

BUZZ



January & February 2023

BEIJING RIVIERA COMMUNITY MAGAZINE





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BEIJING RIVIERA

Administration & Payment Center

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SALES & MARKETING DEPARTMENT

Phone: 8450-6688

Fax: 8450-6611

CLUBHOUSE

Phone: 8450-6888

Fax: 8450-6999

ESTATE MANAGEMENT OFFICE

Phone: 8450-6000

Fax: 8450-6999

RESIDENT SERVICE CENTER

24-Hour Hotline: 8450-6333

Fax: 8450-6999

GOLF CENTER

Phone: 8430-8226



BEIJING RIVIERA

No.1 Xiang Jiang Beilu Chao Yang District Beijing 100103, P.R. China

Website: www.bjriviera.com

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Clubhouse Operation Hours 俱乐部营业时间

Clubhouse 俱乐部

Sunday-Thursday 07:00 - 22:00
Friday - Saturday 07:00 - 23:00

Business Center 商务中心

Daily 09:00-18:00

Fitness Center 康体中心

Monday-Friday 06:00 - 22:00
Saturday - Sunday 07:00 - 22:00

Indoor Pool 室内游泳池

Monday-Friday 06:00 - 22:00
Saturday - Sunday 07:00 - 22:00

Outdoor Pool 室外游泳池

Sunday-Thursday 08:00 - 19:00
Friday - Saturday 08:00 - 20:00
(Winter is closed)



Message from the General Manager

Dear Members,

Once again we find ourselves faced with the adversities of Covid and with restrictions being increased due to more cases and these are trying times. This has made more difficult with the varying and limited information being received as everyone tries to navigate their way through. This is why we started the Covid information WeChat group to provide the most up to date and accurate data possible. We are also in daily communication with authorities to ensure that we can provide as much information as possible in terms of service and facilities. If you require more information or assistance please do not hesitate to contact one of our staff members.

Rest assured we will be ready with a pipeline of events and activities, once things open up.

For those of you travelling I wish you all safe travels and a stress free return. For questions on return procedures please contact the EMO office and they are happy to support as well.

Whether the clubhouse is closed or open our staff are on standby to support you in any way possible.

Yours sincerely

Kenny Hon

尊敬的各位会员：

近期北京疫情突起，全社会再一次投入全力抗疫中，同时大家也再次经历疫情给社会方方面面带来的诸多不便。大家都在积极努力，希望将疫情对生活的影响减至最小，盼望早日恢复正常的生产和生活。我们有建立一个疫情信息微信群，有任何新消息我们都会第一时间在群里通知。同时我们也与政府管理部门保持紧密的联系，随时了解相关部门对会所设施的管控规则。如果您想了解任何资讯，欢迎您随时联系会所员工，我们将竭诚为您服务。

等到疫情状况改善后，我们将尽快为会员组织丰富多彩的活动。

对于外出旅游的客人，祝您一路顺风，旅途愉快。当您路途结束想返回北京时，请您提前联系物业部，及时了解最新入京政策。

香江会所不论是营业或是关门期间，我们的员工一直都乐于为您提供服务。

您诚挚的，

韩英杰

HAPPY HALLOWEEN



Trick or Treat



This Halloween with the need for social distancing saw the cancellation of our haunted house but did not stop our regular trick or treat event. Hordes of children and adults took to the streets in search of the best candies and by the end of the night it is safe to say no one was disappointed



The Secrets of Longevity Revealed



“

Have you heard of the Blue Zones before? These are specific areas in the world with the highest concentration of centenarians, in other words, people who live to the age of 100 and beyond. There are currently 5 such areas in the world, the Barbagia region of Sardinia, Ikaria in Greece, the Nicoya Peninsula in Costa Rica, a group of Seventh Day Adventists specifically in the area of Loma Linda, California and Okinawa, Japan. Can their lifestyle shed light on the secrets to a long life?

”



The story of the Blue Zones begins before the year 2000. In the late 90's two researchers, Michel Poulain and Gianni Pes begin studying longevity in the area of Sardinia. Around the same time, Dan Buettner launched a program with National Geographic to find the world's longest-lived people and identify the characteristics they had in common. Pes and Poulain drew circles with a blue marker on the map around areas of significant longevity. From then on, they began referring to these regions as "Blue Zones". These three men then worked together to study these populations in greater depth. They began to see a pattern in the behaviours and habits of the centenarians in these regions. All of these groups of long-lived people have 8 traits in common.



Picture Source: pexels

1. Move Naturally

In the Blue Zones physical activity is a part of life. Exercise happens on a regular basis, through activities such as gardening, doing housework, walking and swimming. An interesting observation is that the elderly do not use gadgets to make life easier or more convenient. Physical effort gets things done.

2. Purpose

Having a reason to wake up in the morning, a purpose in life, can literally add years to our lives. Many studies show that when a person feels that their life has meaning they have better mental health, less cognitive decline, greater resiliency and more restorative sleep. On a physical level, people with purpose have lower levels of inflammation in the body, healthier hormone profiles and lower cardiovascular risk. Ultimately, when all of these benefits are combined there is a reduced risk of death from all causes.



Picture Source: pexels

3. Down Shift

The world's longest-lived people have a time for rest and relaxation; they have routines that help them deal with life's challenges. No one is immune from the harmful effects of stress. We know that chronic stress leads to inflammation in the body, and that inflammation is involved in many disease processes, especially those related to aging. People from Okinawa remember their ancestors and honour them each day, Adventists pray, and Sardinians take a nap.

4. The 80% Rule

People in the Blue Zones do not overeat, and often their last meal of the day is in the late afternoon or early evening. They do not snack at night. This rule involves eating mindfully, taking the time to chew slowly and enjoy the meal, and finishing eating before feeling full. It is a good rule for us to follow as well, to stop eating when we feel 80% full

5. Plant Based Diet

The diets of these Blue Zone centenarians are focused on plants, with the majority of them having a high intake of legumes, including fava beans, black beans, soy, lentils, and chickpeas. Meat is eaten infrequently. A large proportion of Adventists are vegetarian, a smaller number within that group are vegan. Comparing Adventists with different dietary patterns, those with a vegetarian diet had a lower risk of mortality compared to non-vegetarians. In the other groups, a small serving of meat (the size of a deck of cards) is consumed approximately 5 times a month.



6. Faith

98% of centenarians studied in the Blue Zones belong to a faith-based community. Across the Blue Zones, different people participated in different religious activities. It is thought that this contributes to developing a purpose in life and also provides a close community for support.

7. Social Circles

Centenarians in Blue Zones have strong social connections. These are people that engage in worship together, whom they spend time with socially and whom they lean on in times of need.



8. Close to Loved Ones

Family connections are extremely important to people living in the Blue Zones. In many cases, extended families live together or in close proximity. This is beneficial for the grandparents in terms of longevity, but for the grandkids as well, as it also seems to lower disease and mortality rates in the children.



Genes determine only a small fraction of one's longevity. Studies indicate that the genetic effect is between 5 to 35%, therefore a long life is largely determined by environmental factors related to where and how we live. The Blue Zones team created the Blue Zones Project, where towns and cities adopted Blue Zone lifestyle habits and modified their environment to make easy their adherence. In one location in Los Angeles, community strategies to support healthy living were implemented and city planners made changes to facilitate walking. There were double digit drops in obesity and the rate of smoking decreased by 30%. Many experienced improvement in risk factors for cardiovascular disease. Other cities had similar results, seeing decreases in healthcare costs and greater productivity.

September 22nd is National Centenarian Day in the United States. In honour of this special day, reach out to an elder in your family or in your community. We have so much to learn from the wiser generations, not just about how to live longer, but also about how to live well.

Reference:

1. Blue Zones
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/>
2. Lifestyle predictors of successful aging: A 20-year prospective HUNT study
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6622492/>
3. Longevity and aging: role of genes and of the extracellular matrix
<https://pubmed.ncbi.nlm.nih.gov/25502365/>
4. Micro Nudges: A Systems Approach to Health
<https://pubmed.ncbi.nlm.nih.gov/33969711/>
5. Purpose in Life Predicts Allostatic Load Ten Years Later
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4684637/>
6. Purpose in life predicts better emotional recovery from negative stimuli
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3827458/>
7. Vegetarian Dietary Patterns and Mortality in Adventist Health Study 2
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4191896/>

Calendar of Fitness Activities for January & February 2023

Monday

Body Combat
莱美搏击操
(Lu Pei Cheng)
07:40-08:40
(Free for members)

Yoga
瑜伽
(Wang Xing Yu)
08:50-09:50
(Free for members)



Body Pump
杠铃操
(Wu Pei)
07:40-08:40
(Free for members)

Body Combat
莱美搏击操
(Wu Pei)
08:50-09:50
(Free for members)

Thursday

Tuesday

Body Combat
莱美搏击操
(Wu Pei)
07:40-08:40
(Free for members)

Body Pump
杠铃操
(Wu Pei)
08:50-09:50
(Free for members)



Zumba
尊巴
(Sun Lin Lin)
07:40-08:40
(Free for members)

Yoga
瑜伽
(Cheng Yi Hang)
08:50-09:50
(Free for members)

Friday

Wednesday

Zumba
尊巴
(Gao Lu)
07:40-08:40
(Free for members)

Latin Dance
拉丁舞
(Gao Lu)
08:50-09:50
(Free for members)



Yoga
瑜伽
(Wang Xing Yu)
07:40-08:40
Member:
RMB 30/PP
Non-member: RMB 80/PP

Pilates
普拉提
(Cheng Yi Hang)
08:50-09:50
Member: RMB 30/PP
Non-member: RMB 80/PP

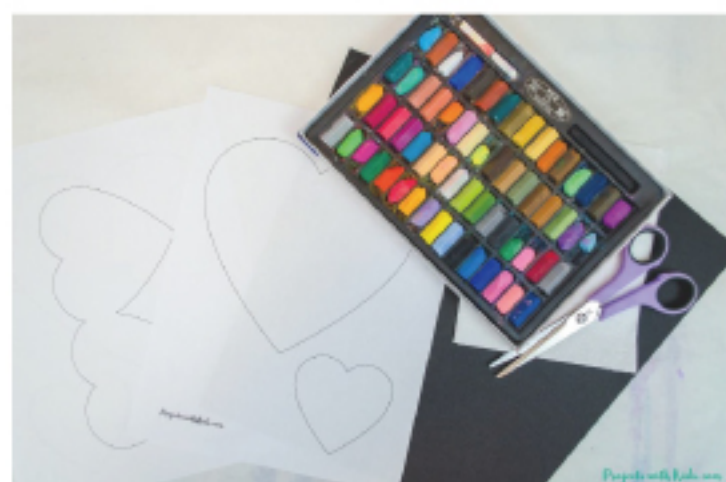
Saturday

If there are any changes, we will inform our members at the Fitness Center

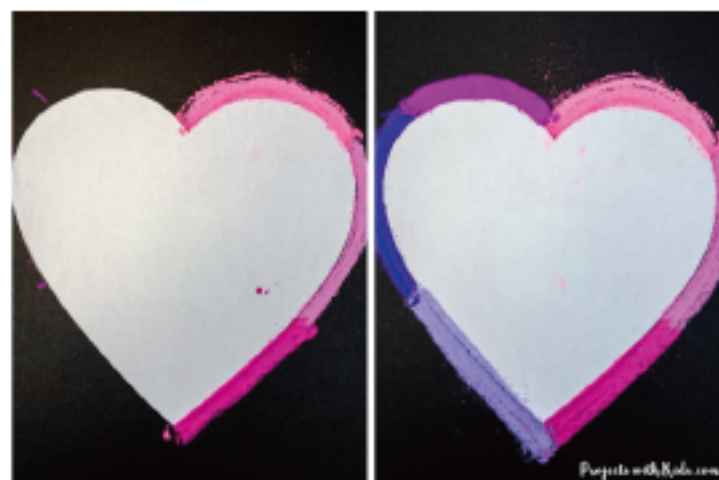
EASY CHALK PASTEL HEART ART FOR KIDS TO MAKE

This chalk pastel heart art is an easy and fun Valentine's Day art project for kids! We used a simple pastel technique that is easy for kids to do and always looks great. Drawing with pastels on black paper makes the pastels look extra bright, almost like they are glowing!

1. Print out your heart templates onto white cardstock and cut them out. Kids can also make their own template out of cardboard if they like. Using a thicker paper makes it easier to use the template.



Tape your template onto a piece of black paper. We used black drawing paper but black pastel paper, cardstock or construction paper would also work. Depending on the quality of the paper the pastels might not be as bright.



2. Draw thick lines around your template with chalk pastels. The thicker the lines, the more pastel there is to smudge.

Kids can choose to use traditional Valentine's colors or use a variety of colors. Rainbow pastel hearts would look beautiful!



3. Using one or two fingers, smudge around your template in an outward direction. Using your fingers to smudge will usually give the best results, but some kids don't like to get their hands dirty. They can try using a blending stick or a q-tip for this step.

Take a look at these 5 essential pastel techniques for beginners for more details on pastel techniques that kids can try.



Once you have smudged your pastels all the way around your template, carefully take the template off to reveal your amazing design!

If there is a lot of dust on the paper, take it outside to blow or shake it off. You can then take a q-tip and carefully wipe away any extra smudges on the inside of the heart to clean up the area a bit.

4. If you are doing the smaller heart inside the larger heart. Tape the smaller heart template inside your larger pastel drawing.



This time when you are drawing around the template, you don't want to draw the lines as thick. The lines need to be thinner because there is not as much room to smudge.

Remind kids to be careful when drawing and smudging around the smaller heart so that the bigger heart doesn't get wrecked.



This chalk pastel heart art turned out so beautifully and having kids choose their own colors and heart template makes each one unique! This is a wonderful Valentine's Day art project that kids of all ages will enjoy.



HEART ART for Valentine's Day

Bike Safety



Whenever you are riding on your bike on the compound here are some tips on how to stay safe whilst having fun.

When you hop on to your bike make sure you are wearing your helmet and also double check you have your light on (if it is dark).



Fun and funky ways to decorate your bike while staying safe.





Pets Corner



SIMBA

PET TYPE: SIBERIAN FOREST CAT

LIKES: SLEEPING, BEING WITH FAMILY AND EATING

DISLIKES: BEING WOKEN FROM NAPS, THE VACUUM AND NOT BEING GIVEN SNACKS WHEN HE WANTS IT!

Please contact me to put your pet in Pets Corner WeChat ID: clairewillatsbeijing

Happy Holidays

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Puzzle Games

益智小游戏



Z	T	A	S	T	E	G
L	A	S	A	G	N	A
B	O	U	Q	U	E	T
F	A	L	A	F	E	L
O	C	A	C	A	O	P
P	I	H	C	H	I	H
E	K	A	C	E	K	S
I	Y	T	S	A	T	A

CACAO TASTY CHIP TASTE FALAFEL

PIES CAKE LASAGNA BOUQUET

G	N	F	E	F	N	R	O
N	N	C	U	L	G	N	L
I	R	I	Q	O	F	A	O
L	E	J	N	G	S	K	P
I	K	U	A	N	Q	B	R
A	O	D	T	E	U	P	E
S	O	O	E	D	A	R	T
L	N	F	P	I	S	W	A
O	S	O	S	U	H	L	W
S	N	R	J	G	P	P	H

SNOOKER PETANQUE RUNNING

WATERPOLO GUIDE SAILING

GOLF SQUASH JUDO

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

Hard

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

Expert



Beijing Riviera Gym,
Fitness Centre & other amenities

Beijing Riviera Country Club
Service Guide

Commercial
Shops & Services

Weight Training & Cardio Equipment

Tel: 8450 6888 - ext 233
Opens everyday 06:00-22:00

Enjoy our new weight training equipment while working every part of your body. So whether it's curling, pressing, benching or squatting, you'll have a variety of ways to shape your physique. Come and see everything we have to offer.

Cardio exercise should be part of your exercise routine and we offer equipment to help you keep going.

Personal Training

Take the guesswork out of your fitness plan. In our personal training program, you'll learn the right way to eat and exercise, allowing you to achieve your goals faster.

Group Exercise Classes (Sports Hall)

Get motivated and inspired by participating in a Group Exercise class. Make Group Exercise part of your regular health and fitness routine. Most classes are free with your Beijing Riviera Membership.

Other Amenities

Our club feature other great amenities to keep your workouts challenging and fun. Join a pickup game, basketball or practice your swim stroke technique... there are lots of ways to exercise and have fun at Beijing Riviera. (Reservations required, please contact the fitness centre at 8450 6888 - ext 223)

After Your Workout

Enjoy the rewards of all your hard work - before and after you exercise. Relax muscles, sweat out toxins, relieve stress, or simply daydream about your next vacation.

Home Catering

Tel: 8450 6888 - ext 224

At Beijing Riviera Catering, our customers will always come first and we welcome any questions or concerns you may have. We look forward to working for you and having you as our customer for many years to come!

Benefits:

You save precious time not going to supermarket shopping for your function's need.

You need not have to worry about cooking and washing when the function ends.

You would save valuable time and money on food consumption for your catering needs.

Service Apartments

Tel: 8450 6888

Whenever you have friends, families, or business associates visiting, remember that we have fully furnished 2 bedroom suites available for rent, at the convenience of your guests. In addition to daily housekeeping and room service, all overnight guests enjoy temporary membership at the Club throughout the time of their stay.

Business Center

Tel: 8450 6888 - ext 107

The solution to all your web-based and communication needs. Our friendly staff will assist you in sending fax, photocopying, printing, scanning and courier services. Or you might want to visit the business center just to connect to the internet.

Resident Service Center

24 hour service, everyday.
Tel: 8450 6333

A central location where we attempt to answer your questions regarding your home or around Beijing Riviera. We are proud to offer emergency maintenance service 24 hours a day, 7 days a week. Yes we will be there for you even on weekends and holidays.

John's Brothers Arts & Crafts

Tel: 8450 6927

Opens everyday 10:00-18:30
Find precious & semi precious stones, fresh & saltwater pearls at John's Brothers Arts & Crafts. We also design, repair and create jewelry, cushions, and home accessories. We also offer appraisal & consulting services.

Jamaica Blue Cafe

Tel: 8450 6596
Opens everyday
07:00 - 20:00

At Jamaica Blue Cafe we pride ourselves in offering fine coffees. House Blend from Jamaica, Ethiopia, India, Brazil, East Timor, Nicaragua, Guatemala, Honduras, Mexico - each with their bean's unique properties.

CITEE Golf Center

Tel: 8430 8226
Opens everyday
08:00 - 20:00

Situated east of the clubhouse, a 42 bay open air range, illuminated for evening play. A rough area with sand traps and bunkers surrounds the putting green, a perfect place to practice putting, chipping, and pitching. Locker room facilities and mini cafe are available at the Golf Center.

康辉旅游CCT

Opens everyday
10:00 - 18:30
Tel: 64366629 / 58677702

Domestic Travel, International Travel, Visa Application, Tickets Booking Group Tour, Hotel Booking, Personalized Tour, Car Rental

Simon Hair Studio

Tel: 8450 6888 -ext 112
17800816040
Opens Tuesday to Sunday
10:00-19:00

A team of international professionals who have been serving the Beijing Community for over 30 years, continue to provide a range of creative and innovative hairdressing services in a relaxed and friendly atmosphere.

April Gourmet Supermarket (Xiangjiang Store)

Tel: 8450 6882
Opens everyday
08:00 - 22:00

A one-stop shop for all daily and last minute household needs. Fresh meals are also available at the Butcher's counter in the supermarket.

千禧国际酒店集团

Millennium & Copthorne Hotels
Global Sales
sales@grandmillenniumbeijing.com

Xiang Spa & Massage

Opens Tuesday to Sunday
10:00-20:00
Tel: 8450 6888 - ext 304

A place to allow your body, mind and soul to be nurtured and rejuvenated, manned by a team of experienced therapists and masseurs, we strive to provide you with the best body care, facial treatment and aromatherapy services.

Meng Arts

Tel: 010-84182311
Opens Tuesday-Sunday
10:00 - 20:00

Saveur

Tel: 8450 6789
Opens Tuesday to Sunday
11:00-22:00

The Kitchen

Tel: 18514005219
Opens Tuesday-Sunday
11:00 - 20:00

Thai Food

Tel: 010-84578829
Opens everyday
11:30 - 21:00

Hi Sushi

Tel: 010-84357511
Tuesday closed
11:30 - 21:30



RICCITELLI

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