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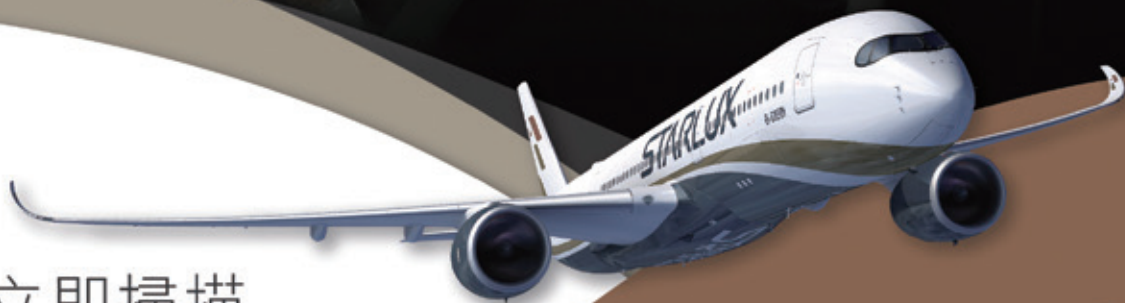
# 星宇航空

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一般查詢 GENERAL  
Tel: 2338 7115

康橋廳 THE CAMBRIDGE  
Tel: 2338 7118



#### 親愛的會員

首先，本人謹代表值理委員會及全體職員，向大埔宏福苑火災中的遇難者、受影響居民及其家屬致以最深切的哀悼與慰問。同時，我們向所有參與救援行動的消防及前線人員致以崇高敬意，感謝他們在危難時刻全力守護市民安全。事件發生後，政府及相關部門就《建築物條例》發布多項更新指引，以加強保障市民生命及財產安全。本會已全面依從相關要求，並完成必要的檢查及改善工作。

踏入新一年，謹向各位會員致上最誠摯的祝福，祝願 2026 年為您及家人帶來健康、平安。本會週年大會已於 2025 年 11 月 10 日順利舉行，會上提交年度營運報告。我欣然向各位匯報，在會員的支持下，本會於本年度錄得淨盈餘，財務狀況穩健良好。過去一年，會員人數穩步上升，新推出的「直系家庭成員會籍」亦獲會員踴躍支持，讓更多家庭成員能共同享用會所設施與多項專屬服務。如需了解詳情，歡迎與會籍部聯絡。

農曆新年將至，中餐總廚黃師傅正在準備歲晚、春茗的晚宴餐單。把握這美好時機，邀請您的至愛親友於康橋廳一同共賀新春。還有極受歡迎的蘿蔔糕、椰汁年糕和芋頭糕亦開始接受訂購，一同迎春接福。

謹祝各位會員身體健康、家宅平安。

Dear Members,

First of all, on behalf of the Executive Committee and all staff, I wish to express our deepest condolences and sympathy to the victims, affected residents, and their families of the Wang Fuk Court fire in Tai Po. At the same time, we pay our highest respect to all firefighters and frontline personnel involved in the rescue operations, thanking them for their full dedication to protecting citizens' safety in this time of crisis. Following the incident, the Government and relevant departments issued multiple updated guidelines under the Buildings Ordinance to further safeguard life and property. The Association has fully complied with these requirements and completed the necessary inspections and improvement works.

Entering the new year, I extend my sincerest wishes to all members, hoping that 2026 brings health and safety to you and your families. The Association's Annual General Meeting was successfully held on 10 November 2025, during which the annual operational report was presented. I am pleased to report that, with the support of our members, the Association recorded a net surplus for the year, maintaining a healthy financial position. Over the past year, membership numbers have steadily increased, and the newly introduced "Immediate Family Membership" has been enthusiastically supported, allowing more family members to enjoy the Club's facilities and exclusive services together. For further details, members are welcome to contact the Membership Department.

With the Lunar New Year approaching, our Chinese Executive Chef is preparing the menus for the year-end and Spring Dinner banquets. Take this wonderful opportunity to invite your loved ones to celebrate the Lunar New Year together at the Cambridge. The popular turnip cake, coconut rice cake, and taro cake are also now available for pre-order, bringing joy and festivity to welcome the new year.

We wish all members good health and peace at home.

總經理 林裕文  
General Manager Martin Lam



## 親愛的會員

在 2025 年度冬季聯賽，女子 A 隊憑藉卓越表現，成功擊敗康怡隊伍，奪得賽事冠軍，並成功升上 A+ 級組別，實力備受肯定！恭賀女子 A 隊隊長及感謝各隊員之努力。

2026 年新春晚會將於 2 月 28 日（六）晚上舉行！我們十分榮幸邀請蘇珊小姐蒞臨獻唱及擔任「皇者聲戰 3」評審。今年新設服裝主題，身著中華服飾之會員可角逐「最佳華服獎」，贏取豐富獎品！誠邀會員與親友出席，一同歡慶馬年！

KTHOA ITF 世界網球大師賽 2026 (MT100) 將於 2026 年 3 月 2 日至 6 日於本會舉行，賽事項目包括 50 歲以上及 60 歲以上男女子單打及雙打比賽，屆時將有本地及海外球手參與角逐。此外，本會將於賽事首日及決賽日於牛津吧特設酒會，為您提供精選紅、白酒及可口小食。誠邀會員親臨現場觀賞賽事，一同感受緊湊刺激的比賽氣氛！

為保障各位會員權益及優化康樂設施管理，康樂小組決定修訂設施守則，新增設施訂場「缺席」條款。會員於預訂時段未有取場使用，即視為「缺席」；若三個月內累計「缺席」兩次，將暫停其設施預訂權利三個月。

今年，本會將會送出 50 盒賀年糕點予香港單親家庭協會，轉贈區內有需要人士，讓他們共享新春暖意與節日歡樂。

祝願各位會員在馬年身體健康、財源滾滾、心想事成！

Dear Members,

In the 2025 Winter League, the Women's A Team delivered an outstanding performance, successfully defeating the Kornhill team to claim the championship title and secure promotion to the A+ Division, fully demonstrating their strength and excellence. Congratulations to the Women's A Team Captain, and sincere thanks to all team members for their dedication and hard work.

The 2026 Lunar New Year Dinner will be held on the evening of February 28 (Saturday)! We are honored to invite Ms. Suzan G to perform and serve as a judge for "Singing Superstar 3." This year features a new costume theme, where members wearing traditional Chinese attire can compete for the "Best Chinese Costume Award" and win attractive prizes! Members and their families and friends are cordially invited to attend and celebrate the Year of the Horse together!

The KTHOA ITF World Tennis Masters 2026 (MT100) will be held at our Association from 2 to 6 March 2026. The tournament will feature Men's and Women's Singles and Doubles events in the 50+ and 60+ age categories, with players from both Hong Kong and overseas competing for top honours. In addition, we will host a Cocktail at the Oxford Pub on the opening day and the finals day, offering a selection of fine red and white wines along with delightful snacks. All members are warmly invited to come and enjoy the exciting atmosphere and cheer for the players throughout this international tennis event!

To safeguard members' interests and enhance the management of recreational facilities, the Recreation Sub-committee has decided to revise the Facility Rules by introducing a new "No-show" Policy for facility bookings. Members who fail to use a facility during their reserved time slot will be deemed a "No-show." If a member accumulates two no-shows within a three-month period, their facility booking privileges will be suspended for three months.

This year, we will donate 50 boxes of festive New Year pastries to the Hong Kong Single Parents Association for distribution to local individuals in need, allowing them to share in the warmth and joy of the Lunar New Year celebrations.

We wish all members good health, abundant prosperity, and every success in the Year of the Horse.

會所經理 應佩玲  
Club Manager Ady Ying



# EXECUTIVE COMMITTEE MEMBERS 2025 - 2026



Chairman  
Mrs. Susan L.Y. CHOW WAH



Vice-Chairman  
Dr. Peter C.Y. WONG, BBS, KStJ



Mr. George C.H. CHEUNG



Honorary Secretary  
Mr. Russell M.P. YEH



Honorary Treasurer  
Mr. Stanley T.S. CHOI, JP



Ir. MAK Ka-Wai, BBS



Mrs. YIM TSUI Yuk Shan, MH



Mr. Lawrence K.K. YU  
SBS, MBE, JP



Mr. Lincoln K.Y. YU



Dr. Allan C.W. BONG



Dr. LUK Wang Lung



Mr. David WU



Mr. Thomas W.K. LEUNG



Mr. Ricky C.F. MA



## Introduction of the New Executive Committee



梁偉堅先生

Mr. Thomas Wai Kin LEUNG

歡迎梁偉堅先生加入九龍仔業主會值理委員會。

梁先生現任羅兵咸永道（香港及中國內地）審計合夥人及高級客戶關係合夥人，擁有逾三十年專業經驗，對中國經濟、本地商業環境及資本市場具有深入了解，主要協助客戶處理首次公開募股（IPO）事宜。梁先生亦曾參與多項香港和內地政府相關項目。

梁偉堅先生為香港執業會計師，亦是中國註冊會計師協會（CICPA）執業會員。我們深信，梁先生的加入將為本會帶來專業知識與經驗，在多方面作出貢獻。

We are pleased to announce the appointment of Mr. Thomas Wai Kin LEUNG to the Executive Committee of the Kowloon Tsai Home Owners Association.

Mr. Leung is currently a seasoned Assurance Partner and Senior Relationship Partner at PwC (Hong Kong and Chinese mainland), with over 30 years of professional experience. He possesses extensive knowledge of the Chinese economy, the local business environment, and the capital markets. He has played a key role in advising clients on initial public offerings (IPOs) and has been involved in multiple government-related projects in Hong Kong and Chinese mainland.

Mr. Leung is a Certified Public Accountant (Practising) in Hong Kong and a practising member of the Chinese Institute of Certified Public Accountants (CICPA). We are confident that his extensive professional knowledge and experience will greatly benefit the Association and contribute meaningfully to its ongoing development.

## Sub-Committee Chairman 2025 - 2026

Recreation Committee  
Mr. George C.H. CHEUNG

Works and Development Committee  
Mr. MAK Ka-Wai, BBS

Finance Committee  
Mr. Stanley T.S. CHOI, JP

Catering Committee  
Mr. Lawrence K.K. YU SBS, MBE, JP

Disciplinary Committee  
Dr. Allan C.W. BONG

Appeal Committee  
Mr. Stanley T.S. CHOI, JP

Tennis Convenor  
Mr. Lam Siu Wai

Swimming Convenor  
Mr. Russell M.P. YEHL



## 農曆年開放時間

Lunar New Year Opening Hour

2 月 16 日

農曆年廿九晚

Lunar New Year's Eve

康體設施開放至下午 4 時；  
餐飲服務營業至晚上 11 時

Recreational facilities open  
until 16:00; Dining services  
open until 23:00

2 月 17 日 - 19 日

農曆年初一至年初三

Lunar New Year  
(First to third day)

全日休息  
All closed

2 月 20 日

農曆年初四

Fourth day of  
Lunar New Year

照常營業  
Resume operation

新春晚會將於 2026 年 2 月 28 日 ( 年十二 ) 舉行，康橋廳及牛津吧將於下午 6 時起暫停開放，其他設施照常開放。

On February 28, 2026, we will be hosting our CNY party and The Cambridge restaurant and the Oxford Pub will be temporarily closed from 18:00 onwards. Other facilities will operate as usual.



## 會員直系家庭成員會籍

### Immediate Family Members Membership

本會原會員子女會籍計劃現已延伸至會員直系家庭成員，包括父母、兄弟姊妹、子女及孫子女。申請者需年滿 21 歲，並提供親屬關係證明。入會費 HK\$140,000，並可選擇 36 個月分期付款。計劃名額有限，先到先得。歡迎致電 2338-7115 與會籍部陳小姐聯絡。

\* 只適用於家庭會籍會員之直系家庭成員（青少年運動員會籍、公司會籍提名人及短期運動會籍除外）

Our Club's original "Membership for Member's Children" program now extends to the immediate family members of Club Members, including parents, siblings, children and grandchildren. Applicants must be 21 years of age and provide proof of family relationship. The application fee is HKD140,000 and applicants can choose to use a 36-month interest-free instalment plan. Please feel free to call 2338-7115 to contact Ms. Chan of the Membership Department for any queries.

\* Only applicable to the immediate family members of Club Members with Individual / Family memberships (Junior Sporting Members, Corporate Membership nominees and short-term Sports Memberships are not eligible)

## 設施預訂「缺席」守則

### Facility Booking "No-show" Policy

#### 設施預訂「缺席」守則

為確保會所康樂設施能得到妥善及公平使用，康樂小組經檢討後訂立設施預訂「缺席」守則，並於 2026 年 2 月 1 日生效。

「缺席」守則詳情如下：

1. 會員在預訂康樂設施後，首次缺席，本會將會發出提醒通知；
2. 會員於三個月內累計兩次缺席記錄，其訂場權利將被暫停三個月，並於第二次缺席日的翌月一日開始計算（以曆月計）；

例子：

- 第一次缺席日：2026 年 1 月 10 日
- 第二次缺席日：2026 年 3 月 5 日（三個月內累計兩次）
- 暫停訂場權利開始日：2026 年 4 月 1 日（翌月一日）
- 暫停期由 2026 年 4 月 1 日至 2026 年 6 月 30 日
- 2026 年 7 月 1 日起可重新訂場

3. 暫停期間內，會員將無法透過網上訂場系統、電話及親身預訂本會任何康體設施；

4. 每次缺席紀錄將於缺席日期起三個月後自動失效，不再計入累積記錄。

例子：

- 第一次缺席日：2026 年 1 月 10 日（三個月期限，1 月 10 日至 4 月 9 日），第一次缺席紀錄將於 4 月 10 日自動失效。

現提醒會員，如您未能如期使用已預訂之設施，請務必於預訂時段開始前 24 小時內透過網上訂場系統、電話或親身辦理取消或更改預訂場地，以免衍生場地費用和影響其他會員的權益；敬請同時遵守其他相關守則。

#### Facility Booking "No-show" Policy

To ensure our recreational facilities are used properly and fairly, the Recreation Sub-committee has established a Facility Booking "No-Show" Policy, effective from February 1, 2026.

Details of the "No-show" Policy are as follows:

1. Upon the member's first failure to attend a reserved facility as scheduled, a reminder notice shall be issued;
2. If a member accumulates two no-show records within any three-month period, their booking privileges will be suspended for three months, starting from the first day of the month following the second no-show (calendar months);

Example:

- First No-show date: 10 January 2026
- Second No-show date: 5 March 2026 (two No-shows accumulated within three months)
- Start date of facility booking suspension: 1 April 2026 (the first day of the following month)
- Suspension period: 1 April 2026 to 30 June 2026
- Facility booking can resume from 1 July 2026

3. During the suspension period, the member shall be prohibited from making any facility reservations through the online booking system, by phone, or in person;

4. Each no-show record shall automatically expire and be removed from the accumulation three months after the date of the no-show.

Example:

- First No-show date: 10 January 2026 (three-month period, 10 January to 9 April), and the first No-show record will automatically expire on 10 April.

Members are reminded that if you are unable to use the reserved facility as scheduled, please ensure to cancel or amend your booking at least 24 hours before the reserved time via the online booking system, by phone, or in person to avoid affecting your rights and those of other members. Please also observe all other relevant regulations.

# 2 小時 免費泊車 FREE PARKING

星期一至五 (公眾假期除外) 在任何餐廳消費滿港幣 300 元, 即可享 2 小時免費泊車優惠。(需於下午 2 時前結賬)

Enjoy 2 hours of free parking with a minimum spending of HK\$300 at any restaurant from Monday to Friday (excluding public holidays) (With payment settled before 14:00.)

優惠詳情：

- 適用時間：星期一至五 (公眾假期除外)，下午 2 時前結賬
- 於康橋廳出示即日午市消費單據並蓋印，於車場兌換優惠

Terms and Conditions:

- Valid Monday to Friday (excluding public holidays), for bills settled before 14:00
- Present your stamped lunchtime receipt at The Cambridge and redeem at the parking lot

## 會員面相識別登記

### Facial Recognition Registration for Members

本會於東座實施人面識別門禁系統，以提升出入管理效率及便利會員使用設施。完成登記的會員可透過人面識別方式進出東座，無需額外取卡。

會員可透過以下方式辦理登記：

將所需個人資料 (會員號碼和姓名) 及近照電郵至 [info@kthoa.com](mailto:info@kthoa.com) ;  
或親臨本會接待處辦理登記手續。

登記程序一般需時約七個工作天，完成後本會將以電郵方式發出確認通知。

The Club has implemented a facial recognition access control system at the East Block to enhance entry management efficiency and provide greater convenience for members using the facilities. Members who have completed registration can enter and exit the East Block via facial recognition without the need to obtain an additional access card.

Members can register through the following methods:

Email the required personal information (membership number and name) along with a recent photo to [info@kthoa.com](mailto:info@kthoa.com); or Visit our reception in person to complete the registration.

The registration process typically takes about seven working days. A confirmation email will be sent upon completion.

#### 個人資料收集聲明

本會於面相識別登記時收集的個人資料，僅用於會員身份核實及會所安全管理。資料將依《個人資料 (私隱) 條例》妥善處理及保密。未能提供資料，可能影響使用面相識別服務。

#### Personal Data Collection Statement

The personal data collected during facial recognition registration is used solely for member identity verification and clubhouse security management. All data will be handled confidentially in accordance with the Personal Data (Privacy) Ordinance. Failure to provide the required information may affect your ability to use the facial recognition service.



## 享用中菜廳，敬請訂座

### Make a Reservation at The Cambridge

康橋廳一直深受會員歡迎，團年和春茗晚宴經已開始接受訂座，為免向隅，敬希各位會員提早訂座，讓同事能為您作最好的安排。

The Cambridge restaurant has always been hugely popular with our Members and reservations are already coming in for reunion dinners. Members should hurry with their bookings, so they don't miss out on a table. Let us make the best possible arrangements for you on these festive occasions.

## 遺失毛巾

### Lost Towels

特此提醒會員浴巾及腳巾乃本會之財產，只可在會所範圍內使用，使用後放回毛巾收集箱，請勿濫用或擅自取走。擅自取走本會之財物，將視為盜竊，本會將以最嚴肅的態度跟進此類事件。

Members are hereby reminded that bath towels and foot towels constitute association property and are intended solely for use within the club facilities. Used towels must be returned to the designated collection bins; misuse or unauthorized removal is strictly prohibited.

Any unauthorized removal of association property shall be regarded as theft. The association will pursue such matters with the utmost seriousness and in accordance with established protocols.

## 工程進度更新

### Club Extension Progress Update

在本月的工程進度更新中，謹向各位匯報 E 座及 F 座之建築文件提交安排、相關工程進度，以及棚架防護網的最新情況。

就 E 座（近對衡道）而言，現正進行建築總圖及結構圖的修訂工作。內容包括增設無障礙通道及無障礙洗手間，以配合最新法例要求及實際使用需要。相關圖則計劃於 2026 年 1 月提交屋宇署作審批。此外，外牆建造工程及廚房抽氣喉位置之更改，將按工程需要分階段進行，以配合整體施工安排。

至於 F 座（近衡州道）的工程進展，挖掘工程即將展開。BA8 開工申請已於 2025 年 12 月獲批。該位置將興建一個新的消防控制室，設置一個 37 立方米的消防花灑水缸及一個 9 立方米的消防供水缸。有關設計工作已獲消防處審批。

屋宇署最新發出的指引及安全要求，棚架防護網須符合相關法定及安全規格。本會已就有關防護物料進行初步檢測，並送交認可化驗所作測試，以確保施工期間的公共安全標準符合要求。

本會將繼續密切監察工程進度，並透過會刊持續向各位會員匯報最新情況。

In this month's Club extension progress update, we would like to report to members on the submission arrangements for building documents for Blocks E and F, the related construction progress, and the latest status of the scaffolding safety netting.

Regarding Block E (near Durham Road), revisions to the General Building Plans and Structural Plans are currently underway. These revisions include the provision of barrier-free access and accessible toilets to comply with the latest statutory requirements and practical usage needs. The revised drawings are scheduled to be submitted to the Buildings Department for approval in January 2026. In addition, external wall construction works and revisions to the kitchen exhaust duct location will be carried out in phases as required, in coordination with the overall construction arrangement.

As for Block F (near Hampshire Road), the excavation works are about to commence. The BA8 Commencement of Works application was approved in December 2025. A new Fire Control Room will be constructed at this location, together with a 37-cubic-metre sprinkler water tank and a 9-cubic-metre fire service water tank. The related design works have been approved by the Fire Services Department.

In addition, in response to the latest guidelines and safety requirements issued by the Buildings Department, scaffolding safety netting must comply with the relevant statutory and safety standards. The Club has conducted preliminary inspections on the protective materials and has submitted them to an accredited laboratory for further testing, to ensure that public safety and site safety standards are fully met during the construction period.

The Club will continue to closely monitor the progress of the works and will keep members informed of the latest developments through the Club magazine.



28 February (Saturday)

19:00 - 22:00

\$7,288 Per Table

\$3,888 Half Table

服飾主題：中華服飾

Dress Code: Traditional Chinese Attire

蘇珊  
Suzan G

# 金馬迎福新春晚會

## Lunar New Year Party

### 幸運大抽獎

- 雙人來回台北機票
- 郵輪禮券總值HKD2,000

### Lucky Draw

- Two round-trip tickets to Taipei
- Cruise voucher with a total value of HKD 2,000

### 特設「最佳華服獎」，贏取豐富獎品！

Compete for the "Best Chinese Costume Award", win attractive prizes!

晚宴座位將以抽籤方式安排：

報名截止日期：1月16日

抽籤結果公佈：1月22日（中籤會員將獲專人個別通知）

Dinner seating will be allocated by ballot.

Registration deadline: January 16

Ballot results announcement: January 22 (Successful members will be notified individually)

贊助  
Sponsors:



上海商業銀行  
SHANGHAI COMMERCIAL BANK

TR Travel  
Resources

WESTMINSTER  
Travel Ltd  
西敏旅行社



Harbour  
Hotel & Resort

PONTI

(排名不分先後 In no particular order)

# **SINGING SUPERSTAR COMPETITION 3** **王者聲戰 歌唱比賽 3**

## 參賽項目

- 參賽歌曲不限語言
- 參賽作品可自選背景音樂作伴奏 (純音樂) / 自攜簡單樂器伴奏 (吉他或數碼鋼琴) / 清唱
- 參賽者可自行提供 MMO 或使用本會提供的背景音樂

## Songs

- Songs can be in any language.
- Participants can choose to perform with a backing track (music only) / with instrumental self-accompaniment (guitar or digital piano) / a cappella.
- Participants can provide their own MMO or use the music tracks provided by the Club.

## 參賽資格

- 歡迎 12 歲以上的會員以個人或組合形式 (不多於二人) 參加
- 個人及合唱：須於報名時提交比賽曲目名稱，比賽曲目不能更改

## Eligibility

- Members aged 12 years or older can register as a solo or a duet performance.
- Participants must submit their music choice when applying for the competition, no changes are allowed once application is submitted.

## 評分方法

將由客席評判蘇珊小姐及會員共同評分選出冠、亞、季軍及最具舞台魅力獎項

## Scoring Method

The Champion, 1<sup>st</sup> Runner-up, 2<sup>nd</sup> Runner-up, and Best Stage Performance Award will be selected through guest judge Ms. Suzan G and Club members.

參加「王者聲戰 3」歌唱比賽之會員，可優先預留「金馬迎福新春晚會」晚宴半席 (以每個會籍為單位)。

Members participating in the "Singing SuperStar 3" competition are entitled to priority reservation for half a table at the "Lunar New Year Party" Dinner Banquet (on a per-membership basis). Please register on or before 16 January if you wish to reserve a table for the CNY Dinner Banquet.

冠軍：精美獎座及現金獎港幣 \$1,000

亞軍：精美獎座及現金獎港幣 \$500

季軍：精美獎座及現金獎港幣 \$300

最具舞台魅力獎：精美獎座及現金獎港幣 \$300

Winner: a trophy and cash prize of HKD1,000

First runner-up: a trophy and cash prize of HKD500

Second runner-up: a trophy and cash prize of HKD300

Best Stage Performance: a trophy and cash prize of HKD300

比賽日期：2026 年 2 月 28 日 (星期六)

報名截止日期：2026 年 2 月 13 日 (星期五)

Date: February 28, 2026 (Saturday)

Application Deadline: February 13, 2026 (Friday)



## 招牌風味 鮮香滿溢

Signature Flavors, Bursting with Freshness



薑蔥焗金蠔

Braised Oysters with Ginger and Spring Onion

圖片只供參考  
Photos for reference





這一系列菜式，每一道都將食材的鮮美與香氣完美呈現，鮮嫩多汁、層次豐富，香氣四溢。無論與親友共享，還是在歡聚時細細品味，都能感受康橋廳招牌風味的魅力與鮮香滿溢。主廚黃效安精心烹調，用心打造每一口難忘的美味享受。

Every dish highlights the natural freshness and aroma of its ingredients. Tender, flavorful, and aromatic, each bite reveals the charm of The Cambridge's signature flavors, masterfully crafted by Chef Wong Hau On for an unforgettable dining experience.

### 西檸雞

Lemon Chicken

### 發財豬手

Braised Pork Knuckle and Black Moss

### 吉列鮮斑球

Garoupa Fish Fillet Cutlet

### 蒜香鮑魚

Deep Fried Abalone with Garlic

### 大鵬展翅東星斑

Steamed Garoupa with Mushroom and Ham

## 新春賀年菜

Lunar New Year Dishes

### 發財好市迎大利

蠔豉發財豬脷

Stewed pig's tongue with dried oyster and sea moss

### 年年豐收慶有餘

清蒸海龍躉斑

Steamed sea garoupa

### 嘻哈大笑

菠蘿咕嚕蝦球

Sweet and sour prawns with pineapple

### 財源滾滾來

黃金蝦丸

Deep fried shrimp balls

### 竹君報喜

竹笙花茹豆腐

Braised tofu with mushrooms and bamboo pith

### 花開富貴

西蘭花燴蟹肉

Braised crab meat with broccoli

\* 供應期由 2 月 20 至 24 日。  
\* Available from February 20 to 24.

# 新春開運 福聚滿盆

## Auspicious New Year Poon Choi

新年與家人朋友一起吃盆菜是每年的重要傳統，寓意盆滿砵滿，好運齊來，我們精心炮製了兩款盆菜，讓您豐足過肥年！

Signifying happiness and family togetherness, Poon Choi is a great dish to share with friends and family during Lunar New Year gatherings, and we have prepared two poon choi dishes for you to celebrate the festivities!

### 康橋極品盆菜

以上等八頭鮑魚，墨西哥刺參，花膠及海蝦作主要材料，豐富又貴氣，伴你豐足賀新年。

### The Cambridge Deluxe Poon Choi

Deluxe 8-head abalone, Australian sea cucumber, fish maw and prawns are the main ingredients of this Poon Choi dish that signifies abundant wealth and prosperity.

### 黃金聚寶盆菜

以海蝦，髮菜，蠔豉，白切雞，手作鯪魚球作講主要材料，色香味俱存，讓你與親朋摯友共度冬至佳節。

### Golden Treasure Poon Choi

This delicious and aromatic Poon Choi dish has prawns, sea moss, dried oysters, chicken, and dace fish balls, and is perfect to share with friends during the festivities.

# 賀年糕點 步步高陞

## New Year Cakes for Prosperity

我們誠摯為您準備了自家製的賀年糕點，讓您能向摯愛的親朋好友表達節日的祝福，共享節慶滋味

Our Club has prepared Lunar New Year cakes for you to celebrate festivities and share auspicious wishes with friends and family.

### 傳統賀年糕點：

- 臘味蘿蔔糕
- 椰汁年糕
- 五香芋頭糕

### Traditional handmade Lunar New Year cakes:

- Turnip cake with preserved meats
- Sticky coconut rice cake
- Taro cake with five-spice

賀年糕點不含人造色素及防腐劑，選用優質食材，手工製作誠意十足，軟滑香甜，配上精美包裝，送禮得體顯心意！

Specially prepared by our chefs using premium ingredients, these delicious cakes are made without any preservatives or additives and come with a lovely gift packaging.



圖片只供參考  
Photo for reference

# 如意吉祥 春茗菜譜

## Lunar New Year Menu

迎接馬年，別忘了品味精緻的節慶佳餚！康橋廳特別為您精心設計了春茗套餐，讓您和家人共度新春佳節！

Welcome the Year of the Horse with delicious festive food! Celebrate this special event at The Cambridge where we have prepared Lunar New Year menus for you to enjoy with friends and family.

### 大展鴻圖宴 Menu A

鴻運乳豬全體  
Whole roasted suckling pig

發財金蠔瑤柱甫  
Conpoy in hairy gourd with sea moss and semi-dried oysters

百花釀蟹鉗  
Deep-fried stuffed crab claws

翡翠帶子桂花蚌  
Sautéed scallops and osmanthus clams with vegetables

紅棗石斛花膠螺頭燉湯  
Double-Boiled Fish Maw and Conch Soup with Red Dates and Dendrobium

金錢海參南非鮑魚  
South African abalone with sea cucumbers

清蒸大海東星斑  
Steamed giant garoupa

當紅脆皮炸子雞  
Crispy roasted chicken

生炒臘味糯米飯  
Fried sticky rice with preserved meats

幸福慶團圓  
Sticky rice dumplings in red bean soup

每席 Per Table \$7,980  
10-12 位用

### 四季興隆宴 Menu B

鴻運乳豬半隻伴海蜇  
Roasted suckling pig (half) with cold jellyfish

發財金蠔  
Sea moss and semi-dried oysters

翡翠炒蝦球桂花蚌  
Stir-fried prawns and osmanthus clam with vegetables

金絲黃金球  
Deep-fried shrimp balls

紅棗石斛螺頭燉湯  
Double-Boiled Conch Soup with Red Dates and Dendrobium

碧綠金錢鮑魚  
Abalone and mushrooms with vegetables

清蒸大海老虎斑  
Steamed tiger garoupa

當紅脆皮炸子雞  
Crispy roasted chicken

生炒臘味糯米飯  
Fried sticky rice with preserved meats

幸福慶團圓  
Sticky rice dumplings in red bean soup

每席 Per Table \$6,980  
10-12 位用

全席獲贈指定紅酒一枝  
Complimentary one bottle of wine per table of 12

團年和春茗宴經已開始接受訂座，為免向隅，敬希各位會員提早訂座。

We are currently accepting bookings for the Lunar New Year. Don't miss out! Reserve your table soon.



# 讓世界愛上南非葡萄酒

## Glenelly Estate Wine Dinner

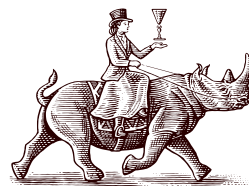
日期 Date : 30/1(Friday)

時間 Time : 19:00

地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$568

主持 Speaker : Mr. Hei Cheng



**GLENELLY**  
STELLENBOSCH

由著名酒莊 Château Pichon Longueville  
Comtesse de Lalande 前莊主  
May-Éliane de Lencquesaing 女士所擁有

Owned by Madame May-Éliane de Lencquesaing,  
former proprietor of the renowned Château  
Pichon Longueville Comtesse de Lalande



The Ambassador  
Mr. Hei Cheng



### Menu

Glenelly Estate Reserve Chardonnay 2022  
Steamed Abalone with Spring Onion  
蔥花蒸鮮鮑魚

\*\*\*\*\*

Glenelly Glass Collection Cab Sauv 2020  
Sautéed Fish Fillet with Golden Fried Prawn  
香草煎斑球伴金絲蝦球

\*\*\*\*\*

Glenelly Estate Reserve Red 2017  
Fried Chicken with Huadiao Wine  
花雕醉炸雞

\*\*\*\*\*

Glenelly Lady May 2014  
Glenelly Lady May 2019  
Braised Fish Maw stuffed with Shrimps Mousse  
鮑汁百花讓魚肚 (二件)

\*\*\*\*\*

Dark Chocolate Cake  
特濃朱古力蛋糕

# 估不到的精彩 (葡萄牙最古老酒莊之一)

## Real Companhia Velha – Douro

日期 Date : 27/3(Friday)

時間 Time : 19:00

地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$488

主持 Speaker : Mr. Tiago Silva Reis



Executive Director & Port Blender (Family Member)  
Mr. Tiago Silva Reis

### Menu

Quinta de Cidro Alvarinho White 2024  
Pan Fried Semi-Dried Oyster and Abalone  
蜜椒汁煎金蠔，蒜香鮑魚

\*\*\*\*\*

RCV Quinta dos Aciprestes Reserva 2021  
Pan Fried Australien Wagyu Beef with  
Black Pepper Sauce  
黑椒和牛

\*\*\*\*\*

Quinta de Cidro Touriga Nacional 2020  
Italian Balsamic Vinegar Chicken drumstick  
意大利醋雞扒

\*\*\*\*\*

RCV Carvalhas VV Blend 2018  
Roasted Australien Lamb Rack with Herbs  
香草煎焗羊鞍

\*\*\*\*\*

Royal Oporto LBV Port 2018  
Mont-blanc  
栗子蛋糕



# The 90+ Point Journey - A Celebration of French Excellence

## 九十分的極致旅程 — 法國風土的禮讚



每一口，都在訴說法國的故事從閃耀的羅亞爾河谷、尊貴的香檳丘陵，到歷史悠久的波爾多城堡、優雅細膩的勃艮第山坡，再到陽光燦爛、充滿香料氣息的隆河谷地，每一片土地，都蘊藏著獨一無二的法國風味。

這一系列葡萄酒，全數榮獲國際權威評審九十分或以上評價，代表卓越品質與匠心精神。它們不僅是美酒，更是風土的寫照——融合陽光、泥土與世代傳承的熱情。

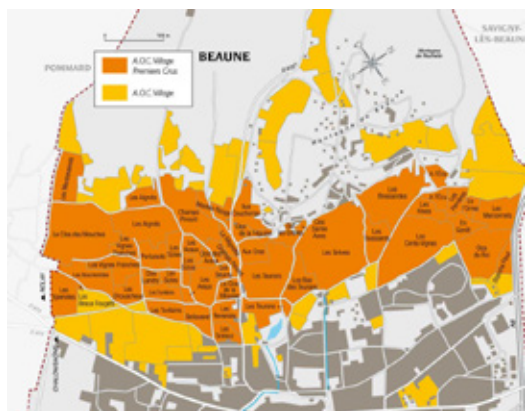
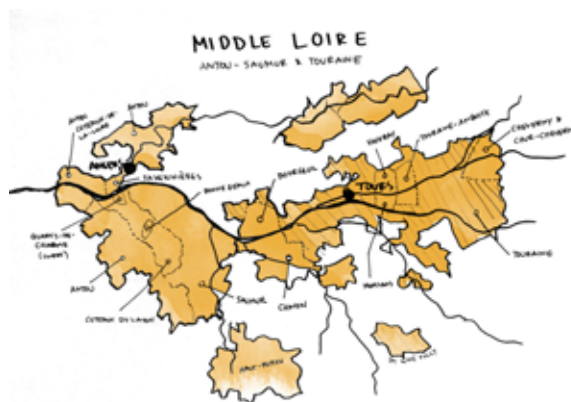
Where Every Sip Tells a Story of France.

From the sparkling Loire Valley to the prestigious Champagne hills, and from the historic châteaux of Bordeaux to the graceful slopes of Burgundy and the Rhône, every corner of France whispers a different expression of beauty.

Each bottle in this collection stands proudly among the world's finest — rated 90 points or above by top international critics.

These are not just wines — they are portraits of place, shaped by sun, soil, and generations of passion.

Raise a glass and journey through France — from lively bubbles to noble reds — and discover the art, harmony, and soul that define true excellence.







Tasting Items	Type	Price / Bot	Special Price / Bot	Qty	Amount
Bouvet Ladubay Saumur Saphir Brut 2022	Red Wine	\$198	\$140		
Champagne Jean-Noel Haton Noble Vintage Brut 2018	Red Wine	\$488	\$380		
Ch. de Seguin Cuvée Prestige 2019	Red Wine	\$198	\$140		
Ch. Lyonnat Lussac Saint-Emilion 2018	Red Wine	\$238	\$170		
Ch. Prieurs de la Commanderie Pomerol Rouge 2018	Red Wine	\$438	\$300		
Albert Morot Beaune 1C Les Toussaints 2021	Red Wine	\$680	\$500		
Domaine Saint Vincent Vinsobres Cuvée Saint Pierre 2021	Red Wine	\$228	\$160		

Total: \_\_\_\_\_

Member Name: Mr. / Ms / Mrs. \_\_\_\_\_

Membership Number: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Tel No. \_\_\_\_\_

Delivery Date: \_\_\_\_\_

Member Signature: \_\_\_\_\_

**Terms & Conditions:**

Free delivery applies to orders of HKD1,800 or more. For orders below this amount, in-club pickup is an option.

Please allow 3-5 working days for processing your order.

Offer valid until the end of February 2026.

All orders are subject to acceptance and availability.

Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business.

The Kowloon Tsai Home Owners Association reserves the right to amend the terms and conditions without prior notice.

All matters and disputes will be subject to final decision of The Kowloon Tsai Home Owners Association.



網球教練  
尹熹

- 前國家一級運動員
- 國際網球協會 (ITF) 二級教練
- 香港網球總會註冊教練 (三級)
- 從事網球教學超過 15 年
- 前中國國家少年集訓隊教練

Tennis Coach  
Ronald Yin

- Former Level 1 National Athlete
- ITF Level 2 Coach
- HKTA Registered Level 3 Coach
- Over 15 Years of Coaching Experience
- Former Coach of the Chinese National Junior Team

## 週期教練

輸出倒逼輸入，真正吸收瞭解得越多，分析得越透徹，反而越覺得自己欠缺得越多。結合現實中碰到太多次的反轉，各種被打臉之後，自然就變得謹慎。有些朋友問如何選擇教練，其實教練最重要的是經驗，尤其是那些經歷過運動員生長週期的經驗。這種教練往往說話比較少，而且充分的留有餘地，和網上短視頻呈現的有差別。主要還是希望可以增加溝通效率，畢竟每個人的理解方式不同，和年齡、受教育程度無關，有些人的出發點就是不同頻。

比如曾經有個水準還不錯的年輕人，每一次嘗試跟他討論技戰術環節的時候，都會被問一句：我錯了嗎？怎麼說呢？哪兒有那麼多對錯，水準越高，需要增加和考慮的東西越多。比如比賽中究竟是打斜線還是直線，該不該上網？一場比賽輸下來，怎麼可能那麼簡單的說打直線就是對的，上網就是錯的呢？那是不是可以適當的做調整，增加一些小斜線的運用，或者偶爾的發上來打亂對手節奏呢？適當調整，並不代表全盤否認。

上面這個是相對比較靈活的指導，那對於年級較小或者正處於基本功搭建的球員，就需要更加簡短清晰的指令了。節奏就是節奏，動作就是動作，而且需要適當的暫停，確保事情朝著教練要求的方向進行。小朋友的專注力，以及思考深度和寬度就那麼多，很難跟成年人一樣同頻輸入，在簡單的提點之後能照做就不錯了，也許在一個特別輕鬆自信的氛圍裡面，還可以夠膽嘗試舉一反三。

前兩天教一個 9 歲的小朋友打前場進攻，著重強調了在放鬆之後那一瞬間的出手。力量肯定不是想像中的那麼大，但是如果配合一個好的落點，那在這個水準中夠用了。在連續幾個好球之後，小朋友突然領悟到，其實打底線的時候也並不需要超級拉拍，用洪荒之力開道。輕鬆一點兒，力量減少百分之 20 左右，並不影響底線對抗，還增加了自己的穩定性，這個賬算得過來。反而主動的調整了自己底線的拉拍以及對打的心

態。請相信，這個小朋友並不是名校優等生，也不是屬於特別聰明的那一類運動員。類似的話早就聽過很多次了，只是在長期簡單的環境中反復練習，這一次突然開竅。以後可能還會有反復也說不一定。

有週期經驗的教練會習慣於球員的迂回前進路線，畢竟一帆風順的概率太低，而小朋友的每一關都很重要。現在很多都是從顏色球開始學習到比賽，那麼必定會有過渡期。每一次的過渡期都會淘汰一批人。原因各有不同，有些是從一開始就沒有正規的練習，僅僅憑藉自身其他優勢在抗衡，動作太差，實在調整不過來了；有些是因為競爭對手的生理或者心智發育出來了，自己曾經的優勢沒有了；還有一些是小朋友，包括家長已經有些心力交瘁，甚至因為過早長期負重訓練，傷患纏身，必須提前掛拍了。

這些關口都是無法避免的，尤其是技戰術上的升級，同時還要匹配相應的運動能力以及心理建設。本身這就是競技運動的特色，大家都在努力，不進則退。不管是運動成績，還是技戰術出現波動都是正常的，小朋友本身也需要有機會來拓展自己的技術環節，反復練習，並且必須利用實戰來感受和增強戰術意識。通過大量的實驗，來尋找和調整適合自己的比賽風格。

好多家長朋友諮詢過對小朋友未來網球水準的判斷，並且對網球社交這個回答並不滿意。其實，還有更多的人根本就拿不到這個答案，更多的只是興趣愛好，強身健體，能有資格陪遊戲規則的制定者或者資源配置者打球的人，不多。天賦絕對是加分項，但有天賦的人真的太多了。小朋友可以用世界前十來最為目標鼓勵，但家長如果有空，可以去看看希望賽，挑戰賽。就算世界排名幾百位的，那也是有很強戰鬥力的，尤其是男子選手。這些比賽就在身邊，仔細觀察，再看看自己的網球，真的能看懂，也就受益匪淺了。少些異想天開，多點兒腳踏實地，可能更容易平靜面對。

## KTHOA ITF 世界網球大師賽 2026

### KTHOA ITF World Tennis Masters Tournament 2026

國際網球總會（ITF）作為網球運動的全球最高管理機構，致力於規範賽制及推動國際賽事發展。本會將再次與香港元老網球總會攜手合辦「KTHOA ITF 世界網球大師賽 2026 (MT100)」，賽事雲集 50 歲及 60 歲以上組別的網球精英，將於本會展開為期五天的單打及雙打角逐，誠邀會員屆時撥冗觀賽，共賞精彩球賽。

本會將於 3 月 2 日（賽事首日）下午 5 時至晚上 8 時；及 3 月 6 日（決賽日）下午 2 時至 5 時，在牛津吧舉行酒會，誠邀會員及來賓出席。

為配合 ITF 賽事進行，第 1-6 號網球場將於 2026 年 3 月 2 日至 6 日，早上 8 時至晚上 11 時暫停開放，並於 3 月 7 日重新開放供會員使用。本會將根據當日比賽賽程，提早開放未被使用的網球場，請會員留意短訊通知。詳細賽程將容後公佈。

The International Tennis Federation (ITF), as the world's highest governing body for tennis, is dedicated to regulating competition standards and promoting the development of international tournaments. Our Association will once again join hands with the Hong Kong Veterans Tennis Association to co-organise the KTHOA ITF World Tennis Masters Championships 2026 (MT100). The tournament will bring together elite players in the 50+ and 60+ age categories and will be held at our Club over five days, featuring both singles and doubles events. Members are cordially invited to attend and enjoy the exciting matches.

We will host a cocktail party at Oxford Pub on March 2 (tournament opening) from 17:00 to 20:00, and on March 6 (finals day) from 14:00 to 17:00. Members and guests are cordially invited to attend.

To facilitate the ITF tournament, Tennis Courts 1-6 will be closed from 08:00 to 23:00 on 2-6 March 2026 and will reopen for members' use on 7 March. The club will release unused courts early based on the daily order of play. Please pay attention to our SMS notifications. Further details of the match schedule will be announced in due course.

## 冬季網球聯賽 2025

### Winter Tennis League 2025

在 12 月 1 日舉行的冬季網球聯賽女子 A 組總決賽中，本會代表隊與康怡隊展開激戰，最終憑藉出色發揮擊敗對手，勇奪冠軍殊榮，並成功晉升至 A+ 組別。在此謹向隊長陳淑珍女士及全體隊員致以熱烈祝賀，感謝妳們為本會爭光！

In the Ladies' A Division final of the Winter Tennis League held on 1 December, our club's representative team faced the Kornhill team in a hard-fought match and ultimately prevailed with an outstanding performance to capture the championship title and earn promotion to the A+ Division. Warmest congratulations to team captain Ms. Candy Chan Suk Chun and all team members, with sincere thanks for bringing honour to the Club.



## 清洗網球場時間表 Tennis Court Cleaning Schedule

為確保提供優質網球場地供會員使用，本會已編制 2026 年 1-3 月網球場清洗時間表，詳情如下：

To ensure high-quality tennis courts for members' use, the Association has prepared the January-March 2026 tennis court cleaning schedule. Details are as follows:

網球場 Tennis Court	日期 Date	時間 Time
Court 1-2	1 月 Jan: 2 (Fri) 22 (Thu)	12:00 - 15:00
	2 月 Feb: 2 (Mon) 23 (Mon)	
	3 月 Mar: 9 (Mon) 23 (Mon)	
Court 3-5	1 月 Jan: 14 (Wed) 29 (Thu)	
	2 月 Feb: 4 (Wed) 25 (Wed)	
	3 月 Mar: 11 (Wed) 25 (Wed)	



### 初班 Beginner Class

透過教練與學員的互動，學習基本發球及對打技巧。  
讓學員在愉快的學習環境中體驗網球的樂趣。

Students are introduced to the fundamentals of tennis. Through interaction with coaches, they learn basic serving and rally techniques while enjoying the learning process.

#### Alex Chung

逢星期四 Every Thursday	逢星期四 Every Thursday
Age 4-6	Age 7-9
16:00-17:00	17:00-18:00
\$165 / Lesson	\$165 / Lesson

逢星期四 Every Thursday  
Age 10-12  
18:00-19:00  
\$165 / Lesson

\* 網球班來賓收費每堂 \$100。  
Tennis class fees for guests are HKD100 per class.

## 2026 夏季網球聯賽 Summer League 2026

由中國香港網球總會舉辦的夏季網球聯賽現已接受報名，有興趣參加的合資格會員，可於 1 月 18 日 (日) 前致電 23387115 或親臨本會接待處報名。

Registration is now open for the Summer League organized by the Hong Kong China Tennis Association. Eligible members interested in participating may call 23387115 or visit the reception desk in person to register by 18 January (Sun).



## 澳洲網球公開賽 2026 Australian Open 2026

四大滿貫賽事中每年最先登場的澳洲網球公開賽，今年將於 1 月 18 日至 2 月 1 日舉行，牛津吧已準備好精彩賽事，邀請您與親友一同欣賞。

From January 18 to February 1, we can look forward to the Australian Open, the first of the four Grand Slam tournaments held each year. Come join us at the Oxford Pub to watch the exciting matches with friends and family.



## 來賓使用網球場次數安排

### Guest Tennis Court Usage Arrangement

康樂小組已檢視來賓使用記錄，決定繼續維持現行安排。來賓可於上午 7 時至下午 2 時時段使用網球場，同一位來賓（包括由其他會員邀請）每月最多使用六次，其中星期六、日或公眾假期最多兩次。其他來賓使用網球場的守則維持不變。

The Recreation Sub-Committee has reviewed guest usage records and decided to continue the current arrangement. The same guest (including invited by other members) may use the tennis courts up to six times per month, with a maximum of two sessions on Saturdays, Sundays, or public holidays. All other existing guest regulations for tennis court usage will remain unchanged.

## 網球場守則

### Tennis Court Bye-Laws

為確保各位會員在公平和諧的環境下使用網球場，本會特此提醒：

根據會章附則第五章 - 網球場守則，第 5 項「球場輪候守則」5(f)，「使用者進場前必須自行按下計時器開始球賽。不論任何情況下，當時間完結時，使用者必須先行離開球場。若未有按動計時器，當有輪候者排隊，必須立即讓出場地。」

To ensure all members can use the tennis courts in a fair and harmonious environment, members are reminded of the following:

According to the Association's Bye-Laws, Chapter 5 - Tennis Courts, Clause 5 - "Tennis Court Waiting List Guidelines" 5(f), "Before entering the court, players must activate the timer. When their time is up, players must leave the court. If the timer has not been activated, the on-court players must vacate the court when waiting players start to line up."

## 2026 年度元老聯賽及混雙聯賽主場賽程表：

### 2026 Veterans' League and Mixed Doubles League Home Schedule:

一月 January							三月 March						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8 KTHOA 2 VS GCYCC	9	10	8	9	10	11	12 KTHOA VS CCC	13	14
11	12	13	14	15 KTHOA VS RECREIO 1	16	17	15	16	17	18	19 KTHOA 2 VS FCTC	20	21
18	19	20	21	22 KTHOA VS RECREIO 2	23	24	22	23	24	25 KTHOA VS CRC	26	27	28
25	26	27	28 KTHOA VS PACIFIC	29 KTHOA 1 VS KTHOA 2	30	31	29	30	31	1 四月 April KTHOA VS HKCC 1			

二月 February						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 KTHOA 1 VS KTHOA 2	6	7
8	9	10	11 KTHOA VS RECREIO 1	12 KTHOA 1 VS GCYCC	13	14
15	16	17	18	19	20	21
22	23	24	25	26 KTHOA 1 VS FCTC	27	28



## 中班

### Intermediate

集中泳姿改良及教授起跳動作；再根據學員進度教授背泳及蛙泳動作。

Focuses on refining swimming stroke techniques and learning how to dive. Based on their progress, students will also start learning the backstroke and breaststroke.

逢星期三 Every Wednesday

Age 3-5

17:00-18:00

\$145/ lesson

## 高班

### Advance

提升三式泳姿，改善耐力及速度；改良起跳及學習轉身、觸池動作。

This class will enhance students' technique for three swimming strokes, as well as their endurance and speed. Students will also be trained in their diving technique and learn how to touch the wall and make a turn.

逢星期三 Every Wednesday

Age 5 or above

16:00-17:00

\$145/ lesson

\* 游泳班來賓收費每堂 \$50

Swimming class fees for guests are HKD50 per class

## 年度游泳池維修保養

### Annual Swimming Pool Maintenance

本年度泳池年度保養維修將於 2 月 17 日至 3 月 22 日進行，將會更換大池池燈、池膽飾面及循環系統維修等項目，為會員提供一個更舒適、安全的暢泳環境。泳池預計 3 月 23 日（一）重新開放供會員使用。

Annual maintenance for the swimming pool will take place from February 17 to March 22, which will involve replacing the main pool lights, resurfacing, and repairing the circulation system, ensuring a more comfortable and safe swimming environment for members. The pool is expected to reopen for member use on March 23 (Monday).



## 伸展運動

### Stretching Exercise

伸展運動可增加身體的柔韌度，改善個人姿勢及強化肌肉，對預防及舒緩痛症有極大幫助。

Stretching helps enhance your flexibility, improves posture, and strengthens muscles, which also helps to soothe and prevent aches and pains in the body.

逢星期一 Every Monday

Age 16 or above

18:00 - 19:00

\$200 / Lesson

## DANCE PLUS

課程重點是以有趣的方式提供各種 Funky 舞蹈鍛煉的核心理念和實際體驗。參與者將體驗漸進式高低衝擊鍛煉、新穎的有氧運動及身體塑形練習。

The focus of the class is to provide the keynote concepts and practical experiences of the different Funky Dance workouts with fun. Participants can experience progressive Hi/Low impact workouts, new body aerobic workouts and body conditioning exercises.

逢星期四 Every Thursday

Age 16 or above

12:00-13:00

\$200 / Lesson



## 頌鉢及冥想

### Singing Bowl Meditation

結合冥想和頌鉢療愈於一身，有效提升身心靈健康，紓緩情緒、改善失眠及焦慮等都市病問題。

The combination of meditation and singing bowl therapy can more effectively improve your physical and mental health, improving your mood and quality of sleep, as well as relieving anxiety.

逢星期日 Every Sunday

Age 16 or above

20:00-21:00

\$180 / Lesson

## 普拉提

### Pilates

墊上普拉提的動作較為緩慢，利用自身重量進行練習，注重身體控制，呼吸和肌肉的協調性，並強調身體核心肌群的訓練，可達至修身目的。在墊上進行普拉提可提高身體的靈活和平衡性、減少疼痛和預防運動傷害。

Mat pilates is a form of exercise that uses slower movements and your own body weight as part of the workout, and focuses on body control, breathing and muscle coordination, and primarily targeting your core muscles to achieve fitness. Mat work also helps to enhance flexibility.

逢星期一 Every Monday

Age 16 or above

19:00-20:00

\$200 / Lesson



## 溫和流瑜伽 Gentle Flow Yoga

溫和流瑜伽通過動作和呼吸的協調，提升血液循環及肌肉彈性。課程包含基本姿勢、少量核心強化動作，特別針對肩頸和下背痛進行舒緩練習。適合各年齡層參與。

Through the coordination of movement and breathing, gentle flow yoga enhances muscle flexibility and blood circulation. This class includes basic poses and some core strengthening movements, focusing on learning to relieve shoulder, neck and lower back pain, and is suitable for all ages.

逢星期一 Every Monday

Age 16 or above

10:00-11:00

\$180 / Lesson

逢星期四 Every Thursday

Age 16 or above

18:00-19:00

\$180 / Lesson

逢星期二 Every Tuesday

Age 16 or above

18:00-19:00

\$180 / Lesson

## 鉤織班 Crochet

兒童初班 Beginners Class for Children

Age 8-12

逢星期六 Every Saturday

10:30-12:00

\$470/ Lesson(1.5 hours)

成人初班 Beginners Class for Adults

逢星期三 Every Wednesday

09:00-10:30

\$470/ Lesson(1.5 hours)



Karen Ma  
Yoga Teacher

Hong Kong Yoga Association Teacher

Yoga Alliance International Certificate

Advanced Personal Fitness Certification

Aerial Yoga Teacher Certification

Pre & Post-natal Fitness Instructor Certification

Yoga Wheel Level 1 Teacher Training Certification

Yoga Therapy Teacher Training Certification

Teaching Style of Yoga :

Hatha yoga, Gentle flow yoga and Therapy yoga



\* 興趣班來賓收費每堂 \$50

Interest class fees for guests are HKD50 per class.





## 新春迎禧・揮毫送福 CNY Chinese Calligraphy Workshop

農曆新春將至，本會榮幸邀得鍾月清女士及林中秀先生兩位會員再次蒞臨，即席揮毫，為會員書寫揮春。期盼這份傳統能為您增添濃厚的節日喜慶與祥和氣氛。

With the Lunar New Year approaching, we have invited club members, Mr. Raymond Lam and Ms. Maggie Chung, to write auspicious blessings and bring everyone good fortune for the new year.

8 Feb 2026 (Sunday)

12:30-14:00

Lobby



## 私人遊樂場地租契約開放計劃 2025 年度回顧

### Review of 2025 Private Recreational Lease Open-Up Scheme

在 2025 年，我們向 9 間合資格團體免費提供多項康體設施作訓練及比賽用途，總使用時數超過 5500 小時；同時亦舉辦了不同的運動課程給公眾人士參與，受惠人數達 618 人。我們會繼續推動香港體育發展，為合資格團體提供運動訓練場地，讓公眾人士有更多機會參與不同類型的體育活動。

In 2025, we provided various recreational facilities free of charge to 9 eligible organizations for training and competition purposes, totaling over 5,500 hours of usage. We also organized diverse sports courses open to the public, benefiting 618 participants. Our association will continue promoting sports development in Hong Kong by offering training venues to eligible groups and creating more opportunities for the public to engage in various types of sports activities.





合資格團體租用 Used by Eligible Outside Bodies			
機構 / 團體 Eligible Outside Bodies / Organizations	設施 Facilities	使用時數 Usage Hours	總時數 Total Hours
宣道幼稚園 The Alliance Kindergarten  英華書院 Ying Wa College  瑪利諾修院學校 (中學部) Maryknoll Convent School (Secondary Section)  培正小學 Pui Ching Primary School  網總－賽馬會樂動網球計劃 HKCTA - Jockey Club Tennis Rocks Programme  網總－聯賽 HKCTA - League  元老網總－聯賽 HKVTA - League  深水埗體育會 Sham Shui Po Sports Association  ITF 世界網球大師賽 ITF World Tennis Masters Tournament  ATF 香港亞洲青少年 14 歲或以下網球巡迴賽 ATF Hong Kong Asian Tennis Junior Series 14 & Under	網球 Tennis	5127	5573
網總－賽馬會樂動計劃 (匹克球) HKCTA - Jockey Club Tennis Rocks Programme (Pickleball)  網總－匹克球體驗課程 HKCTA - Pickleball Experience Course	匹克球 Pickleball	132	
和富社會企業 Wofoo Social Enterprises	足球 Soccer	208	
香港單親協會 Hong Kong Single Parents Association	游泳 Swimming	106	

社區課程 / 活動 Community Courses/Activities			
類別 Type	受惠機構 Beneficiary Organizations	參加人數 Participants	總人數 Total No. of Participants
游泳 Swimming	香港單親協會 Hong Kong Single Parents Association	72	618
網球 Tennis	中國香港網球總會 Hong Kong, China Tennis Association	48	
匹克球 Pickleball	中國香港網球總會 Hong Kong, China Tennis Association	18	
足球 Soccer	和富社會企業 Wofoo Social Enterprises	480	

合作夥伴  
Current partnerships





## Nittardi 酒莊 (義大利) 品味晚宴

Nittardi Winery (Italy) Wine Dinner



Nittardi 葡萄酒晚宴於 11 月 14 日圓滿舉行，這家擁有百年歷史的托斯卡納酒莊，由莊主 Mr. Leon Femfert 親自介紹酒款歷史與風土特色，並親筆在酒瓶上簽名留念，現場氣氛熱烈。晚宴精心搭配五道精選菜式，完美呈現 Nittardi 有機佳釀的風味，從 Chianti Classico 核心園「Casale」直達餐桌，每一口都展現托斯卡納百年藝術與風土精華。

The Nittardi Wine Dinner was successfully held on 14 November. Representing the century-old Tuscan winery, Mr. Leon Femfert personally introduced the history and unique terroir of each wine, and even signed bottles on site as a memorable keepsake, adding to the lively atmosphere of the evening. The dinner featured five thoughtfully curated courses, each paired to highlight the character of Nittardi's organic wines. From the Chianti Classico core vineyard "Casale" to the tasting table, every sip reflected the artistry and terroir of Tuscany honed over hundreds of years.





## 牛津吧聖誕樂酌派對

Oxford Pub Christmas Party

12月24及31日舉行的「牛津吧聖誕樂酌派對」圓滿落幕！會員們沉醉於現場精彩音樂表演，與親朋好友共慶聖誕佳節，在輕鬆愉悅的氛圍中譜寫難忘回憶！

The "Oxford Pub Brews and Beats Christmas Party" held on December 24 and 31 concluded successfully! Members enjoyed captivating live music performances, celebrated the festive season with family and friends, and created unforgettable memories in a relaxed and joyful atmosphere!







## 會長盾網球比賽 2025 2025 Chairman Shield Tournament

會長盾網球比賽 2025 已於 11 月 22 日圓滿舉行。當日，各球員全力以赴為球隊爭取佳績。經歷 30 場激烈賽事後，最終由 Ricky Leung 領軍的 Team D 奪得冠軍！恭賀隊長及隊員 Eric Kwok, Pak Kam Chau, Joe Yuen, Nelson Ho, David Shiu, Toby Chan, Carrie Cheng, Yip Yuen Pang, Poon Yiu Chor。最佳球員組合獎由 Ricky Leung & Eric Kwok 與 Marco Yeung & Noel Wong 奪得。特別感謝會長周華麗英女士贊助獎金 HKD3,000 及 Ponti 贊助豐富獎品。再次多謝各會員的參與！

The 2025 Chairman Shield tournament was held successfully on November 22, 2025. After 30 exciting matches with players giving it their all, it was Team D led by Ricky Leung who won the championship! Congratulations to the team captain and members Eric Kwok, Pak Kam Chau, Joe Yuen, Nelson Ho, David Shiu, Toby Chan, Carrie Cheng, Yip Yuen Pang, Poon Yiu Chor. In addition, the Best Doubles Team award was given to Ricky Leung & Eric Kwok and Marco Yeung & Noel Wong.

Special thanks to our chairwoman, Mrs. Susan Chow for sponsoring the prize money of HKD3,000, and to Ponti for sponsoring various prize gifts. And our thanks once again to Members for their participation!











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