

BUZZ



March & April 2023

BEIJING RIVIERA COMMUNITY MAGAZINE





BEIJING RIVIERA

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Fax: 8450-6633

ESTATE MANAGEMENT OFFICE

Phone: 8450-6000

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SALES & MARKETING DEPARTMENT

Phone: 8450-6688

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RESIDENT SERVICE CENTER

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CLUBHOUSE

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GOLF CENTER

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BEIJING RIVIERA

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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,

It is with great pleasure I am finally able to say with a degree of certainty that the issues brought on by the pandemic are now firmly behind us. It is amazing to think that it was only in my last message I was discussing how the issues were still ongoing and increasing in severity and now I am able to say they are no longer even existent. As such we at Riviera are wasting no time getting back into the swing of things. We've already started up our markets, movie nights, tennis tournaments and have plenty of activities and events in the pipeline so please do sign up to our official WeChat or ask a member of staff to stay current with all new developments.

We are please to have the Hi Sushi in full flow and join our already diverse options of food and beverage. We have also opened up our event platforms and have since had many individuals and organization coming to us for event space to host their activities and events. Check out our section on the Wild Woman quiz to get a taste of what we can offer.

Gym classes have also started up again in the basement where we have installed two industrial air purifiers so the air is clean for you to work out in comfort and confidence. Please check out the fitness app for details of classes and times. We also have new equipment and initiatives coming into the fitness center so again do keep your ear to the ground.

In short, with everything opened up we are looking to get back to creating the safest and most enjoyable environment for you and your family here in Riviera. Should you ever need anything do not hesitate to reach out to us and we will be happy to support.

Yours sincerely

Kenny Hon

尊敬的各位会员：

很高兴在此与大家一同分享好消息，当前全国疫情防控形势总体向好，取得疫情防控重大胜利，创造了人类文明史上人口大国成功走出疫情大流行的奇迹。我们终于可以开始放心地为会员们组织丰富多彩的香江社区活动了。周末集市与电影之夜已经进行数周，网球赛事也正在紧锣密鼓地准备当中。欢迎您积极参与会所组织的各项活动，香江会所员工随时乐于为您提供服务。

会所一层新开张的Hi寿司店为香江美食又添新彩。现阶段我们开放了香江活动平台，相信陆续会有越来越多的个人和组织来我们这里一起举办活动。参考” Wild Woman quiz” ,您可提前了解一些信息。

时隔多日，地下室的体育课开始正常运营。新安装的两台工业空气净化器，让您在清新的空气中舒适而自信地锻炼。请查看健身应用程序以了解课程和时间的详细信息。近期康体中心会陆续置办一些新的设备，敬请期待。

总之，随着目前北京疫情防控的新政策，我们相信一切均会恢复自然。香江会继续全心全意地为各位会员创造一个安全，愉悦的环境。如果您有任何需求，欢迎您随时与我们联系，我们将很乐意为您提供服务。

您诚挚的，

韩英杰

RIVIERA SWING DANCE PARTY!!!

香江花园摇摆舞周末沙龙

Date日期: 2023.03.12

Time时间: 14:30-16:30

14:30-15:15 摇摆舞初级体验 “Lindy Hop Level 1” For Solo

15:15-15:30 摇摆舞趣闻分享 “Fun Of Swing Dance”

15:30-16:15 摇摆舞双人体验 “Lindy Hop Level 1” For Couple

16:15-16:30 学习成果展示 “Showcase”

周末沙龙包含饮品和甜点各一份

The weekend salon includes one portion drink and dessert

提前扫码预约可免费体验一次

Scan the code in advance and make an appointment for free

(预约截止到2023.03.10 in advance2023.03.10)

如果你参加了我们的摇摆舞周末沙龙?

If you join in our swing dance weekend salon?

· 你会开始了解摇摆舞的历史进程和文化背景

You will begin to understand the historical and cultural background of swing dance

· 你会了解跟着音乐舞动身体是一种什么样的感觉

You will experience how fantastic it feels like swinging body with music

· 你再也不会拒绝当有人请你跳舞那激动人心的时刻

You will never miss the exciting moment when someone asks you to dance

别再犹豫，快预约起来~

Don't hesitate to make an appointment



Contact Betty for bookings
and information

欲知更多详情请联系Betty

Tel: 010-8450 6688-144



EASTER EGG HUNT

复活节捡蛋

9 April 2023 (Sunday)

10:00 at the east lake (3-5 years old)

10:30 at the east lake (5-12 years old)

RMB80.00/Child

Ticket includes easter basket & egg hunt

Bouncy castle available

Beijing Riviera is holding the easter egg hunt on 9th April;
participants will be divided into different age groups and time slots!

Find the golden egg and stand to win attractive prizes!

(1 golden egg at each venue)

Advance registration required. Register at clubhouse reception.

Register before 02 April





UNITED NATIONS
CHINA



16 January 2023

Dear Kenny,

I write to express my warm greetings and best wishes to you and the team at the Club House and EMO as we enter the new year of 2023. I would like to send my appreciation for the wonderful support that your office has provided to me and my family in the past year.

I have been impressed by your professionalism, discretion and excellent standard of care for the needs of residents. The team under your leadership has shown their thoughtfulness and efficiency especially during the pandemic, making our life in Beijing much easier and more convenient.

My special thanks to Mr. Jackson Shen, a consummate professional who has always solved our problems with immediacy & courtesy. I value his keen sense of service.

My family and I continue to enjoy our life at Beijing Riviera as always. I wish you and Beijing Riviera all the best in the hopeful new year.

Yours sincerely,

A handwritten signature in blue ink, appearing to read "Siddharth Chatterjee".

Siddharth Chatterjee
UN Resident Coordinator

Kenny Hon
General Manager
Beijing Riviera Country Club
Beijing

Cc:
Jackson Shen
Engineer
Beijing Riviera
Beijing

Calendar of Fitness Activities for March & April 2023

Monday	Tuesday	Wednesday	Thursday
<p>Body Combat 莱美搏击操</p> <p>(Wang Dong) 08:30-09:30 (Free for members)</p> <p>Yoga 瑜伽</p> <p>(Wang Xing Yu) 09:40-10:40 (Free for members)</p>	<p>Body Combat 莱美搏击操</p> <p>(Wu Pei) 08:30-09:30 (Free for members)</p> <p>Body Pump 杠铃操</p> <p>(Wu Pei) 09:40-10:40 (Free for members)</p>	<p>Zumba 尊巴</p> <p>(Gao Lu) 08:30-09:30 (Free for members)</p> <p>Latin Dance 拉丁舞</p> <p>(Gao Lu) 09:40-10:40 (Free for members)</p>	<p>Body Pump 杠铃操</p> <p>(Wu Pei) 08:30-09:30 (Free for members)</p> <p>Body Combat 莱美搏击操</p> <p>(Wu Pei) 09:40-10:40 (Free for members)</p>



Friday	Saturday	Sunday	
<p>Zumba 尊巴</p> <p>(Miao Miao) 08:30-09:30 (Free for members)</p> <p>Yoga 瑜伽</p> <p>(Cheng Yi Hang) 09:40-10:40 (Free for members)</p>	<p>Yoga 瑜伽</p> <p>(Wang Xing Yu) 08:30-09:30 Member: RMB 30/P.P Non-member: RMB 80/P.P</p> <p>Pilates 普拉提</p> <p>(Cheng Yi Hang) 09:40-10:40 Member: RMB 30/P.P Non-member: RMB 80/P.P</p>	<p>Body Pump 杠铃操</p> <p>(Wu Pei) 08:30-09:30 (Free for members)</p> <p>Zumba 尊巴</p> <p>(Wu Jing) 09:40-10:40 (Free for members)</p>	<p>If there are any changes, we will inform our members at the Fitness Center</p>

EVENTS ROUNDS-UP

Riviera Market

With the restrictions lifted Riviera country club kicked off its events again starting with our weekend market this February. Guests were welcome to peruse the range of goods from clothing, jewellery, lifestyle, food and beverage to name but a few. Residents and outside guests alike came to the clubhouse to explore and also enjoy the selection of restaurants and cafes the clubhouse has to offer. This is the first of many events the Riviera looks to arrange for the community.



The wild women launched back into action with their famous wild woman quiz night at the Riviera. The event was fully booked which is under stable considering how much fun everyone had during and even after the event with live music and singing going on hours after the quiz ended. Food and drink was provided by all the establishments in the club-house and the picnic style "bring your own" was very popular with some people almost setting up on the floor with a picnic blanket...perhaps not that extreme but the atmosphere was fantastic with the presence of the Riviera community back in full force. The Wild Woman have a number of other events from seminars to dance classes coming up so stay tuned and check the group chats for details

Quiz Night 2023.2.11



Once Upon a Riviera



Hello readers! Its been a while since we met last December and a lot has definitely happened for all of us! On behalf of the whole Riviera team, I hope that you have all enjoyed a Lunar New Year filled with laughter and joy.

Please note that our Once Upon a Riviera journalism program: a platform for your own writing (or technically anything that can be printed onto a magazine!) is still ongoing! Last time, we didn't manage to receive many submissions and so we are asking all of you to please consider reaching out to OnceUponaRiviera@outlook.com. ANY message to us would mean a lot (**even if its just to say Hi!**). Apart from that, writing or multimedia submissions would be welcomed and **guaranteed** a place on our next issue (we promise)

Without further ado, lets jump straight into this issue with my article, enjoy!

The Art of Learning Languages

By editor in chief-Zoe

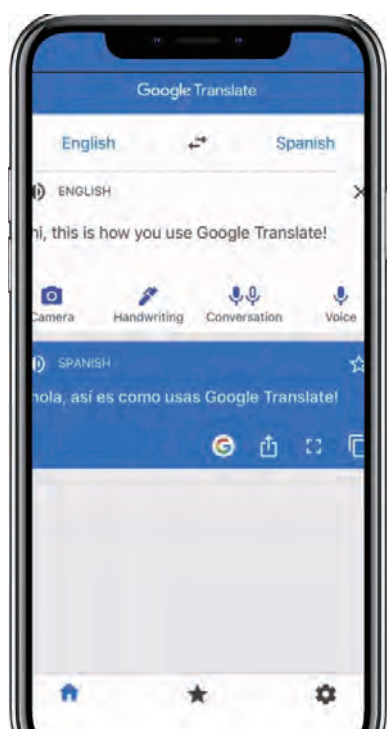
As soon as I walked into my first Spanish lesson last year, I immediately realized that learning a new language is daunting! While I expected to have fun and relaxing lessons, I was completely caught off guard when we started to learn the Spanish alphabet right off the bat. Yes, I have to admit, I should have known better than to suppose for us to do nothing academic in a lesson. Although I paid my full attention to everything that went on the board and took pages of notes, I ultimately failed to remember any of the letters during a listening practice. What is going on here!? It's only been twenty minutes since I began learning and we're already being tested?



So what are the ways to improve quicker and stay caught up? Other than the usual, listen to the class and do your homework, here are some of the tips and tricks that I caught up on along the



1. The number one tip (or punto numero uno shall I say!) that I have is that **repetition is absolutely crucial**. Different from some subjects, no one is going to quickly master a language if they are not consistently going over what they have learned, whether it be grammatical rules or vocabulary. This could be as little as spending 10 minutes each day to review your past lesson materials, but it will certainly save you from having to cram 10 pages to notes the night before your exam!

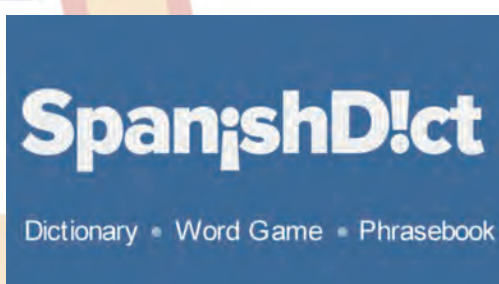


2. **Never ever overuse a translator!** Despite the fact that it is almost impossible to fully get away from resorting to a translator, it is not a good idea to translate full sentences or paragraphs. This will make it less likely for you to actually understand the meaning of the words you don't know and gain what's supposed to be learnt from the task. Plus, teachers can tell if you have translated your text or not so don't try to take the risk!

3. **Try speaking or communicating in the language** of your choice as much as possible. In my classes, my teacher would sometimes ask us "how do you say that word in Spanish?" when we communicate with her. For instance, after asking a few times to get a glue stick, I have learned off by heart that it's called "pegamento". In fact, my friend who's currently a beginner in the US says that her Spanish classes are under a Spanish-only condition! All these chances to speak are great ways for you to gain confidence and start to build off your very own collection of everyday words and phrases.



4. **Utilize language learning applications** and have them as a part of your daily schedule. While probably a lot of you have heard about Duolingo. I recommend a website called SpanishDict which is much more applicable, especially for students! There are translators that give the individual meaning of each word, conjugation fact sheets and on top of that engaging lessons which are extremely similar to the ones on Duolingo. If you want a head start in school, taking advantage of this resource is a great idea!



That's it for this issue! I hope you have hopefully developed an interest into learning languages and has found some of my tips helpful.

Please contact me via email if there are any concerns or questions and I will answer as soon as I can. Any suggestions for future topics are also encouraged and welcomed.



How to help our kids develop their empathy



It is common for children to find it challenging to separate their reality from other people's reality. This is because a child's sense of self takes years to develop. So even though around the age of five, they understand they are an independent individual and that their behavior may affect others, it is difficult for them to empathize and "feel" what others are feeling.

Sense of Self

Children start to develop a sense of self during toddlerhood. This is around the time when they begin to recognize their reflection in a mirror and begin to use the pronoun "me." They also learn about personal pronouns such as "mine" and "yours." During this stage of development, empathy can be learned through imitation, acknowledgment for good behavior, and encouraging unselfish play. Guided play feature in MSB programs at this developmental age as does cooperation, and the values of caring and sharing.

When Do Kids Learn Empathy?

Children learn empathy when they understand that other people experience the world differently from them. Children develop empathy by understanding others' feelings and perspectives by seeing how others respond to situations.

This takes time. They need to be old enough to recognize their own emotions to grasp what another person might be feeling in a specific situation. Empathy is in full swing at age four when children can comfort someone in distress. This is the age where empathy kicks in.

Some kids may take longer to develop this skill. Empathy most often crystalizes by the age of 11.

How to Teach Empathy to Your Child?

- Identify feelings. Talk with your child about their feelings. Help them name what they are feeling.
- Show them pictures of other people expressing emotions and ask them what the person in the photo may be feeling.
- Encourage empathy by speaking emotionally about someone's feelings during family activities, such as dinnertime or car rides.
- Include empathy as a routine, such as writing a letter or keeping connected to someone who has been in iso due to COVID-19 or drawing a picture about feelings and emotions.
- Practice Active Listening. It is only when we pay full attention to others that we can empathize with their feelings. Whole-body listening, look and face the speaker, don't interrupt.
- Do random acts of kindness, service projects together, charity fairs anything that makes them think of others and empathize for how they might be feeling.

Once your child starts to show empathy, they will become more compassionate and caring towards others. Nursery and Kindergarten Virtues for April, May and June are focused on: Sharing, Helpfulness, Empathy, Peacefulness. Join the conversation and talk to your child about what they are learning.

孩子的自我意识需要多年时间才能形成，所以孩子通常会很难将自己的现实生活与他人的生活区分开来。因此，虽然在5岁左右，孩子会明白自己是一个独立的个体，自己的行为可能会影响到他人，但是孩子很难具备同理心，也很难感受到他人的感受。

自我意识

孩子从幼儿时期起开始发展自我意识。这个阶段，孩子开始认识到自己的镜像，并开始使用代词“我”，还会学习人称代词，如“我的”和“你的”。在这一发展阶段，孩子可以通过模仿、识别良好行为习惯和鼓励无私分享的游戏来学习同理心。MSB学前课程包括引导游戏，也会鼓励孩子和他人合作，弘扬关心他人和乐于分享的美德。

孩子什么时候学会同理心？

当孩子明白别人所体验的世界和自己不一样时，便能渐渐学习具备同理心。孩子通过观察他人如何应对情景来理解他人的感受与视角，从而发展同理心。

这需要时间。孩子需要到一定年龄，才能识别自己的情绪，才能理解另一个人在特定情况下的感受。同理心从四岁起会飞速发展，这时孩子能够安慰其他遇到困难的人。这是

同理心开始发挥作用的年龄段。

有些孩子可能需要更长的时间来培养这一能力。通常在11岁时，同理心会发展到比较具体而稳定的水平。

如何教会孩子具有同理心？

- 识别感受。和孩子谈谈他们的感受。帮助孩子说出自己的感受。
- 给孩子看其他人表现出不同情绪的照片，问孩子照片中的人可能有怎样的感受。
- 在家人共进晚餐或乘车出门等时候充满感情地描述他人的感受。
- 让同理心成为一种习惯，比如写一封信，让孩子与因疫情被隔离的人保持联系，或画一幅关于感受和情绪的画。
- 练习主动倾听。只有当我们充分关注他人时，我们才有可能感同身受。全身心倾听，面向说话的人，看着对方，不要打断。
- 多行善事。一起参加服务项目、慈善义卖会，或任何能让孩子为他人着想、同情他人感受的活动。



一旦孩子表现出同理心，孩子就会变得更有同情心，更关心他人。4、5和6月，幼儿班和学前教育班的主题美德有：分享、帮助、同理心与平和。和孩子们聊聊他们正在学习的美德。



MSB
北京蒙台梭利国际学校

蒙蒙馆 艺术工作室

少儿创意美术

素描色彩

写意国画

青少年美术

Meng

ART

2023

Meng
Art Space

蒙蒙馆 艺术工作室 授课内容

少儿创意美术/素描色彩
写意国画/青少年美术

教学理念

美育不是单纯的绘画教育
美育是生命的养分
是心智的成长
是自然的了解
更是美感教育
让孩子们学会发现美
感受美
创造美

地址:

香江北路一号
香江会所一楼画室蒙蒙馆

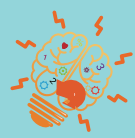


联系方式: 苗苗老师



Puzzle Games

益智小游戏



Y	H	G	O	D	N	I
D	N	E	N	E	L	M
U	C	I	E	O	U	S
T	R	R	Y	S	L	E
S	G	R	I	E	E	A
L	U	C	H	F	U	R
F	A	Y	M	S	F	C
L	E	F	Y	C	S	H

E	P	U	P	L	G	B	L
S	C	E	F	N	Y	A	L
F	U	N	I	T	G	S	A
H	O	K	A	N	N	K	B
B	I	O	I	D	I	E	T
B	R	X	T	Y	L	T	E
H	O	G	M	B	I	B	N
B	D	R	T	G	A	A	H
T	E	H	R	U	S	L	M
R	O	R	R	R	F	L	L

GREEN SEARCH LONG

MUSICAL FURY STUDY

RUGBY FOOTBALL SAILING

RODEO BOXING DANCE

NETBALL BIKING BASKETBALL

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

Hard

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

Expert

Is Your Immunity Strong Enough to Resist the Covid-19?

北京国际医疗中心 (IMC-BEIJING)

The epidemic has radically changed the lives of many people, and their understanding and emphasis on healthcare have become more profound and popular among people than ever before. In addition, the word "immunity" also often appears among the public, such as: "immunity is the most effective weapon against viruses", "immunity is the primary production force", and "improve your own immunity and stay away from diseases". Information coming from all sides has made people aware of the importance of immunity.



First, immunity in layman's terms is the fighting power of the human immune system. It is a physiological function of the body. The human body relies on this function to recognize "self" and "non-self" and thus begins to destroy and repel antigenic substances (such as viruses, bacteria, etc.) entering the human body or damaged cells produced by the human body itself and tumor cells, which maintain the health of the body and ensure the normal functioning of the body system. If the immune system is damaged, resulting in weakened immunity and unable to function normally in a protective role, infections such as bacteria, viruses, and fungi are easily caused, causing discomfort to the human body, and affecting health and various diseases.

The strength of immunity varies from individual to individual, and each person's lifestyle also affects the normal functioning of the immune system. The main factors affecting immunity are the following six factors:

1. Age

After the maturation of the immune system, immunity gradually weakens with age. Therefore, the elderly and young children with immature immune systems are among the immunocompromised population.

2. Diet

An unbalanced nutritional diet leads to a lack of energy in the body, which affects the normal functioning of the immune system and thus reduces immunity.

3. Sleep

From a lifestyle point of view, resistance is most affected by various sleep problems, such as poor sleep quality and lack of sleep. Not only is the mental state not good, it also allows the virus to enter the body.

4. Drinking and smoking

Repeated smoking or exposure to second hand smoke destroys the function of immune cells and significantly weakens immunity. Alcoholism also gradually weakens the immune system.



5. Low mood and depression

Long-term stress, depression, anxiety, and depression significantly reduce the body's resistance, lead to increased degeneration of immune cells and eventually cause immune disorders.

6. Misuse of antibiotics

In order to improve their own resistance, many people take drugs arbitrarily and misuse various antibiotics. Abuse of antibiotics affects the body's absorption of nutrients and the production of immune cells and weakens the function of the immune system.

In general, a weakened immune system can manifest itself in many ways, such as colds and often minor ailments. Many people think that a cold is just a minor illness, but in fact, it can easily develop into a serious illness due to a weak immune system. Intermittent colds are also an indication of poor immunity.



In addition, the wound's susceptibility to infection is also due to problems with the immune system. An example can be considered accidents that happen in everyday life, such as a wound when cutting vegetables. If the wound heals quickly, it means that the immune cells are functioning normally. Because the healing process actually involves four stages: hemostasis, inflammation, proliferation, and reconstruction, and these stages require a sufficient number of immune cells. This also means that after some injuries, the wound heals slowly, and even the symptoms of inflammation and suppuration are actually problems with the immune system.

After the outbreak of the epidemic, many people also have various symptoms after contracting the Covid-19 virus. People with strong immune systems have almost no symptoms or mild symptoms, but some people's resistance is weak, and the whole course of the disease is painful. Needless to say, relative symptoms are more severe.

In conclusion, although people can simply understand whether their immunity is good or bad in daily life, they really want to have a clearer and more comprehensive understanding of the strength of immunity and the possibility of improving immunity effectively and in a targeted manner. Therefore, it is recommended to undergo various examinations and tests related to the immune system. In particular, the symptoms related to the Covid-19 virus infection (such as loss of the sense of smell, etc.) can cause major or minor functional damage to the body, and there is no certainty whether the body is working properly.

Currently, immune system detection focuses mainly on immunity, health, nutrient metabolism, and absorption. The tests are, respectively, the body's resistance to diseases, toxin activation, DNA damage repair, carcinogen detoxification, and calcium, iron, and magnesium, selenium, zinc, various vitamins, and other absorption capacities. After the test, a more comprehensive understanding of the autoimmune condition can be obtained. If the resistance is weak, it can be adjusted in time to improve immunity and improve the health of the body. With the help of the test, some diseases can be detected and treated early and avoid missing the best treatment time.

Everyone should pay attention to their own health, and immune regulation and intervention should be guided by professional doctors, and should not be done blindly.



北京国际医疗中心 (IMC-BEIJING)

(86-10) 6465-1561

(86-10) 6465-1562

(86-10) 6465-1563



SPA
X I A N G

2023年3、4月份推广

March - April 2023 Promotion

美容活动推广 Facial Treatment Promotion

(仅享一次优惠)
(ONE OFF OFFER ONLY)

美容套盒 ¥880
Service Package

体验价 **¥498**
At ONLY

美容护理 ¥460
Treatment

体验价 **¥298**
At ONLY

美甲活动推广 Nail Treatment Promotion

做任意一款甲油胶 **加¥180** 可享CUCCIO Spa护理
Add **ONLY ¥180** for CUCCIO Spa Treatment after any kind of Shellac Treatment

按摩活动推广 Massage Promotion

完成任何60分钟或以上项目后，以**8折优惠**可选择享受其它附加项目
Enjoy **20% DISCOUNT** for any overlying service after a 60 minutes treatment

本公司持最终解释权 We reserve the right for interpretation

香 SPA

地址：北京朝阳区香江北路1号，香江乡村俱乐部
Address: Riviera Country Club, No. 1 Xiang Jiang Bei Lu,
Chao Yang District, China
电话 (Contact): 84503392 / 84506888-304

SunDesign

品牌推广：新加坡升阳品牌设计(北京)有限公司
Tel: +86 010 5746 9236
www.sun-design.cn

Spring Special



Clean Water Package With Valuable Gift

Elavo Drinking Water Purifier



¥2,988/Year

Free installation (Valued ¥200)

Free filter change (Valued ¥1840)

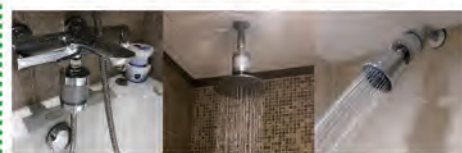
For Rental Drinking Water Purifier only

**FREE
GIFT**



ShowerKingX
Shower Filter

Valued ¥798



Water Filters & Softeners



Single Stage
10"
Central Filter

¥1,280



3-Stage
20"
Central Filter

¥4,800



Central
Water Softener
WS150

~~¥13,800~~

¥10,660



UltraShower
Shower Filter
& Softener

~~¥3,280~~

¥2,624

Air Filters Replacements!



IQAir Healthpro 250

F1 PreMax ¥780 ¥702	F2 V5-Cell ¥1,280 ¥1,152	F3 Hyper HEPA ¥1,980 ¥1,782
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IQAir Healthpro GC

F1 H11 ¥1,080 ¥972	F2&3 Carts & Sleeves ¥5,580 ¥5,022
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Blueair 200/300 Series	Blueair 400 Series	Blueair 500/600 Series	Blueair Sense	Blueair Pro Series
HEPA+Carbon filter ¥469 ¥376	HEPA+Carbon filter ¥699 ¥560	HEPA+Carbon filter ¥959 ¥768	HEPA+Carbon filter ¥449 ¥360	HEPA+Carbon filter ¥499 ¥400
HEPA filter ¥299 ¥240	HEPA filter ¥439 ¥352	HEPA filter ¥609 ¥488	HEPA filter ¥349 ¥280	HEPA filter ¥249 ¥200

13th ANNIVERSARY Special discount to announce soon!

Your Water & Air Filtration Service for over a Decade!

专业净水与空气净化 十年经验 值得信赖!

Website: www.greenwavechina.cn
010-8586 0860(Beijing)
0755-2668 3852(Shenzhen)

Mobile(24/7): 136 2193 5343
021-3331 5007(Shanghai)
020-8700 6486(Guangzhou)





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, photocopied, 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 holiday.

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

Demestic 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 hairdress-
ing 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 aroma-
therapy 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

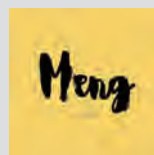
Tel: 18514005219
Opens Tuesday-Sunday
11:00 - 20:00

Thai Food

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

Hi Sushi

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



RICCITELLI

马尔贝克共和国

威尔·史密斯电影
《焦点》里
风光出镜的老藤单一
园马尔贝克 来自
拥有两个“阿根廷年度
酿酒师”头衔的 RICCITELLI

20
16
REPÚBLICA
DEL
MALBEC
LAS COMPUERTAS
VINO DE FINCA EN PIE FRANCO
RICCITELLI

