

Life



The Club
Mumbai

@The Club

JULY-AUGUST-SEPTEMBER 2017



Chairman - Dinesh Khanna

Director - Nishi Khanna

President & COO - Tushar Khanna

General Manager & Vice President - Operations - Rakesh Gurung

Vice President - Sales and Marketing - Sarina Menezes

Vice President (Finance) - Hemanshu Joshi

Food & Beverage Manager - Sandeep Sabharwal

Executive Chef - Atish Saxena

Executive Housekeeper - Kajal Kotak

Executive Publisher -
Maneck Davar
Spenta Multimedia

Sr. Vice President
Bobby Daniel

Editorial
Aliya Ladhachoy

Sr. Graphic Designer
Bharti Khule

Digital Imaging
Vikas Padloskar

**Marketing
Group Vice-President**
Geetu Rai
080 25534105
Chandan Kumar
97695 95845

Gujarat
Sanjay Chawda
98240 43072

Published by Spenta Multimedia on behalf of
The Club.

For advertising queries and bookings call:
022 24811023.

Also visit www.theclubmumbai.com
The Club Mumbai,
197 D N Nagar, Andheri (W),
Mumbai 400 053
Tel: 022 6117777

BOARD OF ADVISORS AT THE CLUB

Farzana Contractor	Kirit Damania
Rashmi Uday Singh	Anil Harish
Sabira Merchant	K. N. Gandhi
Meka Rajyalaxmi Rao	Sandip Shah
Ranjan Kapoor	Subhash K. D. Ghai
Sunil K. Alagh	Rajpal Singh Chowdhury
Asif Adil	Ajit G. Khimji
Nana Chudasama	Gary Harilela
Udyan Bose	A. K. Bhalla
K. K. Nohria	Sharad Patel
Ghanshyam Sheth	Ben Trivedi

Dear Member,

The monsoons are back and so are a plethora of activities that you can always engage in at The Club!

Our chefs are keen to present you with our new menu at By The Waterside so please do visit for a whole new dining experience with your family and friends. Our impeccable catering services and a wide array of banquet facilities makes The Club an ideal venue for corporate events. Our member Shantha Vellury shares her experience of hosting personal as well as learning and development events at The Club.

Antara Spa surprises you this season with their Flower Power spa treatment. Our member, Gauri Pradhan was the first to experience the relaxing effect of fragrant oils extracted from jasmine, orchid, lily and basil.

Children now have lots to do indoors at The Club with a range of art and craft activities, storytelling sessions, baking workshops, magic shows and a host of entertaining activities. We have also got retro music and comedy nights for the adults.

So stay healthy, active and entertained at The Club!

THE MANAGEMENT

CONTENTS

04 MY STORY

Arunaraje Patil launches
her book Freedom:
My Story at The Club.

18 READING CIRCLE

A calendar full of creative
activities and entertaining acts.

06 COVER STORY

Shantha Vallury on hosting
personal and corporate events
at The Club.

23 LITTLE IVY

New brands, new offerings.

24 HEALTH ZONE

Our personal trainers

08 ANADA WINE CLUB

Entertaining evenings
with wine.

24 MEMBER PROFILE

Orthopaedic surgeon Dr. Niraj
Vora shares his passion for
adventure sports.

10 ANTARA SPA

Flower Power therapy.

30 HOLIDAY DESTINATION

Vivanta by Taj Bekal, Kerala

11 OUR SALON

Indulge in some 'me' time.

32 TRAVEL

Nysa Agrawal on her trip to
Finland.

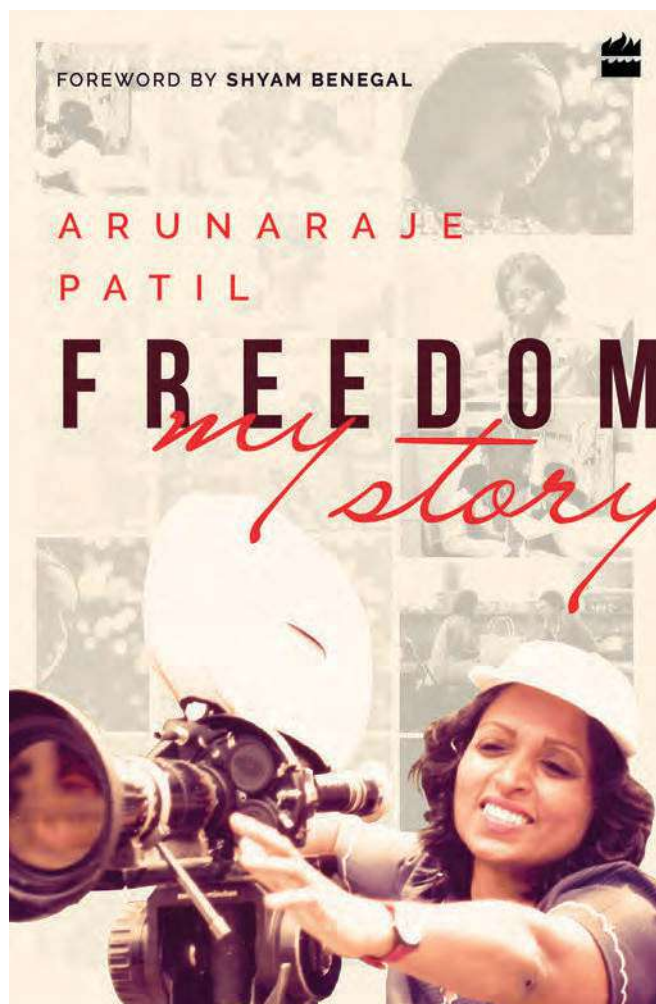
12 GOURMET

New dining experiences at
our restaurants.

34 PHOTO GALLERY



MY STORY



Growing up in a new independent India, there was a sense of freedom especially because my father was a freedom fighter and my mother was the epitome of freedom as she lived her life on her own terms. The way we were brought up, freedom seemed like such a natural thing. It was only when I came in touch with the outside world as a young adult, that I realised that freedom could not be taken for granted.

It took me several years to carve out a space for myself and what I stood for in the male dominated film industry which had no space for women other than female actors and hairdressers. I charted my own course never losing sight of what I wanted to accomplish – the freedom to be myself, the freedom to express myself the way I wanted, freedom to make the films I wanted to make and the way I wanted to make them, freedom to think, freedom to have the lifestyle of my choice and so on.

I had many personal and professional struggles but I always found a way to surmount them except the one time in my life when I lost my nine-year old daughter to cancer and my husband

to my friend all at the same time. But even then, I rose from the ashes like a phoenix and moved on to make a new life.

My book *Freedom: My Story* has been a chronicle of my life lived with almost no compromise – making films, empowering people, fighting for women's rights, teaching film-making, and of transformation.

Once my copy was edited and the book had gone for publishing, my search for a venue to host a formal book launch began. I recently shifted to the suburbs after living in South Mumbai all my life. I thought of all the possible places where I could release my book. As a film-maker, I am quite particular about how I want things done and I found exactly what I was looking for in The Club.



We held a launch for about 120 guests at The Club's Colonial Hall. All the arrangements were impeccable. After consulting editor Sathya Saran's introduction of my book, Rajeshwari Sachdev, Naseeruddin Shah and I read some excerpts from the book in pin drop silence except for titters in the humorous bits. Naseeruddin and Hema Malini, whom I have been associated with for over 30 years, shared their experiences. Hema Malini had the audience in splits as she regaled them with the experience of working in my film *Rihaae* thirty years ago. Ramesh Sippy, too, shared some anecdotes.

Once the book was officially released, the copies went as fast as the delicious high tea and snacks that were served. I sat for what seemed like hours signing all the books my friends had so generously bought. There was so much love and energy in the room that everyone went away satisfied and satiated. It was fulfilling to say the least given the feedback that I got in the weeks that followed that the book was both engaging and inspiring! ❖

THE CLUB BANQUETS: *Your Preferred Venue*

The Club Banquets is the perfect venue for your special occasions as well as for your corporate needs. Our expertise in hosting events ensures that your idea becomes a reality at The Club.



Events at The Club Banquets are nothing less than flawless. Whether it is a board meeting, sales presentation meet, product launches, strategy & implementation meetings, town-hall meetings, AGMs, learning & development / training sessions, corporate dinners, team-building exercises, quarterly results, or just a platform to share your business influencing factors, or for that matter even social functions, The Club's banquet facilities are an ideal venue for hosting your event.

The banquet spaces at The Club can

comfortably accommodate 10 to 1,000 guests. The team at The Club ensures that your vision for the event is successfully made into reality and offers a one-stop, hassle-free experience. We align ourselves with your vision and even help you connect with professional decorators and event planners to ensure that your event is a success and comes out just the way you dreamt it to be.

Shantha Vallury, our member and Associate President & Head HR – Learning & Development, CSR & Internal Branding, RBL Bank has hosted various learning and development

programmes for RBL Bank Ltd. as well as celebrated some special milestones like her wedding anniversary and 50th birthday celebrations at The Club Banquets. She shares her experience in a *tete-à-tete*.

What is the first thing that comes to your mind while hosting events at The Club?

The Club is a home away from home. For me, it's a place that helps you unwind, where you get personalised attention and a place where you get a great variety of cuisines.



What has your experience been while hosting your events at The Club?

We have hosted several events at The Club. Two were personal events, one was my wedding anniversary and the other was my 50th birthday. Both the events were like an extension of how I would have hosted them at home and that is how I felt. The team ensured that all our needs were met and their level of paying attention to detail was wonderful. Besides, the staff makes me feel as if I have been a member here for years. In reality, I have only been associated with The Club for the past one year. My family, too, especially my husband has a special fondness for The Club as he enjoys playing tennis here.

On a professional front, I have been associated with The Club for RBL Bank's learning, development and training needs. The Club is one place where I have seen all my feedback being incorporated. This encouraged us to have a year-long training calendar at The Club.

The facilities and the experience at The Club drove me to recommend the place to my friends who in turn have also become members.

For personal functions, what I think is special about The Club is the personalised attention which really appeals to a customer. Unlike 5-star hotels, where one has to deal with several vendors for different requirements like décor, music and theme, the differential factor at The Club is that the team assists you with everything and it is all found under one roof. This according to me is a positive aspect when hosting events at The Club.

On a professional level, whether it is a training session for 20, 50 or 100 persons, The Club has been extremely accommodative to ensure the right venue is available and booked so that everything including the bar and buffet is well laid out. Considering I am a Rotary Club member, I attend all the Rotary events which are also held at The Club. This is a strong indicator of the professionalism and experience that the team has in organising and meeting the needs of various clients.

How has The Club enabled you to achieve your objective of learning & development outside office?

The Club provides the perfect

environment to conduct networking events. The banquet rooms recommended by The Club are perfect. The décor and layout of the various banquet rooms as well as the seating arrangements perfectly suit our events. The quaint coffee area outside the Mahogany terrace just enhances its appeal.

What is the differentiating factor for selecting The Club as your choice of venue?

The Club is spread over 8.2 acres and is an island of green in the concrete jungle. Another factor is the high quality, choice and flavour of the food that stands out. We have hosted so many events at The Club that we have developed a close relationship with the banquets team. The minute we say we need a venue; the team suggests the right space and fits into our budget.

The Club understands the needs of its customers and delivers as per their requirements. For me, hosting events at The Club is value for money. And to add to it, I have always had pleasant experiences while interacting with the team, making it our preferred venue for hosting all our events. ❖

What are the criteria while selecting a venue for a personal function and how is it different from selecting a venue for a professional event. Has The Club met all your requirements?

VENUE	SQ FEET	HEIGHT	BOARDROOM	'U' SHAPE	THEATRE STYLE	CLASSROOM	INFORMAL	CLUSTER
SENATE	600	9'	20 persons	20 persons	35 persons	20 persons	75 (with terrace)	25 persons
SYMPHONY	900	9'	30 persons	32 persons	50 persons	24 persons	50 persons	35 persons
HARMONY	200	9' 4"	15 persons	15 persons	20 persons	15 persons	15 persons	16 persons
COLONIAL HALL	3500	20'		50 persons	175 persons	90 persons	250 persons	90 persons
BOARDROOM	185	-	8 persons					
MAHOGANY	1,400	9' 4"	36 persons	30 persons	80 persons	60 persons	125 (with terrace)	50 persons
COLONIAL COURTYARD	23,000	-					1,500 persons	600 persons

THE ANADA WINE CLUB



FOR THE LOVE OF WINE

Over the years, the Anada Wine Club along with our wine partners, have hosted numerous wine-related events ranging from the annual Anada Spring Fest to countless wine tasting evenings with wine from all around the world – Spain, Italy, New Zealand, South African, Germany and most recently the Israeli wines showcase which was conducted by Israel's top wine connoisseur, Mr. Haim Gan.

The Anada Wine Club now takes on new role by endorsing wine drinking through events that promote entertainment, culture and global cuisines. The Club encourages Indian and International wine producers by giving them a platform to showcase their wine portfolio to our members. Events like Dinner Theatre, Retro Musical Nights, Comedy Nights, our Sunday Brunches and many more such evenings have become important components of the Anada Wine Club.

We welcome all our members to attend these events and experience our wine list and together become a true community of like-minded individuals with an ardent love for wine! ♣



ANTARA SPA



FLOWER POWER

Elevate your mood and chase away the monsoon blues with the Flower Power Therapy at Antara Day Spa.

This monsoon, the Antara Day Spa brings you Flower Power Therapy that instantly peeps you up and makes you feel energetic. The oils extracted from flowers are aromatic and are perfect for the skin. It has a dual effect as it is not only absorbed by the skin but also works on your senses.

The Flower Power Therapy is available in 4 variants – Orchid, Water Lily, Jasmine and Basil. Each essential oil comes with its own therapeutic benefits.

The fragrance of **orchids** is extremely soothing and helps relieve a stressed mind. It also possesses natural antibiotic or anti-microbial properties which help in strengthening the body's immune system. Orchids can also help improve libido and fight fatigue.

Basil, which has a refreshing fragrance, is used to treat mental fatigue, melancholy, migraines and depression. It also improves blood circulation and provides

pain relief especially in cases of headaches, sprains and arthritis.

Water Lily creates a feeling of happiness and a sense of security. Hence it is used to treat depression. It is also beneficial in treating headaches and joint pains.

Jasmine has an uplifting effect on the mind. It stimulates the release of serotonin in the body which boosts energy levels, making a person feel happy. It also provides relief from other problems associated with menses such as fatigue, nausea, and mood swings. ❀

STRESS BUSTER

Begin with a relaxing five-minute foot ritual followed by the essential oil massage. The therapist uses light massage strokes with warm natural aromatic oils extracted from flowers to enhance psychological and physical well-being. The skin absorbs the oil and it travels through the bloodstream, soothing the body and resulting in mind and body healing.

To book an appointment, call 022 6611 7777.



"I decided to try the jasmine flower oil massage at the Antara Day Spa. It was extremely relaxing and rejuvenating. The therapist was very good and applied just the right amount of pressure. I liked the fragrance of water lily as well and will definitely come back for another Flower Power massage."

- Gauri Pradhan Tejwani, Member and Television Actress

KROMAKAY
The Fine Art Of Making Heads Turn

INDULGE IN SOME 'ME' TIME

The timely arrival of the monsoons is nature's way of saying it's time to indulge yourself and have a relaxing time. Step into Kromakay at The Club and alleviate your senses with tailored hair and skin treatments that spell sheer bliss for your overworked soul.

The change of season always plays havoc on your hair and scalp. Especially during the monsoons, your tresses need some extra TLC. Experience the monsoon special hair spa treatments enriched with the goodness of hydrating and therapeutic properties at Kromakay and avail personalised deep conditioning treatments for your hair and scalp. Our nourishing spa service created especially to detoxify and soothe your scalp and hair is coupled with a fragrant cleansing experience. This service helps tackle very dry and frizzy hair with a boost of intensive conditioning. Exclusively for The Club members, the salon offers hair spa services at a great discount package – pay for three hair spas and get the fourth one complimentary.

It is also important to give your skin some attention. Embrace a skincare ritual with renowned skin therapist Rashmi at the Salon. She is exclusively available by appointment on Wednesdays, Fridays and Saturdays for skin diagnosis and consultation on ideal skincare treatments.



SYDA PRODUCTIONS | SHUTTERSTOCK.COM

While there are a bevy of customised treatments to choose from, Rashmi recommends the Ultimate Hydrating Treatment for this season, a facial service that is sure to leave you feeling refreshed and relaxed. Ranging from 60 minutes to 90 minutes, the skin essential therapies uplift the body, mind and soul and are clubbed with relaxing foot and back massages. Addressing specific skin issues like acne, pigmentation and anti-ageing, the therapist provides skin rejuvenating treatments like the Mediback Acne treatment, multivitamin skin brightening treatment; multivitamin anti-ageing treatment and customised 30-minute express facials.

So treat yourself this monsoon to a much needed pampering session at Kromakay at The Club. ✦

MONSOON TREAT

Avail a flat 10% introductory discount on the super luxe BOMB Cosmetics Manicure and Pedicure services. Enjoy a relaxing massage, foot scrub, exfoliation, moisturisation and skin rejuvenation with products enriched with aromatic essential oils, Shea and cocoa butter. This treatment will leave your feet feeling pampered.

SUMPTUOUS FLAVOURS



BY THE
WATERSIDE

Whether it's breakfast, lunch or dinner, the newly rebranded **By The Waterside** will impress you with its new menu and warm décor.

Char Grilled Seafood

Dark Chocolate Fondue



It's been two months since By The Waterside, our newly refurbished restaurant, opened its doors to our members. The transformation has received rave reviews.

If you stop by the restaurant during the day, you will be greeted by copious amounts of sunlight that filter through the big French windows that also give you a spectacular view of the aqua blue pool. The warm lighting indoors and the soft music also add to the overall ambience. As the sun fades over the horizon, the mood lights come on, giving the restaurant a fine dining ambience.

As you make your way around the restaurant and choose a table from the ample seating options available and browse through the



Baked Cookie Dough

“The challenge is to constantly create new experiences for our members. We want to tempt even those members who don’t usually visit The Club to come to the restaurant and experience the enhanced menu. We have got new dishes that are simple but unique in flavour. We have also upgraded our presentation levels,” adds Chef Atish.

Our breakfast menu has become healthier thanks to the inputs from our personal trainers at the Health Zone. Granola Bowls and healthy smoothies feature alongside protein-rich egg



Paneer Tikka Kandahar



Mediterranean Sampler

menu, you will find that we have also raised the bar when it comes to the food and drinks menu. Our Executive Chef, Atish Saxena, has put his heart and soul into crafting the new menu for the restaurant. Drawing on his 16 years of culinary expertise honed from working with ITC Hotels as well as his stints in the Maldives, Dubai, Singapore and Cambodia, Chef Atish has imbued the gastronomical flavours of various cuisines in the new menu.



Steamed Baos

variants. We’ve also got *desi* options to satisfy your comfort food cravings.

The lunch and dinner menu boasts of a good selection of dishes handpicked from European, American, African and of course, Indian cuisine. Start with crisp Garlic Breaded Parmesan Mushroom, juicy Gambas al Ajillo, or something with a twist – Phulka Tacos or maybe Steamed Baos. The old favourites like Fish & Chips, Kadak Subz Seekh and Amritsari Chat Pate

GOURMET



Pizza Primavera



Garlic Breaded Parmesan Mushroom



Pommograttini

Aloo, Cheese and Chicken Tikka Roll will continue to lift your mood.

But the pièce de résistance has to be the Tandoori Raan with juicy, succulent pieces of kid lamb satiated with aromatic spices. Another must-try is the Bunny Chow, a South African fast food dish consisting of a hollowed out loaf of bread filled with beautiful Lamb Ragout.

If you long for the Italian good life, try our Artisan Pizzas, pizzas or slow-cooked risottos to please your palate or opt for the authentic slow-cooked Wild Mushroom Risotto that is rich and intensely flavoured.

Our Indian section, too, has been updated and refined. Gorge on succulent Paneer Tikka Kandahar, Bhatti ka Murgh, Makhmali Tikka and more.

When it comes to desserts you will be spoilt for choice. Pick between our signature desserts – the Baked Cookie Dough or the Molten Cake which are freshly baked and served piping hot. We've also got decadent desserts like Tiramisu and Coupe de Glace (golden profiteroles filled with ice cream and topped with raspberry coulis and nougat) that are worth every calorie.

We are sure we have got you hooked on to our tempting food at By The Waterside, so come by and indulge in our global fare. ❀



The Tippy Glass

*Prices on liquor drop
down
all day long!
Every Monday and
Tuesday at
By The Waterside*

Wind Down *Wednesday*

ROL
RHAPSODY OUT LOUD

Let the band make you groove
to their music and
keep the night swingin!

Every 1st & 4th Wednesday
of the month 8.30pm





OUR OUTDOOR CATERING SERVICE

Good food wins hearts and we certainly want to win the hearts of many. This led us to create Kuisine Kraft, a premium outdoor catering service by The Club. If there's one thing that The Club is known for, it's the food. Food, that's not only savoured by our members in the restaurants but also by our guests at the banquets for weddings, parties and other functions. Through Kuisine Kraft, we offer our expertise to guests at a venue of their choice – house parties, wedding functions, birthday parties, corporate lunches, dinners and the like.

With a full-fledged kitchen and expert chefs and service staff that has over 20 years of experience, we constantly innovate to make your event or party the most memorable one. Our Kuisine Kraft team understands your needs and considers every intricate detail of your requirements right from food to floral arrangements, crockery, linen and service

– all within your budget.

We provide a wide selection of cuisines for you to choose from – Chinese, Korean, Italian, Mediterranean, Thai and Indian. Apart from the buffet set-up, our live stations are very famous. Some of the popular dishes at these stations are Awadhi Dastarkhwan, Dakshin Specials, Amritsari Chhole & Kulcha counters, Tawe ka Tadka, Gujarati or Rajasthani Mehwani and Appam & Stew.

You can also add some oriental flavour to your party with Khaosuey or Laksa, Tempura & Katsu or a Korean Pojanmacha counter. To add variety to your menu, you can also opt for our Pasta & Risotto Bar, Swiss Fondue and Raclette counters. Complete the menu with a mouth-watering desserts – French Creperie counters and the ever-so-famous Indian mithai counters. For corporate meetings and gatherings, we also provide pre-packed meal boxes that are carefully

designed according to your preference.

Kuisine Kraft has catered for events with as few as 10 people to over a 1000, each time creating an ever-lasting memory that keeps our guests and clients coming back for more. ❀

Our regular clients:

- Automotive Manufacturers
- Eros International • Group M •
- Gulf Oil Pvt. Ltd. • Hindustan Unilever Limited • IDFC Bank
- Intelenet Global Services
- Johnson & Johnson • Kotak Bank
- Leo Burnett India • Lord India Pvt. Ltd.
- Nilkamal Plastics • Oyster Fincap Pvt. Ltd.
- Red Bull
- Transasia Biological Equipments

For your next party, social gathering or corporate event, get in touch with our Kuisine Kraft team on 022-66117777 or email on kuisinekraft@theclubmumbai.com

RAISING THE BAR



Each time you pass by the Patisserie at The Club, our mouth-watering and artistically presented pastries, desserts and savouries may have tempted you to give them a second glance and more often than not bewitched you into enjoying them too.

You've probably noticed that the Patisserie has undergone a transformation. The desserts and savouries are more alluring and the quality and the presentation are delectable and notches higher.

Pastry Chef, Rohan Gupte, who is at the helm of the redesigned menu, plans to continue to raise the standards. "When I joined The Club last year, my only goal was to rework the existing Patisserie menu to make it more exciting. I think I have

been able to achieve that goal."

Chef Rohan has worked at 5-star hotels and with Michelin-star chefs in the past but whipping up desserts at The Club is a different experience. "The demand for desserts without egg and gelatin, yet retaining the same quality and consistency is a challenge but a rewarding one since it requires creativity and experimentation."

He also makes it a point to stay in tune with the current trends and dedicates a certain amount of time each week to research and development so that the desserts can be adapted and incorporated into the menu at The Club.

"For me, it is all about flavours, textures and presentation. We have upped the

LOOK OUT FOR:

FLAVOURS OF BRITAIN



Sample traditional English desserts like Nutmeg Crème Anglaise Tart, Roly Poly, Apple Walnut Pie, Fruit Trifle and more.

Date : Saturday, 8th July to Sunday, 23rd July

COOKIES OF THE WORLD



Think beyond oatmeal and chocolate chip cookies. We've got a whole new range of assorted cookies to tantalise your taste buds.

Date : all through August

GANESH UTSAV SPECIAL



The shelves will be lined with a variety of sweet **modaks** and **laddoos made especially for Ganesh Chaturthi**.

Date : Sunday, 20th August to Sunday, 10th September

ante across all categories right from chocolates, cakes and pastries to savouries, too. Our croissants and granola jars are flying off the shelves at the moment! I will continue to create exciting desserts, so watch the Patisserie shelves for some more exciting desserts," signs of Chef Rohan Gupte. ❖

Date: Monday, 3rd July to Sunday, 16th July





CREATIVE LEARNING



At The Club, there are children of all age groups and we understand that each child is unique and has his/her own set of interests. We pay close attention to their interests while planning our activities and endeavour to provide a holistic learning environment that enhances their sensory perceptions, stimulates their minds and nurtures their creative side. The Club also becomes a hub for children to break away from their strenuous academic life. We provide a safe environment that helps them relax, have fun and do what they do best – be kids.

We believe in the concept of 'Creative Learning and Play' and the activities that we plan indicate just that. We also take into consideration special days and festivals while planning themes and activities.

STORYTELLING AND BRAIN GYM ON FRIDAYS

On popular demand, Pooja from Handsonlearning brings you fun storytelling sessions followed by theme activities for children between the ages of 3 and 5. She's also back with her brain tickling quizzes, contests, puzzles and more for children above the age of 6.

Time: 6.00 p.m. to 7.00 p.m. at The Library

JULY

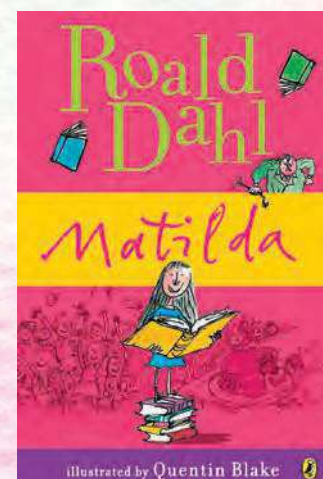
- 7th July:** Chocolate Factory
- 14th July:** Stars and Stripes
- 21st July:** Sally Meets the Scarecrow
- 28th July:** Calling Navigators

AUGUST

- 4th Aug:** Young Globetrotters
- 11th Aug:** Celebrating Independence
- 18th Aug:** Young Globetrotters
- 25th Aug:** Welcome Ganesha

SEPTEMBER

- 1st Sept:** Skyscraper Stories
- 8th Sept:** Dahled Up!
- 15th Sept:** Meet Matilda
- 22nd Sept:** Brain Boosters



HOBBY MANIA ON SATURDAYS

YouTube has become the go-to channel for DIY activities but nothing can discount the joy of learning and doing it along with friends at special sessions by Horizon.

Time: 6.00 p.m. to 7.00 p.m. at The Library

JULY

1st July: Snail finger puppet making

8th July: Umbrella making with collage

15th July: Clay animals

29th July: Monsoon special wall hanging



AUGUST

5th Aug: Bracelet making for Friendship Day

12th Aug: Badge making for Independence Day

19th Aug: Origami art

26th Aug: Origami art



SEPTEMBER

2nd Sept: Floral arrangement

9th Sept: Flower making

16th Sept: Monsoon Art Carnival with Shefali

23rd Sept: Dandiya making for Navratri

30th Sept: Origami art



SUNDAY BRUNCH FUN

Sunday Brunch is not just about food for the body but also for the mind. While you enjoy the delicious buffet spread at By The Waterside, the children get an opportunity to try their hands at art and craft with Findurclass.

Time: 1 p.m. to 3 p.m.

JULY

2nd July: Umbrella making

9th July: Rainbow Card Making

16th July: Dream Catcher Making

23rd July: Paper Clock

30th July: Origami



AUGUST

6th Aug: Friendship Day Band

13th Aug: Independence Day Flags

20th Aug: Ganpati Idol Making

27th Aug: Paper Bag Making



SEPTEMBER

3rd Sept: Origami Book Making

10th Sept: Key-chain Making

17th Sept: Fish Craft

24th Sept: Diya Decoration



READING CIRCLE

BEYOND CANVAS WORKSHOPS BY SHEFALI SHAH

Shefali Shah's Beyond Canvas brings you a range of fun art and painting workshops like charcoal painting, traditional art, art appreciation sessions, monsoon art carnivals and more.

JULY

16th July: Charcoal Workshop

23rd July: Art Appreciation – Van Gogh's The Starry Night

AUGUST

13th Aug: Watercolour Landscape

20th Aug: Canvas Painting Landscape



TODDLER THURSDAYS

Toddler Thursdays will be back this monsoon with a range of educational play dates that include storytelling, games, art & craft, physical activities and worksheets.

There will be a new theme every week like Seasons, Sounds & Rhythms, Learning Shapes, Day at the Farm, Animal Kingdom and many more.

Every Thursday, 5.30 p.m. to 6.30 p.m.

Venue: The Library | **Age:** 2.5 years to 4 years

LITTLE BAKER'S DEN

While the monsoons limit the scope of outdoor games and activities, we will make sure that the children are occupied with engaging activities indoors. Our favourite Little Baker's Den is back with baking workshops. Each child gets to take home samples of what they make so that you dear parents can try your child's baking talents firsthand.



ALSO WATCH OUT FOR...

We've got special events to keep the children entertained during the monsoons. We have got a different act every month for children to look forward to.

MAGIC SHOW



Get ready for card tricks, disappearing acts and more.

Date: Saturday, 16th July

Venue: The Library

Time: 6.00 p.m.

Duration: 30 minutes

VENTRILOQUISM SHOW

An entertaining act that will leave you in splits.

Date: Saturday, 12th August

Venue: The Library

Time: 6.00 p.m. | **Duration:** 20 minutes



CHARLIE CHAPLIN SHOW

Reliving the comic legend's greatest moments.



Date: Saturday, 16th September

Venue: The Library

Time: 6.00 p.m.

Duration: 20 minutes

For all enquiries and registrations call or Whatsapp Vaishali on +919920042845

The Little Ivy store at The Club recently completed ONE year. As the store grows older, it has also expanded the number of brands it offers so that you have more to choose from!

Free Sparrow has a wide collection of premium cotton dresses for both formal and informal occasions for little girls. They also have matching accessories like hair bands, scarves and tote bags to complete the ensemble.

Masilo is back with their new collection for newborn babies with sets that include a coverlet, bolsters, pillows and quilts. Plan B is another brand that has cute baby rompers and T-shirts for boys with catchy phrases as well as accessories like socks and underwear.

Saw Energy is a brand that stocks products that are famous among Hollywood star kids too! One of them is the celebrity- endorsed Sofie La Giraffe. They also have products of 3 sprout bins, wall hangings, toy chest, and more.



NEW BRANDS, NEW OFFERINGS

Schools are about to re-open after the summer-long break and we've got exciting school bags, compass boxes, stationery and umbrellas to ensure that your children are monsoon-ready for the new academic year.

Another feather on the cap is a new tie up with Green Apple to expand the choices for kids' night suits.

Balloon Basket is ready to make any occasion special with some exotic balloon bouquets.

Come by the store and browse through our new offerings.



HEALTH ZONE



In order to ensure that you get the maximum benefit out of your time at our state-of-the art gym, we have personal trainers to oversee your workouts.

Personal trainers play an important role in your fitness chart. It is the little things like motivating you to exercise; correcting your posture and guiding you to select exercises that suit your body that makes all the difference and helps you achieve your fitness goals. We highlight five of our gym's personal trainers who are dedicated to enhancing your fitness levels.

MICHAEL FERNANDES



Michael has close to 18 years of experience in fitness. He began his journey with Talwalkars Gym and later worked with Fitness Strength for 9 years. He has been with The Club for the last 8 years. He believes that discipline and dedication go hand in hand.

HEALTH TIP:

It is important to be committed to your diet and workout plans. Small things like not eating junk food in the evenings and drinking plenty of water throughout the day is a must.

CLIENT TESTIMONIALS:

"I have been going to the gym since I was a teen but I never had a trainer. When I started using The Club's gym, I used to observe how Michael had the best exercise regimes. Then upon the insistence of my wife, I had a few trials with Michael and since then I have never looked back. Michael is the best trainer at The Club and his understanding of what fits best for each client is incredible."

- Saurabh Goswamy

"The gym at The Club is my current destination for fitness and weight loss – the best part is that I can completely trust their team to address my fitness needs. I was first invited to try out The Club's fitness section under the guidance of a personal trainer by a fellow fitness enthusiast and The Club member. I remember feeling energised after my first workout session with Savio who is part of Michael's team. The Club has a state-of-the-art gym, the right people and the right vibe which helps me get in the fitness zone."

- Rekha Shenoy

CYRUS JOSEPH CORNELLO



Cyrus is a K-11 and ISSA-certified personal trainer and was a manager at Gold's Gym before joining The Club. He specialises in cross fit training which builds strength and endurance levels. He believes it is important to communicate with clients and discuss health problems so as to take necessary precautions against fitness-related injuries.

HEALTH TIP:

One must work out for 45 minutes at least thrice a week. Also, eat healthy, sleep on time and drink plenty of water. Don't neglect your health.

CLIENT TESTIMONIALS:

"I have been training with Cyrus for over a year now and the difference is remarkable. I started out with back pain and low stamina. Today, I can not only run or swim for long hours but the level of fitness I have achieved is amazing. I find working out in a closed environment to be monotonous, so I started cross fit training in April 2016. My transformational journey is self-motivating."

"One requires sincerity and dedication but a good trainer enables you to enhance your abilities and pushes you to limits that you never thought you could go to. It's that extra bit that matters and Cyrus has helped me achieve my college goals in my late thirties."

- Nikhil Khanna



Michael Fernandes along with his team.

VISHAL AHIRE



Vishal has been into fitness for the last 12 years and has spent a decade with The Club. He specialises in weight training, TRX suspension training, kick boxing, cross fit and functional training. He primarily works with people who have health issues such as cardiac problems, injuries, dislocated bones, etc., sports-specific training as well as new mothers who want to get back into shape. His fitness mantra is a combination of weight training, cardio and yoga for flexibility.

HEALTH TIP:

Exercise regularly even if it means just a 30-minute workout. Don't skip your workout.

CLIENT TESTIMONIALS:

"Vishal has been an excellent trainer in all respects. He has been very patient and understanding and has very well customised the sessions. He ensures that I am motivated and that I enjoy the training sessions. He is extremely attentive and takes adequate measures to ensure that I don't injure myself. This is one of the best traits that Vishal brings to the table. I am stronger and healthier than before. My stamina has improved substantially. I play tennis and squash better as a direct result of my training."

- Uday Parekh

"I had a rewarding experience while training with Vishal to improve my physical fitness. He understood the physical fitness level I was at and worked out a plan to help me recover from my knee injury and strengthen it. Thanks to Vishal, I can now go trekking and skiing."

- Subir Agrawal

"I have been training with Vishal for over a year now and he has helped me regain my muscle, endurance and strength. He has been very supportive with his knowledge, guidance and has helped me achieve the best results."

- Aditya Vaidya

SURENDRA G. PAWAR



Surendra has spent close to two decades as a personal trainer of which he has been with The Club for the last 11 years. He has training certificates from ISSA as well as the International Personal Training and Fitness Academy (IPTFA). He has also received wellness fitness certification and has trained with Reebok for core Pilates. A state level body building participant, Surendra has been running 42-km marathons for the last 8 years. He focuses on body building, mass gain and weight loss.

HEALTH TIP:

Maintain a proper diet and workout every day.

CLIENT TESTIMONIALS:

"I am extremely happy training with Surendra Pawar. The type of exercises that he has recommended suits my body and he is extremely particular about showing me the correct postures. He answers all my questions and queries. He has become a good friend now." - **Apurva Kothari**

"I have been training with Surendra Pawar for over a year now. Thanks to him I have become extremely regular with my workouts. Training has become fun and I look forward to coming to the gym every day."

- **Samir Tiwari**



GIRISH GC



Formerly with the Indian Air Force, Girish decided to follow his passion for fitness. He won the national body building championship in 2006 and 2008. He specialises in cross fit training and strength training. He is a pioneer of the After Burn workout. It includes strength training, high intensity cardio and compound exercises

involving larger muscle groups. It is usually done after performing cardiovascular training.

HEALTH TIP:

Good health comes from eating properly and not because of eating less. Eat complex carbohydrates with a low glycaemic index before workouts so that it gets stored in the liver and muscles as glycogen. This glycogen then breaks into glucose during workout and provides energy to the muscles. Secondly, it is important to have whey protein after 30 minutes of working out for faster absorption.

CLIENT TESTIMONIALS:

"Girish GC's knowledge about different fitness forms and exercises is amazing. He also motivates his clients. The workouts are designed to work a different body part each day. You are bound to feel and see a huge change in yourself. There is an overall sense of positive energy that keeps you going. I am proud to be his student and am thrilled to achieve a better mind, body and overall health."

- **Shaivali Vaishani**

"Fitness is way of life. And for me it's a necessity to keep me going full throttle through the day. Girish has been my torch bearer in this journey. His guidance and thorough knowledge not only shapes my routine but keeps me away from injuries too. I look forward to my morning workouts with him, as his regime makes me feel and look like a million bucks! Thank you Girish for your faith and motivation."

- **Dr. Falguni Shah**

THE ADVENTUROUS DOC!

There is nothing too adventurous for our member, **Dr. Niraj Vora!** An Orthopaedic Surgeon, Dr. Vora lives his life to the hilt! His belief in a healthy lifestyle includes regular workouts at the gym, a balanced work-life and frequent indulgences into the world of adventure sports. Read on to understand that it's never too late...

Text by Sarina Menezes

It's the middle of the week and despite a busy schedule Dr. Vora makes it to our meeting over a Diet Coke (yes yes, it isn't good for you!) to talk about all his passions including his profession. He has just operated on the legendary Orthopaedic Surgeon, Dr. L N Vora (who is also his dad) for a knee replacement and looks forward to his testimony so that more people are encouraged to live their life to the fullest even at the age of 86!

Having studied in Mumbai, Dr. Vora completed his further studies, lived and practised in the UK for 15 years before moving to Mumbai in 2008. Today he is an accomplished Knee & Joint Replacement Surgeon who believes in maintaining a balanced life. According to him, "One does not have to be consumed so much by work that you don't live life and enjoy your passions. It is important to work hard and also enjoy one's life. Having worked in the UK, I continue the British style of not working after 5 p.m. and on the weekends. On other days, my day starts very early. I wake up at 4.45 a.m. and start my morning at the gym followed by surgeries and practice."

Dr. Vora is avidly into adventure sports and has made it his passion and penchant



ALL PHOTOS COURTESY: MOHIT MIDHA



ensuring that he makes time to get away to enjoy them. Be it sailing, wall climbing, windsurfing, river rafting, cycling, rappelling, bungee jumping, scuba-diving or the most recent skydiving in Las Vegas. He was a member of the Royal Yacht Association and in August 2009, he sailed the English Channel from Dartmouth to Plymouth and back in five days. He continues to sail at the Bombay Harbour and this January, after enough of sailing, he headed to Alibaug for windsurfing – picking up and learning a different skill set.

On asking him when and how his love for adventure sports began, he shares, “Adventure sports is something I always wanted to do but did not get down to it until 2015 when I saw a bungee jumping video posted by a friend on Facebook. This made me sign up for my first ever in March 2015 at Rishikesh for the Ganga Panga weekend and I was hooked. From then on, there was no looking back. The jumping height in Rishikesh is 83 metres and I have been there several times now. I have also done the one in Nepal which is

160 metres high and is considered Asia’s tallest — that was quite exhilarating as it was off a bridge and over a raging river, with a strong breeze blowing!! The worst part about bungee jumping is the long walk back up the steep hill to get back to the others!”

Also, a qualified advanced open water diver, he got his certification in Lancaster, UK in 2002 in the chilling winter temperatures of January. However, he never pursued it much until he met a dear friend, Mohit Midha and got to know of his scuba-diving expeditions in the Andamans. Scuba-diving is Dr. Vora’s most loved and favourite sport as he happily says, “I dived straight into it in February 2016! It was my first warm water scuba-diving experience in the Andamans and so far I have done 48 dives ranging from 25 minutes to an hour each.”

But on quizzing him about his most exhilarating and enjoyable experience, it is scubadiving all the way! Simply because it lasts longer – usually a week with 14

dives! Many of us are unaware and would probably never know what it feels like underwater. According to Dr. Vora, “The feeling of weightlessness (neutral buoyancy) is as close to outer space as I will ever get... The ocean is a desert with its life underground, and the perfect disguise above... It is a breathtaking experience to see all the colourful and vibrant sea life, in their natural habitat, almost making you feel like an intruder. What have I seen? Well, how does White Tipped Reef Sharks (7 of them together), Leopard Sharks (from 2 feet away), Manta Rays, Barracudas, Clown Fish, Lion Fish sound?... the list can go on, but the main thing is that the ocean will let you see what it wants you to see, expect nothing!”

His most recent adventurous expedition was skydiving in Las Vegas for the very first time from a height of 15,000 feet. In his words, “The entire experience was amazing... you feel the temperature drop as the plane climbs and when you get to 15,000 feet, you’re drawing deep breaths because the air is thin. You sit on the

edge of the plane's exit, and before you know it, you're flying! A 52-second free fall sets the adrenaline pumping and I was beaming from ear to ear and looking around trying to take in as much of the view as I could, knowing that it's going to be a fair while before I am here again!! Once the parachute opens, then it's a gentle 7-minute descend and I could see the city of Las Vegas in the distance – the Nevada Desert all around me, and the Red Canyon not too far away! I was handed the control of the parachute and I promptly made some sharp turns and



drops, trying to get total *paisa vasool*!”

You will be surprised to know that training, fitness levels and exercising is not important or a prerequisite to enjoy adventure sports. We ask the expert, to which he says, “There is actually no fitness involved or required for adventure sports. You just need to carry a spirit of adventure with no inhibitions. However, there are some restrictions that the equipment puts on you. The bungee jumping equipment does not permit anyone over 110 kg and skydiving does not permit anyone over 130 kg! So, the lighter you are the better! However, for windsurfing your fitness levels have to be high with good core stability.”

Having said that, Dr. Vora is disciplined about fitness! He has a set workout and exercise schedule and begins his week with a 5 day workout at 6 a.m. each day for one and a half hours. On days when he has an early morning surgery, he works out at the gym after practice. He focuses primarily on weight training, functional

and endurance but steers clear of cardio as he gets enough of that through his outdoor activities.

As an orthopedic doctor, he emphasizes why regular exercise should become an important part of our lifestyle, “A regular exercise schedule is very important for anyone at any age. It helps you stay healthy, focus better not only on work but on other things as well. It ingrains a sense of discipline and we all know the enormous health benefits of regular exercise. I would also suggest resistance training in one's exercise schedule because it improves muscle tone, bone density and helps you look after your joints better.”

Dr. Vora has conducted 3500+ knee & joint replacement surgeries over a career span of 15 years. He is also a pioneer of using joint replacements made of oxidized zirconium in Mumbai. He answers and dispels some myths about joint replacements.

What are the reasons for vitamin D deficiency and what are some precautions and solutions to it?

Vitamin D deficiency is lifestyle related. We are constantly in air conditioned homes and offices and have very little exposure to sunlight. Our obsession with fairness makes us uncomfortable to expose our skin to the benefits of sunlight when actually Indians as a race need more exposure to sunshine.

Also, vitamin D is not only beneficial for our bones but also gives us muscular strength. The lack of vitamin D leads to listlessness, laziness, lethargy and fatigue. Which is why you are then recommended supplements and depending on how your Vitamin D levels increase you can stay on it the longest. However, it's never too late. Adequate exposure to the sun from 9 a.m. to 1 p.m. is the best while exposure to the sun after 4 p.m. is least effective.

How can women counter osteoporosis before it becomes too late?

Osteoporosis is a gradual reduction in the

IT IS A BREATHTAKING EXPERIENCE TO SEE ALL THE COLOURFUL AND VIBRANT SEA LIFE, IN THEIR NATURAL HABITAT, ALMOST MAKING YOU FEEL LIKE AN INTRUDER.

density of bones. And since it is hormone related, women are more prone to this in the menopausal stage. And I would advise all women to get their Bone Mineral Density (BMD) DEXA Scan done within 6 to 12 months after menopause. This will indicate specific treatment required by your orthopedic doctor. If normal, I would suggest a BMD Scan to be conducted every two years.

Osteoporosis is reversible but must be taken seriously as it can lead to fractures if there is a fall. In men, it is infrequent and will occur only later, when they are in their 70s or 80s.

Why does one need a knee or hip replacement? And how long do they last?

Joint replacement surgeries are very successful and can change people's lives for the better. It is no longer an unpredictable surgery as it used to be 20 years ago.

The wear and tear of knees and hips are age related just like greying of hair or cataract of the eye. Once the bones or cartilage wear out, you will notice it begin to affect the quality of your life. This is when you must consult a specialist.

Today, there is very minimal compromise after a knee replacement. And the only thing avoidable is anything that is high impact. Also, the modern materials used in making joint replacement products have US FDA (United States Food and Drug Administration) approvals and are proven to last for 30 – 35 years. They are made of cobalt chrome and/or oxidized zirconium. Therefore patients should not fear longevity of the implant and suffer in the most productive younger years of their lives. ❖



If you want a quick getaway from the madness of the city or a respite with the family this monsoon, hop onto a flight to Mangalore and head straight to the unexplored and quiet destination — Vivanta by Taj Bekal in North Kerala! Easily accessible thanks to frequent daily flights from Mumbai and even Delhi, the journey to this beautiful land is quick and comfortable.

As you arrive in Mangalore and drive to Bekal, you realise that Bekal is beautiful throughout the year. The astounding greenery and thick foliage keeps the region cool in the summer and is a delight in the rains.

Vivanta by Taj Bekal is spread over 26 acres with 68 villas that are self-contained. Inspired by Kerala's *kettuvallam* — the classic houseboat which is a recurring motif in Kerala's aqua-space — the villas boast of individual courtyards, with rain showers and soak tubs that are open to the elements. The 330 sq. ft. to 470 sq. ft. rooms with fountains and terraces give you

an uninterrupted view of the backwaters. Creatively inspired by its rich cultural and geographical setting, the resort has elegant Chitra Pothi art adorning the walls. The exotic Ivory Bar pays tribute to Kerala's best loved animal — the elephant, and is designed like a majestic dome-shaped island with a garden moat.

Perhaps the most beautiful thing about Vivanta by Taj Bekal is the surrounding pristine nature. While you are there, you begin to hum a strange lingering melody, embodying the incessant murmur of the sea, the river and the backwaters, speaking a language that is both familiar and elusive.

A Culinary Experience

If you are a foodie, then holidays especially ones in the monsoon are meant to be spent reading a book, watching the rain and enjoying sumptuous meals. And this is just what Vivanta by Taj Bekal offers. After all, what is life without some wind down time, sleep and good food? At Vivanta by Taj, you can sample Kerala's

best delicacies. You can begin with Kerala's most loved *Sadhya*. Served on a banana leaf this classic feast is a traditional meal and a paean to the glorious vegetable harvest of a land that is twice blessed by nature — allowing the rains to visit not once but twice a year.

Prepared with farm-fresh ingredients, the meal consists of a mountainous mound of steamed red parboiled rice, *sambhar* and *rasam*, *pulishery* and a variety of seasonal vegetable curries like *olan* which has white beans and pumpkin simmered in coconut milk, *thoran* with chopped shallots and tender beans tossed in hot coconut oil and *avial* which is a robust mix of long, curling snake gourd, chunks of white pumpkin, elephant yam, chopped drumsticks and raw jackfruit cooked with cumin, green chillies and coconut gratings, and the masterstroke — raw mango!

Crowning the perfect meal is the golden *payasam* (thickened sweet milk porridge with cooked rice bits, dried fruits and

cardamom and sometimes, bits of coconut and jaggery). Up north in Kerala, the impact of the invaders of yore – the Arabs and the Mughals – on the local cuisine is palpable. The Moplah cuisine favours the use of cardamom, pepper, ghee, green chillies, curry leaves, garlic, tamarind, tomatoes, pearl onions, fine grained kaima rice, coconut and *nendrapazham*, the classic Kerala yellow banana.

Undoubtedly, seafood is favoured over here. While the vegetarian dishes tend to be mildly spiced, the fish dishes are tempered with coconut milk and the Malabar tamarind. The chefs at the resort will tell you that fish curry must be cooked and ideally kept aside for a day before serving so that the fish absorbs the subtle flavours. Feast on Fish Pappas which is fish cooked with curry leaves and coconut milk, Fish Moilee or fish cooked with

coconut cream spiked with vinegar, Prawn-Mango Curry and Karimeen Fry.

Food plays an important role in many celebratory rituals here; marriages are extravagant culinary occasions. The morning after the wedding, breakfast for the bridegroom is an elaborate feast with over 20 esoteric meat and fish preparations – goat head curry, liver fry, mutton *sirukka*, mutton *ishtew*, fish *pathiri*, roasted mutton shanks and thick crusted wholewheat bread stuffed with spicy chicken. The lavishness of the feast is a measure of the status of the girl's family.

The Vivanta chefs have discovered that the most popular biryani is *Kallumaka* or Mussel Biryani. The Moplah Biryani is cooked tender while the rice is flaky and delicately spiced. There are many creative variations of the biryani – kaima rice cooked with mutton, coconut and yoghurt; fish biryani using seer fish and layered with spices, tomato, cashews and



VM2002 | SHUTTERSTOCK.COM

SERVED ON A BANANA LEAF, THE SADHYA, IS A TRADITIONAL MEAL AND A PAEAN TO THE GLORIOUS VEGETABLE HARVEST OF A LAND THAT IS TWICE BLESSED BY NATURE.

raisins; and mutton and egg biryani to name a few.

Lastly, not to forget the oh-so-famous *appam* that is traditionally served with chicken or mutton stew.

The team at Vivanta Bekal ensures that each dining experience at the resort is different. You can also opt for a romantic candlelit dinner anywhere on the property – be it at the restaurant or by the backwaters or even in your private courtyard or terrace.

The Jiva Grande Spa

The Jiva Grande Spa at the resort gifts you signature experiences, rooted in the indigenous traditions of India. Here the focus is on lasting wellness programmes that are de-stressing and restorative. They follow the unique Ayurvedic Panchkarma treatment for cleansing and removal of toxins from the body in the calming lap of nature.

The treatment rooms are large, spacious and relaxing. Nothing can complete a perfect holiday without holistic mind, body and soul rejuvenation.

If you want to cut off from the world for a while, Vivanta by Taj Bekal can be your cocoon. The Taj hospitality is unmatched and the experience is heavenly. ❖

Members can contact The Club on 022 6117777 for reservations.



TRAVEL



Our members **Pooja and Subir Agrawal** travelled to Finland along with their children. Their daughter **Nysa Agrawal** recounts the many highlights of the trip.

CROSSING THE ARCTIC CIRCLE

The minute we landed in breathtaking Helsinki we began exploring the beautiful city. Our first stop was Helsinki Senate Square which, like most other tourist spots, was close to our hotel.

The next morning we went to see a fortress on an island near Helsinki, called Suomenlinna. It was constructed by the Swedes to defend themselves against the Russians. When the Russians took over Helsinki, they controlled the island as well. Eventually it was taken over by Finland. It was a lovely fortress and had lots of parks and greenery all around it. Every child around me, including my brother, was playing Pokémon GO! We then went to the local market by the harbour and bought delicious jams made out of a Finnish speciality – berries!

The next day we flew to Levi, Lapland. As soon as we landed in Levi, my heart stopped for a moment as the city was covered in a fine sheet of snow. I was overjoyed, as I love being in the snow. When we got into a taxi at the airport, our driver took us to Best Western Levi whereas we were booked to stay in the Best Western Levi Gold for a week. When he realised his mistake he



stopped the meter immediately and reduced the taxi fare which gave us an insight into how honest the locals are.

Our stay in Levi was excellent. On our first night in Levi, we went to see the most dazzling natural phenomena in the world, the Northern Lights or aurora borealis. I expected the lights to

be so bright that we would be able to see them from a distance. Instead, they were faintly visible to the naked eye but when captured on camera, the image was breathtaking. The dark sky was lit up with columns of bright green along with a tinge of violet.

It is the most spectacular sight I have ever seen. For three hours, we were out in the snow, standing on a frozen lake, shivering in -8° C with tripods and cameras that took a whole minute to capture the picture. The hours spent photographing the lights were worth every second.

When my brother and I got tired of standing, we went to a small makeshift camp to warm our feet by the fire. We drank some warm berry juice and ate cookies. I really didn't want the night to end but my body got the better of me.

The next morning we woke up bright and early to prepare for our skiing lessons. I had been waiting for this day for a year and now that it was a reality, I couldn't wait to begin! At first I joined a camp with a few other kids, which was a good warm-up for a skiing lesson later in the afternoon



BY BPFOTO | SHUTTERSTOCK.COM

Claus Village. It was a little above the Arctic Circle, a place I had never imagined I would be able to go to!

We were most excited as we met Santa and sent postcards to our friends back home. The best part was the husky farm where

we met loads of adorable huskies. We also rode on a reindeer-led sleigh and even fed them. On our last day in Levi, we went to an Ice Hotel, bowled and did lots of things while occasionally glancing wistfully at the slopes.

Before we knew it, we were back in Helsinki. We went ice-skating and walked around the city. Next stop was the Heureka, the Finnish Science Centre. We saw an interesting exhibit 'Animals Inside Out' which was amazing. We then explored the rest of the exhibits which were unlike anything I had ever seen. They were much more interactive than the museums back home. It felt as if we were in an activity centre rather than in a museum.

Overall, this trip was unforgettable; we went above the Arctic Circle and discovered so many things we didn't know. I hope to go back there soon. ❀



with my mother and a private instructor.

My mother hadn't skied in a long time so we first skied on a bunny slope. After that, our instructor took us to a tougher slope where he taught me a few new skills. The following day in the evening, I went to a higher slope to ski. We went skiing from Zero Point to South Point and crossed a variety of blue, red and black slopes.

Every time we would come back to Zero Point after skiing, my brother would try a new ice-lolly and would want me to try one as well. I tried a flavour called Kingies which was absolutely divine.

On the third and final day at ski camp I learnt some cool ski tricks. Alas! our time to ski had come to an end and we went around sightseeing. We went to Rovaniemi at 66.5 degrees North to Santa Clause's official home – Santa's



MOTHER'S DAY CELEBRATION



We celebrated Mother's Day with a lavish Mother's Day Brunch. We pampered them with a delctable spread and special gift hampers.

FATHER'S DAY CELEBRATION



We made Father's Day even more special with a brunch. We also got our members to take candid photos with quirky props, creating memories that will last a lifetime.



Fun & Activities @ The Club: April- June 2017

CHILDREN'S ACTIVITIES



The children hone their creativity at Shefali Shah's Beyond Canvas workshops - cupcake decoration, bottle painting, clay modelling, and more.

EASTER BRUNCH



It was all about spending time with the family at our Easter Brunch. From assorted bread and roasted meats to Easter treats, the meal was peppered with a lot of festive cheer.

