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PACIFIC

F E B R U A R Y 2 0 2 6

VIEWS

## 大展鴻圖 RED MENU

### 五福臨門拼盆

#### Appetiser Combination

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

### XO醬翡翠野菌炒蝦仁蚌仁拼 避風塘紫菜豆腐

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

### 發財好市伴蒜子瑤柱甫

Braised Dried Oysters and Dried Moss  
with Whole Conpoy and Garlic

### 瑤柱姬松茸竹筍燉湯

Double-Boiled Princess Matsutake Soup  
with Conpoy and Bamboo Fungus

### 金華玉樹麒麟斑

Steamed Fillet of Garoupa with  
Yunnan Ham and Vegetables

### 脆皮芝麻鹽焗龍崗雞

Baked Crispy Lung Kong Chicken with Sesame

### 黑松露乾燒伊麵

Stewed E-fu Noodles with Black Truffle

### 生炒臘味糯米飯

Fried Glutinous Rice with Preserved Meats

### 紅豆沙湯丸

Sweetened Red Bean Soup with  
Sesame Dumplings

### 鴛鴦雙美點

#### Chinese Petits Fours

蜂蜜糕、蓮茸煎堆仔

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

**\$9,088** per table for 12 persons

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

每桌 \$9,088 供12位用

包括3小時任飲汽水、橙汁及中國茶

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

## 銀祿齊來 SILVER MENU

### 大紅乳豬件 伴 蜂蜜叉燒皇

#### Roasted Suckling Pig

Honey Glazed Barbecued Pork

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

### 原粒瑤柱甫 伴 好市冬菇

Braised Whole Conpoy,  
Dried Oyster and Black Mushrooms

### 羊肚菌姬松茸嫩竹絲雞湯

Double-boiled Chicken Soup with Morel  
Mushrooms and Matsutake Mushrooms

### 清蒸大海東星斑

Steamed Spotted Garoupa

### 太平洋脆皮炸子雞

Roasted Crispy Lung Kong Chicken

### 甫魚乾燒伊麵

Braised E-fu Noodles with Rabbitfish

### 鴛鴦炒飯

Duo of Fried Rice

Shrimp in Cream Sauce and Chicken  
in Tomato Sauce

### 紅豆沙湯丸

Sweetened Red Bean Soup with  
Sesame Dumplings

### 鴛鴦雙美點

Chinese Petits Fours

蜂蜜糕、蓮茸煎堆仔

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

**\$10,688** per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,

Orange Juice and Chinese Tea

每桌 \$10,688 供12位用

包括3小時任飲汽水、橙汁及中國茶

## 金玉滿堂 GOLD MENU

### 金陵乳豬全體

#### Roasted Whole Suckling Pig

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

### 火腿雞茸燴燕窩羹 或 椰子螺頭燉花膠湯

Braised Bird's Nest Soup with  
Yunnan Ham and Minced Chicken  
or

Double-boiled Fish Maw Soup  
with Sea Whelk and Coconut

### 清蒸大海東星斑

Steamed Spotted Garoupa

### 澳洲鮑片鵝掌 伴 百花釀花菇

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

### 太平洋脆皮炸子雞

Roasted Crispy Lung Kong Chicken

### 生炒臘味糯米飯

Fried Glutinous Rice with Preserved Meats

### 上湯煎粉果

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

### 紅豆沙湯丸

Sweetened Red Bean Soup  
with Sesame Dumplings

### 鴛鴦雙美點

Chinese Petits Fours

芝麻糕、蓮茸煎堆仔

Steamed Sesame Pudding

Deep-fried Sesame Balls with Lotus Seed Paste

**\$12,288** per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,

Orange Juice and Chinese Tea

每桌 \$12,288 供12位用

包括3小時任飲汽水、橙汁及中國茶



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

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

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

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

歡迎前來太平洋會舉辦農曆新年春茗聚餐，迎接馬年的來臨！

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

我們期待能幫助你打造一個意義非凡的農曆新年慶祝活動。

# SPRING DINNERS AT PACIFIC CLUB FOR LUNAR NEW YEAR

## 太平洋會 - 農曆新年春茗聚餐

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

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




**Ronald Loges**

General Manager

總經理 - 羅納德 陸格

Dear Members

As February begins, the Club enters its most special and significant season, Lunar New Year. It is a time when the Pacific Club truly comes to life, as Members and families gather to reconnect and welcome the Year of the Horse across the festive period. Lunar New Year's Day itself falls on Tuesday, 17th February, when the Club will be closed. On behalf of all staff at the Club, I would like to wish all Members and their families a happy and prosperous Lunar New Year.

The Club provides an ideal setting for your Lunar New Year celebrations. Across our restaurants, dining experiences have been thoughtfully prepared to reflect traditional flavours and customs, from festive meals and lavish buffets to quieter moments enjoyed over Afternoon Tea. Long standing traditions such as Lo Hei reinforce the shared spirit that defines Lunar New Year at the Club. Full details about our celebrations can be found on pages 6 to 10.

Lunar New Year is also a time for creativity and discovery. Seasonal craft workshops invite both children and adults to engage with New Year traditions, creating festive keepsakes to take home while spending time together as a family. Turn to pages 20 to 21 for all the information.

February also includes World Pizza Day at Capricci on 9th February, with a one-day opportunity to create personalised pizzas, alongside a special pizza available throughout the month. At The Island View, the popular Surf and Turf Dinner Buffet continues, offering an indulgent evening of classic combinations. Valentine's Day on 14th February is defined by an exceptional range of dining experiences across the Club, with an exclusive Harbourfront evening serving as the centrepiece of the celebration. For those seeking the ultimate setting for a declaration of love, this is the place. Full details can be found on page 4, as well as pages 12 to 13.

In Recreation, I am pleased to share that recent improvements to our 4/F outdoor sports facilities have now been completed. Permanent Pickleball lines have been added to Court Five, together with new nets secured to dedicated posts, creating a more consistent and enjoyable playing experience. In addition, resurfacing works across all outdoor Tennis Courts have been completed, delivering refreshed surfaces and enhanced on court conditions.

As we welcome the Year of the Horse, we also continue our long standing support of the Lai See Reuse and Recycling programme in partnership with Greeners Action, encouraging more sustainable Lunar New Year traditions within our community. May the Year of the Horse bring good health, prosperity and continued success to you and your families. Kung Hei Fat Choi, and I look forward to seeing you around the Clubhouse this month.

尊貴的會員，

踏入2月，會所迎來了一年中最特別、最重要的節慶——農曆新年。屆時，太平洋會將煥發出勃勃生機，會員及其家人歡聚一堂，共慶佳節，迎接馬年的到來。農曆新年當天是2月17日星期二，會所將休業一天。我謹代表本會全體員工，祝福所有會員及貴家屬馬年喜氣洋洋，萬事如意！

本會是大家歡度農曆新年的理想場所，我們在各餐廳精心準備了多項餐飲活動，從豐盛的節慶大餐及自助餐，到悠閒地享用下午茶美食，處處皆體現了傳統風味及習俗，譬如魚生撈起這歷史悠久的傳統，更彰顯了會所農曆新年共享的溫馨氛圍。有關所有慶祝活動的詳情，請參閱第6-10頁。

除了享用美食外，農曆新年也是一個發揮創意的機會。我們邀請所有年少及成年會員前來參加一連串以新年傳統特色為主題的手工藝工作坊，製作充滿節日氣氛的紀念品帶回家，同時享受與家人共度的美好時光。詳情請參閱第20-21頁。

同時，Capricci餐廳將於2月9日舉行僅只一天的「世界薄餅日」活動，屆時大家可以親手製作個人化薄餅，而餐廳亦會於整個2月份供應一款特色薄餅。此外，Island View餐廳也會繼續舉行廣受大家歡迎的海陸美食自助晚餐，帶來豐盛的經典組合，讓大家盡享美食盛宴。隨後到了2月14日情人節當天，會所當然會為大家準備一連串精彩的餐飲體驗，其中在海旁舉行的專屬晚宴更是慶祝活動的重頭戲。如果大家正在尋找一個完美的浪漫約會場所，這裡是你的不二之選。詳情請參閱第4頁及第12-13頁。

在康體活動方面，我很高興向大家宣布，本會近期在四樓戶外運動設施進行的改善工程已全部完成。5號球場現已增設永久性的匹克球場地線，並安裝了固定在專屬柱上的新球網，從而帶來更穩定且令人愉快的球場體驗。此外，所有室外網球場的翻新工程亦已經完成，球場地面變得煥然一新。

當我們準備迎接馬年來臨之際，本會將繼續與「綠領行動」攜手合作，支持「利是封回收重用大行動」，鼓勵會員藉著農曆新年的傳統傳揚永續的環保訊息。在此祝大家及貴家屬馬年身體健康、事業興旺、馬到功成。恭喜發財！期待本月份在會所與大家共度佳節。

**Board of Governors**

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國倫
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Toshiaki Yamamoto	山本利章

**Management 管理階層**

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Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@pacificclub.com.hk	

**Bookings 預約及查詢電話**

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

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

不一樣的情人節體驗...  
浪漫日落海濱晚餐

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

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

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

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

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

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

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

**Please note the reservation deadline is 2nd February.**

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

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

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

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

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

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

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

**請注意，預訂的截止日期為2月2日。**

Saturday  
14<sup>th</sup> February

2月14日（星期六）



## MENU

Atlantic Blue Lobster

Hokkaido Sea Urchin

Oysters with Caviar Pearls

Tasmanian Ocean Trout with Saffron

Dover Sole with Périgord Black Truffle

Valrhona Tainori Chocolate with Buddha's Hand

Petits Fours

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

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

This month, I wish to bring your attention to common courtesy in the Spa and Changing areas.

In order to promote an enjoyable environment for all Members, please extend a level of common courtesy towards others whilst at the Spa and Changing areas. In the interest of all, please observe the following rules:

- The Men's and Ladies' Spas are designed to be quiet and peaceful areas. As such, you are requested to keep noise to an absolute minimum.
- Mobile telephone use is strictly forbidden in the Spa and Changing areas. In particular please do not bring your mobile telephone into the areas of Jacuzzi, Sauna and Steam Room.
- Shower cubicles, loungers and chairs in the Spas and Changing areas may not be reserved. Any personal belongings, towels or bathrobes placed in an unoccupied shower cubicle, or on an unoccupied lounge or chair, will be removed by our staff after a reasonable time frame.
- When using the Jacuzzi, Sauna and Steam Room, please shower before entering these facilities as a good hygiene practice. Persons who suffer from any infections or skin conditions must not use these facilities. Also, please be reminded that the Spa facilities and Relaxation Room are meant for relaxation, not exercise.
- In the interest of hygiene, please place all soiled bathrobes, towels and slippers in the designated disposal baskets provided. Please do not rely on the staff to do this.
- Do not stand on, or place bathrobes/towels on the floor (floor mats are provided for this purpose near the shower area).
- Do not consume any food or use any glassware for drinking at the Spa and Changing areas.
- Do not use the hairdryer for other purposes apart from drying head hair.
- Do not engage in activities such as cutting nails and dying hair.

Your cooperation is greatly appreciated.

今個月份，我想重申有關大家在使用水療區及更衣間時應該遵守的禮儀。

為使水療區及更衣間可保持舒適和諧的環境及氣氛，希望大家能互相尊重及為他人設想。因此，請各位遵守以下規條：

- 男女水療區乃一處寧靜的地方，故此必須保持環境安靜。
- 水療區及更衣間內嚴禁使用手提電話，尤其請勿將手提電話帶入按摩浴池、桑拿及蒸氣浴室範圍內。
- 水療區及更衣間內之淋浴間、躺椅及坐椅均不可預留使用。本會員工有權在合理的時間內拿走所有擺放在空置淋浴間、躺椅或坐椅之私人物品、毛巾或浴袍。
- 當使用按摩浴池、桑拿及蒸氣浴室時亦應顧及他人，使用前必須先淋浴及保持個人衛生。任何患有傳染性疾病或皮膚病之人士，均不可使用以上設施。此外，水療區及休息室是為放鬆身心而設，故此請勿在這些設施內做運動。
- 為顧及衛生起見，請將所有已使用/被弄髒的浴袍、毛巾及拖鞋放入本會提供的指定收集籃內。請勿依賴本會員工執拾。
- 請勿將浴袍/毛巾放置在地上或作墊腳用途（淋浴區附近已為此提供了腳墊）。
- 請勿在水療區及更衣間內進食或使用任何玻璃器皿飲用飲品。
- 除了吹乾頭髮外，請勿用吹風機作其他用途。
- 請勿進行剪指甲、染頭髮等行為。

多謝各位合作！



**By Tommy Ko**

Membership Manager

撰文：會籍部經理 - Tommy Ko

### Rental Lockers

The Club has a number of Rental Lockers available at the 2/F Spas and 4/F Tennis Lobby for Members' convenience. Lockers are charged on a monthly basis. A half-size locker is \$150 and a quarter-size locker is \$100 per month at the Spas. A half-size locker is \$420 per quarter at the Tennis Lobby.

Each Member may rent more than one rental locker, subject to availability.

For enquiries and availability of these lockers, please contact the 2/F Reception Desk on 2118 1890.

### Club Closure at Lunar New Year

The Pacific Club will be closed on Lunar New Year's Day, Tuesday, 17th February. On behalf of the Club Management and Staff, we extend our warmest wishes to all Members and their families for a healthy, happy, and prosperous Year of the Horse.

Kung Hei Fat Choi!

### 私人儲物櫃

本會二樓更衣室及四樓網球部大堂內仍有一些私人儲物櫃可供會員租用，所需費用將會按月收取。設置於更衣室內的大型儲物櫃為每月\$150，小型儲物櫃為每月\$100，而設置於四樓網球部的大型儲物櫃則為每3個月\$420。

會員可視乎供應情況租用多過一個儲物櫃。

如欲查詢有關詳情，請致電2118 1890與二樓接待處聯絡。

### 農曆新年會所休業

各會員請注意，本會將於2月17日（星期二）農曆年初一休業一天。

謹代表太平洋會全人預祝所有會員及貴家屬，馬年身體健康、喜氣洋洋、萬事勝意！

恭喜發財！



Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk







## MENU

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

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

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

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

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

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

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

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

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

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

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

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

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

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

請注意，本會將於2月17日（星期二）農曆年初一休業一天。恭喜發財！

## LUNAR NEW YEAR FIREWORKS DISPLAY SET DINNER AT BAUHINIA RESTAURANT

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

### 紫荊閣 農曆新年煙花匯演中式晚餐

在紫荊閣欣賞精彩的農曆新年煙花匯演，並享用應節晚餐套餐一同慶祝。

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

Adults 成人	Children 小童
<b>\$988</b>	<b>\$668</b>

Reservations 訂座：2118 1892

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





## MENU

### Festive Antipasti

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

Marinated and Stone Oven Baked Razor Clams  
with Garlic Bread

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

Gilded Dessert Variation of Citrus and Almonds

## LUNAR NEW YEAR FIREWORKS DISPLAY ITALIAN SET DINNER MENU AT CAPRICCI

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

### Capricci餐廳

#### 農曆新年煙花匯演意式晚餐

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

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

Adults  
成人

\$498

Children  
小童

\$328

Reservations 訂座：2118 1803

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

每位另加\$178可任飲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

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

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

### The Island View及Pier 6餐廳

#### 農曆新年煙花匯演自助晚餐

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

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

Adults  
成人

\$728

Children 6-12 years  
小童 6-12歲

\$488

3-5 years  
3-5歲

\$188

Reservations 訂座：2118 1846

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

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁



# THE ISLAND VIEW LUNCH & DINNER BUFFETS

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

農曆新年自助午餐及晚餐  
2月9日至28日與大家同慶農曆新年！

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

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

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

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

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



## LO HEI CELEBRATIONS

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

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

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

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

### 農曆新年 — 魚生「撈起」

於2月9日至28日農曆新年自助午餐及晚餐中供應

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

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

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

### DATE 供應

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

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

### TIME 時間

Lunch : From 12:00noon

午餐 : 由中午12時開始

Dinner : From 6:00pm

晚餐 : 由下午6時起

### VENUE 地點

The Island View Restaurant  
Island View餐廳

### PRICE 收費

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

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

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

Excluding Lo Hei 不包括享用魚生「撈起」：

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

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

18th February 2月18日

Including Lo Hei 包括享用魚生「撈起」：

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

TO RESERVE 訂座：2118 1846

To order Lo Hei on the spot, please add \$55 per person (subject to availability)  
即場下單享用魚生「撈起」：每位加\$55（售完即止）

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





16th - 28th  
February  
2月16-28日

## LUNAR NEW YEAR THEMED AFTERNOON TEA

at The Island View Restaurant  
and Oyster Bar

農曆新年下午茶美食

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

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

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

\$148 | per person  
每位

inclusive of tea or coffee  
包括紅茶或咖啡



## LUNAR NEW YEAR DISHES 農曆新年年菜推介

18th - 28th  
February  
2月18-28日

Celebrate the Lunar New Year at Bauhinia with a selection of festive dishes specially prepared by Chef Keung, available for a limited time from 18th to 28th February.

Indulge in Pan-fried Dried Oysters with Honey Sauce, a traditional dish symbolising abundance and sweetness for the year ahead, as well as Stewed Pig's Knuckle with Lettuce in Red Fermented Bean Curd Sauce, gently simmered to develop richness and warmth, a classic dish for the New Year table.

A range of additional Lunar New Year dishes will also be available, offering more to share as families and friends gather to celebrate the season.

前來紫荊閣慶祝農曆新年，品嚐由總廚強師傅精心烹調的節慶佳餚，由2月18日至28日限時供應。

屆時大家可以品嚐著名的賀年菜式——蜜汁香煎金蠔，這道傳統菜餚象徵著來年的豐盛與甜蜜；還有發財南乳豬手，以慢火熬製，香味濃郁，是新年餐桌上的必備菜式。

此外，還有其他多款農曆新年菜餚，讓大家與家人朋友歡聚一堂，共享美食，慶祝佳節。

From 18th - 28th February  
由2月18日至28日供應

Venue : Bauhinia

地點 : 紫荊閣

Reservations 訂座 : 2118 1892





# LUNAR NEW YEAR CAKE ORDER FORM

## 農曆新年 年糕訂購表格

Chef Yip Tsang Keung and his team at Bauhinia Restaurant have prepared three choices of delicious Lunar New Year Cakes to help you celebrate the advent of the Year of the Horse. The cakes make perfect gifts for your family and friends!

為迎接農曆新年的來臨，本會紫荊閣總廚葉增強師傅和他的一班助手，為大家精心製備了三款色香味俱全的新年糕點，作為餽贈親朋或自奉享用之佳品。

Member's Name (in full):  
會員姓名

Membership Number:  
會員編號

Contact Telephone Number:  
聯絡電話

Collection Date:  
領取日期

Approximate Time:  
領取時間

ITEM 食品	QUANTITY 數量	UNIT PRICE 單價	SUB-TOTAL 總額
Lunar New Year Cake 年糕		\$160	
Turnip Cake with Preserved Meats 臘味蘿蔔糕		\$190	
Water Chestnut Cake with Brown Sugar 黑糖馬蹄糕		\$175	
TOTAL 總額			

\* 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

- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk  
訂購方法：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。
- The date for ordering: 16th January - 8th February whilst stock lasts.  
於 1 月 16 日至 2 月 8 日期間接受訂購，數量有限，售完即上。
- Collection may be made from 5th - 16th February at Bauhinia Restaurant.  
閣下訂購之年糕可於 2 月 5 日至 16 日期間到紫荊閣領取。
- Please allow three days for preparation.  
請提前三天時間預訂。
- The charges of this confirmed order will be directly debited to your account.  
有關費用將直接於閣下之月結賬戶內扣除。
- For enquiries, please call Bauhinia Restaurant on 2118 1892.  
如有查詢，請致電紫荊閣：2118 1892。

Member's Signature 會員簽署



# CODA ALLA VACCINARA

## 羅馬式燉牛尾

Coda alla Vaccinara is a traditional Roman oxtail stew, cooked slowly until the meat is tender and the sauce rich and comforting. It is a dish that rewards patience and tastes even better the next day. Serve with grilled or toasted sourdough brushed with extra virgin olive oil, rosemary and garlic, alongside creamy polenta. Alternatively, lift the meat from the bone and fold it through penne pasta for a rich, comforting finish.

And if you would rather leave the cooking to us, come and enjoy this fantastic dish at Capricci from 1st to 13th February. See page 17 for details.

羅馬式燉牛尾是一道傳統的羅馬牛尾燉菜，以慢火燉煮至肉質軟嫩，醬汁濃郁醇厚。這道菜需要耐心烹調，放隔夜後味道更佳。可配搭塗抹了特級初榨橄欖油、迷迭香和大蒜的烤酸種麵包或多士，以及奶油玉米粥食用。或者，也可以將燉好的牛尾從骨頭上剔下來，拌入通心粉中，做成一道美味又暖心的菜餚。

還是想將烹飪的工作交給我們的專業廚師？那麼歡迎於2月1日至13日期間前來Capricci餐廳品嚐這道美味的菜式！詳情請參閱第17頁。



### INSTRUCTIONS 步驟：

1. Finely chop the carrot, onion and 2 sticks of celery. Set aside. 將紅蘿蔔、洋蔥及兩條西芹切碎，備用。
2. Place the meat in a large braising pan with olive oil, lardo, garlic and whole cloves. Season generously with salt and pepper. 在大燉鍋中放入牛尾、橄欖油、煙肉、大蒜及丁香。加入鹽與黑胡椒調味。
3. Sauté over medium to high heat for 10 to 15 minutes, turning the meat until well browned on all sides. 以中大火翻炒約10-15分鐘，直到牛尾四面都呈現金黃色。
4. Add the chopped carrot, onion and celery. Reduce to medium heat and cook for 10 to 15 minutes, stirring occasionally, until softened. 加入切碎的紅蘿蔔、洋蔥及西芹，調至中火再拌炒10-15分鐘至蔬菜變柔軟。
5. Increase the heat, pour in the wine and mix well. Cover the pan and cook for a further 10 minutes. 再調至大火倒入白酒，拌勻後蓋上鍋蓋，煮約10分鐘。
6. Add the tomato sauce and enough beef stock to just cover the meat. Season with salt and bring to the boil. 加入番茄醬及剛好蓋過牛尾的牛肉高湯。調味後煮滾。
7. Reduce to low heat, cover and simmer gently for 2.5 to 3 hours. Stir from time to time and add more beef stock if needed. 調至細火，加蓋慢煮約2.5-3小時，期間偶爾攪拌並視乎需要補充牛肉高湯。

### TO MAKE THE CACAO SAUCE 製作可可醬汁：

8. Sauté the remaining celery sticks until tender. 將剩下的西芹炒至柔軟。
9. Take about 300 ml of the stew cooking liquid and add it to the celery. 舀出約300毫升的燉牛尾湯汁，倒入西芹中。
10. Add the pine nuts, raisins and cacao powder. Mix well and simmer gently for about 10 minutes. 加入松子、葡萄乾及可可粉，拌勻。以小火慢煮約10分鐘。
11. Stir the cacao sauce into the oxtail stew and simmer everything together for a further 20 minutes. 將可可醬汁倒回牛尾鍋中，再慢煮20分鐘。
12. Adjust seasoning, turn off the heat and serve. 最後用鹽調味，熄火即可上桌。



### By Daniel Birkner

Head of Culinary & Restaurant Operations

撰文：廚藝及餐飲營運總監



### INGREDIENTS 材料

- |                                   |                     |
|-----------------------------------|---------------------|
| • 1kg Oxtail, cut in 3-4cm pieces | 牛尾 一公斤 (切成3-4厘米的小件) |
| • 1 small Onion                   | 小洋蔥 一個              |
| • 2 sticks Celery                 | 西芹 兩條               |
| • 1 medium Carrot                 | 中型紅蘿蔔 一條            |
| • 1 litre Tomato Sauce            | 番茄醬 一公升             |
| • 1 litre Beef Stock              | 牛肉高湯 一公升            |
| • 250ml White Wine                | 白酒 250毫升            |
| • 4 whole Cloves                  | 丁香 4粒               |
| • 100g Lardo or Bacon, cubed      | 煙肉或豬背油100克 (切丁)     |
| • Extra Virgin Olive Oil          | 特級初榨橄欖油 適量          |
| • 1 clove Garlic, lightly crushed | 大蒜 一瓣 (輕輕壓碎)        |
| • Salt and Pepper, to taste       | 鹽、黑胡椒 適量            |

### FOR THE SAUCE 醬汁

- |                                |                  |
|--------------------------------|------------------|
| • 3 sticks celery cut into 5cm | 西芹 3條 (切成5厘米的小段) |
| • 40g Pine Nuts                | 松子 40克           |
| • 50g Raisins                  | 葡萄乾 50克          |
| • 10g unsweetened Cacao Powder | 無糖可可粉 10克        |

Saturday  
**14<sup>th</sup> February**  
2月14日(星期六)

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

### VALENTINE'S DAY DINNER BUFFET AT THE ISLAND VIEW RESTAURANT

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

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

#### The Island View 餐廳 情人節自助晚餐

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

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

#### Dinner

##### 晚餐時段

Venue : The Island View Restaurant

地點 : Island View 餐廳

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

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

Reservations 訂座 : 2118 1846







## VALENTINE'S DAY ITALIAN-INSPIRED SET MENU AT CAPRICCI

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

### Capricci餐廳 — 意式情人節晚餐套餐

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

#### Dinner

##### 晚餐時段

Venue : Capricci

地點 : Capricci 餐廳

Per person  
每位

**\$798**

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

Reservations 訂座 : 2118 1803

## ROMANTIC MENU AT PIER 6

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

### Pier 6餐廳 — 情人節龍蝦晚餐

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

#### Dinner

##### 晚餐時段

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

Per person  
每位

**\$1,098**

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

Reservations 訂座 : 2118 1878

## NOVA SCOTIA LOBSTER MENU

Lobster and Black Truffle Mille-feuille

Signature Lobster Bisque and Croustis

Lobster Medallion and Galette with Fennel and Saffron

Duo of White and Dark Chocolate Soufflé

Petits Fours

## AMORE TUA MENU

Dôme of Red Prawns and Watermelon Radish

Crab Meat Galette with warm Salmon Roe Remoulade Sauce

Vitello Tonnato

Veal Tenderloin and Yellow Fin Tuna with Saffron and Tomato

Caramelised White Chocolate Trifle  
with Valrhona Chocolate Sorbet and Calamansi

Petits Fours



# BEEF AND GUINNESS POT PIE

at the Club Bar

## GUINNESS 啤酒牛肉鍋批

2 月份在會所酒吧供應

Few dishes capture the pleasure of classic comfort cooking quite like a proper pot pie. Our Beef and Guinness Pot Pie brings together the tenderest Beef and rustic Vegetables, slowly braised in a deep Guinness Gravy enriched with roasted Bone Marrow, then sealed beneath a golden, buttery Pastry Crust.

Served with Green Peas, smooth Mashed Potatoes and a lightly vinaigrette-seasoned Salad, it is warming, generous and so very indulgent!

正宗的鍋批絕對是體現經典家常菜的美味代表作。本會會所酒吧推出的Guinness啤酒牛肉鍋批精選鮮嫩牛肉及農村蔬菜，在濃郁的Guinness啤酒肉汁中慢慢燉煮，佐以烤牛骨髓，最後裹上金黃酥脆的酥皮。

配搭青豆、綿軟的薯蓉及以醋汁調味的清爽沙律享用，這道美食溫暖人心，份量十足，令人回味無窮！

\$168 | per pie  
每份



February Feature:  
Phở Dip Bánh Mì



# STACKED SENSATION

Your New Favourite Sandwich

## 層層疊的美味 你全新的摯愛三文治

Our February Stacked Sensation brings a bold new sandwich to the spotlight, now available at the Club Bar, Oyster Bar, The Island View and for takeaway.

A crisp French-style Vietnamese Baguette is generously filled with slow-cooked Pork Belly, Charcuterie and Rillettes, Liver Pâté and Pickled Vegetables. Fresh Chilli and Coriander add lift, while Pork Crackling delivers incredible texture.

Served alongside a steaming cup of fragrant Phở Broth for dipping, this sandwich is warm, savoury and extremely satisfying from first bite to the last.

### 2月份精選 — 越式法包三文治配越南河粉湯

於2月份，本會會所酒吧、Oyster Bar及Island View餐廳將隆重推出全新的「層層疊」三文治，同時亦歡迎使用自取外賣服務。

酥脆的越南法式長條麵包內填滿慢煮五花肉、多種熟食冷肉及肉醬、肝醬及醃製蔬菜，令人垂涎；加上以新鮮辣椒及香菜提味，豬皮酥脆，口感絕佳。

配搭一碗熱氣騰騰、香氣四溢的越南河粉湯，這款三文治從第一口到最後一口都溫暖可口，令人無比滿足。

\$98 | per piece  
每份

Available throughout February  
整個2月份供應

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



# PURE FLAVOUR ZERO ALCOHOL

## 純正風味 · 無酒精飲品

Throughout February, discover a selection of zero alcohol drinks here at the Club, defined by balance, structure and flavour. Our team has developed a range of non alcoholic botanical infusions, sparkling teas and zero alcohol cocktails that stand comfortably alongside any classics, showing that nothing is missing.

Available in all outlets.

整個2月份，大家都可以在本會品嚐到一系列口感平衡、層次分明、味道絕佳的無酒精飲品。我們的團隊精心研發了一系列無酒精花草茶、氣泡茶及無酒精雞尾酒，它們與任何經典飲品都相得益彰，證明無酒精飲品同樣可以帶來好享受。

精選無酒精飲品將於所有餐廳及酒吧供應。

### Dilly Dally

Refreshing flavours of Lemongrass, Muddled Cucumber and Elderflower infused in Jasmine Tea.

清新的檸檬草、青瓜碎及接骨木花風味融入茉莉花茶中。

### Kiss the Soul

Notes of Homemade Orange Bitters with Spices and Aromatics paired with toasted Hazelnut Earl Grey Tea

融合香料芳香的自製橙味苦酒，配搭烤榛果伯爵茶。

\$45 | per glass  
每杯



### Bloom

Seedlip Grove 42 Botanicals, Lychee, Orange and Yuzu fizzed up with Ginger Ale; Delightful!

Seedlip Grove 42無酒精水果香料飲品、荔枝、橙及柚子，加入薑汁汽水，口感清爽怡人！

### Spice Island Ice Tea

Mango and Orange Juice give this Spice infused Black Tea an exotic finish.

芒果及橙汁為這款香料紅茶增添了異國情調。



## Our Pastry Chef's Masterpiece PERSIMMON AND VANILLA DELIGHT

### 太平洋會糕點師傅精心傑作 柿子雲呢拿甜點

Ripe Fuyu Persimmons, a fruit closely associated with Lunar New Year, are the focus of this month's Pastry special.

Naturally sweet and full flavoured, they are paired with the rich warmth of Madagascan Vanilla to create a smooth and unmistakably indulgent treat designed for the season.

成熟的富有柿是農曆新年的象徵，也是本月份精選糕點的主角。

這柿子含有天然濃郁的香甜味，配搭醇厚柔滑而令人感到溫暖的馬達加斯加雲呢拿，打造出一款口感順滑、令人難以忘懷的時令美味。

\$58 | per piece  
每件

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





## Lai See Reuse and Recycle Program 2026

# LAI SEE REUSE AND RECYCLING 派發「新生利是封」



For many years, the Pacific Club has supported the Lai See Reuse and Recycling Program organised by Greeners Action, encouraging more sustainable Lunar New Year traditions among our membership. We are pleased to continue sponsoring this meaningful initiative once again in the year ahead.

The programme focuses on reducing solid waste in Hong Kong by extending the life of used Lai See packets and avoiding unnecessary production. It also provides employment opportunities for individuals in need. Through careful selection and repackaging, more than 25 million Lai See packets have been renewed and redistributed during previous Lunar New Year periods.

Each renewed packet is clean, neatly presented and sorted into large, medium and small sizes. A "Please Reuse Me" sticker is placed on the back of every packet, helping to share an important environmental message through the traditional custom of Lai See giving.

Renewed Lai See Packets are available free-of-charge in packs of 50 and will be distributed in early February on a first-come, first-served basis at the Club Reception Desk. Members who require a larger quantity are kindly invited to contact our Assistant Membership and Sustainability Manager Christy Tsoi on 2118 1807 for further arrangements. Members are also encouraged to place used but well kept Lai See packets into the collection boxes located at the Ground Floor, and First Floor Receptions from 26th February to 12th March.

Thank you for your continued support of this initiative.

多年來，太平洋會一直支持由綠領行動舉辦的「利是封回收重用大行動」，鼓勵會員將農曆新年的傳統變成永續的環保行動。我們很高興在新的一年繼續參與這項意義非凡的活動。

這個活動旨在透過回收已使用的利是封，以減少香港的固體廢物產生，同時為弱勢社群提供更多工作機會。綠領行動在過往的農曆新年期間，一共派發了超過2,500萬個經由社福機構的工場細心篩選並重新處理的「新生利是封」。

每個經人手篩選出來的完好「新生利是封」均會按大、中、小的呔吋作分類，並於背面貼上「請重用我」的標語，希望藉此將惜物重用回收減廢的環保訊息在農曆新年派發利是的傳統習俗中傳開。

50個為一疊的「新生利是封」費用全免，暫定於2月上旬在會所接待處派發，先到先得。如欲索取大量「新生利是封」，請致電 2118 1807 聯絡本會會籍部 Christy Tsoi 以作安排。同時亦呼籲會員於2月26日至3月12日期間將仍完好的舊利是封投入設置於會所地層大堂及一樓接待處的收集箱，為保護環境出一分力。

多謝各會員積極參與，支持此項有意義的活動！

多謝你支持 利是封重用行動！





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# CODA ALLA VACCINARA

Italian winter comfort food  
to warm the soul

## 羅馬式燉牛尾 溫暖人心的意式冬日美食

Slow-cooked Roman-style Oxtail, braised until tender in a rich sauce built on a classic celery soffritto, finished with cocoa, pine nuts and raisins for gentle depth. Served the traditional Italian way with crusty sourdough for soaking up every last spoonful, or as a generous ragout tossed through penne pasta, both finished with plenty of Parmigiano-Reggiano.

慢煮羅馬式燉牛尾，以經典的芹菜炒料為底，熬製成濃郁的醬汁，燉至牛尾軟嫩入味，最後加入可可粉、松子及葡萄乾，增添一絲柔和的層次感。可依照傳統意式做法，配搭酥脆的酸麵包，蘸著吃，一口不剩；也可做成豐盛的肉醬，拌入長通粉，最後撒上大量巴馬臣芝士享用。

Available at Capricci from 1st to 13th February  
2月1日至13日期間在Capricci餐廳供應

Reservations 訂座：2118 1803



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# OYSTER FRIDAYS

at the Club Bar

## 週五「盡享生蠔」之夜 在會所酒吧舉行

Start the weekend in style with freshly-shucked Oysters, served by the piece with your choice of classic Mignonette and Lemon or a Spicy Bloody Mary Shot.

Pair your Oysters with a glass of selected Champagne at a special price of \$78 and toast to a refined Friday evening.

Date : Every Friday in February

Venue : Club Bar

於2月份逢星期五晚上前來會所酒吧，以品嚐即叫即開的新鮮生蠔來開啟美好的週末。生蠔將以每隻計算，配搭香草檸檬醬或辣味血腥瑪麗酒一同享用。

更可同時享用精選香檳來配搭生蠔，每杯只需\$78。

齊來為快樂的星期五夜晚乾杯！

# CELEBRATE THE MOMENT YOUR BIRTHDAY, OUR TREAT!

## 慶祝你的大日子 享受你的生日優惠！



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

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$200 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

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

Available throughout your birthday calendar month, until 30th June 2026. Terms & Conditions and Blackout Dates apply.

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

想安排更大型的慶祝活動？凡舉辦30位或以上賓客的生日聚餐，可以以每位\$150優惠價享用原價\$200的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每10位賓客可獲贈一個1.5磅重的蛋糕。

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

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

### TO BOOK YOUR CELEBRATION 預約你的生日聚餐

#### Dining Reservation

於餐廳享用午餐或晚餐

The Island View 2118 1846 | Pier 6 2118 1878  
Capricci 2118 1803 | Bauhinia (紫荊閣) 2118 1892

#### Banqueting Enquiries

私人聚餐

2118 2851 or 2118 2295

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

1 To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. In Island View, Pier 6, Capricci 或紫荊閣餐廳用膳消費滿\$2,000，可獲贈Prosecco氣酒一瓶及一磅重的生日蛋糕一個。2 This promotion is valid during the Member's birthday calendar month, until 30th June 2026. 此推廣活動的有效日期至2026年6月30日期間的會員生日月份內。3 There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。4 Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2026年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6及21/6。5 A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前48小時預訂。6 Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。7 The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。8 This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。9 The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

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

1 This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂30人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電2118 2851 / 2118 2295與宴會部聯絡。2 Special rate of \$150 per person for the \$200 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以\$150優惠價享用原價\$200的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。3 One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈Prosecco氣酒一杯。4 One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每10位賓客可獲贈1.5磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、祿酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。5 There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。6 Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 and 21/6. 優惠不適用日期：2026年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6及21/6。7 This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。8 The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。9 The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。



# WORLD PIZZA DAY AT CAPRICCI

Monday, 9th February

2月9日〔星期一〕CAPRICCI 餐廳  
世界薄餅日

Mark your calendar for a delicious celebration at Capricci this World Pizza Day, Monday, 9th February! Our chefs have crafted an exclusive pizza for the occasion, available not just for the day, but throughout the entire month.

And as a special treat, for one day only, you're invited to unleash your creativity and design your very own pizza masterpiece. With a wide selection of premium ingredients to choose from, the flavour combinations are entirely up to you, no rules, no limits!

2月9日〔星期一〕是今年的「世界薄餅日」，請大家記下並由當日起前來 Capricci 享用由本會廚師為這次活動精心製作的專屬薄餅，因為不僅2月9日，其後的整個月份裡我們都會供應這款薄餅。

此外，僅於這一天，我們邀請大家發揮創意，利用我們豐富的優質食材製作出自己的個人化薄餅，任何口味搭配皆任君選擇！



## COMPLIMENTARY KIDS PIZZA ALL DAY

To mark World Pizza Day, on 9th February, children aged up to 12 years may enjoy a complimentary Kids Pizza when dining at Capricci with two or more adults, with a minimum spend of \$200 per adult.

### 全日特別優惠 — 免費享用兒童薄餅

為慶祝2月9日「世界薄餅日」，凡12歲及以下兒童於當日在兩名或以上成人陪同下到Capricci餐廳用餐且每位成人均消費最少\$200，即可免費享用兒童薄餅一份。

Monday, 9th February

2月9日〔星期一〕

Venue : Capricci

地點 : Capricci

Reservations 訂座 : 2118 1803

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



## SURF AND TURF DINNER BUFFET 海陸美食自助晚餐

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

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

To make your table reservations, please call The Island View Restaurant on 2118 1846.  
訂座請致電 Island View 餐廳 : 2118 1846。

1st to 8th February

2月1日至8日

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





# LUNAR NEW YEAR CRAFT WORKSHOPS

## 農曆新年手工藝坊

These fun and creative Pacific Club workshops invite members to enjoy crafting activities inspired by Lunar New Year traditions. Participants can create festive decorations and keepsakes to take home, celebrating the season in an imaginative way.

本會將於2月份舉辦多個充滿樂趣及創意，以農曆新年傳統物品為靈感的手工藝坊，邀請所有會員前來參與。活動後他們可以將親自製作的節慶裝飾及紀念品帶回家中，用充滿想像的方式慶祝佳節。

### BLESSING BANNERS CRAFT SESSION (FAI CHUN)

#### 福氣滿滿揮春手作坊

The Blessing Banners Craft Session is a fun and easy Lunar New Year activity for all ages. Using ready made stencils rather than traditional calligraphy, participants create their own Fortune characters with simple hands on techniques. The finished banners are a lovely way to share good wishes and welcome good luck for the year ahead.

福氣滿滿揮春工作坊是一項趣味十足、簡單易做的農曆新年活動，適合所有年齡層的會員參加。參加者無需使用傳統書法，只需使用現成的模板，就能透過簡單的技巧創作出屬於自己的吉祥文字。完成的揮春是傳遞美好祝福、迎接新年好運的絕佳方式。



DATE 日期	Saturday, 14th February 2月14日 (星期六)
TIME 時間	3:30pm - 5:00pm 下午3時30分至5時
VENUE 地點	Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member Free, Guest \$60 會員免費，非會員\$60
AGE 年齡	3 years and above 3歲及以上
REMARK 備註	Advance booking is not required for this session. Walk in participation is welcome. 此活動無需提前預約，歡迎即時參加

### FESTIVE FORTUNE KEYCHAIN CRAFT SESSION

#### 大吉大利手縫鎖匙扣手作坊

This hands on workshop is a great way for participants to discover the fun of hand sewing. With easy step-by-step guidance, participants will stitch through pre punched fabric, stuff their mandarin charm and add a key ring to finish it off. The result is a bright and playful Lunar New Year keychain to take home, filled with good luck and happy wishes for the year ahead.

這工作坊是讓參加者體驗手工縫紉樂趣的絕佳途徑，在簡單易懂的步驟指導下縫製預先打孔的布料，填充大吉吊墜，並加上鑰匙圈完成作品。最終成品是一個色彩鮮豔、充滿童趣的農曆新年鑰匙扣，大家可以把它帶回家，並帶走滿滿的新年好運及美好祝福。



DATE 日期	Sunday 15th February 2月15日 (星期日)
TIME 時間	2:30pm - 3:30pm 下午2時30分至3時30分
VENUE 地點	Room ONE, 1/F 一樓 Room ONE
PRICE 收費	Member \$200, Guest \$260 (Including Children's Playroom entrance fee) 會員\$200，非會員\$260 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	8 years and above 8歲及以上



## FU BLESSING HANGING ORNAMENT WORKSHOP

### 福字掛飾手作坊

The Fu hanging ornament is a classic Lunar New Year decoration! The Chinese character “福” (Fu) means happiness, good luck, and prosperity. People often hang it upside down because “upside-down Fu” sounds like “Fu arrives” in Chinese, meaning good fortune comes to the home!

福字掛飾是農曆新年最經典的吉祥裝飾，「福」代表幸福、好運與富貴，將「福」字倒轉貼代表「福到」（「福倒」的諧音），寓意福氣到來！這工作坊讓參加者親手製作喜氣洋洋的福字掛飾，可掛在門上、窗邊或送禮，迎接滿滿祝福。

<b>DATE</b> 日期	(A) Sunday, 15th February (B) Monday, 16th February A班 — 2月15日 (星期日) B班 — 2月16日 (星期一)
<b>TIME</b> 時間	(A) (B) 2:30pm – 3:20pm A、B班 — 下午2時30分至3時20分
<b>VENUE</b> 地點	Playroom Library 兒童遊戲室圖書館
<b>PRICE</b> 收費	Member \$100, Guest \$160 會員\$100，非會員\$160
<b>AGE</b> 年齡	3 years and above 3歲及以上



## PERSIMMON BONSAI PLANT CRAFT SESSION

### 柿子盆栽 DIY手作坊

This fun and festive mini persimmon bonsai is a delight to make and display. Covered in bright red or orange persimmons, it is packed with cheerful New Year meaning. The persimmon is a symbol of everything going your way and wishes coming true, making this playful little bonsai a happy decoration to take home for good luck in the year ahead.



這款趣味十足、充滿節慶氣氛的迷你柿子盆栽，製作及擺放都令人賞心悅目。它綴滿了鮮紅或橙黃的柿子，飽含著美好的新年祝福。「柿柿如意」象徵著事事如意、心想事成，這款俏皮可愛的小盆栽是寓意吉祥的節日裝飾品，可以帶回家中，為新的一年帶來好運。

<b>DATE</b> 日期	(A) Sunday, 15th February (B) Monday, 16th February A班 — 2月15日 (星期日) B班 — 2月16日 (星期一)
<b>TIME</b> 時間	(A) (B) 3:30pm – 4:30pm A、B班 — 下午3時30分至4時30分
<b>VENUE</b> 地點	Playroom Library 兒童遊戲室圖書館
<b>PRICE</b> 收費	Member \$100, Guest \$160 會員\$100，非會員\$160
<b>AGE</b> 年齡	3 years and above 3歲及以上

## NEW YEAR LION DANCE LANTERN WORKSHOP

### 新年醒獅燈籠手作班

This Lunar New Year workshop is a hands on craft session where participants make their own lion dance lanterns. Using simple materials and bold lion dance details, the activity is lively, creative and easy to enjoy. The finished lanterns add a festive touch to the season and celebrate the start of the New Year.

這農曆新年手作坊中，參加者將可親自製作舞獅燈籠。活動使用簡單的材料，並融入醒目的舞獅元素，生動有趣，充滿創意，而且輕鬆易上手。完成的燈籠將為節日增添喜慶氣氛，慶祝新年來臨。

<b>DATE</b> 日期	Friday, 20th February 2月20日 (星期五)
<b>TIME</b> 時間	(A) 2:30pm – 3:30pm (B) 4:00pm – 5:00pm A班 — 下午2時30分至3時30分 B班 — 下午4時至5時
<b>VENUE</b> 地點	Playroom Library 兒童遊戲室圖書館
<b>PRICE</b> 收費	Member \$100, Guest \$160 會員\$100，非會員\$160
<b>AGE</b> 年齡	3 years and above 3歲及以上



## Schedule in February 二月份課程

MONDAY	
Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)
TUESDAY	
Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm
WEDNESDAY	
Tennis Team Training	10:00am – 12:00noon Ladies
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Night	8:00pm – 10:00pm
THURSDAY	
Yoga	10:30am – 11:30am (C)
Stretching Exercise	12:00noon – 1:00pm (B)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)
FRIDAY	
Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)
SATURDAY	
Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years)
SUNDAY	
Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Wall Climbing	11:30am – 1:00pm
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

\* Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.  
康體部於每個月25日開始接受下個月份各類團體課程的報名。  
\* Guests will be put on waiting list, as Members will have first priority for enrolment.  
會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。

## HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during the Lunar New Year holidays from 17th to 19th February.  
請注意，所有兒童及成人團體課程將於2月17日農曆年初一至19日年初三公眾假期暫停舉行。



## FASCIA EXERCISE TRAINING

### 筋膜運動訓練

This practical training session uses walls, floor work, simple equipment and varied movement patterns to improve fascia function and overall mobility. Guided exercises help strengthen muscle support, skeletal leverage and balance while enhancing posture and movement awareness.

Designed around a clear fascia movement roadmap, the training supports more efficient, coordinated movement and improved body alignment. Suitable for all levels.

這實用訓練課程教授利用牆壁、地板、簡單工具及不同運動技巧，來提升活動能力、強化骨骼系統，有助增強肌肉支撐、骨骼槓桿作用及平衡感，同時提升姿勢及運動感知。

此訓練課程圍繞著清晰的筋膜活動路線圖設計，旨在幫助學員實現更有效率、更協調的動作，並改善身體姿態，適合所有程度的學員參加。

DATE 日期	(A) Monday 2nd, 9th, 16th & 23rd February (B) Wednesday 4th, 11th & 25th February A班 — 2月2日、9日、16日及23日（星期一） B班 — 2月4日、11日及25日（星期三）
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 — 下午 1時30分至2時30分 B班 — 上午 11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	(A) Member \$760, Guest \$1,240 (for 4 lessons) (B) Member \$570, Guest \$930 (for 3 lessons) A班 — 會員\$760·非會員\$1,240 (4堂) B班 — 會員\$570·非會員\$930 (3堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Taught in Cantonese only 廣東話



## JAZZ DANCE

## 爵士舞班

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



循序漸進地學習一連串爵士舞動

作，感受活力、節奏和全身律動。每節課堂都能帶來愉悅的全身鍛鍊，幫助提升協調性、體能和自信心。它也是一種令人耳目一新的放鬆方式，是以動態、音樂和煥然一新的活力開始新一年的最佳選擇。

<b>DATE</b> 日期	Thursday 5th, 12th & 26th February 2月5日、12日及26日 (星期四)
<b>TIME</b> 時間	3:00pm – 4:00pm 下午 3時至4時
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	Member \$570, Guest \$930 (for 3 lessons) 會員\$570・非會員\$930 (3堂)
<b>AGE</b> 年齡	16 years and above 16歲及以上

FUNKY DANCE  
FUNKY舞蹈班

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

讓身體隨著舞步一齊動起來吧！這種有趣且簡單易學的有氧舞蹈鍛鍊，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。

<b>DATE</b> 日期	(A) Wednesday 4th, 11th & 25th February (B) Friday 6th, 13th, 20th, 27th February A班 — 2月4日、11日及25日 (星期三) B班 — 2月6日、13日、20日及27日 (星期五)
<b>TIME</b> 時間	12:00noon – 1:00pm 中午 12時至下午1時
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	(A) Member \$570, Guest \$930 (for 3 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 — 會員\$570・非會員\$930 (3堂) B班 — 會員\$760・非會員\$1,240 (4堂)
<b>AGE</b> 年齡	16 years and above 16歲及以上

## ZUMBA FITNESS

## 尊巴健體舞班

Add energy and rhythm to your week with Zumba at the Club. Driven by vibrant music and easy to follow dance movements, each session delivers an upbeat cardio workout that keeps you moving, smiling and fully engaged from start to finish.

參加本會的尊巴健體舞班，每週為你注入活力及節奏。動感的音樂及簡單易學的舞蹈動作，讓你在每節課堂中都能享受到充滿活力的有氧運動，從舞動全身、笑容滿面、全情投入。

<b>DATE</b> 日期	Sunday 1st, 8th, 15th & 22nd February 2月1日、8日、15日及22日 (星期日)
<b>TIME</b> 時間	10:00am – 10:45am (45 minutes) 上午 10時至10時45分
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760・非會員\$1,240 (4堂)
<b>AGE</b> 年齡	16 years and above 16歲及以上



## STRETCHING EXERCISE CLASS

## 伸展運動班

Stretching on a regular basis not only helps to prevent muscle injury and soreness, but it also helps your body to relax mentally and physically. Athletes use stretching to gain a competitive advantage and reduce downtime due to muscle injuries. During these stretching sessions, participants learn how to improve the incorrect posture, how to increase flexibility & blood circulation, how to relief stress, enhance coordination and reduce the risk of injury in sports.

定期進行伸展不僅有助於預防肌肉損傷及酸痛，還能幫助身心放鬆。運動員透過伸展來提升比賽優勢，並可減少因肌肉損傷而造成的休養時間。在這伸展課程中，學員將學習如何改善不良姿勢、增強柔韌性及促進血液循環、緩解壓力、提升協調性及降低運動傷害風險。

<b>DATE</b> 日期	(A) Friday 6th, 13th, 20th, 27th February (B) Thursday 5th, 12th & 26th February A班 — 2月6日、13日、20日及27日 (星期五) B班 — 2月5日、12日及26日 (星期四)
<b>TIME</b> 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 — 下午 3時至4時 B班 — 中午 12時至下午1時
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	(A) Member \$760, Guest \$1,240 (for 4 lessons) (B) Member \$570, Guest \$930 (for 3 lessons) A班 — 會員\$760・非會員\$1,240 (4堂) B班 — 會員\$570・非會員\$930 (3堂)
<b>AGE</b> 年齡	16 years and above 16歲及以上
<b>INSTRUCTION</b> 語言	(A) Taught in Cantonese only (B) Taught in Cantonese & English A班 — 廣東話 B班 — 廣東話及英語



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

Around the green, most mistakes come from choosing the wrong shot rather than a bad swing. A simple way to think about chipping is to work with three basic trajectories: high, medium and low. Once you recognise which one the situation calls for, the shot becomes much easier.

The high chip, or lob, is the one that flies up quickly and stops almost where it lands. It is useful when you have very little green to work with, need to carry a bunker or rough, or the ground is sloping away from you. A lob wedge in the 56 to 60 degree

range is usually best. Play the ball slightly forward, open the stance and face a touch, keep your weight towards the front foot and make a confident swing through the ball. It is a lovely shot when it comes off, but it demands good contact and plenty of practice, so it is not the safest option under pressure.

The medium chip is the shot you will use most often. It gives a sensible mix of carry and roll and works well on flat greens and from standard lies. A 54 to 58 degree wedge is ideal, with the ball near the middle of your stance and your weight just favouring the front foot. The motion is compact and controlled, almost like a shortened full swing. The ball will usually roll one and a half to two and a half times as far as it carries. If you are building a reliable short game, this is the shot to master first.

The low runner keeps the ball close to the ground and lets it roll like a long putt. It is perfect when there is plenty of green between you and the hole, when the shot is uphill, or when the wind is strong. A pitching wedge or 9-iron works well here. Play the ball slightly back, narrow your stance, lean the weight forward and make a simple, putting-style stroke. The ball will run a long way once it lands, often three to five times the carry, and it is usually the lowest-risk option.

In simple terms, use the high chip when you need height and a quick stop, the medium chip for everyday situations, and the low runner when you can let the ball roll. Learn to spot which shot the lie and green are asking for, practise from different lies, and the short game becomes far less stressful and far more enjoyable.

# HIGH, MEDIUM AND LOW CHIPS

## 高拋、中拋、低切三種打法

在果嶺周圍，大多數失誤並非源自於揮桿動作不好，而是選錯了擊球路線。一個簡單的切球，可以考慮三種基本軌跡：高拋、中拋和低切。一旦你能判斷出當前情況需要哪種軌跡，擊球就會變得容易得多。

高拋球是指快速飛起並幾乎在落地後即時停止滾動的擊球。當果嶺面積很小、需要越過沙坑或長草區，或地面向外傾斜時，這種擊球方式非常實用。通常來說，56-60度的挖起桿是最佳選擇。擊球時，球位稍為靠前，站姿略微打開，桿面略微外展，重心前移，然後自信地揮桿擊球高拋。如果擊球成功，這會是一記漂亮的球，但它需要紮實的擊球點和大量的練習，因此在壓力下並非最穩當的選擇。

中拋球是最常用的擊球方式。它能提供適中的飛行和滾動距離，在平坦的果嶺和標準球位上都能發揮出色。54-58度的挖起桿是理想之選，球位置中，站姿方正，重心略偏向腳前。動作緊湊且控制精準，幾乎就像一個縮短版的完整揮桿。球的滾動距離通常是飛行距離的1.5-2.5倍。如果你想提升短桿技術，那麼中拋球是要首先熟練的擊球技巧。

低切球會令球低飛貼近地面滾動，就像長推桿一樣。當球洞與果嶺之間有大果嶺、球道上坡或強風時，這種擊球方式非常理想。劈桿或9號鐵桿在這情況都能很好地發揮作用。球位偏後，收窄站位，重心前傾，然後以簡單的推桿方式擊球。球落地後會滾動很遠的距離，通常是飛行距離的3-5倍，而且通常風險最低。

簡單來說，需要高度和快速停球時使用高拋球，一般擊球使用中拋球，要讓球滾動一段距離時使用低切球。學會判斷球位和果嶺狀況適合哪種擊球方式，練習不同球位的擊球，短桿練習就會變得輕鬆許多，樂趣也大大增加。



## Golf Private Lessons

### 高爾夫球私人課堂

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

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

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

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



# CONGRATULATIONS TO OUR JUNIOR TAEKWONDO TEAM

## 恭喜本會少年跆拳道 學員勇奪佳績！

Our Junior Taekwondo Team participated in the Mindfulness Taekwondo Championship 2025 on 21st December. The team demonstrated solid technical ability, discipline and composure throughout the competition, reflecting their preparation and commitment to training.

We congratulate all participating juniors on their performance and look forward to their continued success in future events.

本會少年跆拳道學員於12月21日參加了2025年度「正念體育會跆拳道邀請賽」並取得優異成績。在比賽中他們展現了紮實的技術、嚴明的紀律和冷靜的態度，展現了充分的準備及刻苦的訓練。

我們恭喜所有參賽的少年學員，並期待他們在未來的比賽中取得更大的成功。



### RESULTS 成績

#### Boys' Belt Division for Beginners 男子兒童初級色帶組

1<sup>st</sup> Runner-up 亞軍  
Ho Yik Sum

#### Girls' Belt Division for Beginners 女子兒童初級色帶組

1<sup>st</sup> Runner-up 亞軍 | 2<sup>nd</sup> Runner-up 季軍  
Ho Pui Yi | Claire Wong

#### Boys' Belt Division for Advanced 男子兒童高級色帶組

1<sup>st</sup> Runner-up 亞軍  
Javan Jim

#### Boys' Youth Belt Division for Advanced 男子青少年高級色帶組

2<sup>nd</sup> Runner-up 季軍  
Bosco Chan, Jeremy Yau

#### Girls' Youth Belt Division for Advanced 女子青少年高級色帶組

2<sup>nd</sup> Runner-up 季軍  
Jessie Chan

#### Junior Five-Person Team Poomsae Division 五人隊際套拳兒童色帶組

2<sup>nd</sup> Runner-up 季軍



## JUNIOR TAEKWONDO AT THE CLUB 少年跆拳道

Taekwondo has become one of the Club's most popular and successful children's programmes, inspiring enthusiasm and steady progress among young members. Each class helps children build focus, confidence, and discipline as they learn new techniques and work towards higher belt levels. New children are always welcome!

跆拳道已成為本會最受歡迎且最成功的兒童課程之一，激發了年輕會員的熱情並幫助他們平穩進步。每堂課都能幫助孩子在學習新技巧、努力晉級更高層次的同時，培養專注力、自信心和自律性。

#### DATE 日期

Saturday 7th, 14th, 21st & 28th February  
2月7日、14日、21日及28日（星期六）

#### TIME 時間

4:00pm – 5:00pm (All levels)  
下午 4時至5時（所有級別）

#### VENUE 地點

Aerobics Room

#### PRICE 收費

Member \$760, Guest \$800 (for 4 lessons)  
會員\$760·非會員\$800 (4堂)

#### AGE 年齡

4 years and above  
4歲及以上





# GARDEN HILL

## 嘉頓山

A hilltop lookout in Kowloon is easily accessible and also gives you the opportunity to visit an interesting exhibition about old Hong Kong.

*This is an easy urban trail, suitable for all levels of fitness. Walking time: 1 hour.*

Take the MTR to Sham Shui Po and leave by Exit D2. Your way lies straight ahead, up Kweilin Street, but before proceeding, have a look around the street market on your right. Sham Shui Po is a bustling district full of interesting shops, food stalls and other businesses.

Walk up to the top of Kweilin Street and bear left to cross the main road, aiming for the orange building on the other side. Walk through the small garden to get there, and turn left up Berwick Street. Soon you will see a sign on the wall saying "Path Up Hill". But before you go up there, walk a little further up the road to visit Mei Ho House.

This former public housing block built in the 1950s was saved from demolition when the surrounding Shek Kip Mei Estate was redeveloped, and now it serves as a youth hostel for visiting backpackers. Walk across its courtyard and you'll find a colourful exhibition of traditional Hong Kong street life, with scenes depicting old cinemas, rice merchants, barbers, dai pai dongs, festivals and traditional toys. It's well designed, free to enter and suited for both adults and children.

Returning to the "Path Up Hill" sign, follow the passage that leads you to a flight of steps. These climb up the side of Garden Hill, giving you changing views of the city below as you go up. Among the buildings you can see the well-known Garden Bakery which has been in Sham Shui Po since the 1920s. Many people walk up this hill in the early evening to enjoy the sunset.

At the top, where there is a rest garden with seating, bear left and walk ahead to find steps which lead back downhill. These take you all the way down to Tai Po Road. Turn left and walk past the North Kowloon Magistracy heritage building back to the road junction, where you can retrace your steps back to the MTR.







前往九龍一處交通便利的山頂觀景台，並有機會參觀一個關於舊香港的有趣展覽。

這是一條位於市區內的輕鬆小徑，適合所有體能水平的人士前往。步行時間：一小時。

乘搭港鐵至深水埗站，從D2出口離開。沿著桂林街直走，一路往上，但在此之前不妨先看看右邊的街市。深水埗是一個熱鬧繁華的社區，遍布著各種有趣的商店、美食攤位和其他店舖。

沿著桂林街走到盡頭，然後左轉過馬路，朝著馬路對面的橙色建築物走去。穿過小花園就能到達那裡，然後左轉上巴城街。很快你就會看到牆上有一個指示上山小徑的標誌。不過，在你上山之前，先沿著這條路再往前走一點，去參觀美荷樓。

這座建於1950年代的舊公屋，在石硤尾邨重建時倖免於拆遷，如今已成為一間青年旅舍，接待來訪的背包客。穿過旅館的庭院，你會發現一個色彩繽紛的香港傳統街頭生活展覽，展出了舊戲院、米舖、理髮店、大排檔、節慶活動和傳統玩具遊戲等場景。展覽設計精美，免費入場，老少咸宜。

回到上山小徑的標誌處，沿著小徑前行，便會到達一段梯級。這些梯級沿著嘉頓山的山坡向上延伸，沿途可以欣賞到下方城市不斷變化的景色。在周圍的建築群中，你可以看到自1920年代起就屹立於深水埗的著名嘉頓麵包廠房。許多人會在傍晚時分漫步上山，欣賞日落美景。

到達山頂後，你會看到一個設有座椅的休憩花園。往左走，繼續往前行，你會看到落山的梯級。沿著這些梯級一直走到大埔道。左轉，經過北九龍裁判法院舊址，回到路口，然後沿著原路返回港鐵站。

Words and pictures 撰文及圖片 | Pete Spurrier

## YOGA AT THE CLUB 太平洋會瑜伽班



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

本會瑜伽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）。

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

### VENUE 地點

Aerobics Room

### PRICE 收費

Members \$190/class, \$1,710/10 classes  
Guests \$300/class  
會員每堂\$190，10堂套票\$1,710  
非會員每堂\$300

### REMARK 備註

Packages must be completed within 4 months  
套票必須於4個月內完成

For more information and enrollment, please contact the 2/F Reception on 2118 1890.  
報名請致電2118 1890。





Pickleball Court Lines 匹克球場地線

OLD



Tennis Courts Resurfacing 網球場的翻新工程



Pickleball Net 匹克球網



NEW

We are pleased to share recent improvements to our outdoor sports facilities.

Permanent pickleball lines have now been added to Court Five, removing the need for temporary tape and providing clear, consistent markings for play. The court has also been equipped with new pickleball nets secured to dedicated posts, offering improved stability and safety. Court Five is now well suited for social play, casual games and organised sessions, and is open to players of all levels.

In addition, resurfacing works on all outdoor tennis courts have been completed, delivering refreshed playing surfaces and an enhanced on court experience.

We invite Members to enjoy these upgrades and make full use of the improved facilities.

我們很高興與大家分享近期完成的室外運動設施改善工程。

室外5號球場已經新增永久性的匹克球場地線，無需再使用臨時膠帶，即可提供清晰一致的比賽標記。球場還配備了固定在專用金屬網柱上的全新匹克球網，提升了穩定性和安全性。現在5號球場非常適合進行聯誼休閒比賽和團體訓練，不管是新手還是老手都歡迎前來體驗這改善後的設施。

同時，所有室外網球場的翻新工程亦已經完成，為球員帶來煥然一新的比賽場地和更好的球場體驗。

我們誠摯邀請各位會員前來體驗並充分使用這新升級設施。

## JUNIOR PICKLEBALL ACADEMY 少年匹克球訓練

Our Junior Pickleball Academy introduces children to one of the world's fastest growing sports in a way that is active, engaging and fun. Designed for young players aged 11 and under, the programme builds strong fundamentals while encouraging confidence and coordination.

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

本會的少年匹克球訓練班以積極、有趣且引人入勝的方式，向學員介紹這項全球其中之一發展最快的運動。課程專為11歲及以下的少年球員設計，旨在培養他們紮實的基本功，同時增強他們的自信心和協調能力。

備註：此訓練活動以月費形式支付



<b>DATE</b> 日期	Saturday 14th, 21st & 28th February 2月14日、21日及28日（星期六）
<b>TIME</b> 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 — 下午 2時至3時 B班 — 下午 3時至4時
<b>VENUE</b> 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
<b>PRICE</b> 收費	(A) Member \$660, Guest \$1,020 (for 3 lessons) (B) Member \$840, Guest \$1,200 (for 3 lessons) A班 — 會員\$660，非會員\$1,020（3堂） B班 — 會員\$840，非會員\$1,200（3堂）
<b>AGE</b> 年齡	(A) 3½ – 6 years / (B) 7 – 11 years A班 - 3½至6歲，B班 - 7至11歲



## PICKLEBALL MEET UP NIGHTS

### 匹克球晚間聚會

Join us on three Wednesdays in February for Pickleball Meet Up Nights, designed for players looking to enjoy relaxed evening play and connect with fellow Members. These sessions, led by Coach Cindy, include fundamental techniques, friendly matches, and group practice.

於2月份3個指定星期三晚上，歡迎前來參加由本會專業教練Cindy帶領的匹克球晚間聚會。這活動專為希望享受輕鬆夜晚發揮球技、結識其他志同道合的會員而設。活動內容包括指導基礎技術、非正式友誼賽及團體練習，讓大家可以輕鬆享受球場時光。



<b>DATE</b> 日期	Wednesday 4th, 11th & 25th February 2月4日、11日及25日 (星期三)
<b>TIME</b> 時間	8:00pm – 10:00pm 晚上 8時至10時
<b>VENUE</b> 地點	Outdoor Pickleball Court 室外匹克球場
<b>PRICE</b> 收費	\$260 per session (for 2 hours) 每堂\$260 (兩小時)
<b>AGE</b> 年齡	14 years and above 14歲及以上



## PICKLEBALL PRIVATE LESSONS

### 匹克球私人課程

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

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

<b>Private Lessons (1pax)</b> 私人課程 (一人)	1-hour 一小時課程	\$650 per person 每位\$650
	Package of 10, 1-hour lessons 10 堂一小時課程	\$6,300 per person 每位\$6,300
<b>Semi-Private Lessons (2pax)</b> 半私人課程 (二人)	1-hour 一小時課程	\$345 per person 每位\$345
	Package of 10, 1-hour lessons 10 堂一小時課程	\$3,350 per person 每位\$3,350

## HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during Lunar New Year holidays from 17th to 19th February.

請注意，所有兒童及成人團體課程將於2月17日農曆年初一至19日年初三公眾假期暫停舉行。

## SUNDAY SOCIAL TENNIS 週日網球聯誼聚會

Sunday Social Tennis returns this February, now hosted on the Indoor court for a more comfortable and consistent playing experience. These lively two-hour sessions are designed to bring Members together for enjoyable match play and relaxed rallies, with coaches on hand throughout to offer tips, guidance and gentle coaching as needed.

Whether you are looking to sharpen your technique or simply enjoy a sociable hit with fellow Members, Sunday Social Tennis offers a great way to connect and be part of the Club's tennis community.

由2月份起本會將重新於逢星期日傍晚舉辦「週日網球聯誼聚會」，並改至室內場地進行，為大家帶來更舒適及不受天氣影響的比賽體驗。這兩小時活動讓會員能在輕鬆氛圍中交流球技、互相切磋，並結交新朋友，全程均有教練在場隨時提供技巧建議及簡單指導。

<b>DATE</b> 日期	Sunday 1st, 8th, 15th & 22nd February 2月1日、8日、15日及22日 (星期日)
<b>TIME</b> 時間	5:00pm – 7:00pm 下午 5時至晚上7時
<b>VENUE</b> 地點	Indoor Tennis Court 室內網球場
<b>PRICE</b> 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320，非會員\$440 (兩小時，包括場租及飲品招待)
<b>AGE</b> 年齡	14 years and above 14歲及以上



## TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN FEBRUARY

網球聯賽 — 2月份主場賽事

DATE	TEAM	MATCH
Tuesday, 10th February	Veteran Women's 80+ (Division II)	Pacific Club vs The Hong Kong Jockey Club
Tuesday, 24th February		Pacific Club vs The American Club Hong Kong
Wednesday, 11th February	Mixed Doubles (Division II)	Pacific Club vs Indian Recreation Club
Friday, 13th February	Ladies' (Division 1)	Pacific Club vs Indian Recreation Club

## SUNDAY JUNIOR TENNIS 週日青少年網球班

This Sunday based Junior Tennis programme offers children aged 4 to 16 consistent coaching and structured court time each week. Sessions are designed to support skill development through guided drills and on court play, helping young players build confidence and enjoy regular tennis practice. Charges are applied on a monthly basis.

本會的週日青少年網球班專為4-16歲的年輕學員提供每星期一堂的專注訓練，透過循序漸進的練習和積極的場上訓練來提升他們的技能，幫助他們建立自信，享受規律的網球訓練。此活動需以月費形式支付。



<b>DATE</b> 日期	Sunday 1st, 8th, 15th & 22nd February 2月1日、8日、15日及22日（星期日）
<b>TIME</b> 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 — 下午 2時至3時 B班 — 下午 3時至5時
<b>VENUE</b> 地點	Indoor Tennis Courts 室內網球場
<b>PRICE</b> 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 — 會員\$880，非會員\$1,360（4堂） B班 — 會員\$1,400，非會員\$1,880（4堂）
<b>AGE</b> 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲，B班 8-16歲

## LADIES' MORNING TENNIS 女子早上網球練習

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 please enroll as early as possible.

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。



<b>DATE</b> 日期	Monday 2nd, 9th, 16th & 23rd February 2月2日、9日、16日及23日（星期一）
<b>TIME</b> 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午 10時至中午12時（中級/高級班）
<b>VENUE</b> 地點	Indoor Tennis Courts 室內網球場
<b>PRICE</b> 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320，非會員\$440（兩小時，包括場租及飲品招待）

## JUNIOR TENNIS ACADEMY 青少年網球訓練

Our weekly Junior Tennis Academy welcomes children aged 3½ to 16, offering expert coaching in a fun and engaging setting. Fees are charged on a monthly basis.

本會青少年網球訓練班於星期六上午舉行，歡迎3½-16歲的會員參加，提供專業教練指導，課堂氣氛輕鬆愉快。此活動需以月費形式支付。



<b>DATE</b> 日期	Saturday 7th, 14th, 21st & 28th February 2月7日、14日、21日及28日（星期六）
<b>TIME</b> 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 — 上午 10時至11時 B班 — 上午 11時至下午1時
<b>VENUE</b> 地點	Indoor Tennis Courts 室內網球場
<b>PRICE</b> 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 — 會員\$880，非會員\$1,360（4堂） B班 — 會員\$1,400，非會員\$1,880（4堂）
<b>AGE</b> 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½-6歲，B班 6-16歲



# SPA PROMOTIONS IN FEBRUARY

## 2月份美容療程優惠

### BERNARD CASSIERE MUESLI NUTRI-SENSITIVE TREATMENT

BERNARD CASSIERE

穀物護養抗敏療程

~~\$1,520~~ **\$1,216**

(1hr 25mins) (1小時25分鐘)

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

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

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

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



### DIANA DICKSON CAVIAR COLLAGEN MOISTURE PROGRAMME

DIANA DICKSON

魚子精華骨膠療程

~~\$1,520~~ **\$1,216**

(1hr 25mins) (1小時25分鐘)

Caviar, a true marine treasure, is packed with vitamins, minerals, and essential lipids that help restore youthful vitality to the skin. Renowned for its ability to stimulate cell renewal, boost circulation, and support the lymphatic system, it enhances skin tone and texture. Complementing this is collagen, a powerhouse moisture-binding protein that deeply hydrates, leaving the skin irresistibly smooth and supple.

Infused with a blend of active ingredients, this luxurious Moisture Programme helps slow the ageing process, restoring radiance and elasticity for a rejuvenated complexion. The treatment also includes a Generic Moisture Serum for continued hydration and nourishment over seven days, ensuring long-lasting results.

魚子精華為海洋瑰寶，富含多種維他命、礦物質和人體必需的脂肪質，有助於恢復皮膚的年輕活力。它以刺激細胞更新、促進血液循環和增強淋巴系統的能力而聞名，可以明顯改善皮膚質素。與此相輔相成的是骨膠原，它是一種強大的保濕蛋白，可以深層補水，讓肌膚變得光滑有彈性。

這款奢華的保濕療程融合了多種活躍成份，有助延緩肌膚老化過程，回復柔潤細緻，使膚色煥發年輕光彩。療程中還包括一支保濕緊緻精華，可供7天內持續保濕和滋養，確保持久效果。



# A LUNAR NEW YEAR CENTREPIECE

## 農曆新年花卉擺設

This Lunar New Year centrepiece brings together seasonal flowers, sculptural branches and festive details to create a striking arrangement for the home or table. Designed to celebrate renewal, prosperity and the spirit of the Year of the Horse, the finished piece works as a strong focal point, combining height, colour and traditional elements in a balanced and elegant display.

這款農曆新年主題擺設巧妙地融合了時令花卉、造型別緻的枝條和節日元素，打造出引人注目的家居或餐桌裝飾。這款擺設旨在慶祝新生、繁榮和馬年精神，其高度、色彩和傳統元素的巧妙結合，呈現出平衡而優雅的視覺效果，成為引人注目的焦點。

### WHAT YOU'LL NEED 所需材料

- Various Flowers and Plants:  
Butterfly Orchid (with Pot), Anthurium, Golden Chrysanthemum, Silver Willow, Fatsia Japonica, Scabiosa, Red Berry  
多種花卉植物：蝴蝶蘭、熊掌花、金菊花、銀柳、八角金盤花葉、松蟲草、富貴子
- A Chinese Style Flower Container  
(large enough to support the weight of all plants)  
中國風花盆（大小足以支撐所有植物的重量）
- Artificial Pink Leaves  
粉紅色人造葉子
- Rectangular Floral Foam (large enough to fit in the container and support the weight of all plants)  
長方形花泥（大小足以放入花盆，並能支撐所有植物的重量）
- A Festive Horse Charm  
節日小馬吊飾
- Golden Branches  
金樹枝
- Wire  
鐵絲
- Cutter  
剪刀



### INSTRUCTIONS 步驟

1. Divide the Silver Willow into two bundles, cutting one bundle shorter.  
將銀柳分成兩束，其中一束裁得較短。
2. Secure each bundle firmly with wire in the middle and at the end, then bend them in the middle and wrap tightly with wire to form a U-shape.  
在每一束銀柳的中間及尾部用鐵絲紮實，然後在中間將其彎曲並用鐵絲繞實，固定成U字形狀。
3. Place the floral foam vertically into the container.  
將花泥垂直放入花盆內。
4. Insert two bundles of Silver Willow at the top of the floral foam. As two bundles are of different lengths, they will be at different levels.  
將兩束銀柳插入花泥的頂部。因兩束銀柳的長度不同，便形成一高一低。
5. Firstly, insert Fatsia Japonica at the bottom, then insert Red Berry and golden branches in the middle.  
先將八角金盤花葉插在下方位置，富貴子及金樹枝插在中間。
6. Insert artificial pink leaves in the middle and at the bottom respectively.  
將粉紅色人造葉子分別插在中間及下方位置。
7. Cut Golden Chrysanthemums and Scabiosa into different lengths and insert them around the entire arrangement in different positions.  
將金菊花、松蟲草裁成不同長度，環繞整個擺設插入不同位置。
8. Insert Anthurium between the Fatsia Japonica.  
在八角金盤花葉之間插入熊掌花。
9. Secure the Horse Charm on a golden branch with wire as decoration.  
用鐵絲將小馬吊飾固定在金樹枝上作裝飾。
10. Finally, place a pot of Butterfly Orchid next to the arrangement.  
最後將一盆蝴蝶蘭擺放在擺設旁邊。





## WHY CHOOSING A CAMERA IS BETTER IN JAPAN 為什麼在日本選購相機比較好

Japan is my favourite place to compare the detailed features and merits of new cameras. The two major department stores that specialise in photographic equipment, Bic Camera and Yodobashi Camera, both have every camera from every manufacturer on open display for you to pick up in your hands and try out for as long as you need. That open access matters, because it allows you to move beyond specifications and marketing claims and focus instead on what actually affects day to day use.

The sales people will never pressure you to buy anything. They let you study as many cameras for as long as you need until you decide which one you want to buy. You can linger, return to the same model multiple times, and compare one camera directly against another without being hurried along. I was in Japan last month, and I spent many hours in these camera shops, evaluating all the new cameras that I hadn't seen before, going back and forth between models as my initial impressions started to sharpen.

This process of directly experiencing the feel, the weight, and the sound of each camera, and then comparing them with all the other cameras, gives you time to really narrow down your choices. Subtle things reveal themselves quickly when you are holding a camera for more than a few seconds: how naturally your fingers find the dials, whether the grip suits your hand, how the shutter response feels, and whether the overall balance makes you want to keep shooting. A process of elimination helps you arrive at a final short list.

In my case, the final decision came down to two cameras: the Fujifilm X-E5 and the Sony Alpha 7C II. I ultimately chose the Sony, largely because I already own a substantial collection of compatible lenses and accessories, and it made practical sense to stay within that system. Even so, I left with a genuine fondness for the Fujifilm, which impressed me far more than I had expected. It had a character and handling that stayed with me, the sort of camera that makes you want to take it everywhere, even if logic points you elsewhere.

If you ever find yourself in Japan, I strongly recommend spending time in these camera stores with an open mind. Handle everything, take your time, and judge each camera on its own merits. Try the obvious contenders, but also pick up a few options you might usually ignore, because those are often the ones that surprise you. This kind of empirical approach has a way of challenging assumptions and, more often than not, delivering a few surprises along the way.

我最喜歡到日本尋找及比較新款相機的詳細功能和優缺點，當地兩間大型攝影器材專賣店——Bic Camera 和 Yodobashi Camera——都把所有廠商的相機擺放在顯眼的位置，你可以上手試用，想試多久都得。這種任意試用方式很重要，因為它能讓你超越規格和行銷宣傳以外的因素，轉而關注在真正影響日常使用的重點上。

店鋪的售貨員絕不會強迫你購買任何東西，他們會讓你仔細研究各種相機，直到你決定要買哪一部。你可以慢慢欣賞，重複查看同一部相機，並直接與其他相機作比較，而無需匆忙決定。上個月我去了日本，在這些相機店裡待了好幾個小時，評估了所有我以前從未見過的新相機，在不同的型號之間來回比較，我的初步印象也開始逐漸清晰。

透過親身感受每部相機的手感、重量和聲音，並將它們與其他所有相機進行比較，這個過程能讓你可以縮小選擇範圍。當你握著相機幾秒鐘後，一些細微之處便已經迅速顯現：手指操作轉盤是否自然，手柄是否適合你的手型，快門響應如何，以及整體平衡性是否讓你想要繼續使用它來拍攝。透過排除法，你可以最終篩選出幾個備選方案。

最終，我的選擇範圍縮小到兩款相機：Fujifilm X-E5 和 Sony Alpha 7C II。而我最終選擇了 Sony，主要是因為我已經擁有這品牌相當數量的兼容鏡頭及配件，繼續使用這套系統顯然更方便。即使如此，我對 Fujifilm X-E5 依然情有獨鍾，它帶給我的印象遠遠超乎預期。它的特性和操控手感讓我印象深刻，是那種讓你忍不住想隨身攜帶的相機，即使理智告訴你應該選擇其他相機。

如果你有機會去日本，我強烈建議你帶著開放的心態去逛一逛這些相機店，拿起每部相機仔細研究，慢慢體驗，並根據它們自身的優劣來評判。試試那些熱門機型，但也別忘了挑選一些你平時可能忽略的，因為它們往往會給你帶來驚喜。這種親身體驗的方式能夠挑戰你固有的認知，而且常常會帶來意想不到的驚喜。



# BOWLING PARTIES AT THE PACIFIC CLUB

## 太平洋會保齡球派對



Our Bowling Alley is available for private parties and events, offering a relaxed and enjoyable way to celebrate with family, friends, or colleagues. The space accommodates up to 40 guests and works equally well for children's birthday parties, casual family get-togethers, and corporate team activities.

In the evening, Neon Night Mode adds a fun visual twist, with illuminated lanes creating a lively atmosphere that keeps the energy high throughout the event.

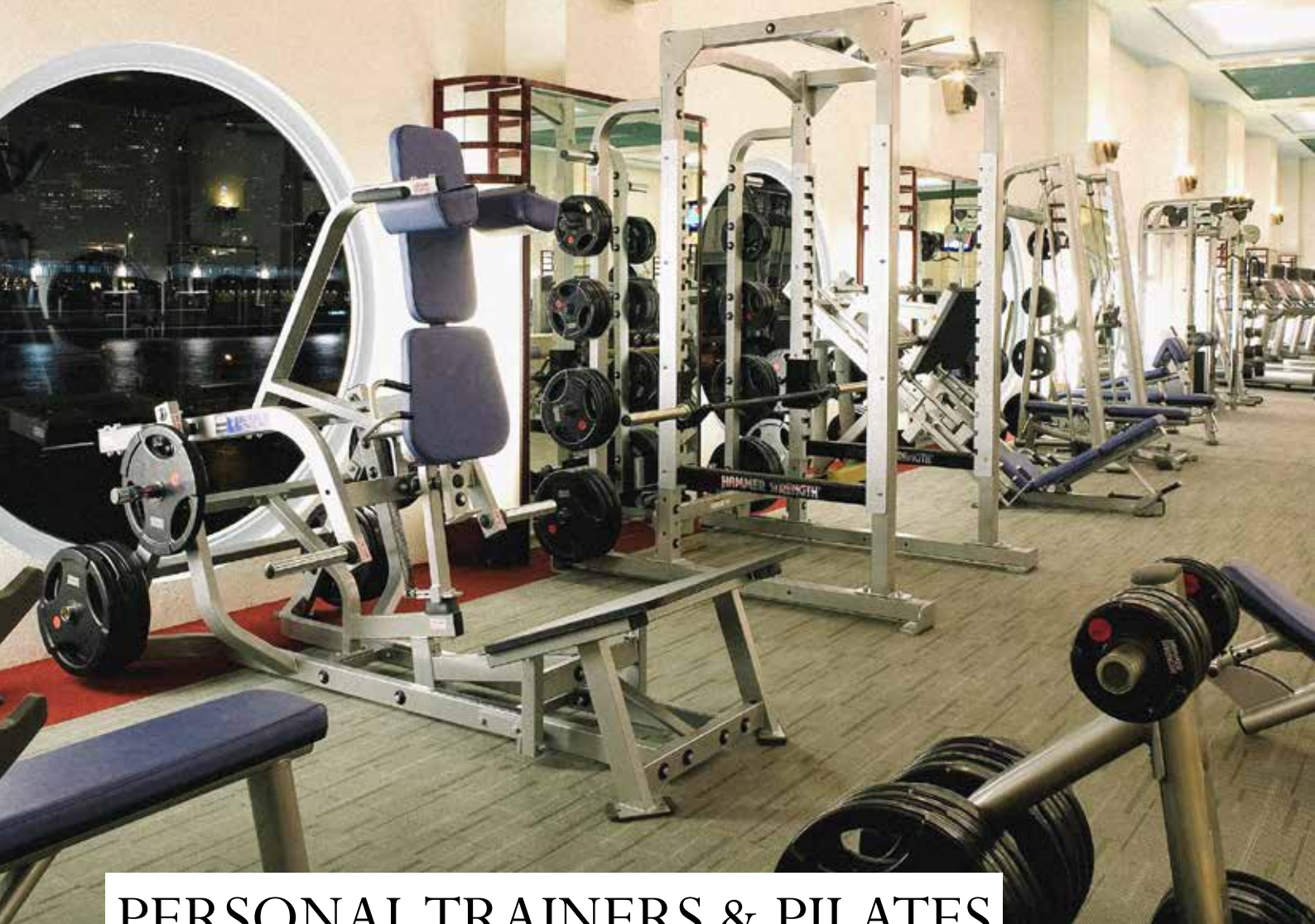
For further information on availability, pricing, and tailored event packages, please contact our dedicated Banqueting & Events Department on 2118 2851 or 2118 2295.

本會的保齡球館可供舉行私人聚會及活動，提供輕鬆愉快的慶祝方式，與家人、朋友或同事歡聚一堂。場地可容納人數多至40位，無論是兒童生日派對、輕鬆的家庭聚會或公司團隊活動，都能完美勝任。

夜幕降臨，我們特殊的霓虹燈夜間模式更為派對添加趣味，璀璨的球道營造出活力四射的氛圍，令派對場地變得氣氛十足！

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





## PERSONAL TRAINERS & PILATES COACHES AT THE CLUB

### 太平洋會 — 私人健身及普拉提教練團隊



**Billy Che**



**Cindy Ng**



**Daniel Wong**



**Derek Ma**



**Gary Wong**



**Ida Kam**



**Max Ng**



**Rosel Chu**



**Serena Cheung**



**Yan Lau**

We are proud to offer a team of highly skilled and professional Personal Trainers and Pilates Coaches dedicated to helping you achieve your fitness goals. Our trainers are experienced in creating personalised workout plans tailored to your needs, while our Pilates Coaches can help improve your strength, flexibility, and overall well-being.

For more information, please contact the Gymnasium on 2118 1863.

本會的專業私人健身及普拉提教練團隊，致力幫助大家實現健身目標。每一位教練均擁有豐富且專業的教學經驗，能夠為大家度身定制最切合需求的個人化運動計劃，為大家的健身旅程帶來前所未有的體驗。

欲知更多詳情，請致電 2118 1863 與健身室聯絡。



# BALANCE FOR DAILY LIVING

Many people assume that unsteadiness is an unavoidable part of getting older. In reality, loss of balance and confidence often comes from under-using the body's natural stability systems rather than from age itself.

Independent living relies on the ability to move with ease and control. When balance feels secure, everyday activities such as walking, climbing stairs, or standing for longer periods become more comfortable, supporting both physical confidence and social connection. Effective training returns to the basics by strengthening the link between muscles, joints, and the nervous system, improving balance, coordination, and body awareness.

## WHAT IS PROPRIOCEPTION?

Proprioception is often described as the body's sixth sense. It is the quiet, continuous feedback that tells you where your body is in space without needing to look. This system allows you to move smoothly, adjust your posture, and stay steady in low light or on uneven ground. Like strength, it benefits from regular practice.

## WHY TRAIN BOTH BALANCE AND STRENGTH TOGETHER?

Balance and strength work best together. Strong legs provide the power to move, while balance and proprioception guide that movement with accuracy. One without the other leaves the body less stable and more prone to hesitation or falls.

## FOUNDATIONAL EXERCISES

The exercises that follow focus on simple, controlled movements designed to rebuild confidence, coordination, and stability. Practised regularly, even for a few minutes a day, they help maintain mobility and support an active, independent lifestyle.

If you have not exercised for some time, or if you have existing injuries or health concerns, it is sensible to seek guidance from a qualified fitness or health professional before starting. Always work in a clear, safe space and keep support within easy reach. Move at your own pace, listen to your body, and prioritise consistency over intensity.

### Caution

- **Check Your Environment:** Ensure your practice space is spacious, with dry, non-slip flooring, and clear of all obstacles.
- **Use Assistance:** Always perform exercises next to a sturdy chair, wall, or countertop, keeping support within easy reach.
- **Listen to Your Body:** You should feel exertion, but not sharp or severe pain. Stop immediately if you feel dizzy or unwell.
- **Progress Gradually:** Start at the easiest level. Consistent daily practice of 5-10 minutes is far better than one long, aggressive session per week.



### Single-Leg Stand 單腳站立

Focus: Static Balance, Ankle Stability  
訓練重點：靜態平衡、腳踝穩定。

- Lightly hold a sturdy chair back, chest up, core engaged.  
輕扶穩固椅背，挺胸收腹。
- Slowly lift one foot, knee slightly bent.  
緩緩抬起一腳，膝部微彎。
- Hold for 15-30 seconds, feeling the connection between your foot and the ground. Switch sides.  
維持15-30秒，感受腳掌與地面的連繫。換邊進行。



### Heel-to-Toe Walk 腳跟至腳尖行走

Focus: Dynamic Balance, Proprioception  
訓練重點：動態平衡、本體感覺

- Use a floor line or straight path as a guide.  
沿著地板線或直線標記進行。
- Place the heel of one foot directly in front of the toes of the other, walking in a straight line as if on a tightrope.  
將後腳的腳尖緊貼前腳的腳跟，如走鋼索般直線前行。
- Arms can be spread for balance. Walk slowly for 10-15 steps.  
可張開雙臂保持平衡，緩慢前行10-15步。



### Stationary High-Knee March 原地高抬膝踏步

Focus: Coordination, Cardio Warm-up  
訓練重點：協調性、心肺暖身

- Stand behind a chair, hands resting lightly.  
站立於椅後，雙手輕扶。
- Alternately lift knees toward your chest, keeping your back straight.  
交替將膝蓋朝胸口方向抬高，保持背部挺直。
- Continue for 30-45 seconds to build rhythm and warm up the body.  
持續30-45秒，建立節奏感與身體暖度。





### Calf Raises 小腿提踵

Focus: Calf Strength, Ankle Stability  
訓練重點：小腿肌力、腳踝穩定

- Stand with feet hip-width apart, lightly holding support.  
雙腳與肩同寬，輕扶支撐物。
- Slowly raise heels to their highest point, feeling the calf muscles fully contract.  
緩緩將腳跟抬至最高點，感受小腿肌肉充分收縮。
- Pause briefly at the top, then lower slowly. Repeat 12-15 times.  
在最高點稍作停留，再緩緩放下。重複12-15次。



### Hip Clock Swings 髖關節時鐘擺動

Focus: Hip Control, Micro-Dynamic Balance  
訓練重點：髖部控制、微動態平衡

- Stand steady, lightly holding a wall with one hand.  
單手輕扶牆面站穩。
- Imagine the non-weight-bearing foot as a pencil tip, slowly tracing a small clock face in the air to your side.  
提起懸空一腳想像為筆尖，在側方緩慢劃出小範圍的時鐘圓盤。
- Do 6-8 circles clockwise and counter-clockwise, then switch legs.  
順時針及逆時針各劃6-8圈，換邊進行。



### Advanced Challenge: Eyes-Closed Single-Leg Stand 進階挑戰：閉眼單腳站立

Focus: Proprioception (Advanced Challenge)  
訓練重點：本體感覺（進階挑戰）

- Must be done next to solid support or with a spotter.  
必須在穩固支撐物旁或有教練看護下進行。
- First, balance on one leg with eyes open, then attempt to slowly close them.  
先睜眼單腳站穩，隨後嘗試緩緩閉上眼睛。
- Rely solely on the feel of your feet and joints to maintain balance. Aim for 5-10 seconds.  
完全依賴腳底及關節的感覺維持平衡，目標保持5-10秒。



By Rosel Chu

Personal Trainer

撰文：私人健身教練

## 改善日常生活的平衡力量

許多人認為行動不便不是衰老後不可避免的一部分。但實際上，失去平衡感和自信心往往是由於身體自身穩定系統的使用不足，而非年齡本身所造成的。

獨立自主的生活建立在輕鬆自如的行動能力，當身體平衡感良好時，日常活動，例如行走、爬樓梯或長時間站立，都會變得更加舒適，從而增強身體自信心和社交能力。

有效的訓練應回歸根本，透過強化肌肉、關節和神經系統之間的聯繫，改善平衡、協調性和身體感知能力。

### 何謂本體感覺？

本體感覺常被描述為身體的第六感。它是一種安靜、持續的回饋，無需視覺即可感知身體在空間中的位置。這套系統讓你能夠流暢地移動、調整姿勢，並在光線昏暗或不平坦的地面上保持穩定。與肌力一樣，本體感覺也需要定期練習才能增強。

### 為什麼要同時訓練平衡和肌力？

平衡和肌力結合起來效果最佳。強壯的腿部提供運動所需的動力，而平衡感和本體感覺則能精準地引導動作，二者缺一不可，否則身體穩定性會下降，更容易出現猶豫或跌倒的狀況。

### 基礎練習

這些練習著重於簡單、可控制的動作，旨在重建自信、協調性和穩定性。即使每天只練習幾分鐘，堅持規律地進行也能幫助維持活動能力，並支持活躍獨立的生活方式。

如果你已經有一段時間沒有進行鍛鍊，或者有傷病、健康問題，建議你在開始練習前先諮詢合資格的健身或健康專業人士。務必在整潔、安全的空間進行練習，並確保備有觸手可及的輔助工具。按照自己的步調練習，傾聽身體的感受，並優先考慮練習的規律性而非強度。

### 注意事項

- 環境檢查：確保練習空間寬敞、地面乾燥防滑，並移除所有障礙物。
- 使用輔助物：必須在穩固的椅子、桌子或牆壁旁邊進行，讓輔助物觸手可及。
- 聆聽身體：運動期間應感到用力，但不應有刺痛或劇痛的感覺出現。如出現暈眩或不適應立即停止。
- 循序漸進：從最低難度開始，每日堅持5-10分鐘，遠勝於每周一次的長時激進訓練。



## The End of Reality: How Elon Musk and his Friends are Changing Your World

by Jonathan Taplin

From the author of *Move Fast and Break Things*, *The End of Reality* examines how a small group of highly influential technology leaders are shaping the way we think about the future, progress and innovation.

As economic, social and environmental pressures continue to intensify, Taplin explores how ambitious technological visions such as the metaverse, cryptocurrency, private space travel and transhumanism have captured public imagination. He asks whether these ideas meaningfully address today's most pressing challenges, or whether they risk drawing attention away from issues such as inequality, work and social cohesion.

The book considers the cultural and economic influence of figures including Elon Musk, Peter Thiel, Mark Zuckerberg and Marc Andreessen, looking at how their ideas and investments shape public priorities and long term expectations. Taplin raises questions about the values embedded in emerging technologies and the consequences of concentrating so much decision making power in the hands of a few individuals. He also examines the broader impact of large technology platforms on work, public discourse and economic mobility, alongside the growing role of public funding in supporting speculative innovation.

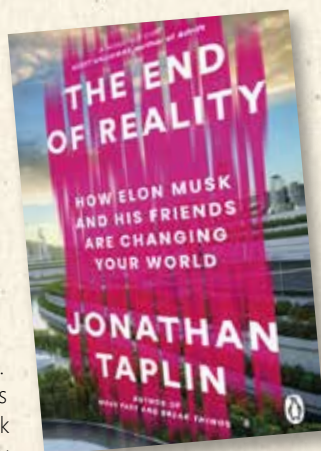
*The End of Reality* offers a critical but accessible reflection on technology's role in society, encouraging readers to think more carefully about what kind of future is being built, who benefits from it and what alternatives might better support a resilient and inclusive economy.

《Move Fast and Break Things》的作者 Jonathan Taplin 在《The End of Reality》一書中探討了一小群極具影響力的科技領袖如何塑造我們對未來、進步和創新的思考方式。

隨著經濟、社會和環境壓力的不斷加劇，Jonathan Taplin 探討了如元宇宙、加密貨幣、私人太空旅行和超人類主義等雄心勃勃的科技願景是如何吸引公眾的想像力的。他提出了疑問：這些理念是否能有效應對當今最迫切的挑戰？或者它們會分散人們對不平等、就業和社會凝聚力等問題的關注？

本書探討了 Peter Thiel、Elon Musk、Mark Zuckerberg 和 Marc Andreessen 等人的文化和經濟影響力，分析了他們的理念和投資如何塑造大眾的優先事項和長期期望。Taplin 對新興科技中蘊含的價值觀以及將如此多的決策權集中在少數人手中所帶來的後果提出了質疑。他也檢視了大型科技平台對工作、公共論述和經濟流動性的更廣泛影響，以及公共資金在支持投機性創新方面日益增長的作用。

《The End of Reality》對科技在社會中的作用進行了批判性但又通俗易懂的反思，鼓勵讀者更認真地思考正在構建怎樣的未來，誰從中受益，以及哪些替代方案可以更好地支持一個具有韌性和包容性的經濟體。



## The Wisdom of Ancient Japan: Timeless Lessons to Live

by Saori Okada

Discover your sense of purpose, foster gratitude and learn to live in the moment. A beautiful celebration of ancient Japanese culture. Some of the most important mindsets in modern culture are derived from ancient Japanese times. From discovering your sense of purpose with Ikigai to fostering gratitude with Go-en, and from accepting what cannot be changed with Sho-ga-nai to embracing strength after you fall with Nana korobi ya oki, as well as the seven principles of the warrior code: these are timeless philosophies to live by.

Wellness coach Saori Okada brings together 60 quintessential lessons and philosophies, paired with stunning traditional artworks to match each concept, all rooted in Japan's ancient heritage. These are lessons to change your mindset and give you the tools to take on life's everyday challenges

發掘你的人生意義，培養感恩之心，學習活在當下，這是對古老日本文化的精彩頌揚。現代文化中一些最重要的思維模式皆源自於古代日本。從Ikigai（尋找人生意義），到Go-en（培養感恩之心），再到Sho-ga-nai（接受無法改變之事），以及Nana korobi ya oki（在跌倒後重拾力量），還有武士道的七項準則：這些都是值得我們遵循的永恒人生哲學。

健康教練 Saori Okada 在書中匯集了60個精髓的人生哲理及理念，並配以精美的傳統藝術作品與之相呼應，所有內容均根植於日本的古老傳統，旨在轉變你的思維模式，並為你提供應對生活日常挑戰的工具。



From now until 28th February, 2026, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至2月28日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

**Kelly & Walsh Ltd.**  
216 Pacific Place, Admiralty

**Kelly & Walsh Ltd**  
金鐘太古廣場216號舖

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

**香港圖書文具有限公司**  
中環德輔道中25號



# HAIR PRODUCT SALE IN FEBRUARY 2月份頭髮產品優惠



## PROACTION FOR C. SHAMPOO, 170ML PROACTION FOR C.鎖色洗髮水·170毫升

~~\$130~~ \$115

Designed for daily care of bleached or colour treated hair, this gentle shampoo is particularly beneficial during the first week after colouring. Its amino acid based formula helps preserve colour luminosity, reduce fading and restore the hair's natural moisture balance.

By gently rebalancing the hair's pH level, it seals in vibrant colour while removing residual chemical traces without stripping or drying the hair. The result is hair that feels soft, hydrated and visibly brighter.

這款溫和的洗髮劑專為漂染後的頭髮作日常護理而設計，尤其適用於染髮後的首個星期。其氨基酸配方有助於保持髮色光澤，減少褪色，並恢復頭髮的天然水分平衡。

它能溫和地平衡頭髮的酸鹼平衡值，鎖住鮮豔的髮色，同時去除殘留的化學成分，而不會使頭髮乾燥或失去光澤。使用後，頭髮柔軟水潤，明顯更加亮澤。



## DEUXER MEDIUM HARD WAX 4 DEUXER 4中硬度造型髮蠟

~~\$250~~ \$225

This fabulous styling and finishing product offers medium hold. With a smooth touch and light texture, it controls the movement of hair from the root to the tip, creating a design with a sense of shape. Macadamia nut oil, with repairing qualities, provides smoothness, gloss, and moisture to the hair. This product also provides high-efficiency styling and natural luster.

這款中硬度造型髮蠟觸感柔滑，質感輕盈，從髮根到髮梢控制頭髮，整理出具層次及質感的造型。產品含有具修護成分的澳洲堅果油，賦予頭髮順滑、光澤、水潤及自然光澤感。

## NOTIO SOLID WAX NOTIO護肌髮蠟

~~\$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 (glycerin & sorbitol).

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（甘油、山梨醇）護理你的皮膚。



## THIS MONTH'S PROMOTION



## 10% DISCOUNT ON INTENSIVE HAIR CARE TREATMENTS

Throughout February, 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2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。

## HOLIDAY NOTICE 課程暫停舉行

Please note that all junior and adult group classes will be cancelled during the Lunar New Year holidays from 17th to 19th February.

請注意，所有兒童及成人團體課程將於2月17日農曆年初一至19日年初三公眾假期暫停舉行。



## WALL CLIMBING

### 運動攀石訓練班

Adventure awaits on the climbing wall, where children can challenge themselves and have fun reaching new heights. Guided by our expert instructor, they build strength, coordination, and confidence through each climb. The classes encourage focus and perseverance, giving every young climber a real sense of achievement.

刺激的運動攀石訓練班可以讓孩子挑戰自我，享受攀登新高度的樂趣。在我們專業教練的指導下，學員可透過每次攀爬來增強力量、協調性和自信心，並鼓勵專注力和毅力，讓每位小攀石者都獲得真正的成就感。

<b>DATE</b> 日期	Sunday 15th & 22nd February 2月15日及22日（星期日）
<b>TIME</b> 時間	11:30am – 1:00pm 上午 11時30分至下午1時
<b>VENUE</b> 地點	Children's Playroom (Climbing Wall) 兒童遊戲室（攀岩牆）
<b>PRICE</b> 收費	Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460，非會員\$580（兩堂，包括課程當日的兒童遊戲室入場費）
<b>AGE</b> 年齡	6 – 10 years 6-10歲



## ROPE SKIPPING CLASS

### 花式跳繩班

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

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

<b>DATE</b> 日期	Sunday 1st, 8th, 15th & 22nd February 2月1日、8日、15日及22日（星期日）
<b>TIME</b> 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分（50分鐘）
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760，非會員\$800（4堂）
<b>AGE</b> 年齡	7-12 years 7-12歲

## ENGLISH DRAMA ACADEMY

### 英語話劇訓練班

The English Drama Academy helps children build confidence in spoken English through performance and play. Each class combines storytelling, role-play, and script work to develop fluency, expression, and clear communication. Guided by our instructor, participants learn to use language naturally while gaining confidence and creativity.

英語話劇訓練班透過表演和遊戲幫助孩子建立講英語的自信。每節課堂都結合說故事、角色扮演和劇本練習，以提升英語流利度、表達能力和清晰的溝通能力。在導師的指導下，孩子將學習如何自然地運用語言，同時提升自信和創造力。

<b>DATE</b> 日期	Monday 2nd, 9th & 16th February 2月2日、9日及16日（星期一）
<b>TIME</b> 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 — 下午 5時30分至6時30分 B班 — 下午 4時30分至5時30分
<b>VENUE</b> 地點	Gym Activities Room
<b>PRICE</b> 收費	Member 630, Guest \$660 (for 3 lessons) 會員\$630，非會員\$660（3堂）
<b>AGE</b> 年齡	(A) 3 – 5 years / (B) 6 – 12 years A班 3-5歲，B班 6-12歲







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

Our Junior Badminton Programme is held for junior players from 6 to 16 years old. Our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities to take their game to the next level.

本會少年羽毛球班專為6 - 16歲少年會員而設，我們經驗豐富的教練致力於幫助不同水平的學員提高羽毛球能力，使他們的比賽水平更上一層樓。

<b>DATE</b> 日期	Friday 6th, 13th & 27th February 2月6日、13日及27日 (星期五)
<b>TIME</b> 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 — 晚上 6時30分至7時30分 B班 — 晚上 7時30分至8時30分
<b>VENUE</b> 地點	Aerobics Room
<b>PRICE</b> 收費	Member \$810, Guest \$840 (for 3 lessons) 會員\$810，非會員\$840 (3堂)
<b>AGE</b> 年齡	(A) 6 – 10 years / (B) 11 – 16 years A班 6-10歲，B班 11-16歲



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

To really improve your child's badminton skills, engage the service of our Badminton Coach, who is available for Private Lessons with prior booking. Coaches will provide technical trainings for players with a competitive level, and beginners will increase their interest in badminton through fun games and drills.

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。

<b>PRIVATE LESSONS</b> 私人課程 收費	1pax : \$720/hour (including court hire) 一人 : \$720/每堂一小時 (包括場租)
	2pax : \$920/hour (including court hire) 二人 : \$920/每堂一小時 (包括場租)



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

Private table tennis lessons are available for players of all levels, from beginners learning the fundamentals to more advanced juniors refining their technique and match play. Coaching is tailored to each child's ability and personal goals, supporting steady improvement while keeping the sessions engaging and enjoyable.

本會為各級程度的乒乓球愛好者提供私人課程，從學習基本功的初學者到希望提升技術及比賽水平的青少年高手，我們都能滿足他們的需求。教練會根據每個學員的能力及個人目標量身定制課程，幫助他們穩定提高，同時確保課程充滿趣味性及吸引力。

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





## BASKETBALL PRIVATE LESSONS

### 私人籃球課堂

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

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

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

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

#### PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程 \$650 per person 每位 \$650

1½ hour lessons 1½堂一小時課程 \$900 per person 每位 \$900

#### PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

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

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

### 數 獨 SUDOKU

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

## SUDOKU© PUZZLES BY PAPPOCOM

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：[www.sudoku.com](http://www.sudoku.com)

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

[vivian-ng@pacificclub.com.hk](mailto:vivian-ng@pacificclub.com.hk) by latest Monday, 9th February. 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 March. Good Luck!

請於2月9日(星期一)前將答案傳真至 2118 0206、電郵至 [vivian-ng@pacificclub.com.hk](mailto: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3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！

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

January Solution

1月份遊戲答案

.....

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Ms Chang Wan Yee

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



# REAL CASINO DE MADRID

## Madrid, Spain

Founded in 1836, the Casino de Madrid is one of Spain's most established private clubs. After occupying several locations in its early years, the Club moved to its present home on Alcalá Street in 1910. The building was declared a monument of cultural interest in 1993 and has since been carefully preserved, reflecting its original architectural elegance. Its interiors are equally impressive, featuring significant works of art regarded as part of Spain's national heritage.

The Casino de Madrid offers an extensive range of dining and recreational facilities. The Billiard Room is equipped with three tables, while the adjoining El Tresillo Room is reserved for board games. Members may also enjoy the Reading Room, which provides daily national newspapers, weekly magazines and a broad selection of international publications for those wishing to stay informed.

Dining is a highlight of the Casino de Madrid experience. The Michelin starred Paco Roncero Restaurant opened under the name La Terraza del Casino at the end of 1990 and is located on the top floor, offering a spectacular terrace and sweeping views across the city. For an especially memorable culinary experience, the Paco Roncero Workshop presents a unique multi sensory concept that brings together sound, light, movement, aroma and food in a single setting.

Members wishing to maintain their fitness while travelling will find comprehensive facilities within the Health Club. These include a gym, an indoor swimming pool with hydrotherapy jets, saunas, a Turkish bath, massage rooms and spacious changing areas. On the same level, Members also have access to a hair salon for both men and women, as well as manicure and pedicure services.

A visit to the Casino de Madrid would not be complete without seeing its magnificent library. Dating from 1890, the library houses a collection of more than 40,000 volumes, primarily works from the 19th and early 20th centuries. The entire collection has been fully computer catalogued.

So, whether you are in Madrid on business or for pleasure, be sure to obtain a Letter of Introduction for this fabulous Club, a place that extends a very warm welcome to Pacific Club Members.

位於西班牙馬德里的 Casino de Madrid 會所建於1836年，是當地歷史最悠久的私人會所之一，早期曾幾經遷移，最終於1910年選址於 Alcalá Street。這建築物於1993年被列為文化古蹟，此後一直受到精心保育，至今仍保留其原有的建築風貌。會所的內部建設同樣令人印象深刻，收藏著許多被視為西班牙國家遺產的重要藝術作品。

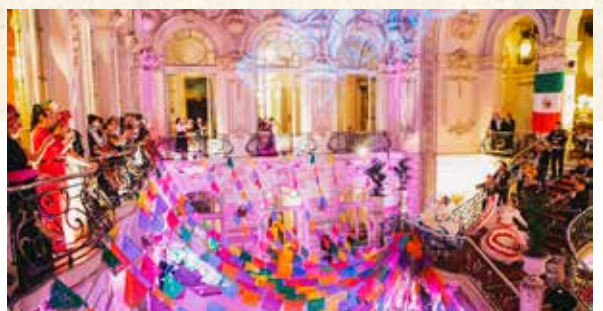
Casino de Madrid 提供各式各樣的餐飲和休閒設施。桌球室內設有3張球桌，毗鄰的 El Tresillo Room 則專供玩家進行各種棋類遊戲。希望了解世界大事及新聞的會員還可以使用閱覽室，閱讀國內日報、每週雜誌及豐富的國際刊物。

餐飲服務是 Casino de Madrid 的一大亮點。米芝蓮星級餐廳 Paco Roncero 於1990年底以 La Terraza del Casino 的名義開業，擁有可飽覽城市壯麗全景的頂層露台。為了打造令人難忘的美食體驗，Paco Roncero Workshop 呈現了一種獨特的多感官概念，將聲音、光線、動作、香氣和食物融為一體。

若會員想在旅行期間保持健康體魄，可前往設施完善的 Health Club，當中包括健身室、設有噴射水療設備的室內游泳池、桑拿浴、土耳其浴、按摩室和寬敞的更衣室。在同一樓層還設有男士及女士髮廊，以及手足護理服務。

來到 Casino de Madrid 若不參觀其宏偉的圖書館，便不算是完整的旅程。這座圖書館建於1890年，藏書超過4萬冊，主要是19世紀至20世紀初的作品，而所有珍貴藏書均已完成電腦編目。

因此，如果你將會前往馬德里旅遊或公幹，請緊記攜帶會所介紹信，親身到訪這個可讓你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」  
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