

BUZZ



September & October 2023

BEIJING RIVIERA COMMUNITY MAGAZINE





目录 Content

BEIJING RIVIERA
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Fax: 8450-6633

ESTATE MANAGEMENT OFFICE
Phone: 8450-6000
Fax: 8450-6999

SALES & MARKETING DEPARTMENT
Phone: 8450-6688
Fax: 8450-6611

RESIDENT SERVICE CENTER
24-Hour Hotline: 8450-6333
Fax: 8450-6999

CLUBHOUSE
Phone: 8450-6888
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

- ◆ **MESSAGES FROM GENERAL MANAGER**
- ◆ **UP-COMING EVENTS**
- ◆ **EVENTS ROUNDS-UP**
- ◆ **SEPTEMBER & OCTOBER CALENDAR OF FITNESS ACTIVITY**
- ◆ **PUZZLE GAMES**



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,

With the end of the summer holidays here and many families having returned, allow me to be the first to welcome you all back. I sincerely hope you all had a great holiday period and made great memories with you and your loved ones. Here at Riviera we have been preparing for your return with a range of up and coming events and activities. We have all new classes available in the sports center for you and your kids to try such as circuit fitness and Krav Maga.

For all you new comers, incase you don't know, we also have a range of free classes put on for our members from yoga to body pump. If you are unfamiliar with our facilities and what is on offer than I would highly recommend you attending one of our induction and coffee mornings where our staff will take you through all the clubhouse has to offer and also be able to check your mobile access and fix any issues on the spot. Afterwards you can also enjoy a coffee on us and meet your neighbors. In addition to this we have our monthly market back, golf tournaments in the pipeline and much more so stay tuned for more information.

As always we are here to ensure your quality of living and happiness at Riviera is at its highest so should you require anything at all please don't hesitate to ask a member of staff and we will be more than happy to help.

Yours sincerely

Kenny Hon

尊敬的各位会员：

暑期接近尾声，许多家庭已经度假归来，在此我热烈地欢迎大家，并真诚地希望你们都度过了一个愉快的假期，与您所爱的人留下了美好的回忆。接下来的日子里，香江会所精心为各位会员准备了多项精彩活动：康体中心为您和您的孩子提供了全新的课程，如circuit fitness 和Krav Maga。

新入驻香江的会员可能还不清楚，香江会所为香江会员提供一系列的康体免费课程：如瑜伽操，杠铃操等等。如果您不熟悉香江会所的设施，我强烈建议你参加我们的咖啡晨会活动，我们的工作人员会带您了解会所的一切设施，也能够帮助您检查您的移动设备，方便您顺利出入康体中心。如有任何问题，香江员工会当场帮您解决。之后，您可以一边享受会所提供的咖啡，一边与您的新邻居聊天谈地。除此之外，每月一次的市集售卖会重新回归，高尔夫锦标赛也正在紧锣密鼓地筹备中，更多信息敬请期待。

我们将一如既往地为您在香江会所提供优质的服务。如果您有任何需求，请及时询问香江员工，我们随时乐意为您提供帮助。

您诚挚的，

韩英杰

Beijing Riviera & Aseanplus Social Golf Tournament

On September 23, 2023, Saturday at Orient Pearl Golf Club

北京香江花园 & 东盟高尔夫友谊赛

于2023年9月23日周六在东方明珠高尔夫俱乐部举行

Entry Fee : RMB 890(includes)

- Green fee & Locker
- Awards
- Lunch (orient pearl club)
- Lucky Draw

参加者只需支付人民币890元, 即可享有日程安排的一切服务, 包括: 球场包价、幸运抽奖、午餐及颁奖

Program

07:00 am-Registration at Orient Pearl Golf Club
07:15 am-Group Photo
07:30 am-Tee off
12:00 pm-Lunch, Awards & Lucky Draw (Orient Pearl Club)

活动安排

07:00 am-东方明珠高尔夫俱乐部签到
07:15 am-团体合影
07:30 am-开球
12:00 pm-午餐、颁奖及幸运抽奖等 (东方明珠俱乐部)

Handicap: New New Peoria System 新新贝利亚计分系统

Men (Blue tee) and Women (Red tee)

Prizes:

Pro Category 总杆 : Champion, 1st Runner up, 2nd Runner up

Net 净杆: A Cat. : 1-18 Handicap B Cat. : 19 -23 Handicap C Cat.: 24-40 Handicap
(Champion, 1st Runner up, 2nd Runner up)

Longest Drive (Men&Women)一杆最远奖(男女各取一名)

Nearest to Pin 最近洞奖 Nearest the line 最近线奖



For More Detail, Please contact Clubhouse Front Desk at 8450-6888
or James at 13436518508

Mid Autumn Festival

EAST LAKE 24th
东湖花园 SEP
FOOD MARKET
14:00-20:00

✦ 香江中秋游园

Punch in

打卡签到

A seal is avail-
可得一枚印章



Price: RMB80.00/child

(包括游戏打卡, 儿童电影和蹦床)

Includes games, kids' movies
bouncy castle and more

14:00-17:30 游戏打卡 Games

18:00-20:00 儿童电影 Movie time

Solve the
lantern
猜灯谜

guess three riddles
and get a seal
猜中3个灯谜可得
一枚印章



Touhu game

投壶游戏

put 5 arrows in 1
minute and get a
1分钟内投入5支箭
可得一枚印章

collect 5 seals
and get a small

集齐5个印章可获得
小礼品一份



做
花灯

Lantern
making

When the lantern is
made, you will get a
花灯制作完成,
可得一枚印章



Photograph
拍照

Take a photo dressed
Hanfu or Chinese
clothing and get a seal
身着汉服或中式服
装在背景处拍照,
可得印章一枚



*To reserve, please call 84506888, 10% discount for reservations before 17 September.

Riviera Tour & Welcome Coffee

2023.08.19

Beijing Riviera started its induction tour and coffee morning last month to give its newcomers an insight into all the clubhouse has to offer and allow neighbors new and old to meet and get to know each other. The first one had 6 families join and found it very useful finding out what was available to them so they could use the facilities to the fullest. They are currently available every two weeks so should you wish to join the next one just ask James or myself at the clubhouse.



FIFA Women's World Cup 2023

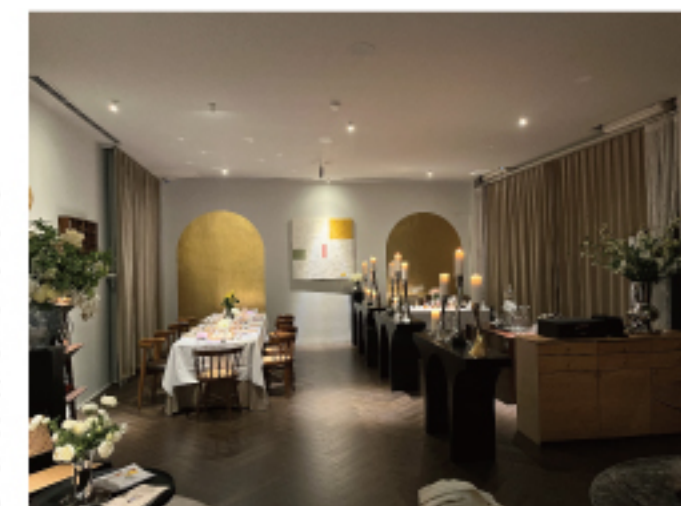
2023.08.20

Riviera hosted the women's World Cup Final on the big screen in the lobby and the only thing better than the turn out was the game itself. With a large number of our Spanish and British residence in attendance the atmosphere was very intense at times and when all was done and Spain was victorious everyone came together to cheers and congratulate. With the rugby World Cup in the near future we can look forward to more sports events at the clubhouse.



David's Digest

For those of you who have been at riviera for some time and picked up a copy of the buzz magazine you will remember that I used to do an article called the "Davids Digest" where I would give recommendations on restaurants and activities around the city. Once Covid hit I didn't really get out much and as such didn't have much to report on other than what new infections and policies were coming into action. With things cleared up now I have been getting out a bit more and have been involved in a number of societies and organizations from the Scottish whiskey tasting society to the Beijing Cigar Smoking Club which has me going around the town trying out new F&B establishments.



If any of this interests you please don't hesitate to find me and I would be happy to share more information. For this digest I want to highlight a couple of locations I have been to with a groups of foodies who head up another magazine called Global



Gourmet. Since going along to some of their private dinners I have found myself in some amazing settings which I would like to share with you here for the next time you wish to arrange something different and special. The first place I would like to mention is Le Vif. Located in the south east of Beijing you would only find yourself here if you were looking for it. An unsuspecting door on the side of the road leads you to a beautifully decorated setting with only 3 dining tables. Chef Shuang is a young rising star here in Beijing with Michelin already going through their second round of trials at her restaurant. She is the only chef there insisting on making each dish personally for her guests



and with each dish you could see the care and attention that went into them. With an ever changing menu, you go in with no decisions to make, Chef Shaung puts out a 16 course meal and all you have to do is enjoy it. Whilst the menu is in the higher end of the price spectrum at 2000RMB per head plus 1000RMB for the wine pairing it is a well worth it experience for something different and to experience some amazing food.

From west to east, the second place I would like to mention is Zhiguan courtyard DongBei restaurant. Now whilst typical DongBei food is not associated with luxury but more hearty and homely food, the settings here along with the beautifully presented and delicious food has earned this restaurant a Michelin star and once you try it you understand why.



They have taken many of the DongBei signature dishes and turned them into works of art. If you get the chance try to book the courtyard as it is a lovely oriental ambiance to enjoy your meal as well. Located around the east side of the second ring road, traffic getting there can be difficult (to the extent that I got a bike from Liangmaqiao just to make it on time but that just meant I could eat more upon arriving). Both places are very different from much of what you will find around Beijing and make for perfect spots for special occasions. If you would like more information then please don't hesitate to find me and as with all things Riviera if there is anything else you need support on or advice then our team is here for you.



Calendar of Fitness Activities for September & October 2023

Monday	Tuesday	Wednesday	Thursday
<p>Body Combat 莱美搏击操</p> <p>(Liu De Wei) 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>(Sun Lin Lin) 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>

How to Time Your Pre and Post Workout Nutrition Intake



Pre and post workout nutrition is not only about consuming the right nutrients, but also about timing. Learn what the research shows regarding nutrient timing for optimal performance and recovery.

If you're reading this, it's likely because you're looking to take your training goals to the next level. Whether you're a beginner just starting out in the gym, or an advanced athlete looking to gain an extra edge on your performance, nutrition is often overlooked as the missing puzzle piece that separates where you are from where you want to be.

This is why optimizing your pre and post workout nutrition is more important than ever.

Optimal pre and post workout nutrition is not only about having the right nutrients. It's also about when you should have them. Eating the right foods at the right time can be the difference between having an okay workout and having a great one.

So, when we speak about meals, we're talking about a combination of protein, carbohydrates, and fats. To be clear, every meal is important. You

can't eat correctly for two meals, screw up the others, and expect to see results. Consistency matters. Therefore, we're talking more about the timing here. Lean athletic man meal prepping healthy food in the kitchen.

Pre-Workout Meal and Timing

Protein



It's safe to say that protein is an essential nutrient that you must have in order to build muscle. The question is when you should have it. Consuming protein over the course of the day is important, but the timing of a protein source leading up to training may not be as crucial as you think.

Research in 2017 came to the conclusion that a trainee could choose whether to have protein immediately before or after training, but having it within a certain time frame wasn't essential.¹ The type of protein you choose to consume could be in the form of actual food or supplementation such as whey protein powder. So, as long as you have protein before you train, you don't have to feel pressure about when to have it leading up to the workout.

Carbohydrates

Carbohydrates can be a great asset in maximizing performance, whether you're talking about anaerobic training or aerobic exercise. There are many diets that don't endorse carbs, but an exception should be considered around the time you train.

A 2014 study concluded that eating a meal that was rich in carbohydrates within 60 minutes before training could maximize your performance for that session.² Proper sources of carbohydrates can be fruits, vegetables, oats, and whole grains. Processed carbs may not be your best choice when it comes to this because you want your body to have the best fuel possible to propel you through your session.



Fat

Education in recent years have hopefully convinced people that not all fats are bad, and some are even very beneficial. Actually, having a high fat meal within one hour of your workout may even help promote fat oxidation during the first hour of exercise.³

Water

You're drinking water throughout the day (or at least you should be), but timing your hydration can be a big deal. Taking in 16 to 20 oz of water 2-3 hours before training, and 6-10 oz more within 20 minutes of training will support the efforts you're about to commit.⁴



Conclusion

When it comes to the pre-workout meal, protein timing may not be as important, but having carbohydrates and fats one hour or less before the workout starts can be rewarding. Therefore, having a balanced meal of protein, carbs, and fats an hour before gym time would make it easier to schedule and more supportive about the work you do in the gym. Consuming water throughout the day should take care of your hydration needs leading up to the workout, but scheduling it for both two hours out and 20 minutes before would help

Puzzle Games

益智小游戏



I	S	R	A	E	L	D
U	N	P	T	W	E	A
A	N	A	N	N	H	I
H	M	S	M	W	A	R
H	E	A	Z	O	K	T
K	R	M	N	D	M	S
K	L	O	P	A	L	U
T	E	A	D	D	P	A

PANAMA DENMARK SAMOA

OMAN AUSTRIA ISRAEL

S	D	Y	K	C	G	C	Q
H	T	W	A	U	O	C	B
C	G	R	R	E	L	A	S
A	A	V	A	M	F	V	D
E	D	U	T	D	Y	I	H
B	F	Y	E	B	V	N	V
S	U	R	F	I	N	G	S
U	M	W	N	T	T	U	S
K	T	G	V	I	M	R	I
R	E	K	O	O	N	S	D

BEACH SUMO DARTS

NOOKER DIVING GOLF

CAVING KARATE SURFING

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

Hard

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

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Sep./Oct. 2023 PROMOTION

2023年 9/10月份促销

Item 项目	Original 原价	NOW 促销价
Full Body Oil Massage 90 min 芳香精油按摩 90 分钟	566	506
Thick Style Eyelashes 浓密风睫毛护理	680 (含修补)	380 (不含修补)

APPLICABLE TO EACH PERSON ON EACH VISIT
单人单次消费有效

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

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www.sun-design.cn



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

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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

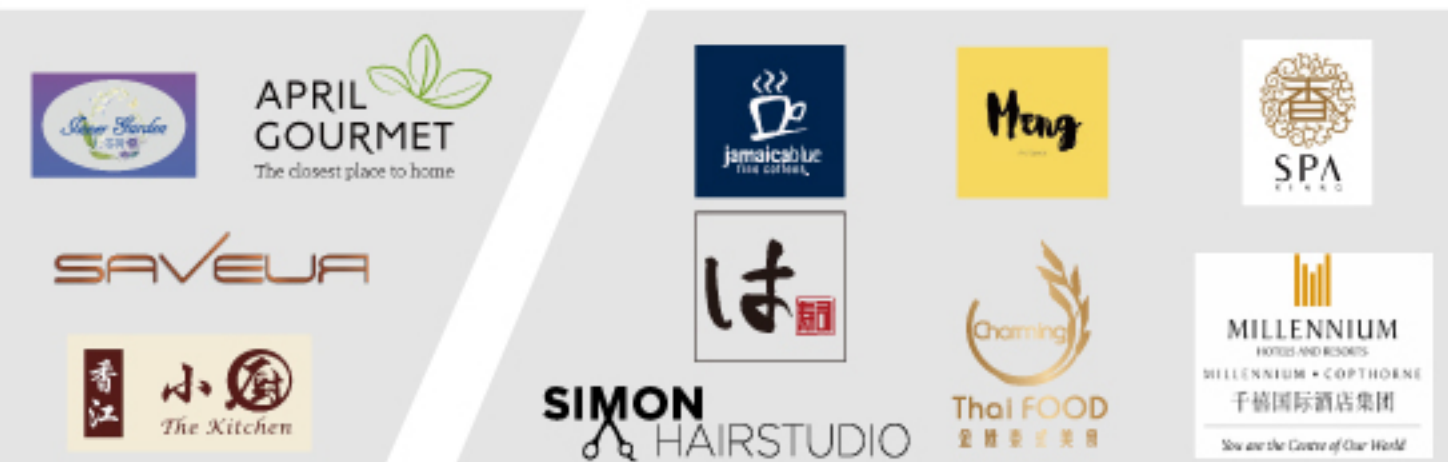
Tel: 18514005219
Opens Tuesday-Sunday
11:00 - 20:00

Charming Thai Kitchen

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
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酿酒师”头衔的 RICCITELLI

