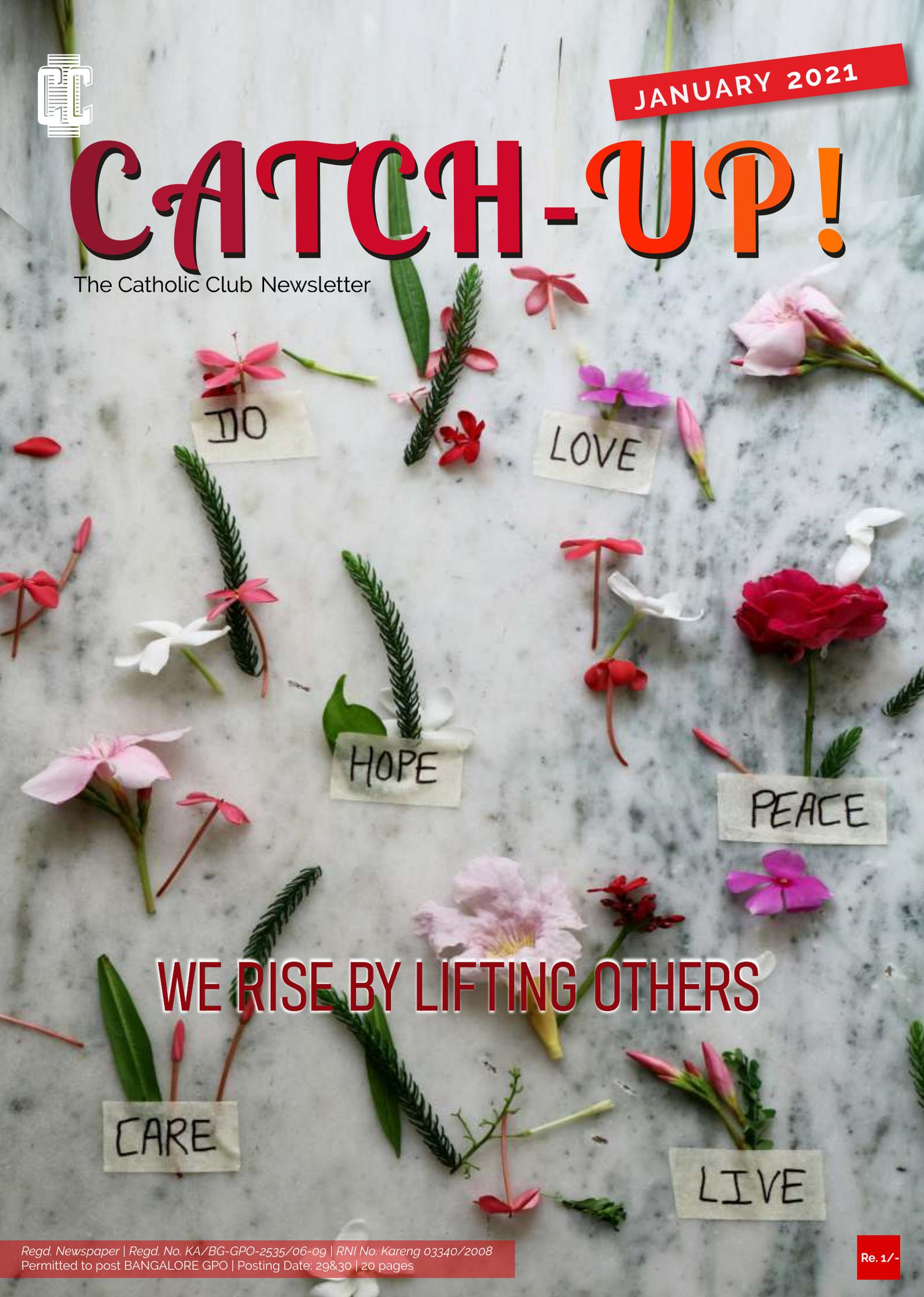




JANUARY 2021

# CATCH-UP!

The Catholic Club Newsletter



DO

LOVE

HOPE

PEACE

WE RISE BY LIFTING OTHERS

CARE

LIVE



Dear Fellow Member,

On behalf of the Managing Committee I take this opportunity to wish all you dear Members and your families a fantastic 2021 filled with joy, love, happiness and good health.

Last year our Jan Catchup had the caption... 2020 UNWRITTEN - it's all upto you! And indeed 2020 has been upto us, catching us by surprise. We have come through it all! And nothing's gonna stop us in the months to come!

So though December was different this pandemic year, Members who attended the events had many an enjoyable evening. Safety protocols in place, the month started with a few Members coming back to the club. Adding DJ Neil Hoskins (in-house) to the mix, made sure the club was lively and filled with the spirit of the season. The Sunday Brunches gradually had an increase in attendance with some Live music and great food.

The **Faith Programme** (4th Dec) started the advent season on a great note. Carol singing led by Priya Mendens, followed by an engaging session with Mgrs. Jayanathan who shared a special advent message on the importance of forgiveness and starting a new chapter. Ended with a Q&A about confession.

Catholic Club needed a live band to bring us together and let our hair down after all the lock downs and staying safe! **SIRIUS**, a leading band from Hyderabad, rocked the Club.

On its heels, the week long **Christmas Bazaar** was a great success with members/friends shopping, enjoying the delicious food and entertainment every evening.

The Ladies of the Club had their own day at the **Coffee Morning** with fun happiness and cheer. *(An additional feature was the Christmas Carol sing-song session where members could send a voice recording on the WhatsApp group.)*

**iBrowse** witnessed 3 authors who came together to share insights on a brush with literature. Abhijit Bhaduri, Maitreyee Chowdhury and Tony V. Francis.

Even in the **Billiard Room** there was action. A fun tournament for teams of 3, where one played Snooker, one played Billiards and one played Pool!

The **Romp Run** was revived after many months. On completion of the run those who braved the cold, enjoyed a sumptuous breakfast provided by the club.

The season would not be complete if the Catholic Club did not do its usual events. Tradition says - **Carols by Candlelight**. Duets, trios and community singing, brought back memories of old days. The piece de resistance was the finale, where the whole Committee led the carol singing!

**Cake & Wine** turned into a Noon to Moon show with the fantastic Fernandes Trio and DJ Hoskins keeping everyone on their feet the entire afternoon and well into the night.

**The Yuletide Ball** had old favourites 'The Revivers' back, playing all the music we love to hear.

*Unfortunately, the New Year party was cancelled due to Government directives.*

The 1 lakh **Christmas Bumper Housie** was rescheduled and conducted on 3<sup>rd</sup> Jan'21 and had a very good response. We thank Mr. Santosh Mathias of **joules Health** who co-sponsored the event.

A big thank you to our sponsors UB, Pernod Ricard, Diageo, Bacardi and all the other liquor companies who gave us offers which we passed on to the members.

Keeping safety in mind, attendance was lower than usual. But all-in-all, it was a fun month at the Club. Thankyou those who braved the season. Look forward to seeing more of the rest of you in 2021.

Stay safe and healthy!

Warm Regards,  
**Ricky Patel**  
President

**The future depends on what we do in the present!**





Catholic Club

FAITH COMMITTEE  
PRESENTS

# EVERY DAY FAITH

FRI  
8  
JAN  
7PM



MSGR. S. JAYANATHAN  
VICAR GENERAL &  
SPIRITUAL ADVISOR



REV. DR. PETER MACHADO  
ARCHBISHOP - BENGALURU



MSGR. C. FRANCIS  
PARISH PRIEST  
ST. PATRICK'S CHURCH



RICKY PATEL  
PRESIDENT  
CATHOLIC CLUB

FRIDAY  
8TH JANUARY  
2021  
7 - 8 PM



SAMEERA FERNANDES  
MIC - FAITH COMMITTEE  
CATHOLIC CLUB

A DISCUSSION ON FAITH & SPIRITUALITY  
IN A TIME OF SOCIAL TRANSFORMATION

MAIL YOUR QUESTIONS TO [LADIES-REP@CATHOLICCLUB.COM](mailto:LADIES-REP@CATHOLICCLUB.COM)

SING-ALONG SESSION, QUIZ & MORE  
THE SESSION WILL BE FEATURED ONLINE & AT CATHOLIC CLUB



Mgsr. Jayanathan,  
shared a special advent message  
on *the importance of forgiveness  
and starting a new chapter.*





WED  
13  
JAN  
12 NOON

celebrates  
OUR

# SUPER SENIORS



THE  
NEW YEAR  
EDITION

AN OPEN AIR EVENT

FUN & GAMES    YUM FOOD    LOADS OF PRIZES

**member 250 | guest 499** Ticket Sales start from 6th Jan 2021

CLUB RULES APPLY | DRESS CODE COMPULSORY



FRI  
15  
JAN  
6PM



Catholic Club **iBrowse Book Club**

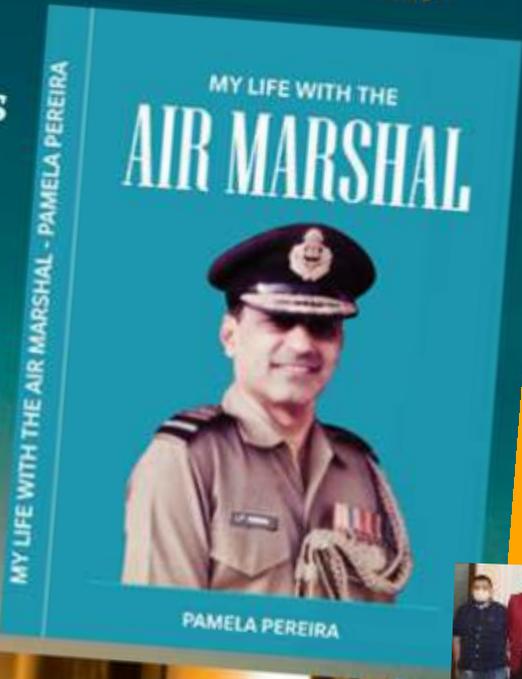
**THREE WOMEN AUTHORS**  
share thoughts  
experiences  
insights

Friday, 15th January 2021

6 to 7:30 pm

**ENTRY FREE!**

The session can be viewed online  
and at Catholic Club

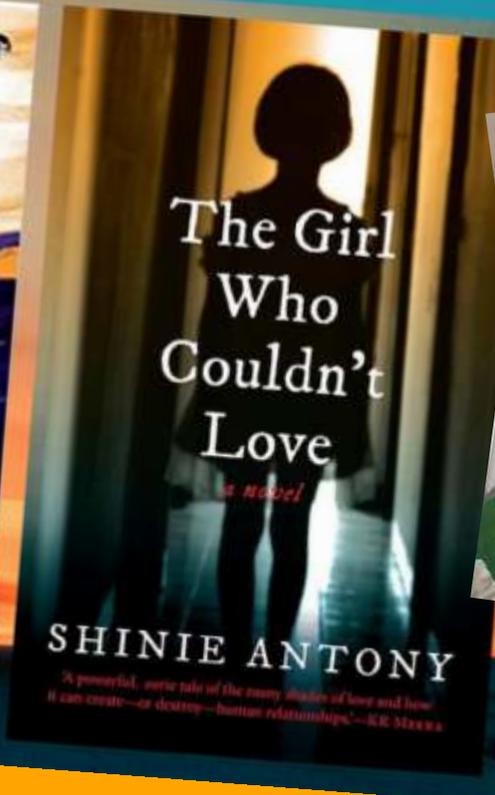
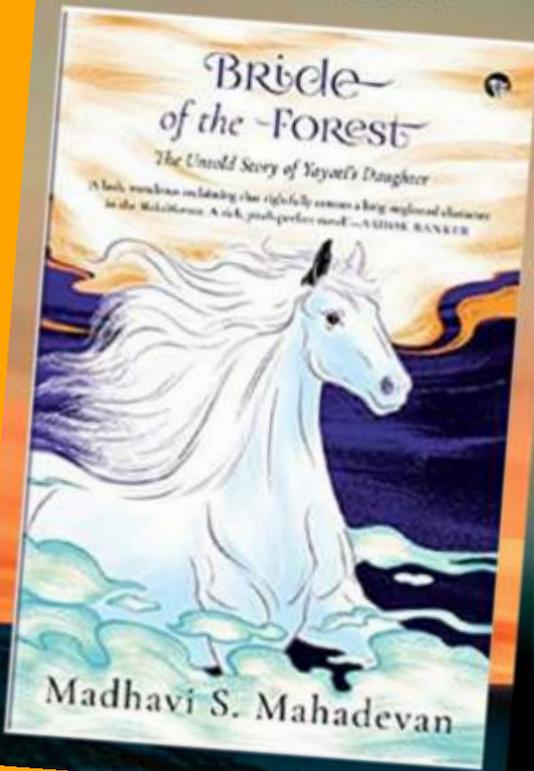


**A Brush with Literature.**

Abhijit Bhaduri, Maitreyee Chowdhury and Tony Francis, 3 authors whose books created waves as they were great learnings on life. S.C. Sharada (moderator) and Reena Pereira Menezes (facilitator) ensured a lively discussion.



Mrs. Jean Rego sharing her husband late Air Cmde Melville Rego's experience during the revolution in Bengal during the early 60's, was indeed very touching.



# SIRIUS

Rocking the Club



The  
**LADIES'**  
COFFEE  
MORNING



# A HOLLY JOLLY CHRISTMAS WITH THE LADIES

What concentration!  
Hoping to win at Tambola ▶



◀ Learning the  
hipshaking Jerusalem  
with Alisha Peres



Merry Christmas everybody!!!





Catholic Club

LADIES COFFEE MORNING

HOLA 2021

Sunday, Jan 24, 2021

11am onwards

LET'S CELEBRATE

THE NEW YEAR!

POSITIVITY, ENERGY, RENEWED FOCUS

MUSIC, FUN, GAMES, TAMBOLA,

PRIZES, SUMPTUOUS FOOD,

DANCE + SO MUCH MORE

TICKETS

MEMBERS : Rs. 200/-

GUESTS : Rs. 300/-

Call Vani on 080 49023333 extn 224 or  
book online and reserve your ticket today



# Carols by Candlelight





Catholic Club

p r e s e n t s

# AMATEUR NITE 2021

A vocal and instrumental extravaganza of Bangalore's and Catholic Clubs best talent. Come cheer and watch them compete for the crown.

**SAT, 6<sup>th</sup> Feb 2021**

Entry Fees: Member: Rs 150 |  
Sr Dependent: Rs 75 | Guests: Rs 250

Dear Singers and Musicians of Catholic Club,

Get prepared for Amateur Nite-2021. Keeping with COVID regulations and guidelines, we are working on a new digital format to accompany our traditional Amateur Nite competition. So, keep those vocal cords and instruments warm, and stay tuned for further information which will be available at the club office and reception January 10<sup>th</sup> onwards.

To receive the information via email, send us an "Interested in participating" email to: [youth-rep@catholicclub.com](mailto:youth-rep@catholicclub.com) and we will send you the registration details.

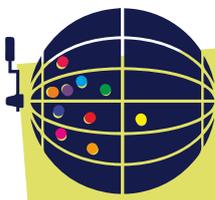
**Get Ready to show-off  
your Talent!!! REGISTER NOW!**

**AMATEUR NITE will compromise of 5 categories  
- under different age groups.**

1. Solo Vocal | 2. Solo - Instrumental | 3. Duet  
| 4. Western Group - Acapella (no instruments) | 5. Western Group - Band

The CC Youth Committee are proud to bring you **Amateur Nite 2021** an age-old tradition that is being revitalized and revamped, to bring you some of Catholic Club's and Bangalore's finest Vocalists and Musicians.  
**Loads of prizes to be won  
for everyone!!!**

Sean Pereira  
Youth ~ MIC



**1 lakh  
Christmas  
Bumper Housie**  
Thankyou to our co-sponsor  
**joules Health**



### LEST WE FORGET

We remember our loved ones who we have lost in this last year! May God grant you and your families solace in this trying time. To the families who have battled sickness and getting back to health, may He give you strength! And a special prayer for those who are battling on the frontline.



# Is exercise good for your immune system?

Moderate activity is the most beneficial to the immune system. Exercise is a great way to develop your body, calm your mind and boost the immune system.

Most of us have gone through life not thinking much about our immune system. It's there. We've always just trusted it's doing the best it can to protect us from infections and cancer. That sure has changed! Our immune systems are now top of mind as we do everything we can to stay safe from COVID-19.

Good nutrition helps immunity, but it's not the only healthy habit that makes a difference. Exercise is a powerful tool in keeping you safe from illness.

How do you get started if you're not already active? Just move more today than you did yesterday. Baby steps are best. If the activity you're most used to is sitting, you're not doing anyone any good by jumping into an intense exercise. Prevent injury by getting your body used to moving. As you get more comfortable, you can slowly ramp it up to the next level. Slowly!

Moderate Exercise is the need of the hour - eg.: a brisk walk. Maintain proper social distancing, keeping at least 6 feet between you and anyone else.

With each walk, your immune system gets a little stronger. Activity of germ-fighting immune system cells increases – these "natural killer cells" are particularly adept at killing off dangerous invaders. With each workout, our immune systems also pumps out natural antibodies and anti-inflammatory cytokines to help wipe out attackers. Over time, these temporary increases can permanently pump up our immune system and lower inflammation, so developing a consistent exercise habit is key! Research shows this positive effect on our immune systems with moderate exercise under 60 minutes.

To round out your immune-boosting healthy habit routine, load up on vegetables and lean protein, a serving or 2 of fruit a day, get 7-8 hours of sleep at night (keep a regular schedule, just like you did when you worked outside the home), and find ways to decrease the effects of stress. Exercise is a great stress-busting tool, along with deep breathing exercises. Your immune system will thank you.

### Join the CC Gym.

Our instructors- Wayne & Suresh, are there 24/7 to help you start your journey to staying fit, and building your immunity.

A safe, clean-sanitised, germ-free environment, with top-of-the-line equipment, at a very affordable price for you and your loved ones. Special attention will be given to our lady members and elders.

**SIGN UP  
FOR A FREE  
TRIAL**



*Are We part of your New Year Resolutions*

Meet the trainers at the CC GYM, who have helped transform many. And have the zeal to work equally harder to help you achieve your goals.

**SIGN UP  
FOR A FREE  
TRIAL**

\*Free trial valid for 7 days. Club management reserves the right to alter / modify / discontinue the offer without prior notice.

**For Details Contact Wayne / Suresh at the Healthclub.**

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