



訂閱會所資訊
Subscribe Clubhouse
Information



活動詳情
Activities Details

六月活動 JUNE HAPPENINGS

精選活動 Featured Activities

**自由手作藝術
工作坊 - 香包**
Free-Flow Art & Craft Workshop -
Scented Sachet

6.8 MON - 30 TUE | 08:00-20:00

會員尊享: 免費手作材料一份; 加購: \$18/份
Members' Privilege: One complimentary set of material; additional sets: \$18/set
同行優惠價: \$28/份 Companion Special Price: \$28/set

參考製作時間
Reference preparation time
-20 分鐘
mins

互動幸運挑戰區
Interactive Lucky Zone

6.22 MON - 23 TUE | 12:00-20:00

完成挑戰可獲小禮品乙份; 先到先得+送完即止
Complete the challenge to receive a small gift;
Redeem while supplies last, on a first-come-first-served basis

免費
FREE

**非洲紫羅蘭
輕鬆種植工作坊**
African Violet Growing Workshop

6.25 THU - 26 FRI | 12:30-13:15

\$150

30分鐘肩頸按摩服務
30-min Neck and Shoulder
Massage Service

6.29 MON - 30 TUE | 12:00-14:00

\$160

早鳥優惠
Early Bird Discount Offer

活動當天一週或之前報名
可享-\$20折扣優惠

Enroll one week or more before the activity day
to enjoy a \$20 Discount

園區服務 Community Services



**健康升級: RSV與肺炎鏈球菌
疫苗注射日**
Health Upgrade: RSV and Pneumococcal
Vaccination Day

6.13 SAT | 10:00-13:00



歡迎提前網上預約
Welcome to make
pre-registration online

The Club Mart



咖啡輕鬆入門
We Make Coffee Simple

6.1 MON - 2 TUE, 6 SAT & 8 MON - 9 TUE | 11:00-16:00



「尋」塔羅

「尋」塔羅心靈諮詢體驗
Tarot Counseling Experience

6.11 THU - 12 FRI | 11:00-16:00



**遇見桌上
非洲紫羅蘭**
Meet Your Desk African Violets

6.25 THU - 26 FRI | 11:00-19:00



ADCC
Anti-Disruption Coordination Centre
反詐騙協調中心

**「提子乖巧寶寶」主題
防騙宣傳車**
The Little Grape & Quby-themed
Anti-Scam Promotional Truck

6.23 TUE | 10:00-17:00

收銀車
Coin Cart



6.29 MON - 30 TUE, 7.2 THU | 10:00-19:00

早鳥優惠
Early Bird Discount Offer

活動當天一週或之前報名
可享-\$20折扣優惠

Enroll one week or more before the activity day
to enjoy a \$20 Discount

立即報名
Enroll NOW

精選活動 Featured Activities

自由手作藝術 工作坊 - 香包 Free-Flow Art & Craft Workshop - Scented Sachet

6.8 MON - 30 TUE | 08:00-20:00

會員尊享: 免費手作材料一份; 加購: \$18/份
Members' Privilege: One complimentary set of material; additional sets: \$18/set
同行優惠價: \$28/份 Companion Special Price: \$28/set

參考製作時間
Reference Preparation Time
~20 分鐘
mins

會所全新推出「自由手作藝術工作坊」，專為尊貴會員而設。活動不設固定時段，會員可於指定時段到訪，免費領取一套手作材料。按照自己的節奏享受創作過程，盡情體驗親手製作獨一無二作品的樂趣。

六月主題：香包

Clubhouse newly launched the Free Flow Art & Craft Workshop, specially designed for our members. With no fixed schedule, members are welcome to drop in and receive one complimentary set of materials. Enjoy the creative process at your own pace and have fun crafting something uniquely yours.

Theme in June: Scented Sachet

參與會所為會員準備的互動小遊戲，考驗你的實力與幸運！把握機會到會所一展身手，成功完成挑戰即可帶走小禮品！

Join the Clubhouse's fun mini-game specially prepared for members! Test your skills and luck, showcase your talents, and successfully complete the challenge to receive a small gift!

互動幸運挑戰區 Interactive Lucky Zone

6.22 MON - 23 TUE | 12:00-20:00

完成挑戰可獲小禮品乙份; 先到先得, 送完即止
Complete the challenge to receive a small gift;
First-come-first-served basis, while supplies last

非洲紫羅蘭 輕鬆種植工作坊 African Violet Growing Workshop

6.25 THU - 26 FRI | 12:30-13:15

\$150

非洲紫羅蘭傳統上被認為脆弱和難以種植，因此許多複雜且浪費時間的方法根深蒂固並一直廣泛傳播。我們擁抱大自然，讓非洲紫羅蘭的種植變得簡單而有效，嘗試我們的技巧和分享會，扭轉過往對非洲紫羅蘭種植的誤解，只要做好一些小事情，放著放著就開花。

參加者會親手種植約有6-9片葉的小苗，及獲得一棵帶有花芽的非洲紫羅蘭（無需現場種植）花盆直徑約：5厘米；植物直徑約：8厘米

African Violets are traditionally branded as fragile and difficult to grow, therefore many complicated and time wasting methods rooted deeply and widespread. We embrace nature, we make growing African Violet simple and effective, one plant can flower 4 times annually, just try our tips and workshop.

Participants will plant seedlings with about 6-9 leaves, and include a small African Violet with flower buds (no need to plant on-site) Pot approximately 5cm diameter; Plant approximately 8cm diameter

是次服務將由香港盲人輔導會轄下社會企業 — 流動按摩隊提供，由專業視障按摩師為科學園會所會員提供專業中式穴位頭肩頸按摩，有效舒緩長期使用電腦及手機所引致的肩頸壓力。

透過優質按摩服務，讓視障人士獲得就業機會、發揮所長，期待您與科學園共建共融社會，讓更多人認識視障人士的工作能力！

This service will be provided by the Mobile Massage Team of The Hong Kong Society for the Blind. Comprising professional visually impaired massage therapists. They will provide Science Park Clubhouse members with professional traditional Chinese acupoint head and neck massages, effectively relieve the shoulder and neck tension caused by long-term use of computers and mobile phones.

Through quality massage services, we enable people with visual impairments to gain employment opportunities and fully utilize their strengths. We look forward to your participation in building an inclusive society together with Science Park, to let more people can recognize the work capabilities of visually impaired individuals!

30分鐘肩頸按摩服務 30-min Neck and Shoulder Massage Service

6.29 MON - 30 TUE | 12:00-14:00

\$160



6.13 六 | 10:00-13:00

10W大樓會所
Clubhouse, Building 10W

健康升級: RSV 與肺炎鏈球菌疫苗注射日
Health Upgrade: RSV and Pneumococcal Vaccination Day



繼5月疫苗講座後，科學園會所再次邀請仁安急症門診中心的醫護團隊蒞臨，為您及親友提供RSV及PCV20疫苗接種服務。疫苗特別針對長者、懷孕32-36周孕婦及嬰幼兒，降低RSV與肺炎鏈球菌引發的嚴重症病與併發症風險。免除平日奔波，讓您和家人在舒適環境中享受專業護理服務。敬請預約，為家人建立免疫防護網。

- 呼吸道合胞病毒 (RSV) 二價疫苗 HKD\$1970
- 20 價肺炎鏈球菌結合疫苗 HKD\$1780
- 呼吸道合胞病毒 (RSV) 二價 + 20價肺炎鏈球菌結合疫苗套餐 HKD\$3600



歡迎提前網上預約
Welcome to make pre-registration online

Following the vaccination talk in May, Science Park Clubhouse is pleased to once again invite the medical team from Union Hospital's Emergency Medicine Centre to provide RSV and PCV20 vaccination services for you and your loved ones. These vaccines are specially recommended for older adults, 32-36 weeks pregnant women and infants, helping reduce the risk of severe illness and complications caused by RSV and pneumococcal infections. Enjoy professional care in a comfortable setting without the hassle of clinic visits. Book now and give your family added protection.

- Respiratory Syncytial Virus (RSV) Bivalent Vaccine HKD\$1970
- 20-Valent Pneumococcal Conjugated Vaccine HKD\$1780
- Vaccine Package: RSV Bivalent Vaccine + 20-Valent Pneumococcal Conjugated Vaccine HKD\$3600

查詢 Enquiry:

仁安急症門診中心 Union Emergency Medicine Centre

電話 Telephone: 2608 3355

WhatsApp: 9225 8571

電郵 Email: emc@union.org

接種疫苗後，有機會出現輕微及短暫的副作用，包括注射部位出現腫脹或疼痛，亦可能感到頭痛或全身酸痛，有機會出現其他罕有副作用。如有任何疑問，接種前應先向醫生查詢。
After vaccination, mild and temporary side effects may occur, including swelling or pain at the injection site, headache, or body aches. Other rare side effects may also occur. If you have any questions, please consult your doctor before vaccination.

6.23 一 | 10:00-17:00

8W大樓外議事廣場
The Forum, Building 8W

「提子乖巧寶寶主題」防騙宣傳車
The Little Grape & Quby-themed Anti-Scam Promotional Truck



為提升公眾對最新騙案手法的認知，並加強公私營合作打擊騙案，商業罪案調查科轄下的反詐騙協調中心 (ADCC) 於2026年推出全新主題防騙宣傳車活動。

全新「提子乖巧寶寶」主題防騙宣傳車將於2026年6月起在全港各區驚喜現身，設有全新設計的互動遊戲及精美禮品，讓市民邊玩邊學習，提升防騙意識。

To enhance public awareness of the latest scam tactics and strengthen public-private collaboration in combating scams, the Anti-Deception Coordination Centre (ADCC) of the Commercial Crime Bureau is launching a brand-new themed anti-scam promotional truck campaign in 2026.

The all-new "Little Grape & Quby" anti-scam promotional truck will make surprise appearances across Hong Kong starting from June 2026, featuring newly designed interactive games and souvenirs to engage citizens in learning while playing.

6.29 一 - **30** 二, **7.2** 四 | 10:00-19:00

8W大樓外議事廣場
The Forum, Building 8W

收銀車
Coin Cart



香港金融管理局推出硬幣收集計劃，以流動服務站形式，在現有銀行分行網絡以外，為市民提供多一個找換手上硬幣的渠道，令硬幣流通更有效率，減少鑄幣需求，符合環保原則。兩輛收銀車會在港九新界不同地區輪流服務，向市民收集硬幣。本服務不會收費。

其中一輛收銀車將於6月29、30日及7月2日到訪科學園，園區朋友可以將儲存的港幣硬幣帶到收銀車，經點算的硬幣可全數換作現金，或將全數或部分用作增值至儲值支付工具。



Hong Kong Monetary Authority has launched a coin collection program using a mobile approach, providing an additional channel for exchanging the coins outside the existing bank branch network. This initiative aims to enhance the circulation of coins, reduce the demand for minting, and align with environmental principles. The two Coin Carts collect coins from the public in the 18 districts of Hong Kong on a rotational basis and free of charge.

One of the Coin Carts will visit the Science Park on 29th, 30th June and 2nd July. Park community can bring your collected coins to the Coin Cart. You may choose to receive the equivalent amount of counted coins in cash, or upload all or part of the sum to their stored value facilities.



The Club Mart



會所地下大堂
G/F Lobby Area, Clubhouse



咖啡輕鬆入門

We Make Coffee Simple

6.1 MON - 2 TUE, 6 WED & 8 THU - 9 FRI | 11:00-16:00



我們用心烘焙，讓你的咖啡旅程變得簡單而美好。期待與你分享我們傾注心血的精品咖啡。

We roast with passion, making your coffee journey simple and enjoyable. We are delighted to share our passionate specialty coffee with you.

- **飛碟滴濾包 Disk-style Drip Bag**
一款不尋常的咖啡滴濾包，可提升咖啡風味，幫助你像專家一樣沖泡咖啡。
An extraordinary coffee dripbag that enhance the flavour and helps you brew like a pro.
- **咖啡掛浸包 Coffee String-Bag**
像泡茶一樣沖泡。浸一浸，拉一拉，靜待片刻。享用一杯好咖啡從未如此簡單。
Brew it like tea. Dip, draw and stay. Never been so easy to get a fine coffee.
- **冷萃咖啡袋 Brew-N-Pour Bag**
倒入水，放入冰箱冷藏一夜，你的冷萃咖啡就完成了。
Pour in water, let it stay in the fridge for a night, your cold brew is ready to serve.
- **烘焙咖啡豆 Roasted Coffee Whole Bean**
我們提供來自世界各地不同產地的咖啡豆。我們用心烘焙，期待與你分享我們傾注心血的精品咖啡。
We offer coffee beans from vast various origins. We roast with passion; we are delighted to share our passionate specialty coffee with you.



10% 會所會員尊享 Clubhouse Members Exclusive: 所有產品享 10% 折扣 10% discount for all products



「尋」塔羅心靈諮詢體驗

Tarot Counseling Experience

6.11 THU - 12 FRI | 11:00-16:00

✨ 透過塔羅，尋回內心的地圖。結合理性分析與感性覺察，陪你走一段路。
Rediscover your inner map through Tarot. Blending rational analysis with emotional awareness, I am here to walk this journey with you.

體驗服務 Services

🕒 時間流 (3張牌，5-8分鐘) Time Flow (3-Card Spread, 5-8 Mins)

針對近期問題提供快速解答。透視過去發展、現在情況及未來動向。

Provides quick answers to your immediate concerns. Gains insights into past developments, current situations, and future trends.

∞ 因果牌陣 (5張牌，15分鐘) Causality Spread (5-Card Spread, 15 Mins)

了解近期疑惑的過程與原因。將解析事情「為何」發展至此。

Understand the process and underlying causes of your recent inquiries. Analyze "why" things have unfolded to this point.

★ 經典十字星牌陣 (10張牌，20分鐘) The Classic Celtic Cross (10-Card Spread, 20 Mins)

全球最經典牌陣。針對單項問題做深度探討。是一張揭示內心與源頭核心的「心理地圖」。

The world's most renowned spread for an in-depth exploration of a specific issue. A "Psychological Map" that reveals your inner self and the core origin of your concerns.

♥ 愛人之路牌陣 (10張牌，20分鐘) The Lovers' Path (10-Card Spread, 20 mins)

雙人關係深度透視 (對象可為伴侶、親人或同事等)。從「你、對方、宇宙客觀角度」三個視角看清關係轉變與啟示。An in-depth perspective on interpersonal relationships (partners, family, or colleagues). Gaining clarity on relationship shifts and insights through three perspectives: yours, theirs, and the objective universe.

語言: 廣東話或普通話

Language: Cantonese or Mandarin

10% 會所會員尊享 Clubhouse Members Exclusive:

- 所有服務均享-\$20折扣
\$20 discount for all services

遇見桌上非洲紫羅蘭

Meet Your Desk/African Violets

6.25 THU - 26 FRI | 11:00-19:00



花友小天地是全香港最大的非洲紫羅蘭種植場，種植了 30,000+ 小花
myViolet.online is the largest African violet planting farm in Hong Kong, growing 30,000+ plants

10% 會所會員尊享 Clubhouse Members Exclusive:

- 所有產品享 20% 折扣
20% discount for all products



團體健身課程 Group Fitness Classes

最新時間表見後頁
See next page for
the latest schedule



課程低至
Starting at just **\$110** / 每節
Per class



瑜伽空中伸展
Yoga Trapeze



身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



瑜伽輪
Wheel Yoga



尊巴
Zumba



肩頸背壓力釋放
Shoulders, Neck & Back Stress Release



普拉提
Pilates



槓鈴塑身
BodyPump®



帶氧拳擊
BodyCombat®



懸掛鍛鍊
TRX



燒烤區 BBQ AREA



品嚐趣味 · 共享歡樂

Taste the Joy · Share the Fun

共3個戶外燒烤區，環境舒適，是與親友舉行派對的絕佳選擇！

3 cozy outdoor BBQ Areas.

A great place for gatherings with families and friends.



CLUBHOUSE

團體
GROUP
健身訓練班
FITNESS CLASSES

六月 JUNE

立即預約課程!
Book your class NOW!



瑜伽空中伸展
Yoga Trapeze



身心放鬆拉筋瑜伽
Relaxing Yoga Stretch



瑜伽輪
Wheel Yoga



普拉提
Pilates



尊巴
Zumba



懸掛鍛鍊
TRX



槓鈴塑身
BodyPump®



帶氧拳擊
BodyCombat®



肩頸背壓力釋放
Shoulder, Neck & Back Stress Release

活動詳情
Activities Details



LES MILLS 專業健身課程
LES MILLS Fitness Classes

星期一 MON

星期二 TUE

星期三 WED

星期四 THU

星期五 FRI

1 12:00-12:55
瑜伽空中伸展
Yoga Trapeze
13:00-13:55
普拉提
Pilates

2 12:00-12:55
槓鈴塑身
BodyPump®
13:00-13:55
懸掛鍛鍊
TRX

3 12:00-12:55
尊巴
Zumba
18:15-19:10
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch

4 13:00-13:55
肩頸背壓力釋放
Shoulders, Neck & Back
Stress Release
18:15-19:10
帶氧拳擊
BodyCombat®

5 13:00-13:55
瑜伽輪
Wheel Yoga

8 12:00-12:55
瑜伽空中伸展
Yoga Trapeze
13:00-13:55
普拉提
Pilates

9 12:00-12:55
槓鈴塑身
BodyPump®
13:00-13:55
懸掛鍛鍊
TRX

10 12:00-12:55
尊巴
Zumba
18:15-19:10
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch

11 13:00-13:55
肩頸背壓力釋放
Shoulders, Neck & Back
Stress Release
18:15-19:10
帶氧拳擊
BodyCombat®

12 13:00-13:55
瑜伽輪
Wheel Yoga

15 12:00-12:55
瑜伽空中伸展
Yoga Trapeze
13:00-13:55
普拉提
Pilates

16 12:00-12:55
槓鈴塑身
BodyPump®
13:00-13:55
懸掛鍛鍊
TRX

17 12:00-12:55
尊巴
Zumba
18:15-19:10
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch

18 13:00-13:55
肩頸背壓力釋放
Shoulders, Neck & Back
Stress Release
18:15-19:10
帶氧拳擊
BodyCombat®

19

22 12:00-12:55
瑜伽空中伸展
Yoga Trapeze
13:00-13:55
普拉提
Pilates

23 12:00-12:55
槓鈴塑身
BodyPump®
13:00-13:55
懸掛鍛鍊
TRX

24 12:00-12:55
尊巴
Zumba
18:15-19:10
身心放鬆拉筋瑜伽
Relaxing Yoga Stretch

25 13:00-13:55
肩頸背壓力釋放
Shoulders, Neck & Back
Stress Release
18:15-19:10
帶氧拳擊
BodyCombat®

26 13:00-13:55
瑜伽輪
Wheel Yoga

29

30

點數套票
CREDIT PACKAGE

10 點數
CREDITS
\$1,100 ~~\$1,200~~
每節 \$110
90 日
Validity

5 點數
CREDITS
\$600 ~~\$800~~
每節 \$120
60 日
Validity

1 點數
CREDIT
\$160 ~~\$200~~
每節 \$160
30 日
Validity

只限會所會員參加。名額有限，先到先得。
Clubhouse members only. Limited quotas on a first-come, first-served basis.

如有任何爭議，香港科技園公司保留最終決定權。
If any disputes, Hong Kong Science and Technology Parks Corporation's decision will be final.

所有已支付的堂費(點數套票)不得退款及轉讓。套票生效日均由購買日起計。
All paid class fees (credit package) are non-refundable and non-transferable. Package validity starts from the date of purchase.