

Pacific Club has been recognised as one of
the Top 100 Platinum City Clubs of the World for 2026-2027



PACIFIC

JANUARY 2026

VIEWS

大展鴻圖 RED MENU

五福臨門拼盆

Appetiser Combination

蜂蜜叉燒、牛展、燒鴨、椒鹽鮮魷、芥末雲耳
Honey Glazed Barbecued Pork, Marinated Beef
Shin, Roasted Duck, Deep-fried Squid with Spicy
Salt, Black Fungus in Mustard Sauce

XO醬翡翠野菌炒蝦仁蚌仁拼 避風塘紫菜豆腐

Stir-fried Shrimps and Clams with
Vegetables and Mushrooms in XO Sauce
Pan-fried Seaweed Tofu with Spicy Salt

發財好市伴蒜子瑤柱甫

Braised Dried Oysters and Dried Moss
with Whole Conpoy and Garlic

瑤柱姬松茸竹筍燉湯

Double-Boiled Princess Matsutake Soup
with Conpoy and Bamboo Fungus

金華玉樹麒麟斑

Steamed Fillet of Garoupa with
Yunnan Ham and Vegetables

脆皮芝麻鹽焗龍崗雞

Baked Crispy Lung Kong Chicken with Sesame

黑松露乾燒伊麵

Stewed E-fu Noodles with Black Truffle

生炒臘味糯米飯

Fried Glutinous Rice with Preserved Meats

紅豆沙湯丸

Sweetened Red Bean Soup with
Sesame Dumplings

鴛鴦雙美點

Chinese Petits Fours

蜂蜜糕、蓮茸煎堆仔

Steamed Brown Sugar Sponge Cake with Honey
Deep-fried Sesame Balls with Lotus Seed Paste

\$9,088 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,
Orange Juice and Chinese Tea

每桌 \$9,088 供12位用

包括3小時任飲汽水、橙汁及中國茶

*Not available for private room booking
不適用於預訂宴會廳房

銀祿齊來 SILVER MENU

大紅乳豬件 伴 蜂蜜叉燒皇

Roasted Suckling Pig

Honey Glazed Barbecued Pork

雀巢果仁炒鳳片蝦球 拼 松葉蟹蝦多士
Stir-fried Prawn and Chicken with Nuts
Deep-fried Shrimp and Snow Carb on Toast

原粒瑤柱甫 伴 好市冬菇

Braised Whole Conpoy,
Dried Oyster and Black Mushrooms

羊肚菌姬松茸嫩竹絲雞湯

Double-boiled Chicken Soup with Morel
Mushrooms and Matsutake Mushrooms

清蒸大海東星斑

Steamed Spotted Garoupa

太平洋脆皮炸子雞

Roasted Crispy Lung Kong Chicken

甫魚乾燒伊麵

Braised E-fu Noodles with Rabbitfish

鴛鴦炒飯

Duo of Fried Rice

Shrimp in Cream Sauce and Chicken
in Tomato Sauce

紅豆沙湯丸

Sweetened Red Bean Soup with
Sesame Dumplings

鴛鴦雙美點

Chinese Petits Fours

蜂蜜糕、蓮茸煎堆仔

Steamed Brown Sugar Sponge Cake with Honey
Deep-fried Sesame Balls with Lotus Seed Paste

\$10,688 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,

Orange Juice and Chinese Tea

每桌 \$10,688 供12位用

包括3小時任飲汽水、橙汁及中國茶

金玉滿堂 GOLD MENU

金陵乳豬全體

Roasted Whole Suckling Pig

XO醬翡翠蝦球香煎帶子 伴 蜜汁砵酒香煎金蟾
Sautéed Prawn, Pan-fried Scallops
and Vegetables in XO Sauce
Pan-fried Dried Oysters with Honey
and Port Wine

火腿雞茸燴燕窩羹 或 椰子螺頭燉花膠湯
Braised Bird's Nest Soup with
Yunnan Ham and Minced Chicken
or

Double-boiled Fish Maw Soup
with Sea Whelk and Coconut

清蒸大海東星斑

Steamed Spotted Garoupa

澳洲鮑片鵝掌 伴 百花釀花菇

Braised Sliced Australian Abalone
with Goose Webs Braised Mushroom
stuffed with Shrimp Mousse

太平洋脆皮炸子雞

Roasted Crispy Lung Kong Chicken

生炒臘味糯米飯

Fried Glutinous Rice with Preserved Meats

上湯煎粉果

Pan-fried Dumplings with Shrimps,
Pork and Water Chestnuts
served with Bouillon

紅豆沙湯丸

Sweetened Red Bean Soup
with Sesame Dumplings

鴛鴦雙美點

Chinese Petits Fours

芝麻糕、蓮茸煎堆仔

Steamed Sesame Pudding

Deep-fried Sesame Balls with Lotus Seed Paste

\$12,288 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,

Orange Juice and Chinese Tea

每桌 \$12,288 供12位用

包括3小時任飲汽水、橙汁及中國茶



Come and celebrate the Lunar New Year of the Horse with a memorable Spring Dinner at Bauhinia Restaurant.

Our Red, Silver and Gold Menus present an incredible selection of dishes suited to celebrations of every size.

Whether you are hosting an intimate family dinner or a larger corporate event, our team will ensure your guests enjoy a memorable start to the Year of the Horse.

We look forward to helping you create a meaningful celebration this Lunar New Year.

歡迎前來太平洋會舉辦農曆新年春茗聚餐，迎接馬年的來臨！

我們特別設計的「大展鴻圖」、「銀祿齊來」及「金玉滿堂」三款菜單精選了琳瑯滿目的菜餚，適合各種規模的慶祝活動。無論是舉辦溫馨的家庭晚宴，還是大型的公司活動，我們的團隊都將確保你的賓客擁有難忘的過節體驗。

我們期待能幫助你打造一個意義非凡的農曆新年慶祝活動。

SPRING DINNERS AT PACIFIC CLUB FOR LUNAR NEW YEAR

太平洋會 - 農曆新年春茗聚餐

From 30th January to 3rd March
由1月30日至3月3日

BOOKING ENQUIRIES 查詢詳情
Bauhinia (紫荊閣) 2118 1892



Ronald Loges
General Manager
總經理 - 羅納德 陸格

Dear Members,

As we begin the New Year, I would like to wish all our Members and their families a happy, healthy and successful year ahead. January at the Pacific Club sits comfortably between the New Year and the arrival of Lunar New Year in mid February, blending familiar routines with shared occasions, good food and time spent together. You may notice a refreshed, more contemporary layout for Pacific Views in this January issue. Alongside the new look, the magazine continues to focus on what is coming up at the Club, from seasonal events and dining highlights to programmes and promotions, while also presenting a broader view of life at the Pacific Club.

This year also begins with recognition we are extremely proud to share. The Pacific Club has once again been recognised among the Top 100 Platinum City Clubs worldwide for 2026 to 2027. This continued international recognition reflects the consistency of our standards, the dedication of our team and, above all, the strength of our membership community. Full details can be found on pages 4 and 5.

Dining remains at the heart of Club life throughout January. At The Island View, themed dinner buffets take Members on a culinary journey through the month, beginning with Alpine Cuisine, followed by Japanese Island Hopping, Mediterranean Cooking and a Surf and Turf finale. Further details are on pages 8 and 9. Saturdays bring added energy with The Culinary Carousel, where live cooking stations and interactive elements turn dinner into a relaxed and social evening. See page 6 for more.

At Pier 6, the arrival of Black Winter Truffles from Périgord marks the start of one of the most anticipated seasons in French cooking, alongside a one day World Spaghetti Day highlight featured on page 10. This is joined by the return of Prime Beef Nights. For something lighter, the Strawberry Afternoon Tea at the Oyster Bar celebrates peak season Japanese and South Korean strawberries on weekends throughout January and early February. More information can be found on page 14. Early January also sees the return of a much loved tradition with Galette des Rois, served on the 6th and shared at the table in the spirit of warmth and celebration. Turn to page 10.

Looking ahead to February, the Club prepares to welcome Lunar New Year with a programme of festive dining. From celebratory buffets and Lo Hei at The Island View to Spring Dinners at Bauhinia and special evenings across our restaurants, there are many opportunities to gather as we welcome the Year of the Horse. February also brings Valentine's Day, marked with a range of dining experiences. The Romantic Harbourfront Sunset Dinner is featured on page 19, with additional Valentine's menus on pages 20 and 21.

The Pacific Club is, above all, a place shaped by its Members and the moments they share. I look forward to welcoming you throughout the year ahead and wish you and your family all the very best for 2026.

尊敬的會員，

在新一年的開始，我謹祝所有會員及貴家屬新年快樂、身體健康、心想事成。1月份適逢慶祝新年與迎接2月中旬的農曆新年來臨，讓本會有足夠時間安排豐富的慶祝活動，將日常活動與歡聚一堂的盛會、美食及快樂時光融合在一起。大家可能會注意到，今期一月號的《薈絮》月刊採用了煥然一新的當代特色版面設計。除了全新的視覺設計外，月刊依然聚焦於會所即將推出的各項活動，從節日活動及餐飲推廣到各種課程及優惠，同時也全面展現了太平洋會為會員帶來的更精彩體驗。

本會今年要宣布的第一件大事，就是太平洋會再次榮膺2026至2027年度全球「Top 100 Platinum City Clubs」之一。這項持續的國際殊榮體現了我們對服務水平、團隊敬業精神等各方面始終如一的高度要求，以及最重要的是——我們會員社群的力量。有關詳情請參閱第4及5頁。

於整個1月份，餐飲推廣仍然是本會的核心活動。在 Island View 餐廳，不同的主題自助晚餐將帶領會員開啟一段美食之旅，從阿爾卑斯山風味開始，接著是日本地區特色菜、地中海美食，及最後以海陸大餐作完美句號，更多詳情請參閱第8及9頁。到了每個星期六，我們再為大家送上「美食嘉年華晚餐」，各種美食的即場烹調及互動環節將晚餐變成輕鬆愉快的聯歡之夜，欲知更多資訊請參閱第6頁。

Pier 6 餐廳亦將為大家送上以 Périgord 黑松露為主題的菜式，這標誌著法國美食界最令人期待的季節之一將正式開始；同時，我們也迎來世界意大利麵日的特別美食活動，詳情請參閱第10頁。此外，優質牛排之夜也將再次回歸。如果大家想品嚐更清新的美食，歡迎於整個1月至2月初的周末來到 Oyster Bar 品嚐草莓下午茶，我們將帶來以當季新鮮日本及韓國草莓製作的美食，有關詳情請參閱第14頁。還有於1月6日，我們將再次為大家送上深受歡迎的國王酥餅，讓大家在溫馨的氛圍中與家人朋友共享，詳情請參閱第10頁。

展望2月份，本會已準備好以一連串節慶餐飲活動迎接農曆新年。從 Island View 餐廳自助晚餐及魚生「撈起」慶祝活動，到紫荊閣的春茗聚餐，以及在各餐廳舉行的特色晚餐，我們準備了眾多讓大家歡聚一堂的機會，共同迎接馬年的到來。同時，2月份也將迎來情人節，屆時我們將推出一連串精彩的餐飲體驗，包括在第19頁重點推介的浪漫日落海濱晚餐，以及第20及21頁介紹的其他情人節晚餐。

太平洋會是一個由會員及其共享回憶所塑造而成的地方，我期待在未來一年裡歡迎大家的到來，並祝福大家及貴家屬在2026年一切順利。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國倫
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
Toshiaki Yamamoto	山本利章

Management 管理階層

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General Manager	總經理	Fax: 2118 0204
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	E-mail: flora-lam@pacificclub.com.hk	
Tommy Ko	高文偉	Tel: 2118 1808
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	E-mail: tommy-ko@pacificclub.com.hk	
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Sports & Leisure Manager	體育及康樂經理	Fax: 2118 0206
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Head of Culinary & Restaurant Operations	廚藝及餐飲營運總監	Fax: 2118 0207
	E-mail: daniel-birkner@pacificclub.com.hk	
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Banqueting & Events Manager	宴會及活動統籌經理	Fax: 2118 0207
	Email: grace-ng@pacificclub.com.hk	
Irene Chan	陳亮而	Tel: 2118 1806
Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@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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PACIFIC CLUB RETAINS ITS PLACE AMONG THE WORLD'S TOP PLATINUM CITY CLUBS

太平洋會繼續成為全球 100 間
PLATINUM CITY CLUBS 之一



TOP 100 CITY CLUBS 2026 - 2027

The Albany Club	Canada
The American Club Hong Kong	Hong Kong
The American Club Singapore	Singapore
American Club Taipei	Taiwan
Anglo-German Club	Germany
Annabel's	England
Arlington Club	USA
The Army and Navy Club	USA
The Arts Club	England
The Athenaeum	England
The Australian Club (Melbourne)	Australia
The Australian Club (Sydney)	Australia
The Beach Club	USA
The Bengal Club	India
Bohemian Club	USA
The Buffalo Club	USA
Cairo Capital Club	Egypt
The California Club	USA
Capital Club Bahrain	Bahrain
Capital Club Dubai	UAE
Carlton Club	England
Casino de Madrid	Spain
The Center Club	USA

Cercle Royal Gaulois	Belgium
Cercle Suedois - Svenska Klubben	France
Chang An Club	China
Charlotte City Club	USA
The Chicago Club	USA
City Club at River Ranch	USA
Club Baur au Lac	Switzerland
The Club Mumbai	India
The Club	UAE
Columbia Club	USA
Cosmos Club	USA
The Dallas Petroleum Club	USA
The Diplomatic Club	Qatar
Duquesne Club	USA
East India Club	England
Financial Club Jakarta	Indonesia
The Fort Worth Club	USA
Frankfurter Gesellschaft für Industrie, Handel und Wissenschaft	Germany
The Garrick Club	England
Granite Club	Canada
Grémio Literário	Portugal
Hamilton Club of Lancaster	USA
Harvard Club of Boston	USA
The Hong Kong Bankers Club	Hong Kong
The Hong Kong Club	Hong Kong
The Hong Kong Jockey Club	Hong Kong
The Hurlingham Club	England

We are delighted to share that Pacific Club has once again been recognised among the elite Top 100 City Clubs worldwide by Platinum Clubs of the World for 2026 to 2027. This continued recognition reaffirms the Club's standing on the international stage and reflects its commitment to excellence.

Platinum Clubs of the World is widely regarded as the leading authority in identifying the finest private clubs across the globe. Each recognised club is evaluated by an international panel of experts against a comprehensive set of criteria that considers global reputation, the calibre and engagement of its membership, the quality and breadth of its amenities and facilities, and the standard of service delivered across the Club. Equal importance is placed on the Club's ability to evolve with changing times, the strength of its management and operations, and the overall experience offered to Members.

This prestigious accolade is a testament to the dedication, professionalism and ongoing efforts of the Club's Management and Staff, whose collective focus remains on delivering exceptional facilities, thoughtful services and memorable experiences for Pacific Club Members.

我們非常高興與大家分享一個好消息。太平洋會再次被列入「Platinum Clubs of the World」的2026-2027年度全球「Top 100 City Clubs」(100間最佳城市會所)名單之中。這項持續的認可再次肯定了本會在全球眾多會所中的地位，並體現了我們對卓越品質的不懈追求。

「Platinum Clubs of the World」被公認為全球傑出私人會所的權威評選機構，每間獲此殊榮的會所都由國際專家評審小組根據一套全面的標準進行評估，這些標準涵蓋全球聲譽、會員質素及參與度、設施及服務的品質與多樣性，以及會所的整体服務水平。此外，會所與時俱進的能力、管理及營運實力，以及提供予會員的整体體驗同樣至關重要。

這項殊榮證明了會所管理層及員工的奉獻精神、專業精神及持續努力，致力於為太平洋會會員提供卓越的設施、周到的服務及難忘的體驗。



The In & Out (Naval and Military Club)	England
International Club Berlin	Germany
Jonathan Club	USA
King Hussein Club	Jordan
The Knickerbocker Club	USA
The Lansdowne Club	England
The Lotos Club	USA
Madras Club	India
Manitoba Club	Canada
The Mar-a-Lago Club	USA
Mark's Club	England
Metropolitan Club	USA
The Metropolitan Club of the City of Washington	USA
The Minneapolis Club	USA
Moscow Capital Club	Russia
The Mount Royal Club	Canada
The National Club	Canada
National Liberal Club	England
Pacific Club	Hong Kong
Pacific-Union Club	USA
The Penn Club of New York	USA
Poinsett Club	USA
Racing Club de France	France
The Ranchmen's Club	Canada
Royal Automobile Club	England
The Royal Bangkok Sports Club	Thailand
Saint James's Club of Montreal	Canada
Shanghai Town & Country Club	China

Sociedad Bilbaina	Spain
Società del Giardino	Italy
Società del Whist Accademia Filarmonica	Italy
Stephen's Green Club	Ireland
The Tanglin Club	Singapore
Tattersall's Club Brisbane	Australia
Terminal City Club	Canada
Tokyo American Club	Japan
Toronto Club	Canada
The Union Club of British Columbia	Canada
Union Club of the City of New York	USA
Union League Club of Chicago	USA
The Union League Club	USA
The Union League of Philadelphia	USA
University Club of Chicago	USA
The University Club - New York	USA
The University Club of Toronto	Canada
The University Club of Washington DC	USA
The Vancouver Club	Canada
Westmoreland Club	USA
White's	England
The Yale Club of New York City	USA



THE CULINARY CAROUSEL

A Live Stations Dinner Experience

美食嘉年華晚餐
現場烹飪美食的體驗

Every Saturday in January, The Island View Restaurant transforms dinner into a theatre of live cooking, where every dish is prepared to order right in front of your eyes. Our Chefs take centre stage at dedicated live stations, while guests are invited to join the experience at interactive DIY stations, creating personalised dishes that are finished and perfected by our culinary team.

Highlights include Atlantic Oysters, Black Truffle and Frutti di Mare Pasta, Breakfast for Dinner, a wandering Prime Rib Eye Carvery, DIY Shaker Salads, Indian Tandoori Prawns and Lamb Chops, DIY Cast Iron Pan Pizza, Swiss Raclette Cheese and a Fondue Fountain, Stir-fried King, Wagyu Sliders, Croffles, Egg Waffles, Gelato, Soft-serve and the Mont Blanc Press.

More than just dinner, this is an evening to savour from start to finish. Whether shared with family, friends or fellow food lovers, the experience is social and truly memorable.

Please note that no à la carte service is available on these evenings.

於1月份逢星期六晚上，Island View餐廳將晚餐變成一場精彩的現場烹飪show，所有菜餚都將在大家眼前現場烹製。我們各位廚師將在其專屬的現場烹飪區大顯身手，同時也邀請大家前來互動式自助烹飪區，親手製作專屬菜餚，並由我們的烹飪團隊進行最後的潤色及完善。

重點美食推介包括：大西洋生蠔、黑松露海鮮意粉、全日早餐美食、流動式烤肋眼牛排、自製混合沙拉、印度烤蝦及羊排、自製鐵板薄餅、瑞士熱溶芝士及芝士火鍋、小炒皇、和牛迷你漢堡、牛角酥窩夫、雞蛋仔、意大利雪糕、軟雪糕及蒙布朗甜品。

這不僅是一頓晚餐，更是從頭到尾都值得仔細品味的夜晚。無論與家人、朋友或其他美食愛好者共度，都會是一次如聯歡會般熱鬧且令人難忘的體驗。

請注意，屆時不設單點菜式供應。

Every Saturday in January (except 3rd)
1月份逢星期六 (3日除外)

Time : Dinner
時間：晚餐時段

Adults	Children 6-12 years	3-5 years
成人	小童 6-12歲	3-5歲
\$398	\$288	\$188

Reservations 訂座：2118 1846



By Tommy Ko

Membership Manager

撰文：會籍部經理 - Tommy Ko

Here at the Pacific Club, we have always aimed to provide our Members with the highest standard of facilities and services. Since the opening of the Club, the enhancements across Food and Beverage and Sports and Recreation have consistently been very well received, reflecting our ongoing commitment to quality and experience.

Some improvements may be less visible, yet remain essential to the smooth and safe operation of the Club. Following recent training sessions, more than thirty of our staff are now certified as First Aiders and Automated External Defibrillator (AED) Operators. Members may take confidence in knowing that these staff are fully qualified to offer appropriate first aid assistance should the need arise.

Children in Washrooms and Changing Areas

Please be reminded that children over the age of five years are not permitted to enter the Changing Areas or Washrooms of the opposite gender. Should Members need assistance with their children, please contact our Club Staff.

Medical and Personal Accident Insurance

The Club Management wishes to remind Members that the Pacific Club does not provide insurance coverage for Members or any other individuals using the Club facilities, or representing the Club in any capacity. This applies to personal injuries sustained, or any damage incurred, while participating in sports activities or using any part of the Club premises.

To ensure suitable protection, Members are encouraged to consult their own insurance broker regarding appropriate Medical, Personal Accident and Personal Liability insurance coverage, and to arrange comprehensive personal insurance as needed.

太平洋會一向致力為會員提供最高標準的設施及服務，而本會自開業以來，在會所餐飲及運動休閒設施上所進行的各項改善工程亦得到會員的讚賞及認同，體現了我們承諾對品質及體驗的持續追求。

有一些細微的設施或服務改善，會員也許不容易察覺得到，但對會所的安全措施及順利運作卻非常重要。經過近期的培訓安排，本會現有超過30名擁有急救護理及操作「全自動體外心臟去顫器」認可資格的員工。各位會員可以放心，他們有能力在有需要時提供適當的急救協助。

兒童使用洗手間及更衣室之注意事項

本會提醒各會員，所有5歲或以上的兒童只能進入其所屬性別之更衣室或洗手間。如需協助，請通知會所員工以作安排。

醫療及個人意外保險

本會管理層在此提醒各位會員，太平洋會的保險保障範圍並不包括：會員或任何人士在本會使用任何設施，或進行運動，或代表本會參與任何比賽期間，而意外受傷或導致持久性的傷害，或其他因以上情況下導致的傷害，本會概不負責。

為確保會員獲得適當的醫療、個人意外及個人責任保險範圍的保障，我們建議大家與自己所屬的保險代理人安排有關的全面性個人保險計劃。



PACIFIC CLUB

Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk





ALPINE CUISINE THE CULINARY HERITAGE OF SIX COUNTRIES

阿爾卑斯山美食 - 六國的烹飪傳承

This buffet brings together the culinary traditions of the Alpine regions of Germany, Switzerland, Austria, France, Italy and Slovenia. Hearty classics including German Pork Knuckle and Strudel, Swiss Raclette and Cheese Fondue, Austrian Goulash, Spätzle, Wiener Schnitzel and Kaiserschmarrn are joined by regional dishes that reflect the depth and character of mountain cooking.

這自助晚餐匯聚了德國、瑞士、奧地利、法國、意大利及斯洛維尼亞等6個阿爾卑斯山區國家的烹飪傳統。

豐盛的經典菜餚將一一送上，包括德國烤豬肘及蘋果卷、瑞士熱溶芝士及芝士火鍋、奧地利燉牛肉、德國麵團餃子、維也納炸肉排及皇帝煎餅，皆與展現山區烹飪深度及風味的地區特色菜餚相得益彰。

2nd to 9th January (except 5th & 7th)
1月2日至9日 (5日及7日除外)

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$288	\$190	\$128

THE ISLAND VIEW RESTAURANT DINNER BUFFETS

ISLAND VIEW 餐廳 主題自助晚餐

JAPANESE ISLAND HOPPING CULINARY HIGHLIGHTS OF THE JAPANESE ARCHIPELAGO 日本島嶼美食之旅 - 日本列島精選菜式

Journey across Japan with a buffet inspired by the diverse flavours of its many islands. From coastal seafood specialities to regional comfort dishes, the menu reflects the clean flavours and quiet precision that define Japanese cooking. Familiar favourites sit alongside regional dishes drawn from across the Japanese archipelago.

展開日本美食之旅，品嚐靈感來自日本眾多島嶼的多元風味的自助晚餐。從沿岸的海鮮特色菜到地區特色家常菜，所有美食均體現了日式料理清爽的口感及精湛的烹飪技巧。大家既能品嚐到熟悉的經典菜餚，也能體驗來自日本列島各地的特色美食。

11th to 16th January
1月11日至16日

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$288	\$190	\$128





A MEDITERRANEAN MEDLEY

地中海風味盛宴

An exploration of Mediterranean cooking where simplicity and flavour take centre stage. This buffet features dishes prepared with extra virgin olive oil, abundant fresh vegetables, herbs, seafood and lean proteins. Rooted in balance, the dishes highlight natural flavours and the wholesome principles of Mediterranean cuisine, showing how satisfying and refreshing this style of cooking can be.

探索地中海烹飪的精髓，感受其簡約與美味的完美融合。自助晚餐菜餚選用特級初榨橄欖油、新鮮蔬菜、香草、海鮮及精瘦肉類精心烹製而成。菜餚注重平衡，突顯食材的天然風味及地中海烹飪的健康概念，展現地中海烹飪風格中令人滿足及清新之美。

18th to 23rd January (except 22nd)
1月18日至23日 (22日除外)

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$288	\$190	\$128

SURF AND TURF DINNER BUFFET

海陸美食自助晚餐

Enjoy an indulgent evening centred around generous flavours and classic combinations. Alongside an extensive buffet of hot and cold dishes that includes Seafood on ice, Appetisers, Soup, Salad Bar and Noodle Station, every adult diner is served a plated Surf and Turf of Black Angus Beef and Giant Prawn, finished with accompanying garnishes and condiments.

On 27th January, the dinner is complemented by an all chocolate Dessert Buffet to mark International Chocolate Cake Day.

盡情享受以豐盛美味與經典配搭為主題的奢華晚宴。除了種類繁多的冷熱自助餐餚，包括冰鎮海鮮、前菜、湯品、沙律吧及麵食區外，每位成年客人還可享用一份海陸大餐——安格斯黑牛肉及大蝦，並配以精選配菜及佐料。

於1月27日，為慶祝國際朱古力蛋糕日，晚餐中將特別推出全朱古力甜點自助餐。

26th to 30th January (except 28th)
1st to 8th February
1月26日至30日 (28日除外)
2月1日至8日

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$288	\$190	\$128





GALETTE DES ROIS

at The Island View Restaurant

國王酥餅 - ISLAND VIEW 餐廳

Exciting news! Our Galette des Rois is available for pre-order and served on the lunch and dinner buffets at The Island View on 6th January 2026. Be sure to book one for your table!

This traditional French Galette des Rois is made with buttery layers of puff pastry encasing a delicious almond frangipane. The cake is served each year to mark Epiphany, commemorating the journey of the Three Kings. A fève (a small porcelain figurine) is baked inside the galette and the youngest at the table chooses the slices. Whoever finds the fève in their portion is crowned king or queen for the day, continuing a ritual that brings warmth, luck and celebration to the occasion.

好消息! 於1月6日在 Island View 餐廳舉行的自助午餐及晚餐中, 我們將為大家送上國王酥餅, 現在開始接受預訂。請勿錯過!

這款傳統的法式國王酥餅由香脆的千層酥皮包裹著美味的杏仁奶油餡製成。每年主顯節都會供應這款酥餅, 以紀念東方三博士的朝聖之旅。

人們會在法式酥餅內放入一個烤製瓷偶, 然後由餐桌上年紀最小的孩子先挑選自己要吃的那一份。誰在自己的那一份酥餅裡找到了瓷偶, 誰就會被加冕為當天的國王或王后, 這一儀式為聚會增添了溫馨、好運及喜慶的氣氛。

\$328 | per pound
每磅

Call The Island View on 2118 1846 for more information.
查詢詳情請致電Island View餐廳: 2118 1846

PRIME BEEF NIGHTS 優質牛排之夜

Starting 3rd January, join us on Prime Number dates of the month for our incredible USDA Prime Beef Night at Pier 6.

Choose your favourite cut from our Butcher's Trolley and watch as it's freshly carved to your desired size, right before your eyes. Each perfectly cooked steak is served with your favourite choice of side dish and sauce.

And there's more. Guess the weight of your raw cut steak within five grams and enjoy it on the house.

由1月3日開始, Pier 6 餐廳將於1月份的每個「質數日」舉行美國農業部優質牛排之夜。

屆時大家可以從我們放置了各款牛排的手推車中選擇你最喜歡的一款, 並告訴我們你喜歡多大的份量, 然後我們便會即場將你想要的牛排切下來, 再拌以你喜歡的配菜及醬汁烹調至完美。

你覺得還未滿足...若你能猜中你選擇的生切牛排的正確重量, 只要答案在 +/- 5克之內, 那麼這份牛排就由我們免費送上!

3rd, 5th, 7th, 11th, 13th, 17th, 19th, 23rd, 29th
and 31st January

1月3日、5日、7日、11日、13日、17日、19日、23日、29日及31日

Time : Dinner

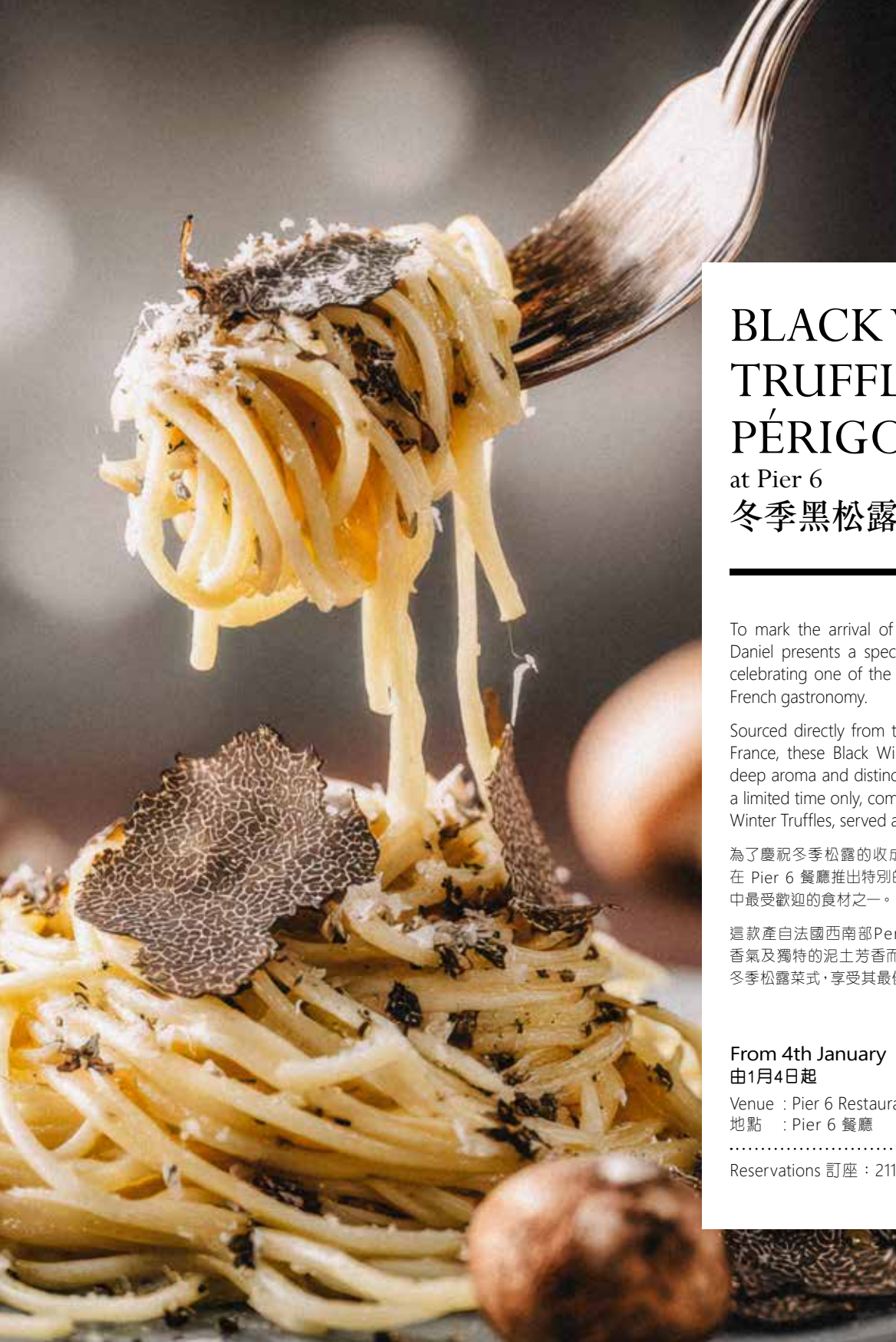
時間 : 晚餐時段

Venue : Pier 6

地點 : Pier 6 餐廳

Reservations 訂座 : 2118 1878





BLACK WINTER TRUFFLES FROM PÉRIGORD

at Pier 6

冬季黑松露菜式 - PIER 6 餐廳

To mark the arrival of the Winter Truffle season, Chef Daniel presents a special Black Truffle Menu at Pier 6, celebrating one of the most sought after ingredients in French gastronomy.

Sourced directly from the Périgord region of southwest France, these Black Winter Truffles are prized for their deep aroma and distinctive earthy richness. Available for a limited time only, come and enjoy the true character of Winter Truffles, served at their finest.

為了慶祝冬季松露的收成，Chef Daniel 將於1月4日開始在 Pier 6 餐廳推出特別的黑松露菜單，以呈獻這款法國美食中最受歡迎的食材之一。

這款產自法國西南部Perigord地區的黑松露，以其濃郁的香氣及獨特的泥土芳香而備受推崇。歡迎前來品嚐最正宗的冬季松露菜式，享受其最佳風味，僅限時供應

From 4th January
由1月4日起

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

Reservations 訂座 : 2118 1878

ONE DAY HIGHLIGHT
WORLD SPAGHETTI DAY
BLACK TRUFFLE SPAGHETTI
為慶祝1月4日「世界意大利麵日」
僅此一天 — 黑松露意大利麵

As part of the Winter Truffle season, World Spaghetti Day on 4th January is marked with a one day only Black Truffle Spaghetti. This special dish will be available at The Island View, Pier 6, Capricci, the Club Bar and Oyster Bar, at \$188 per serving.

作為慶祝冬季松露季節的其中一環，1月4日是「世界意大利麵日」，屆時我們將在 Island View、Pier 6、Capricci、會所酒吧及 Oyster Bar 特別為大家送上黑松露意大利麵，每份 \$188。僅此一天，請不要錯過！

CELEBRATE THE MOMENT YOUR BIRTHDAY, OUR TREAT!

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 \$200 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, until 30th June 2026. 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\$200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，有效期至2026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

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. In Island View, Pier 6, Capricci or Bauhinia restaurants, a minimum spend of \$2,000 is required to receive a complimentary Prosecco bottle and a one-pound birthday cake. 2 This promotion is valid during the Member's birthday calendar month, until 30th June 2026. 此推廣活動的有效日期至2026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 – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2026年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6及21/6。 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、祿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。

Terms and Conditions for Banqueting Events 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 \$200 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\$200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、祿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 – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2026年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6及21/6。 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。

PAN-FRIED PRAWN WITH SPICED SALT AND PEPPER IN TYPHOON SHELTER STYLE

避風塘椒鹽蝦

This much loved Hong Kong classic is known for its crisp coating, delicate texture and deep garlic aroma. The seasoning brings together heat, salt and fragrance in a way that makes each bite extremely moreish. It is also surprisingly simple to prepare at home.

這道深受歡迎的香港經典美食以其酥脆的外殼、細膩的口感及濃郁的蒜香而聞名。調味料巧妙地融合了辣味、鹹味及香氣，令每一口都令人回味無窮，而且在家中製作也出奇地簡單。



Chef Yip Tsang Keung

By Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅

INGREDIENTS 材料：

- | | |
|-----------------------------|------------------------------|
| • Prawns (medium sized) 中蝦 | 8 - 10 pcs / 8-10隻 |
| • Fresh Minced Garlic 新鮮蒜茸 | A little / 少許 |
| • Fried Minced Garlic 炸蒜茸 | A little / 少許 |
| • Diced Red Bell Pepper 紅椒粒 | A little / 少許 |
| • Dried Chilli 辣椒乾 | A little / 少許 |
| • Cashew Nuts 腰果 | A little / 少許 |
| • Soy Sauce 生抽 | A little / 少許 |
| • Garlic Salt 蒜鹽 | A little / 少許 |
| • Japanese Shichimi 七味辣椒粉 | A little, if needed / 少許，如需要 |

INSTRUCTIONS 步驟：

1. Wash the prawns. Cut off the antennae, legs, shells, heads and remove the intestines.
先將蝦洗淨，剪去蝦腳、蝦頭，清除蝦腸。
2. Pat the prawns thoroughly dry with kitchen towel.
用廚房紙巾將蝦印乾。
3. Lightly coat the prawns with a little corn starch, then pan fry both sides in a hot wok with a little more oil for four to five minutes.
蝦沾上少許生粉，放入鑊中用多一些油兩面煎4-5分鐘。
4. Add a little soy sauce and stir again. Set aside.
加入少許生抽，再稍為將蝦拌炒，倒起備用。
5. Stir-fry the diced red bell pepper, dried chilli and minced garlic in a little oil until fragrant.
用少許油爆香紅椒粒、辣椒乾、蒜茸。
6. Add the fried prawns, fried minced garlic and cashew nuts to the wok, stir-fry again.
加入煎蝦、炸蒜茸、腰果，炒勻。
7. Sprinkle a little garlic salt on the prawns.
最後灑上蒜鹽即成。
8. If you enjoy spicy food, sprinkle some Japanese Shichimi on the prawns after plating them. Enjoy!
如果你喜歡辣味的話，將蝦上碟後可灑上一些七味辣椒粉。



STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味 你全新的摯愛三文治

A bold new addition to our current promotions, now available at the Club Bar, Oyster Bar, The Island View and for takeaway.

This generously layered sandwich starts with a toasted bagel, filled with teriyaki style hot smoked salmon. Crisp wasabi cucumber adds a clean bite, balanced by the sweetness of pickled red onions, while yuzu crème cheese brings a bright citrus finish that ties everything together.

This is a sandwich that delivers serious flavour and lasting satisfaction.

這款大膽創新的三文治現已加入我們的1月份推廣活動中，在會所酒吧、Oyster Bar、Island View餐廳供應，同時亦歡迎使用外賣自取服務。

這款層層豐富的三文治以烤貝果麵包為底，夾著照燒風味的煙燻三文魚。清爽的芥末黃瓜帶來清爽的口感，與醃漬紅洋蔥的甜味完美平衡，最後以柚子奶油芝士的清新柑橘香氣收尾，將所有食材完美融合。

這款三文治風味濃郁，令人回味無窮。

\$98 | per dish
每份



STRAWBERRY AFTERNOON TEA AT THE OYSTER BAR

Sweet Treats Showcasing Japanese and South Korean Strawberries

OYSTER BAR 送上 - 草莓下午茶 盡情品嚐以日本及韓國草莓製作的甜點

Celebrating the height of the strawberry season, this refined Afternoon Tea highlights prized Japanese and South Korean strawberries, selected for their natural sweetness, delicate fragrance and vibrant colour. Presented straight from our Dessert Trolley, enjoy an irresistible selection of desserts and sweet treats, each designed to let these peak season strawberries shine.

Choose your favourite pastry à la carte, or enjoy the full Afternoon Tea experience with unlimited rounds of these elegant strawberry focused delights.

為慶祝草莓時令季節，我們特別甄選了以天然的甜味、清香及鮮豔色澤而著稱的日本及韓國優質草莓，並精心準備了多款精緻的下午茶美食。大家將可以直接從我們的甜點餐車上挑選並享用一系列令人垂涎的甜品及糕點，每一款都是為了襯托出當季草莓絕美滋味而設計。

大家除了可以單獨挑選最喜歡的甜點外，還可以選擇享用整個下午茶套餐，無限量品嚐這些精緻優雅的草莓主題甜點。

AVAILABLE ON
SATURDAYS &
SUNDAYS
星期六及日供應

3rd & 4th, 10th & 11th, 17th &
18th, 24th & 25th, 31st January
and 1st February
於1月3日及4日、10日及11日、17日及
18日、24日及25日、31日及2月1日

\$198

per person, per tea set
下午茶套餐，每位

served with freshly brewed coffee or tea
配搭新鮮沖泡的咖啡或茶

豉椒炒花蛤 拼 松露野菌香煎腐皮卷
拼 日式芥末雲耳
Stir-fried Clams with Black Beans and Chilli
Deep-fried Bean Curd Sheet with Mushrooms
and Black Truffle
Marinated Black Fungus with Wasabi

紅燒七頭鮑魚伴鵝掌
Braised Abalone in Oyster Sauce with Goose Webs

瑞士汁燒童子鵲 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

椰子鮮茄浸莧菜
Simmered Chinese Spinach with Tomato
and Coconut in Bouillon

上湯焗波士頓龍蝦伴伊麵 (每位半隻)
Pan-fried Boston Lobster in Bouillon with E Fu Noodles
(Half piece per person)

芒果雪糕 或 精美甜品
Mango Ice Cream or Daily Dessert



ABALONE BABY PIGEON AND LOBSTER SET MENU

Special Promotion at Bauhinia

紫荊閣 1 月份特別套餐優惠
鮑魚、童子鵲及龍蝦套餐

This month at Bauhinia, indulge in a refined Set Menu celebrating three treasured delicacies: Abalone, Baby Pigeon and Lobster. Each course is thoughtfully prepared to highlight the richness and depth of traditional flavours.

本月份，紫荊閣將隆重推出一份精緻的套餐，包括三大珍饈：鮑魚、童子鵲及龍蝦。每道菜均經過精心烹調，充分展現傳統風味的豐富與深度。

\$650

per person, minimum 2 persons
每位，兩位起

AVAILABLE
供應

lunch and dinner
午餐及晚餐

VENUE
地點

Bauhinia
紫荊閣

TO RESERVE
訂座

2118 1892

This promotion is not available for dining in Banquet Rooms.
此優惠套餐不適用於宴會廳用餐



MENU

恭賀新禧 — 濃邊叉燒、涼伴鴛鴦雲耳拍青瓜、椒麻五香牛肉粒
Barbecued Honey-glazed Pork, Marinated Duo Black Fungus
and Cucumber, Marinated Cubed Beef in Chinese Spices

萬事如意 — 芝士上湯焗龍蝦 (每位半隻)
Pan-fried Lobster with Cheese (half piece per person)

身體健康 — 羊肚菌松茸燉竹絲雞湯
Double Boiled Chicken Soup
with Morel Mushroom and Matsutake Mushroom

和氣生財 — 六頭鮑魚伴金蠔髮菜北菇
Braised Whole Abalone and Dried Oysters
accompanied by Black Moss and Black Mushrooms

年年有餘 — 蒜茸豆豉粉絲蒸大石斑頭腩
Steamed Garoupa Brisket with Vermicelli, Garlic and Black Beans

金銀滿屋 — 崧子芥蘭炒牛仔肉
Stir-fried Beef and Chinese Kale with Pine Seeds

五穀豐收 — 生炒臘味糯米飯
Fried Glutinous Rice with Preserved Meats

滿堂吉慶 — 雙美點
千層薑汁糕、香焗奶皇酥
Chinese Petits Fours
Steamed Layered Ginger Pudding
and Baked Custard Pastry

闔府團圓 — 薑茶桂花湯丸
Sweet Rice Dumplings in Ginger Tea with Osmanthus

LUNAR NEW YEAR AT THE PACIFIC CLUB 太平洋會 農曆年慶祝晚宴

There is simply no better place to welcome the Lunar New Year of the Horse than at the Club's restaurants. Come and enjoy the fantastic ambiance on Lunar New Year's Eve, and don't miss the breathtaking views of the Harbour Fireworks Display on the second day of the New Year.

本會各餐廳是慶祝馬年來臨的最佳地點！我們已特別準備了豐富的中西美食，與大家一同歡度農曆年廿九及年初二。欲免向隅，請儘早訂座。

CLUB CLOSURE AT LUNAR NEW YEAR 農曆年初一會所休業

Please note that the Pacific Club will be closed on Lunar New Year's Day – Tuesday, 17th February. Kung Hei Fat Choi!

請注意，本會將於2月17日（星期二）農曆年初一休業一天。恭喜發財！

LUNAR NEW YEAR FIREWORKS DISPLAY SET DINNER AT BAUHINIA RESTAURANT

Experience an unforgettable Lunar New Year Fireworks Display at Bauhinia Restaurant with our exclusive Lunar New Year Set Menu.

紫荊閣

農曆新年煙花匯演中式晚餐

在紫荊閣欣賞精彩的農曆新年煙花匯演，並享用應節晚餐套餐一同慶祝。

Wednesday, 18th February
年初二 2月18日（星期三）

Adults
成人

\$988

Children
小童

\$668

Reservations 訂座：2118 1892

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.
每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

* Final details for the fireworks display arrangements are subject to the announcement by the HKSAR Government in due course.
有關煙花匯演的詳細安排有待政府公佈。



MENU

Festive Antipasti

Lobster and Crustacean Tea
with Ginger, Galangal and Barrel Aged Soy Sauce

Marinated and Stone Oven Baked Razor Clams
with Garlic Bread

Medallions of Black Angus Beef Tenderloin
with Bone Marrow, Confit Garlic Butterflied Prawns,
Grilled Zucchini and Potato Gratin

Gilded Dessert Variation of Citrus and Almonds

LUNAR NEW YEAR FIREWORKS DISPLAY ITALIAN SET DINNER MENU AT CAPRICCI

Celebrate the Lunar New Year Fireworks Display with our special Italian Set Menu at Capricci. Experience a menu of incredible Italian dishes, whilst watching from the Balcony.

Capricci餐廳

農曆新年煙花匯演意式晚餐

前來Capricci餐廳，可以享用我們特別設計的意大利晚餐，同時欣賞農曆新年煙花匯演。一邊品嚐精緻的意大利菜餚，一邊在露台上觀賞美景。

Wednesday, 18th February
年初二 2月18日 (星期三)

Adults 成人	Children 小童
\$498	\$328

Reservations 訂座：2118 1803

For an additional \$178, our Beverage Package includes Wine, Beer, Soft Drinks and Orange/Apple Juice.

每位另加\$178可任飲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

LUNAR NEW YEAR FIREWORKS DISPLAY DINNER AT THE ISLAND VIEW & PIER 6 RESTAURANT

Join us for an unforgettable Lunar New Year Fireworks Display Dinner Buffet! Savour a sumptuous spread of culinary delights while enjoying front-row views of the dazzling display over Victoria Harbour. A perfect evening to celebrate with family and friends.

The Island View及Pier 6餐廳

農曆新年煙花匯演自助晚餐

與我們一起歡度令人難忘的農曆年初二，享用豐富自助美食，同時欣賞維港上空的精彩煙花匯演，與家人朋友一起慶祝的完美夜晚。

Wednesday, 18th February
年初二 2月18日 (星期三)

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$728	\$488	\$188

Reservations 訂座：2118 1846

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

THE ISLAND VIEW LUNCH & DINNER BUFFETS

Celebration of Lunar New Year from
9th to 28th February

農曆新年自助午餐及晚餐
2月9日至28日與大家同慶農曆新年！

Celebrate the Lunar New Year at The Island View Restaurant from 9th to 28th February and enjoy a festive dining experience designed for sharing with family and friends.

Our Lunch and Dinner Buffets present a generous selection of Chinese favourites and seasonal specialties, bringing together comforting classics and celebratory dishes that mark the occasion. On the Second Day of the Lunar New Year, the buffet takes on special significance with a carefully selected spread that pays tribute to the arrival of the Year of the Horse.

於2月9日至28日，歡迎前來 Island View 餐廳慶祝農曆新年，享受專為與家人朋友共享而設計的節慶用餐體驗。

我們的自助午餐及晚餐將提供豐富的經典中式賀年菜餚，家常及時令特色菜俱備，既令人倍感溫馨，也帶有節日喜慶，為大家打造難忘的慶祝聚餐。

於農曆年初二，自助餐更增添一份特別的意義，我們將以精心挑選的菜餚與大家一同慶祝馬年的到來。



LO HEI CELEBRATIONS

Available from 9th to 28th February during Lunar New Year Lunch and Dinner Buffets

Usher in the Year of the Horse with the time honoured tradition of Lo Hei, a celebratory ritual enjoyed during the first 15 days of the Lunar New Year and treasured for its message of prosperity and good fortune. Be sure to pre order your Lo Hei when making a reservation.

Each ingredient carries a special meaning: raw fish represents abundance and longevity; golden crisps embody wealth; pomelo and lime symbolise good luck and profit, among others. The true spirit of Lo Hei lies in the moment it is shared. As the ingredients are added one-by-one and finished with fresh raw fish, everyone gathers around the table to toss the salad together, offering New Year wishes as it is lifted high. Tradition holds that the higher the toss, the greater the fortune to come.

Celebrate this fantastic tradition with family and friends at The Island View and begin your Lunar New Year with good fortune.

農曆新年 — 魚生「撈起」

於2月9日至28日農曆新年自助午餐及晚餐中供應

以魚生「撈起」來迎接馬年來臨！「撈起」是中國慶祝農曆新年的傳統習俗，歷史悠久，一般於農曆新年開始的15天內舉行，寓意吉祥如意，繁榮昌盛及好運。大家請記得在訂座享用自助餐時一同預訂魚生「撈起」！

「撈起」中的每種食材都有其吉祥寓意：生魚片意味著富足長壽；金黃色的脆片代表財富；柚子和青檸則象徵好運及獲利等。而「撈起」的真諦在於分享的那一刻。開始「撈起」時，會將食材一一放在碟上，最後將生魚片放在最面層，然後大家會圍成一桌，用筷子一邊把食材高高地撈起，一邊互道新年祝福。傳統認為，將食材撈得愈高，來年就愈好運。

前來與家人朋友一起慶祝這項傳統，在 Island View 開啟充滿好運的農曆新年！

DATE 供應

9th to 28th February (except 14th & 18th February for themed dinner buffets and Club closed on 17th February)

於2月9日至28日農曆新年自助午餐及晚餐中供應（2月14日及18日的特色主題自助晚餐，及2月17日會所關閉除外）

TIME 時間

Lunch : From 12:00noon

午餐 : 由中午12時開始

Dinner : From 6:00pm

晚餐 : 由下午6時起

VENUE 地點

The Island View Restaurant

Island View餐廳

PRICE 收費

**Including Lo Hei (please pre-order when making reservations) 包括享用魚生「撈起」
(請於訂座時預訂) :**

Lunch	Adults 成人	\$328
自助午餐	Children 小童 (6-12 years歲)	\$230
	Children 小童 (3-5 years歲)	\$168

Dinner	Adults 成人	\$428
自助晚餐	Children 小童 (6-12 years歲)	\$296
	Children 小童 (3-5 years歲)	\$168

Excluding Lo Hei 不包括享用魚生「撈起」 :

Lunch	Adults 成人	\$288
自助午餐	Children 小童 (6-12 years歲)	\$190
	Children 小童 (3-5 years歲)	\$128

Dinner	Adults 成人	\$388
自助晚餐	Children 小童 (6-12 years歲)	\$256
	Children 小童 (3-5 years歲)	\$128

18th February 2月18日

Lunch	Adults 成人	\$428
自助午餐	Children 小童 (6-12 years歲)	\$285
	Children 小童 (3-5 years歲)	\$128

TO RESERVE 訂座: 2118 1846

To order Lo Hei on the spot, please add \$55 per person (subject to availability)

即場下單享用魚生「撈起」: 每位加\$55 (售完即止)

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

A Valentine's Experience Like No Other ROMANTIC SUNSET HARBOURFRONT DINNER

不一樣的情人節體驗...
浪漫日落海濱晚餐

This Valentine's Day, the Pacific Club presents its ultimate Valentine's experience, an intimate sunset dinner on the Sundeck overlooking Victoria Harbour. With a very limited number of tables, this is the Club's most sought after way to celebrate the evening.

Guests are welcomed with a Champagne and canapé reception, served in personalised engraved Champagne flutes created for the occasion. A bouquet of fresh roses awaits at each private table, with the harbour forming a natural backdrop as the sun sets.

Sunset on 14th February is expected between 6.19pm and 6.20pm. To enjoy the full experience and capture the moment as the light shifts across the water, guests are kindly asked to arrive no later than 6.00pm.

Dinner follows with a Tasting Menu inspired by the Seven Seas and Five Oceans, prepared exclusively for the evening by the Club's Chefs. Each course is paired with premium Champagnes, fine wines and refined botanicals, selected by our Maître d'hôtel to complement the menu.

This is not just a dinner, it is the ultimate romantic evening, designed to celebrate the beauty of shared moments. A true once-in-a-lifetime experience for those who desire nothing but the best.

Reservations are strictly limited and confirmed on a first-come, first-served basis, with written confirmation required. In the event of unsuitable weather, the dinner will take place on the enclosed harbour facing balcony at The Island View.

The evening is arranged to include Personal Maître d'hôtel Service, beginning with a Champagne and Canapé Reception. Personalised Engraved Champagne Flutes and a Celebratory Bouquet of Roses set the tone, followed by an Exclusive Menu with Beverage Pairing. The experience concludes with a Selection of Handmade Chocolates and a Framed Photograph taken on the night, offering a lasting reminder of the occasion and transfer home via Uber.

Please note the reservation deadline is 2nd February.

今年情人節，太平洋會將為大家安排一個無與倫比的浪漫體驗——在飽覽維多利亞港日落美景的日光浴平台上享用晚餐。由於餐桌數量有限，這無疑是本會最受歡迎的情人節慶祝方式。

屆時，我們將以香檳酒會及開胃菜迎接各位賓客，大家可以使用專為此活動訂製，刻有個人名字的香檳杯來享用香檳。每張私人餐桌上都擺放著一束新鮮的玫瑰，夕陽西下，海港景色構成了一幅美麗的背景。

2月14日的日落時間預計為黃昏6時19分至20分之間。為了能完全欣賞整個日落美景並捕捉光線在水面上變幻的瞬間，敬請各位賓客於黃昏6時前抵達。

晚宴開始後將奉上由本會主廚專為當晚精心烹製，以七海五大洋為靈感的品嚐菜式。每道菜餚均搭配由我們的餐廳經理精心挑選，與菜式相得益彰的頂級香檳、葡萄酒及特別調配的香草茶飲。

這不僅是一頓晚餐，更是一個極致浪漫的夜晚，旨在慶祝共享時刻的美好。對於只追求最完美的人士來說，這是一次真正千載難逢的體驗。

由於座位數量有嚴格的限制，所以預訂時需要按照先到先得的原則並進行書面確認。如果當晚天氣不佳，Island View餐廳面向海港的優雅玻璃幕牆露台將成為完美的後備之選。

精心安排的晚餐包括：專屬服務員侍餐、以香檳酒會及開胃菜拉開序幕；刻有個人名字的紀念香檳杯及玫瑰花束，營造出溫馨浪漫的氛圍；隨後奉上美酒佳餚；最後，賓客將獲贈精選手工朱古力及當晚拍攝的精美照片，作為珍貴紀念，及安排Uber送大家回家。

請注意，預訂的截止日期為2月2日。

Saturday
14th February

2月14日〔星期六〕



MENU

Atlantic Blue Lobster

Hokkaido Sea Urchin

Oysters with Caviar Pearls

Tasmanian Ocean Trout with Saffron

Dover Sole with Périgord Black Truffle

Valrhona Tainori Chocolate with Buddha's Hand

Petits Fours

This luxurious dinner is available for \$4,888 per couple. To reserve your exclusive table, please contact our Banqueting & Events team on 2118 2851 or 2118 2295.

這頓豪華晚餐的收費：每對賓客\$4,888（二人享用）
要預訂你的專屬餐桌，
請致電2118 2851或2118 2295與本會宴會部聯絡

Saturday
14th February
2月14日(星期六)

VALENTINE'S DAY AT THE PACIFIC CLUB 太平洋會 情人節晚餐

VALENTINE'S DAY DINNER BUFFET AT THE ISLAND VIEW RESTAURANT

Join us for an unforgettable Valentine's Day Dinner Buffet at The Island View and indulge in a lavish buffet spread in a romantic setting. Treat your beloved to a night of delicious culinary delights!

To make the occasion even more special, each adult guest will also be served a half Boston Lobster Thermidor, freshly prepared and enjoyed alongside the buffet selection.

The Island View 餐廳 情人節自助晚餐

於情人節當晚，與至愛一同前來 Island View，在維港美景的陪伴下享用豐富自助美食，共度一個浪漫的夜晚！

為了讓這場盛宴更加特別，除自助美食外，當晚每位成年客人還可享用芝士焗龍蝦半隻。

Dinner 晚餐時段

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$598	\$395	\$128

including a Punch Bar serving unlimited
Alcoholic and Non-alcoholic Fruit Punch
包括任飲有酒精及無酒精果汁賓治

Reservations 訂座 : 2118 1846





VALENTINE'S DAY ITALIAN-INSPIRED SET MENU AT CAPRICCI

Experience the romantic allure of Italy at Capricci this Valentine's Day. Join us for an evening featuring an Italian-inspired Set Dinner Menu, shared with your special someone.

Capricci餐廳 — 意式情人節晚餐套餐

歡迎前來Capricci餐廳享用意式晚餐，與至愛一同體驗意大利情人節的浪漫情懷。

Dinner 晚餐時段

Venue : Capricci

地點 : Capricci 餐廳

Per person 每位 **\$798**

including welcome Champagne and Wine Journey/non-alcoholic Beverage Pairing
包括享用餐前香檳一杯，及與菜式配搭的精選葡萄酒或無酒精飲品

Reservations 訂座 : 2118 1803

ROMANTIC MENU AT PIER 6

Celebrate this Valentine's Day at Pier 6 with our exclusive Valentine's Day Romantic Menu, designed to create unforgettable culinary moments with the one you love.

Pier 6餐廳 — 情人節龍蝦晚餐

今年情人節，Pier 6餐廳將充滿浪漫氣氛，並為大家準備精緻美味的情人節晚餐，讓你與至愛一同慶祝佳節。

Dinner 晚餐時段

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

Per person 每位 **\$1,098**

including welcome Champagne and Wine Journey / non-alcoholic Beverage Pairing
包括享用餐前香檳一杯，及與菜式配搭的精選葡萄酒或無酒精飲品

Reservations 訂座 : 2118 1878

NOVA SCOTIA LOBSTER MENU

Lobster and Black Truffle Mille-feuille

Signature Lobster Bisque and Crèmesquis

Lobster Medallion and Galette with Fennel and Saffron

Duo of White and Dark Chocolate Soufflé

Petits Fours

AMORE TUA MENU

Dôme of Red Prawns and Watermelon Radish

Crab Meat Galette with warm Salmon Roe Remoulade Sauce

Vitello Tonnato

Veal Tenderloin and Yellow Fin Tuna with Saffron and Tomato

Caramelised White Chocolate Trifle
with Valrhona Chocolate Sorbet and Calamansi

Petits Fours



ZERO ALCOHOL DRINKS

無酒精飲品

With Dry January in mind, this month shines a light on zero alcohol drinks that deliver depth, balance and genuine enjoyment. Discover a selection of non alcoholic botanical infusions, sparkling teas and zero alcohol cocktails created by our team, each designed to put flavour first without the alcohol.

Whether you are embracing Dry January or simply choosing zero alcohol, these drinks prove that great taste needs no compromise.

Available in all outlets.

為了響應「無酒精一月」，本月份我們特別推出一系列口感醇厚、平衡和諧、令人愉悅的無酒精飲品。歡迎前來享用我們團隊精心調配的無酒精花草茶、氣泡茶及無酒精雞尾酒，每一款都以風味為先，不含酒精。

無論你是想參與「無酒精一月」，還是單純喜歡無酒精飲品，這些飲品都證明了無酒精也能帶來好享受。

精選無酒精飲品將於所有餐廳及酒吧供應。



OUR PASTRY CHEF'S MASTERPIECE PISTACHIO PARIS-BREST

太平洋會糕點師傅精心傑作
巴黎布雷斯特開心果泡芙



Crisp, golden choux pastry with a generous filling of smooth pistachio cream, finished with praline for a satisfying crunch. Rich, nutty and beautifully balanced, this Pistachio Paris-Brest delivers pure indulgence in every bite!

酥脆的金黃色泡芙，包裹著滿滿的順滑開心果奶油餡，最後撒上果仁糖，帶來令人滿足的酥脆口感。這款巴黎布雷斯特開心果泡芙口感豐富，堅果香氣濃郁，味道完美平衡，每一口都是純粹的享受！

\$68 | per piece
每件

Available daily in all outlets from 12:00noon
由每日中午12時起在所有餐廳及酒吧供應

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

NEW

SPA PROMOTIONS IN JANUARY

1 月份美容療程優惠

BERNARD CASSIERE MUESLI NUTRI-SENSITIVE TREATMENT

全新一 BERNARD CASSIERE
穀物護養抗敏療程

\$1,520 \$1,216

(1hr 25mins) (1小時25分鐘)

This professional facial is specially created for fragile and sensitive skin seeking comfort, softness, and visible relief from redness and irritation. Inspired by the skinfood philosophy and nourishing muesli recipes, the treatment features the Bernard Cassière Muesli Complex with organic oat and probiotics to soothe, protect, and rebalance delicate skin.

This 1 hour 25 minute treatment offers a soothing facial experience that gently envelops fragile skin, helping to calm visible redness while restoring comfort and softness.

這款專業護理療程專為脆弱敏感肌膚而設計，旨在柔嫩肌膚、緩解泛紅和不適感。此療程的靈感來自「肌膚營養」概念和麥片食譜，採用 Bernard Cassière 麥片複合物，蘊含有機燕麥和益生菌，能夠呵護最敏感的肌膚，帶來舒適、保護，並平衡嬌嫩肌膚。

這款1小時25分鐘的護理療程可帶來舒緩的臉部體驗，溫和地包裹脆弱的肌膚，幫助鎮靜明顯的泛紅，同時恢復肌膚的舒適和柔軟。



SOTHYS HYDRATING INTENSIVE TREATMENT HYDRA HYALURONIC ACID SOTHYS微分子 透明質酸水漾療程

\$1,520 \$1,216

(1hr 25mins) (1小時25分鐘)

This advanced intensive treatment is designed for dehydrated skin in need of deep and lasting hydration. Combining four sources of hyaluronic acid with two patented Sothys active ingredients, it delivers targeted moisture where the skin needs it most.

The six step treatment works to quench, hydrate, and visibly plump the skin, leaving the complexion refreshed, smoother, and more youthful in appearance.

這款先進的密集護理產品專為缺水肌膚而設計，可提供深層持久的保濕效果。它融合了四種來源的玻尿酸和兩種Sothys專利活性成分，能夠精準地將水分輸送到肌膚最需要的部位。

這結合六個步驟的護理療程能深層保濕、滋潤肌膚，並使肌膚明顯飽滿，令膚色煥然一新，更加光滑年輕。

SPA AND BEAUTY OPERATING HOURS UPDATE

身體及面部護理服務營業時間更新

NEW OPERATING HOURS 新營業時間

Daily from 8.00am to 9.00pm
每日上午8時 — 晚上9時

From 1st January 2026, our Spa and Beauty services will operate with extended hours.

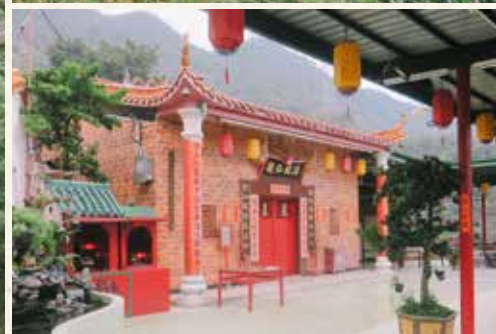
The Pacific Club's Spa offers a comprehensive range of treatments for both men and women, delivered by experienced therapists who tailor each facial, massage, aromatherapy and organic treatment to individual needs.

We look forward to welcoming you during our new operating hours and thank you for your continued support.

由2026年1月1日起，身體及面部護理服務的營業時間將會延長。

太平洋會水療中心為男女賓客提供全方位護理服務，經驗豐富的專業美容師和按摩師將根據你的個人需求，度身定制美容、按摩、香薰和有機療法等護理療程。

我們期待在新的營業時間內迎接你的到來，並感謝你一直以來的支持。



KAM SHEK TRAIL 金石徑

Join the morning walkers on this forest trail that starts from one of Kwai Chung's hillside housing estates, and you'll get to see the overgrown ruins of old villages too.

This is easy to follow but it involves a lot of uphill hiking. Walking time: 2.5 hours.

Make your way to the Shek Lei (Tai Loong Street) bus terminus in Kwai Chung. This can be reached by bus 31M from Kwai Fong MTR station, which is quite frequent. Get off at the 7th stop.



You can provision yourself with drinks and snacks from the shopping centre attached to the bus station. Then, take the white-tiled steps up from the back of the station to Shek Li Street and turn left.

Walk up this road until you reach the crossroads. Cross over to the opposite corner, towards a small garden, and then turn right in the direction of the temple flags. But before you reach the flags, a sign points you left to Kam Shan Country Park. Your hike commences.

As you walk uphill on a narrow path, you pass ruined stone walls, floor paving and staircases, with tree roots intertwined among them. These are the foundations of old squatter settlements that once covered almost every hillside around Kowloon, but most of them have now been removed.

As you climb higher, you pass some remaining farms and vegetable patches. Your first chance for a break is at a small garden shaded by rubber and banyan trees. But watch out! Monkeys are patrolling, ever in search of food to steal!

Just past the garden, you reach a level catchwater. Turn left to follow the sign and then take the second little bridge over the water channel. The

path up through the trees brings you out onto Golden Hill Road which serves the Kowloon reservoirs.

Turn left and follow this pleasant track uphill, ignoring all turns until you see the archway for the Kam Shan Family Walk on your left. Opposite, on your right side, and beside a large cage that is placed to catch monkeys, another path leads uphill.

This brings you out onto the summit of Golden Hill, which has good views of all the other mountains in the central New Territories. Carry on, downhill now, and when you reach a clearing, turn right to take the unevenly paved staircase downwards.

The stairs end at another rest garden, and if you turn right you're brought back to the catchwater. A figure etched into the stonework reveals its construction date to be 1926, exactly a century ago.

Moving on, take the first steps down on your left. These lead you through the colourful buildings and decorations of the Tsat Sing Kung temple complex, which you saw earlier. When you reach the road, turn right and retrace your steps to the bus station.

To make a much shorter walk out of this, you could simply turn right when you first reach the catchwater and then take the first right to come down again.

加入晨間健步者的行列，沿著這條從葵涌倚山而建的住宅區出發的樹林步行徑前行，你還能欣賞到雜草叢生的古老村落遺址。

這條步行徑易於辨認，但需要徒步攀登較多上坡路段。步行時間：2.5 小時。

前往葵涌石籬（大隴街）巴士總站。你可以從葵芳港鐵站乘搭31M巴士前往，班次很頻密，在第7個站下車。

你可以在巴士站旁的購物中心購買飲品和小吃，然後，從車站後方沿著白色瓷磚梯級上去，到石梨街，然後左轉。

沿著這條路一直走到十字路口。穿過馬路到對面街角，朝著一個小花園走去，然後右轉，朝著寺廟的旗幟方向走。但在到達旗幟之前，你會看到一個指示牌，指向左邊的金山郊野公園。你的徒步之旅就此開始。



沿著狹窄的小路往上走，你會看到殘破的石牆、石板路和梯級，樹根交錯纏繞其間。這些都是昔日棚屋區的遺跡，這些棚屋區曾經幾乎覆蓋了九龍周圍的每一處山坡，但如今大部分已被清拆。

隨著地勢升高，你會經過一些殘存的農場和菜地。第一個可以休息的地方是被橡膠樹和榕樹遮蔭的小花園。不過要小心！猴子們正在四處巡邏，隨時準備偷取食物！

穿過花園，便會來到一處儲水池。左轉，沿著路標走，然後過第二座小橋跨過水渠。沿著林間小路往上走，就到了金山路，這條路可通往九龍水塘。

左轉，沿著這條宜人的小路向山上走，不要理會任何岔路，直至看到左側通往金山家樂徑的拱門。拱門對面，也就是你的右側，在一個用來捕捉猴子的大籠子旁邊，有一條小路也向山上延伸。

它會帶你到達金山山頂，從這裡可以俯瞰新界中部其他山脈的美景。繼續前行就會開始下坡，到達一片空地後，右轉走下不平整的梯級。

梯級盡頭是另一個休憩花園，向右轉即可回到儲水池邊。雕刻在石牆上的數字顯示，花園於1926年興建，至今剛好100年。

繼續前行，步下左邊第一段梯級。這條路會帶你穿過之前看到的七聖宮寺廟建築群，欣賞其色彩繽紛的建築和裝飾。走到馬路邊，右轉，原路返回巴士站。

若然想大大縮短這段路程，你可以在到達儲水池時向右轉，然後在第一個路口右轉下山。

Words and pictures 撰文及圖片 | Pete Spurrier



16th - 28th
February
2月16-28日

LUNAR NEW YEAR THEMED AFTERNOON TEA

at The Island View Restaurant
and Oyster Bar

農曆新年下午茶美食

於 2 月 16 日至 28 日期間
在 Island View 餐廳及 Oyster Bar 供應

Welcome the Lunar New Year with a festive Afternoon Tea inspired by traditional New Year flavours and symbolism. Enjoy a refined selection of sweet and savoury bites that reflect themes of prosperity, happiness and togetherness, thoughtfully presented for a celebratory afternoon here at the Club.

享用充滿節慶氣息的下午茶，品嚐以傳統新年風味及寓意為靈感的美味茶點，迎接農曆新年。我們精心準備了一系列精緻的甜鹹點心，寓意繁榮、幸福及團圓，為大家營造一個充滿節日氛圍的下午時光。

\$148 | per person
每位

inclusive of tea or coffee
包括紅茶或咖啡

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during New Year's Day on 1st January.

請注意，所有兒童及成人團體課程，將於1月1日元旦日公眾假期暫停舉行。

Schedule in January 一月份課程

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
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Night	8:00pm – 10:00pm
THURSDAY	
Yoga	10:30am – 11:30am (C)
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 (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)
SATURDAY	
Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 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	11:30am – 1:00pm
Rope Skipping	4:30pm – 5:20pm

* 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

This class uses dynamic movement techniques to help participants understand fascia and improve mobility, making it an ideal way to begin the New Year with greater ease of movement. It supports skeletal alignment, enhances muscle strength, and improves balance. Guided by a fascia movement roadmap, participants will work towards improved posture and overall body coordination as they establish positive habits for the months ahead.

本課程運用動態運動技巧，幫助學員了解筋膜並提升身體靈活性，是開始新一年、提升活動自如度的理想選擇。課程有助於骨骼排列，增強肌肉力量，並改善平衡。透過運動筋膜結締網絡組織，學員將逐步改善體態和整體身體協調性，並養成良好的運動習慣，為未來做好準備。

DATE 日期	(A) Monday 5th, 12th, 19th & 26th January (B) Wednesday 7th, 14th, 21st & 28th January A班 — 1月5日、12日、19日及26日（星期一） B班 — 1月7日、14日、21日及28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	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

Instruction: Please note, this class is taught in Cantonese only

JAZZ DANCE 爵士舞班

Learn a range of step by step jazz dance routines that combine energy, rhythm and full body movement. Each class offers an enjoyable total body workout, helping improve coordination, fitness and confidence. It is also a refreshing way to unwind, making it a great choice for starting the New Year with movement, music and renewed energy.

循序漸進地學習一連串爵士舞動作，感受活力、節奏和全身律動。每節課堂都能帶來愉悅的全身鍛鍊，幫助提升協調性、體能和自信心。它也是一種令人耳目一新的放鬆方式，是以動態、音樂和煥然一新的活力開始新年的最佳選擇。

DATE 日期	Thursday 8th, 15th, 22nd & 29th January 1月8日、15日、22日及29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 \$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

FUNKY DANCE

FUNKY舞蹈班

Get your body moving with Funky Dance, an upbeat and easy-to-follow aerobic dance workout designed to keep you energised and engaged! Each lively session challenges you to complete 7,000 dance steps in just one hour, helping you burn calories while having fun. With great music and high-energy moves, it's the perfect way to boost fitness, improve coordination, and enjoy a full-body workout.



讓身體隨著舞步一齊動起來吧！這種有趣且簡單易學的有氧舞蹈鍛煉，能讓你充滿動感及活力！每堂都是在挑戰你的體力，在一小時內完成 7,000 個舞步，讓你在享受樂趣的同時燃燒卡路里。伴隨著輕快的音樂及高能量的動作，這是增強體質、提高協調性及享受全身運動的完美方式。

DATE 日期	(A) Wednesday 7th, 14th, 21st & 28th January (B) Friday 2nd, 9th, 16th 23rd & 30th January A班 — 1月7日、14日、21日及28日（星期三） B班 — 1月2日、9日、16日、23日及30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 \$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

ZUMBA FITNESS

尊巴健體舞班

Turn up the tempo and add some flair to your fitness routine with Zumba at the Club. These lively cardio dance classes blend upbeat Latin rhythms with simple, energising choreography for a workout that feels more like a party than exercise.

參加本會的尊巴健體舞程，以快速節奏，為你的健身計劃增添一些亮點。這充滿活力的有氧舞蹈課程將歡快的拉丁節奏與簡單、充滿活力的舞蹈編排融為一體，讓運動感覺更像是一場派對，而不僅是鍛煉。

DATE 日期	Sunday 4th, 11th, 18th & 25th January 1月4日、11日、18日及25日（星期日）
TIME 時間	10:00am – 10:45am (45 minutes) 上午 10時至10時45分
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

STRETCHING EXERCISE CLASS

尊巴健體舞班

Stretching is not only about recovery, it plays an essential role in moving well and maintaining physical comfort. This class focuses on improving flexibility, posture and body awareness through targeted techniques that support joint mobility and muscle balance. Ideal for those looking to stay active, ease tension and reduce the risk of injury, it offers a thoughtful way to restore alignment, encourage circulation and begin the New Year with greater ease in everyday movement.



伸展運動不僅有助復康，它在保持良好運動狀態和維持身體舒適度方面也發揮著至關重要的作用。本課程重點透過針對性技術來提高靈活性、姿勢和身體意識，以支撐關節活動性和肌肉平衡，適合想要保持活躍、減輕壓力和防止受傷的人士參與，是恢復平衡、增強血液循環和讓日常活動更加輕鬆的好方法。

DATE 日期	(A) Friday 2nd, 9th, 16th, 23rd & 30th January (B) Thursday 8th, 15th, 22nd & 29th January A班 — 1月2日、9日、16日、23日及30日（星期五） B班 — 1月8日、15日、22日及29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 \$950, Guest \$1,550 (for 5 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 — 會員\$950、非會員\$1,550（5堂） B班 — 會員\$760、非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Taught in Cantonese only (B) Taught in Cantonese & English A班 — 廣東話 B班 — 廣東話及英語





33rd ANNUAL PACIFIC CLUB TENNIS CHAMPIONSHIPS 2025

第 33 屆太平洋會網球比賽
相片花絮及比賽結果



LADIES' OPEN SINGLES

Winner : Karen Chan
1st Runner-Up : Debbie Lam
2nd Runner-Up : Eugenie Kim



LADIES' OPEN DOUBLES

Winner : Ellen Tang & Karen Chan



1st Runner-Up : Sunny Wu & Ai Inukai



2nd Runner-Up : Corey Cho & Lulu Wong



MEN'S OPEN SINGLES

Winner: Vishal Daswani
1st Runner-Up: Walton Lee



2nd Runner-Up: Gene Miao



MEN'S OPEN DOUBLES

Winner: Kelvin Tam & Young Joon Lee
1st Runner-Up: Gabriel Li & Vishal Daswani
2nd Runner-Up: Nick Bird & Louis King



MINI (7 - 8 YEARS)

Winner : Ethan Chung
1st Runner-Up : Aveer Daswani
2nd Runner-Up : Emerson Soong



MINI (9 - 10 YEARS)

Winner : Ethan Koh
1st Runner-Up : Adrian Wang
2nd Runner-Up : Michael Lee



VETERAN MEN'S SINGLES (45 – 54 YEARS)

Winner : Franco Lam
1st Runner-Up : Francis Kwok
2nd Runner-Up : Tommy Cheung



JUNIOR SINGLES

Winner: Jiho Lee 1st Runner-Up: Yuto Ue 2nd Runner-Up: Teho Kim



VETERAN MEN'S SINGLES (55 YEARS AND ABOVE)

Winner : Terrence Li
1st Runner-Up : Ricky Wong
2nd Runner-Up : Byron Yiu



VETERAN MEN'S DOUBLES

Winner : Kelvin Wong & Nick Bird
1st Runner-Up : Peter Woo & Oscar Chow
2nd Runner-Up : Tommy Cheung & Richard Lam



MIXED DOUBLES

Winner : Jonah Gethin & Karen Chan
1st Runner-Up : Aidan Bart & Winnie Bart
2nd Runner-Up : Kelvin Tam & Sunny Wu



We would like to give special thanks to the following companies for sponsoring our Tennis Championship this year:
本會特別鳴謝以下品牌贊助今年的網球比賽：

- Beautideal Company Limited – Alqvimia & CV
- Kingstar International Trading Ltd - Guinot
- Mares Asia Pacific Ltd - Head
- Ongo Food Limited
- Jebesen Beverage Company Limited
- Telford International Company Limited

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during New Year's Day on 1st January.

請注意，所有兒童及成人團體課程，將於1月1日元旦日公眾假期暫停舉行。

JUNIOR TENNIS ACADEMY

青少年網球訓練

Our weekly Junior Tennis Academy welcomes players aged 3½ to 16 to build their tennis skills through clear instruction, drills and regular hitting. Children learn movement, technique and simple tactics while enjoying consistent time on court. It is an engaging way for young players to progress each week.

Please note that the fee will be charged on a monthly basis.

歡迎參加本會於星期六上午舉行，專為3½- 16歲會員而設的青少年網球訓練班，透過清晰的指導、定時練習和規律的擊球，幫助學員提升網球技能，學習移動、技術和簡單的戰術。這對年輕學員來說是一種每星期都能有所進步的有趣學習方式。

備註：此訓練活動需以月費形式支付

DATE 日期	Saturday 3rd, 10th, 17th, 24th & 31st January 1月3日、10日、17日、24日及31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 \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 – 會員\$1,100，非會員\$1,700（5堂） B班 – 會員\$1,750，非會員\$2,350（5堂）
AGE 年齡	(A) 3½ – 6 years / (B) 6 – 16 years A班 3½-6歲，B班 6-16歲



SUNDAY JUNIOR TENNIS

週日青少年網球班

Our Sunday Junior Tennis class offers a focused hour for players aged 4 to 16 to sharpen their skills through steady drills and active court time. Each session highlights key techniques and simple match situations, giving children a clear, enjoyable way to develop their game week by week. Please note that the fee will be charged on a monthly basis.

本會的週日青少年網球班專為4-16歲的年輕學員提供一小時的專注訓練，透過循序漸進的練習和積極的場上訓練來提升他們的技能。每一課堂都著重於講解關鍵技術和簡單的比賽情景，讓孩子們能夠以清晰有趣的方式，每星期逐步提升球技。

備註：此訓練活動需以月費形式支付

DATE 日期	Sunday 4th, 11th, 18th & 25th January 1月4日、11日、18日及25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 Courts 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 – 會員\$880，非會員\$1,360（4堂） B班 – 會員\$1,400，非會員\$1,880（4堂）
AGE 年齡	(A) 4 – 7 years / (B) 8 – 16 years A班 4-7歲，B班 8-16歲



LADIES' MORNING TENNIS

女子早上網球練習

Ladies' Morning Tennis offers two hours of concentrated coaching that blends technique, movement and match play in a clear and enjoyable format. Each session introduces practical ways to strengthen your strokes and refine your match approach. Please note each clinic is limited to 10 players only, so please enrol as early as possible.

女子早上網球練習班提供兩小時的集中訓練，將技術、移動和比賽實戰以清晰有趣的方式融合在一起。每一課堂都會介紹一些實用的方法，幫助你增強擊球力量，並改善比賽策略。

備註：每堂僅限 10 名學員參加

DATE 日期	Monday 5th, 12th, 19th & 26th January 1月5日、12日、19日及26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 Courts 室內網球場
PRICE 收費	\$320 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 每位\$320（2小時，包括場租及飲品招待）
AGE 年齡	14 years and above 14歲及以上

PICKLEBALL MEET UP NIGHTS

匹克球晚間聚會

Join us on two Wednesdays in January for Pickleball Meet Up Nights, designed for players looking to enjoy relaxed evening play and connect with fellow Members. These sessions offer a mix of friendly rallies and informal games, creating an easy way to practise skills, enjoy time on court and start the New Year with active social play.

於1月份兩個指定星期三晚上，歡迎前來參加本會的匹克球晚間聚會。這活動專為希望享受輕鬆夜晚發揮球技、結識其他會員的會員而設。活動內容包括非正式的友誼賽，讓大家可以輕鬆練習球技，享受球場時光，並以活躍的社交活動開始新的一年。

DATE 日期	Wednesday 14th & 21st January 1月14日及21日（星期三）
TIME 時間	8:00pm – 10:00pm 晚上8時至10時
VENUE 地點	Outdoor Tennis Court 室外網球場
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



JUNIOR PICKLEBALL ACADEMY

少年匹克球訓練

Held on selected Saturdays in the Aerobics Room, the Junior Pickleball Academy introduces children aged 3.5 to 11 years to Pickleball. Sessions focus on developing hand eye coordination, balance and basic racket skills through age appropriate activities and guided play. The programme places emphasis on movement, skill development and enjoyment, providing a clear introduction to the sport for young participants.

1月份少年匹克球訓練班將於兩個指定星期六在 Aerobics Room 舉行，旨在為3½ - 11歲的少年會員推廣匹克球運動。課程重點將根據不同年齡來安排適合的活動和指導性遊戲，培養學員的手眼協調能力、平衡能力和基本匹克球技巧。訓練計畫著重於運動、技能發展和樂趣，為年輕的參加者提供清晰易明的匹克球入門指導



DATE 日期	Saturday 17th & 24th January 1月17日及24日（星期六）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 – 下午 2時至3時 B班 – 下午 3時至4時
VENUE 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
PRICE 收費	(A) Member \$440, Guest \$680 (for 2 lessons) (B) Member \$560, Guest \$800 (for 2 lessons) A班 – 會員\$440，非會員\$680（兩堂） B班 – 會員\$560，非會員\$800（兩堂）
AGE 年齡	(A) 3½ – 6 years / (B) 7 – 11 years A班 3½-6歲，B班 7-11歲

PICKLEBALL PRIVATE LESSONS

匹克球私人課程

These one-on-one Pickleball lessons are tailored to individual needs and playing levels. Each session focuses on technique, footwork and game understanding, providing a clear and effective way to build confidence and improve consistency on court.

這一對一的匹克球課程根據個人需求和程度度身定制，每節課堂都專注於技術、步法和了解比賽技巧，提供清晰有效的方式來建立自信並提高場上表現的穩定性。



Private Lessons (1pax) 私人課程（一人）

1-hour 一小時課程 \$650 per person 每位\$650

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

Semi-Private Lessons (2pax) 半私人課程（二人）

1-hour 一小時課程 \$345 per person 每位\$345

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

FITNESS GOALS FOR SENIORS

Strength Training and Functional Exercises

長者的運動目標

負重訓練及功能性運動

For seniors, strength training and functional exercise are not about building muscle for appearance. The real objective is to improve quality of life. By strengthening the body and refining everyday movement patterns, older adults are better able to carry out daily activities safely, confidently and independently, while reducing the risk of injury and maintaining freedom of movement for longer.

對長者來說，負重訓練及功能性運動並不是為了鍛鍊肌肉，更是為了提升生活品質。透過增強體質及改善日常動作模式，讓長者能更安全、自信、獨立地完成日常活動，同時降低受傷風險，並更長時間地保持行動自由。



WHY THE GYM WORKS SO WELL FOR SENIORS

Gym based exercise offers several advantages that make it particularly suitable later in life. Fixed resistance machines provide guided movement paths that help reduce the risk of injury caused by poor technique and make exercises easier to learn, especially for beginners. The ability to adjust weights very precisely allows training to start at an extremely light level and progress gradually, sometimes in very small increments. This makes steady strength improvement possible without placing unnecessary stress on joints or muscles.

A gym also provides a safe and professional environment, with non slip flooring, stable equipment and access to trained staff for guidance. In one setting, it becomes possible to work on all four key elements of fitness:

- Strength to support daily tasks
- Cardiovascular fitness for overall health and stamina
- Balance to reduce the risk of falls
- Flexibility to maintain comfortable movement

Just as importantly, exercising in a shared space creates a social atmosphere that helps sustain motivation, encourages consistency and reduces feelings of isolation

為什麼健身室運動對長者如此有效

固定阻力器材提供引導式運動軌跡，有助於降低因姿勢不當而造成的受傷風險，並使運動更容易掌握，尤其適合初學者。器材可以精準地調整重量，使訓練可從極輕量開始，逐步增加，有時甚至可以以非常小的增量進行。這樣可使得力量的穩定提升，而不會對關節或肌肉造成不必要的壓力。

健身室還提供安全專業的環境，配備防滑地板、穩固的器材，並備有訓練有素的工作人員提供指導。在一個場所內，即可進行健身的四大關鍵要素的訓練：

- 增強體能，以支持日常活動
- 提升心肺功能，增強整體健康與耐力
- 增強平衡能力，降低跌倒風險
- 增強柔軟度，維持舒適的運動狀態

同樣重要的是，在共享空間鍛鍊能夠營造社交氛圍，有助於保持運動的動力，鼓勵堅持鍛鍊，並減少孤獨感。

UNDERSTANDING FUNCTIONAL TRAINING

Functional training is especially valuable for seniors because it focuses on movements that mirror everyday life rather than isolated muscle work. Actions such as standing up from a chair, carrying shopping bags, bending to pick something up, climbing stairs and maintaining balance are all central to daily independence.

The aim of functional training is to improve several key physical abilities that directly affect day to day living:

- Strength needed for practical movements
- Balance to support stability and fall prevention
- Coordination so the body moves smoothly as a unit
- Core stability to protect the spine and improve efficiency
- Range of motion to maintain flexibility and ease of movement

了解「功能性訓練」

對長者而言，功能性訓練特別重要，因為它著重於模擬日常生活中常見的動作，而非單獨的肌肉訓練，例如：從椅子上站起來、拿購物袋、彎腰撿東西、上落樓梯、保持平衡等動作，都是日常生活自理能力的核心。

功能性訓練旨在提升幾項直接影響日常生活的關鍵體適能：

- 完成日常動作所需的力量
- 保持平衡以維持身體穩定並預防跌倒
- 協調性使身體整體流暢運動
- 核心穩定性以保護脊椎並提高運動效率
- 活動範圍以保持靈活性及動作的流暢性



THE BENEFITS OF STRENGTH TRAINING WITH AGE

Strength training plays an important role in maintaining health as we age. As muscle mass naturally declines over time, resistance exercise helps preserve strength, mobility and independence. Weight bearing movements support bone density, reducing the risk of osteoporosis, while stronger legs and core muscles improve balance and lower the chance of falls. Regular training also supports joint health, metabolism and blood sugar control, while contributing to improved confidence and mental wellbeing.

KEY PRINCIPLES FOR SAFE AND EFFECTIVE TRAINING

Strength training later in life should always prioritise safety and proper technique. Beginning with bodyweight or light resistance allows movement patterns to be learned before gradually increasing intensity. Exercises should reflect everyday actions to support functional strength. Controlled breathing and adequate recovery time between sessions are essential to protect the body and promote steady progress.

SUPPORTING TRAINING THROUGH NUTRITION

Nutrition plays a key role in achieving the benefits of exercise. Sufficient high quality protein supports muscle repair, while calcium and vitamin D are essential for bone health. Staying well hydrated supports performance, recovery and overall wellbeing.

IMPORTANT SAFETY REMINDERS

Quality of movement should always take priority over heavier weights or higher repetitions. Breathing should remain steady throughout each exercise, and any joint pain should be addressed immediately. Guidance from a qualified trainer is strongly recommended, particularly for those new to strength training.

With this balanced approach to functional and strength training, the effort invested in the gym translates directly into smoother movement, greater confidence and a more independent, active everyday life.



By Yan Lau
Personal Trainer

隨著年齡增長，負重訓練的益處

負重訓練在維持長者的健康方面發揮著重要作用。隨著年齡增長，肌肉量會自然流失，負重訓練有助於維持力量、活動能力及獨立性。負重運動能刺激骨骼，增加骨密度，預防骨質疏鬆。同時，增強腿部及核心肌肉力量可以改善平衡感，降低跌倒的風險。規律的訓練也有助於維持關節靈活、提升新陳代謝及控制血糖，並促進心理健康，釋放壓力，增加自信與獨立性。

安全有效訓練的關鍵原則

當長者進行負重訓練時，應始終將安全及正確的技巧放在首位。從「無負重」或「極輕重量」開始，先學習正確的動作模式，再逐漸增加強度。訓練動作應模擬日常生活，以增強功能性力量。控制呼吸，訓練期間有充足的休息時間，對於保護身體及促進穩定進步至關重要。

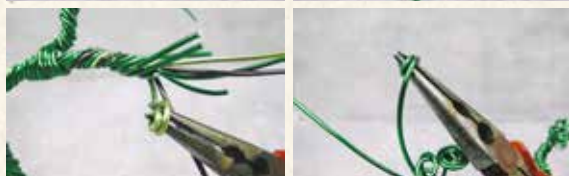
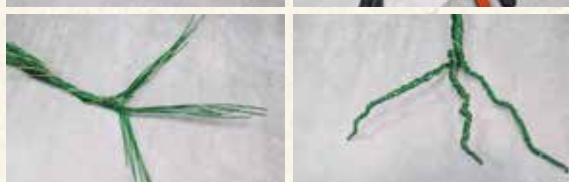
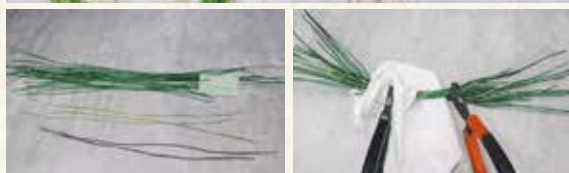
訓練效果需要營養支持

營養在實現運動益處方面發揮關鍵作用。充足的優質蛋白質有助於肌肉修復與合成；而鈣質及維生素D對骨骼健康至關重要；補充足夠水分有助於提升運動表現、促進恢復並增強整體健康。

重要安全提示

質重於量，動作的正確性遠比重或次數重要。在每次的練習過程中保持平穩呼吸；任何關節疼痛都應立即處理；強烈建議尋求專業教練指導，尤其對於負重訓練新手而言。

透過這種功能性及力量訓練相結合的平衡方法，你在健身室裡的付出將能直接轉化為更流暢的動作、更強的自信心及更獨立、更積極的日常生活。



A SCULPTURAL WIRE TREE WITH LIVING PLANTS

以鮮活植物作點綴的金屬鐵絲雕塑樹

This creative project uses simple wire techniques and living plant elements to create a sculptural tree with strong visual appeal. The finished piece serves as an eye catching decorative feature that suits a wide range of spaces.

這件創意作品運用簡單的金屬鐵絲扭曲技巧和鮮活的植物元素，打造出一棵極具視覺衝擊力的雕塑樹。成品引人注目，可作為裝飾品，適用於各種空間。

WHAT YOU'LL NEED 所需材料：

- A few pots of Mini Cactus and Tillandsia
幾盆迷你仙人掌、空氣草
- Aluminum Thick Wires: Green, Light Green and Brown Colours
粗鋁鐵絲：綠色、淺綠色、棕色
- Glue
膠水
- Pliers
鉗子

INSTRUCTIONS 步驟：

1. Cut the aluminium thick wires into long strips. Prepare green 20 to 25 pieces, light green 3 to 5 pieces and brown 3 to 5 pieces.
將粗鋁鐵絲剪成長條：綠色20-25條，淺綠色3-5條，棕色3-5條。
2. Gather all the long wire strips together. Using a pair of pliers twist them into one bundle starting from the middle of the wires and working towards both ends.
將所有長鐵絲條放在一起，用鉗子從中間開始向兩端扭成一束。
3. At one end leave about one third of the wire length. Divide this section evenly into three parts and twist each part individually to form three legs. Gently spread the three legs apart so the wire tree can stand steadily on its own.
在一端，留出約三分之一的鋁鐵絲條，並將其平均分成三份。分別扭成三隻「腳」。然後將三隻「腳」分開，使整個鐵絲「樹」穩固地站起來。
4. At the opposite end again leave about one third of the wire length. Separate this section into smaller bundles and twist them to create branch shapes.
在另一端，也留出約三分之一的鋁鐵絲條，並將其分成小束，扭成樹枝狀。
5. On selected branches twist the tips of some wire strips into small circles. These will hold the plants.
將部分鐵絲樹枝上的末端扭成圓圈，用來固定植物。
6. Carefully remove the Mini Cactus and Tillandsia from their pots.
小心地將迷你仙人掌及空氣草從花盆中取出。
7. Secure the Tillandsia into the wire circles on the branches with glue.
用膠水將空氣草固定在鐵絲樹枝上的圓圈中。
8. Secure the Mini Cactus around the legs of the wire tree.
再用膠水將迷你仙人掌固定在鐵絲樹的腳上。

HAIR PRODUCT SALE

IN JANUARY

1 月份頭髮產品優惠



BE COLOR SHAMPOO (PH5.5)

BE COLOR 魚子精華角蛋白洗髮水 (PH5.5)

~~\$200~~ \$180

Elevate your hair care routine with Be Color Shampoo, specially formulated for colour-treated and chemically-treated hair. Infused with nourishing caviar extract, keratin, and collagen, this shampoo gently cleanses and deeply moisturises, reducing frizz and improving manageability. This product strengthens hair from root to tip, preventing breakage and split ends, while protecting hair fullness and enhancing colour vibrancy for lasting, healthy-looking results.

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，利用含量豐富的魚子萃取物、角蛋白和膠原蛋白，為頭髮進行溫和清潔、深層滋潤、減少毛躁，使其容易打理，從髮根到髮尖變得強健，防止斷裂和分叉，同時保持頭髮豐盈並增強髮色，使頭髮呈現持久健康。

REVLON STYLE MASTER VOLUME AMPLIFIER MOUSSE, 300ML

露華濃增強捲曲髮型立體感慕斯，300毫升

~~\$200~~ \$180

Revlon Style Masters Amplifier Mousse is formulated to elevate your hair, infusing it with body and defining texture. Free from stickiness and residue while avoiding any extra weight, this mousse prioritises the creation of effortlessly beautiful waves. Revel in natural movement and bounce, allowing your hair to exude a captivating vibrancy.

產品配方可賦予卷曲髮型更具豐盈立體質感，但同時仍保持自然髮質的柔軟度，並確保頭髮易於梳理和造型。產品沒有粘膩感或殘留物，不會增加頭髮重量，只著重於令卷曲髮型更有立體感、彈性和保持亮麗的層次。



THIS MONTH'S PROMOTION

10% Discount on Full Head Highlight Treatments

In January at the Hair Salon, treat your hair to complete highlights to brighten your style for the New Year.

To make an appointment with one of our expert stylists, please call the Salon on 2118 1893.

全頭顏色挑染9折優惠

為頭髮染上新色彩來迎接新一年吧！會員於1月份到會所髮廊惠顧全頭顏色挑染服務，可享有9折優惠。查詢詳情及預約服務，請致電2118 1893。

BE COLOR MASK, 500ML

BE COLOR 魚子精華鎖色髮膜，500毫升

~~\$300~~ \$270

A rich treatment infused with caviar essence, keratin, and collagen, designed to repair and protect coloured and chemically treated hair.

- Reconstructs hair damage caused by chemical ingredients
- Protects hair against harsh chemical and environmental agents
- Prolongs colour effect
- Nourishes and moisturizes hair
- Brings extraordinary shine to coloured hair

一種富含魚子醬精華、角質蛋白和膠原蛋白的滋養髮膜，專為修復和保護經過染色及化學處理的頭髮而設。

- 重建因化學成分造成損傷的頭髮
- 保護頭髮免受刺激性化學物質和環境因素的侵害
- 延長色彩效果
- 滋養及滋潤頭髮
- 為染髮帶來非凡光澤



HOW TO EFFECTIVELY INCREASE CLUBHEAD SPEED

如何有效加快桿頭速度

Real clubhead speed does not come from swinging harder with the arms. It feels almost effortless because it emerges from clean sequencing, unrestricted movement and a wide, continuous swing arc.

Keep your grip pressure light, holding the club only as firmly as needed, with relaxed, responsive wrists throughout the motion. This allows the clubhead to fall naturally behind the hands on the downswing, storing energy that is released in a sharp, fast snap at impact. The downswing begins from the ground upwards as the hips clear towards the target, creating separation from the upper body. That rotation of the core brings the arms and club with it, pulling them down and then driving them forwards and upwards. The hands do not strike at the ball. Instead, the clubhead gathers speed through the hitting area, with the characteristic whoosh arriving just after contact.

A wide swing arc is vital. A full shoulder turn of ninety degrees or more on the backswing, followed by long arm extension through impact and a stable, lengthened finish, gives the clubhead the greatest possible distance to travel. At the same rate of rotation, a longer radius naturally produces greater speed, a principle relied upon by every tour professional.

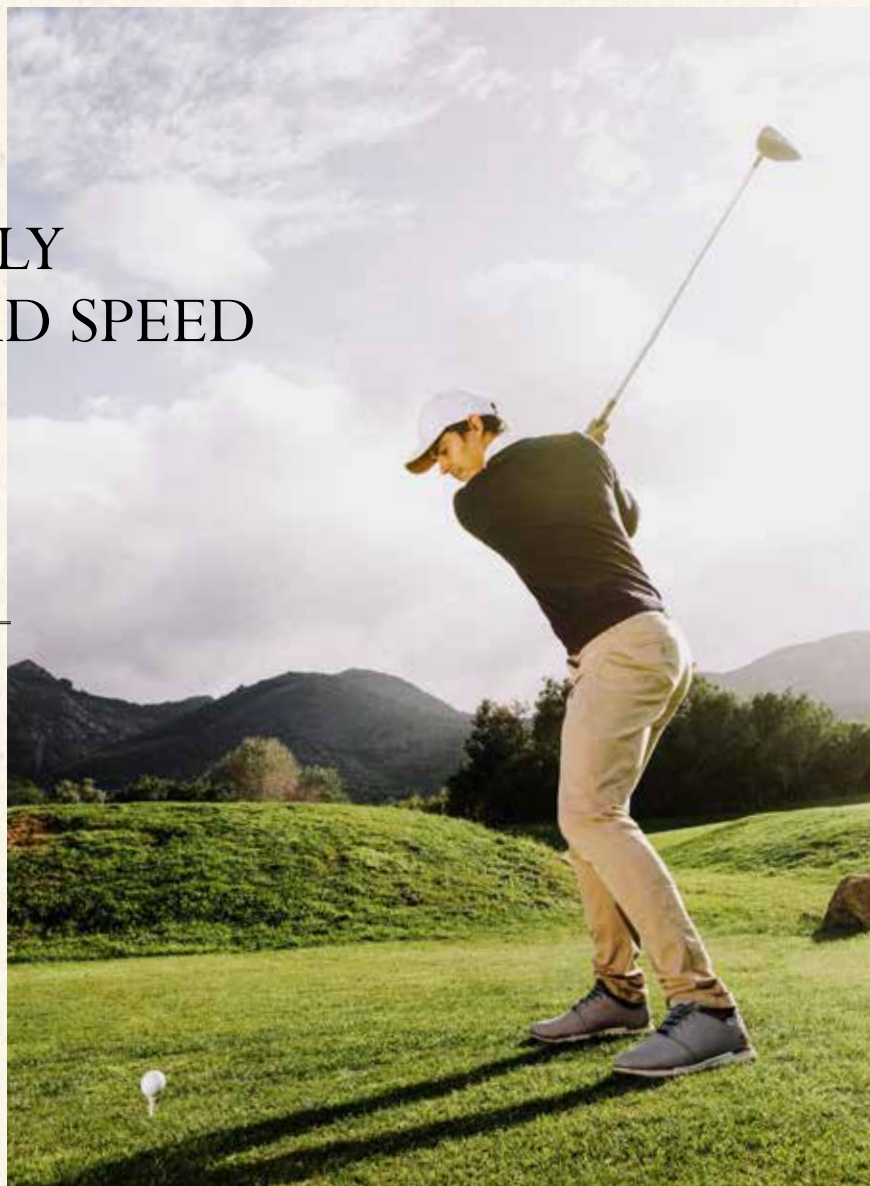
When the grip remains soft, the wrists stay loose, the hips initiate the downswing, the core rotates with purpose and the arc reaches its full width, clubhead speed rises without strain. Reduce the urge to hit at the ball with your hands. Allow your body to swing the club, and you will discover how true speed is meant to feel.

真正的桿頭速度並非來自手臂更用力的揮桿，而是源自於流暢的動作順序、不受限制的動作，以及寬廣連貫的揮桿弧線，所以它感覺幾乎毫不費力。

握桿時保持輕柔，只要視需要握緊球桿即可，整個揮桿過程中手腕保持放鬆、靈活，讓桿頭在下桿時自然地落在雙手後方，將能量儲存到最後一刻，再於擊球瞬間以迅猛的爆發力完全釋放。下桿動作要從地面開始向上，而臀部率先向目標方向轉動，與上半身形成強烈分離。接著核心快速而有力地旋轉，帶動手臂和球桿一起移動，先向下拉，然後向前向上推動。此時雙手並不直接擊球。相反，桿頭在擊球區域加速，擊球後會發出標誌性的“嗖”的一聲。

寬闊的揮桿弧線至關重要。上桿時肩膀轉滿最少90°，擊球瞬間手臂完全伸展，最後以穩定而流暢的收桿動作結束揮桿，才能使桿頭獲得盡可能遠的飛行距離。在相同的身體轉速下，更大的揮桿半徑自然會產生更高的球速，這是每位職業巡迴賽選手都奉行的原則。

當握桿輕、手腕鬆、臀部帶動下桿、核心肌群有節奏地旋轉、揮桿弧線拉到極致時，桿頭速度就會毫不費力地提升。別再用手去碰球了，用整個身體帶動球桿揮動，你就會真正感受到什麼叫作「又快又輕鬆」的桿頭速度。



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

Golf Private Lessons

高爾夫球私人課堂

Golf Private Lessons offer focused, individual coaching that helps players of every level build a more confident and consistent game.

高爾夫球私人課程提供專注、個人化的指導，幫助各級程度的球員建立更自信、更穩定的球技。

PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour **\$770 per person**
一小時課程 每位 \$770

Package of 4, 1-hour lessons \$3,000 per person
4 堂一小時課程 每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour **\$435 per person**
一小時課程 每位 \$435

Package of 4, 1-hour lessons \$1,650 per person
4 堂一小時課程 每位 \$1,650

GOLF DRIVING RANGE COMPLETION OF NET AND CANVAS REPLACEMENT

高爾夫球練習場
球網及防水帆布更換工程完成

BEFORE



AFTER



NEW

We are pleased to inform Members that the replacement of the golf nets and waterproof canvas at the Pacific Club Golf Driving Range was successfully completed on 19th November. The upgraded installation provides enhanced safety, improved durability and a more consistent practice environment for all users.

Thank you for your patience and understanding during the temporary closure.

我們很高興通知各位會員，太平洋會高爾夫球練習場的球網及防水帆布更換工程已順利於11月19日完成！升級後的設施將提升安全性、增強耐用性，並為各位高爾夫球愛好者帶來更穩定的練習環境。

感謝大家在設施暫時關閉期間的耐心等待和理解。



BASKETBALL PRIVATE LESSONS 私人籃球課堂

Make every shot count with private basketball lessons at the Pacific Club. Work one on one with our coach to build real skills that make a difference, with sharper moves, quicker reactions, and stronger confidence in every game.

Each session keeps the energy high and the focus on you, helping you play smarter, move faster, and enjoy the game like never before.

透過太平洋會的私人籃球課程，磨練你的技能，提升你的投籃表現。與我們的教練進行一對一訓練，培養真正能夠帶來顯著效果的技能，讓你在每場比賽中都擁有更敏銳的動作、更敏捷的反應和更強的自信心。

每節課都讓你保持高昂的鬥志和專注力，幫助你更聰明地打球、更快地移動，並以前所未有的方式享受比賽。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程	\$650 per person 每位 \$650
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1½ hour lessons 1½ 堂一小時課程	\$900 per person 每位 \$900
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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)
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Contact the 4/F Tennis Office 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。

From now until 31st January, 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1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



The Age of Extraction: How Tech Platforms Conquered the Economy and Threaten Our Future

by Tim Wu

A concise, yet century spanning, exploration of the power of platforms, how economic systems may evolve in the future, and how to build economies that provide equality and lasting prosperity.

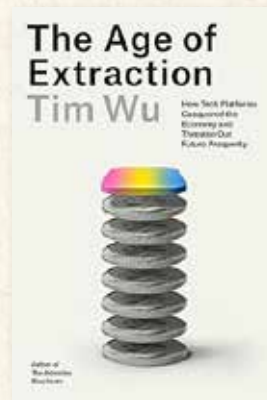
In every society, there has been an essential platform, a central marketplace, where people come to buy, sell, and make their living. While each culture and era are distinct, all have such a platform to serve as the beating heart of the economy. Over most of human history, these platforms have been public and physical such as city centres, ports, shopping streets and stock markets. Today, however, these arenas are more sophisticated, increasingly digital, accessible anywhere, and connected through the Internet itself. The way these platforms operate determines how the economy works, who it benefits and fails, and how society functions.

Now, Tim Wu, the preeminent legal scholar who coined the phrase "net neutrality", explores what these platforms tell us about our worlds and why it is so crucial that they support fair and inclusive participation. Platform Capitalism is a sweeping look into the systems we have used for centuries, from the ancient city square to the computer operating system, and reveals how our economies, societies and daily life may develop in the years ahead.

本書以簡潔卻跨越百年的視角，探討了平台的力量、未來經濟體系的演變以及如何建構能夠提供平等和持久繁榮的經濟體。

在每個社會中，都存在著至關重要的平台，一個人們買賣商品以謀取生活的中心市場。儘管每種文化和時代各不相同，但所有社會都擁有這樣一個平台，作為經濟的命脈。在人類歷史的大部分時間裡，這些平台都是公共、實體的，例如城市中心、港口、商業街和股票市場。然而，如今這些領域變得更加複雜，成為日益數碼化的無障礙平台，並透過網路連接起來。這些平台的運作方式決定了經濟的運作方式，誰能得益或受損，以及社會的運作。

如今，傑出的法學學者 Tim Wu 提出了「網路中立性」的概念，並探討了這些平台想告訴我們所處世界的哪些真相，以及為何支持公平包容的參與至關重要。《Platform Capitalism》一書全面審視了我們沿用數個世紀的系統，從古代的城市廣場到電腦操作系統，並揭示了未來幾年我們的經濟、社會和日常生活將如何發展。



Capitalism: A Global History

by Sven Beckert

A brilliant global narrative that unravels the defining story of the past thousand years. No other phenomenon has shaped human history as decisively as capitalism. It structures how we live and work, how we think about ourselves and others, and how we organise our politics.

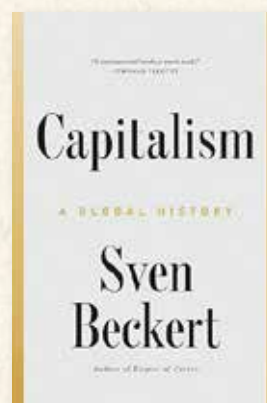
Sven Beckert situates the story of capitalism within the largest conceivable geographical and historical framework in this fascinating new book. Capitalism, he argues, was born global. Emerging from merchant communities across Asia, Africa and Europe, capitalism's transformation of economic life rooted itself only gradually. It then expanded across the world, as European states and merchants built a powerful alliance that propelled them across the oceans. This epic development corresponded at no point to an idealised dream of free markets. Throughout, state institutions and imperial expansion played decisive roles.

Capitalism recentres the global perspective, highlighting agency, resistance, innovation and the varied forces that influenced economic change across regions. The book traces these dynamics into the modern era and considers the growing prominence of Asian economies in shaping global patterns of development. Sven Beckert does not merely add up capitalism's debits and credits in this monumental work, but encourages readers to think afresh about the past and reflect on possibilities for the future.

這是一本精彩絕倫的全球敘事作品，它揭示了過去一千年來最具影響力的歷史故事。沒有其他現象能像資本主義一樣對人類歷史產生如此深遠的影響。它塑造了我們的生活和工作方式，影響了我們對自己和他人的思考，以及我們組織政治的方式。

在這本引人入勝的新書中，Sven Beckert 將資本主義的故事置於盡可能廣闊的地理和歷史框架中。作者認為，資本主義自誕生之初即具有全球性。它源自亞洲、非洲和歐洲各地的商人社群，對經濟生活的改變是一個漸進的過程。隨後，隨著歐洲各國和商人建立起強大的聯盟，跨越重洋，資本主義在全球擴展。然而，這史詩般的發展歷程，從頭到尾都與自由市場的理想化願景背道而馳。國家機構和帝國擴張始終扮演決定性的角色。

資本主義重新聚焦全球視角，強調行動性、抵抗、創新以及影響各地區經濟變革的各種力量。本書追溯了這些動態演變至現代，並探討了亞洲經濟體在塑造全球發展格局中日益突顯的重要性。在這部鉅作中，Sven Becker 並非僅僅是羅列資本主義的利弊，而是鼓勵讀者以全新的視角審視過去，並思考未來的可能性。





BIRDS AND WILDLIFE IN FOCUS

拍攝鳥類及野生動物



■ Nikon COOLPIX P1100



■ Canon SX70 HS



■ Panasonic DC-FZ1000 II



■ Sony RX10 IV

Many of my photography students are keen birders. When they ask me how to photograph birds, my answer usually starts with the same advice: to use a long telephoto lens. A telephoto lens of at least 300mm is a good starting point, and if you can get to 500mm, even better. Birds are small, often far away, and rarely sit still for long.

The next challenge is keeping things sharp. Long lenses are not easy to hold steady, especially when you are tracking a moving subject. That is why I always encourage students to use cameras and lenses with effective image stabilisation. It can make a noticeable difference, particularly when shooting handheld.

Of course, very long lenses come with drawbacks. They are big, heavy and expensive, especially those designed for full frame cameras. Carrying them for any length of time is not always practical, and buying them is not always realistic either.

If that sounds familiar, there is another option worth considering. Bridge cameras may not be the first thing that comes to mind, but they offer a surprisingly effective solution for bird and wildlife photography. With smaller sensors and built in zoom lenses, many of these cameras can reach the full frame equivalent of 1000mm or more, without the weight or cost of a traditional long lens setup.

I used to think bridge cameras were on their way out. Lately, though, they have been making a quiet comeback. For anyone interested in photographing birds or other wildlife, models such as the Nikon COOLPIX P1100, Canon PowerShot SX70 HS, Panasonic Lumix FZ1000 II and Sony RX10 IV can produce very respectable results and are well worth a look.

我有許多攝影學生都是觀鳥愛好者，當他們問我如何拍攝鳥類時，我的回答通常都以同樣的建議開頭：使用長焦距鏡頭。至少300毫米的長焦鏡頭是一個不錯的起點，如果能達到500毫米，那就更好了。鳥類體型細小，通常都需要很遠的拍攝距離，而且很少會長時間靜止不動。

下一個挑戰就是保持畫面清晰。長焦鏡頭很難保持穩定，尤其是在追蹤移動物體時，因此，我總是鼓勵學生使用具有有效影像穩定功能的相機及鏡頭。這能帶來顯著的差別，尤其是在手持拍攝時。

當然，超長焦鏡頭也有缺點。它們體積大、重量重、價格昂貴，尤其是那些專為全片幅相機設計的鏡頭。長時間攜帶著它們總是不方便，甚至有時候購買它們也是不太實際的。

如果想找其他代替品，那麼還有另一個值得考慮的選擇。橋式相機可能不是人們首先想到的，但它們為鳥類及野生動物攝影提供了一個出乎意料的有效解決方案。由於採用了更細小的感光元件及內建變焦鏡頭，許多橋式相機可以達到相當於全片幅相機的1,000毫米甚至更長的焦距，而免除了傳統長焦鏡頭設備的重量及成本。

我以前總覺得橋式相機快要過時了，但最近，它們似乎悄然回歸。對於任何對拍攝鳥類或其他野生動物感興趣的人士來說，像Nikon COOLPIX P1100、Canon PowerShot SX70 HS、Panasonic Lumix FZ1000 II 及 Sony RX10 IV 這樣的機型都能拍攝出非常好的照片，值得大家考慮。

HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during New Year's Day on 1st January.

請注意，所有兒童及成人團體課程，將於1月1日元旦日公眾假期暫停舉行。

JUNIOR TAEKWONDO

少年跆拳道

These popular Taekwondo sessions focus on movement, discipline and clear technique. Each class is designed to help students recognise their progress as they advance through the belt system. The atmosphere is structured yet relaxed, giving both new and returning students a motivating way to develop their skills.

本會最受歡迎的跆拳道班著重於動作、紀律及明確有效的技術。每節課堂都旨在幫助學員在晉升過程中認識自身的進步。課堂氛圍既嚴謹又輕鬆，為新舊學員提供了激勵人心的技能提升方式。

DATE 日期	Saturday 3rd, 10th, 17th, 24th & 31st January 1月3日、10日、17日、24日及31日（星期六）
TIME 時間	4:00pm – 5:00pm (All levels) 下午 4時至5時（所有級別）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,000 (for 5 lessons) 會員\$950，非會員\$1,000（5堂）
AGE 年齡	4 years and above 4歲及以上



TABLE TENNIS LESSONS (PRIVATE)

乒乓球 — 私人課程

Our private Table Tennis lessons give players of all levels the chance to work closely with an instructor and build skills. One-on-one coaching allows for precise adjustments, smarter shot selection and training that matches your style of play.

Whether you are learning the fundamentals or strengthening more advanced techniques, each session offers practical guidance and steady improvement.



本會的私人乒乓球課程讓各級程度的學員

都有機會與教練密切互動，提升球技。一對一的指導能夠幫助進行精準的調整，選擇更明智的擊球策略，並根據打法量身定制訓練計劃。無論是學習基本功還是強化更高階的技巧，每一課堂都能提供實際有效的指導，幫助穩步提升。

1 HOUR 每堂一小時	\$460 per person (including court hire) 每位（包括場租）
1½ HOURS 每堂1½小時	\$680 per person (including court hire) 每位（包括場租）
2 HOURS 每堂兩小時	\$880 per person (including court hire) 每位（包括場租）

WALL CLIMBING

運動攀石訓練班

Our Wall Climbing Workshop gives children an enjoyable way to build strength, flexibility and coordination. As they learn to navigate different holds and routes, they also develop better body awareness and a practical understanding of how to approach and overcome challenges.

本會的運動攀石訓練班為孩子們提供了一種寓教於娛樂的方式，幫助他們增強力量、柔韌性及協調性。在學習攀爬不同岩點及路線的過程中，他們還可以更加感知身體，並掌握應對及克服挑戰的實用方法。



DATE 日期	Sunday 18th & 25th January 1月18日及25日（星期日）
TIME 時間	11:30am – 1:00pm 上午 11時30分至下午1時
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室（攀岩牆）
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

ENGLISH DRAMA ACADEMY

英語話劇訓練班

Our experienced instructor leads this interesting class that includes story-telling skills, role-play, script writing, dance, speech, prose and narration. This class aims at developing participants' creativity, improving language and communication skills, enhancing problem-solving techniques and building self-confidence.

本會的英語話劇訓練班導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，培養學員的創造力，提高語言及溝通能力，增強解決問題的技巧，並建立自信心。

DATE 日期	Monday 5th, 12th, 19th & 26th January 1月5日、12日、19日及26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 years A班 3-5歲，B班 6-12歲



ROPE SKIPPING CLASS

花式跳繩班

Come and join the fun at our weekly Rope Skipping Class! Children are coached in individual rope skipping skills, as well as partner skipping. The classes emphasise fitness, self-esteem, leadership, personal accomplishment and teamwork.

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。



DATE 日期	Sunday 4th, 11th, 18th & 25th January 1月4日、11日、18日及25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

JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

Our private Badminton lessons offer personalised coaching that helps players refine technique, footwork and tactical awareness. Working with an instructor allows you to strengthen key skills, correct habits and develop a style that suits your game. Whether you are new to badminton or looking to raise your performance, each session provides clear guidance and meaningful progress.

本會的私人羽毛球課程提供個人化指導，幫助學員提升技術、步法及戰術意識。與教練一起訓練，可以強化關鍵技能，糾正不良習慣，並發展適合自己球風的打法。無論是羽毛球新手還是希望提升球技，每節課堂都會提供清晰的指導，並幫助取得顯著的進步。

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）
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JUNIOR BADMINTON LESSONS

少年羽毛球 — 團體訓練班

These group sessions give children aged 6 to 16 an enjoyable introduction to badminton. Participants learn key skills such as footwork and shot technique, and build confidence through rallies and simple match play.

這些小組課程為6-16歲的年少會員提供一個輕鬆愉快的羽毛球入門體驗。學員將學習步法及擊球技巧等關鍵技能，並透過練習及簡單的比賽建立自信。

DATE 日期	Friday 9th, 16th, 23rd & 30th January 1月9日、16日、23日及30日（星期五）
TIME 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 – 下午 6時30分至7時30分 B班 – 下午 7時30分至8時30分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$1,080, Guest \$1,120 (for 4 lessons) 會員\$1,080，非會員\$1,120（4堂）
AGE 年齡	(A) 6 – 10 years / (B) 11 – 16 years A班 6-10歲，B班 11-16歲

HANDMADE CANVAS BAG WORKSHOP

手作帆布袋工作坊

This hands on workshop invites participants to turn their own ideas into a canvas bag with real character. With guidance from the instructor, children will select their preferred Chinese fabric patterns, cut them to shape and secure them neatly onto a canvas bag using a special adhesive. By the end of the session, children will leave with a personalised piece that reflects their style.

在這個充滿創意的手作工作坊中，讓孩子們將把自己的靈感與想法，化為一件具獨特個性的帆布包。在導師的帶領下，協助學員挑選自己喜歡的中國風布料圖案，裁剪成合適的形狀，並用特製膠水將其整齊地粘貼到帆布包上。課程結束後，學員將帶著一件展現他們個人風格的專屬帆布袋離開，更能收穫一次難忘的手作體驗。

DATE 日期	Sunday 18th January 1月18日（星期日）
TIME 時間	2:30pm – 3:30pm 下午2時30分至3時30分
VENUE 地點	Children's Playroom Library 兒童遊戲室
PRICE 收費	Member \$220, Guest \$280 (Including Children's Playroom entrance fee) 會員\$220，非會員\$280 （包括課程當日的兒童遊戲室入場費）
AGE 年齡	6 years and above 6歲及以上



SUDOKU© PUZZLES BY PAPPACOM

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

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](http://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, 19th January. 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/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in February. Good Luck!

請於1月19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2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！

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

December Solution 12月份遊戲答案

.....
Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Wong Wing Wah

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

THE WHARF HONG KONG SECONDARY SCHOOL ART COMPETITION 九龍倉全港中學生繪畫比賽2025-26



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、擴展視野。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 2025-2026 school year.

所有於2025至2026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 "**Urban Oasis**" 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「城市中的心靈綠洲」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

9 February 2026 (Monday) at 6pm 2026年2月9日(星期一)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，得獎者將獲邀參加專屬藝術活動。合資格之得獎者更可向九龍倉申請獎學金修讀藝術。





Círculo Equestre BARCELONA, SPAIN

Founded in 1856, Círculo Equestre is one of Barcelona's most respected private clubs, long associated with culture, business and social life in the city. The location places Members close to many of Barcelona's most recognisable landmarks. Its home is Casa Pérez Samanillo, a grand early twentieth century mansion on Carrer de Balmes in the Eixample district. The building became the permanent residence of the club in 1950 and today remains a striking example of Barcelona's architectural heritage. Inside, Members are welcomed into calm and elegant surroundings where high ceilings, period details and generous natural light create a warm and refined atmosphere.

Dining is an important part of the club's appeal. Círculo Equestre offers a selection of inviting restaurants and lounges that serve Catalan and international cuisine. Lunch and dinner are relaxed occasions supported by thoughtful service, and the bar provides an appealing setting for a quiet drink or informal meeting. The club also hosts a rich calendar of cultural gatherings, discussions and social events, continuing its long tradition as a meeting place for Barcelona's professional and artistic communities.

For Members wishing to stay in the city, the club offers a number of comfortable bedrooms. These rooms combine the character of the historic building with modern convenience. The clubhouse also includes leisure facilities such as a gym and a small indoor pool, providing a welcome opportunity to unwind after exploring the city.

If you plan on visiting Barcelona soon, be sure to obtain a Letter of Introduction for the wonderful Círculo Equestre, a place that warmly welcomes Pacific Club Members.



位於西班牙巴塞隆那的會所 Círculo Equestre 創立於1856年，是當地最受尊崇的私人會所之一，長期以來與這座城市的文化、商業及社交生活緊密相連。會所地理位置優越，會員可輕鬆前往巴塞隆那眾多的著名地標。會所位於Eixample 區 Carrer de Balmes 街的 Casa Pérez Samanillo，一座宏偉的20世紀初宅邸之內。該建築於1950年成為會所的永久會址，至今仍是巴塞隆那建築遺產的傑出代表作。步入其中，會員將置身於寧靜優雅的環境中，高聳的天花板、古典的細節裝飾及充足的自然光線營造出溫馨而高雅的氛圍。

餐飲設施正是會所魅力的重要元素。Círculo Equestre 擁有多間環境宜人的餐廳及酒吧，供應加泰隆尼亞及國際美食。午餐及晚餐氛圍輕鬆愜意，服務周到細緻；酒吧則為安靜小酌或友好會面提供了一個舒適的場所。會所還會舉辦豐富多彩的文化聚會、討論會及社交活動，延續其悠久傳統，為巴塞隆那專業及藝術界人士提供聚會場所。

對於希望留宿在城內的會員，會所提供多間舒適的客房，將歷史建築的特色與現代化的便利設施完美融合。會所還設有健身房及小型室內游泳池等休閒設施，為會員在遊覽城市後放鬆身心提供了理想場所。

若你正計劃到巴塞隆那一遊，請攜同會所介紹信，親身感受 Círculo Equestre 為你帶來賓至如歸的體驗。

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