, or pre-existing conditions.

**PRICES: \$40 (Member)**

**\$50 (Member's guest)**

**1st Trial: \$25**

*\* Prenatal: Generally suitable from the second trimester onward. First-trimester participation is subject to prior experience, current pregnancy condition and doctor's approval. Postnatal: Recommended after 6 weeks postpartum—or 8 to 10 weeks after a C-section—and a postnatal check-up with medical clearance.*

### **Sound Bath & Meditation**

**Mondays, 7pm to 8pm**

Be it you are seeking inner peace, better sleep, or simply a break from daily life, this guided session helps calm the mind, relax the body, and restore your nervous system. Each session begins with gentle meditation, followed by a soothing sound bath of crystal bowls, chimes, and healing instruments.

**PRICE: \$30 (Member)**

**\$40 (Member's guest)**

**1st Trial: \$25**



### **BoxFit**

**Wednesdays, 6.30pm to 7.15pm**

Burn up to 900 calories in this high-octane boxing workout, with fat-burning effects lasting up to 48 hours post-workout. Led by certified trainers, you will perform jabs, hooks and uppercuts in style while building reflexes, flexibility and coordination. Gloves are provided.

**PRICE: \$40 (Member)**

**\$50 (Member's guest)**

### **Sculpt360**

**Thursdays, 8am to 9am**

**Fridays, 10am to 11am**

Sculpt your body with Sculpt360 — a high-energy, full-body conditioning class that blends dumbbells with dynamic, functional movements. Designed to challenge yet welcome every fitness level, each session weaves together strength training, endurance work, and targeted muscle activation.

**PRICE: \$16 (Member)**

**\$22 (Member's guest)**

**1st Trial: \$10**

*For more information on recreation programmes, contact the Recreation department at 6305 6980 or [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). All prices are nett unless otherwise stated.*

### **Chair Workout**

**Fridays, 11am to 12pm**

A fun, supportive session designed for seniors to improve their mobility, balance, flexibility and strength, all with the steady support of a chair for added safety and confidence. Led by a knowledgeable instructor, the class combines simple seated and standing exercises to boost daily mobility, circulation, and enhance overall well-being. It is ideal for seniors who prefer gentle, low-impact exercise and individuals with limited mobility or balance concerns.

**PRICE: \$16 (Member)**

**\$22 (Member's guest)**

### **Jumping@ Fitness Trampoline**

**Saturdays, 11am to 12pm**

**Sundays, 3pm to 4pm**

Enjoy a fun, calorie-burning workout as you jump to the pulse of upbeat music in this dynamic, full-body trampoline class that keeps you bouncing back for more. With the potential to burn up to 700 calories in a single session, Jumping@ is nearly twice as effective as jogging and yet easy on the joints.

**PRICE: \$22 (Member)**

**\$28 (Member's guest)**

**6 Sessions: \$96 (Member)**

**\$108 (Member's guest)**

**Valid for 2 months (Shareable)**



## AQUA

### AquaFIT

Tuesdays, 8.30am to 9.20am

Thursdays, 9.30am – 10.20am

Stay active while escaping the heat with our AquaFIT group fitness class. Held in a 1.2m pool and led by Yvonne Swim School's Head Coach, this low-impact class is perfect for those dealing with joint pain, recovering from injuries, or seeking a safer way to stay active.

**PRICE: \$40 (Member)**

**\$50 (Member's guest)**

### Hydrotherapy

By appointment only

A therapeutic treatment that harnesses the properties of water to alleviate chronic pain, enhance mobility and support rehabilitation after injuries, surgeries, strokes, or strenuous exercise. Suitable for individuals managing chronic conditions such as diabetes, low back pain, stroke, and osteoarthritis.

**PRICE:**

**\$86 (45 minutes)**

**\$109 (60 minutes)**

### Kids' Swim Squad Group Lessons

Tuesdays, 5pm

Saturdays, 8.45am

Designed for children of all ages and skill levels, these structured group lessons are conducted in a safe environment, offering a progressive and supportive learning journey that builds confidence and skills.

**PRICE:**

**\$120 for 4 lessons**

**All lessons are 45 minutes.**

### Babies & Toddlers Group

Swimming Lessons

(aged 6 months to 3 years)

Tuesdays, 4pm

Thursdays, 4.30pm

Saturdays, 9.30am, 10.30am

Start your child's aquatic journey early with our interactive, fun-filled group lessons, designed to build water confidence, develop essential swimming skills, enhance coordination, and foster a lifelong love for the water.

**PRICE:**

**\$120 for 4 lessons**

**All lessons are 30 minutes.**

### Private Swimming Lessons

By appointment only

Train with a private instructor to enhance your swim techniques and achieve your personal goals. From beginners mastering the fundamentals to advanced swimmers honing their techniques, each session is customised to your individual pace and ability.

**PRICE:**

**Private Lesson For 1 Swimmer:  
\$70 (Beginner; 30-minute lesson)**

**\$80 (Intermediate;**

**45-minute lesson)**

**\$90 (Advanced;**

**60-minute lesson)**

### Semi-Private Lesson

For 2 Swimmers:

**\$45 per person (Beginner;**

**30-minute lesson)**

**\$50 per person (Intermediate;**

**45-minute lesson)**

**\$55 per person (Advanced;**

**60-minute lesson)**



## TENNIS

### Cardio Tennis Drills

Group Lessons

(Intermediate/Advanced)

Mondays, 8am to 9.30am

Fridays, 7pm to 8.30pm

(Intermediate);

Mondays, 7.30pm to 9pm

(Advanced)

Elevate your game with structured practice exercises that enhance timing, hand-eye coordination, and precise racquet-handling as you move with confidence and accuracy across the court.

**PRICE: \$71 per player**

### Intro to Tennis Group Lessons

Wednesdays, 8am to 9.30am

Fridays, 7pm to 8.30pm

A beginner-friendly class that covers the fundamentals of tennis, this group session offers you the chance to learn essential skills, practice basic strokes, and gain confidence on the court in a supportive, fun environment.

**PRICE: \$71 per player**

### Private Tennis Lessons

Ongoing

Hone your tennis skills with customised lessons structured to refine your strokes and techniques, develop game strategy, and elevate your overall game. With focused, one-on-one attention from your personal coach, you will experience swift progress.

#### Head Coach

**\$109 for 1 player**

**\$60 per player for 2 players**

#### Associate Director of Tennis

**\$131 for 1 player**

**\$71 per player for 2 players**

#### Director of Tennis

**\$142 for 1 player**

**\$77 per player for 2 players**

#### Group Lessons

**\$50 per player for 4 to 6 players**

For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com.

All prices are nett unless otherwise stated.

## PICKLEBALL

### Junior Pickleball Group Lessons

Tuesdays, 6pm to 7pm

Saturdays, 3pm to 4pm

Designed for children aged 7 to 12 years, our pickleball junior programme is a fun, engaging way for young players to develop key skills, such as forehand, backhand, serve, and volley, while also learning essential tactics and strategy on the court. Group lessons also help to instil the value of sportsmanship and teamwork.

**PRICES: \$44 (Member)**

**\$55 (Member's guest)**

### Adult Pickleball Group Lessons

Tuesdays, 7pm to 8pm

Saturdays, 4pm to 5pm

Boost your pickleball skills and have fun on the court with group sessions guided by professional coaches. Suitable for players of all ages and skill levels, these sessions are conducted in a supportive environment where you can sharpen your skills, and enjoy a fun, low-impact workout that keeps you active and engaged.

**PRICES: \$50 (Member)**

**\$65 (Member's guest)**

### Private Pickleball Lessons

Ongoing

Receive one-on-one attention from experienced coaches with customised lessons to refine your strokes, improve accuracy, and elevate your overall performance. Suitable for families and kids.

**PRICES: \$142 for 1 player**

**\$175 for 2 players**

**\$197 for 3 players**

**\$218 for 4 players**

**All sessions are 60 minutes each.**

**\$213 for 1 player**

**\$256 for 2 players**

**\$296 for 3 players**

**\$327 for 4 players**

**All sessions are 90 minutes each.**

## SAILING

### Powered Pleasure Craft Driving

License (PPCDL) Course

Saturdays and Sundays,

9am to 5pm

Pilot a powerboat with confidence and master essential navigation skills at sea in this comprehensive course. Upon completion, you will receive a Certificate of Attendance which is mandatory for the PPCDL test conducted by Singapore Maritime Academy.

**PRICES:**

**\$306 per trainee (Member)/**

**\$382 per trainee**

**(Member's guest)**

**15% off Member price**

**(Member's birthday month)**

## DIVING

### Discover Scuba

Ongoing

Get a comprehensive overview of what is required to make the plunge safely with this introductory scuba diving course by White Manta Diving. Suitable for ages 10 and up. Lesson is conducted at ONE\*15 Marina – P berth.

**PRICES: \$135 (Member)**

**\$162 (Member's guest)**

### Diving Refresher Course

Ongoing

Already certified as a diver but need a refresher? Revisit essential diving skills like mask work, buoyancy, and finning in this supportive course designed to help you regain comfort and confidence underwater for your next adventure.

**PRICES: \$340 (Member)**

**\$399 (Member's guest)**

## OTHERS

### Lock in a Deal: 3 Months on Us

Valid till 31 December 2026

Renting a locker for the first time?

Enjoy three additional months for free when you pay upfront for a year.

That means you get 15 months of storage for the price of 12.

**PRICES:**

**\$120 (Small; U.P. \$150)**

**\$240 (Medium; U.P. \$300)**

**\$360 (Large; U.P. \$450)**

To book your stay, contact Front Office at 6305 6988 or [frontdesk.sc@one15marina.com](mailto:frontdesk.sc@one15marina.com) with your preferred dates of stay. For more information on recreation programmes, contact the Recreation department at 6305 6980 or [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com). All prices are nett unless otherwise stated.

## ACCOMMODATION

### Romantic Staycation

13 & 14 February 2026

Celebrate this Valentine's Day with a romantic getaway in one of our beautiful Marina View rooms. Create cherished moments together as you soak in the spectacular views while enjoying complimentary champagne. This promotion also includes \$100 worth of F&B credits and late checkout option till 1pm.

**PRICE: \$419+**

**for Hillview room only**

### 1N Family Funcation:

**Kids Stay and Dine Free**

Valid till 31 December 2026

Enjoy a luxurious staycation at ONE\*15 Marina with this family-friendly deal! Kids get complimentary lunches and dinners from the Children's Menu at Latitude Restaurant & Terrace (dine-in only). Plus, late check-out at 2pm means you can get some extra sleep or have a morning swim before you leave.

**PRICE: \$399+ (U.P. \$494+)**

**for Hillview room only**

\*Not applicable for eve of public holidays, public holidays and blackout dates as determined by the Club, and is subject to availability.





**MEMBERS' SOCIAL NIGHT**

**Date:** Friday, 16 January 2026  
**Time:** 7pm to 9pm\*  
**Venue:** WOK\*15 Kitchen  
**Price:** Complimentary  
 (Members only)

One of the key benefits of Club membership is the opportunity to be part of a vibrant community, and this event is tuned to do just that. Get to know your fellow Members, network, build partnerships and foster friendships. Enjoy free-flow food and drinks as you mingle, reconnect with familiar faces and meet new Members. It's the perfect chance to unwind, socialise and enjoy a cosy evening together. *RSVP by 5 January to [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*  
 \*Registration starts from 6.30pm



**RESET & RELEASE WITH 9D BREATHWORK**

**Date:** Sunday, 25 January;  
 Saturday, 14 February 2026  
**Time:** 10am to 12pm  
**Venue:** ONE Fitness Centre  
**Price:** \$88 (Member)  
 \$99 (Member's guest)

Get ready for a journey into healing, awareness and transformation through 9D Breathwork's methodology, which combines conscious breathing techniques, immersive soundscapes and vibrational frequencies. Sally Shoult of 9D Breathwork will guide you into a meditative state in this layered breathwork experience that incorporates nine elements, to reset and realign body, mind and emotions. Pillows will be provided, although it is recommended to bring your own; wear comfortable clothes and ensure at least a four-hour interval after a heavy meal. Unsuitable for those with heart or respiratory conditions and pregnant women. *RSVP a week before the event to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**MAHJONG & MINGLE**

**Date:** Saturday,  
 24 January 2026  
**Time:** 2pm to 6pm  
**Venue:** Bar Nebula  
**Price:** \$38 (Member)  
 \$48 (Member's guest)

Get ready for the Chinese New Year with a fun introduction to mahjong. Pick up the basics, enjoy guided hands-on practice, and savour a selection of delightful dim sum as you play. Perfect for first-timers. *RSVP by 16 January to [marketing.sc@one15marina.com](mailto:marketing.sc@one15marina.com)*

All prices are nett unless otherwise stated.



**WINE OF THE WORLD  
EXPLORATION SERIES - FRANCE**

**Date:** Thursday, 29 January 2026

**Time:** 7pm to 9pm\*

**Venue:** Bar Nebula

**Price:** \$58 (Member)

\$70 (Member's guest)

Immerse yourself in an elegant wine journey through France's most iconic regions—from the sparkle of Champagne and the bold depth of Bordeaux to the finesse of Burgundy and the vibrance of the Rhône Valley. Discover the crisp whites of the Loire and the signature rosés of Provence in a tasting curated to delight every palate. Join us for an evening of exceptional wines, expert insights, and immersive flavours—crafted for true wine lovers. *RSVP by 19 January to [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*

\*Registration starts from 6.30pm



**BREATHWORK &  
ICE BATH WORKSHOP**

**Date:** Friday, 30 January;  
Saturday, 14 February 2026

**Time:** 6pm, 7pm and 8pm  
(January); 9.30am, 10.30am  
and 11.30am (February)

**Venue:** ONE Fitness Centre

**Price:** \$90 for 2 persons  
(Members only)

Take part in a restorative session designed for two, combining intentional breathwork with a refreshing ice bath experience. Personalised guidance will be provided throughout, along with complimentary access to enjoy on another day—worth \$50. Each session is for 30 minutes. *RSVP a week before the session to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*





**TENNIS CAMP**

**Date:** Monday to Friday,  
26 to 30 January 2026  
**Time:** 8am to 10am (5 to 9 years)  
10am to 12pm (10 to 12 years)  
**Venue:** Tennis Court  
**Price:** \$310 (Member)  
\$390 (Member's guest)

A tennis camp is the perfect way for young players to develop their skills and build confidence while having fun. Conducted by the experienced coaches of Olaso Tennis Academy, this camp guides children through the fundamentals of tennis—the forehand, backhand, serve and volley—along with proper footwork and simple strategy to improve their overall gameplay. The programme concludes with a friendly mini tournament to encourage teamwork and good sportsmanship. Each participant will receive a certificate upon completion. *RSVP by 19 January to recreation.sc@one15marina.com*



**MEMBERS' CNY DINNER**

**Date:** Tuesday, 10 February 2026  
**Time:** 7pm to 10pm\*  
**Venue:** Constellation Ballroom  
**Price:** \$86 (Member)  
\$106 (Member's Guest)  
Table Rate: \$848 for a table of 10

Early bird (by 16 January):  
\$78 (Member)  
\$98 (Member's Guest)  
Table Rate: \$748 for a table of 10

Usher in the Year of the Horse with a vibrant celebration, complete with a lavish eight-course Chinese dinner, including the Prosperity Yu-sheng. Guests will be greeted by the God of Fortune Mascot and regaled with an LED Lion Dance Performance during opening. Engaging games and a grand lucky draw that will heighten the prosperity quotient are just some of the highlights Members can look forward to. And don't forget to come in your best-dressed outfit—an award awaits the winner. *RSVP by 25 January to membership.sc@one15marina.com*  
\*Registration starts from 6pm



**SB20 FUN RACE**

**Date:** Saturday, 7 February 2026  
**Time:** 1.30pm  
**Venue:** ONE<sup>15</sup> Marina  
Sentosa Cove  
**Price:** \$28 (Members only)

This exclusive Members-only annual event offers a close-up experience of Singapore's local boating scene, organised in partnership with the Singapore SB20 Association. Members will learn the basic rules and techniques of sailing, then put their new skills to the test on a fun joy ride around the island. *RSVP by 26 January to membership.sc@one15marina.com*  
\*Registration starts from 12.30pm





**ONE\*15 CNY SPRING FESTIVAL WELCOME WITH HIGH POLE LION DANCE**

**Date:** 22 February 2026  
**Time:** 11am to 11.15am  
**Venue:** ONE\*15 Marina Sentosa Cove  
**Price:** Complimentary

Usher in the Lunar New Year with an auspicious High Pole Lion Dance performance. Join your fellow Members as we welcome prosperity and a vibrant year ahead.



**TENNIS DOUBLES TOURNAMENT**

**Date:** 23 February to 30 April 2026  
**Time:** 7pm to 9pm  
**Venue:** Tennis Court  
**Price:** \$30 (Member)  
\$50 (Member's guest)

Get your adrenaline pumping at our annual Tennis Doubles Tournament, open exclusively to Members. The tournament follows a knockout format, with matches played as best of three tiebreak sets (with the third set decided by a super tiebreak to 10 points). Compete for the top spots and stand a chance to win trophies and F&B cash vouchers of \$150 for first and \$100 for second place, respectively, in both the Men's and Women's categories. May the best pair take home the win. *RSVP by 15 February to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**DIALOGUE WITH ONE\*15: A BOATER'S VOYAGE**

**Date:** 25 February 2026  
**Time:** 7pm to 9pm  
**Venue:** innerCove  
**Price:** Complimentary (Member), \$18 (Member's guest)

Join Members John Ramsden and Sharon Ee as they reflect on their dream voyage from England to Singapore aboard *Sofa So Good*—a journey that carried them across the Atlantic and Pacific Oceans and through 15 countries. They couple will share insights into the challenges and rewards of blue-water cruising, from preparing their yacht and charting their route to navigating the daily rhythms and realities of life at sea. *RSVP by 15 February to [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com)*





**PICKLEBALL SOCIAL NIGHT**

**Date:** Thursday  
**Time:** 7pm to 9pm  
**Venue:** Pickleball Court  
**Price:** Complimentary (Members only)

Calling all pickleball enthusiasts! Join us for a fun and friendly evening at Pickleball Social Night, where you can meet new people, enjoy casual play and test your skills on the court in a relaxed atmosphere. There are no coaches—this is a social session hosted by a Member, created simply for everyone to enjoy the game together. Bring your energy and your paddle, and come ready to play. *RSVP one week before the event to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



**TENNIS SOCIAL NIGHT**

**Date:** Wednesdays  
**Time:** 7pm to 9pm  
**Venue:** Tennis Court  
**Price:** Complimentary (Members only)

Join us for an evening of doubles matches where you can meet new people, enhance your skills, and simply have fun on the court. The focus is on camaraderie and community—play at your own pace, connect with fellow Members, and enjoy the spirit of the game in a casual, non-competitive setting. Bring your own tennis racquet, balls, and water bottle. There are no coaches present; this is a tennis social organised by Members, for Members. *RSVP one week before the event to [recreation.sc@one15marina.com](mailto:recreation.sc@one15marina.com)*



All prices are nett unless otherwise stated.

# KEEPING THE MOMENTUM

WE CONCLUDED A MEMBERS' SURVEY IN OCTOBER 2025, AND HERE'S WHAT THE 290 RESPONDENTS HAD TO SAY ABOUT OUR SERVICES AND RECENT ENHANCEMENTS—PLUS A LOOK AT WHAT WE'VE PLANNED FOR THE FUTURE.



## Boaters Bar Reimagined

The bar's refreshed modern grill concept—featuring hot stone grills and elevated bar bites—has been well received for its fresh, vibrant energy. Members have also welcomed the enhanced ambience, from upgraded furnishings and a modernised logo to a relaxed sunset-chill identity that perfectly captures the bar's unique waterfront allure.



## ONE Fitness Centre Renovation

The complete revamp of ONE Fitness Centre was one of the year's biggest highlights. Members appreciated its upgraded layout, the new equipment, and the introduction of the Studio and Recovery Room.

## Latitude Restaurant & Terrace Renovation

The restaurant reopened in early 2025 with a complete rebranding and redesign. Members have praised the transformation—citing elevated ambience, improved service, and a dining experience that feels both renewed and familiar.

### WE HEAR YOU

SOME MEMBERS' WISHES WHICH WE HOPE TO HONOUR AND BRING TO LIFE.

"I like the newly redesigned Latitude Restaurant & Terrace; it looks and feels better. Perhaps the Marina View and Hill View rooms could also be renovated and redesigned."

"I've been really impressed by the makeover the Club has done over the last 12 to 18 months, in particular the recent upgrade of the gym and Latitude. It has improved the overall experience quite a bit, thank you."

"Add a fishing corner for enthusiasts, free gymming/Pilates workshops and lessons, and include an F&B option at the pool."

## Horizons Ahead

WE'VE HEARD YOUR FEEDBACK AND ARE TAKING ACTIVE STEPS TO MAKE YOUR ONE~15 EXPERIENCE EVEN BETTER.

### Enhanced Member Privileges

You asked for more value and recognition—we're introducing new perks, exclusive privileges and loyalty benefits to reward engagement and elevate your membership. *(Read advertisement opposite page 1 for details.)*

### Expanded Events Calendar

Members expressed a desire for more variety and connection. Expect an exciting line-up of social, lifestyle and family-oriented events that bring our community closer together. *(Read pages 46 and 47 for details.)*

### Clubhouse & Marina Upgrades

We're continuing to refresh our spaces with you in mind. Further clubhouse and marina enhancements are in progress to improve comfort, accessibility and ambience. *(Stay tuned for exciting updates in the months ahead.)*



# 18<sup>th</sup> Anniversary Eco Weekend

From 5 to 7 September, the Club marked its 18<sup>th</sup> anniversary with a weekend of experiences across multiple venues—celebrating cuisine, sustainability and well-being. The weekend began with From Garden to Table: A Chef's Tasting Experience at AIR CCCC, where Members gathered at Dempsey to enjoy a seven-course tasting menu inspired by the season's harvest. Signature dishes included Tiger Prawns Bakar, Purple Potato Flatbread, Charred Spanish Mackerel, and more. The communal dining set-up created a warm, open atmosphere—making it easy for guests to mingle and spark new conversations. Members were also given a preview and private tour of AIR CCCC's garden and fermentation room.

The celebration moved up East the next day for the annual ONE<sup>15</sup> Clean Up, in collaboration with Blue Water Edufest. More than 20kg of waste—from tar balls caused by oil spills to styrofoam, plastic straws and more—was collected. It was heartening to see the enthusiastic participation of 30 people for the clean up—it truly showed our Club's commitment to keeping our environment healthy.

The 6<sup>th</sup> of September was also an indulgent affair for those who participated in the Espresso Your Glow: Coffee Grounds Scrub Workshop at the Club's NOVA Room. Not just a beauty-focused event, participants



gathered insights on Singapore's coffee culture and ways and means of recycling used coffee grounds, alongside the benefits of a coffee scrub on skin. After the theory session, attendees started the hands-on experience to create their own scrub using used coffee grounds, brown sugar and essential oils.



On 7 September, with Pesto Party Time outside Latitude Restaurant & Terrace, Coral Garden Tour and Sundown Pool Party at the Infinity Pool, it was a day jam-packed with food, sustainability and fun. The former was a tasting workshop where Members sampled three flavours of pesto: sunflower seed, pistachio and pine nut. These were paired with mozzarella cheese balls, crackers, cherry tomatoes, cucumber, and bread. The tour of the ONE<sup>15</sup> Coral Garden imbued the anniversary celebrations with hope, gratitude and renewed purpose.



The celebrations came to a delightful high at the Infinity Pool, complete with a live DJ set—fully powered by solar energy—a curated poolside barbecue and games. There were several games around the pool such as giant yard pong, cornhole and Collect The Trash—for which the wading pool was filled with plastic bottles and cans. It was another lesson on the importance of conserving our oceans from plastic pollution, with prizes to be won for those who collected the most within 10 seconds. Members also enjoyed the curated Grill & BBQ menu featuring sustainably sourced Barramundi Fillet, Charred King Prawns and BBQ Baby Back Ribs as well as classic favourites like hot dogs, snacks, candy floss, and popcorn capped the weekend's events.

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## Secure Your Legacy: The Importance of Estate Planning for Peace of Mind

On 18 September, Members gathered at innerCove gained insight on estate planning and legacy building. It was organised by VIGNE Group, along with Bernard Ezekiel Chung, Partner at Balkenende Chew & Chia—who shared his personal journey in the aspect to emphasise the

importance of legacy planning—it’s about fostering family unity, well-being and shared values across generations, he insisted. His presentation broke it down to essential planning tools, including Wills, Trusts, LPAs, ACPs, and AMDs, along with real-life case studies that highlighted the risks of financial abuse and the importance of safeguards. One key highlight for the thoroughly engaged Members was Bernard’s introduction of a holistic wealth framework. It expanded the definition of family wealth to include human, intellectual, social, spiritual, and financial capital—which, in simple terms, encourages open communication between family members for proactive generational planning.

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## Kids’ Mini Rainbow Snow Skin Mooncake Workshop

The afternoon of 21 September was dedicated to mooncakes—where children got to weigh, measure and assemble their own mini snow skin mooncakes. The event took place at Bar Nebula, which took on an atmosphere of fun, creativity and parent-child bonding. Aside from learning the technical aspects of the delicacy, participants also got to choose the



flavours and colours they would incorporate in their creations. It’s no-brainer that the popular picks were chocolate chips, jellybeans and raisins. The venue was filled with peals of excited laughter as children showed off their creations to each other. It was a proud moment for the parents as well to have created something while spending meaningful time with their little ones.

## Nature Photography: Tips for Every Click

Nature photography calls for a special skills set: patience, observation, and a deep sensitivity to the natural world. On 26 September, participants gathered at innerCove got to learn firsthand from two passionate photographers Dr Ren Lim and William Tan on how to cultivate these attributes and take their photographs of nature to the next level. From the essential equipment needed—lenses, filters, tripods, underwater housing, ports, and strobes—and practical accessories for transporting and storing gear during overseas photography trips, to recommended camera settings and tools for various shooting conditions, the session covered all, enriched with engaging travel anecdotes. The presenters’ experiences such as photographing a mother-and-calf whale and ice diving—among other underwater and nature adventures across diverse destinations—kept the audience enthralled. A particularly memorable highlight was their joint expedition to Fuvahmulah in the Maldives, where they photographed sharks. Members found tips such as shutter speed manipulation to capture images in movement and technical advice on optimal functions and settings for photographing fast-moving animals especially insightful. They also appreciated the fact that

the session covered one of the most important aspects of nature photography: Respect for the environment and wildlife. The active participation by Members during the Q&A session was a sign of the success of the event.



## OktoberScream – Costume, Craft Beer & Chaos

Boaters Bar embraced the festive spirit on 11 October for its Oktoberfest celebration, complete with a Bavarian-themed setting of blue-and-white décor, beer barrels and themed staff attire. Guests enjoyed a German-inspired buffet featuring bratwurst, pretzels and pork knuckle, while musical band Swiss Alpine Lions kept the atmosphere lively with traditional Oktoberfest music. The band’s leader Marcel Barenfaller invited guests to play the Alphorn, a traditional Alpine wind instrument, while a playful *Yam Seng*—“drink to victory” in Cantonese—toast added a fun local twist. Two German guests even joined the band in singing folk classics, heightening the authentic atmosphere. Members and guests were in full praise of both the food and the atmosphere—with some even cheering from their benches and joining the band in song. A suggestion for next year was to host the event earlier to better align with Singapore’s broader Oktoberfest season.



## Resilient Investing in Asia through Low Volatility Equity Strategies

On 2 October, innerCove was the venue for yet another engaging session that offered valuable insights into the current global investment landscape, with equities in Korea, Emerging Europe and Latin America leading performance year-to-date. The session also highlighted how metaphysical frameworks—such as numerology and astro-financial cycles—are gaining quiet traction among certain investor circles. These approaches are being explored as alternative lenses for interpreting market sentiment and timing, complementing rather than replacing traditional financial analysis.

Members were encouraged to remain open to holistic perspectives, integrating intuition and pattern-recognition with data-driven rigour. Overall, the outlook emphasised that Asia, with its strategic positioning and evolving economic landscape, presents strong long-term investment potential—with global monetary easing underway and the US dollar showing signs of softening.



## Liquid Gold: Navigating The World of Rare Whiskies and Collectibles

On 15 October, a small group of whisky enthusiasts joined a cosy whisky appreciation evening at innerCove. Certified whisky ambassador and collector Samir Dixit, the speaker for the evening, shared how whisky has grown from a personal indulgence into a collectible asset. He also offered insights into the global rise of whisky culture, including Asia's growing presence among high-end collectors, the revival of heritage distilleries, and the evolution of bottle forms. Fun facts such as how older whisky bottles came with a cup that cowboys used to drink from, were especially intriguing. Samir led them through tastings of four whiskies from Old Kempton Distillery: The Old Stables Small Cask Matured, Single Cask Tawny Double Distilled, Solera Cask Single Malt, and The Coachhouse Cask Strength. Single-plated canapés complemented the tasting, and guests enjoyed them while networking with fellow whisky enthusiasts. Samir's depth of knowledge and the enriching yet informal atmosphere were appreciated by all.



## Chills & Thrills by the Pool with Movie Screening

The Club's Halloween pool party, held on 26 October at the Infinity Pool, drew 77 participants and set a fun, festive tone from the start—with wristbands for all attendees and themed goodie bags for the children upon registration. There were inflatable pool floats for both kids and adults, along with upbeat DJ music that kept the atmosphere lively. A Halloween-themed kids' buffet took place in the Children's Playroom, followed by a crowd-favourite foam party on the grass patch, where both children and adults joined in the fun. As evening fell, pool floats were arranged for an outdoor movie screening of *KPop Demon Hunters*, which concluded the event on a relaxed note. Participants praised the smooth organisation, delicious food and vibrant decorations, with many highlighting the foam party, popcorn and cotton candy stations, and the thoughtful door gifts as standout touches.

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## Kids' Halloween Cupcake Decorating Workshop

Bar Nebula came alive on 26 October for a hands-on Halloween-themed cupcake decorating workshop. Guided by Pastry Chef Nam, the children learned basic frosting and piping techniques to turn their cupcakes into creative Halloween-themed treats. Their enthusiasm and imagination shone through, making the session both engaging and memorable. Each child proudly brought home their own mummy-themed cupcakes—along with frosting-covered fingers and big smiles. We look forward to whipping up more such sweet memories at future workshops.





# JAN-DEC 2026

## JANUARY

- 16 Members' Social Night
- 24 Mahjong & Mingle
- 29 Wine of the World Exploration Series – France
- 29-1 FEB SB20 Asia Pacific Championships

## FEBRUARY

- 7 ON SAIL
- 7 SB20 Fun Race
- 10 Members' CNY Dinner
- 22 ONE<sup>®</sup>15 CNY Spring Festival Welcome with High Pole Lion Dance
- 23 Tennis Doubles Tournament
- 25 Dialogue with ONE<sup>®</sup>15: A Boater's Voyage
- 28 Nirup Convoy

## MARCH

- 5 Members' Sunset Sail
- 10 International Women's Day Dialogue
- 14 Sundown Wellness Party
- 26 Wine of the World Exploration Series – Italy
- 28 Pulau Ubin Convoy

## APRIL

- 2 Members' Social Night
- 5 Easter Day Brunch & Pool Party
- 11 National Pet Day
- 23-26 Singapore Yachting Festival

## MAY

- 1 ONE°15 Swim Meet
- 8 Pearl Appreciation Workshop - Mother's Day Celebration
- 15 New Members' Night
- 16 ON SAIL
- 21 Wine of the World Exploration Series - Spain
- 23-24 Tennis Junior Tournament

## JUNE

- 13 Father's Day by Leica
- 20 Pets Day Out

## JULY

- 2 Durian Fiesta
- 17 Members' Social Night
- 23 Members' Sunset Sail
- 30 Wine of the World Exploration Series - US

## AUGUST

- 9 ON SAIL: National Day Edition

## SEPTEMBER

- 1 Tennis Singles Tournament
- 12 Pawfest
- 24 Wine of the World Exploration Series - Australia
- tba 19<sup>th</sup> Anniversary Celebration

## OCTOBER

- 23 Members' Social Night
- tba Oktoberfest

## NOVEMBER

- 5 Members' Sunset Sail
- 19 New Members' Night
- 21 Pickleball Tournament
- 26 Wine of the World Exploration Series - China
- tba Boat Light Parade
- tba Christmas ONEderland

## DECEMBER

- 31 Countdown Party

All events and promotions are subject to change or cancellation due to unforeseen circumstances. For timely updates, please refer to the Club's event calendar at [one15marina.com/memberships/events/](http://one15marina.com/memberships/events/)



# THE WORLD AT YOUR FINGERTIPS

As a Member of ONE°15 Marina Sentosa Cove, your privileges extend beyond our premises. The Club has partnered with a top-tier selection of the world's best marinas, yacht, golf and city clubs to enable our Members to access their facilities.



To visit our **Affiliate/Reciprocal Clubs**, please bring along your Membership card. Those visiting the Chinese Swimming Club will also need to obtain a letter of introduction from the **Membership Department at 6305 6988** or [membership.sc@one15marina.com](mailto:membership.sc@one15marina.com). To view the access period and terms of our Affiliate/Reciprocal Clubs, visit [one15marina.com](http://one15marina.com) and log in to Membership.

Clubs on the **International Associate Clubs (IAC)** list also offer reciprocal rights and privileges to our Members. To visit these clubs, please arrange for your International Associate Clubs (IAC) visitor card from the Membership Department.

View the IAC list here:





# FEAST OF THE GOLDEN STALLION

15 JANUARY – 28 FEBRUARY 2026

Gallop into a year of abundance with a festive feast to take home that brings tradition, togetherness, and the promise of prosperity to every reunion table.



## ORDER NOW

*The Chinese New Year take-home collection is available from 15 January to 28 February 2026. Collections are from WOK°15 Kitchen. While stocks last.*





# SINGAPORE YACHTING FESTIVAL

23 – 26 APRIL 2026  
ONE°15 Marina Sentosa Cove

## Your Voyage Begins Here.

Immerse yourself in Asia's premier celebration of the yachting lifestyle. Experience more than 70 vessels and 200 brands up close, water toy showcases, luxury lifestyle experiences, a buzzing festival market, and vibrant social lounges. Discover adventure, elegance, and inspiration at the heart of Asia's yachting scene.

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