



Fine Wine@The Club
Château Lagrange
Wine Dinner
at Pier 6 Restaurant
16th May 2025

五月號
薈
絮

PACIFIC VIEWS

May 2025



Private Parties at The Island View Balcony

Island View 露台宴會場地

Our Island View Restaurant Balcony has unrivalled views across the harbour and is a stunning venue for your next party - rain or shine!

The Balcony can either be open to enjoy the al fresco environment, or closed off and air conditioned with our innovative glass partition that doesn't hinder those incredible views.

With our delicious food and excellent service, we are looking forward to welcoming you to your next event.

The venue is available for private party bookings every day for Buffet Lunch or Dinner, with a minimum requirement of 40 persons.

For more details regarding availability and tailor-made menus, please call our Banqueting and Events Department on 2118 2851 or 2118 2295.

本會 Island View 餐廳擁有無與倫比的維港景觀，不論是在晴天或雨天，在餐廳露台區舉辦宴會絕對是一個好選擇。現在，露台位置已安裝玻璃屏風，大家可以選擇打開屏風一邊享受涼風美景一邊用餐，又或是關上玻璃屏風變成舒適的空調空間，但仍然可以欣賞美景。

再加上我們為大家準備的美味餐點及優質服務，相信一定會令大家愛上這個宴會場地。

Island View 餐廳露台可供每日預訂私人自助午餐或晚餐宴會，人數要求最少40位。

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

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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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Dear Members

This month, the Pacific Club welcomes you to a month of festive flavours, exclusive events, and warm gatherings. Mark the start of May with our Cinco de Mayo celebration at the Club Bar. From 2nd to 5th May, enjoy authentic Mexican dishes, margaritas, and tequila. Don't miss the one-night-only Grazing Gathering on Saturday, 3rd May, a vibrant spread perfect for sharing over drinks.

The Island View Restaurant is the perfect weekend destination for memorable evenings with family and friends, offering two themed dining experiences to savour. On Fridays, the French GourMay Dinner Buffet takes you on a culinary journey through France, featuring timeless regional dishes, artisanal cheeses, and classic desserts. On Saturdays, we celebrate the short, but glorious, White Asparagus season, with a menu that transforms this spring delicacy into an unforgettable buffet experience. Don't miss the Asparagus Peeling Challenge, where Members can compete for prizes, even against our Executive Chef, Daniel Birkner.

For something a little different, on selected Thursdays, Pier 6 offers a playful indulgence with Fried Chicken, Caviar & Champagne. And throughout the month, the restaurant also features a special German White Asparagus Menu, showcasing this prized vegetable.

Don't forget, Sunday, 11th is Mother's Day! Choose from indulgent lunch and dinner buffets at The Island View and Pier 6, Italian semi-buffets at Capricci, à la carte options at Bauhinia, or a sweet Red Velvet Afternoon Tea. And for a truly special touch, order our Mother's Day Cake. Full details can be seen on pages 16-17.

One of the month's highlight events is our exclusive Château Lagrange Wine Dinner on Friday, 16th May at Pier 6. Hosted by Winemaker Matthieu Bordes, this refined evening features five exceptional vintages from the esteemed Bordeaux estate, thoughtfully paired with an elegant French menu. Turn to page 13 to learn more. Later in the month, honour tradition with Chef Keung's celebrated Dragon Boat Dumplings, available to pre-order ahead of the festival on 31st May. The order form can be found on page 10.

Finally, a note for your diary... While May is all about celebrating Mum, June is time for Dad. Join us on Sunday, 15th June for Father's Day at the Club. Treat him to a hearty lunch or dinner buffet at The Island View or Pier 6, a relaxed Italian feast at Capricci, or his favourite dishes at Bauhinia. Booking details are on pages 18-19.

I look forward to seeing you around the Clubhouse in May.

尊敬的會員，

本月份，太平洋會將以不同的節慶美食、獨家的活動及溫馨的聚會迎接大家到來。首先，我們會在會所酒吧舉行墨西哥「五月五日節」慶祝活動來展開精彩的5月份。於5月2日至5日期間，前來享用正宗的墨西哥菜餚、瑪格麗特酒及龍舌蘭酒；還有不要錯過5月3日（星期六）僅此一晚的美食大薈萃，這是一場適合一邊喝酒一邊共享美食的盛宴。

Island View 餐廳是與家人朋友共度難忘夜晚的完美週末好去處，今個月我們將為大家送上兩種主題的用餐體驗。逢星期五晚上「法國五月」美食自助晚餐將帶領大家踏上法國美食之旅，品嚐當地歷久不衰的菜餚、手工芝士及經典甜品。到了星期六晚上，我們將慶祝供應期短暫但非常美味的白蘆筍季節，並將這款春季美食變成令人難忘的自助餐體驗；屆時，大家更不能錯過參加荊蘆筍皮比賽，贏取精美獎品，甚至可以挑戰我們的行政總廚 Daniel Birkner。

如果大家想要一些不同的用餐體驗，Pier 6 餐廳將於特定的星期四帶來令人開懷的美食——炸雞、魚子醬及香檳。此外，餐廳亦會於整個5月份推出德國白蘆筍精選菜式，展現這種珍貴蔬菜的真味。

還有，請不要忘記本月11日（星期日）就是母親節，歡迎大家與母親前來 Island View 及 Pier 6 享用豐盛的自助午餐及晚餐、到 Capricci 享用意大利半自助餐、到紫荊閣享用自選中菜，或者品嚐甜美的「紅絲絨美食」下午茶。想為母親節獻上多一份心意，請訂購我們的母親節蛋糕，詳情請參閱第16-17頁。

本月份的另一個焦點活動就是將於5月16日（星期五）在 Pier 6 餐廳舉行的 Château Lagrange 美酒晚餐。這場優雅的葡萄酒晚宴將由釀酒師 Matthieu Bordes 親臨主持，介紹這著名波爾多酒莊的五款優質葡萄酒，並配搭精心設計的法式菜餚，請參閱第13頁以了解更多資訊。隨後於本月下旬，本會強師傅將會準備推出他的招牌端午節粽子讓大家可在5月31日節日前夕訂購，訂購表格已刊登於第10頁。

最後，請大家再記低一個重要日子...5月是母親的大日子，而6月就輪到父親了。於6月15日（星期日），歡迎陪同父親到 Island View 或 Pier 6 享用豐富的自助午餐或晚餐，到 Capricci 輕鬆享用意大利盛宴，或到紫荊閣享用他最喜歡的中式菜餚，一起慶祝父親節！訂座詳情請參閱第18-19頁。

我期待於5月份與大家在太平洋會見面。

Yours sincerely,
 Ronald Loges
 General Manager
 羅納德 陸格 — 總經理



PACIFIC CLUB

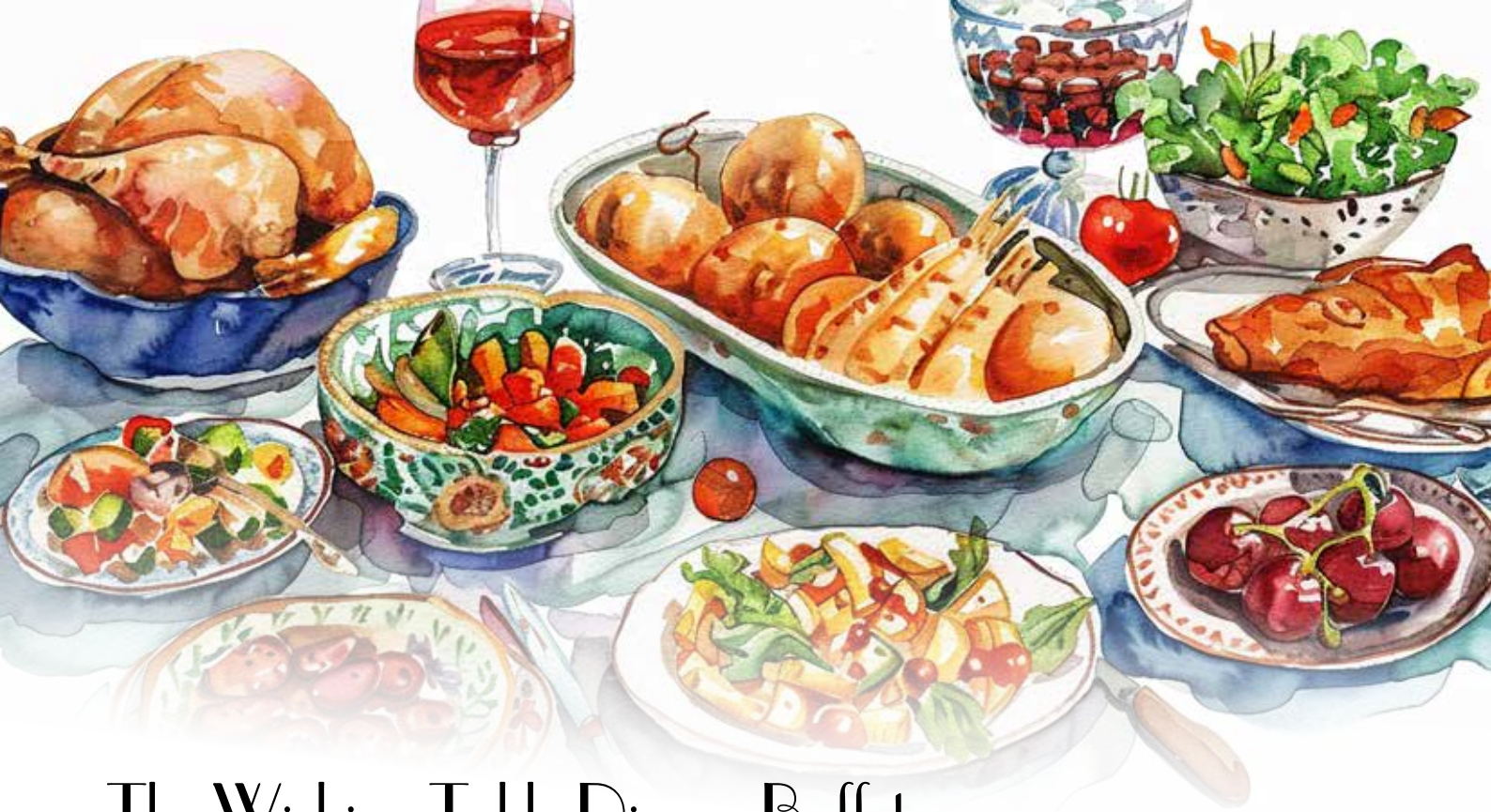
Pacific Views is published by the Pacific Club, part of Harbour City Estates Ltd. Pacific Views is published each month and is circulated among members of the Pacific Club and to a selected mailing list. Articles and pictures contained in Pacific Views may not be reproduced or published without prior written consent of the Publisher.

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The Wishing Table Dinner Buffet

Available Sunday to Thursday at The Island View

(5月11日除外)

**Island View 餐廳 - 5 月份週日至週四自助晚餐
如「許願桌」般送上豐富美食**

Step into a fairy tale where the feast never ends. Inspired by the Brothers Grimm, this enchanting dining experience brings a continuous flow of dishes straight to your table.

Begin with fresh Oysters, Seafood, and a selection of appetisers, followed by a comforting Soup and an array of internationally inspired main courses. As the evening unfolds, indulge in an irresistible spread of desserts and sweet treats, all served effortlessly while you relax at your table and enjoy.

Your Wishing Table awaits! Reserve now and experience the magic.

This storybook supper includes unlimited soft drinks and special beverages:

Cold : Mandarin Lemon Spritz

Hot : Steeped Ginger and Turmeric-Honey with Mint and Lemon

Date : Sunday to Thursday throughout May (except 11th)

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$388, Children 6-12 years \$256, 3-5 years \$128

Reservations : 2118 1846

走進一個永不結束的童話故事盛宴裡！受到格林兄弟的啟發，我們會把這種令人欲罷不能的用餐體驗帶到 Island View 餐廳，將源源不絕的菜餚直接送到你的餐桌上。

首先是新鮮的生蠔、海鮮及各種開胃菜；然後是暖胃的湯品及一系列齊集國際風味的主菜；隨著夜幕降臨，還讓你盡情享用各種令人無法抗拒的甜點；而你只須輕鬆坐著等待我們將這些美食送到你的餐桌上。

你的許願桌正在等著你的蒞臨！立即訂座享受這神奇的用餐體驗。

這個故事書中的晚餐還包括任飲汽水及特飲：

冷飲 : 柑橘檸檬汽水

熱飲 : 蜂蜜薑黃薑茶配薄荷檸檬

收費 : 成人 \$388 ; 小童 6-12歲 \$256 , 3-5歲 \$128

訂座請致電 2118 1846。



NEW : Wednesday Night Horse Racing at The Island View Restaurant

Make Wednesday nights special at The Island View Restaurant with our Wishing Table Dinner Buffet paired with exciting horse racing action, broadcast live on the big screen. Dinner is served from 6:00pm onwards with the races beginning according to the HKJC timetable.

Bring friends and family, enjoy great food, and cheer your favourites home!

Island View 餐廳全新精彩活動 觀看週三夜間賽馬

讓星期三晚上變得更精彩！前來 Island View 餐廳享用「許願桌」自助晚餐，同時觀看於大螢幕上播放緊張刺激的夜間賽馬。晚餐由下午6時開始，第一場比賽將按照香港賽馬會時間表開始。

帶同家人朋友一邊享用美食，一邊為勝利歡呼！

This month, enjoy the thrill of our nightly lucky draws from Sunday to Thursday, with exciting rewards waiting to be won. Prizes include complimentary drinks, exclusive bottles of wine and champagne, and even free meal vouchers. Each booking membership receives one entry per night. Terms and conditions apply.

本月份從週日到週四，享用我們每晚的美食之餘，大家還可以參加刺激的幸運抽獎，贏取令人興奮的獎品。獎品包括免費飲品、指定葡萄酒及香檳，甚至免費餐券。凡每個會籍預訂餐桌都可以參加當晚的抽獎一次。活動受條款及細則約束。



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



In this month's column, I am pleased to announce the re-opening of applications for Annual Membership. This Membership Category is aimed at corporate executives who may be in Hong Kong on a limited, fixed-term assignment. It gives these individuals the opportunity to enjoy the Club facilities on an annual basis, without the requirement to purchase a debenture or pay the prevailing entrance fees. Annual Membership may be applied for on an Individual or Corporate basis and entitles the Member to full usage of the Club facilities, seven-days-a-week, including car parking charging facilities.

Applicants for Annual Membership are required to submit a lump sum payment of \$145,000 in advance to the Club. This payment is inclusive of 12 months' Subscriptions, one additional Subscription to the Staff Gratuity Fund, Entrance Fee and a Refundable Deposit of \$30,000. This category of Membership is limited to just 20 Memberships, each of which requires the approval of the Membership Committee.

As a Member of the Club already, you may wish to introduce this Membership to your friends, relatives and business associates who are staying in Hong Kong on a short-term basis. Should you wish to obtain further information about Annual Membership, please feel free to contact the Membership Department on 2118 1802 or email to membership@pacificclub.com.hk

Termination of Reciprocal Club Agreement

Please be advised that the reciprocal arrangement with The Riviera Country Club in California, United States, is no longer in effect.

Should any Member have a specific recommendation for a potential alternative Reciprocal Club in California, please feel free to contact the Membership Office on 2118 1802.

在今期薈絮中，我很高興向大家宣佈本會的年度會籍申請已重新開放。此會籍類別是為一些在港短暫逗留工作的公司行政人員而設，讓他們可全年享用太平洋會設施，而不需購入會所債券或支付有關的入會費用。有興趣的人士可申請個人或公司年度會籍，而年度會員可使用會所內所有設施，包括收費泊車服務。

申請人須向本會預先一次過支付共 \$145,000 的費用，有關費用包括可退還的 3 萬元保證金、12 個月的會費及相等於 1 個月會費的員工年終花紅。此年度會籍必須經由會籍委員會批核，名額只限 20 個。

現已是本會會員的你，可以向在港短暫逗留的親朋戚友及生意夥伴介紹這年度會籍。如欲查詢更多有關詳情，請致電 2118 1802 或電郵至 membership@pacificclub.com.hk。

終止海外聯繫會所協議

請注意，本會與美國加利福尼亞州 The Riviera Country Club 的海外聯繫會所協議已經終止。

如會員想向本會推薦其他位於加利福尼亞州的海外會所，歡迎致電 2118 1802 與會籍部聯繫。





French GourMay Dinner Buffet

「法國五月」美食自助晚餐

Friday
Nights
逢星期五

Join us at The Island View for a grand tour of unmistakably French flavours in celebration of French GourMay.

Indulge in a lavish buffet of beloved French classics and regional specialities: Jet-Fresh Atlantic Oysters, Aged Aquitaine Beef, Bresse Chicken, and Landes Foie Gras. Savour time-honoured dishes like Choucroute, Bouillabaisse, Coq au Vin, and Pâté en Croûte, followed by an overflowing selection of French Cheeses and iconic desserts including Tarte Tatin, Croquembouche, and Gâteau Opéra.

And for an extra Friday night sparkle, our buffet is perfectly paired with Moët & Chandon Champagne, available at just \$390 per bottle.

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

Date : Every Friday in May

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$208

Reservations 2118 1846

於5月份逢星期五晚上，歡迎前來 Island View 餐廳參加一場盛大的法國風味之旅，與我們一起慶祝「法國五月」美食節。

盡情享用豐盛的自助晚餐，包括各式各樣備受大眾喜愛的法國經典菜餚和當地特色菜：新鮮大西洋生蠔、熟成布藍地牛肉、布雷斯雞和朗德鵝肝；品嚐留存已久的經典菜餚，如酸菜醃肉香腸鍋、馬賽魚湯、紅酒燉雞和酥皮肉派；最後再享用一系列法國芝士和標誌性甜品，包括反烤蘋果塔、泡芙塔和歌劇院蛋糕等，數之不盡。

為了讓週五晚上更加精彩，大家還可以優惠價每瓶\$390加購 Moët & Chandon 香檳，完美配搭我們的自助餐菜式。

晚餐收費：成人 \$498

小童 6-12歲 \$328，3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電2118 1846。

German White Asparagus Buffet

德國白蘆筍美食自助晚餐

Saturday
Nights
逢星期六

It's White Asparagus season and our Saturday Buffet at The Island View showcases this incredible vegetable in all its glory! Join us on Saturdays to try dishes such as Cream of White Asparagus Soup, Marinated Asparagus Salad, Asparagus Ham Rolls and oven-baked Glazed White Asparagus, as well as traditionally Poached Spears, served with Hollandaise Sauce, Buttered New Potatoes and Pork Schnitzel, Grilled Salmon, German Ham and more...

Elevate the excitement with our signature Asparagus Peeling Challenge, where you can show off your culinary skills and win fabulous prizes! Test your prowess against our celebrated Executive Chef, Daniel Birkner, a German virtuoso with a passion for White Asparagus. He might even level the playing field by participating blindfolded!

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

Date : Every Saturday in May

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$208

Reservations 2118 1846

又到了白蘆筍的時令季節，Island View餐廳將於5月份逢星期六舉行的自助晚餐中，以這款令人讚不絕口的蔬菜為主題，帶來各式各樣美味的白蘆筍菜式！豐富選擇包括忌廉白蘆筍湯、醃蘆筍沙律、蘆筍火腿捲及焗白蘆筍，以及傳統水煮白蘆筍配以荷蘭醬、牛油新薯及炸豬肉排、烤三文魚、德國火腿等...

此外，歡迎敢於挑戰的客人參加削蘆筍皮比賽，展示你的技術及贏取精美獎品！來與本會的行政總廚 Daniel Birkner較量，測試你的實力，也許我們這位熱愛白蘆筍的德國烹飪大師可以讓一讓，蒙著眼睛來比賽！

晚餐收費：成人 \$498

小童6-12歲 \$328，3-5歲 \$208

每位另加\$178可任飲葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電2118 1846。

White Asparagus Gala Evening on Saturday, 31st May

Join us as we bring the season to a close in spectacular style. The White Asparagus Gala promises an evening of celebration, featuring German wines presented by our visiting wine merchant, the thrilling final round of our month-long Asparagus Peeling Competition, and lively entertainment and fun giveaways.

5月31日星期六 — 白蘆筍盛會

加入我們，以精彩的方式結束這個白蘆筍季節，此盛會將為大家帶來一個歡樂的夜晚，包括品嚐由葡萄酒商推介的德國葡萄酒、經過一個月削蘆筍皮比賽後進入刺激的總決賽、熱鬧有趣的娛樂活動及贈品。



Holiday Notice

Please note that all junior and adult group classes will be cancelled during:

- Labour Day on 1st May
- The Birthday of the Buddha on 5th May
- Tuen Ng Festival on 31st May

課程暫停舉行

請注意，所有兒童及成人團體課程，將於以下公眾假期暫停舉行：

- 5月1日勞動節
- 5月5日佛誕
- 5月31日端午節

Fascia Exercise Training

This specialised class incorporates walls, mats, training tools, and various movement techniques to enhance mobility, strengthen the skeletal system, improve muscle strength, and refine balance. By following the fascia roadmap, participants will develop better movement efficiency and achieve a more poised, aligned posture.

筋膜運動訓練

本會的筋膜運動訓練課程教授利用牆壁、墊子、訓練工具及不同運動技巧，來提升活動能力、強化骨骼系統、提高肌肉力量及改善平衡感。學員透過鍛鍊筋膜結締組織，可提高運動效率並獲得更平衡、一致的姿勢。課程適合16歲及以上的會員參加，5月份3堂收費 — 會員\$540，非會員\$900。

備註：課程以廣東話授課

Date : Monday 12th, 19th & 26th May

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

Price : Member \$540, Guest \$900 (for 3 lessons)

Age : 16 years and above

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



Funky Dance

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.



Funky舞蹈班

讓身體隨著Funky Dance的舞步一齊動起來吧！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。課程於星期五舉行，適合16歲及以上的會員參加，5月份5堂收費 — 會員\$900，非會員\$1,500。

Date : Friday 2nd, 9th, 16th, 23rd & 30th May

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

Price : Member \$900, Guest \$1,500 (for 5 lessons)

Age : 16 years and above



Zumba Fitness

Bring the energy and excitement of a dance party to your workout with the Club's Zumba Fitness classes. These high-energy, Latin-inspired cardio dance sessions combine infectious rhythms with easy-to-follow moves, making exercise feel fun and effortless.

Dance your way to fitness on Sundays here at the Pacific Club with every step and beat!

尊巴健體舞班

參加本會的尊巴健體舞班，讓你的鍛鍊變成舞蹈派對，充滿活力及興奮。這項受到拉丁舞啟發、充滿動感的有氧舞蹈課程將富有感染力的節奏與容易跟隨的動作結合在一起，使運動變得有趣且輕鬆。歡迎於星期日前來太平洋會，隨著每一個步伐及節奏跳舞，保持健康！課程適合16歲及以上的會員參加，5月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Sunday 4th, 11th 18th & 25th May

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years and above



Stretching Exercise Class

Regular stretching does more than just prevent muscle soreness — it enhances flexibility, improves posture, and promotes overall well-being. Whether you're an athlete looking for a competitive edge or simply want to move with greater ease, this class will help you improve alignment, boost circulation, reduce stress, and enhance coordination. Learn effective techniques to increase mobility, prevent injuries, and feel more balanced in everyday life.

伸展運動班

定期進行伸展運動不僅能預防受傷，亦可增強靈活性、糾正姿勢、提升整體表現。無論是尋求競爭優勢的運動員，還是只想令身體更靈活，本課程都可幫助你透過學習有效的技巧來改善身體平衡、促進血液循環、減輕壓力並增強協調性，防止受傷，獲得更平和的生活。課程於星期五舉行，適合16歲及以上的會員參加，5月份5堂收費 — 會員\$900，非會員\$1,500。

備註：課程以廣東話授課

Date : Friday 2nd, 9th, 16th, 23rd & 30th May
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above
Instruction : Please note, this class is taught in Cantonese only



Schedule in May 五月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	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
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Thursday

Yoga	10:30am – 11:30am (C)
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 (B)
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)
Wall Climbing	2:00pm – 3:30pm

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)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

* Members can sign up for 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 enrollment. 會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

To enroll in these classes, please contact the 2/F Reception on 2118 1890.
報名參加以上課程，請致電 2118 1890。



Festive Dragon Boat Dumplings Order Form

端午節粽子訂購表格

Limited Availability
限量發售

Order Form 訂購表格

Our Chinese Executive Chef, Yip Tsang Keung, has prepared delicious Glutinous Rice Dumplings wrapped in lotus leaves for Members to celebrate the Dragon Boat Festival on 31st May.

今年5月31日是端午佳節，本會紫荊閣行政總廚葉增強師傅已為大家準備了兩款美味應節的端午節粽子，送禮自用皆宜，請即訂購。

Item 食品	Price 單價	Quantity 數量	Total Amount 總額
Glutinous Rice Dumplings with Conpoy and Assorted Meats 裹蒸粽	\$208		
Sweet Glutinous Rice Dumplings with Red Bean Paste 豆沙鹼水粽	\$78		
Glutinous Rice Dumplings with Conpoy and Assorted Meats + Sweet Glutinous Rice Dumplings with Red Bean Paste 裹蒸粽 + 豆沙鹼水粽	\$280		

Member's Name (in full) 會員姓名：_____

Membership No. 會員編號：_____ Contact Telephone No. 聯絡電話：_____

Collection Date 領取日期：_____ Time 時間：_____

* The personal data collected in this order form will be used for order confirmation only.
本表格內所收集的個人資料只用作確認訂購之用途

- Please submit your order: From 10th May, whilst stocks last.
預訂日期：由5月10日開始，售完即止。
- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購粽子，請填妥此表格，並交回紫荊閣；或傳真至 2118 0207；或電郵至 lawrence-lo@pacificclub.com.hk。
- Collection may be made from 26th-31st May at Bauhinia Restaurant.
閣下訂購之粽子可於5月26日至31日期間到紫荊閣領取。
- The charges of this confirmed order will be debited to your monthly account.
此表格上所有訂購之總額將會記入閣下之月結賬戶內。

Steamed Crab with Chicken Oil and Huadiao Wine

雞油花雕蒸肉蟹

Thinking of preparing a delicious homemade meal for your mother this Mother's Day? Delight her with Steamed Crab with Chicken Oil and Huadiao Wine — an easy-to-cook dish that offers vibrant colour, tempting aroma, and outstanding flavour. Perfect for making her day extra special.

想在今個母親節親手為母親準備一頓美味的家常飯嗎？就為她烹調一道雞油花雕蒸肉蟹吧！這道菜式製作簡單又色香味俱全，是讓母親節這大日子變得更加特別的最佳之選。



By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅

This special dish will also be available in limited quantities at Bauhinia on Mother's Day on Sunday, 11th May. Early reservations are recommended.

這道特別菜式亦將於5月11日（星期日）母親節在紫荊閣限量供應，敬請提前預訂。



METHOD:

1. Place the egg yolks in a large bowl. Add the chicken broth, Huadiao wine, salt and chicken powder, mixing thoroughly. Set aside.
2. Clean and cut the crab into pieces, then arrange them neatly on a large plate, restoring the crab's original shape.
3. Place the chicken fat, shredded ginger and spring onions over the crab, then steam for 8–10 minutes.
4. After steaming, remove and discard the spring onions. Carefully pour the cooking juices from the steamed crab into the egg yolk mixture prepared in Step 1, and mix well.
5. Pour this egg yolk mixture evenly over the steamed crab, then steam for another 2–3 minutes until warmed through. Avoid over-steaming, as the egg mixture should remain soft and silky.
6. If desired, drizzle additional Huadiao wine over the dish just before serving to enhance the flavour. Enjoy!

製作方法：

1. 將雞蛋黃放入大碗中，加入雞湯、花雕酒、鹽、雞粉，拌勻，備用。
2. 將蟹洗淨切件，然後整齊地放回大碟上，砌回蟹的原形。
3. 再將雞油、薑絲、蔥鋪蓋在蟹件上，蒸8-10分鐘。
4. 蒸完後，將蔥取走，將碟中的蟹汁小心倒入在步驟(1)調製好的蛋黃液中，然後拌勻。
5. 將這蛋黃液均勻地淋在蒸蟹上，再蒸2–3分鐘令蛋黃液變得溫熱即可。請不要將蛋黃液蒸至凝固，要保留滑溜的口感。
6. 喜歡更濃酒香的話，可在上桌前再淋上少許花雕酒來增添味道。請慢用！

INGREDIENTS

- | | |
|-----------------------|--|
| • One Crab | 1 catty - 1 catty 4 taels (600 - 720g) |
| • Chicken Fat (Solid) | 2 pieces (bought at the chicken stall in the market) |
| • Egg Yolks | 4 pcs |
| • Shredded Ginger | A little |
| • Spring Onion | 2 stalks |
| • Chicken Broth | 3 tbsp |
| • Huadiao Wine | 8 - 10 tbsp |
| • Salt | A little |
| • Chicken Powder | A little |

材料

- | | |
|-------|-----------------------|
| • 肉蟹 | 一隻，1斤–1斤4兩 (600-720克) |
| • 雞油 | 兩件 (街市雞檔買) |
| • 雞蛋黃 | 4隻 |
| • 薑絲 | 少許 |
| • 蔥 | 兩條 |
| • 雞湯 | 3湯匙 |
| • 花雕酒 | 8-10湯匙 |
| • 鹽 | 少許 |
| • 雞粉 | 少許 |

WINE HOME DELIVERY SERVICE

5月份餐酒送貨服務

WHITE



Les Arums de Lagrange Blanc, Bordeaux 2019

"The 2019 Les Arums de Lagrange, the white cuvee from the Saint-Julien estate, offers attractive lime and yellow flower scents, a touch of almond in the background. The palate is nicely balanced with a dab of lemongrass on the entry. Moderate weight with discrete tropical notes sing from the wines on the finish." - Neal Martin

75 cl	\$300/bottle	Qty:	Total Amount:
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RED



Les Fiefs de Lagrange, St Julien 2016

"A beautiful St.-Julien that's got everything you expect from this appellation, from the elegant, moderately dry tannins to the ripe red fruit and the lively acidity. Second wine of Château Lagrange." - James Suckling

75 cl	\$345/bottle	Qty:	Total Amount:
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Chateau Lagrange, 3ème Cru Classé, St Julien 2016

"The 2016 Lagrange sashays out of the glass with notions of candied violets, cassis, underbrush and warm black plums with waves of Black Forest cake, cedar chest and yeast extract scents. Medium to full-bodied, the bags of perfumed black fruits are solidly structured with super ripe, grainy tannins, finishing long and layered." - Wine Advocate

75 cl	\$540/bottle	Qty:	Total Amount:
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Chateau Lagrange, 3ème Cru Classé, St Julien 2013

"The wine opens with concentrated, plush fruit. Dense tannins give power to the wine, but are softened on the finish by a bright acidity." - Wine Enthusiast

75 cl	\$445/bottle	Qty:	Total Amount:
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Chateau Lagrange, 3ème Cru Classé, St Julien 2009

"This is very reserved right now but shows impressive blueberry and blackberry character. It's full-bodied, with a super density of fruit and ripe tannins." - James Suckling

75 cl	\$665/bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special selection of Château Lagrange Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Château Lagrange 葡萄酒，凡購滿HK\$2,000及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取葡萄酒。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額HK\$_____將直接於閣下之太平洋會月結賬戶內扣除。

Member's Name (會員姓名): _____

Membership Number (會員編號): _____

Contact Telephone No. (聯絡電話): _____

Delivery Address (送貨地址): _____

Signature (會員簽名): _____

• For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: joey-ho@pacificclub.com.hk
訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 joey-ho@pacificclub.com.hk。

• Please allow 5-7 working days' lead time for wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。

• For further information, please call the Club Bar at 2118 1845.
如有查詢，請致電會所酒吧：2118 1845。

• The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途。



Château Lagrange Wine Dinner

with Winemaker, Mr Matthieu Bordes

Château Lagrange 美酒晚宴

由釀酒師Mr Matthieu Bordes主持



Join us for an exclusive evening at Pier 6 in May celebrating the exceptional wines of Château Lagrange, hosted by esteemed Winemaker, Mr Matthieu Bordes. Located in the Saint-Julien appellation of Bordeaux's Médoc region, this historic Third Growth estate has been producing refined wines for centuries, renowned for their balance, structure, and ageing potential.

Experience a range of Château Lagrange vintages, expertly paired with a delicious French menu, designed to highlight the depth and character of each wine. Don't miss this rare opportunity to gain firsthand insight into the winemaking philosophy, heritage, and craftsmanship behind Château Lagrange, shared by Winemaker Matthieu Bordes himself.

本會誠邀大家於5月16日（星期五）前來 Pier 6 餐廳參加 Château Lagrange 美酒晚餐。當晚，酒莊的著名釀酒師 Mr Matthieu Bordes 將會親臨為大家介紹一系列著名的Château Lagrange 佳釀。這座歷史悠久的三級酒莊位於法國波爾多梅多克地區的聖朱利安產區，幾個世紀以來一直生產酒體細緻的葡萄佳釀，並以其平衡性、結構性及陳釀潛力而聞名於世。

請不要錯過這個難得的機會，品嚐一系列Château Lagrange 酒莊的陳年佳釀，並配搭旨在凸顯每種葡萄酒的深度及特色的美味法式菜餚；同時由釀酒師 Matthieu Bordes 親自分享 Château Lagrange 背後的釀酒哲學、傳統及工藝。

晚餐配葡萄酒，收費：每位\$1,250。

訂座請致電 2118 1878。

Date : Friday, 16th May
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$1,250 per person (for Food and Wine Pairing)
Reservations : 2118 1878

M E N U

2019 Les Arums de Lagrange Blanc, Bordeaux
Cured Fillet of Trout
Toasted Almond Butter Milk | Tarragon Coulis

2016 Les Fiefs de Lagrange, St. Julien
Charred Asparagus and Black Garlic
Langoustines Tails | Arabica Sabayon

2016 Château Lagrange, 3ème Cru Classé, St. Julien
Pigeon and Duck Foie Gras en Croûte
Smoked Duck Breast | Watercress | Artichoke Fondue

2013 Château Lagrange, 3ème Cru Classé, St. Julien
2009 Château Lagrange, 3ème Cru Classé, St. Julien
Preparations of Pauillac Lamb in Three Ways
Sauce Bordelaise | Ramsons | Young Morels

Dune Blanche Revisité
Almond Crème | Choux Croquante

Canelé de Bordeaux

* Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知



German White Asparagus Menu at Pier 6

From 2nd May until the season ends

Pier 6餐廳 — 德國白蘆筍菜式
由 5 月 2 日開始供應至季節期結束

Each spring, for a few short weeks, German White Asparagus, or Spargel as it's affectionately known, makes its highly anticipated appearance on European menus. Revered for its tender texture and delicate, nutty flavour, this prized ingredient is harvested only during a brief season and is considered one of the great culinary highlights of spring.

At Pier 6, we celebrate this seasonal tradition with a dedicated German White Asparagus Menu, available from 2nd May. Our chefs have created an exclusive White Asparagus Menu that showcases this luxurious vegetable in its best light.

Whether you're a seasoned Spargel enthusiast or simply curious about what all the fuss is about, this is the perfect opportunity to indulge in one of spring's most treasured treats – with a Pier 6 twist. The season is short, and once it's over, it's gone until next year.

Call Pier 6 on 2118 1878 to make your reservation.

每年春天，在短短幾星期的時間裡，德國白蘆筍（在當地被稱為 Spargel）都會在歐洲人的菜單上備受期待地亮相。這種珍貴的蔬菜因其柔軟的口感和細緻的堅果風味而備受推崇，在其短暫的季節收穫期間，都被認為是春季菜式的重要食材。

由5月2日開始，本會的廚師團隊將以德國白蘆筍為主題在Pier 6餐廳特別創作多款菜式，以突出這時令珍品的美味。

無論你是Spargel的忠實擁躉，還是僅僅好奇它為何如此受歡迎，這都是一個絕佳的機會，讓你盡情品嚐這款春季最珍貴的美食之一——並帶有Pier 6的獨特烹調風味。因供應期很短，所以一旦結束，就要等到明年了。

請即致電2118 1878訂座。



Fiesta Cinco de Mayo

from 2nd to 5th May at the Club Bar

墨西哥「五月五日節」慶祝活動 由5月2日至5日在會所酒吧舉行

Celebrate the Mexican festival of Cinco de Mayo in style at Club Bar! Join us for an unforgettable Fiesta Cinco de Mayo, happening from 2nd to 5th May! Immerse yourself in the vibrant culture and lively spirit of Mexico right here at the Pacific Club.

- Authentic Mexican Cuisine: Feast on a selection of traditional Mexican dishes, from tantalizing Tacos to delicious Nachos, Ceviche, Chili con Queso and more.
- Specialty Drinks: Sip on our Mexican-themed cocktails, including our signature Margaritas and Tequila Shots
- Grazing Gathering on 3rd May: Don't miss our one-night-only Grazing Gathering on Saturday, 3rd May — an abundant spread of Mexican favourites and festive bites, perfect for sharing with friends over drinks.

Call the Club Bar on 2118 1845 for enquiries.

於5月2日至5日前來會所酒吧，與我們一起慶祝墨西哥傳統「五月五日節」，讓自己沉浸在墨西哥充滿活力的文化和熱鬧氣氛中！

- 正宗墨西哥美食：享用精選的傳統墨西哥菜餚，從誘人的玉米夾餅到美味的烤乾酪辣味玉米片、檸汁醃魚、辣醬玉米片等。
- 特色飲品：品嚐我們的墨西哥主題雞尾酒，包括我們的招牌瑪格麗特酒及龍舌蘭酒。
- 5月3日的美食大薈萃：不要錯過於5月3日（星期六）舉行，僅此一晚的美食大薈萃 — 品嚐豐富的墨西哥美食及節日點心，非常適合與朋友一起前來開懷大吃，暢飲一番。

查詢詳情，請致電會所酒吧 — 2118 1845。



Fried Chicken, Caviar & Champagne

Pier 6餐廳

炸雞、魚子醬及香檳之夜

For three Thursday nights this month, Pier 6 brings you the indulgence you never knew you needed... Buckets of Buttermilk-brined Fried Chicken, homemade Chicken Nuggets topped with Caviar, and glasses of Champagne.

This is pure comfort food with a touch of luxury, served alongside cocktails, music, and our impressive views of the harbour.

Order a la carte from our special menu, or choose the unlimited options. Tables are limited so be sure to book early to avoid missing out.

於5月8日、15日及22日連續三個星期四晚上，Pier 6 將為大家送上你意想不到的奢華享受...一桶桶的牛奶炸雞、配搭魚子醬的自製炸雞塊，以及一杯杯的香檳。

這全都是絕對令人的舒心又舒胃的「療癒」美食，但帶有一絲奢華，並在令人陶醉的海港美景之下配搭著雞尾酒及音樂享用。

另外再從我們的特別菜單或數不盡的自選菜式中，點選其他喜歡的美食。由於餐桌數量有限，欲免向隅，請務必儘早致電2118 1878訂座。

Date : Thursday, 8th, 15th & 22nd May
Time : From 6:00pm
Venue : Pier 6 Restaurant
Reservations : 2118 1878

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



Mother's Day at the Club

太平洋會 母親節午餐及晚餐

Sunday
11th May
5月11日
〔星期日〕

Make this Mother's Day an unforgettable experience with the Pacific Club's luxurious Lunch and Dinner options! Indulge your mother with a special meal, filled with culinary delights and cherished moments.

與母親前來太平洋會享用一頓充滿美味佳餚及珍貴時刻的豐富午餐及晚餐，讓今個母親節成為她難忘的體驗！

Mother's Day Lunch & Dinner Buffet

at The Island View & Pier 6 Restaurant

Celebrate Mother's Day in style with our incredible Lunch and Dinner Buffets! Spoil your mother with a sumptuous Buffet, topped off with a variety of sweet desserts featuring European strawberries. Make this Mother's Day one to remember with a dining experience she truly deserves.

Time : Lunch – From 12:00noon
Dinner – From 6:00pm

Price : Lunch - Adults \$448
Children 6-12 years \$308, 3-5 years \$188
Dinner - Adults \$498
Children 6-12 years \$348, 3-5 years \$188

Reservations : Please call 2118 1846

The Island View及Pier 6餐廳

母親節自助午餐及晚餐

與母親一同蒞臨The Island View及Pier 6享用自助午餐及晚餐，以慶祝母親節。屆時除了豐富的自助美食外，還有以歐洲草莓為主題的多款甜品，保證讓母親們在這個有意義的一天留下難忘回憶！

收費：自助午餐（中午12時開始）—
成人 \$448；小童 6-12歲 \$308，3-5歲 \$188

自助晚餐（晚上6時開始）—
成人 \$498；小童 6-12歲 \$348，3-5歲 \$188

訂座請致電 2118 1846。

Mother's Day Lunch & Dinner

at Bauhinia

Treat your mother to a delicious Lunch or Dinner at Bauhinia this Mother's Day, where she can choose all her favourite dishes from the A La Carte Menu.

Reservations : Please call 2118 1892

紫荊閣 —

母親節午餐及晚餐

如喜歡中式菜餚的話，可與母親前來紫荊閣享用中式午餐及晚餐自選菜式。

訂座請致電 2118 1892。



Mother's Day Italian Semi-Buffer Lunch

at Capricci

Enjoy the elegance of Italian-inspired Mother's Day festivities at Capricci, offering an exquisite tribute to show your mamma just how extraordinary she is.

Time : From 12:00noon
Price : Adults \$348, Children \$248

Reservations : Please call 2118 1803

Capricci餐廳 —

母親節意式半自助午餐

前來 Capricci 體會意大利的優雅風情及美食，向母親展示她在你心目中的非凡地位。

收費：成人 \$348，小童 \$248

訂座請致電 2118 1803。

Mother's Day Semi-Buffer Dinner

at Capricci

Capricci serves up a perfect Mother's Day Semi-Buffer Dinner Menu. Celebrate your gratitude for mamma with an exquisite Italian dining experience at the Club.

Time : From 6:00pm
Price : Adults \$448, Children \$328

Reservations : Please call 2118 1803

Capricci餐廳 —

母親節意式半自助晚餐

當晚，Capricci也會送上完美的母親節半自助晚餐菜式，讓大家在會所盡情享用精緻的意大利美食，表達對母親的感謝。

收費：成人 \$448，小童 \$328

訂座請致電 2118 1803。



Mother's Day Red Velvet Afternoon Tea

Your mother deserves the very best, so why not treat her to an indulgent Red Velvet Afternoon Tea celebration at the Pacific Club over the Mother's Day weekend? Come and enjoy a delectable variety of sandwiches, scones and sweet treats, all with a theme of Red Velvet.

Date : Friday, 9th - Sunday, 11th May

Time : From 2:00pm - 5:30pm

Price : \$448 for 2, including Tea or Coffee

\$598 for 2, including a glass of Champagne per person.

Island View餐廳及Oyster Bar

母親節「紅絲絨美食」下午茶

想讓母親度過更完美的母親節，何不於5月9日至11日週末下午前來Island View餐廳或Oyster Bar，享用「紅絲絨美食」下午茶呢？屆時，我們將為大家送上一系列以紅色為主題的三明治、烤餅及甜點。

供應時間：5月9日（星期五）至11日（星期日），下午2時至5時30分

收費：\$448，供二人享用，包括紅茶或咖啡

\$598，供二人享用，包括每人一杯香檳

at The Island View &
Oyster Bar



Mother's Day Cake

Treat your mother to a stunning culinary masterpiece crafted by the Pacific Club's pastry chefs. This year's special Mother's Day Cake features the flavours of European Strawberry Cheesecake and Buddha's Hand Mousse, enhanced with a touch of Tonka Bean. Finished with a stunning multi-colour mirror glaze, this elegant cake will make the occasion truly special.

Our Mother's Day Cake is available in our restaurants and for takeaway at home throughout May. Please order at least 48 hours in advance.

\$458 per 2-pound cake

母親節蛋糕訂購

請為你的母親獻上一份由太平洋會糕點師傅精心製造的美食傑作。

今年，我們特別為母親節準備了帶有一絲零陵香豆風味的歐洲草莓佛手柑慕斯芝士蛋糕。這款優雅的蛋糕採用了令人讚嘆的多彩鏡面裝飾製成，表面光亮如鏡，絢麗多彩，將使這個特別日子變得更加特別。

大家可於整個5月份向本會訂購這款母親節蛋糕，在各餐廳內享用或外帶回家均可。請最少提前48小時預訂。

每個（兩磅）\$458

To order your Mother's Day Cake, please contact The Island View Restaurant on 2118 1846

訂購母親節蛋糕，請致電 2118 1846 聯絡 Island View餐廳。

Father's Day at the Club

在太平洋會慶祝父親節

Sunday
15th June

6月15日
〔星期日〕

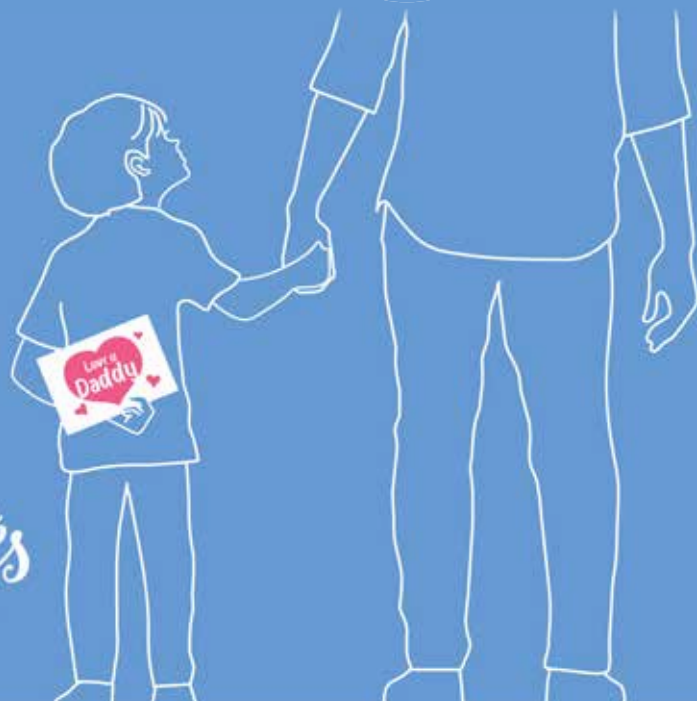
Some gestures say more than words. This Father's Day, treat him to something memorable — a long lunch by the harbour, a favourite bottle from our cellar, and time well spent with family in the familiar comfort of the Pacific Club.

Join us on Sunday, 15th June, and make the day his.

有時候行動比言語更能表達心意。今年父親節，送給父親一份難忘的禮物 — 在維港旁悠閒地享用一頓豐盛的美食，從我們的酒櫃中挑選出一瓶最喜歡的葡萄酒，在太平洋會親切而舒適的環境中與家人共度美好時光。

歡迎於6月15日（星期日）前來本會與父親慶祝他的大日子！

Happy
Father's
Day



Father's Day Lunch & Dinner Buffet



This Father's Day, enjoy a sumptuous buffet for both lunch and dinner, featuring an impressive spread of international favourites alongside Rotisserie classics and a traditional Pig Roast. Leave room for dessert as a generous selection of sweet treats awaits to round off the celebration.

Time : Lunch – From 12:00noon

Dinner – From 6:00pm

Price : Lunch – Adults \$448

Children 6-12 years \$308, 3-5 years \$188

Dinner – Adults \$498

Children 6-12 years \$348, 3-5 years \$188

Reservations: 2118 1846

The Island View及Pier 6餐廳

父親節自助午餐及晚餐

今年父親節，大家可以享用豐富的自助午餐及晚餐，包括世界各地的美食、經典烤肉及傳統烤豬。記得還要留點肚子盡情享用任君選擇的自助甜品，為慶祝活動畫上圓滿的句號。

收費：自助午餐（中午12時開始）—

成人 \$448，小童 6-12歲 \$308；3-5歲 \$188

自助晚餐（晚上6時開始）—

成人 \$498，小童 6-12歲 \$348；3-5歲 \$188

訂座請致電 2118 1846。

Father's Day Lunch & Dinner



Celebrate Father's Day with a relaxed family gathering at Bauhinia, where Dad can enjoy his favourites from our full a la carte menu, available for both lunch and dinner.

紫荊閣

父親節午餐及晚餐

歡迎與父親前來紫荊閣享用中式午餐及晚餐自選菜式，慶祝父親節。

訂座請致電 2118 1892。



Father's Day Cake Dark Chocolate Truffle Cake with Rum & Raisins



This Father's Day, mark the occasion with a cake that's full of depth and character. Our dark chocolate truffle cake is laced with rum and studded with raisins, offering a rich, grown-up take on a classic favourite. Handcrafted by the Pacific Club's pastry chefs, it's the perfect finish to a celebration in his honour.

Our Father's Day Cake is available in our restaurants and for takeaway at home throughout June. Please order at least 48 hours in advance.

\$498 per 2-pound cake.

父親節蛋糕訂購

秖酒提子黑朱古力松露蛋糕

今年父親節，用一個充滿深度和特色的蛋糕來紀念這個節日。本會的黑朱古力松露蛋糕加入了秖酒並撒上提子乾，為這經典美食增添了濃郁、成熟的味。這是由太平洋會的糕點師傅精心手工製作，讓父親節的慶祝活動變得更完滿。

大家可於整個6月份向本會訂購這款父親節蛋糕，在各餐廳內享用或外帶回家均可。請最少提前48小時預訂。

每個〔兩磅〕\$498

To order your Father's Day Cake, please contact The Island View Restaurant on 2118 1846.

訂購父親節蛋糕，請致電 2118 1846 聯絡 Island View 餐廳。

*Photograph of cake is for reference only 蛋糕相片只供參考

Father's Day Italian Semi-Buffer Lunch & Semi-Buffer Dinner



Celebrate this special day at Capricci with a semi-buffer lunch and dinner featuring a wide selection of beloved Italian culinary classics!

Time : Lunch - From 12:00noon

Dinner - From 6:00pm

Price : Lunch – Adults \$348, Children \$248

Dinner – Adults \$448, Children \$328

Reservations: 2118 1803

Capricci餐廳

父親節意式半自助午餐及晚餐

於父親節前來Capricci享用意式半自助午餐及晚餐，以意大利的美酒佳餚來與父親慶祝佳節！

收費：半自助午餐〔中午12時開始〕— 成人 \$348，小童 \$248

半自助晚餐〔晚上6時開始〕— 成人 \$448，小童 \$328

訂座請致電 2118 1803。



Lobster Roll

at the Club Bar and Oyster Bar

會所酒吧及Oyster Bar供應——龍蝦包

Indulge in a classic Lobster Roll, brimming with lobster and finished with a luscious Lemon-Tarragon Sauce. Served with French Fries, this irresistible treat is available throughout May for just \$198.

於5月份，前來會所酒吧及Oyster Bar 盡情享用經典的龍蝦包，裡面填著滿滿的龍蝦肉，再淋上香濃的檸檬香草醬。這款令人無法抗拒的美食將配搭炸薯條一同送上。

每份只需 \$198。

Available daily in limited quantities
每日限量供應

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



Oyster Fridays

Every Friday is Oyster Night at the Club Bar

會所酒吧 - 週五「盡享生蠔」之夜

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy freshly-shucked Oysters, available by the piece and served with your choice of Mignonette & Lemon or a tantalizing, spicy Bloody Mary Shot.

In addition, enjoy a special offer for selected Champagne at \$78 per glass. Enhance your Friday experience with this exquisite offering.

於5月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受以提升週末前夕的興奮…同時享用精選香檳，每杯只需\$78。

Date : Every Friday in May

Venue : Club Bar

Please note: May will be the final month for Oyster Fridays before the summer break. Oyster Fridays will pause from June through August and return in September.

請注意：5月份是「週五盡享生蠔之夜」在暑假前最後一個月舉行，此活動將於6月至8月期間暫停，並於9月重新開始。

Floral Infusions Afternoon Tea at The Island View & Oyster Bar

花果下午茶

於5月份在Island View餐廳及Oyster Bar供應

Enjoy a leisurely Afternoon Tea at the Club, where fragrant floral infusions and fine teas are delicately woven into an array of pastries and cakes. Jasmine and Mango, Sakura and Strawberries, or Oolong and Lychee — each pairing showcases the season's ripest fruits, infused into every bite for a refined Afternoon Tea experience.

Afternoon Tea is served daily, from 2:00pm to 5:30pm

\$168 per person, inclusive of tea or coffee

歡迎大家前來Island View餐廳及Oyster Bar悠閒地享用下午茶美食。
於5月份，我們會將芳香的上等花草茶，配搭成熟得剛好的當季水果來製作
美味的點心及蛋糕，如茉莉配芒果、櫻花配草莓，
或烏龍配荔枝 — 每一款組合都是精心設計，將花、果融入每一口中，
以帶來精緻的下午茶體驗。

下午茶美食供應時間：每日下午2時至5時30分

收費：每位\$168，包括紅茶或咖啡

1st - 31st
May



Date : 1st – 31st May, Monday to Friday, except Public Holiday
Price : \$680 per person
(including 55-minute Body Massage & Afternoon Tea)
Time : 2:00pm - 5:30pm
Venue : Afternoon Tea at Oyster Bar or The Island View

*To enjoy this promotion, Members need to purchase a set of body massage & afternoon tea coupons at the 2/F Reception

Spa and Afternoon Tea Experience 水療與下午茶體驗

Indulge in a luxurious afternoon dedicated to relaxation here at the Club. Enjoy our special promotion, featuring a soothing 55-minute massage — choose from Chinese Acupressure, Aromatherapy, Lymphatic Drainage, or Slimming. Afterwards, savour our elegant Floral Infusions Afternoon Tea for one at either the Oyster Bar or The Island View Restaurant. As a token of appreciation, we'll also give you a gift to enhance your self-care journey.

Book your **Spa and Afternoon Tea Experience** today, and treat yourself to pure bliss and rejuvenation!

- 55-minute massage (Your choice of Chinese Acupressure / Aromatherapy / Lymphatic Drainage or Slimming Massage)
- Afternoon Tea for one at the Oyster Bar or The Island View
- A Gift – Selected Beauty Product

逃離日常生活的喧囂，前來本會享受愉快的下午，放鬆身心及恢復活力吧！我們將於5月1日至31日期間，為大家送上一項特別優惠—水療與下午茶體驗，讓大家享受身體按摩療程及享用精緻的花果下午茶。此外，大家還可以獲贈精美禮物一份，以提升你的愉快體驗。

請立即到二樓接待處購買「水療與下午茶體驗」優惠套票，讓自己沉浸在純粹的幸福及放鬆之中！

「水療與下午茶體驗」套票包括 —

- 一次55分鐘身體按摩療程 — 可選擇中式壓療、芳香療法、淋巴引流或瘦身按摩療程
- 在Oyster Bar或Island View享用一人下午茶美食
- 精美禮物 — 精選美容產品一份

套票收費：每位\$680

適用時間：由5月1日至31日，逢星期一至五（公眾假期除外），下午2時至5時30分

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>French GourMay Dinner Buffet at The Island View Every Friday</p></div>	<div><p>Happy Mother's Day</p></div>	<div><p>Château Lagrange Wine Dinner at Pier 6 16th</p></div>	<div><p>Château Lagrange Wine Dinner at Pier 6 16th</p></div>	<div><p>Château Lagrange Wine Dinner at Pier 6 16th</p></div>	<div><p>Château Lagrange Wine Dinner at Pier 6 16th</p></div>	<div><p>Château Lagrange Wine Dinner at Pier 6 16th</p></div>
Mother's Day Inspired – Sunset Outdoor Yoga	The Wishing Table Dinner Buffet at The Island View	Water Aerobics	Tennis Team Training	Mother's Day Cake Order at The Island View	Water Aerobics / Stretching Exercise	Junior Swimming School
Zumba Fitness / Yoga	Fiesta del Cinco de Mayo at Club Bar	Yoga	The Wishing Table Dinner Buffet at The Island View	Cold Brew Coffee at Club Bar and Oyster Bar 1st – 31st	Yoga / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis		The Wishing Table Dinner Buffet at The Island View		The Wishing Table Dinner Buffet at The Island View	French GourMay Dinner Buffet at The Island View	Junior Taekwondo
Sunday Social Tennis				Floral Infusions Afternoon Tea at The Island View & Oyster Bar 1st – 31st	Fiesta del Cinco de Mayo at Club Bar	German White Asparagus Dinner Buffet at The Island View
Rope Skipping				Hugo Spritz Promotion at all outlets 1st – 31st	German White Asparagus Menu at Pier 6 from 2nd	Fiesta del Cinco de Mayo at Club Bar
Sunday Lunch Buffet at The Island View					Oyster Fridays at Club Bar	
Fiesta del Cinco de Mayo at Club Bar						
The Wishing Table Dinner Buffet at The Island View						
4						
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	The Wishing Table Dinner Buffet at The Island View		The Wishing Table Dinner Buffet at The Island View	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training			Fried Chicken, Caviar and Champagne at Pier 6	French GourMay Dinner Buffet at The Island View	Wall Climbing
Mother's Day Lunch & Dinner at the Club	English Drama Academy				Château Lagrange Wine Dinner at Pier 6	German White Asparagus Dinner Buffet at The Island View
11	The Wishing Table Dinner Buffet at The Island View				Oyster Fridays at Club Bar	
Mother's Day Afternoon Tea at The Island View & Oyster Bar	12	13	14	15	16	17
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	The Wishing Table Dinner Buffet at The Island View		The Wishing Table Dinner Buffet at The Island View	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training			Fried Chicken, Caviar and Champagne at Pier 6	French GourMay Dinner Buffet at The Island View	Wall Climbing
Shell Flower Nightlight Workshop	English Drama Academy				Château Lagrange Wine Dinner at Pier 6	German White Asparagus Dinner Buffet at The Island View
The Wishing Table Dinner Buffet at The Island View					Oyster Fridays at Club Bar	
18	The Wishing Table Dinner Buffet at The Island View					
Sunday Lunch Buffet at The Island View	19	20	21	22	23	24
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	The Wishing Table Dinner Buffet at The Island View	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	The Wishing Table Dinner Buffet at The Island View		The Wishing Table Dinner Buffet at The Island View	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training			Fried Chicken, Caviar and Champagne at Pier 6	French GourMay Dinner Buffet at The Island View	Wall Climbing
German White Asparagus Dinner Buffet at The Island View	English Drama Academy				Oyster Fridays at Club Bar	German White Asparagus Dinner Buffet at The Island View
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June 2025

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*All classes and events in the calendar may be subject to change without notice. 月曆中的所有課程及活動可能會被更改，恕不另行通知。

Recreation

Food & Beverage



Shoot, Ask ... and Run!

by Chris Stowers

"Shoot, Ask ... and Run!" The advice given to aspiring British photographer Chris Stowers, at the start of his travels, has never seemed so valuable. Buffeted by tempestuous forces of both personal and international affairs, he flees from the Jakarta mafia through the jungles of Borneo, is tear-gassed by riot police in Manila, and crosses an imploding Soviet Union by train, only to be abducted by a group of heavily-armed Serb militia. In these pages, recalled from diaries kept at the time, Stowers paints a harsh, humorous and very human picture of media life in Asia-and beyond-during the boom years of the early 1990s.

Based in Hong Kong, in the dying days of both empire and analog photography, he finds himself constantly on the road, in trouble, and out of film. A natural-born observer and nomad, the question nonetheless arises: where is home?

「拍攝，詢問...然後逃跑！」英國攝影師 Chris Stowers 在旅行之初得到的建議從未顯得如此寶貴。在個人和國際事務的雙重衝擊下，他穿越婆羅洲叢林，躲避雅加達黑手黨的追捕，在馬尼拉遭遇防暴警察的催淚彈襲擊，並乘火車穿越了即將解體的前蘇聯，卻被一群全副武裝的塞爾維亞民兵綁架。在這些從當時的日記中回憶起來的文字裡，Stowers 描繪了 1990 年代初經濟繁榮時期亞洲及其他地區媒體生活的嚴酷、幽默而又人性化的畫面。

他以香港為基地，在國家和菲林攝影都走向衰落的時代，他發現自己經常在路途上、陷入困境中，並且缺乏菲林。作為天生的觀察者和流浪者，一直提出一個問題：家在哪裡？



China: The Cookbook

by Chan Kei Lum and Diora Fong Chan

The definitive cookbook bible of the world's most popular and oldest cuisine is now available with a new red cover with gilt edging. China: The Cookbook presents more than 650 recipes for delicious and authentic Chinese dishes for the home kitchen, meticulously collected by two of the country's bestselling cookbook writers.

From popular staples such as Sweet and Sour Spare Ribs and Dim Sum, to lesser-known regional classics including Fujian Fried Rice and Jiangsu's Drunken Chicken, this authoritative book showcases the culinary diversity of the world's richest and oldest cuisines with recipes from the eight major regions and twelve minor regions and additional selected recipes from star chefs from around the world.



這本涵蓋世界上最受歡迎和最古老美食的權威食譜著作現已推出，並採用全新的紅色封面和鍍金邊緣印製。《China: The Cookbook》介紹了 650 多種適合家庭廚房製作的美味正宗中國菜食譜，並由國內兩位最暢銷的食譜作家精心收集。

從糖醋排骨和點心等受歡迎的主食，到福建炒飯和江蘇醉雞等鮮為人知的地方經典菜餚，這本權威性書籍展示了世界上最豐富和最古老美食的烹飪多樣性，其中包括來自 8 個主要地區和 12 個小地區的食譜，以及由世界各地明星廚師推薦的精選食譜。

From now until 31st May, 2025, 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5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

Spa Promotions in May 5月份美容療程優惠

Mum & Dears' Facial Bundle

Celebrate Mother's Day with a Shared Moment of Relaxation

「母親與摯愛」面部護理套餐

共享放鬆時刻慶祝母親節



This May, treat the wonderful women in your life to a soothing and memorable spa experience with our Mum & Dears' Facial Bundle. Thoughtfully designed for mothers and their loved ones to enjoy together, this indulgent facial session offers a chance to unwind, reconnect, and feel beautifully refreshed.

Choose a facial each from our Spa Brochure (Additional charge if choosing LPG and machine treatments), and enjoy your treatments side-by-side in the comfort of our Ladies' Spa Couples' Room or Beauty Salon.

Celebrate love, beauty, and self-care with a gift that shows just how much they mean to you!

Date : 1st – 31st May

Venue : Ladies' Spa Couples' Room or Beauty Salon

Price : \$2,220 for two persons

For reservations, please contact The Spa on 2118 1890

在今年母親節，為你生命中最特別的女士帶來一份滋養的體驗——「母親與摯愛」面部護理套餐。這份奢華的護膚優惠是專為母親與她的一位摯愛共同分享而設，為他們帶來放鬆、加深連繫及重煥生機的珍貴機會。

「母親與摯愛」面部護理套餐 —

適用時間：5月1日至31日

收費：\$2,220 (二人共享)

從我們選擇眾多的面部療程中任選兩款 (LPG及美容儀器護理需額外收費)，然後在女士按摩雙人房或美容房中舒適地享受療程服務。

用一份貼心的禮物來表達母親對你的非凡意義，一同享受愛、美麗及自我呵護！

購買「母親與摯愛」面部護理套餐，請致電 2118 1890 與美容部聯絡。

Sothys Detox Energie Intensive Treatment

(1hr 25mins)

~~\$1,480~~ \$1,184

This incredible treatment incorporates a unique facial massage to treat your skin to a surge of energy. Indulge in this groundbreaking skincare concept that focuses on depolluting, detoxifying, energizing, and rebalancing the microbiome to unlock the full potential of your skin's health.

Sothys五加蔘能量光感療程 (1小時25分鐘)

療程配合 Sothys 的「能量定點按摩」，有效激活肌底細胞能量，為肌膚充電儲能。療程同時有效阻截環境侵害，調節肌膚「微生態」及抗污染，提升肌膚自我防禦能力，有助於在不同環境壓力下對抗令肌膚加速老化的傷害，綻放健康光芒。



Bernard Cassiere Spirulina Youth Treatment

(1hr 25mins)

~~\$1,580~~ \$1,264

Rediscover youthful radiance with the Bernard Cassiere Spirulina Youth Treatment – a revitalising facial designed to restore and protect tired, stressed skin. This indulgent treatment harnesses the power of two fantastic natural ingredients: Spirulina, known for its nourishing and energising properties, and Chlorella, a potent shield against environmental aggressors and blue light exposure.

Together, they deliver a boost of antioxidants, reinforce the skin's barrier, and help slow the signs of ageing. The result is skin that looks plumper, smoother, and visibly refreshed with a healthy, luminous glow.

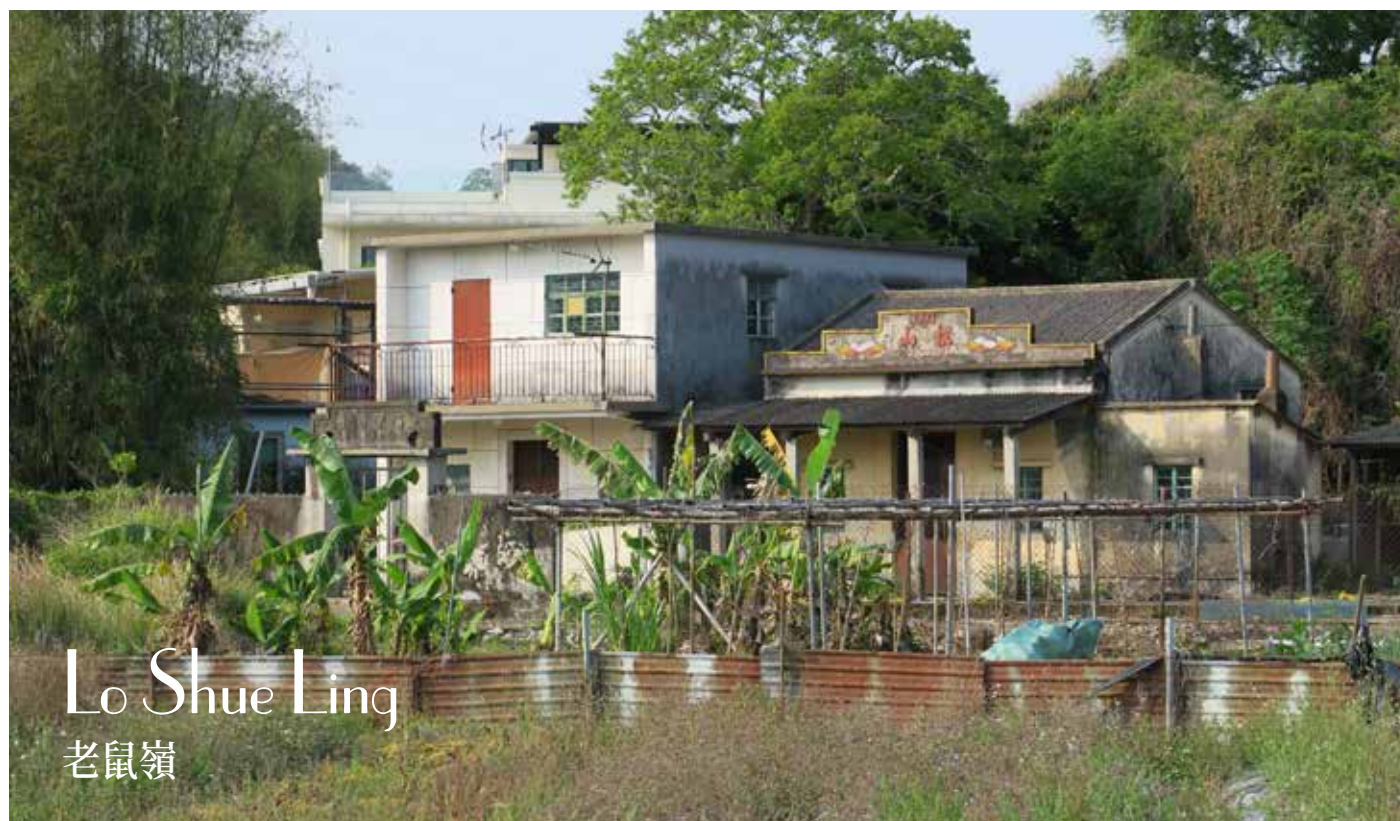
螺旋藻逆轉時光美肌療程 (1小時25分鐘)

齊來發掘 Bernard Cassiere 螺旋藻逆轉時光美肌療程令你的肌膚回復年輕光彩的秘訣。療程糅合兩大天然成分：螺旋藻可深層滋養、逆齡美肌；而醉魚草則可以抵禦環境壓力和藍光照射的傷害。這兩者合力能增強肌膚的防禦能力，對抗老化跡象，並提供大量抗氧化劑，讓皮膚更加豐盈飽滿、光滑、明顯煥然一新，散發出健康、明亮的光澤。



To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890. 預約療程請致電 2118 1890。

Words and pictures 撰文及圖片: Pete Spurrier



This month we return to the formerly closed frontier area to visit another hilltop fort and some sleepy farming villages.

This trail is quite easy but it has an overgrown section so you might consider wearing long trousers. Walking time: 2 hours.

Take the train to Fanling, leave the station by Exit A2 and board KMB bus 79K. Ride this service until it reaches the rural surroundings of Ping Che Road, and alight at the stop named Kan Tau Wai.

Walk straight ahead from the bus stop and bear left at the road fork, where the yellow sign points to Man Kam To. Then, just in front of the Ta Ku Ling Vegetable Marketing Co-operative Society building, turn left to follow a narrow path through the village. This brings you out to fields beside a river. When you get the chance, make a sharp left to cross the river via a bridge. It's a very wide, flat channel, no doubt the result of widening schemes to cope with seasonal flooding. On maps it's named the Ping Yuen River, but in pre-1997 days it was called the River Ganges by British troops stationed in the area.



On the other side, follow the signs to Ta Ku Ling Ling Ying Public School. It's a single-track road that passes village houses decked out with flowers and well-tended shrubs. The school itself is beautifully sited amid dense forest. A path runs along the left-hand side of the school buildings and then leads you up steps onto the hillside.



Bear left at the first fork and keep going gently up. Soon the path turns into steps and you start to have elevated views of the green valley behind you. Look out for an earthen trail leading up to your right, marked by pink ribbons. (If you have followed the steps up until they start descending again, you have gone slightly too far; walk back for two minutes).

This trail leads you steeply, but quickly, up to a trig point at the summit of Lo Shue Ling. It is only 75 metres high, a minor hill by Hong Kong standards, but it still offers nice views through the paper-bark trees. Walk straight ahead past the trig point, again following the ribbons; and this is where your long trousers will come in handy, as this part is quite overgrown. Keep pushing forwards. There is only one way ahead and it's clear enough.

Soon you emerge from the trees at the perimeter fence of the Nga Yiu police post. This hilltop lookout is a Macintosh fort, like the one we visited at Lin Ma Hang back in March. These historic buildings are now about 75 years old and they have Grade 2 heritage status.

Walk down the steep paved track to the road, and carefully cross it to enter Nga Yiu village. Here you are within a stone's throw of the border river. If you bear left between the houses, you will find an impressively tall watchtower that was built in around 1911 to defend the unwallled village from bandits. It has barred windows and gun holes from which defenders could fire at attackers.

Return to the road and turn right. You can wave down any green minibus passing by on its way to Sheung Shui station, or walk another 15 minutes -- past Hong Kong's guide dog training school -- to San Uk Ling village, where there's a bus stop for the KMB 73K.

今個月，我們回到昔日一個封閉的邊境地區，參觀另一座建於山頂上的堡壘和一些沉寂了的農村。

今次的小路相當容易行走，但有一段路草木叢生，所以你可能需要穿著長褲。步行時間：2小時。

乘搭鐵路前往粉嶺，從 A2 出口離開，轉乘九巴 79K，直至到達坪輦路的鄉郊地區，然後在簡頭圍站下車。

從巴士站直行，在分岔路口左轉，那裡有指向文錦渡的黃色標誌。然後，就在打鼓嶺蔬菜產銷貸款有限責任合作社的建築物前面左轉，沿著一條穿過村莊的狹窄小路走，這將帶你到河邊的田野。如果有抓找到機會，請立即轉左，經橋過河。這是一條非常寬闊、平坦的水道，毫無疑問是為了應對季節性洪水而實施的拓寬計畫。在地圖上，它被命名為平原河，但在 1997 年之前，駐紮在該地區的英國軍隊將它稱為 River Ganges。

到另一邊後，按照路標前往打鼓嶺英公立學校。這是一條單行道，穿過裝飾著鮮花和精心照料的灌木的村屋。學校本身坐落在茂密的樹林之中，風景優美。一條小路沿著學校建築的左側延伸，然後帶領你沿著梯級登上山坡。

在第一個分岔路口左轉並繼續緩緩向上走。很快，小路就變成了梯級，你會看到身後綠色山谷的壯麗景色。留意右側的泥路，上面有粉紅色的



絲帶標記。（如果你沿著梯級一直往上走到再次開始落梯級時，這表示你走得太遠了；請往回走兩分鐘）。

這條小路雖然陡峭，但很快就能帶你到老鼠嶺山頂的三角點。它只有 75 米高，以香港的標準來說只是一座小山，但透過白千層樹之間仍然可以欣賞到美麗的景色。直接向前走越過三角點，再次沿著絲帶標記走；這時你的長褲就派上用場了，因為這個位置的植物已經長得非常茂盛了。繼續向前行，前方只有一條路，而且非常清晰。

很快，你就會從樹叢中走出，來到瓦窰警崗的圍籬旁。這座山頂瞭望台是一座麥景陶碉堡，就像我們 3 月時在蓮麻坑參觀過的那座一樣。這些歷史建築已有約 75 年歷史，是二級文物保護建築。

沿著陡峭的鋪砌小路走到公路上，小心地穿過馬路，即可進入瓦窰村，這裡距離邊界河只有一箭之遙。如果你在房屋之間左轉，便會發現一座令人印象深刻的高瞭望塔，它建於 1911 年左右，用於保衛這個沒有圍牆的村莊免受土匪的侵擾。這棟建築設有被門住的窗戶和槍孔，防禦者可以透過這些窗戶向攻擊者開火。



返回公路並右轉。你可以招手攔下任何一輛開往水上站的綠色小巴，或者再步行 15 分鐘——經過香港導盲犬訓練學校——到達新屋嶺，那裡有九巴 73K 的巴士站。



Hugo Spritz Summer is coming!

Whether you're marking the end of a long day or easing into the weekend, the Hugo Spritz is summer in a glass.

The Hugo Spritz combines elderflower cordial, sparkling wine or soda water, fresh mint, and a splash of lime for a light and refreshing drink that's perfect with or without alcohol.

Ask for yours at all outlets throughout May.

Hugo Spritz 雞尾酒

迎接夏天來臨！

無論是你正在結束漫長的一天，還是輕鬆地度過週末，Hugo Spritz 都是一款最適合夏日品嚐的飲品。

Hugo Spritz 是一款混合了接骨木花甜果汁、氣泡酒或蘇打水、新鮮薄荷和少許青檸，調配成一款輕盈清爽的飲品，含酒精或不含酒精均可。

現於整個5月份，你都可以在會所各餐廳及酒吧享用。





Celebrate the Moment

Exclusive Birthday Dining at the Pacific Club

太平洋會為你送上專屬的生日用餐體驗 慶祝你的大日子

Join us at the Pacific Club for an unforgettable birthday celebration! Members are invited to gather with friends during their birthday month to indulge in a delectable lunch or dinner at our designated Club restaurants.

Spend over \$1,888 and enjoy a complimentary celebratory cake and a bottle of Prosecco courtesy of the Pacific Club.
Make your birthday truly memorable with us!

Until 30th June 2025

Available every day for Lunch & Dinner
at The Island View, Pier 6, Capricci & Bauhinia restaurants

會員可以在其生日月份內與親朋好友前來太平洋會的指定餐廳舉行一個難忘的生日聚餐，享用美味的午餐或晚餐！
凡聚餐消費滿\$1,888，即可免費獲贈由本會送出的慶祝蛋糕一個及Prosecco氣泡酒一瓶，
為你的生日添上難忘的回憶！

由即日起至2025年6月30日
每日的午餐及晚餐時段
在The Island View、Pier 6、Capricci 及紫荊閣餐廳享用

Terms and Conditions 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one pound birthday cake, a minimum food and beverage spend of \$1,888 for 6 persons or fewer (with a minimum food spend of \$1,200) is required at The Island View, Pier 6, Capricci or Bauhinia restaurants.
在 The Island View、Pier 6、Capricci或紫荊閣餐廳舉行6人或以下聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025.
此推廣活動的有效日期：2024年7月1日至2025年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer can only be redeemed once per meal 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。
- Blackout dates: 2025: 1/1, 28-31/1, 14/2, 4/4, 18-21/4, 1/5, 5/5, 11/5, 31/5 & 15/6.
優惠不適用日期：2025年：1/1、28-31/1、14/2、4/4、18-21/4、1/5、5/5、11/5、31/5及15/6。
- A table reservation is required at the appropriate 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，所有蛋糕必須至少提前48小時預訂。
- This offer is not applicable for banqueting events.
此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to other promotions or credits.
此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to change the terms & conditions and the decision shall be the 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。

Take Your Basketball Skills to the Next Level with Private Coaching

Looking to improve your game? One-to-one basketball sessions with Coach Bobby Yip offer focused guidance to help you develop your technique, boost your confidence, and enhance your performance on court. From ball handling and shooting to movement and match awareness, each session is tailored to your ability and goals.

Whether you're just getting started or aiming to raise your competitive edge, personalised coaching is a fantastic way to train more effectively and play with greater impact.

提升你的籃球比賽水平 私人教練課程

想要提升你的籃球技術嗎？參加由本會專業籃球教練Bobby Yip指導的私人籃球訓練課程，可以幫助你提升動作技巧，建立自信心並改善在球場上的表現。從控球和投籃到移動和比賽意識，每節課程都會根據你的能力和目標而量身定制。

無論你是剛起步的初學者，還是旨在提高自己的競爭優勢，這個人化指導都是更有效的訓練和發揮更大影響力的絕佳方式。



Basketball Private Lessons 私人籃球課堂

Private Lessons (1pax)

1-hour : \$650 per person

1½hour : \$900 per person

Private Lessons (2pax)

1-hour : \$900 per session

(Additional participant: \$200/pax, up to 8 pax)

私人課程（一人）

一小時課程 : 每位\$650

1½小時課程 : 每位\$900

半私人課程（二人）

一小時課程 : 每堂\$900

〔額外參加者 : 每堂/每位\$200，上堂人數最多8位〕

Contact the 4/F Tennis 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。

Junior Easter Egg Design Competition 2025 RESULTS 兒童復活蛋設計比賽2025 – 得獎結果

The Junior Easter Egg Design Competition 2025 was a great success, attracting numerous entries from our younger members. We would like to thank all the children who participated and created unique Easter Eggs, each beautifully decorated, showcasing imagination and creativity.

Many congratulations to the winners of the two age categories and please feel free to come and view all the wonderful designs, which are currently on display at the Children's Playroom.

本會舉辦的兒童復活蛋設計比賽2025已完滿結束，在此多謝各位小朋友的參與。所有交回的復活蛋都充分發揮了創意及想像力，各具特色。

經過我們的評審後，最終選出了兩個組別的優勝者。所有參賽作品現已經於本會兒童遊戲室展出，歡迎大家前來欣賞。

Category 4-7 Years
4-7歲組別優勝者

Fan Ching Ying
(4 years old)



Category 8-11 Years
8-11歲組別優勝者

Fan Ching Yiu
(8 years old)



The Secret to Better Performance in Rotational Sports

提升旋轉運動表現的關鍵

Key Reminders for Rotational Sports, such as Golf and Tennis

• Warm-Up Thoroughly

Rotational sports demand explosive torque. Always mobilise your spine, hips, and shoulders before playing to prevent strains.

• Engage Your Core

Power comes from core stability, not just arms. Avoid over-arching your lower back during swings.

• Control Over Speed

Fast rotations with poor form increase injury risk. Master technique first, then gradually increase speed.

• Balance Both Sides

Rotational sports often overuse one side. Include symmetrical exercises (e.g., planks) to prevent imbalances.

The following exercise programme focuses on Rotational Sports Mobility & Strength, targeting the development of explosive rotational power, enhanced core stability, and improved hip mobility. These components are essential for optimising performance in rotational sports movements such as the golf swing and tennis serve.

進行高爾夫球及網球等旋轉運動的注意事項

• 充分熱身

旋轉運動需要爆發性的扭動力，務必在運動前活動脊椎、髖部和肩膀以防止拉傷。

• 啟動核心

力量來自核心穩定度而非僅靠手臂。揮桿時避免下背部過度彎曲。

• 動作控制重於速度

快速旋轉且姿勢不良會增加受傷風險。先掌握技巧，然後逐漸提高速度。

• 平衡訓練

旋轉運動經常會過度使用一側，加入對稱性訓練（如平板支撐）以預防失衡。

以下是一些旋轉運動的專用訓練，旨在增強爆發性的旋轉力量、核心穩定性和改善髖部靈活性。

這些訓練對於提升高爾夫球揮桿和網球發球等旋轉運動的表現至關重要。



1

Cat-Cow Stretch

貓牛式伸展

(5 reps/side)

- Focus: Spinal mobility
- Kneel on all fours, arch (cat) and dip (cow) your spine.

(每邊 5 次)

- 重點：脊椎活動度
- 四足著地成跪姿，交替拱起（貓式）及壓低背部（牛式）。



2

Seated Russian Twist

坐式轉體

(10 reps/side)

- Focus: Rotational core strength
- Sit with knees bent, lean back slightly, twist torso side to side (add weight for intensity).

(每邊 10 次)

- 重點：旋轉核心力量
- 坐姿屈膝，身體稍微後傾，左右旋轉軀幹（可持重物增加強度）。



3

Side Plank with Rotation

側平板支撐加旋轉

(5 reps/side)

- Focus: Oblique stability
- From side plank, top arm reaches under ribs and rotates open.

(每邊 5 次)

- 重點：腹斜肌穩定
- 側平板支撐，上臂穿過肋骨下方後打開旋轉。



By Personal Trainer, Rosel Chu

撰文：私人健身教練 - Rosel Chu



4

Glute Bridge with March 臀橋與交替抬膝

(8 reps/side)

- Focus: Hip stability
- Bridge hips up, alternate lifting knees (keep pelvis level).

(每邊 8 次)

- 重點：髖部穩定
- 臀部橋式，交替抬膝（保持骨盆穩定）



7

Supine Figure-4 Stretch 仰臥 4 字形拉伸

(30s/side)

- Focus: Hip flexibility
- Lie on back, cross ankle over knee, pull thigh toward chest.

(每邊停頓 30 秒)

- 重點：髖部靈活度
- 仰躺，一腳踝放在另一腳的膝上，手拉起大腿靠近胸口



5

Bird-Dog 鳥狗式

(6 reps/side, hold 3s)

- Focus: Anti-rotation
- Extend opposite arm/leg while keeping hips square.

(每邊 6 次，每次停頓 3 秒)

- 重點：抗旋轉訓練
- 對側手腳伸展，保持髖部平衡



6

Standing Windmill 風車式

(5 reps/side)

- Focus: Thoracic rotation
- Feet wide, one hand touches opposite foot while other reaches up.

(每邊 5 次)

- 雙重點：胸椎旋轉
- 雙腳分開，一手觸碰另一隻腳，另一手向上伸展

Incorporating these exercises into your weekly routine can significantly enhance your performance in rotational sports. By improving mobility, strength, and control through targeted movement patterns, you'll build a more resilient and efficient body, better equipped to generate power, maintain form, and reduce the risk of injury during high-speed, asymmetrical movements like a golf swing or tennis serve. Consistency is key: quality movement, performed regularly, is the foundation of long-term progress.

將這些練習納入你的每週日常活動，可以顯著提高在旋轉運動中的表現。透過有針對性的運動模式提高靈活性、力量和控制力，你將擁有更有彈性和效率的身體，更好地產生力量、保持體形，並降低在高爾夫球揮桿或網球發球等高速、不對稱運動中受傷的風險。一致性是關鍵：定期進行高質量運動是不斷進步的基礎。

Flowers for Mother's Day

母親節花卉擺設

What You'll Need:

- Various Flowers: Carnation, Ranunculus, Sakura, Calla Lily, Nuttallianus
- Large, Tall Glass Container
- Plastic Flower Pot Tray
- Large Heart Shape Decoration
- Ribbon
- Floral Foam
- Thick wire
- Adhesive Tape
- Scissors

材料：

- 多種花卉：康乃馨、小牡丹、櫻花、海芋、籃星花
- 高大的玻璃容器
- 膠花盆托盤
- 大的心形裝飾物
- 絲帶
- 花泥
- 粗鐵絲
- 膠紙
- 剪刀



1. Secure two long ribbons in a cross shape at the base of the plastic flower pot tray using adhesive tape.
2. Trim the edge around the plastic flower pot tray for a neat finish.
3. Place the floral foam on the plastic flower pot tray.
4. Attach the heart-shaped decoration to the floral foam using thick floral wires.
5. Trim the stems of the Calla Lilies, along with some Nuttallianus and Sakura, to varying lengths and insert them into the foam to create height and dimension.
6. Cut the Carnation, Ranunculus, and the remaining Nuttallianus and Sakura stems shorter, then fill in the arrangement by inserting them throughout the foam.
7. Pick up the ribbons and lift the whole arrangement.
8. Carefully, place the whole arrangement inside the glass container.

1. 用膠紙將兩條長絲帶以十字交叉固定在膠花盆托盤的底部。
2. 整齊剪去膠花盆托盤的圍邊。
3. 將花泥放在膠花盆托盤上。
4. 用粗鐵絲將心形裝飾物固定在花泥上。
5. 將海芋及部分籃星花、櫻花的莖修剪成不同長度，然後將它們以不同高度及方向插入花泥中。
6. 將康乃馨、小牡丹以及其餘的籃星花、櫻花的莖剪短，然後將它們插滿整個花泥，完成擺設。
7. 拿起絲帶並提起整個擺設。
8. 將整個擺設小心地放入玻璃容器內。

Understanding the Swing Path in Golf

理解揮桿路線



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

The swing path is fundamental to consistently hitting accurate and effective golf shots. Each club in your bag requires a distinct swing path tailored to its specific role, making it crucial for golfers to learn and apply these variations to enhance overall performance on the course.

For short game clubs, the ideal swing path is more vertical. A steeper angle helps golfers control the backspin on the ball, providing greater precision and accuracy at impact. This technique is especially beneficial for short-distance chip shots, where tight control during club contact is essential. A controlled vertical swing enhances spin and improves the ball's stopping power on the green, positioning you advantageously for the following shot.

When using mid-range irons, such as a 7-iron, a slightly different technique is required. Golfers should gently bend their backs during preparation to ensure the club contacts the ball first, followed by a downward strike on the turf. This action generates increased backspin, enabling the ball to quickly stop upon landing, a critical factor for accurate positioning on the green.

In contrast, using a driver for tee shots demands a more level swing path. Excessive bending of the back is unnecessary; instead, keeping a relatively level swing allows for an upward strike on the ball. This reduces unwanted backspin, promoting greater distance.

Ultimately, whether using a short game club, a mid-range iron, or a driver, the subtle adjustments in each swing technique can profoundly affect the outcome of the shot. Understanding and mastering these is key to improving overall performance on the golf course.

揮桿路線對於持續打出準確、有效的高爾夫球至關重要。在球袋中的每支球桿都需要根據其特定用途制定獨特的揮桿路線，因此對於高爾夫球手來說，學習和應用這些變化對於提高球場上的整體表現非常重要。

對於短桿來說，理想的揮桿路線是較為垂直的。更大的角度有助於高爾夫球手控制球的後旋，從而提供更高的擊球準確度。這種技術尤其適合短距離切球，因為在擊球過程中嚴格控制球桿是非常重要的。受控的垂直揮桿可增強球的旋轉力，並提高球在果嶺上的停止力，為接下來的擊球提供有利位置。

當使用中距離鐵桿（例如 7 號鐵桿）時，需要稍為不同的技術。高爾夫球手在準備時應輕微彎曲背部，以確保球桿首先接觸球，然後向下擊打草皮。這一動作可以增強球的後旋，使球落地後能夠快速停止，這是在果嶺上控制球走向的關鍵因素。

相較之下，使用一號木桿發球時則需要更平坦的揮桿路線。背部不需要過度彎曲；相反，應保持相對水平的揮桿將球向上擊打，從而減少不必要的後旋，確保球的飛行距離更遠。

總而言之，無論是使用短切桿、中距離鐵桿還是發球桿，每一種揮桿技術的細微調整都能對擊球的結果產生深遠影響。理解並掌握這些細微差別是提升整體高爾夫球表現的關鍵。



Golf Private Lessons

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

Our experienced Golf Pro offers private lessons to really improve your game. Whether you are a beginner or a low handicapper, these lessons can make a huge difference to your technique.

高爾夫球私人課堂

不論你是初學者還是高手，想進一步改善及提升高爾夫球技術的話，歡迎前來參加由本會專業私人教練劉日洪（Alain）教授的私人高爾夫球課堂。

Private Lessons (1 pax) 私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4 堂一小時課程	\$2,900 per person 每位\$2,900
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Semi-Private Lessons (2 pax) 半私人課程（二人）

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位\$1,600
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Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。

Water Aerobics

水中健康舞班

Join our Water Aerobics classes to build cardiovascular fitness and strength whilst being low-impact on your joints. We offer various classes throughout the week.

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。課程於星期二及五舉行。



Morning Water Aerobics

Date : (A) Tuesday 6th, 13th, 20th & 27th May
(B) Friday 2nd, 9th, 16th, 23rd & 30th May
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) Member \$700, Guest - \$1,180 (for 4 lessons)
(B) Member \$875, Guest - \$1,475 (for 5 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 6th, 13th, 20th & 27th May
(B) Friday 2nd, 9th, 16th, 23rd & 30th May
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 6th, 13th, 20th & 27th May
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Yoga at the Club

Our Group Yoga Classes, held on five days throughout the week (except Public Holidays), are a great way to exercise the body and mind.

Venue : Aerobics Room

Fee : Members \$180/class, \$1,620/10 classes ; Guests \$300/class

Remark : Packages must be completed within 4 months

For more information and enrollment, please contact the 2/F Reception on 2118 1890.

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、二、四、五及日舉行(公眾假期除外)。

收費：會員每堂 \$180，

10堂套票 \$1,620 (套票必須於4個月內完成)

非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，

套票必須於4個月內完成。

報名請致電 2118 1890。

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



Holiday Notice

Please note that all junior and adult group classes will be cancelled during:

- Labour Day on 1st May
- The Birthday of the Buddha on 5th May
- Tuen Ng Festival on 31st May

課程暫停舉行

請注意，所有兒童及成人團體課程，將於以下公眾假期暫停舉行：

- 5月1日勞動節
- 5月5日佛誕
- 5月31日端午節

Sunday Social Tennis

Enjoy a relaxing Sunday afternoon with Social Tennis at the Pacific Club! Whether you're a seasoned player or just looking to have fun on the courts, join us every Sunday for two hours of friendly matches and great company. Meet new friends, improve your game, and unwind in the perfect weekend setting. All skill levels are welcome.

週日網球聯誼聚會

參加本會於星期日傍晚舉行的「週日網球聯誼聚會」，享受輕鬆的假日時光！無論你是經驗豐富的球員還是只想在球場上享受樂趣，不論任何技術水平都歡迎於每個星期日加入我們，進行兩小時的友誼賽，除了可以結識新朋友、提升網球水平，更可以在完美的週末時光中放鬆身心。活動收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

Date : Sunday 4th, 11th, 18th & 25th May

Time : 5:00pm – 7:00pm

Venue : Outdoor Tennis Courts

Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)

Age : Adults Only



Ladies' Morning Tennis

To improve your tennis technique and brush-up on your tactics for matches, come and join our two-hour Ladies' Morning Tennis sessions with our expert coaches. Please note each clinic is limited to 10 players only, so be sure to enroll as early as possible.

**女子早上網球練習**

參加本會於星期一舉行的女子早上網球練習班，在我們的專業教練指導下，透過兩小時課程學習提升網球技術，增強比賽戰術知識，適合不同程度的學員參加。每班僅限10名學員參加，請儘快報名。課程收費：每位\$310（包括場租及飲品招待）。

Date : Monday 12th, 19th & 26th May

Time : 10:00am – 12:00noon (Intermediate / Advanced Level)

Venue : Indoor Tennis Courts

Price : \$310 (for 2 hours, including court charges and selected beverages at the Tennis Lounge)

Junior Tennis Academy

Join the action every Saturday at our Junior Tennis Academy! Our expert coaches guide juniors of all abilities through exciting drills, skill-building games, and friendly matches. Give your child the chance to develop their tennis skills, build confidence on court, and make new friends along the way. Please note that the fee will be charged on a monthly basis.

**青少年網球訓練**

於每個星期六前來加入本會的青少年網球訓練班吧！我們的專業教練將透過令人興奮的實地訓練、為培養技能而設計的遊戲及友誼賽，來幫助各級程度的年少學員提升技術，讓他們有機會發展網球潛能，在球場上建立信心，並在過程中結交新朋友。5月份課程收費 — A班（3½-6歲，4堂）：會員\$840，非會員\$1,320；B班（6-16歲，4堂）：會員\$1,120，非會員\$1,600。請注意，課程收費將按月計算。

Date : Saturday 3rd, 10th, 17th & 24th May

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

Venue : Indoor Tennis Courts

Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)

(B) Member \$1,120, Guest \$1,600 (for 4 lessons)

Age : (A) 3½ – 6 years

(B) 6 – 16 years

Contact the 4/F Tennis Office on 2118 1707 for booking details.

查詢及報名，請致電 2118 1707。

Tennis League Teams' Schedule Home Matches in May

網球聯賽 — 5月份主場賽事



DATE	TEAM	MATCH
Monday, 12th May	Men's (Division A)	Pacific Club vs Hong Lok Yuen Country Club
Monday, 26th May		Pacific Club vs Kowloon Tsai Home Owner's Association
Tuesday, 20th May	Men's (Division B)	Pacific Club vs Hong Kong Football Club 1
Wednesday, 7th May	Men's (Division C)	Pacific Club vs Fairview Park Country Club

By Craig Norris

www.momentsbycraig.com

Rediscovering Affordable Black & White Film Photography

重新發現價格實惠的黑白菲林攝影

In the March issue of this magazine, I discussed Lucky Film's affordable new options for 35mm film photography were on the horizon. These products have now arrived, offering photographers a budget-friendly alternative to traditional black & white films. The pricing is notably competitive, particularly when purchasing multiple rolls. I ordered my four rolls via AliExpress for a total of HK\$160, bringing the cost to just HK\$40 per roll.

My usual preferred black & white film choice is Ilford XP2 Super 400. That film has been my favourite for many years, not only for its very high image quality, but also because it is one of the very few black & white films that can be processed in the "one-hour" developing and printing "C41 chemistry" mini-lab machines used in Fotomax shops and Kodak Express shops. This processing method allows photographs to be developed swiftly, usually within an hour, and the negatives produced have the versatility to be printed on traditional black and white photographic paper or digitally scanned.

Most traditional black and white films cannot be processed in these standard mini-lab machines, requiring instead specialist film-processing labs. The turnaround time from such labs can often be longer, ranging from several days to even weeks. Alternatively, enthusiasts who enjoy a more hands-on approach might prefer developing these films at home, which can be both a rewarding and cost-effective hobby. Home processing also allows photographers complete creative control over the developing process, enabling adjustments in contrast and grain.

In terms of cost, Ilford XP2 Super 400 typically costs about HK\$86 per roll, more than double the price of Lucky SDH 400. Other professional black and white films, such as Kodak 400 TMAX, known for its sharpness and fine-grain quality, often exceed HK\$100 per roll.

With the Lucky SDH 400 film priced at just HK\$40 per roll, film photography has become significantly more accessible, providing photographers, particularly beginners or students, an affordable entry point to explore and experiment with traditional film photography techniques.

在3月份的會刊中，我曾提及過樂凱膠片公司即將以實惠價格推出全新的一系列35毫米攝影菲林。這些產品目前已經上市，為攝影師提供了比傳統黑白菲林更經濟實惠的替代品，其定價更具競爭力，尤其是大量購買時。我透過AliExpress訂購了4卷，總價為港幣\$160，每卷成本僅為港幣\$40。

通常我首選的黑白菲林都是Ilford XP2 Super 400。多年來，這款菲林一直是我的最愛，不僅因為它的影像品質非常高，還因為它是極少數可以在Fotomax及Kodak Express商店中使用「一小時沖印」服務及以C41迷你沖洗機器處理的黑白菲林之一。這種處理方法可以快速地（通常在一小時內）沖洗照片，而且所製作的底片可以列印在傳統的黑白相紙上或進行數位掃描。

大多數傳統黑白菲林無法在這些標準型的迷你沖洗機器中進行處理，而是需要在專門的菲林處理實驗室中進行。此類實驗室的處理時間通常較長，從幾天到幾週不等。或者，喜歡親自動手的愛好者可能更喜歡在家中沖洗這些菲林，這既是一項有價值又划算的愛好，而且還允許攝影師完全控制顯影過程的創意，從而能夠自行調整對比度及顆粒度。

在價格方面，Ilford XP2 Super 400的每卷售價一般為港幣\$86左右，是樂凱SDH 400價格的兩倍以上。而其他的專業黑白菲林，例如以清晰度及細膩度著稱的Kodak 400 TMAX，每卷售價往往超過港幣\$100。現時樂凱SDH 400菲林的每卷售價僅為港幣\$40，令菲林攝影變得更加大眾化，也為攝影師（尤其是初學者或學生）提供了一個經濟實惠的門檻以探索及試驗傳統菲林攝影技術。



HKD93 Kodak 400 TX



HKD122 Kodak 400 T MAX



HKD60 AGFA APX400



HKD86 ILFORD XP2 Super 400



HKD40 Lucky Film SHD400

Hair Product Sale in May

5月份頭髮產品優惠

Proaction for C. Shampoo, 170ml

~~\$130~~

\$115

A daily care shampoo for colour-treated hair. This shampoo can extend colour luminosity and restore moisture balance. Seal-in vibrant colour by gently adjusting your hair's pH balance.

Proaction C.鎖色洗髮水，170毫升

此產品適合為漂染頭髮進行日常護理，可延長頭髮顏色的持久度及光澤度，恢復水分平衡、適當調節頭髮的酸鹼平衡值。



Avarice Awaken 003 Salt Water, 120ml

~~\$200~~

\$180

This incredible salt water product can help to maintain your hair style longer and increases volume immediately. It is suitable to use as a base for all kinds of hair styling. The biggest advantage of this product is to achieve the effect of fullness, whilst also providing soft and natural hair texture.

Avarice Awaken 003頭髮蓬鬆水定型噴霧，120毫升

使用這款鹽水可令造型更持久，並立即提升豐盈感，適合在進行各種頭髮造型前使用。其最大優點是使用後可以令頭髮感覺柔順及自然，同時亦能做到豐盈的效果。

Notio Solid Wax

~~\$260~~

\$230

This skincare-focused styling wax nourishes both hair and hands while delivering a strong, lasting hold. Its lightweight formula adds texture and definition, creating a natural, three-dimensional finish that moves with you. Ideal for daily use, it keeps your hairstyle in place while caring for your skin with gentle, hydrating ingredients.

Notio護肌髮蠟

這款以護膚為主的造型髮蠟可以同時滋養頭髮和雙手，提供強效持久的定型效果。其輕盈配方可提升頭髮的質感和線條，隨著你移動創造出自然、立體的效果。非常適合日常使用，既可以保持你的髮型，同時用溫和的保濕成分護理你的皮膚。



This Month's Promotion

10% Discount on Intensive Hair Care Treatments

Throughout May, enjoy a 10% discount on our Intensive Hair Care Treatments, including the rejuvenating Curepod and Trisys Triphilia. These treatments are expertly formulated to restore hair damaged by swimming pool chlorine, intense sunlight, dryness, and styling treatments like colouring, perming, or straightening.

To make your appointment, please call the Hair Salon on 2118 1893.

深層頭髮護理9折優惠

會員於5月份到會所髮廊惠顧深層頭髮護理，包括 Curepod 及 Trisys Triphilia 護理，可獲享9折優惠。專業頭髮護理能有效地修復因過度漂染、電燙、乾旱、負離子、泳池氯氣及陽光曝曬所引致的嚴重受損髮質。

查詢及預約服務，請致電 2118 1893。





Mother's Day Inspired – Sunset Outdoor Yoga

Spend meaningful time together to celebrate Mother's Day with a shared yoga session at sunset. Join Yoga Coach Serena on the Poolside Sundeck for gentle stretches and mindful breathing as the evening light fades over the ocean.

Whether it's mother and son or daughter, or someone else close, this is a quiet, beautiful way to connect and unwind side by side

母親節 – 日落黃昏室外瑜伽

在日落時分與至親一起進行瑜伽運動，以加深聯繫的時光來共慶母親節。傍晚的陽光漸漸消失在海面上，在泳池旁的日光浴平台上一邊享受清新的海風及感受陽光的溫暖，一邊與瑜伽教練Serena一起進行輕柔的伸展運動和專注的呼吸練習。

無論是母親與兒女或另一伴，還是其他親近的人，這都是一種安靜、美麗的相處時刻和放鬆身心的方式。

活動於5月4日（星期日）舉行，收費 — 會員\$160，非會員\$280，歡迎所有年齡人士參加。

Date : Sunday, 4th May
Time : 5:00pm – 6:00pm
Venue : Poolside Sundeck
Price : Member \$160, Guest \$280
Age : All Ages

Shell Flower Nightlight Workshop

Create something truly special at this hands-on workshop, where children will learn to make glowing flower lights from shells. Guided by our expert instructor, each participant will craft a one-of-a-kind nightlight to take home. This is a fun session, perfect for those who love arts and crafts.

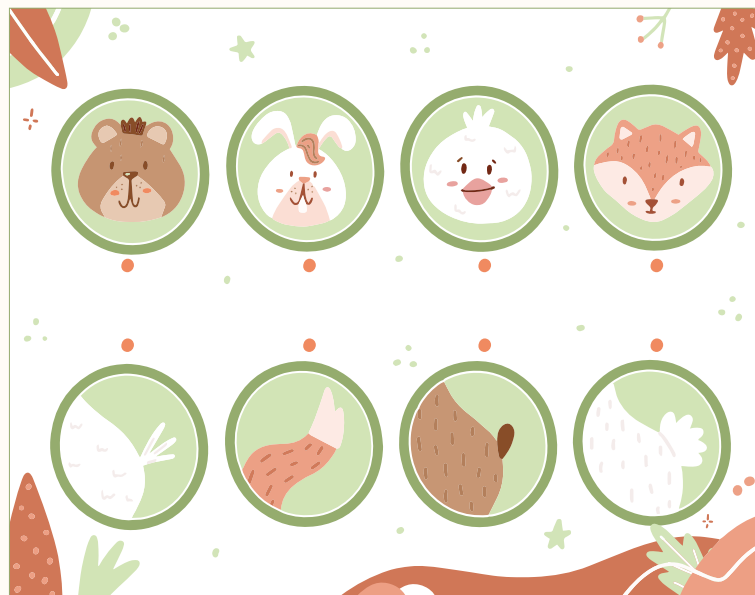
母親節 – 貝殼花小夜燈工作坊

為慶祝母親節，我們特別於5月18日（星期日）舉辦這個有趣的創意工作坊，讓孩子們發揮想像力製作美麗的發光花朵，然後將它們固定在精緻的陶瓷貝殼裝飾內，打造一盞充滿童趣和溫暖的小夜燈。

這課程非常適合5歲及以上喜歡藝術手作的孩子參加，一堂收費 — 會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。



Date : Sunday, 18th May
Time : (A) 2:00pm – 3:00pm
(B) 3:15pm – 4:15pm
Venue : Children's Playroom Library
Price : Member \$180, Guest \$300
(including Children's Playroom entrance fee)
Age : 5 years and above



Find My Tails

Please find the tails of the animals.
請為小動物尋找它們的尾巴。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Saturday, 31st May. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於5月31日（星期六）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Mother's Day – Aromatic 3D Hanging Plaque Workshop

To celebrate the love of Mother's Day, we have designed a fun and creative workshop here at the Club. In this afternoon workshop, children will get hands-on by using vibrant paints to colour plaster hanging plaques, showcasing their creativity. Once completed, children can add drops of their favourite aromatic oils, allowing the plaques to emit a lovely fragrance. This thoughtfully crafted plaque will make the most touching and warm Mother's Day gift!

母親節 – 香薰立體掛牌工作坊

為了迎接充滿愛的母親節，我們特別設計這次充滿童趣及創意的活動！屆時，孩子們將可以親自動手，利用多彩的顏料為精緻的石膏畫掛牌上色，展現創意與個性。完成後，孩子們還可以添加幾滴他們喜愛的香薰油，讓掛牌散發出陣陣迷人的香氣。這份精心製作的掛牌，將承載著孩子們滿滿的愛與心意，是送給母親最溫馨動人的節日禮物！

工作坊將於5月10日（星期六）舉行，適合5歲及以上的會員參加，收費 – 會員\$100，非會員\$220（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 10th May
Time : 3:00pm – 4:00pm
Venue : Children's Playroom Library
Price : Member \$100, Guest \$220
(including Children's Playroom entrance fee)
Age : 5 years and above



Holiday Notice

Please note that all junior and adult group classes will be cancelled during:

- Labour Day on 1st May
- The Birthday of the Buddha on 5th May
- Tuen Ng Festival on 31st May

課程暫停舉行

請注意，所有兒童及成人團體課程，將於以下公眾假期暫停舉行：

- 5月1日勞動節
- 5月5日佛誕
- 5月31日端午節

Junior Taekwondo

Our ongoing Taekwondo classes are a great opportunity for children to progressively learn this martial art, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!



少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上所有程度的會員參加，5月份4堂收費 – 會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 3rd, 10th, 17th & 24th May
Time : 4:00pm – 5:00pm (All levels)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 4 years and above



Rope Skipping Class

Join our weekly Rope Skipping Class, where children learn individual and partner skipping skills through engaging and energetic sessions. Classes focus on improving fitness, building self-esteem, encouraging leadership and promoting teamwork.

花式跳繩班

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。課程於星期日舉行，適合7 – 12歲會員參加，5月份4堂收費 – 會員\$720，非會員\$760。

Date : Sunday 4th, 11th, 18th & 25th May
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 7 – 12 years

Wall Climbing

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



運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期六下午舉行，適合6-10歲的會員參加，5月份兩堂收費——會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 17th & 24th May
Time : 2:00pm – 3:30pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570
(for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years



English Drama Academy

Join our English Drama Academy, now on a new day and time—Mondays! Led by our experienced instructor, this dynamic class explores storytelling, role-play, scriptwriting, dance, speech, prose and narration. Each session is designed to boost creativity, enhance language and communication skills, strengthen problem-solving abilities, and build self-confidence.

英語話劇訓練班

本會的英語話劇訓練班由經驗豐富的導師指導，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，來激發學員的創造力、提高語言及溝通技巧、增強解決問題的能力，並建立自信心。課程於星期一下午舉行，適合3-12歲的會員參加，5月份3堂收費——會員\$600，非會員\$630。

Date : Monday 12th, 19th & 26th May
Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm
Venue : Gym Activities Room
Price : Member \$600, Guest \$630 (for 3 lessons)
Age : (A) 3 – 5 years
(B) 6 – 12 years



Junior Badminton Lessons

Our Junior Badminton Programme is for junior players aged 6 to 16 years. In these group classes, our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities to take their game to the next level.

少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的會員而設，透過課程學員將可發展他們的技能、提高比賽水平，並享受打羽毛球的樂趣。5月份4堂收費——會員\$1,040，非會員\$1,080。

Date : Friday 9th, 16th, 23rd & 30th May
Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm
Venue : Aerobics Room
Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
Age : (A) 6 – 10 years
(B) 11 – 16 years

Junior Badminton Lessons (Private)

To really improve your child's badminton skills, book Private Lessons with our Badminton Coach. With one-on-one attention, your child will receive a training programme in Badminton tailored to their unique strengths, weaknesses, and goals.

Private Lessons

1pax: \$700/hour (including court hire)
2pax: \$900/hour (including court hire)

少年羽毛球 – 私人課程

想學習羽毛球知識及提升個人技巧，歡迎前來參加私人羽毛球班，本會經驗豐富的專業羽毛球教練將針對每位學員的獨特優點、缺點及目標而度身設計適合他們的課程。查詢及預約時間請致電 2118 1890。

私人課程收費（包括場租）

一人：\$700 / 每堂一小時

二人：\$900 / 每堂一小時



Updated Member Contact Details

更新會員聯絡資料

Please complete this Reply Slip and return by email to membership@pacificclub.com.hk or to 2/F Reception Desk
請填妥以下回條並以電郵發送至 membership@pacificclub.com.hk 或把回條交到二樓接待處

A. Principal Contact Information (for main cardholder) 主要聯絡資料 (供主咭持有人)

Name of Member 會員姓名 :	Membership Number 會員編號 :
1st Email Address 電郵地址 :	2nd Email Address 電郵地址 :
For receiving 以收取 : <input type="checkbox"/> Monthly Statement 月結單 <input type="checkbox"/> Member Notice 會員通告 <input type="checkbox"/> Weekly Newsletter 每週通訊 <input type="checkbox"/> E-Magazine 電子月刊	For receiving 以收取 : <input type="checkbox"/> Monthly Statement 月結單 <input type="checkbox"/> Member Notice 會員通告 <input type="checkbox"/> Weekly Newsletter 每週通訊 <input type="checkbox"/> E-Magazine 電子月刊
Residential Address 居住地址	
Telephone Number 電話號碼	Mobile Phone Number 手提電話號碼
Company Name 公司名稱	
Office Address 公司地址	
Position 職位	Telephone Number 電話號碼

Please ✓ in the boxes below for your options of Mailing / Email Instructions 請於方格內 ✓ 以選擇郵寄/電郵方式

1. Monthly Statement 月結單

or 或 ☐ By Email 電郵 → ☐ Statement Shown Without Company Name 月結單不顯示公司名稱 or 或 ☐ With Company Name 顯示公司名稱
☐ By Mail 郵寄 → ☐ To Residential Address 居住地址 or 或 ☐ To Office Address 公司地址

2. Club Magazine 會刊

☐ No Printed Hard Copy to be Mailed (You may view E-version of Club Magazine on Club's Website)
or 或 不收取郵寄印刷本 (你可到會所網頁瀏覽電子版本)
☐ By Mail 郵寄 → ☐ To Residential Address 居住地址 or 或 ☐ To Office Address 公司地址

B. Supplementary Contact Information (for supplementary cardholder / contact person)

附加聯絡資料 (供附屬咭持有人 / 聯絡人)

Name of Member 會員姓名	Name of Contact Person 聯絡人姓名
Membership Number 會員編號	Position 職位
Mobile Phone Number 手提電話號碼	Telephone Number 電話號碼
Email Address 電郵地址	Email Address 電郵地址
For receiving 以收取 : <input type="checkbox"/> Monthly Statement 月結單 <input type="checkbox"/> Member Notice 會員通告 <input type="checkbox"/> Weekly Newsletter 每週通訊 <input type="checkbox"/> E-Magazine 電子月刊	For receiving 以收取 : <input type="checkbox"/> Monthly Statement 月結單 <input type="checkbox"/> Member Notice 會員通告 <input type="checkbox"/> Weekly Newsletter 每週通訊 <input type="checkbox"/> E-Magazine 電子月刊

NOTE: G.P.O.Box is not accepted as correspondence address. 注意：郵政信箱不接納為通訊地址

Signature of Main Cardholder 主咭持有人簽署:

Date 日期:

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Sunday, 18th May. 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 June. Good Luck!

請於5月18日(星期日)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6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！

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

April
Solution
4月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Alan Ng



1st - 31st May

The Taste of my Childhood at Bauhinia Restaurant

紫荊閣於5月份為大家送上 - 我童年時的味道

Deep-fried Pig's Intestine with Pineapple
菠蘿炸大腸

Baked Chicken with Onion,
Potato and Bell Pepper in Portuguese Sauce
太平洋會焗葡國雞

Deep-fried Milk accompanied by
Deep-fried Pork Chop with Spicy Salt
懷舊大良炸鮮奶拼椒鹽骨

For Reservations, please call 2118 1892
訂座請致電 2118 1892

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



Live Sports at the Club Bar

精彩體育賽事 酒吧現場直播

Keep up to date on the live sports action at our vibrant Club Bar!

With numerous screens and a dynamic atmosphere, it's the place to be for catching this month's thrilling global sporting events.

Call the Club Bar on 2118 1845 for more details.

Club Bar Opening Hours: Daily, from 11:00am – 11:00pm

本會酒吧設有多部電視屏幕，是讓大家在熱鬧的氣氛下，觀看本月份全球各項刺激體育賽事的最佳場所。

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

Royal Automobile Club of Victoria – City Club Melbourne, Australia

Located in the heart of Melbourne's Central Business District, the Royal Automobile Club of Victoria (RACV) City Club offers members a refined city retreat combining dining, wellness, and hospitality in a contemporary setting.



Dining at the City Club offers a variety of experiences to suit every taste and occasion, seamlessly blending relaxed settings with refined options. For an easygoing atmosphere, the Bourke Street Green invites members to unwind

in a leafy outdoor space over light bites, cocktails, and conversation. Those looking for something more formal will enjoy the Members' Dining Room on Level 1, where classic dishes made with locally sourced ingredients are complemented by an extensive wine list. Alternatively, the Bistro and Coffee Lounge provides a bright and spacious setting, with natural light pouring through dramatic windows and a full menu available throughout the day. Sweet indulgences can be found at Le Petit Gâteau patisserie, known for its beautifully made cakes and pastries, perfect for special occasions or an afternoon treat with coffee. The Wine Bar is a stylish yet relaxed space, offering an impressive wine cellar, handcrafted cocktails, and an array of tapas. For something more contemporary, Sojourn brings a bold, creative approach to casual dining, with an imaginative menu on Level One and a rooftop bar above, where inventive cocktails and local beverages are served with sweeping views of the city.



Club facilities are designed to meet the needs of both active and professional lifestyles. The Fitness Centre includes a 25-metre heated indoor pool, fully equipped gym, squash courts, and dedicated spaces for group exercise. The Club's One Spa invites members to unwind with a menu of massage and beauty treatments in a calm, well-appointed environment. For those needing to work, the shared workspace and library provide peaceful, functional areas. Several versatile event spaces are also available for private functions, business meetings, and conferences.

Guests staying overnight can choose from a selection of modern and comfortable rooms. Accommodation includes King Rooms, Family Rooms, and Spa Studios, all offering thoughtful amenities and easy access to the club's facilities. For a more personalised stay, The Retreat offers a selection of premium rooms with additional services and a relaxed, exclusive atmosphere.

If your travels bring you to Melbourne, be sure to request a Letter of Introduction for the RACV City Club — a place that warmly welcomes Pacific Club Members.

Royal Automobile Club of Victoria (RACV) City Club 位於墨爾本中央商務區的中心地帶，為會員提供優質的城市休閒場所，在現代化的環境中融合了餐飲、康體及住宿服務。

會所的餐飲設施帶來迎合不同口味和場合的體驗，將輕鬆的環境與精緻的選擇完美融合。為了營造輕鬆的氛圍，Bourke Street Green 讓會員可在綠樹成蔭的戶外空間放鬆身心，一邊享用點心和雞尾酒，一邊與同伴談天說地。對於那些尋求更高級氛圍的客人必定會喜歡



位於一樓的Members' Dining Room，餐廳提供採用當地食材烹製的經典菜餚及選擇豐富的葡萄酒。另外，Bistro and Coffee Lounge 提供明亮寬敞的環境，自然光透過華麗的窗戶傾瀉而下，豐富菜單全日供應。Le Petit Gâteau 糕點店以其精緻的蛋糕和糕點而聞名，提供甜美的享受，非常適合為特殊場合挑選甜品或於下午茶時段伴以咖啡一同享用。會所的Wine Bar是一個時尚又輕鬆的空間，擁有令人讚賞的酒窖，亦提供手工調製的雞尾酒和各種西班牙小食。而 Sojourn 餐廳設於一樓的用餐區，為客人提供大膽創新、更具現代感的餐飲體驗，讓休閒餐飲增添多一份色彩；而位於屋頂的酒吧，則供應創意雞尾酒和當地的飲品，同時可欣賞城市全景。



會所的設施旨在滿足活躍和專業人士生活方式的需求。健身中心設有 25 米室內暖水游泳池、設備齊全的健身室、壁球場及專為團體運動而設的活動空間。會所的 One Spa

則提供各種按摩和美容護理服務，讓會員可以在寧靜、設備齊全的環境中放鬆身心。對於需要工作的人士來說，共享工作間和圖書館提供了一個安靜、實用的區域。此外，會所還設有多個多功能活動空間，可用於舉辦私人活動、商務會議和研討會。

此外，會所亦提供多款現代化而且舒適的客房供入住的客人選擇，包括特大客房、家庭式客房和水療套房，均提供細心周到的設備，住客前往使用會所的其他設施也十分方便。為了提供更個人化的住宿體驗，會所設有 The Retreat 房間選擇，提供一系列配備額外服務和輕鬆獨特氛圍的高級客房。

如果你將計劃前往墨爾本，請攜同本會的介紹信到訪 RACV City Club — 一間讓太平洋會會員感到賓至如歸的會所。



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

LPG

INNER POWER.
BETTER LIFE.

LPG endermologie®

「動能活化」
啟動內源力量



*For reservation, please call our
Spa Reception on 2118 1890*

Made in **France**

CELLU M6 ALLIANCE®

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