十二月號

薈萃



PACIFIC VIEWS

DECEMBER 2026

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

慶祝你的大日子
享受你的生日優惠！

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of $2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of $150 per person for our $230 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2026 to 30th June 2027. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！凡聚餐消費滿 $2,000 或以上，即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦 30 位或以上賓客的生日聚餐，可以以 $150 優惠價享用原價 $230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期由 2026 年 7 月 1 日至 2027 年 6 月 30 日止。優惠受條款及細則約束，並且不適用於部分日期。

TO BOOK YOUR CELEBRATION
預約你的生日聚餐



Dining Reservation 於餐廳享用午餐或晚餐	
The Island View	2118 1846
Pier 6	2118 1878
Capricci	2118 1803
Bauhinia (紫荊閣)	2118 1892
Banqueting Enquiries 私人聚餐	2118 2851 or 2118 2295

Birthday Offer for Banqueting Events and Terms and Conditions
私人聚餐生日優惠 — 條款及細則

1. This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。
2. Special rate of $150 per person for the $230 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 $150 優惠價享用原價 $230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
3. One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。
4. One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個，可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、朱酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
5. There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。
6. Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
7. This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
8. The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
9. The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Terms and Conditions for Restaurants
於餐廳用餐 — 條款及細則

1. To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of $2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在 Island View、Pier 6、Capricci 或紫荊閣餐廳用餐消費滿 $2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。
2. This promotion is valid during the Member's birthday calendar month, from 1st July 2026 to 30th June 2027. 此推廣活動的有效日期：2026 年 7 月 1 日至 2027 年 6 月 30 日期間的會員生日月份內。
3. There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
4. Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
5. A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
6. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、朱酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
7. The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
8. This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
9. The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

Season's Greetings to you and your family and I look forward to seeing you around our festively decorated Clubhouse over the holidays. As usual, the Pacific Club's end-of-year events are filling up fast so, if you haven't yet made your bookings, please peruse the Festive Brochure and contact us at your earliest convenience.

Mark your diaries for the weekend of 11th to 13th December for the Festive Wine and Gourmet Fair at the outdoor Pool and BBQ deck. This is the perfect opportunity to taste a wide range of Artisan wines and delicacies to stock up your pantry for the Holidays.

In Recreation this month, our 34th Annual Pacific Club Tennis Championships concludes on the weekend of 12th and 13th December. If you are visiting the Club over that weekend, please do stop by the 4/F and cheer on the competitors in the top quality finals matches in the various categories.

As 2026 draws to a close, I would like to thank you all for your continual support of the Pacific Club's many activities throughout the year. I am looking forward to 2027 when we will bring you many more exciting events.

Wishing you a very Merry Christmas and a Happy New Year!

Ronald Loges

尊敬的會員，

首先祝大家及貴家屬將迎來愉快的節日，並期待在假期期間在充滿節慶裝飾的會所中與大家相聚。太平洋會的年終活動一如既往地火熱進行中，由於名額有限，如果大家尚未預訂，請儘快瀏覽我們的節日活動小冊子並與我們聯絡。

此外，請大家於 12 月 11 日至 13 日這個週末，抽空前來游泳池外的戶外燒烤區參加聖誕美酒佳餚巡禮。這是一個品嚐各種精選葡萄酒及美味佳餚，為節日挑選醇酒美食的絕佳機會。

在康體活動方面，第 34 屆太平洋會網球比賽將於 12 月 12 日及 13 日這個週末完滿結束。若大家將於該週末期間到訪本會，歡迎前來四樓網球場為參加各組別決賽的高水平選手打氣。

2026 年即將結束，我衷心感謝大家在這一年對太平洋會各項活動的持續支持，亦期待著 2027 年的到來，屆時我們將為大家帶來更多精彩的活動。

祝大家聖誕及新年快樂！

Board of Governors

Henry Tang	唐英年
Vincent Fang	方 剛
William Fung	馮國綸
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Takeshi Sokai	祖開健

Management 管理階層

Ronald Loges General Manager	羅納德 陸格 *總經理*	Tel : 2118 1888 Fax: 2118 0204 E-mail: ronaldloges@pacificclub.com.hk
Flora Lam Chief Accountant	林淑娟 *總會計師*	Tel : 2118 1830 Fax: 2118 0208 E-mail: flora-lam@pacificclub.com.hk
Tommy Ko Membership Manager	高文偉 *會籍部經理*	Tel : 2118 1808 Fax: 2118 0209 E-mail: tommy-ko@pacificclub.com.hk
Anson Ho Sports & Leisure Manager	何嘉熹 *體育及康樂經理*	Tel : 2118 5286 Fax: 2118 0206 E-mail: anson-ho@pacificclub.com.hk
Daniel Birkner Head of Culinary & Restaurant Operations	 *廚藝及餐飲營運總監*	Tel : 2118 1825 Fax: 2118 0207 E-mail: daniel-birkner@pacificclub.com.hk
Grace Ng Banqueting & Events Manager	吳嘉華 *宴會及活動統籌經理*	Tel : 2118 1824 Fax: 2118 0207 Email: grace-ng@pacificclub.com.hk
Irene Chan Human Resources Manager	陳亮而 *人力資源部經理*	Tel : 2118 1806 Fax: 2118 1832 E-mail: irene-chan@pacificclub.com.hk
Henry Ng Executive Housekeeper	吳漢偉 *行政管家*	Tel : 2118 1700 Fax: 2118 1836 E-mail: henry-ng@pacificclub.com.hk
Chung Chi Ho Technical Manager	鍾志豪 *工程部經理*	Tel : 2118 1819 Fax: 2118 1836 E-mail: chiho-chung@pacificclub.com.hk

Bookings 預約及查詢電話

Gym	健身室	2118 1863
Membership	會籍部	2118 1802
2/F Reception	二樓接待處	2118 1890
G/F Reception	地下接待處	2118 1828
Tennis	網球部	2118 1707
The Island View	西餐廳	2118 1846
Pier 6 Restaurant	扒房	2118 1878
Bauhinia Restaurant	紫荊閣	2118 1892
Bowling Alley & Bar	保齡球館及酒吧	2118 1845
Capricci	意大利餐廳	2118 1803
Banqueting	宴會部	2118 1824
Hair Salon	髮廊	2118 1893
The Spa	美容部	2118 1890

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THE GRILL IS YOURS:
FIRE, FOOD, AND FRIENDS. IT'S BBQ TIME!
BBQ 開爐啦！美食火熱，好友同樂！

For everyone who loves to cook, grill, and gather, our DIY BBQ area is the perfect place to fire things up. Set beside the water, it offers a relaxed and inviting setting for sharing good food with good company.

We provide all the essentials — from cooking utensils and charcoal to plates, glasses, and cutlery — and we handle setup and cleanup. Create your own menu, let our chef prepare one for you, or book a fully staffed BBQ buffet. You bring the passion for BBQ. We'll handle the rest.

喜歡烹飪、燒烤、舉辦聚會的你，快前來本會的 DIY BBQ 場盡情開爐！臨海而設的場地，氛圍輕鬆自在，最適合與好友一起邊烤邊聊，享受美食與歡笑。

我們將為你準備好所有必需品 — 烹飪用具、木炭、餐盤、玻璃杯、餐具通通都有，還會幫你搞定場地的餐桌及聚會後清理。你亦可以選擇自己設計菜單，或交給本會廚師代勞，或直接預訂包括全套人員服務的 BBQ 自助餐。你只需要帶著對燒烤的熱情前來，其餘交給我們！

Bookings are available daily in 3-hour increments from 12:00noon to 10:00pm
BBQ 場預約時間為：
每天中午 12 時 至晚上 10 時，每節 3 小時

Contact our Banqueting and Events Department on 2118 2851 or 2118 2295
預約可致電宴會及活動部：
2118 2851 或 2118 2295

Our experts are here to help you with everything you need for a good time. Get in touch now!
專業團隊將為你提供協助，確保你度過美好時光。
立即聯絡我們吧！

Special offer extends to December
限定優惠
延續至 12 月

Chill and Grill Surf 'n' Turf BBQ
炫烤海陸盛宴 BBQ 派對

Arrive, relax, and let the BBQ begin. Our Chill and Grill Surf 'n' Turf BBQ brings together sizzling favourites from land and sea, prepared and served by our chef while you enjoy the moment. With a full buffet, chef service, soft drinks, beer and house wine included, everything is taken care of — all you need to bring is your appetite.

到場後放鬆心情，燒烤立即展開！「炫烤海陸盛宴 BBQ 派對」把陸地與海洋的美食一次呈現，由本會廚師即場烹調，你只須盡情享受。派對套餐包括：自助餐、廚師服務、汽水、啤酒及餐酒，你只需帶著食慾前來！

MENU 派對菜單

Cheesy Garlic Bread, Tomato and Burrata Salad, Potato Salad, Tuna Tataki, Grilled Oysters, Boston Lobster and Black Angus Rib Eye Surf 'n' Turf, Scallops on the half shell with Garlic and Lemon, Nürnberger Pinwheel Veal Sausage, Grilled Prawns, Stewed Mushrooms with Garlic and Herb Dip, Vegetable Skewers, Vanilla Peaches, Sauces and Condiments

芝士蒜蓉包、蕃茄布拉塔芝士沙律、薯仔沙律、炙燒吞拿魚、烤生蠔、波士頓龍蝦及黑安格斯肉眼海陸拼盤、蒜香檸檬帶子、紐倫堡小牛肉腸旋卷、烤大蝦、蒜香香草燉蘑菇、蔬菜串燒、香草蜜桃、各式醬料及調味品。

$899 per person
每位

Including chef service, buffet, soft drinks, beer, and house wine.
包括本會廚師服務、自助餐、汽水、啤酒及餐酒

Minimum booking
最低預訂人數
10 persons〔位〕



* Photograph is AI generated 相片由 AI 生成



By Tommy Ko
Membership Manager
撰文：會籍部經理

In this month's issue, I am thrilled to share that our Christmas and New Year's Eve events at the Club are experiencing an enthusiastic response, with bookings filling up at an impressive pace. If you haven't made your festive arrangements yet, I encourage you to explore our beautifully crafted Festive Brochure and connect with the respective restaurants to secure your spot — don't miss the chance to celebrate the season with us!

At the Pacific Club, we remain profoundly thankful for our Members' unwavering support of our designated charity, the Children's Cancer Foundation, a partnership that has flourished since 2004. December, a month that embodies the spirit of giving, presents a unique opportunity for us all. We invite you to join us in our fundraising efforts at the Club's Food & Beverage outlets this month. A simple addition to your restaurant bill can make a meaningful difference, as these contributions will be donated directly to the Children's Cancer Foundation.

Together, with your generosity, I am confident that we are on the path to achieving another remarkable year in our fundraising endeavors. Thank you in advance for your kindness and support; it truly makes a difference!

在今期薈絮中，我很高興告知大家，本會舉辦的聖誕及除夕活動得到會員熱烈支持，部分活動經已滿額。如你尚未為節日活動作出安排，我誠摯邀請你瀏覽我們精心製作的節日活動小冊子，並儘快聯絡有關的餐廳預約 — 千萬不要錯過在本會共度佳節的機會！

此外，本會亦非常感謝各會員繼續鼎力支持我們自 2004 年以來一直持續合作的慈善機構 — 兒童癌病基金。12 月，是體現奉獻精神的月份，給予了我們所有人一個為他人送上關懷的難得機會。因此，我們誠摯邀請你於本月蒞臨本會的餐飲場所，參與我們的籌款活動。只需在你的餐飲帳單上作額外捐贈，就能帶來意義非凡的改變。這些捐款將直接捐贈予兒童癌病基金。

有了你的慷慨解囊，相信今年的籌款活動必定能創造佳績。先感謝你的善意及支持，你的捐助將意義重大！



Restaurants Closed for Private Functions

During December, many Members like to host private Corporate or Social events at the Club's restaurants. If you plan to dine at the Club this month, please call in advance to make a reservation to avoid disappointment if a restaurant is closed for a private function.

餐廳暫停服務作私人宴會

於整個 12 月份中，將會有眾多會員在本會個別餐廳內舉行公司或私人宴會。為了方便各位使用餐飲服務，請有計劃於本月內到會所餐廳用膳的會員提前致電預約。

Season's Greetings!

The Management and Staff of the Pacific Club wish all Members and their families a very Merry Christmas and a Happy and Healthy New Year 2027 ahead.

恭賀聖誕及新年

太平洋會管理層及全體員工謹祝所有會員及貴家屬聖誕快樂及 2027 年健康愉快，事事順利！

PACIFIC CLUB
Tel : 2118 1828 E-mail : info@pacificclub.com.hk
Fax : 2118 0208 Website: www.pacificclub.com.hk
Address : Harbour City, Kowloon, Hong Kong

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FESTIVE WINE AND GOURMET FAIR
聖誕美酒佳餚巡禮

Friday, 11th December
4:00PM – 9:00PM
12月11日〔星期五〕
下午4時至晚上9時

Saturday, 12th December
12:00NOON – 8:00PM
12月12日〔星期六〕
中午12時至晚上8時

Sunday, 13th December
12:00NOON – 8:00PM
12月13日〔星期日〕
中午12時至晚上8時

The Festive Wine and Gourmet Fair brings festive elegance to the Pacific Club.

Held outdoors on the Pool and BBQ Deck, the fair features glowing lights, joyful music and the inviting aroma of mulled wine and gingerbread. Browse fine vintages from renowned wineries and boutique producers, along with artisanal delicacies and seasonal treats.

Enjoy a complimentary cup of mulled wine or eggnog each day, with non-alcoholic options available. The first 50 visitors daily will receive a festive gift.

太平洋會聖誕美酒佳餚巡禮將為節日增添高雅的氣氛。

活動將於本會的游泳池及戶外燒烤場上舉行，燈光璀璨，音樂歡快，熱紅酒及薑餅的香氣撲鼻而來。屆時，大家可以選購知名酒莊及精品生產商的優質佳釀、手工美食及時令佳餚。

每日的活動中，參加者都可以免費享用一杯熱紅酒或蛋酒，另有無酒精飲品可供選擇，而前 50 名的參加者將獲贈節慶禮品一份。

MEMBERS CAN ALSO TAKE PART IN TWO EXCLUSIVE LUCKY DRAWS

- Reach the minimum order for home delivery and you will be entered to win a Deluxe Beverage Package worth over $2,500.
- For purchases totalling over $10,000, you will qualify for a Grand Draw to win an exclusive Gourmet and Beverage Package worth over $8,000.

本會會員還可參加兩項獨家抽獎

- 購物達到送貨上門的最低消費金額，即可參加抽獎，贏取價值超過 $2,500 的豪華餐飲套餐。
- 消費總額超過 $10,000，即可參加終極抽獎，贏取價值超過 $8,000 的獨家美食及飲品套餐。

* Photograph is AI generated 相片由 AI 生成

Tuber Magnatum Pico
WHITE TRUFFLES FROM ALBA, ITALY
意大利 ALBA 白松露菜式

Make your next dining experience truly memorable at the Pacific Club with a unique menu that showcases the finest seasonal ingredients, crowned by the rare White Truffle from Alba, Italy.

Perfect for impressing family, friends, or business associates, our special White Truffle Menus can be enjoyed in Pier 6, Capricci, or in one of our private banquet rooms.

For those seeking something more personalised, we also offer customised menus upon request, available for both lunch and dinner.

Savour this year's White Truffles by pre-ordering with our Banqueting Team.

For details or reservations, contact our Banqueting and Events Department on 2118 2851 or 2118 2295.

太平洋會的獨特菜式一向使用最好的時令食材，今次將會以來自意大利 Alba 的珍貴白松露為主，為你的下一次用餐帶來真正難忘的體驗。

我們特別設計的白松露菜單非常適合與家人、朋友或商業夥伴一同品嚐，為他們留下深刻的美食回憶。大家可以在 Capricci、Pier 6 餐廳或本會其中一間私人宴會廳享用。

對於想依照個人喜好來設定菜單的客人，我們還可應大家的要求提供客製化的午餐及晚餐菜單。

透過我們的宴會部團隊預訂餐桌及菜單，即可品嚐今年的白松露。

查詢有關詳情及預訂，請致電 2118 2851 / 2118 2295 與本會宴會部聯絡。



四道菜式配鮮刨白松露
4-Course Menu with Freshly-shaved White Alba Truffles

Bread and Butter
Amuse-bouche
***
Seared Hokkaido Scallops with Pumpkin and its own Styrian Seed Oil
***
Italian Egg Yolk Spaghetti in Parmesan Velouté
***
Binchotan Charcoal-grilled Black Angus Rib Eye
Oloroso Sherry Sauce | Porcini Potato Terrine | Roasted Celeriac
***
Hazelnut Mousse and Caramelised Pear
***
Petits Fours

$1,298 per person, minimum 8 persons
每位$1,298，每桌最少8位

六道菜式配鮮刨白松露
6-Course Menu with Freshly-shaved White Alba Truffles

Bread and Butter
Amuse-bouche
***
Ballotine of label Rouge Quail and Duck Foie Gras
with Beetroot Preparations
***
Royal Consommé of Oxtail and Aged Madeira
***
Seared Hokkaido Scallop with Byzantine Hazelnuts
***
Open Italian Egg Yolk and Parmesan Cheese Raviolo
***
Gratinated USDA Prime Beef Tenderloin and Boston Lobster Medallion
Oloroso Sherry Sauce | Porcini Potato Terrine | Roasted Celeriac
***
White Coffee and Almond Croquant Mousse with Burnt White Chocolate
***
Petits Fours

$1,888 per person, minimum 8 persons
每位$1,888，每桌最少8位

Except 22nd & 31st December 12月22日及31日除外

SPECIAL PROMOTIONS AT BAUHINIA
Available at Lunch and Dinner throughout December
紫荊閣 12 月份特別菜式推介
於午餐及晚餐時段供應

In December (except 22nd and 31st), Bauhinia Restaurant will continue to offer Lobster and Baby Pigeon Set Menu and Hairy Crab and Roasted Baby Pigeon Set Menu, perfect for entertaining guests or sharing with family.

於 12 月份〔 22 日及 31 日除外 〕，紫荊閣繼續為大家送上龍蝦乳鴿套餐及大閘蟹紅燒乳鴿套餐，款待賓客或與家人聚餐佳宜。



龍蝦乳鴿套餐
LOBSTER AND BABY PIGEON SET MENU

松露腐皮卷、陳醋小雲耳海蜇、濃邊叉燒皇
Deep-fried Bean Curd Sheet with Mushroom and Black Truffle
Marinated Black Fungus with Jellyfish
Barbecued Honey-glazed Pork

***

瑞士汁燒乳鴿 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

***

龍蝦汁紫菜豆腐
Braised Tofu with Seaweed in Lobster Sauce

***

瑤柱金菇扒菠菜
Braised Spinach with Conpoy and Enoki Mushrooms

***

牛油上湯焗澳洲龍蝦 (每位半隻)
伴伊麵 或 炒麵
Pan-fried Australian Lobster with Butter and Garlic in Bouillon
(Half piece per person)
with E-fu Noodles or Fried Noodles

***

朱古力雪糕 或 精美甜品
Chocolate Ice Cream or Daily Dessert

$518 per person, minimum 2 persons
每位，兩位起



大閘蟹紅燒乳鴿套餐
HAIRY CRAB AND ROASTED BABY PIGEON SET MENU

蜂蜜叉燒皇、四喜烤麩、青瓜小雲耳、椒鹽鮮魷
Barbecued Honey-glazed Pork
Braised Gluten with Dried Lily Flower
Marinated Cucumber with Black Fungus
Deep-fried Squid with Spicy Salt

***

蟹肉忌廉粟米南瓜羹 配 炸饅頭
Crab Meat, Sweet Corn and Pumpkin Puree Soup
served with Deep-fried Bun

***

紅燒乳鴿 (每位半隻)
Roasted Baby Pigeon (Half piece per person)

***

清蒸江蘇大閘蟹兩隻 (約 5両重)
Steamed Hairy Crab (5 taels, 2 pieces per person)

***

蟹粉蝦球燉蛋
Steamed Egg with Crab Roe and Prawn

***

櫻花蝦汁扒自家豆腐伴豆苗
Homemade Bean Curd and Young Bean Leaves
with Sakura Shrimp Sauce

***

小籠包
Steamed Pork Dumplings

***

薑茶湯丸
Sweetened Ginger Tea with Glutinous Rice Dumplings

$650 per person, minimum 2 persons
每位，兩位起



Chef Keung's Favourite Bites
強師傅舌尖上的美食

In December, make your way to Bauhinia Restaurant and savour a selection of Chef Keung's most cherished recipes, including Deep-Fried Scallops Stuffed with Mashed Taro, Chinese Steamed Egg with Clams and seasonal Shanghai Hairy Crab.

於 12 月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括荔茸炸釀帶子、花蛤蒸水蛋，以及時令大閘蟹。

To book your table, please call 2118 1892. 訂座請致電 2118 1892。

* Photographs of dishes are for reference only 食物相片只供參考





By Daniel Birkner
Head of Culinary & Restaurant Operations
撰文：廚藝及餐飲營運總監

BISCOFF TIRAMISU 意大利焦糖餅乾芝士蛋糕

Classic tiramisu gets a caramel-spiced twist with creamy Biscoff cookie butter, velvety mascarpone and a bold hit of coffee. The warming cinnamon and caramelised biscuit flavours are a perfect match for the festive season. Finished with a dusting of cocoa, this no-bake dessert makes an irresistible finale to your holiday table.

You may also come and try this dessert at Capricci throughout December.

經典意大利芝士蛋糕融合焦糖香料，配搭香濃的焦糖餅乾醬、絲滑的意大利軟芝士及濃郁的咖啡香，風味獨特。溫暖的肉桂及焦糖餅乾香氣與節日氣氛完美契合，最後撒上可可粉，這款無需烘焙的甜點將為你的節日餐桌畫上令人無法抗拒的句號。

大家也可以在整個12月期間光臨 Capricci 餐廳品嚐這款甜點。



INGREDIENTS 材料

3 packets Biscoff cookies - 96 cookies
3包焦糖餅乾，共96塊

FOR THE FILLING 餡料

- 65g Biscoff Cookie Butter
  65克焦糖餅乾醬
- 600g Heavy whipping cream chilled straight from the fridge
  600克冷藏鮮忌廉（無需解凍）
- 500g Mascarpone cheese straight from the fridge
  500克冷藏意大利軟芝士
- 5g Pure Vanilla Extract
  5克純香草精
- ½ teaspoon Cinnamon
  ½茶匙肉桂粉
- 200g Sugar
  200克白砂糖
- Pinch of salt
  少許鹽

FOR COFFEE MIXTURE 咖啡液

- 350ml water
  350毫升水
- 20g instant coffee
  20克即溶咖啡

TO DUST ON THE TOP 撒在面層

- unsweetened cocoa powder
  無糖可可粉

INSTRUCTIONS 製作

Use a 9” by 13” (22.5 by 32.5cm) pan. 使用一個9吋 x 13吋〔22.5厘米 x 32.5厘米〕的烤盤。

FOR THE FILLING 製作餡料

1. Using a handheld electric or a stand mixer, beat mascarpone, cookie butter, cinnamon, vanilla, salt, and sugar on a low speed until combined. Use beater attachment for this process. This should take a minute. 使用手持電動攪拌器或直立式攪拌器，以低速攪拌意大利軟芝士、餅乾醬、肉桂粉、香草精、鹽及糖，直到混合均勻。此步驟須使用攪拌槳。大約需要一分鐘。
2. Now switch to a balloon whisk and add cold heavy cream to the same bowl. Start beating it on a low speed for 2 minutes then increase the speed to medium. Scrape the side and the base of the bowl a few times in between. 現在更換成打蛋器，將冷藏的厚忌廉倒入同一個碗中。先用低速攪拌兩分鐘，然後調至中速。期間需刮幾次碗壁及碗底。
3. Whip until stiff peaks. That means the cream should hold well on the whisk upside down. 繼續攪拌忌廉至變得凝固直立，即是忌廉倒置後仍能很好地掛在打蛋器上。
4. This process should take 8-10 minutes. Do not overwhip as it will split and turn into butter. 此過程大約需要 8-10 分鐘。切勿過度攪拌，否則忌廉會油水分離並變成牛油。
5. Transfer it in the fridge until use. 將忌廉放入冰箱冷藏備用。

FOR MAKING THE COFFEE MIXTURE 製作咖啡液

1. Mix coffee with water and heat it up until warm on the stovetop or microwave. 將咖啡粉與水混合，在爐灶或微波爐中加熱至溫熱。
2. Let it cool down to room temperature before use. 使用前冷卻至室溫。

LAYERING THE TIRAMISU 製作意大利芝士蛋糕

1. Dip the Biscoff cookies one by one fully into the coffee mixture and lay down in the pan in a single layer. 將焦糖餅乾逐一浸入咖啡液中，然後平鋪在烤盤上。
2. Repeat the process to make a total of two layers of cookies. 重複此步驟，共鋪兩層餅乾。
3. Divide the prepared cream into two parts. 將製作好的忌廉餡料分成兩份。
4. Scoop dollops of mascarpone cream filling all over the cookie layer. Spread it evenly. 用湯匙舀取芝士忌廉餡料，均勻地塗抹在餅乾層上。
5. Top the cream layer with cookies dipped in the coffee. Repeat this process one more time followed by the final cream layer. 在忌廉層上再鋪上一層浸透咖啡的餅乾。再重複此步驟一次，最後鋪上最後一層忌廉。
6. I have piped the top later instead of just spreading. You can use the cream as preferred. 這一次我會用擠花袋擠出忌廉，而不是直接塗抹。你也可以根據個人喜好選擇忌廉的塗抹方式。
7. Dust the top with cocoa and cinnamon making sure you cover the entire top including the edges. 在面層撒上可可粉及肉桂粉，確保覆蓋整個面層，包括邊緣。
8. Cover the top with saran wrap and refrigerate for at least 4-6 hours to let it set and flavors deepen. 用保鮮膜覆蓋整個烤盤，放入冰箱冷藏最少4-6小時，使其凝固並融合更多風味。
9. Keep it in the fridge at all times until serving. 食用前請務必冷藏保存。

* Photographs of dishes are for reference only 食物相片只供參考

VACHERIN MONT D'OR CHEESE FONDUE

Available Throughout December
at the Club Bar, Oyster Bar and
The Island View

法國金山芝士火鍋

於 12 月份在會所酒吧、OYSTER BAR 及 ISLAND VIEW 供應

Come and enjoy an alpine favourite at its seasonal best.

Indulge in the rich, creamy warmth of Vacherin Mont d'Or Fondue, served bubbling with tender baby potatoes, crisp pickles, and rustic baguette for the perfect dipping experience. It's a truly satisfying winter delight and perfect for sharing.

歡迎大家前來品嚐一款高山風味美食。

盡情享用濃郁醇厚的法國金山芝士火鍋，將口感綿密的小薯仔、爽脆的醃菜及充滿鄉村風味的法國麵包，蘸著芝士食用，帶來完美的美食體驗。這是一款令人倍感滿足的冬日美味，非常適合與人分享。

$298 | per portion 每份





NEW ENGLAND CLAM CHOWDER

Available Daily Throughout December
at the Club Bar, Oyster Bar, The Island View
and Capricci

新英格蘭周打蜆湯

12 月份每日在會所酒吧、OYSTER BAR ISLAND VIEW 及 CAPRICCI 供應

Warm up your day throughout December with our Classic New England Clam Chowder, now available daily at the Club Bar, Oyster Bar, The Island View, and Capricci!

This rich, creamy chowder is filled with authentic New England flavours, and what makes it truly special is its presentation in a freshly baked bread bowl. Perfectly crisp on the outside and soft on the inside, the bread bowl soaks up every delicious spoonful.

於 12 月份，前來會所酒吧、Oyster Bar、Island View 及 Capricci 享用一份經典新英格蘭周打蜆湯來溫暖你的胃吧！

這款散發著濃郁奶油香氣的濃湯充滿了正宗的新英格蘭風味，其真正的特別之處在於它盛於新鮮出爐的麵包碗中。外層酥脆，內層柔軟，麵包碗完全吸收了濃湯的美味。

$158 | per serving 每份

* Photographs of dishes are for reference only 食物相片只供參考

STACKED SENSATION
Your New Favourite Sandwich
層層疊的美味 - 你全新的摯愛三文治

SMOKED TURKEY MONTE CRISTO SANDWICH
A Little Sweet. A Little Smoky. Entirely Irresistible.

煙燻火雞基督山炸三文治
微甜 · 微煙燻 · 令人無法抗拒



Smoked turkey breast, velvety melted Gouda and Brie Cheese, and jewel-bright cranberries make this Monte Cristo a sandwich worth savouring. Tucked into egg-dipped bread, fried until golden and finished with a delicate dusting of icing sugar, it's a tempting tumble of smoky, creamy and sweet-tart flavours.

What makes a Monte Cristo special? Its signature French-toast-style coating and snowy sugar finish turn a savoury sandwich into something deliciously unexpected — crisp outside, melting within, and perfectly poised between sweet and savoury.

煙燻火雞胸肉、絲滑融化的高達芝士及布里芝士，以及晶瑩剔透的蔓越莓，成就了這款值得細細品味的基督山炸三文治。裹上蛋液的麵包，炸至金黃酥脆，最後撒上一層薄薄的糖粉，煙燻味、奶油味及酸甜味交織，成為一款令人垂涎的美味。

基督山炸三文治的特別之處在哪裡？就是它標誌性的法式多士外皮及雪白的糖霜，將一款鹹味三文治變成了意想不到的美味 — 外酥裡嫩，甜鹹交融，完美平衡。

$108 | per serving 每份

Available throughout December at the Club Bar, Oyster Bar, The Island View and for takeaway.

整個 12 月份在會所酒吧、Oyster Bar 及 Island View 餐廳供應，同時亦歡迎使用外賣自取服務。

Our Pastry Chef's Masterpiece
CHESTNUT AND BLACK CURRANT ENTREMET
太平洋會糕點師傅精心傑作-栗子黑加侖子慕斯夾心蛋糕



A little Christmas magic, crafted in pastry. Shaped like a festive bauble and finished with a lustrous, jewel-toned glaze, December's entremet brings together the comforting richness of chestnut and the bright tang of black currant. A seasonal showpiece to savour, one spoonful at a time.

於 12 月份，為大家送上一款精心製作而成的聖誕魔法糕點，造型如一顆璀璨的聖誕彩球，表面覆以光澤閃耀的寶石色糖霜，完美融合了栗子的醇厚及黑加侖子的清爽酸甜。每一口都令人回味無窮，是值得細細品味的節日佳品。

$88 | per portion 每件



Bring the celebration home with our **whole-cake version, available by the pound with a minimum order of 2 lbs** — an elegant centerpiece for festive gatherings.

為方便大家將節日的喜悅帶回家，我們還提供一整個的磅裝蛋糕版本，由兩磅起訂購，是節慶聚會中最優雅的美味主角。

$240 | per pound (minimum order 2 pounds) 每磅（由兩磅起訂購）

* Photographs are for reference only 食物相片只供參考



OYSTER FRIDAYS

Every Friday is Oyster Night at the Club Bar!

週五「盡享生蠔」之夜
每個星期五晚上在會所酒吧舉行

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy weekly changing, freshly shucked oysters, available by the piece and served with Mignonette and Lemon.

In addition, enjoy a special offer for Moët & Chandon Champagne at $78 per glass.

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！每個星期我們都會送上來自不同地區的新鮮即開生蠔，收費以每隻計算，每隻生蠔均佐以香草檸檬醬享用。

多加一重享受…同時享用 Moët & Chandon 香檳，每杯只需 $78。

* Photograph of dish is for reference only 食物相片只供參考

WINES OF THE MONTH

Available in all Outlets Throughout December

12 月份會所精選美酒 - 在所有餐廳及酒吧供應



$108 per glass 每杯

$480 per bottle 每瓶

2023 Lamole di Lamole Duelame Chianti Classico DOCG, Italy

Medium-bodied, lively acidity and fine-grained tannins with floral, raspberry, red currant, and herbal notes, and a mineral-driven finish.

酒體適中，酸度活潑，單寧細膩，散發著花香、覆盆子、紅醋栗及草本植物的氣息，餘味帶有明顯的礦物質感。



$128 per glass 每杯

$580 per bottle 每瓶

2021 Lamole di Lamole Lareale Chianti Classico Riserva DOCG, Italy

Complex aromas of cherries, violets, eucalyptus, tobacco, and forest-floor earthiness; vibrant acidity; sandy tannins; long and savoury finish.

散發著櫻桃、紫羅蘭、尤加利、煙草及森林地表泥土氣息的複雜香氣；酸度充沛活躍；單寧質感如細沙般細膩；餘味悠長且充滿風味。

BISCOFF TIRAMISU

Available Daily at Capricci throughout December

意大利焦糖餅乾芝士蛋糕

於 12 月份每日在 CAPRICCI 餐廳供應



Add a touch of aroma to the festive season by visiting Capricci this December for their classic dessert – Caramel Biscuit Tiramisu.

Classic tiramisu gets a caramel-spiced twist with creamy Biscoff cookie butter, velvety mascarpone and a bold hit of coffee. The warming cinnamon and caramelised biscuit flavours pair perfectly with the festive season. Finished with a dusting of cocoa, this dessert is absolutely irresistible.

為節日增添多一點香氣，歡迎於 12 月份前來 Capricci 享用經典甜點 — 意大利焦糖餅乾芝士蛋糕。

經典意大利芝士蛋糕融合焦糖香料，配搭香濃的 Biscoff 餅乾醬、絲滑的意大利軟芝士及濃郁的咖啡香，風味獨特。溫暖的肉桂及焦糖餅乾香氣與節日氣氛完美契合，最後撒上可可粉，這款甜點絕對令人無法抗拒。

$88 | per serving 每份

WINTER DRINKS

冬季特飲

Available Daily at all Outlets throughout December

12月份每日在所有餐廳及酒吧供應

All drinks are available in your choice of hot or iced

全部飲品可選熱飲或凍飲

WINTER APPLE AND CINNAMON TEA
冬日蘋果肉桂茶 $60

+ Add a shot of Bourbon Whiskey 加一份波本威士忌 $30

CITRUS SOY MILK DRINK WITH YUZU HONEY AND MANGO
柚子蜂蜜芒果柑橘豆乳飲 $60

Your choice of hot or iced
可選熱飲或凍飲

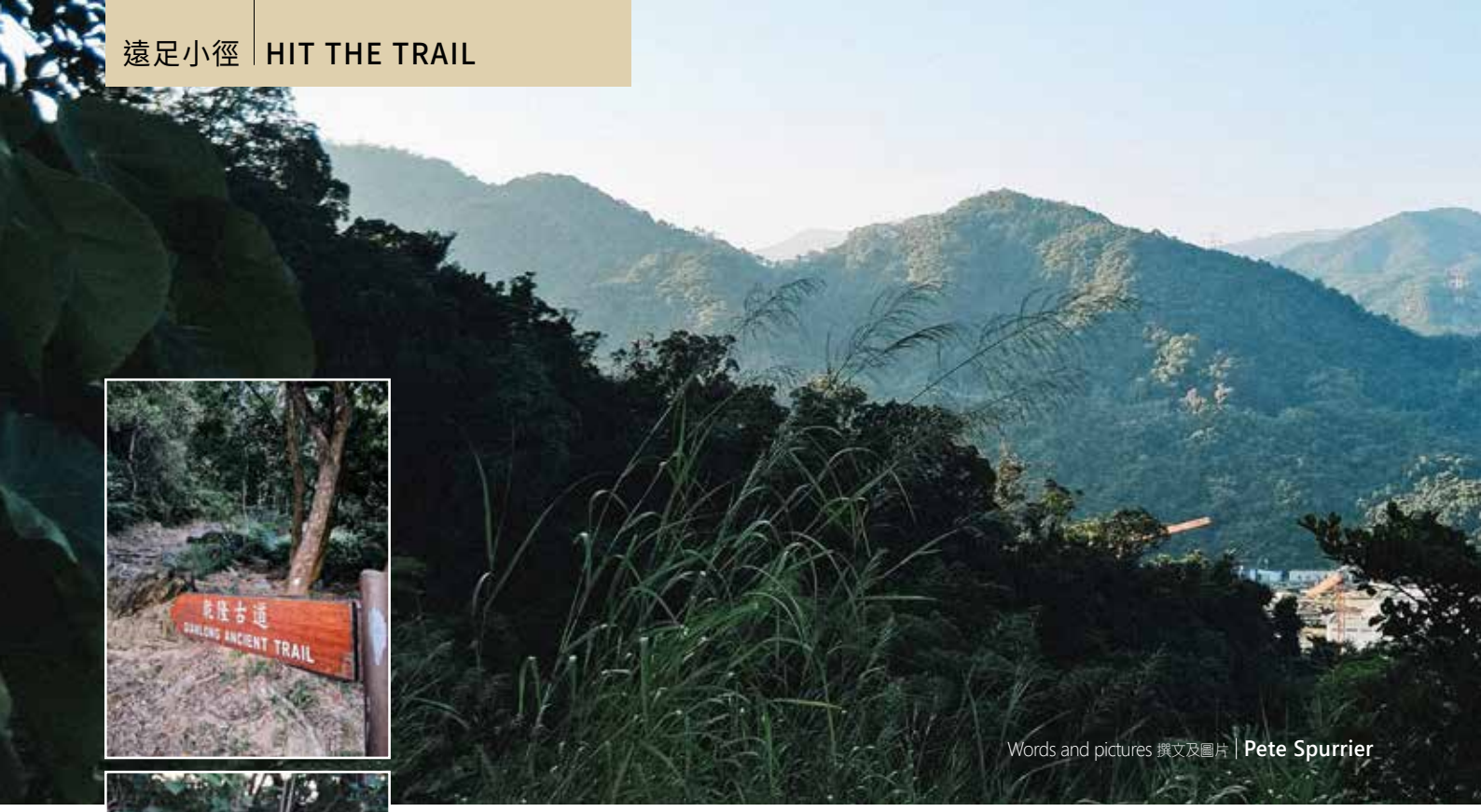


PUMPKIN SPICE LATTE
南瓜香料拿鐵 $60

+ Add a shot of Dark Rum 加一份黑朗酒 $30

EARL GREY AND BISCOFF COOKIE TEA
伯爵茶佐焦糖餅乾 $60

+ Add a shot of Amaretto 加一份杏仁利口酒 $30



Words and pictures 撰文及圖片 | **Pete Spurrier**

QIANLONG ANCIENT TRAIL







A beautiful forest hike on the slopes of Lion Rock is named after a Chinese emperor of bygone days, though it's not likely he ever walked its steps.

This trail involves a lot of elevation and should only be attempted if you are feeling fit. Walking time: 2 hours.

Take the MTR's Tuen Ma line to Hin Keng station. Leave by Exit A and turn right. Find the roundabout, pass under the two bridges and then turn left onto the steep road that leads uphill past the Sha Tin Waterworks.

This is quite a taxing start to your hike but there are several seating areas where you can take a break. At the top, where the road continues into a fenced reservoir, bear left onto a footpath. This leads you up to an access road. Cross it and take the path immediately opposite, taking the left-hand route at each fork to make your way up the hillside.

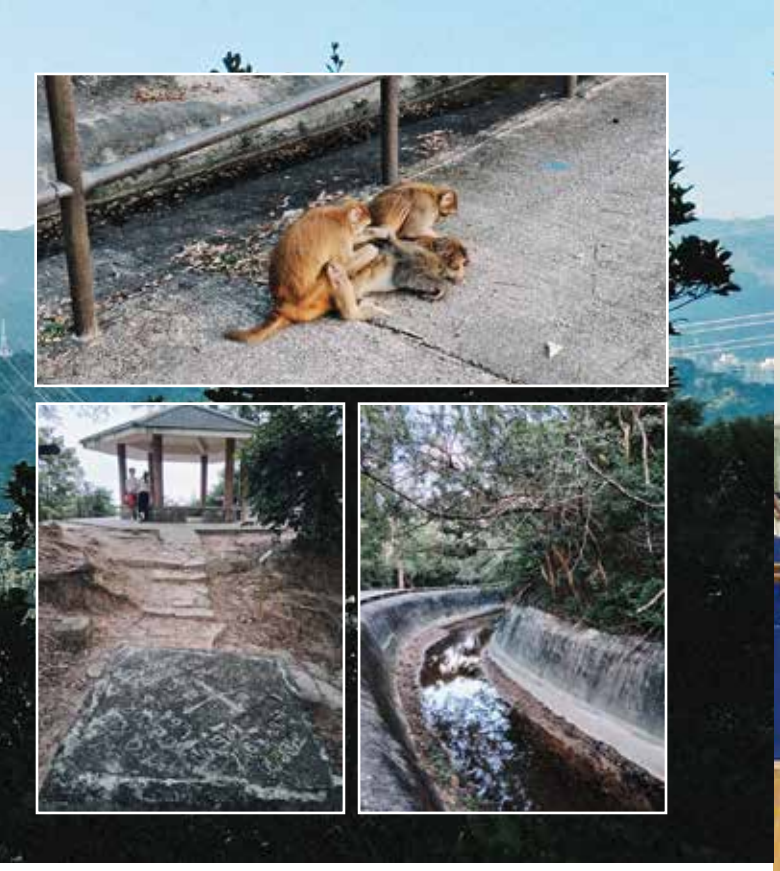
There's a rest garden with a pavilion, and then a final set of steps takes you up to the flat water catchment trail. Turn left. Here, you're likely to meet small groups of macaques. Keep any food or drinks safely hidden inside your bag! On our recent afternoon visit, a timid family of wild boar were also hanging out with the monkeys.

Continue until you reach the first turn across the water channel on your right. This is signposted for the Qianlong Trail, and a QR code links to a country park's website that explains agarwood from the incense tree was once cultivated in Lek Yuen in Sha Tin, and villagers used this path for centuries to carry the valuable commodity to Kowloon. Their labours were eased when the Tai Po Road was opened in 1902 and they no longer needed to hike over the hills.

The trail ascends on rough stone slabs through thick forest. It's a delightful natural path of rocks, moss and tree roots, with a stream running right alongside.

When you reach the top, you'll find a wartime direction marker at Kowloon Pass. Take a break at the shelter and enjoy the view down to the city. This is a busy trail crossroads. When you're ready, take the path straight ahead signposted to Wang Tau Hom. This is a straightforward paved trail that takes you downhill to Lion Rock Park in Kowloon, where there are toilets and a drinks vending machine.

Walk down to Chuk Yuen Road and cross over to the other side; green minibus 73 will take you back to the MTR at Kowloon Tong.



乾隆古道

這條風景優美的林間遠足徑位於獅子山的山坡上，以中國古代皇帝乾隆的名字命名，儘管他本人可能從未走過這條遠足徑。

這條遠足徑的海拔落差較大，建議體力充沛人士嘗試。步行時間：兩小時。

乘搭港鐵屯馬綫至顯徑站，從 A 出口出站後右轉。找到迴旋處，穿過兩座橋，然後左轉踏上陡峭的上坡路，途經沙田水廠。

這次遠足之旅的開頭頗為艱辛，但沿途設有多個休息區。到達山頂後，道路繼續延伸至一個有圍欄的水庫，此時左轉進入一條小徑。這條小徑會帶你到達一條通路。穿過通路後，立即走到對面的小路，在每個分岔路口都選擇左側的路線，沿著山坡向上攀登。

這裡有一個有涼亭的休憩花園，再走一段梯級就到達平坦的蓄水步道。左轉，在這裡，你很可能會看到幾群猴子。務必將食物及飲料妥善藏在包包裡！我們最近一次下午去的時候，還看到一群膽小的野豬及猴子們在一起。

繼續前行，直到你的右手邊出現第一個橫跨水渠的分岔路口。這裡有通往乾隆古道的路標，掃描二維碼即可登入郊野公園網站。網站上介紹說，沙田瀝源曾種植沉香，幾個世紀以來村民都用這條小路將這種珍貴的商品運往九龍。1902 年大埔公路開通後減輕了村民的負擔，不再需要翻山越嶺。

這條小路沿著粗糙的石板向上延伸，穿過茂密的樹林。這是一條令人心情舒暢的天然小路，由岩石、苔蘚及樹根組成，一條小溪就在旁邊潺潺流過。

上山路結束後，你將抵達九龍坳的一個戰時路標。你可以到該處的涼亭稍作休息，欣賞俯瞰市區的美景。這裡亦是多條遠足徑的交會處。當你準備好繼續行程後，沿著指示牌直行前往橫頭磡。這是一條平坦的鋪砌道路，一路下坡即可到達九龍獅子山公園，那裡設有洗手間及飲料自動販賣機。

走到竹園道，過馬路到對面，便可乘搭 73 號綠色小巴返回九龍塘港鐵站。

TABLE TENNIS TOURNAMENT PHOTOS & RESULTS

乒乓球比賽 相片花絮及比賽結果



Our Table Tennis Tournament wrapped up successfully in Mid-October!
Thank you to everyone who joined and participated,
and congratulations to all our tournament winners!

我們於 10 月中舉行的乒乓球比賽已經圓滿結束！
非常感謝所有參賽者的參與，並恭喜得獎選手！



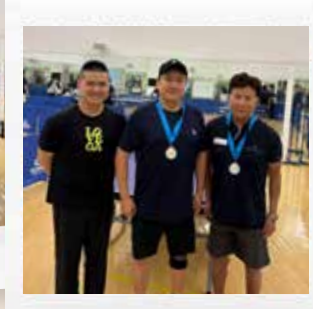
Open Singles 公開單打賽

WINNER 冠軍	Mr. Thomas Ng
1ST RUNNER-UP 亞軍	Mr. John Lee
2ND RUNNER-UP 季軍	Mr. Ricky Wong

Open Doubles 公開雙打賽

WINNER 冠軍	Ms. W. Y. Chang & Mr. James Fong
1ST RUNNER-UP 亞軍	Mr. John Szeto & Mr. Jack Lau
2ND RUNNER-UP 季軍	Mr. Kenneth Ng & Mr. Thomas Ng







Schedule in December 十二月份課程

MONDAY	
Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)
TUESDAY	
Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm
WEDNESDAY	
Tennis Team Training	10:00am – 12:00noon Ladies
Adult Swimming Course	11:00am – 12:00noon
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Meet Up Nights	7:00pm – 9:00pm
THURSDAY	
Yoga	10:30am – 11:30am (C)
Holistic Aquatic Exercise Training	11:00am – 12:00noon (B)
Stretching Exercise	12:00noon – 1:00pm (B)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)
FRIDAY	
Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (A)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)
SATURDAY	
Junior Swimming School	10:00am – 11:00am Elementary (A: 36-60 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months or above)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
SUNDAY	
Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Wall Climbing	2:00pm – 3:30pm
Junior Funky Dance	3:00pm- 4:00pm (5-12 years) *New
Hip-Hop Dance	4:00pm- 5:00pm (5-12 years) *New
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

* Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.
康體部於每個月25日開始接受下個月份各類團體課程的報名。

* Guests will be put on waiting list, as Members will have first priority for enrolment.
會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。



FASCIA EXERCISE TRAINING
筋膜運動訓練

Fascia Exercise Training targets the body's connective tissues using flowing stretches and controlled movements to melt away tension and boost mobility. This gentle, low-impact program is designed to enhance posture, coordination, balance, and circulation, making it an excellent fit for any fitness level.

「筋膜運動訓練」透過一系列流暢的伸展與控體動作，深層釋放結締組織的緊繃感，從而顯著提升靈活性與機動性。這項溫和且低衝擊性的課程，旨在改善體態、協調性、平衡感與血液循環，非常適合各種體能水平的人士參與。

DATE **日期**	(A) Monday 7th, 14th, 21st & 28th December (B) Wednesday 2nd, 9th, 16th, 23rd & 30th December A班 12月7日、14日、21日及28日（星期一） B班 12月2日、9日、16日、23日及30日（星期三）
TIME **時間**	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 下午1時30分至2時30分 B班 上午11時至中午12時
VENUE **地點**	Aerobics Room
PRICE **收費**	(A) Member $760, Guest $1,240 (for 4 lessons) (B) Member $950, Guest $1,550 (for 5 lessons) A班 — 會員$760，非會員$1,240（4堂） B班 — 會員$950，非會員$1,550（5堂）
AGE **年齡**	16 years and above 16歲及以上
INSTRUCTION **語言**	Please note that this class is taught in Cantonese only 廣東話授課



JAZZ DANCE
爵士舞班

Bring energy and expression to every movement in this upbeat Jazz Dance Class. Participants will learn dynamic routines and expressive choreography in these hour-long classes. Set to lively music, each session helps improve flexibility while encouraging students to dance with confidence and style.

在這活力四射的爵士舞班上，每個動作都充滿能量和表現力。學員將在一小時的課堂裡學習動感十足、富有表現力的舞蹈，伴隨著歡快的音樂，有助於提升學員的柔韌性，並鼓勵他們自信優雅地舞動。

DATE **日期**	Thursday 3rd, 10th, 17th, 24th & 31st December 12月3日、10日、17日、24日及31日（星期四）
TIME **時間**	3:00pm – 4:00pm 下午3時至4時
VENUE **地點**	Aerobics Room
PRICE **收費**	Member $950, Guest $1,550 (for 5 lessons) 會員$950，非會員$1,550（5堂）
AGE **年齡**	16 years and above 16歲及以上



STRETCHING EXERCISE CLASS
伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increase range of motion, and leave the body feeling lighter and more refreshed. Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

前來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於延伸肌肉與改善日常活動能力，透過緩慢而穩定的練習，有效降低運動受傷的風險、擴大關節活動度，並讓身體感覺更輕盈、煥然一新。這課程適合各種體能水平的人士參與，特別有助於放鬆身心、運動後恢復，以及維持更好的柔軟度與身體平衡。

DATE **日期**	(A) Friday 4th, 11th & 18th December (B) Thursday 3rd, 10th, 17th, 24th & 31st December A班 12月4日、11日及18日（星期五） B班 12月3日、10日、17日、24日及31日（星期四）
TIME **時間**	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 下午3時至4時 B班 中午12時至下午1時
VENUE **地點**	Aerobics Room
PRICE **收費**	(A) Member $570, Guest $930 (for 3 lessons) (B) Member $950, Guest $1,550 (for 5 lessons) A班 會員$570，非會員$930（3堂） B班 會員$950，非會員$1,550（5堂）
AGE **年齡**	16 years and above 16歲及以上
INSTRUCTION **語言**	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 教練：Max，廣東話 B班 教練：Tree，廣東話及英語



FUNKY DANCE
FUNKY舞蹈班

Dynamic music and fun choreography come alive in this vibrant class inspired by street dance and modern pop! Designed to boost rhythm and coordination, it delivers an exciting, active workout that flies by. Best of all, participants can achieve up to 7,000 dance steps in just one hour!

動感十足的音樂與趣味編舞完美交融，在這啟發自街舞與現代流行風格的活力課程中釋放精彩！本課程旨在提升節奏感與身體協調性，為你帶來既興奮又充滿活力的運動體驗，讓時間在不知不覺中飛逝。最有趣的是，學員在短短一小時內就能挑戰高達 7,000 步的舞蹈步伐！

DATE **日期**	(A) Wednesday 2nd, 9th, 16th, 23rd & 30th December (B) Friday 4th, 11th & 18th December A班 12月2日、9日、16日、23日及30日（星期三） B班 12月4日、11日及18日（星期五）
TIME **時間**	12:00noon – 1:00pm 中午12時至下午1時
VENUE **地點**	Aerobics Room
PRICE **收費**	(A) Member $950, Guest $1,550 (for 5 lessons) (B) Member $570, Guest $930 (for 3 lessons) A班 會員$950，非會員$1,550（5堂） B班 會員$570，非會員$930（3堂）
AGE **年齡**	16 years and above 16歲及以上



ZUMBA FITNESS
尊巴健體舞班

Let the bright rhythms and Latin beats awaken your inner athlete. Our Zumba class beautifully fuses infectious dance choreography with high-efficiency fitness, creating a high-energy party that keeps you fully engaged from start to finish. In this joyful atmosphere, members will not only boost their cardiovascular endurance but also experience the pure joy of breaking a sweat. Perfect for all fitness levels, this group dance workout invites you to stay active, burn fat with confidence, and soak up the electric energy.

讓明快的節奏與拉丁律動喚醒身體的運動細胞。本會尊巴健體舞班將充滿感染力的舞蹈與高效體能訓練完美融合，打造一場讓人全程投入的高能量派對。學員不僅能在歡樂的氛圍中提升心肺耐力，更能純粹地享受揮灑汗水的快感。本課程適合任何體能水平的人士參與，一同在熱烈的音樂氣氛中保持活力、自信燃脂。

DATE **日期**	Sunday 6th, 13th, 20th & 27th December 12月6日、13日、20日及27日（星期日）
TIME **時間**	10:00am – 10:45am (45 minutes) 上午10時至10時45分〔45分鐘〕
VENUE **地點**	Aerobics Room
PRICE **收費**	Member $760, Guest $1,240 (for 4 lessons) 會員$760，非會員$1,240（4堂）
AGE **年齡**	16 years and above 16歲及以上

RECLAIM YOUR CORE AND POSTURE: LIVING BEYOND SCREEN-BOUND FATIGUE

重塑核心及體態：擺脫螢幕疲勞

Understanding Spine Alignment

In our modern daily routine, long hours spent staring at computer screens and constantly checking smartphones have become unavoidable. Without realising it, our heads naturally drift forward and tilt downward, placing tremendous stress on our neck and shoulders.

When we talk about "good posture," we are really talking about Spine Alignment. A neutral spine is not a rigid straight line, it preserves the natural "S" curve of the vertebral column:

- Cervical Spine: Curves slightly inward (Lordosis) — supports head weight.
- Thoracic Spine: Curves slightly outward (Kyphosis) — anchors the ribs and protects organs.
- Lumbar Spine: Curves inward (Lordosis) — absorbs most body weight.

When these curves align, gravity distributes evenly through your joints, discs, and muscles. However, prolonged sitting and screen time disrupt this balance, leading to Upper Crossed Syndrome — tight chest and upper neck muscles paired with weak upper back and deep neck flexors.

Research shows that for every inch your head drifts forward, your neck bears up to 10 extra pounds of force! This is the main reason we experience neck pain, shoulder stiffness, and tension headaches after a long workday.

Simply telling yourself to "sit up straight" is rarely enough. Chronic poor posture does not just affect your appearance; it puts excessive strain on your joints and muscles, leading to chronic fatigue. Protecting your spine starts with building better Body Awareness. The following six targeted exercises will help release tight muscles and strengthen weak areas, helping you restore proper spinal alignment and offset the damage from desk-bound posture.

認識脊椎對齊

在我們的日常生活及工作中，長時間面對電腦螢幕及頻繁滑手機已經成為常態。不知不覺間，我們的頭部總是不自然地向前傾、下垂，給肩頸帶來沉重的壓力。

我們常說的「良好體態」，核心在於脊椎對齊。完美的脊椎對齊並非一條僵硬的直線，而是維持脊椎自然而優雅的 S 形生理彎曲弧度：

- 頸椎：微微向內彎曲 / 前凸，負責承托頭部重量。
- 胸椎：微微向外彎曲 / 後凸，負責連結肋骨並保護內臟器官。
- 腰椎：向內彎曲 / 前凸，負責承載大部分的體重。

當這些生理曲線保持平衡時，重力會均勻分佈於關節、椎間盤及肌肉上。然而，長時間低頭看螢幕或不良坐姿會破壞此平衡，導致「上交叉綜合症」— 胸部及後頸肌肉過度緊繃，同時伴隨上背及頸部深層肌群則被拉長且無力。

研究顯示，頭部每向前傾一吋，頸椎就會需要承擔高達 10 磅的額外壓力！這正是我們在工作一天後感到肩頸酸痛僵硬、緊張性頭痛甚至胸悶的主因。

要有效改善體態，單靠提醒自己「挺胸坐直」是不足夠的。長期姿勢不良，不僅影響體態，更會對關節及肌肉施加過大的壓力，導致慢性酸痛及勞損。要保護脊椎，我們必須建立良好的「身體意識」。以下 6 個針對性練習能針對性地放鬆緊張的肌肉，強化弱勢肌群，幫助你恢復脊椎的正確排列，遠離不良姿勢帶來的負面影響。

6-STEP ANTI-DESK PROTOCOL
6 步「反久坐舒展方案」— 修復脊椎



Chin Tuck
頸部深層收緊

TARGET: Activates weak deep neck flexors and reverses forward head posture.

Sit tall with your eyes looking straight ahead. Without tilting your head down, slide your head straight back, creating a subtle "double chin". Feel the elongation at the base of your skull. Hold for 3–5 seconds; repeat 10–12 times.

訓練目的：激活無力的頸部深層屈肌，改善頭部前傾（烏龜頸）。

坐直並雙眼平視前方。在不低頭的前提下，將頭部向後平移（做出輕微「雙下巴」的動作），感受後頸基底部的適度拉伸。每次停留 3–5 秒，重複 10–12 次。



Doorway Chest Stretch
動態門框開胸拉伸

TARGET: Lengthens tight pectoralis muscles pulling shoulders forward into a rounded position.

Stand in a doorway with forearms flat against the frame, elbows bent at 90 degrees. Step one foot forward and lean your weight gently forward until you feel an opening across your chest. Lengthens tight pectoralis muscles, pulling shoulders forward into a rounded position. Hold for 20–30 seconds while practising lateral rib breathing. Repeat 3 times.

訓練目的：放鬆因長期打字而緊繃的胸大肌及胸小肌，舒緩圓肩問題。

站在門框內，手肘彎曲 90 度，前臂盡量貼平於門框。一腳向前跨步，身體重心微微前傾，感受胸部及肩膀前側順暢伸展。配合普拉提的橫膈膜肋骨呼吸，維持 20–30 秒，重複 3 次。

By Rosel Chu
Personal Trainer
撰文：私人健身教練



Wall Angels
靠牆天使



TARGET: Strengthens the lower trapezius and serratus anterior while promoting shoulder mobility.

Stand with your head, upper back, and glutes against a wall, feet a few inches out. Raise arms into a "W" position with elbows and backs of hands against the wall. Exhale as you slide hands overhead into a "Y" position; inhale to glide back down. 10–12 controlled reps.

訓練目的：強化下斜方肌及前鋸肌，提升肩胛骨的穩定度，並打開胸腔。

頭部、上背部及臀部緊貼牆壁站立，雙腳離牆半步。雙手呈 W 字形貼牆，手肘及手背也盡量貼緊牆壁。呼氣時雙手向上推成 Y 字形，吸氣時慢慢回落。 過程中保持核心收緊。保持節奏重複 10–12 次。

Foam Roller Thoracic Extension
泡沫滾筒胸椎伸展



TARGET: Restores thoracic spine extension and counteracts hunching.

Lie on your back and place a foam roller horizontally under your upper back (not your lumbar spine). Interlace your fingers behind your head. Inhale as you gently extend your upper spine backwards over the roller; exhale as you engage your core to return to neutral. 8–10 slow reps.

訓練目的：釋放因長時間駝背造成的胸椎僵硬，恢復脊椎後伸活動度。

仰臥，將滾筒橫放於上背部下（避開腰椎），雙手扣在頭後保護頸部。吸氣時上半身順著滾筒向後延伸打開胸腔，呼氣時用核心力量帶動身體回到原本位置。緩慢地重複 8–10 次。

Pilates Swan Prep
普拉提天鵝預備式



TARGET: Rebuilds spinal extensors to keep your upper back erect with core supporty.

Lie face down on a mat with hands beside your shoulders. Inhale to lengthen the crown of your head forward; exhale as you draw your navel toward your spine and lift your head, neck, and chest smoothly off the mat, keeping your neck long. 6–8 reps.

訓練目的：強化背部伸肌，在核心力量支撐下重建背部縱向延伸力。

俯臥於墊上，雙手放在肩膀兩側。吸氣時感覺頭頂向遠處延伸，呼氣時收緊肚臍，帶動頭、頸、胸部依次平順地抬離地面，保持下巴微收、後頸延長。重複 6–8 次。

Prone Y-T-W Raise
俯臥 Y-T-W 飛鳥

TARGET: Isolates rhomboids and mid-to-lower traps for long-term postural endurance.

Lie face down on a mat or incline bench with your arms extended naturally at your sides..

訓練目的：精準強化菱形肌及中下斜方肌，提升良好的體態持久力。

面朝下躺在墊子或斜凳上，雙臂伸直自然地放在身體兩側。



Y-Raise: Lift your arms diagonally at 45 degrees, thumbs up.
Y字平舉：雙臂呈45度向上抬起，大拇指朝上。



T-Raise: Lift your arms horizontally to the sides and squeeze your shoulder blades together.
T字平舉：雙臂於兩側水平抬起，夾緊肩胛骨。



W-Raise: Bend your elbows into a W-shape, driving shoulder blades back and down.
W字平舉：手肘抬起彎曲呈W狀，向後下方收緊肩胛骨。

Consistency is key. Incorporating these simple movement patterns into your daily routine or post-workout cool-down will protect your spine, improve your physical presence, and optimise your athletic performance

持之以恆是改善體態的關鍵。將這些簡易的動作練習融入日常生活或運動後的放鬆環節中，不僅能有效維護脊椎健康、打造挺拔優雅的體態，更能顯著提升日常及運動表現。

By Craig Norris www.momentsbycraig.com

GETTING UP CLOSE AND PERSONAL
近距離拍攝體驗



Laowa ACRIS 35mm lens on Sony A7



Laowa ACRIS 35mm lens on Sony A7

Photography usually involves a long and seemingly never-ending process of studying what equipment we need, and how much it costs. Even after our first kit has been acquired, and our photography hobby (or business) is well under way, there is, more often than not, a compulsion for us to continue studying whatever new equipment has arrived on the market, and that sometimes leads us to feel a kind of lust to own the newer products.

I have disciplined myself not to yearn for the newer product, unless buying it will truly change my life in some positive way. Instead of expanding my equipment list, I now try to shrink it.

When I am out and about, I shrink my camera kit to just a body (Sony A7 MkII) and an old Minolta 35mm autofocus lens. I also keep an old Sony 50mm Macro autofocus lens in the bag for close-up shots. Experience tells me that many lenses can't get close enough to the subject. That's why we need a macro lens.

I am strongly considering to replace both of the mentioned lenses with one new lens: the Laowa ACRIS 35mm AF Macro lens made by Venus Optics. This new lens will allow me to get the close-up shots without also carrying the old Sony AF Macro lens. If your camera kit is too heavy, and if you appreciate the merits of close-up macro photography, you might also consider carrying just one lens like the Laowa ACRIS 35mm AF Macro.

攝影通常涉及一個漫長且看似永無止境的過程，我們會研究需要哪些器材以及它們的價格。即使在我們購買了第一套器材，攝影愛好（或事業）步入正軌之後，我們往往仍然會忍不住繼續研究市面上出現的新器材，有時更會讓我們產生一種想要擁有新產品的渴望。

我已經約束自己，不再渴望擁有新產品，除非購買它真的能以某種積極的方式改變我的生活。現在，我不再擴充我的裝備清單，而是努力精簡它。

外出拍攝時，我通常只帶一部機身（SonyA7 Mark II）及一支舊款 Minolta 35 毫米自動對焦鏡頭。包包裡還會放一支舊款 Sony 50 毫米微距自動對焦鏡頭，用來拍攝特寫。經驗告訴我，很多鏡頭都無法近距離拍攝，所以我們才需要微距鏡頭。

我正在認真考慮用一支新鏡頭取代前面提到的兩支鏡頭：Venus Optics 出品的 Laowa ACRIS 35 毫米 AF 微距鏡頭。有了這支新鏡頭，我就無需再攜帶那支舊款的 Sony AF 微距鏡頭，也能拍攝出清晰的特寫照片。如果你的攝影器材太重，而且也喜歡微距攝影，那麼也可以考慮跟我一樣只攜帶一支鏡頭，例如 Laowa ACRIS 35 毫米 AF 微距鏡頭。



Closest view without Macro function



Close-up view with Macro lens function



Old Minolta 35mm AF lens

FESTIVE CENTREPIECE
聖誕中央裝飾擺設



This festive centrepiece blends natural winter botanicals with Christmas decorations around a central red candle. The mix of rich textures and seasonal colours creates an elegant, rustic-modern winter display.

這款節日裝飾擺飾以紅色蠟燭為中心，周圍環繞著天然的冬季植物及聖誕裝飾。豐富的質感與節日色彩相互交融，營造出既優雅又兼具現代鄉村風格的冬季景觀。

WHAT YOU'LL NEED 所需材料

- Plants with Pots : Erica, Gaultheria Mucronata, Leucophyta Brownii (Cushion Bush)
  植物〔連花盆〕：歐石楠、美洲石楠紅果子、銀巢
- Other Plants: Noble Fir, Silver Brunia, Grass Ball, Fan Palm (Gold Colour)
  其他植物：貴族松、銀足球〔或銀球花〕、草球、金色扇葉葵
- Christmas Balls
  聖誕球
- Large Red Candle
  大的紅色蠟燭
- Large Silver Plate
  大銀盆
- Bamboo Sticks
  竹枝
- Large Floral Foam
  大花泥



INSTRUCTIONS 步驟

1. Place the floral foam onto the silver plate. 將花泥放在銀盆上。
2. Place the red candle in the center of the floral foam. 將紅蠟燭放在花泥的中央。
3. Insert the Noble Fir horizontally into the floral foam, arranging them all around the base. 將貴族松平放地插入花泥的四周。
4. Insert the Fan Palm next to the red candle. 將金色扇葉葵插入紅蠟燭旁邊。
5. Attach two bamboo sticks vertically to the base of the Erica pot, then insert it into the floral foam behind the red candle. 在歐石楠的花盆底部垂直插入兩支竹枝，然後插在紅蠟燭後面。
6. Attach two bamboo sticks at a 45-degree angle to the bases of the Gaultheria Mucronata and Leucophyta Brownii pots, then insert them into the floral foam on either side of the red candle; this will keep the pots from tilting. 分別在美洲石楠紅果子及銀巢的花盆底以 45 度角插入兩支竹枝，然後插在紅蠟燭兩側。這樣兩個盆栽便不會傾斜。
7. Divide the Silver Brunia into smaller clusters and insert them among the other plants. 將銀足球分成細束，插入各種植物的旁邊。
8. Finally, attach bamboo sticks to the Grass Ball and Christmas Balls, then insert them into the floral foam in front of the red candle. 最後，在草球及聖誕球上加上竹枝，然後插在紅蠟燭的前面。











MAINTAINING BODY ANGLES: THE SECRET TO CONSISTENCY AND POWER IN GOLF

保持身體傾角：解開穩定擊球及揮桿動力的關鍵

By the Club's Golf Professional
Lau Yat Hung, Alain





The fundamental secret to a consistent and powerful golf swing lies in the crucial angle formed between the upper body and the ground. Maintaining this angle throughout the entire motion serves as the definitive benchmark that separates high-handicappers from seasoned players.

During the initial setup with an iron, the upper body typically tilts forward at an angle of approximately 40 degrees relative to the ground. However, a widespread mistake among amateur golfers is losing this tilt at the top of the backswing, often caused by unnecessary lifting or over-rotation. Once this body angle collapses, the swing plane shifts instantly, leading to off-centre hits and inconsistent contact. Conversely, when executing a drive or fairway wood shot, a slightly flatter body angle is required to promote a shallower swing path for maximum trajectory and distance.

Mastering this body posture requires dedicated practice, often best accomplished without holding a club. Air swing exercises let golfers focus entirely on core muscle memory and lower-body stability. By insulating the body from the distraction of hitting a ball, players can internalise proper spine angle retention, resulting in far greater strike precision and overall consistency on the course

高爾夫球揮桿的核心，在於身體與地面形成的傾斜角度。這個角度不僅決定了擊球的穩定度，更是區分業餘愛好者與職業選手的重要指標。

在使用鐵桿進行準備姿勢時，需要將上半身向前傾斜約 40 度角。然而，大多數業餘球員普遍犯了一個錯誤：常因不必要的身體抬升或過度旋轉而喪失了原本的傾斜角度。當身體與地面的角度改變，揮桿軌跡便會偏離，導致擊球點偏離中心及擊球不穩定。相對地，使用球道木桿或一號木桿時，為了創造較為平緩的揮桿平面，身體的初始前傾角度會適度減少，以利產生更高的彈道及極致的飛行距離。

要建立並鞏固完美的揮桿姿勢，不握桿的徒手練習至關重要。透過進行無桿的傾斜角度維持訓練，球員能夠將注意力完全集中於軀幹旋轉及下盤穩定的肌肉記憶，使身體免受擊球干擾以確保揮桿過程中脊椎角度始終保持一致，從而打出強勁且精準的完美一球。

GOLF PRIVATE LESSONS

高爾夫球私人課堂

Whether you are new to golf or looking to improve your scores, Golf Private Lessons provide dedicated one-on-one instruction tailored to your needs. Work closely with our Golf Professional to improve your swing and overall consistency. With personalised guidance and immediate feedback, you can make faster progress and gain greater confidence every time you step onto the course.

無論你是高爾夫球新手，還是希望精進球技，本會高爾夫球私人課程都能為你提供度身定制的專屬一對一指導。與我們的專業教練密切合作，改進你的揮桿動作，提升整體穩定性。透過個人化的指導及即時回應，你可以更快地進步，並在每次踏上球場時都充滿自信。

PRIVATE LESSONS (1 PAX) 私人課程〔一人〕	
1-hour 一小時課程	**$770 per person** 每位 $770
Package of 4, 1-hour lessons 4 堂一小時課程	**$3,000 per person** 每位 $3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程〔二人〕	
1-hour 一小時課程	**$435 per person** 每位 $435
Package of 4, 1-hour lessons 4 堂一小時課程	**$1,650 per person** 每位 $1,650

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。

PICKLEBALL MEET UP NIGHTS
匹克球晚間聚會



Wednesday evenings are set aside for Pickleball Meet Up Nights with Coach Nico, offering a relaxed and sociable way to spend time on court. Open to all levels, these sessions bring Members together for easygoing match play and plenty of opportunity to join in, no matter your experience. Pickleball is easy to pick up, with short rallies and a pace that keeps the game moving without feeling rushed.

由教練 Nico 帶領的週三匹克球晚間聚會為大家提供一個輕鬆愉快的社交方式，在球場上共度美好時光。無論你的匹克球技術如何，都歡迎參加這聚會享受一個輕鬆的比賽平台。匹克球容易上手，回合短促，節奏適中，讓比賽流暢進行而不至於讓人感到匆忙。

DATE **日期**	Wednesday 2nd, 9th, 16th, 23rd & 30th December 12月2日、9日、16日、23日及30日（星期三）
TIME **時間**	7:00pm – 9:00pm 晚上7時至9時
VENUE **地點**	Outdoor Pickleball Court 室外匹克球場
PRICE **收費**	$260 per session (for 2 hours) 每堂$260（兩小時）
AGE **年齡**	14 years and above 14歲及以上

PICKLEBALL PRIVATE LESSONS
匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court.

Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手，還是希望增進球技，匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。每堂一對一課程都會根據你的程度度身定制，重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下，你將能提升技術、改善擊球技巧、優化場上站位，並在球場上建立更強的自信心。

這一對一課程適合所有年齡及程度的學員參加，是加速進步、享受比賽樂趣的有效途徑。

Private Lessons 私人課程 (1 pax/人)

1-hour 一小時課程	$650 per person 每位$650
Package of 10, 1-hour lessons 10 堂一小時課程 :	$6,300 per person 每位$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour 一小時課程	$345 per person 每位$345
Package of 10, 1-hour lessons 10 堂一小時課程 :	$3,350 per person 每位$3,350



Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程，請致電2118 1707聯絡四樓網球部。



THE WHARF HONG KONG SECONDARY SCHOOL
ART COMPETITION
九龍倉全港中學生繪畫比賽2026-27

Aim 目的

To promote art and stimulate the creativity of local secondary school students, the Competition encourages young talents to step out of the classroom and broaden their horizons. This edition of the Competition is supported by the **Hong Kong Museum of Art (HKMoA)**. Apart from entries of **Painting**, this year's Competition will also accept entries of **Digital Graphics** to offer students a wider range of platforms to showcase their skillset and creativity through different mediums.

比賽旨在推廣藝術及激發本地中學生創意，以鼓勵他們跳出校園、擴闊視野。本屆比賽獲得**香港藝術館**支持。今屆比賽除了**繪畫**組別外，另設**數位繪圖**組別，為學生提供以不同媒介創作的機會。

Eligibility 參賽資格

The Competition is open to all full-time Form 1 to Form 6 students in Hong Kong enrolled in the 2026-2027 school year.

所有於2026至2027學年，於香港就讀中一至中六的全日制學生均可參加是次比賽。

Categories 組別

Painting Category 繪畫組 | **Digital Graphics Category 數位繪圖組**

Entrants can join the Painting Category and Digital Graphics Category independently or concurrently.

參賽者可選擇獨立或同時報名參加繪畫組和數位繪圖組。

Theme 主題

Entrants are free to create based on any theme. This year, all entrants will also compete for a special award based on the theme **"Brilliant Moments"** in addition to the regular competition awards.

參賽者可自由創作任何主題。今年比賽亦增設以**「閃亮 · 時刻」**為主題的特別獎，所有參賽者均會同時競逐此特別獎。

Submission Deadline 作品遞交截止日期

4 February 2027 (Thursday) at 6pm　　2027年2月4日 (星期四) 下午六時正

Awards and Prizes 獎項及獎品

Apart from cash prizes and book vouchers, winning entrants will be invited to join an exclusive art activity. **Those eligible may also apply for scholarships with Wharf for pursuing their studies in art.**

除獲贈現金獎及書券外，得獎者將獲邀參加尊屬藝術活動。**合資格之得獎者更可向九龍倉申請獎學金修讀藝術。**

Organisers 主辦　HARBOUR CITY 海港城　時代廣場 Hong Kong Times Square　荷里活廣場 PLAZA HOLLYWOOD　WHARF ART 九龍倉

Supported by 支持單位　HKMoA Hong Kong Museum of Art 香港藝術館

For details, terms and conditions, please refer to www.wharfhkart.com.
如欲參閱比賽之詳情、條款及條件，請瀏覽www.wharfhkart.com。

Enquiry 查詢　art@wharfholdings.com

Scan the QR Code to apply
立即掃描參加比賽



34TH ANNUAL PACIFIC CLUB TENNIS CHAMPIONSHIPS 2026 MEMBERS ARE WARMLY INVITED TO ATTEND!

第 34 屆太平洋會網球比賽 2026 誠邀會員蒞臨觀賽！



The 34th Annual Pacific Club Tennis Championships are here! The junior and young children's events were completed on 28th and 29th November. On 5th and 6th December, and again on 12th and 13th December, we will host the Men's and Women's Open, Veterans, and Mixed Doubles competitions. We sincerely invite all Members to come to the courts, enjoy the thrilling matches, experience the charm of the sport, and cheer on the players!

一年一度的太平洋會網球比賽隆重舉行！少年及兒童組比賽已經於 11 月 28 日及 29 日完成。隨後於 12 月 5 日及 6 日，以及 12 月 12 日及 13 日，我們將迎來男子及女子公開組、元老組及混合雙打等多項賽事。誠邀各位會員親臨球場，欣賞緊湊激烈的比賽，感受運動魅力，並為選手打氣！

5th & 6th December (Sat & Sun)
第二個週末：12 月 5 日及 6 日

- Men's Open Singles
  男子單打公開組
- Veterans Men's Doubles (100 years and above in total and at least 45 years old)
  元老雙打賽（兩人合計最少 100 歲， 所有參賽者需年滿 45 歲或以上）
- Ladies' Open Doubles
  女子雙打公開組



12th & 13th December (Sat & Sun)
第三個週末：12 月 12 日及 13 日

- Men's Open Doubles
  男子雙打公開組
- Veterans Men's Singles (45 – 54 years old)
  元老單打賽（45 - 54 歲）
- Veterans Men's Singles (55 years old and above)
  元老單打賽（55 歲及以上）
- Mixed Doubles
  混合雙打賽
- Ladies' Open Singles
  女子單打公開組

VENUE **地點**	All the events will be carried out at indoor and outdoor tennis courts 在室內及室外網球場舉行
PRIZE PRESENTATION **各組賽事的頒獎典禮**	Will be carried out immediately after the finals 將會在各項決賽後立即進行

CLASSES CANCELLED 課程暫停舉行

Please note that all junior and adult group classes will be cancelled on the following dates in December:

- 5th, 6th, 12th & 13th — for the 34th Annual Pacific Club Tennis Championships
- 25th & 26th — for the Christmas Holidays

請注意，所有兒童及成人網球團體課程將於以下日期暫停舉行：

- 12月5日、6日、12日及13日 — 舉行太平洋會網球比賽
- 12月25日及26日 — 聖誕節公眾假期

SUNDAY SOCIAL TENNIS
週日網球聯誼聚會

Looking for more court time? Our Sunday Social Tennis sessions offer the perfect opportunity to play, practise and meet fellow Members in a relaxed setting. Taking place on the indoor court, each two-hour session will have coaches present throughout to provide guidance.

想多些享受網球運動嗎？本會的週日網球聯誼聚會能提供最好的機會，讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行，每堂兩小時，全程皆由專業教練指導。



DATE 日期	Sunday 20th & 27th December 12月20日及27日（星期日）
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member $320, Guest $440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員$320，非會員$440（兩小時，包括場租及飲品招待）
AGE 年齡	14 years and above 14歲及以上

LADIES' MORNING TENNIS
女子早上網球練習



Take your match play to the next level with our Ladies' Morning Tennis sessions. Designed for players looking to improve their performance in competitive situations, these two-hour clinics focus on tactical awareness, point construction, shot selection, and court positioning. To ensure personalised instruction and plenty of court time, each clinic is limited to 10 players. Early enrollment is recommended.

參加本會的女子早上網球練習班，提升你的比賽水準！這兩小時的訓練課程專為希望在比賽中提高表現的學員而設計，重點在於增強戰術意識、得分策略、擊球選擇及場上站位等知識。為確保個人化指導及充足的場地練習時間，每堂僅限10名學員參加，請儘早報名。

DATE 日期	Monday 7th, 14th, 21st & 28th December 12月7日、14日、21日及28日（星期一）
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時（中級/高級班）
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member $320, Guest $440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員$320，非會員$440（兩小時，包括場租及飲品招待）
AGE 年齡	14 years old and above 14歲及以上

SUNDAY JUNIOR TENNIS
週日青少年網球班

Give your child something to look forward to every Sunday. Designed for children aged 4 to 16, our Junior Tennis programme combines expert coaching with enjoyable on-court activities that help young players develop skills.

讓孩子的每個星期日都充滿期待。本會的青少年網球班專為4至16歲的年輕學員設計，將專業教練指導與趣味十足的場上活動相結合，幫助年輕學員提升技能。



DATE 日期	Sunday 20th & 27th December 12月20日及27日（星期日）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 下午2時至3時 B班 下午3時至5時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	(A) Member $440, Guest $680 (for 2 lessons) (B) Member $700, Guest $940 (for 2 lessons) A班 會員$440，非會員$680（兩堂） B班 會員$700，非會員$940（兩堂）
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲，B班 8-16歲

JUNIOR TENNIS ACADEMY
青少年網球訓練

Whether your child is picking up a racket for the first time or looking to develop their game, the Pacific Club Junior Tennis Academy offers a fun and structured pathway to improvement. Open to children aged 3½ to 16, each weekly session focuses on developing technique, coordination and court awareness in an enjoyable environment.

無論你的孩子是初次拿起球拍，還是希望提升球技，太平洋會青少年網球訓練班都能提供充滿樂趣且結構化的訓練途徑。訓練班專為3½至16歲的年輕學員而設，每週課程都著重於以輕鬆愉快的氛圍培養他們的技術、協調性及場上表現。



DATE 日期	Saturday 19th December 12月19日（星期六）
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 上午10時至11時 B班 上午11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member $220, Guest $340 (for 1 lesson) (B) Member $350, Guest $470 (for 1 lesson) A班 會員$220，非會員$340（一堂） B班 會員$350，非會員$470（一堂）
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½-6歲，B班 6-16歲



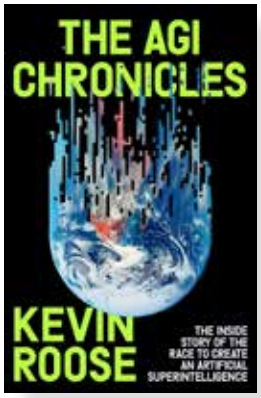
TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN DECEMBER
網球聯賽 — 12月份主場賽事

DATE	TEAM	MATCH
Friday, 4th December	Ladies' (Division 1)	Pacific Club vs Happy Tennis

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程，請致電2118 1707聯絡四樓網球部。

The AGI Chronicles: The Inside Story of the Race to Create an Artificial Superintelligence

by Kevin Roose



The *AGI Chronicles* is the inside story of the birth of Artificial Superintelligence, as told by the people who are bringing it into existence, or trying to stop it from coming into existence, and who are grappling with the consequences before anyone else.

Building Artificial General Intelligence - a machine that is as smart or smarter than humans, at everything our brains can do - has been the goal for the world's biggest technology companies for about the last decade, and it is probably the most consequential technological project in history. Only a few hundred people are fully awake to what's actually happening on the AI frontier, or how short the timelines are. Powerful AI will reshape society - and most governments and big corporations already view this conclusion as obvious, as evidenced by the trillions of dollars they're spending to get there first.

This is gripping, characterful, first draft of history that reads like a non-fiction thriller. It's the book that people will turn to one hundred years from now as a defining account of the moment our species was changed forever.

那些創造超人工智能、試圖阻止其誕生，以及比任何人都更早應對其後果的人們，《The AGI Chronicles》一書中揭露了人工智能誕生的內幕。

打造通用人工智能 — 一種在各方面都與人類一樣聰明、甚至更勝一籌，能夠完成我們大腦所能做的一切的機器 — 一直是過去 10 年間全球最大科技公司的目標，且或許是歷史上影響最為深遠的技術項目。然而，只有寥寥數人真正意識到人工智能前沿領域正在發生什麼，以及實現這一目標的時間表有多麼緊迫。強大的人工智能將重塑社會 — 大多數政府及大型企業已經將此視為顯而易見的結論；他們為搶佔先機而投入的數萬億美元，便是最好的證明。

這是一本引人入勝、人物鮮明的歷史初稿，讀起來像一部非虛構驚悚小說。100 年後，人們仍會把它視為一部具有決定性意義的歷史著作，講述我們人類從此改變的轉捩點。

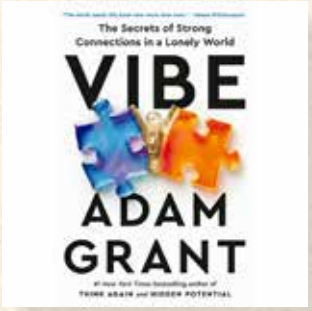
Vibe: The Secrets of Strong Connections in a Lonely World

by Adam Grant

When we vibe with other people, it fuels our happiness and success. Yet building meaningful ties is one of the most pressing problems of our time. As face-to-face interaction gives way to digital screens, communication gets outsourced to AI and the world becomes more polarised, our loneliness crisis shows no signs of slowing. To reveal how we can forge faster, stronger and longer bonds, Adam Grant offers groundbreaking studies, expert insights and myth-busting stories.

Filled with the eye-opening takeaways that have brought millions of readers to his books, Vibe teaches us that similarity is not necessary for solidarity, chemistry doesn't always happen quickly, and closeness doesn't always take time. Along the way, Grant introduces us to a crew of astronauts who learned to trust people they don't like, a comedy troupe that swears by taking time apart as a key to staying together, a band that grew closer by learning to fight more and a journalist who designed a gathering that led to 78 marriages. He also opens up about his personal struggles to find his place as a shy introvert and the lessons that propelled his transformation into an enthusiastic convenor.

Through these examples and more, Grant uncovers the keys to creating deeper relationships and tighter communities. Vibe will change how you interact with people. No matter how good you are at connecting, you can always get better – and help others get better too.



當我們與他人產生共鳴時，這種共鳴會提升我們的幸福感及成功率。然而，建立有意義的人際關係卻是當今時代最迫切的問題之一。隨著面對面交流逐漸被電子螢幕取代，溝通依賴人工智能，世界日益兩極化，我們的孤獨危機絲毫沒有緩解的跡象。為了揭示我們如何建立更快、更牢固、更持久的人際關係，Adam Grant 帶來了突破性研究、專家見解及破除迷思的故事。

《Vibe》一書充滿令人耳目一新的觀點，這也是它吸引數百萬讀者的原因。書中告訴我們，相似並非團結的必要條件，化學反應並非總是迅速產生，親密關係也並非總是需要時間培養。Grant 在書中向我們介紹了一群學會信任自己不喜歡的人的宇航員、一個堅信〝分開一段時間是維繫友誼的關鍵〞的喜劇團體、一隊通過學會爭吵而變得更加親密的樂隊，以及一位策劃了一場促成 78 對新人喜結連理的聚會的記者。他也坦誠地分享了自己作為一個內向害羞的人，如何努力尋找歸屬感，以及促使他蛻變為一位熱情洋溢的組織者的經驗。

透過這些例子以及更多內容，Grant 揭示了建立更深層人際關係及更緊密社群的關鍵。本書將改變你與人互動的方式。無論你多麼擅長人際交往，你總是可以做得更好，也能幫助他人做得更好。

這是一本引人入勝、人物鮮明的歷史初稿，讀起來像一部非虛構驚悚小說。100 年後，人們仍會把它視為一部具有決定性意義的歷史著作，講述我們人類從此改變的轉捩點。



From now until 31st December, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.
由現在至12月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

Hong Kong Book Centre Ltd.
25 Des Voeux Road, Central

香港圖書文具有限公司
中環德輔道中25號

HAIR PRODUCT SALE IN DECEMBER
12月份頭髮產品優惠



MURIEM HOME MILK
MURIEM順滑修護乳

Muriem Home Milk is a leave-in hair treatment that provides rich moisture and targeted care to tame dry, fluffy hair tips and loose flyaways. Designed to lock nutrients and hydration deep inside the hair shaft, it restores softness, spreadability, and a smooth, cohesive feel. Apply to towel-dried hair after shampooing at night to help repair damage while you sleep, leaving your hair remarkably soft, manageable, and easy to style in the morning.

Muriem 順滑修護乳是一款免沖洗的護髮乳，能為乾燥、毛躁的髮尾及散亂的髮絲提供深層滋潤及精準修護。它能將營養成分及水分鎖在髮絲內部，令髮秀柔順、貼服且易於梳理。只需在夜間洗髮後，用毛巾抹乾頭髮，然後塗抹於頭髮上，就能在睡眠時細致修護受損髮質，讓你在清晨擁有柔順且易於造型的秀髮。

~~$220~~ $200
150g（克）



PAUL MITCHELL FLEXIBLE STYLE SUPER SCULPT
PAUL MITCHELL保濕定型髮雕

The fast-drying glaze that lets you create styles at lightning speed! This lightweight formula instantly boosts body, volume, and brilliant shine while delivering flexible, touchable hold. Perfect for quick, professional-looking results every time.

一款讓你能以閃電速度打理造型的快乾造型產品！輕盈配方瞬間增加豐盈感、體積及耀眼光澤，同時提供柔韌自然的固定力。適合快速打造專業級完美造型。

~~$300~~ $270
500g（毫升）



OROFLUIDO HEAT PROTECTOR SPRAY
OROFLUIDO高溫保護噴霧

This styling spray combines UV filters with a refined blend of Moroccan Argan Oil, Flaxseed Oil, and Almond Oil, specifically designed to protect against heat damage up to 230°C. Its unique formula shields hair from thermal stress while delivering deep hydration and shine, helping your hair stay healthy and maintain a flawless style longer.

這款造型噴霧融合了紫外線過濾劑，以及摩洛哥堅果油、亞麻籽油及杏仁油的精緻配方，專為防止高達 230˚C 的高溫傷害而設計。其特殊配方能有效抵禦熱源對髮型的損害，同時提供深層滋潤與光澤，使髮絲保持健康狀態，持久展現完美造型。

~~$250~~ $225
150ml（毫升）

DECEMBER EXCLUSIVE PROMOTION
12月份限時禮遇

10% DISCOUNT ON HAIR CURL / WEAVE PERMING TREATMENTS

In December, the Hair Salon is offering a 10% discount on hair curl or wave perming treatments.
Treat your hair to a new curly look!
To make your appointment with one of our expert hairstylists, please call 2118 1893.

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型吧！會員於 12 月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有 9 折優惠。
查詢詳情及預約服務，請致電 2118 1893。



EXCLUSIVE MEMBER PAMPERING
聖誕歡樂獻禮



Christmas is a season of sharing love and care. To express our gratitude for your continued support, we have prepared an exclusive skincare surprise for our members throughout December — enjoy 25% off when you purchase any 2 or more items from our facial care and body massage oil products (excluding gift sets).

In this joyful season, treat yourself to a little pampering or choose a heartwarming gift for your family and friends. We look forward to celebrating a radiant Christmas with you!

聖誕節是分享愛與關懷的季節。為了感謝會員一直以來的支持，我們將於整個 12 月份特別為大家準備專屬美肌驚喜折扣優惠：凡購買任何面部美容產品或身體按摩油兩件（禮盒裝貨品除外），即可享 75 折優惠。

在這個節日季節，不妨為自己精心挑選一份滋養美意，或為親友準備一份溫馨禮物。期待與你一起以最完美的面貌，迎接璀璨聖誕！

SPA PROMOTIONS IN DECEMBER
12月份美容療程優惠



BERNARD CASSIERE CHOCOLATE ANTI-STRESS TREATMENT
BERNARD CASSIERE 朱古力減壓療程

The France-based Bernard Cassiere Chocolate Anti-Stress Treatment is specially designed for urban, fatigued skin. Formulated with pure, natural cocoa extracts and cocoa butter, it is rich in high-concentration polyphenols that deliver exceptional antioxidant benefits and shield skin from pollution. Paired with a rich chocolate mask, this treatment deeply nourishes, smooths skin texture, and uses its unique aroma to soothe the mind and relieve facial stress.

法國 Bernard Cassiere 朱古力減壓療程專為都市疲憊肌膚而設，療程採用純天然可可萃取及可可脂，富含高濃度多酚，具備極佳的抗氧化及防禦污染功效。配搭濃郁的朱古力面膜，能深層滋潤、平滑膚質，並透過獨特香氣療癒身心、釋放面部壓力。

~~$1,520~~ $1,216
(1hr 25mins)〔1小時25分鐘〕



HYDRA PEELING SKIN RENEWAL TREATMENT
水潤新生療程

This treatment can breaks connections between the cells and stimulates cellular activity for a renewed effect it can help erase visible signs of ageing, add radiance to the complexion and attenuate dark sports.

療程能有效軟化細胞間的連結，刺激及更新細胞，為細胞提供活膚營養。除了提升皮膚的天然保護功能，還能延緩衰老痕跡、減少皺紋、色斑及黑色素形成，改變黯啞。

~~$1,520~~ $1,216
(1hr 25mins)〔1小時25分鐘〕

To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890.
預約美容療程，請致電 2118 1890 與本會美容師聯絡。

GUINOT
INSTITUT • PARIS

凍齡美肌套裝必買推介

煥活年輕光采，實現逆齡奇蹟！
Revitalize your skin overnight for youthful radiance!

再生逆齡套裝
Regenerative Luxe Set

38% OFF

$2,850

價值 ~~$4,630~~/Set



- 逆轉時空再生面霜 50ml
  Age Logic Cream
- 逆轉時空晚間修護精華 30ml
  Age Logic Night Serum
- 水感舒柔潔膚啫喱 50ml
  Hydra Fraicheur Cleansing Gel
- 舒緩養分面膜 15ml
  Essentiel Nutri Confort Mask
- 精美水桶包
  Stylish Bucket Bag

全方位眼部護理，打造逆齡明眸！
Comprehensive eye care for a timeless, captivating gaze!

逆齡美目套裝
Youth Reviving Set

31% OFF

$1,250

價值 ~~$1,820~~/Set



- 逆轉時空再生眼霜 15ml
  Age Logic Eye Cream
- 新肌滴眼部精華 15ml
  Life Influx Eye Concentrate
- 流蘇化妝袋
  Fringe Cosmetic Pouch



女神之秘密 (禮盒裝)



女神眼唇霜 Secrets Eye & Lip Cream + 女神面霜 Secrets Face Cream

聖誕優惠價 $3,038

總值 $3,976

微分子4重水漾 (套裝)



水漾精華 Serum + 水漾乳霜/面霜 Satin/Velvet Cream

聖誕優惠價 $2,030

總值 $3,358

送 1盒* 極速補水精華 Moisturizing Ampoule SOS & 1支 水漾面膜 Hydra-plumping Mask

HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS
成人綜合水中運動訓練

This fun, low-impact course combines aqua jogging, interval sprints, and water resistance to boost cardio and sculpt total-body strength. Sessions feature fluid stretches and multi-planar movements to improve flexibility, mobility, and balance, closing with mindful breathing to harness water's healing power for deep relaxation. Designed for all ages and fitness levels, it is the perfect way to elevate your fitness and overall well-being.

本課程結合水中慢跑、間歇衝刺及水的自然阻力，全面提升心肺功能及雕塑全身肌力。課堂融入流暢的伸展及多平面動作，以增進柔韌度、活動度及平衡協調，並透過正念呼吸，藉著水的療癒力深層減壓。這項充滿樂趣的低衝擊訓練適合各年齡及健身水平人士參加，幫助提升體能、全面擁抱身心健康。

DATE **日期**	Thursday 3rd, 10th, 17th, 24th & 31st December 12月3日、10日、17日、24日及31日（星期四）
TIME **時間**	11:00am – 12:00noon 上午11時至中午12時
VENUE **地點**	Swimming Pool 游泳池
PRICE **收費**	Member $900, Guest $1,500 (for 5 lessons) 會員$900，非會員$1,500（5堂）
AGE **年齡**	16 years and above 16歲及以上





ADULT SWIMMING COURSE
成人游泳班

Our Adult Swimming Course is suitable for Members aged 18 and above, whether beginners who are afraid of water, or those looking to refine stroke technique. Small-group lessons led by professional coach Stephen, with personalised instruction tailored to each student's needs. Learn essential skills like floating, breath control, breaststroke and freestyle, and help to overcome water fear, build confidence, enhance water safety awareness, and enjoy the fun and fitness benefits of swimming with ease.

成人游泳班適合 18 歲及以上會員參加，無論是零基礎的怕水人士，或想改良泳姿皆可。課程由專業教練 Stephen 以小班形式教學，因材施教，學習浮水、呼吸控制、蛙泳、自由泳等基本技巧，並幫助學員克服對水的恐懼，提升自信及水中安全意識，輕鬆享受游泳的樂趣及健身的效益。

DATE **日期**	Wednesday 2nd, 9th, 16th, 23rd & 30th December 12月2日、9日、16日、23日及30日（星期三）
TIME **時間**	11:00am – 12:00noon 上午11時至中午12時
VENUE **地點**	Swimming Pool 游泳池
PRICE **收費**	Member $1,300, Guest $1,900 (for 5 lessons) 會員$1,300，非會員$1,900（5堂）
AGE **年齡**	18 years and above 18歲及以上



JUNIOR SWIMMING CLASSES
少年游泳課程

Our Junior Swimming Group Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and building endurance, our experienced coaches ensure a safe, supportive, and social environment. Learning alongside their peers, children will not only progress at their own pace and stay active, but also build teamwork skills, make new friends, and foster a lifelong love for the water together.

本會少年游泳課程為不同年齡及能力水準的學員提供系統性的專業培訓，從培養水中自信心、掌握基本功，到精進泳姿及提升耐力，我們經驗豐富的教練團隊將全力打造一個安全、備受支持且互動性高的學習環境。透過與同齡夥伴一同練習，孩子們不僅能按照自己的節奏穩步前進、保持活力，更能培養團隊合作精神、結交新朋友，並在歡樂的團體氛圍中共同建立對游泳運動的終身熱愛。

THE FULL PROGRAMME FEE IS PAYABLE UPFRONT UPON ENROLMENT.
報名時須繳付全期課程費用

Class	Date	Time	Age	Price
Elementary (A)	Saturday, 5th, 12th & 19th December	10:00am – 11:00am	36 – 60 months	$540 for 3 lessons
Elementary (B)	Saturday, 5th, 12th & 19th December	12:00noon – 1:00pm	48 months+	$540 for 3 lessons
Intermediate (A)	Friday, 4th, 11th, & 18th December	6:00pm – 7:00pm	4 – 14 years old	$540 for 3 lessons
Intermediate (B)	Saturday, 5th, 12th & 19th December	11:00am – 12:00noon	4 – 14 years old	$540 for 3 lessons
Advanced (A)	Friday, 4th, 11th, & 18th December	7:00pm – 8:30pm	7 – 17 years old	$780 for 3 lessons

WATER AEROBICS AT THE CLUB
水中健康舞班

Combining the natural resistance of water with upbeat music, this session offers a fantastic full-body workout that strengthens muscles and improves cardiovascular fitness while being incredibly gentle on your joints. Exercising alongside a supportive group, you will move through a variety of fun, water-based routines designed to boost energy, flexibility, and core stability. Suitable for all fitness levels, it is the perfect way to stay active, cool off, and enjoy a lively, social fitness experience together.

本課程將水的天然阻力及輕快明細的音樂完美結合，在提供全身性鍛鍊、增強肌肉力量及提升心肺功能的同時，更能保護關節免受衝擊。在充滿支持感的團體氛圍中，學員將跟隨同伴一起完成各式趣味水中動作，有效提升核心穩定度、身體柔韌性及活力。本課程適合各種體能水平的人士參加，是保持活力、消暑放鬆並享受歡樂社交健身體驗的絕佳選擇。

Morning Water Aerobics

DATE 日期	(A) Tuesday 1st, 8th, 15th, 22nd & 29th December (B) Friday 4th, 11th & 18th December A班 12月1日、8日、15日、22日及29日（星期二） B班 12月4日、11日及18日（星期五）
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 12:00noon A班 上午10時至11時 B班 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	(A) Member $900, Guest $1,500 (for 5 lessons) (B) Member $540, Guest $900 (for 3 lessons) A班 會員$900，非會員$1,500（5堂） B班 會員$540，非會員$900（3堂）
AGE 年齡	14 years and above 14歲及以上

Afternoon Water Aerobics

DATE 日期	(A) Tuesday 1st, 8th, 15th, 22nd & 29th December (B) Friday 4th, 11th & 18th December A班 12月1日、8日、15日、22日及29日（星期二） B班 12月4日、11日及18日（星期五）
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member – $180 daily / $1,700 per 10 classes Guest – $300 daily 會員$180（每堂）/ $1,700（10堂） 非會員$300（每堂）
AGE 年齡	14 years and above 14歲及以上

Evening Water Aerobics

DATE 日期	Tuesday 1st, 8th, 15th, 22nd & 29th December 12月1日、8日、15日、22日及29日（星期二）
TIME 時間	7:00pm – 8:00pm 晚上7時至8時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member $900, Guest $1,500 (for 5lessons) 會員$900，非會員$1,500（5堂）
AGE 年齡	14 years and above 14歲及以上



CHRISTMAS CHILDREN'S ACTIVITIES
聖誕兒童活動

This Christmas, we've specially prepared a series of energetic sports classes and fun-filled craft workshops for our young members. Children will not only enjoy the excitement of the court, but also unleash their imagination through creative projects—making this holiday both healthy and inspiring.

Simply scan the QR code to view full course details and register. Join us in creating a Christmas holiday filled with laughter and delightful surprises!

今年聖誕，我們特別為年少會員準備了一連串充滿活力的運動班及趣味滿滿的手工藝班。他們不僅能在球場上盡情揮灑汗水，也能在創作中發揮無限想像，度過一個既健康又充滿創意的聖誕佳節。

只需掃瞄二維碼，即可查看課程詳情並完成報名。快來與我們一起打造一個笑聲洋溢、充滿驚喜的聖誕假期吧！

MINI PINECONE CHRISTMAS TREE WORKSHOP
迷你松果聖誕樹工作坊

Children will create their own festive mini Christmas tree using natural pinecones, dried flowers and seasonal decorations. This fun, creative craft activity encourages imagination and results in a beautiful holiday keepsake to take home.

小朋友可以利用天然松果、乾花及節日裝飾材料，親手製作獨一無二的迷你聖誕樹！盡情發揮創意，學習色彩配搭及手作技巧，打造充滿冬日氣氛的精緻擺設，為聖誕節增添溫馨節日色彩。



DATE 日期	(A) Sunday 13th December (B) Sunday 20th December A班 12月13日（星期日） B班 12月20日（星期日）
TIME 時間	2:00pm – 3:15pm 下午2時至3時15分
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member $200, Guest $260 (Including Children's Playroom entrance fee) 會員$200，非會員$260 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	5 years and above 5歲及以上

KIDS' OPEN FUN SESSION IN DECEMBER
12 月份兒童樂趣活動

SESSION	DATE	TIME	AGE
Green Arts & Crafts	26th December, Saturday	3:00pm – 4:00pm	4 – 10



ROPE SKIPPING CLASS
花式跳繩班

Join our weekly Rope Skipping Class and enjoy an active, fun-filled session packed with movement and energy. Children will learn a variety of individual and partner skipping techniques through games, challenges and guided practice with our coaches.

參加本會每週一堂的花式跳繩班，享受充滿活力和樂趣的精彩課程。在教練的指導下，孩子們將透過遊戲、挑戰和練習，學習各種個人和雙人跳繩技巧。

DATE 日期	Sunday 6th, 13th, 20th & 27th December 12月6日、13日、20日及27日（星期日）
TIME 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分（50分鐘）
VENUE 地點	Aerobics Room
PRICE 收費	Member $760, Guest $800 (for 4 lessons) 會員$760，非會員$800（4堂）
AGE 年齡	7 – 12 years 7-12歲

TABLE TENNIS LESSONS (PRIVATE)
乒乓球 — 私人課程

Join us for professional Table Tennis coaching suitable for players of all ages and skill levels. Lessons are led by our experienced instructor, with extensive technical skills and game strategies. Whether you are a beginner looking to master the basics or an advanced player aiming to elevate your competitive edge, our coach will tailor a training plan to your personal goals, helping you progress quickly and enjoy the fun of the game.

本課程適合所有年齡層及不同技術水平的學員參加，由經驗豐富、在技巧及戰術策略上均擁有深厚專業造詣的教練親自執教，無論你是想掌握基本功的初學者，還是渴望提升競爭優勢的高階選手，教練都會根據你的個人目標量身定制訓練計劃，助你快速進步，並盡情享受乒乓球運動的樂趣。



1 HOUR 每堂一小時
$460 per person (including court hire)
每位$460〔包括場租〕

1½ HOURS 每堂1½小時
$680 per person (including court hire)
每位$680〔包括場租〕

2 HOURS 每堂兩小時
$880 per person (including court hire)
每位$880〔包括場租〕



ENGLISH DRAMA ACADEMY
英語話劇訓練班

Led by an experienced instructor, English Drama Academy provides a fun and engaging way for children to develop their English language skills through storytelling, role play, script writing, speech, dance and performance. Through creative activities and self-expression, participants build confidence, strengthen communication skills and improve their spoken English.

在經驗豐富的導師帶領下，英語話劇訓練班為孩子們提供一種寓教於樂的方式，透過說故事、角色扮演、劇本創作、演講、舞蹈及表演等活動，幫助他們提升英語語言技能。創意活動及自我表達能夠幫助學員建立自信，增強溝通能力，並提高英語口語水平。

DATE 日期	Monday 7th, 14th, 21st & 28th December 12月7日、14日、21日及28日（星期一）
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 下午5時30分至晚上6時30分 B班 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member $840, Guest $880 (for 4 lessons) 會員$840，非會員$880（4堂）
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 yearss A班 3-5歲，B班 6-12歲

WALL CLIMBING
運動攀石訓練班

Reach for the sky at our fun Wall Climbing Workshop. Climbing improves physique and flexibility, strengthens body alignment, and encourages agility. In addition, your child will learn about facing and overcoming challenges.

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。



DATE 日期	Sunday 13th & 20th December 12月13日及20日（星期日）
TIME 時間	2:00pm – 3:30pm 下午2時至3時30分
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室（攀石牆）
PRICE 收費	Member $460, Guest $580 (for 2 lessons, including Children's Playroom entrance fee) 會員$460，非會員$580（兩堂，包括課程當日的兒童遊戲室入場費）
AGE 年齡	6 – 10 years 6-10歲







JUNIOR BADMINTON GROUP LESSONS
少年羽毛球 — 團體訓練班

Fast, dynamic, Badminton is a sport that develops agility, coordination and quick decision making from an early age. Our Junior Badminton Lessons introduce children to the techniques and movement of the game through structured coaching and match play practice.

羽毛球是一項速度快、充滿活力的運動，能夠從小培養孩子的敏捷性、協調性及快速決策能力。本會的少年羽毛球課程透過系統性的教練指導及比賽練習，為孩子們介紹這項運動的技術及步法。

DATE **日期**	Friday 4th, 11th & 18th December 12月4日、11日及18日（星期五）
TIME **時間**	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 晚上6時30分至7時30分 B班 晚上7時30分至8時30分
VENUE **地點**	Aerobics Room
PRICE **收費**	Member $810, Guest $840 (for 3 lessons) 會員$810，非會員$840（3堂）
AGE **年齡**	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲，B班 11-16歲



JUNIOR BADMINTON LESSONS (PRIVATE)
少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalized coaching.

這一對一羽毛球課程是根據每位少年學員的年齡、能力及學習進度度身定制。課程重點在於技術及步法，並提供清晰的指導，幫助學員提高球場上的穩定性及自信心。課程適合初學者及希望透過個人化指導提升技能的學員參加。



PRIVATE LESSONS
私人課程收費

1pax : $720/hour (including court hire)
一人 ：$720/每堂一小時〔包括場租〕

2pax : $920/hour (including court hire)
二人 ：$920/每堂一小時〔包括場租〕

		9	8					
8								2
		2	1			3	9	
					1		8	7
		7	3		6	9		
2	4		5					
	9	6			8	2		
4								9
					4	1		

SUDOKU© PUZZLES BY PAPPOCOM

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.
玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

Submit your answer to the Editor by fax at 2118 0206 or email to:

vivian-ng@pacificclub.com.hk by latest Monday, 14th December. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffet for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in January 2027. Good Luck!

請於12月14日(星期一)前將答案傳真至 2118 0206、電郵至 vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於2027年1月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

1	3	2	9	6	4	5	8	7
9	7	6	5	8	2	3	4	1
8	4	5	3	7	1	9	6	2
5	6	4	1	2	3	7	9	8
3	1	7	6	9	8	2	5	4
2	8	9	4	5	7	6	1	3
6	2	1	7	4	5	8	3	9
4	5	8	2	3	9	1	7	6
7	9	3	8	1	6	4	2	5

November Solution
11月份遊戲答案

Congratulations to the winner of last month's puzzle
恭喜上期得獎者
Mr Ng Seung Chuen

Name 會員姓名：

Membership No. 會員編號：

Contact Tel. No 聯絡電話：

* Please note only one entry will be accepted per Membership 每個會籍只限參加一次

BASKETBALL PRIVATE LESSONS
私人籃球課堂

Dribble, shoot, defend and score with confidence. These one-on-one coaching sessions with our experienced coach are tailored to your level, helping you sharpen your skills, improve technique and become a stronger all-round player.

讓你自信滿滿地運球、投籃、防守、得分。本會經驗豐富的教練將為你提供一對一的指導課程，內容將根據你的水平度身定制，幫助你提升技能、改進技術，成為更全面的球員。



PRIVATE LESSONS (1 PAX) 私人課程〔一人〕

1-hour **一小時課程**	**$650 per person** **每位 $650**
1½ hour lessons **1½小時課程**	**$900 per person** **每位 $900**

PRIVATE LESSONS (2 PAX) 半私人課程〔二人〕

1-hour **一小時課程** (Additional participant: $200/pax, up to 8 pax)	**$900 per session** **每堂 $900** 〔額外參加者：每堂/每位$200，上堂人數最多8位〕

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。

YOGA AT THE CLUB
太平洋會瑜伽班

Find time to slow down, stretch and reset with our yoga sessions at the Club. Suitable for both beginners and experienced practitioners, each class focuses on improving flexibility, balance and strength while encouraging a sense of calm.

Led by our experienced instructors, sessions flow through a considered sequence of postures and relaxation techniques, helping to release tension, improve posture and restore ease in both body and mind.

於星期一、二、四、五及日參加本會的瑜伽班，放慢腳步，舒展身心，重煥活力。無論你是瑜伽初學者還是經驗豐富的練習者，每節課堂都會專注提升你的柔韌性、平衡和力量，同時幫助你獲得內心的平靜。經驗豐富的教練將帶領你體驗一系列精心設計的體位法和放鬆技巧，幫助釋放壓力，改善體態，讓身心都放鬆。



A	Monday	10:30am – 11:30am
B	Tuesday	10:30am – 11:30am
C	Thursday	10:30am – 11:30am
D	Friday	10:30am – 11:30am
E	Sunday	11:00am – 12:00noon

VENUE **地點**	Aerobics Room
PRICE **收費**	Members $190/class, $1,710/10 classes, Guests $310/class 會員每堂$190，10堂套票$1,710，非會員每堂$310
REMARK **備註**	Packages must be completed within 4 months 套票必須於4個月內完成

For more information, please call the 2/F Reception on 2118 1890.
報名請致電二樓接待處：2118 1890。

RECIPROCAL CLUB around the world | 全球海外聯繫會所



PACIFIC CLUB

COUNTRY	STATE / CITY	CLUB
AFRICA		
S. Africa	Johannesburg	The Country Club Johannesburg *@
MIDDLE EAST		
U.A.E	Abu Dhabi	The Club Abu Dhabi
PACIFIC		
Australia	New South Wales / Newcastle	Newcastle Club *
	New South Wales / Sydney	Royal Automobile Club of Australia *
	Queensland / Brisbane	United Service Club *
	Victoria / Cobram	Royal Automobile Club (Club Cobram)*
	Victoria / Healsvillie	Royal Automobile Club (Country Club) *@
	Victoria / Melbourne	Athenaeum Club* Royal Automobile Club (City Club) *
ASIA		
China	Beijing	Beijing Riviera Country Club* Chang An Club
	Shanghai	Ambassy Club Shanghai Shanghai Town & Country Club*
	Tianjin	Tianjin Goldin Metropolitan Polo Club*
India	Kolkata	Space Circle Club The Tollygunge Club Ltd*
	Mumbai	Goregaon Sports Club*
Japan	Kobe	Kobe Club (Re-construction until early 2027)
	Tokyo	Ark Hills Club Roppongi Hills Club Tokyo American Club*
Korea	Seoul	Seoul Club
Malaysia	Kuala Lumpur	Kelab Darul Ehsan @ Royal Selangor Club
Philippines	Makati City	Manila Polo Club The Rockwell Club
Singapore	Singapore	Hollandse Club Singapore Recreation Club The American Club Singapore The British Club
Taiwan	Taipei	American Club Taipei
Thailand	Bangkok	Pacific City Club

Remarks: * Clubs with accommodation
Hotel nearby offering special rate for reciprocal members
@ Clubs with golf course

COUNTRY	STATE / CITY	CLUB
EUROPE		
Austria	Reith bei Kitzbühel	Kitzbühel Country Club *
Belgium	Brussels	Aspria Royal La Rasante * Aspria Arts-Loi Aspria Avenue Louise
England	London	Oxford & Cambridge Club * St. James's Hotel & Club *
	Oxfordshire	Phyllis Court Club *
France	Paris	Saint James Club, Paris *
Germany	Berlin	Aspria Ku'damm *
	Hamburg	Aspria Alstertal Aspria Uhlenhorst *
	Hannover	Aspria Maschsee *
Ireland	Dublin	The Stephen's Green Hibernian Club *
Italy	Milan	Aspria Harbour Club @
Scotland	Aberdeen	The Royal Northern & University Club *
Spain	Barcelona	Circulo Ecuestre * Circulo del Liceo #
	Madrid	Casino de Madrid #@ Club Financiero Genova #
NORTH AMERICA		
Canada	British Columbia / Vancouver	Hollyburn Country Club Jericho Tennis Club The Arbutus Club The Vancouver Club *
	British Columbia / Victoria	Union Club of British Columbia *
	Ontario / Toronto	The National Club / The Ontario Club *
	Quebec / Dorval	The Forest & Stream Club #
	Winnipeg / Manitoba	Manitoba Club #
U.S.A	California / San Francisco	Marines' Memorial Club * University Club of San Francisco
	Colorado / Colorado Springs Colorado / Denver	EL Paso Club The Denver Athletic Club
	Florida / Tallahassee	The Governors Club of Tallahassee
	Hawaii / Honolulu	The Pacific Club #
	Indiana / Indianapolis	The Columbia Club *
	Michigan / West Bloomfield	Knollwood Country Club @
	New York / Rochester	Genesee Valley Club
	Pennsylvania / Philadelphia	The Racquet Club of Philadelphia *
	Texas / Houston	The Houston Club
	Washington / Seattle	College Club of Seattle The Rainier Club *

No. of Reciprocal Club: 72

Revised on 3 Nov 2026

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.
如欲查詢有關海外聯繫會所的資料，請致電 2118 1802 聯絡會籍部。

The Pacific Club Spa offers tailor-made beauty treatments for gentlemen & ladies. Book your appointment today and discover the miracle of beauty!

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LPG endermologie®

「動能活化」

啟動內源力量





For reservation, please call our Spa Reception on 2118 1890

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LPG endermologie® technology gently stimulates the skin to reactivate dormant cellular activity. **100% Natural and painless,** it provides visible results instantly with zero side effects. Over 200,000 people choose this technology every day.



PACIFIC CLUB

FESTIVE CALENDAR 2026

1st DECEMBER
12月1日
TUESDAY 星期二

to
至

23rd DECEMBER
12月23日
WEDNESDAY 星期三

Monday to Sunday, except Winter Solstice Dinner Buffet on 22nd December
星期一至日，12月22日冬至自助晚餐除外



FESTIVE LUNCH AND DINNER BUFFET AT THE ISLAND VIEW
聖誕自助午餐及晚餐

A heart-warming festive buffet of traditional holiday flavours, generous sharing dishes, and seasonal desserts that bring people together at Island View Restaurant. This festive season, gather at Island View Restaurant for a generous lunch and dinner buffet that celebrates the warmth, comfort, and flavours of Christmas. Enjoy classic braised winter dishes, roasted turkey with all the trimmings, and seasonal favourites prepared for sharing with family, friends, and colleagues.

To finish, indulge in festive desserts scented with cinnamon, apple, mace, vanilla, pumpkin, citrus, five spice and nutmeg; the familiar aromas that truly awaken the Christmas spirit.

Island View 餐廳為你呈現一場暖心的節慶自助盛宴，匯聚傳統節慶風味、豐盛的分享式佳餚及時令甜點，讓你與親朋好友共度美好時光。歡迎蒞臨 Island View 餐廳慶祝聖誕佳節，享用豐盛的午餐及晚餐自助盛宴，感受這節日獨有的溫暖、愜意與美味。你可以品嚐經典的冬季燉菜、烤火雞及豐富配菜，以及各式各樣適合與家人、朋友及同事共享的時令佳餚。

最後，不妨盡情享用各式節慶甜點，感受肉桂、蘋果、肉豆蔻皮、香草、南瓜、柑橘、五香粉及肉豆蔻交織出的馥鬱芬芳 — 這些熟悉的香氣，將真正喚醒你心中的聖誕情懷。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人	Children 小童
$328	$218

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人	Children 小童
$388	$285

Venue : The Island View Restaurant
地點 : Island View 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

FESTIVE WEEKDAY SET LUNCH AT PIER 6
平常日聖誕午餐

Celebrate the season over a beautifully composed festive set lunch at Pier 6, where seasonal ingredients are paired with sweeping views of Victoria Harbour. Thoughtfully prepared for the holidays, each course brings together refined flavours, festive touches, and the relaxed elegance of Harbourfront dining.

A perfect midday celebration for family, friends, or colleagues, set against one of Hong Kong's most iconic views.

誠摯邀請你蒞臨 Pier 6，在維多利亞港的壯麗景緻下，品嚐精心烹調的節日午市套餐，共度佳節時光。每道佳餚皆專為節慶匠心設計，融合了精緻風味及節慶特色，讓你在海傍用餐的悠閒優雅氛圍中盡享美味。

無論與親朋好友或同事共聚，這裡都是你在香港標誌性美景映襯下歡度午間時光的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

2-course Menu (兩道菜式)	3-course Menu (三道菜式)
$398	$468

Venue : Pier 6 Restaurant
地點 : Pier 6 餐廳

Reservations 訂座：2118 1878
Email 電郵：pier6@pacificclub.com.hk

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

FESTIVE SET LUNCH MENU

Served with freshly-baked Bread,
Amuse-bouche and festive Petits Fours

APPETISERS

Spiced Pumpkin Velouté
with Cranberry Chantilly and Smoked Duck Breast

Or

Mosaïque of Duck Foie Gras and Beef Tongue
with Tonka Bean, Lilliput Capers, and Celery

Or

Seared Scallops with Black Truffle Jus,
Celeriac, and Granny Smith Apple Caramel

Or

Beetroot and Tomato Tartar
with Avocado, Confit Egg Yolk and toasted Sourdough (V)

MAIN COURSES

Potato-crusted Fillet of Sea Bream
with Tarragon Beurre Blanc and braised Savoy Cabbage

Or

Boneless Roasted Quail with Madeira Sauce,
sautéed Swiss Chard, and Cep Mushroom Purée

Or

Seared Beef Tenderloin and Duck Foie Gras with Black
Truffle Sauce, Sautéed Spinach and Anna Potatoes

Or

Braised Daikon Steak with Mushroom Sauces,
sautéed Cabbage and Crispy Potatoes (V)

DESSERT AND CHEESE

Pistachio and Amarena Cherry Baumkuchen Terrine
with Black Cherry Sorbet

Or

Mandarin Citrus Delight
with Blood Orange Sorbet

Or

Brillat-Savarin Cheese
with Black Truffle and toasted Sourdough

(V – Vegetarian)

FESTIVE SEMI-BUFFET LUNCH AT CAPRICCI
聖誕半自助午餐

Celebrate the season Italian-style at Capricci with a festive lunch designed for relaxed indulgence. Begin with a generous buffet of antipasti and seasonal starters, then savour your chosen festive main course, freshly prepared and served directly to your table, before indulging in the tempting desserts awaiting you at the buffet. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make this season truly memorable.

前來 Capricci 餐廳體驗意式風情，盡情享受為你精心烹調的節日午餐，在輕鬆愜意的氛圍中享用美食。你可以先品嚐種類豐富的意式開胃菜及時令前菜，隨後享用即點即做並直接送到餐桌上的節日主菜，最後再品味自助餐檯桌上的各式誘人甜點。這裡環境溫馨優雅，洋溢著濃郁的意大利風情，是與親朋好友歡聚、共度難忘節慶的絕佳之選。

Lunch from 12:00noon
午餐由中午12時開始

Venue : Capricci
地點 : Capricci 餐廳

$238 per person 每位

Reservations 訂座：2118 1803
Email 電郵：capricci@pacificclub.com.hk

5th DECEMBER
12月5日
SATURDAY 星期六

FESTIVE MUG MAGIC: HOT CHOCOLATE & MARSHMALLOW-POP BOUQUET WORKSHOP FOR CHILDREN
聖誕馬克杯魔法：兒童熱可可及棉花棒棒糖花束製作坊

Children are invited to stir up some Christmas cheer in this joyful make-and-take class. They'll decorate charming marshmallow pops, arrange them into a festive bouquet, and tuck them into a cosy hot chocolate mug ready to bring home. A sweet seasonal keepsake filled with creativity, colour, and cocoa-time delight. Perfect for little creators with big festive imaginations.

歡迎孩子們參加這充滿歡樂的創意課堂，親手製作一份洋溢著聖誕氣息的甜蜜禮品。孩子們可以裝飾可愛的棉花棒棒糖，再將其組合成節日花束，並放入溫馨的熱朱古力馬克杯中，帶回家與家人分享。這不僅是充滿創意與色彩的節日紀念，更飽含享受熱可可時光的樂趣 — 非常適合擁有豐富節日想像力的小創作者參加。



Time : 2:30pm – 4:00pm
時間 : 下午2時30分至4時
Age : 4 years and above
年齡 : 4 歲及以上

$288 per person 每位

Reservations 訂座：2118 2295
Email 電郵：chrislis-yip@pacificclub.com.hk

Enrollment Deadline：Monday, 30th November
報名截止日期：11月30日〔星期一〕



SANTA'S SWEET CHILDREN'S CUPCAKE WORKSHOP
聖誕甜蜜兒童紙杯蛋糕工作坊

A festive treat for little bakers with big imaginations. Children will decorate their very own half dozen Christmas cupcakes, adding swirls of icing, cheerful toppings, and merry seasonal details to each one. Filled with colour, creativity, and Christmas magic, this hands-on workshop ends with a beautiful box of six cupcakes to take home and enjoy.

這是一場專為想像力豐富的小小烘焙師們準備的節慶活動。孩子們將以色彩繽紛的旋渦糖霜及配料，以及充滿節日氣息的精美裝飾，親手點綴 6 個聖誕主題紙杯蛋糕。這場充滿色彩、創意及聖誕魔力的手作體驗，將以一份裝有 6 個精美紙杯蛋糕的禮盒作結，讓孩子們把這份甜蜜帶回家中盡情享用。

Time : 4:00pm – 5:30pm
時間 : 下午4時至5時30分
Age : 4 years and above
年齡 : 4 歲及以上

$348 per person 每位

Reservations 報名：2118 2295
Email 電郵：chrislis-yip@pacificclub.com.hk

Enrollment Deadline：Monday, 30th November
報名截止日期：11月30日〔星期一〕



6th DECEMBER
12月6日

SUNDAY 星期日

SAINT NICHOLAS DAY CHILDREN'S PIZZA PARTY
聖尼古拉斯節兒童薄餅派對

Celebrate the magic of 6th December with a festive afternoon made especially for little Christmas lovers. Children will roll, top, and bake their very own Christmas tree-shaped pizzas before enjoying a special appearance from Saint Nicholas himself and his cheerful elves. The afternoon ends with a cosy Christmas story, bringing together festive flavours, joyful surprises, and a sprinkle of holiday magic.

為慶祝 12 月 6 日這個充滿魔法的節日，我們特別為熱愛聖誕節的孩子們打造一個充滿歡樂的下午派對。孩子們將親手製作聖誕樹造型的薄餅 — 從擀麵團、鋪配料到烘烤，全程由自己動手；隨後，聖尼古拉斯本人將與活潑可愛的精靈們一同驚喜現身。活動將在溫馨的聖誕故事敘述中圓滿落幕，融合了節日的美味、歡樂驚喜及魔法。

Time : 2:30pm – 4:30pm
時間 : 下午2時30分至4時30分

Age : 4 years and above
年齡 : 4 歲及以上

$348 per person 每位

Reservations 訂座：2118 2295
Email 電郵：chrislis-yip@pacificclub.com.hk

Enrollment Deadline：Monday, 30th November
報名截止日期：11月30日〔星期一〕



12th DECEMBER
12月12日
SATURDAY 星期六

CHILDREN'S CHRISTMAS LUNCH PARTY AT THE ISLAND VIEW 聖誕兒童午餐派對

Join us for a festive children's lunch party filled with seasonal fun, good food, and Christmas cheer. Little guests will enjoy a selection of children's favourites, and grown-ups will enjoy the generous buffet lunch too. After lunch, the afternoon continues with party games, entertainment, and a fun magic show for everyone to enjoy. Children will also have the chance to visit Santa's Grotto, where Santa Claus will stop by during his Christmas rounds to greet them and hand out small gifts. A warm and cheerful festive afternoon for children to eat, play, laugh, and celebrate the season together.

歡迎參加我們充滿節慶歡樂、美味佳餚及聖誕喜悅的兒童午餐派對。孩子們將可以享用各式各樣深受喜愛的兒童美食，大人們也能盡情品嚐豐盛的自助午餐。午餐過後，精彩活動繼續進行，包括派對遊戲、娛樂節目及老少咸宜的趣味魔術表演。孩子們還有機會造訪「聖誕老人小屋」— 聖誕老人會在忙碌的節日行程中抽空親臨現場，與孩子們見面並派發小禮物。這將會是一個溫馨快樂的節日午後，讓孩子們盡情享用美食、玩耍、歡笑，一同慶祝這個美好的節日。

Time : From 12:00noon – 3:00pm
時間 : 由中午12時至下午3時

Age : aged 2 and above
年齡 : 兩歲及以上

$428 per person 每位

including orange juice, apple juice, and soft drinks
包括橙汁、蘋果汁及汽水

Venue : The Island View Restaurant
地點 : Island View 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

CHILDREN'S GINGERBREAD HOUSE WORKSHOP 兒童聖誕薑餅屋工作坊

Children are invited to join our pastry chefs for a festive gingerbread house workshop filled with creativity, colour, and Christmas cheer. From assembling the house to piping icing and adding sweet decorations, little makers will be guided step by step as they bring their own edible holiday creation to life. With plenty of room for imagination and no end to festive detail, each child will finish the workshop with a beautifully decorated gingerbread house to take home and proudly share.

誠摯邀請孩子們加入我們的糕點師團隊，參加這場充滿創意、色彩及聖誕歡樂氣氛的薑餅屋工作坊。從搭建屋身到擠糖霜、點綴各式甜美裝飾，孩子們將在專業指導下一步步完成屬於自己的節日美味傑作。活動中，孩子們可以盡情發揮想像力，為薑餅屋增添各種充滿節日氣息的細節；最後，每位孩子都可以帶回一座裝飾精美的薑餅屋，與親朋好友自豪地分享這份喜悅。

Time : 4:00pm – 5:30pm
時間 : 下午4時至5時30分

Age : 6 years and above
年齡 : 6歲及以上

$488 per person 每位

Reservations 訂座：2118 2295
Email 電郵：chrislis-yip@pacificclub.com.hk

Enrollment Deadline：Thursday, 3rd December
報名截止日期：12月3日〔星期四〕

HAPPY WINTER SOLSTICE

冬至快樂

22nd DECEMBER
12月22日

TUESDAY 星期二

The Winter Solstice is a cherished occasion that marks the return of longer days and celebrates reunion, harmony, and togetherness. It is a time for families and loved ones to gather around the table, share comforting seasonal dishes, and welcome warmth and balance into the year ahead.

冬至是一個珍貴的節日，這一天是全年白晝最短的一天，之後再逐漸增長，
像徵著團圓、和諧及相聚的好時刻。這是親朋好友圍坐餐桌前、
共享暖心時令佳餚，並迎接溫暖、和諧的新一年。

WINTER SOLSTICE CELEBRATION DINNER BUFFET AT THE ISLAND VIEW AND PIER 6
冬至自助晚宴

From 6:00pm
由晚上6時開始

Adults 成人 Children 小童

$548 $358

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

At Island View & Pier 6 Restaurants, Members can enjoy a generous Winter Solstice Dinner Buffet featuring traditional Chinese favourites alongside creative fusion dishes, offering a festive spread for sharing and celebrating together. From familiar tastes that evoke home and heritage to new interpretations made for festive sharing, the evening is designed to bring people together around the table. A meaningful seasonal celebration filled with warmth, abundance, and the joy of reunion.

這個晚上，在 Island View 及 Pier 6 餐廳，會員可以盡享豐盛的冬至自助晚宴，品嚐既包含傳統中式佳餚、又融合創意風味的各式美食，共度充滿節日氛圍的歡聚時光。從喚起家鄉情懷與傳統記憶的經典滋味，到專為節日分享而匠心設計的創新佳餚，這是一場讓親朋好友圍坐一堂，共享美食，充滿溫暖、豐盛與團圓喜悅的冬至慶典。

CHINESE WINTER SOLSTICE AT BAUHINIA
冬至中式晚餐

Venue : Bauhinia
地點 : 紫荊閣

Reservations 訂座：2118 1892
Email 電郵：bauhinia@pacificclub.com.hk

At Bauhinia, Chef Keung and his team present a refined à la carte menu, crafted with seasonal ingredients and inspired by the festival's traditions for a more intimate dining experience.

在紫荊閣，強師傅及其團隊將呈現一份精緻的自選菜單；菜式選用時令食材，並汲取節日傳統靈感，旨在營造更具親密感的團聚用餐體驗。

CHRISTMAS EVE
24th DECEMBER
平安夜 12月24日

THURSDAY 星期四

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6
平安夜自助午餐及晚餐

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$498 $348

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$798 $528

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

Make Christmas Eve truly memorable with a festive buffet that brings together the best flavours of the season. Guests are invited to enjoy an abundant selection of holiday dishes, including roasted turkey with all the trimmings, fresh oysters, foie gras, and seasonal specialities crafted for this joyful occasion.

For dinner, the celebration becomes even more indulgent with a live Sashimi Station, Boston Lobster and Snow Crab Legs on ice, along with Prime Rib of Black Angus Beef at the carving station. The feast continues at the dessert table, where Christmas-inspired sweets, warming spices, rich flavours, and festive decorations add a final touch of indulgence.

Adding to the festive cheer, Santa Claus will join us for dinner, bringing small gifts for younger guests and plenty of Christmas magic. Perfect for families, friends, and colleagues, this lunch and dinner buffet offers a delicious way to gather, celebrate, and welcome the joy of Christmas.

在充滿節慶氣氛的平安夜當日，盡情享用匯聚當季精選美味的豐盛自助午餐及晚餐，讓這一天成為難忘的回憶。賓客將有機會品嚐各式節慶佳餚，包括佐以經典配菜的烤火雞、新鮮生蠔、鵝肝，以及專為這歡樂時刻精心烹製的時令特色美食。在晚餐中，美食更顯奢華豐盛：現場即切的新鮮刺身、令人垂涎的冰鎮波士頓龍蝦及雪蟹腳，更有即點即切的優質黑安格斯牛肋排。盛宴的尾聲將在甜點區延續，一系列融合聖誕元素的甜點 — 伴隨著暖心香料氣息、濃郁風味及節日裝飾 — 將為你帶來極致的甜蜜享受。

為了增添節日氣氛，聖誕老人將親臨為小朋友送上小禮物，並帶來滿滿的聖誕奇妙驚喜。這自助午餐及晚餐盛宴是與親朋好友及同事歡聚一堂、共慶佳節、迎接聖誕喜悅的理想之選。



FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI
平安夜半自助午餐及晚餐

This Christmas Eve, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Christmas Eve feel truly memorable.

今年平安夜，不妨前來 Capricci 體驗意式節日風情，盡情享用我們為你精心打造的節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐桌取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘平安夜的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$398 $328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$498 $328

Venue : Capricci
地點 : Capricci餐廳

Reservations 訂座：2118 1803
Email 電郵：capricci@pacificclub.com.hk

* Described menus are subject to change without prior notice
以上菜單如有更改，恕不另行通知

LUNCH MENU

Christmas Tree Pizza with Smoked Turkey Breast, Bell Pepper, Red Onions and Fresh Basil

Or

Mushroom and Beef Lasagna Rollatini with Spinach and Tomato Bell Pepper Sauce

Or

Seared Duck Breast with Cherry Sauce, Daikon Fondant and Pumpkin Puree

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts, Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Fillet of Sea Bream with Tomato Sauce, Mussels, Crispy Capers and Romanesco

Or

Braised Black Angus Short Rib with Morel Mushroom Sauce, Green Beans and Pommery Mustard Mashed Potatoes

DINNER MENU

Christmas Tree Pizza with Smoked Turkey Breast, Bell Pepper, Red Onions and Fresh Basil

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts, Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Mushroom and Beef Lasagna Rollatini with Spinach, and Tomato Bell Pepper Sauce

Or

Seared Canadian Pork Chop with its own Natural Jus, Pear Puree and Crispy Kale

Or

Fillet of Halibut wrapped in Prosciutto di Parma with Sake Butter Sauce and Romanesco

Or

Grilled Lamb Chops with Rosemary Jus and Parsnip Preparations

Or

Seared Black Angus Tenderloin with Morel Mushroom Sauce, Green Beans and Pommery Mustard Mashed Potatoes

Bookings are available from Tuesday, 3rd November at 10:30am.
Please call the Booking Hotline on 2118 1868. After that day,
please call The Island View at 2118 1846 or Capricci at 2118 1803.
本會將於11月3日（星期二）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。
翌日開始，訂座請致電 Island View 餐廳： 2118 1846 或 Capricci 餐廳：2118 1803。



CHRISTMAS DAY
25th DECEMBER
聖誕日 12月25日

FRIDAY 星期五

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6
聖誕日自助午餐及晚餐

Celebrate Christmas Day with a generous festive buffet available for both lunch and dinner, offering an abundant selection of seasonal favourites throughout. Members can look forward to roasted turkey with all the trimmings, fresh oysters, foie gras, a live sashimi station, Boston lobster and snow crab legs on ice, and Prime Rib of Black Angus Beef from the carving station. The celebration continues with Christmas-inspired desserts, warming spices, rich festive flavours, and elegant seasonal decorations that bring the spirit of the holiday to the table.

Adding to the festive cheer, Santa Claus will make a special appearance during lunch and dinner, bringing small gifts for youngers and a touch of Christmas magic. A delicious way for families, friends, and colleagues to gather, celebrate, and savour the joy of Christmas Day.

歡迎蒞臨享用豐盛的聖誕日自助午餐及晚餐，盡情品嚐各式節日佳餚。會員可享用佐以豐富配菜的烤火雞、新鮮生蠔、鵝肝、即切刺身、波士頓龍蝦及冰鎮雪蟹腳，以及現場即切的優質黑安格斯牛肋排。此外，還有充滿聖誕特色的甜點、融入暖心香料的佳餚及濃郁節日風味的美食，配搭優雅的節慶裝飾，為你帶來滿載節日氛圍的用餐體驗。

為增添節日歡樂氣氛，聖誕老人將特別於午餐及晚餐時段前來為小朋友送上小禮物，並帶來一份聖誕奇妙驚喜。這是親朋好友及同事歡聚一堂、共慶佳節並盡享聖誕喜悅的絕佳方式。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$728 $480

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$798 $528

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳
Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI
聖誕日半自助午餐及晚餐

This Christmas Day, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Christmas Day feel truly memorable.

今年聖誕日，歡迎前來 Capricci 盡情享用我們為你精心打造的意式節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐桌取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘聖誕日的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$398 $328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$498 $328

Venue : Capricci
地點 : Capricci餐廳
Reservations 訂座：2118 1803
Email 電郵：capricci@pacificclub.com.hk

LUNCH MENU ON 25TH & 26TH DECEMBER

Christmas Tree Pizza with Smoked Turkey Breast, Bell Pepper, Red Onions and Fresh Basil

Or

Mushroom and Beef Lasagna Rollatini with Spinach and Tomato Bell Pepper Sauce

Or

Seared Duck Breast with Cherry Sauce, Daikon Fondant and Pumpkin Puree

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts, Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Fillet of Sea Bream with Tomato Sauce, Mussels, Crispy Capers and Romanesco

Or

Braised Black Angus Short Rib with Morel Mushroom Sauce, Green Beans and Pommery Mustard Mashed Potatoes

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

Bookings are available from Wednesday, 4th November at 10:30am. Please call the Booking Hotline on 2118 1868.
After that day, please call The Island View at 2118 1846 or Capricci at 2118 1803.
本會將於11月4日（星期三）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。
翌日開始，訂座請致電 Island View 餐廳： 2118 1846 或 Capricci 餐廳：2118 1803。



BOXING DAY
26th DECEMBER
節禮日 12月26日

SATURDAY 星期六

LUNCH AND DINNER BUFFET AT THE ISLAND VIEW AND PIER 6
節禮日自助午餐及晚餐

Continue the festive celebrations with a generous Boxing Day lunch or dinner buffet, perfect for gathering with family and friends after Christmas Day. Members can enjoy a delicious spread of seasonal favourites, comforting holiday dishes, fresh seafood, carving station highlights, and indulgent desserts with festive touches.

Relaxed, abundant, and full of seasonal flavour, this Boxing Day buffet is a wonderful way to keep the Christmas spirit alive around the table.

想延續節日歡慶氛圍，不妨在節禮日享用一頓豐盛的自助午餐或晚餐，與親朋好友在聖誕節後再次歡聚一堂。會員將可以品嚐到一系列時令佳餚、暖心節日美饌、新鮮海鮮、多款即切肉扒，以及充滿節日特色的誘人甜點。

這場節禮日自助盛宴氛圍輕鬆愜意，菜餚琳瑯滿目且充滿時令風味，必定讓你與親友一同繼續沉浸於濃濃的聖誕喜悅之中。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$448 $298

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$528 $368

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳
Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

FESTIVE SEMI-BUFFET LUNCH AND DINNER AT CAPRICCI
節禮日半自助午餐及晚餐

DINNER MENU ON 25TH & 26TH DECEMBER

Christmas Tree Pizza with Smoked Turkey Breast, Bell Pepper, Red Onions and Fresh Basil

Or

Spaghetti alla Natalina with Tomato Sauce, Walnuts, Pine Nuts, Sweet Sultanas, Black Olives and Anchovies

Or

Mushroom and Beef Lasagna Rollatini with Spinach, and Tomato Bell Pepper Sauce

Or

Seared Canadian Pork Chop with its own Natural Jus, Pear Puree and Crispy Kale

Or

Fillet of Halibut wrapped in Prosciutto di Parma with Sake Butter Sauce and Romanesco

Or

Grilled Lamb Chops with Rosemary Jus and Parsnip Preparations

Or

Seared Black Angus Tenderloin with Morel Mushroom Sauce, Green Beans and Pommery Mustard Mashed Potatoes

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

This Boxing Day, celebrate the season Italian-style at Capricci with a festive lunch or dinner designed for relaxed indulgence. Begin with a generous buffet of antipasti, seasonal starters, and tempting desserts, then savour your chosen festive main course, freshly prepared and served directly to your table. Warm, elegant, and full of Italian flavour, it is a delicious way to gather with family and friends and make Boxing Day feel truly memorable.

歡迎於節禮日前來 Capricci 盡情享用我們為你精心打造的意式節慶午餐或晚餐，在輕鬆愜意的氛圍中犒賞味蕾。你可以先從豐盛的自助餐桌取用各款意式開胃菜、時令前菜及誘人甜點，隨後享用即點即做、由專人直接送至桌上的節日主菜。這裡環境溫馨優雅，洋溢著濃郁的意式風情，是你與親朋好友歡聚、享用美食並共度難忘聖誕日的理想之選。

Lunch from 12:00noon
午餐由中午12時開始

Adults 成人 Children 小童

$398 $328

Dinner from 6:00pm
晚餐由晚上6時開始

Adults 成人 Children 小童

$498 $328

Venue : Capricci
地點 : Capricci餐廳
Reservations 訂座：2118 1803
Email 電郵：capricci@pacificclub.com.hk

Bookings are available from Thursday, 5th November at 10:30am. Please call the Booking Hotline on 2118 1868.
After that day, please call The Island View at 2118 1846 or Capricci at 2118 1803.
本會將於11月5日（星期四）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。
翌日開始，訂座請致電 Island View 餐廳：2118 1846 或 Capricci 餐廳：2118 1803。

CASINO ROYALE

NEW YEAR'S EVE GALA DINNER CELEBRATION

「皇家賭場」除夕夜晚餐派對

NEW YEAR'S EVE, 31st DECEMBER
除夕夜 12月31日

Step into a night of glittering elegance and excitement as Casino Royale brings the glamour of New Year's Eve to life. Dressed in black tie, guests will be welcomed into a dazzling celebration set against a picture-perfect view of Hong Kong Island, where sparkling lights, lively energy, and festive anticipation fill the air. Try your luck at the gaming tables with roulette, blackjack, and Big or Small, with enticing prizes waiting to be won. Throughout the evening, enjoy a full open bar and an abundant buffet of festive delights, as our culinary team presents indulgent dishes with artistry and flair. Live cooking stations add theatre to the dining experience, while beautifully prepared seasonal creations bring a sense of occasion to every plate.

The celebration reaches a sweet crescendo with an extraordinary dessert buffet, live dessert station, and the traditional Baked Alaska marking its grand opening. As midnight draws near, the live band sets the rhythm, the dance floor comes alive, and guests raise a glass for a sparkling Champagne toast. A glamorous black-tie celebration of fine flavours, festive sparkle, music, dancing, and royal revelry; the perfect way to welcome the New Year.

踏入一個璀璨優雅、激情四射的夜晚，體驗本會以「皇家賭場」為主題的除夕夜精彩派對。賓客將受邀穿著正式禮服出席這場盛大的慶典，在飽覽香港絕美景緻的同時，沉浸於流光溢彩、活力澎湃及滿懷節日期待的歡樂氛圍之中。大家不妨在輪盤、21點及「大小」等博彩遊戲中一試身手，贏取誘人獎品。整個晚上，大家都可以盡情享用無限暢飲的飲品及琳瑯滿目的節日佳餚；我們的烹飪團隊將以精湛技藝及獨特巧思，呈現一道道令人回味無窮的美食。現場烹飪攤位為用餐體驗增添了動感及觀賞性，而精心打造的時令佳餚則賦予了每一道菜品獨特的節慶感。

這場慶典在豐盛的甜點自助餐、現場甜點製作台，以及作為重頭戲登場的傳統火焰雪山甜點中迎來甜蜜高潮。隨著午夜臨近，現場樂隊奏響樂章，舞池氣氛熱烈，賓客紛紛舉杯，共飲香檳，迎接新年的到來。這是一場盡顯奢華的盛會，融合了精緻佳餚、璀璨節慶氛圍、動人音樂、歡快舞步及尊貴狂歡 — 是迎接新年的最佳方式。

Bookings are available from Friday, 6th November at 10:30am. Please call the Booking Hotline on 2118 1868. After that day, please call The Island View at 2118 1846.

本會將於11月6日（星期五）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。

翌日開始，訂座請致電 Island View 餐廳：2118 1846。

Time : From 7:00pm
時間 : 由晚上7時開始

Dress Code : Black Tie
服裝要求 : 正式晚禮服

$1,888 per person 每位

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Children aged 6 years and above are welcome to the Pacific Club's New Year's Eve Gala Dinner Celebration
歡迎6歲及以上的小朋友參加本會除夕夜晚餐派對

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk







NEW YEAR'S EVE: MIDNIGHT IN PANDORA

「潘朵拉之夜」除夕夜意式晚餐派對

NEW YEAR'S EVE
31st
DECEMBER
除夕夜 12月31日

Step into the unexpected this New Year's Eve as Capricci transforms and celebrates Midnight in Pandora; a glowing world of mystery, colour, and celebration. Inspired by moonlit landscapes, black light, and neon brilliance, the evening invites you into an otherworldly, vibrant, surprise-filled atmosphere.

Enjoy a specially crafted festive set menu, accompanied by free-flow Prosecco, wine, orange juice, and soft drinks, as the room comes alive with glow-in-the-dark details, luminous colours, and a midnight mood unlike any other. As midnight approaches, join the countdown, raise a glass, and welcome the New Year in a luminous celebration filled with flavour, glow, and wonder.

在今年除夕夜，步入充滿驚喜的奇境 — Capricci 將華麗變身，呈現「潘多拉之夜」，打造出一個融合神秘色彩、絢麗光影及節慶氛圍的璀璨世界。這場盛會汲取月光景緻、黑光藝術及霓虹光彩的靈感，邀大家置身於一個超凡脫俗、活力四射且驚喜不斷的奇妙空間。

盡情享用精心烹調的節慶套餐，配搭無限暢飲的 Prosecco 氣泡酒、葡萄酒、橙汁及汽水。現場將呈現夜光裝飾及璀璨光影，營造出獨特的「午夜」氛圍。隨著午夜臨近，讓我們一同倒數、舉杯共慶，在充滿美味、光彩及驚喜的璀璨盛會中迎接新年。

Time : From 6:00pm
時間 : 由晚上6時開始

Dress Code : Luminous Chic — white, silver, neon, and glow accents encouraged
服裝要求 : 光感時尚－建議選用白色、銀色、螢光色及發光元素作為點綴

Adults 成人 Children 小童

$998 $658

Venue : Capricci
地點 : Capricci餐廳

Reservations 訂座：2118 1803
Email 電郵：capricci@pacificclub.com.hk

SET MENU

Canapés

***

Ebisu Oysters with Prickly Pear and Cucumber

***

Mille-feuille of Duck Foie Gras, Smoked Salmon and Hokkaido Scallops

***

Italian Egg Yolk Spaghetti with Alba White Truffle

***

Wellington of Veal Fillet with Black Truffle Madeira Sauce, Mousseline Potatoes, and Sautéed Spinach

***

Williams Christ Pear and Hazelnut Nougat Delight

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Bookings are available from Friday, 6th November at 10:30am.
Please call the Booking Hotline on 2118 1868. After that day, please call Capricci at 2118 1803.
本會將於11月6日（星期五）上午10時30分開始接受訂座，請致電訂座熱線：2118 1868。
翌日開始，訂座請致電 Capricci 餐廳：2118 1803。



NEW YEAR'S EVE SET DINNER AND À LA CARTE MENU AT BAUHINIA
除夕夜中式晚餐套餐及自選菜式

Celebrate New Year's Eve with us at Bauhinia! Join Chef Keung and his culinary team for an extraordinary evening featuring a seasonal Set Menu designed to make your night truly special. Prefer your own custom experience? Enjoy our exclusive À La Carte Menu (minimum spend applies).

歡迎蒞臨紫荊閣歡度除夕夜！誠摯邀請大家前來與強師傅及其烹飪團隊共度非凡之夜，品嚐我們精心設計的時令套餐，讓這個夜晚倍顯特別。若你偏好更具個人化的用餐體驗，亦可選擇我們的精選單點菜式（設最低消費要求）。

Time : From 6:00pm
時間 : 由晚上6時開始

Set Menu 套餐

Adults 成人 Children 小童

$825 $468

Venue : Bauhinia
地點 : 紫荊閣

Inclusive of Prosecco, Wine, Orange Juice and Soft Drinks.
包括Prosecco氣泡酒、葡萄酒、橙汁及汽水

Or select from the special à la Carte Menu with a minimum spending of $725 per person.
或選擇精選單點菜式，最低消費每位$725

Reservations 訂座：2118 1892
Email 電郵：bauhinia@pacificclub.com.hk

* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

MENU

餐前小食
酸甜炸雲吞、椒鹽雞軟骨茄子丁
Club's Appetizers
Deep-fried Wonton with Sweet and Sour Sauce
Deep-fried Chicken Cartilage and Eggplant with Spicy Salt

***

蜂蜜叉燒皇 拼 潮式炸蝦丸酸青瓜
Honey-glazed Barbecued Pork
Deep-fried Shrimp Ball and Pickled Cucumber

***

芝士焗釀蟹蓋
Baked Stuffed Crab Shell with Cheese

***

鮮椰子螺頭燉竹絲雞湯
Double-boiled Chicken Soup with Sea Whelk and Fresh Coconut

***

節瓜瑤柱甫 伴 發菜金蠔
Steamed Whole Conpoy stuffed in Marrow Ring
Braised Semi-dried Oyster with Black Moss

***

生抽皇乾煎大蝦 拼 蒜片安格斯牛柳粒
Pan-fried Prawn with Soy Sauce
Stir-fried Cubed Angus Beef with Crispy Garlic

***

蟹粉豆苗配饅頭
Braised Young Bean Leaves with Crab Meat and Crab Roe served with Chinese Steamed Bun

***

海鮮炒飯
Fried Rice with Assorted Seafood

***

紅豆糕、合桃露湯丸
Chilled Red Bean Pudding
Sweetened Walnut Soup with Glutinous Dumpling

NEW YEAR'S EVE FESTIVE A LA CARTE DISHES AT CLUB BAR
除夕夜自選美食

For a more casual celebration, join us at the Club Bar where a small variety of selected dishes will be offered a la carte.

享用晚餐前，亦歡迎大家前來會所酒吧先品嚐多款節日美食，由下午 5 時 30 分開始供應。

Time : From 5:30pm
時間 : 由下午5時30分開始

Venue : Club Bar
地點 : 會所酒吧

No bookings are available for this event. The Balcony will be closed at 4:00pm onwards on that day.
當晚不設座位預訂，露台位置將於下午4時開始暫停供酒吧使用。

NEW YEAR'S DAY
1st JANUARY
元旦日 1月1日

FRIDAY 星期五

LUNCH BUFFET AT THE ISLAND VIEW AND PIER 6 元旦日自助午餐

Welcome the first day of 2027 with a leisurely New Year's Day Lunch Buffet at The Island View and Pier 6. Indulge in a refined selection of lunch favourites, featuring fresh seafood, seasonal roasts and delicate desserts. Enjoy good company and great food as you begin the year in relaxed and elegant style at the Club.

在 Island View 及 Pier 6 享用悠閒的元旦自助午餐，迎接 2027 年的第一天。盡情享用精選午餐，包括新鮮海鮮、時令烤肉及精緻甜點。在會所輕鬆優雅的氛圍中，享受美好的陪伴及美食，開啟新的一年。

Time : Lunch from 12:00noon
時間 : 午餐由中午12時開始

Adults 成人 Children 小童

$488 $322

For an additional $178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.
每位另加$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Venue : The Island View Restaurant & Pier 6
地點 : Island View 及 Pier 6 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk

DINNER BUFFET AT THE ISLAND VIEW AND PIER 6 元旦日自助晚餐

As evening falls on the first day of the year, gather at The Island View and Pier 6 for a New Year's Day Dinner Buffet. Enjoy a beautifully prepared selection of seasonal specialities on the buffet and raise a glass to the promise of a bright year ahead.

新一年的開始，夜幕降臨，歡聚於 Island View 及 Pier 6 餐廳享用元旦日自助晚餐。品嚐精心烹調的時令特色菜餚，舉杯慶祝新年的美好。

Time : From 6:00pm
時間 : 由晚上6時開始

Adults 成人 Children 小童

$428 $285

For an additional $178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.
每位另加$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Venue : The Island View Restaurant & Pier 6
地點 : Island View & Pier 6 餐廳

Reservations 訂座：2118 1846
Email 電郵：islandview@pacificclub.com.hk



FESTIVE TAKEAWAY ORDER FORM 2026
聖誕外賣美食 訂購表格

Appetisers		Serves	Price (HKD)	Qty	Amount
Smoked Salmon Platter Lemon, Honey-Mustard-Dill-Sauce, Chive Sour Cream, Pumpernickel Bread	煙三文魚拼盤	6-8 persons	498		
Poached Prawns Lemon-Garlic Sauce, Classic Cocktail Sauce, Spicy Cocktail Sauce, Lemon	熟蝦	4-6 persons	498		
Cooked Seafood Platter Prawns, Mussels, Clams, Boston Lobster, Snow Crab Legs, Scallops, Fresh Lemon, Classic Cocktail Sauce, Lemon-Garlic Sauce	熟海鮮拼盤	6-8 persons	1,388		
Premium Charcuterie Board Parma Ham, Noixfine Ham, Chorizo and Salami, Pistachio Mortadella, Pickles, Olives, Grissini, Crackers, Mustard Fruits	精選冷肉拼盤	6-8 persons	498		
Cheese Board of Premium French Raw Milk Cheeses Aged Comté, Brillat-Savarin, Reblochon, Valencay, Dried Fruits, Nuts, Fruit Bread, Crackers, Fig Chutney	精選法國芝士拼盤	8-10 persons	498		
Premium Caviar from Kaviari Paris				**Qty**	**Amount**
Kristal Caviar Acipenser Schrenki and Huso Dauricus	晶鑽魚子醬	50g 125g 250g 500g	1,080 2,700 5,400 10,800		
Beluga Imperial Caviar Huso Huso	皇家鱘魚魚子醬	50g 125g 250g 500g	4,000 9,000 19,900 39,800		
Blinis	小鬆餅	1 Set (16 pcs)	90		
Caviar Condiments Hard-boiled Egg Whites and Egg Yolks, Chives, Capers, Crème Fraîche, Red Onions	魚子醬配料	1 Set (12 persons)	90		
Mother of Pearl Spoon	珍珠母貝殼魚子醬匙	1 pc	180		
Main Courses and Side Dishes			**Price (HKD)**	**Qty**	**Amount**
Oven Roasted Turkey Chestnut and Sausage Stuffing, Cranberry Sauce and Compote, Gravy and Bread Sauce, Caramelised Chestnuts	聖誕火雞	8-10 persons	998		
Honey-glazed Ham Grain Mustard Sauce, Gravy, Dijon and Grain Mustard	烤蜜汁火腿	10-12 persons	998		
Black Angus Bone-in Prime Rib Gravy, Pepper Sauce, Dijon and Grain Mustard	烤美國肉排	10-12 persons	2,188		
Beef Wellington Morel Sauce, Dijon and Grain Mustard	威靈頓牛排	6-8 persons	2,188		
Honey-roasted Carrots	蜜糖烤胡蘿蔔	4-6 persons	188		
Roasted Brussels Sprouts	烤甘藍	4-6 persons	188		
Braised Red Cabbage	櫻桃燴紅椰菜	4-6 persons	188		
Oven-roasted Potatoes	烤薯	4-6 persons	188		
Oven-roasted Turkey Set Chestnut and Sausage Stuffing, Turkey and Chestnut Sausage, Gravy, Cranberry Sauce and Compote, Bread Sauce, Caramelised Chestnuts, Red Cabbage, Honey-roasted Carrots, Brussels Sprouts, Roasted Potatoes	聖誕火雞套餐	10-12 persons	1,798		
Desserts				**Qty**	**Amount**
Christmas Pudding Whiskey-Vanilla Sauce, Crème Chantilly	聖誕布甸	8-10 persons	388		
Black Forest Yule Log Dark Chocolate Mousse, Chocolate Biscuit, Crème Chantilly, Cherries	聖誕黑森林樹頭蛋糕	8-10 persons	468		
Baked Apple Strudel Vanilla Sauce, Crème Chantilly	蘋果餡餅	8-10 persons	398		
One Dozen Mince Pies Whiskey-Vanilla Sauce, Crème Chantilly	餡餅	12 pcs	268		
* The deadline for all orders is Friday, 11th December 2026 截止訂購日期為 2026 年 12 月 11 日星期五			Total Amount :		

Member's Name (in full) 會員姓名 : _____ Membership No. 會員編號 : _____

Contact Telephone No. 聯絡電話 : _____ Contact Email 電郵 : _____

Order Date 訂購日期 : _____ Pick-up Date 領取日期 : _____ Signature 會員簽名 : _____

Pick-up Time (from 12:00noon – 6:00pm) 領取時間（由中午 12 時至下午 6 時）: _____ Pick-up Location 領取地點 : The Island View Restaurant (3/F)

TERMS AND CONDITIONS

- Please submit this signed form to the 3/F The Island View Restaurant, fax to 2118 0207 or e-mail to takeaway@pacificclub.com.hk.
  訂購食品，請填妥此表格並交回三樓 Island View 餐廳；或傳真至 2118 0207；或電郵至 takeaway@pacificclub.com.hk
- All orders must be received on or before 11th December 2026. No cancellation of any order after this date will be accepted.
  截止訂購日期為 2026 年 12 月 11 日，此日期後將不接受任何訂單取消。
- Cancellations before 11th December 2026 are only accepted by fax to 2118 0207 or e-mail to takeaway@pacificclub.com.hk.
  如要取消訂單，必須於 2026 年 12 月 11 日之前傳真至 2118 0207 或電郵至 takeaway@pacificclub.com.hk 通知本會。
- Please let us know if you have any allergies when ordering.
  如有任何食物敏感問題，請於訂購時通知本會。
- All food items must be consumed within 2 hours of specified collection time and kept at appropriate temperatures.
  所有食品必須在指定領取時間後 2 小時內食用，並保存在適當的溫度下。
- The charges of this confirmed order will be debited to your account. For enquiries, please call the F&B Office on 2118 1823 or The Island View Restaurant on 2118 1846.
  此確認訂單的費用將直接於閣下之月結賬戶內扣除。如有任何查詢，請致電餐飲部 - 2118 1823 或 Island View 餐廳 - 2118 1846。
- The personal data collected in this order form will be used for order confirmation only.
  本表格內所收集的個人資料只用作確認訂購之用途。