

BUZZ



November & December 2023

BEIJING RIVIERA COMMUNITY MAGAZINE





BEIJING RIVIERA

Administration & Payment Center

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ESTATE MANAGEMENT OFFICE

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SALES & MARKETING DEPARTMENT

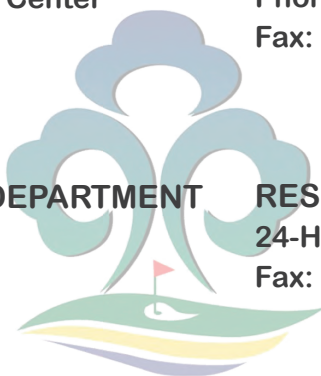
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RESIDENT SERVICE CENTER

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CLUBHOUSE

Phone: 8450-6888

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GOLF CENTER

Phone: 8430-8226



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,

The weather is beginning to cool now and in the immortal words of GOT winter is coming. This is not cause for you to lock yourselves away though, quite the contrary. Our weekly Friday movie night will still continue in the lobby where you let kids can enjoy the range of cartoons we put on whilst you can relax over a drink and/or food with your friends. Our monthly market will still continue and we are looking at bringing a number of social and informative events in the coming month so stay tuned.

The residents association also have some great events coming up such as the progressive dinner, and Christmas pot luck. We have also teamed up with them to bring you the coffee morning to better inform our many new comers of the great events and facilities Riviera has to offer in the tour followed by a coffee on us with the neighborhood where residents can meet and get to know each other.

We are always looking for new collaborations and interesting events so to ensure you don't miss anything please feel free to join our official WeChat account and should you require any assistance or have any questions our staff are always on hand to support.

Yours sincerely

Kenny Hon

尊敬的各位会员：

深秋已至，带着些凉意，也带来了冬日的序曲。渐凉的天气不能成为您闭门不出的借口，我们每周五的电影之夜将继续在大堂进行，您可以在孩子们享受动画片的同时，与您的朋友或家人一起在会所或小酌或休憩。我们的每月集市活动仍将继续，我们期待在接下来的一个月组织更丰富的活动，敬请期待。

香江住户委员会也正在筹办一些活动，如 progressive dinner, X' mas pot luck 等等。我们与住委会合作，为新会员组织 coffee morning 活动。一杯咖啡，及咖啡所萦绕的温暖，让新会员在结识新朋友的同时，更多地了解香江会所，了解香江社区。会员部员工将全程陪同，悉心为您讲解香江会所的相关设施。

我们一直在寻找新的合作，希望为各位会员组织更多有趣的活动。欢迎您随时加入我们的官方微信号，及时了解香江会所的信息。如果您需要任何帮助或有任何问题，我们的工作人员随时乐于为您服务。

您诚挚的，

韩英杰

Beijing Riviera & Aseanplus Social Golf Tournament

2023.09.23

Riviera teamed up with Aseanplus golf club to bring this years golf tournament. Golfers came together from all over for a great game of morning golf at the Orient Pearl golf club. This was followed by a great buffet put on by the club. All in all a great day



Medal Ranking 奖牌榜

Gross

Champion: Jin Miao

1st Runner-up: Li Nai Cheng

2nd Runner-up: Zhao Bin

Category A

Champion: Tang Yue

1st Runner-up: Yuan Lei

2nd Runner-up: Eddy Lai

Category B

Champion: Ting Tiyaworanan

1st Runner-up: David Sun

2nd Runner-up: Sam Chow

Category C

Champion: Chen Li Jian

1st Runner-up: Zhang Chen Yu

2nd Runner-up: Michelle He

Longest Drive

Jin Miao (Women)

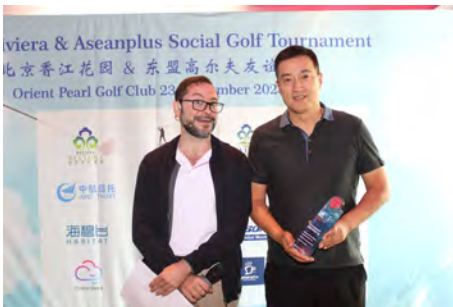
Li Nai Cheng (Men)

Nearest the Line

John Hong

Nearest to Pin

Wendy Tan



Congratulations to the winners



**THANK YOU SO MUCH FOR THE FOLLOWING SPONSERS FOR THE
BEIJING RIVIERA & ASEANPLUS SOCIAL GOLF TOURNAMENT**



Mid-Autumn Festival

2023.9.24

Over 50 children joined the riviera Autumn festivities where they had to work through the mini treasure hunt and complete a range of tasks to get to their final prize. Kids were kept happy and busy for hours and in turn so were the parents.

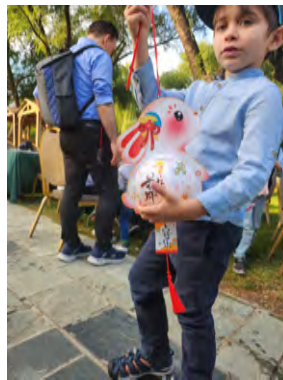
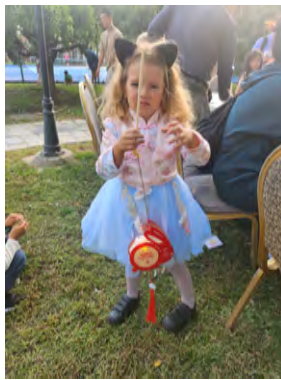
Happy Mid-Autumn Festival



Solve the lantern



touhu games



Photograph

Lantern making



Shredded! A Complete Guide To Getting to 10% Body Fat

Learn how having an effective diet, training, and recovery plan are key components to getting amazing body transformation results.

Is your goal to get “see your abs” lean? Would you like to fill out your t-shirt but still have a waspish waist? Do you want to look like you’re flexing without actually flexing?

To get that jacked you need to get lean, and I mean LEAN. 10% to be exact. Forget for a moment the braggarts who claim single digit body fat levels. Yes, there are some in this world who walk around at 8, 6, even 4% body fat levels, but not many. If you’re 10% you’re pretty flippin lean. So let’s see how to get there.

Cycle Your Diet

Yes, what is an article about getting lean without mentioning diet? Abs are made in the kitchen, right? Well, yes, to an extent. But diet is still a key factor in the making of a leaner you. To get to an extreme level of said leanness takes a strict habit of meal planning, disciplined adherence to that plan and the wherewithal to listen to your body and adjust when needed.

Carb cycling, although seen somewhat archaic in these times of the fasting fad, is still a viable, effective option for cutting body fat and staying sane in the process. Cycling your carbohydrate intake normally calls for several days in the red and then a day or two of a surplus.

This process cuts calories down for a limited time forcing your body to burn fat, even at rest. Once your body starts to get wise and tries to slow down your metabolism to conserve energy due to the lack of calories you jack up the carb intake and give it a much-needed surge to kick start your fat-burning furnace once again.

Start by choosing which days will be high and low carb days. For example, lower body training days may be good for high carb periods, other training

days could be for low to moderate carb levels and off days could be reserved for very low carb days.

In the beginning it will be difficult to predict what your exact levels should be for each day so here is a good starting point: For low days go with .5 to .75 grams of carbs per pound of bodyweight, for moderate days go with 1 to 1.25 grams per pound and for high days aim for around 2 grams per pound.

Be sure you are getting in at least 1 gram of protein per pound of bodyweight. This can realistically be increased to 1.5 as your diet progresses. Healthy fats should consist of around 20-30% of your total daily calories. These fats will come in handy on those crazy, low carb times when you need some extra fuel to get you through your workouts.

Healthy Food

The Importance of Training

Most individuals think only in terms of diet when wanting to get ultra-lean without much thought given to training. The belief that the workout will take care of itself and diet is the main focus is a big mistake.

Is your training the best it can be? Are you utilizing every minute to its fullest? How are your rest periods? Are they monitored to burn some extra calories and rev up your metabolism long after training?

Training acts as a trigger to spark the metabolic fire. Without proper, effective resistance training a good bit of the weight you will eventually lose will be muscle. Weight training keeps the muscle on – it acts as an insurance policy against atrophy.

Try a higher frequency of training such as training every body part twice per week. This, in turn, will coax your body into recovering quicker and will burn more body fat in the process.

Keep a close eye on rest periods. Nothing will affect your training progress and subsequent fat loss regarding training than getting into the habit

of setting rest times. For starters, go with 2 minutes for the big lifts like squats and deadlifts and 1 minute for all other lifts.

Moderate your volume. If you have decided to train more frequently it would be wise to use a more moderate volume. 12 or so for chest, back and quads and around 9 for arms, shoulders, calves and hams.

Leave your ego at the door – this isn't a powerlifting meet. Ditch trying to max out for each set. Instead, shoot for a bit higher of a rep range such as 8-12 or 10-15 – but still go to failure.

Female Athlete who is very lean

Recover Properly

Finally, the catalyst to set the whole lose-fat-but-keep-my-muscle equation is proper recovery – namely sleep and managing stress. Getting proper rest is paramount and all your effort in the gym and in the kitchen will be for naught if you don't get enough of it. During sleep key hormones such as growth hormone are excreted to help repair and regulate your body's processes.

Stress management is another important part of staying on the course of progress. No, you won't be able to rid your life of stress completely, but reducing it and managing the rest in a healthy way with consistency will make getting to your goals that much easier.

Get at least 8 hours of sleep each night. Also, get up in the morning at the same time each day including weekends. You don't want to start messing with your meal times and screw up your rest schedule.

Keep stress to a minimum. Nothing will wreck your plan like constantly being in a state of stress. Find ways to effectively manage stress and reduce or eliminate it where you see fit.

Get Synergistic

Synergy isn't just a corporate term reserved for conference room power point presentations. It

should be your goal toward a leaner you. The synergy I am talking about includes having an effective diet, training and recovery plan so all factors can produce amazing results – results not able to be achieved by just one or two factors alone.

Practice discipline, consistency and stay positive. Together, they will all lead you to where you want to be. Then you can look back and admire the work you put in.

Athlete Training

Sample Diet and Training Plans

Below are sample diet and training plans taking into consideration the points outlined above. The training is for someone who wants to burn some fat but also keep and maybe even build some new muscle.

The diet plan is for an average 200 pound male who wants to get to that coveted 10% body fat. Although the diet will get you going in the right direction, it isn't loaded with guarantees and false promises. You will need to adjust when necessary, you will need to practice discipline and you will need to take action and stay consistent.

High-Carb Days:

Meal 1: 1 cup of oatmeal with 2 tbsp of natural peanut butter, 2 eggs and 5 egg whites

Meal 2: 6-8 ounces of chicken breast, turkey or meat in a salad with 2 tbsp of oil-based dressing and veggies, 1 ½ cup (cooked) rice, 1 ounce of nuts

Pre-workout: 1 apple, 1 scoop of whey protein powder or 6 egg whites

Post-workout: 2 scoops of whey protein powder, 1-2 cups of berries

Meal 3: 6-8 ounces of chicken, turkey, meat or fish, 1 cup of green veggies, 2 cups of sweet potato

Moderate-Carb Days:

Meal 1: 2/3 cup of oatmeal with 2 tbsp of natural

peanut butter, 2 eggs and 5 egg whites

Meal 2: 6-8 ounces of chicken breast, turkey or meat in a salad with 2 tbsp of oil-based dressing and veggies, 1 cup (cooked) rice, 1 ounce of nuts

Pre-workout: 1 apple, 1 scoop of whey protein powder or 6 egg whites

Post-workout: 2 scoops of whey protein powder, 1 cups of berries

Meal 3: 6-8 ounces of chicken, turkey, meat or fish, 1 cup of green veggies, 1 cup of sweet potato

Low-Carb Days:

Meal 1: ½ cup of oatmeal with 2 tbsp of natural peanut butter, 2 eggs and 5 egg whites

Meal 2: 6-8 ounces of chicken breast, turkey or meat in a salad with 2 tbsp of oil-based dressing and veggies, ½ cup (cooked) rice, 1 ounce of nuts
Pre-workout: ½ apple, 1 scoop of whey protein powder or 6 egg whites

Post-workout: 2 scoops of whey protein powder, 1 cup of berries

Meal 3: 6-8 ounces of chicken, turkey, meat or fish, 2 cups of green veggies, ½ cup of sweet potato

Healthy Foods

Training Plan:

Train two days on, one day off, two days on and two days off such as Monday, Tuesday, Thursday, Friday with Wednesday and weekends off. Add in 30 minutes of cardio on off days.

By: Annique Claussen

Day 1 Exercises	Warm-Up Sets	Work Sets	Rest	Day 3 Exercises	Warm-Up Sets	Work Sets	Rest
Incline Barbell Bench Press	2x12	3x8-12	60	Incline Dumbbell Bench Press	2x12	3x8-12	60
Flat Dumbbell Bench Press	-	3x8-12	60	Flat Barbell Bench Press	-	3x8-12	60
Wide-Grip Pull-Up	2x12	3x8-12	60	Close-Grip Pull-Up	2x12	3x8-12	60
Two-Arm Dumbbell Row	-	3x8-12	60	Barbell Row	-	3x8-12	60
Seated Dumbbell Shoulder Press	1x12	3x8-12	60	Standing Barbell Military Press	1x12	3x8-12	60
Floor Crunch	-	3x20	30	Wide-Grip Upright Row	-	3x8-12	60
Hanging Leg Raise	-	3x20	30	Floor Crunch	-	3x20	30
				Hanging Leg Raise	-	3x20	30
Day 2 Exercises	Warm-Up Sets	Work Sets	Rest	Day 4 Exercises	Warm-Up Sets	Work Sets	Rest
Barbell Curl	2x12	3x8-12	60	Standing Dumbbell Curl	2x12	3x8-12	60
Lying Nosebreaker	2x12	3x8-12	60	Close-Grip Bench Press	2x12	3x8-12	60
Seated Calf Raise	1x12	3x8-12	60	Standing Calf Raise	1x12	3x8-12	60
Barbell Squat	2x12	3x8-12	120	Leg Extension	2x12	3x8-12	60
Walking or Static Lunge	-	3x8-12	60	Leg Press	1x12	3x8-12	90
Lying or Seated Leg Curl	-	3x8-12	60	Romanian Deadlift	-	3x8-12	60
3-Way Sit-Up	-	3x20	30	3-Way Sit-Up	-	3x20	30
Lying Leg Raise	-	3x20	30	Lying Leg Raise	-	3x20	30

Living More Sustainably

Do you want to know a really effective way to make people leave you alone? Okay. Talk to them about sustainability. Like, telling them what to do and what not to. I guarantee - after two minutes they'll have found a reason to say goodbye to you.

I go under the title of "hardcore environmentalist". Or something like that. Having read up to here: Has your back stiffened yet? Ready to skip the rest of the article? I bet. I would react this way.

I'm not going to tell anyone what to do, or not to. That's because I can't. I don't know the exact sustainability recipe for any other individual than myself. What I know is that I love the planet we happen to find ourselves on, and all of this big mystery called life.

"Everyone wants to act in an environmentally friendly way! It's just not happening because we need to change our habits!", David said to me. Is this the case? Well then, all we need to do is find out how to change habits? David had the answer for this one too. "What we need are atomic habits. Such as placing an object I know I'll need to use in a while in a spot where it reminds me that I want to learn to do something differently - something that's quite unrelated to the object. Just for the reminder." Yes! Triggers, I have been using and promoting them.

And yet the trigger idea might have landed well with those whom I suggested it to... but did those new habits eventually come to fruition? Rarely. Why?

I think I might have an answer to this puzzle. We believe we know why we want to "do better". Say, we plan to bring our own cup each time we buy a coffee for takeaway instead of wasting a disposable cup.

It's obvious, it's commonplace, it makes sense logically, we can feel this little bit of pressure from society and that bad conscience in our own hearts. Yet circumstances keep getting in our way. I ask you to cast a glance inside your own soul. Do you really know the reason why you want to make a change? Changing habits is energy-consuming. Where's the source of support for such an investment? Likely not to be found in any form of pressure you exert on yourself. So all of the above good reasons still won't reliably place the reusable cup in your hand each time you walk out the door..

Maybe what we need most of all is a quiet minute to find out our true motivation. Surprise: Any goal is good enough, as long as it genuinely drives you! ... walking some extra steps to the kitchen cabinet with the cup to lose weight ... holding a cup with a joke on it which makes you crack up each time ... hoping to impress the girl in the office ... save money ... anything. My own motivation? I've never lived more happily than after I properly embarked on my zero waste journey. I have felt the deep contentedness of living in better harmony with our natural environment, I've felt it so often that the prospect of it suffices to make me want to stay on this path and reflect on each decision I make. I wholeheartedly wish you the same.



Calendar of Fitness Activities for November & December 2023

Monday	Tuesday	Wednesday	Thursday
<p>HIT 高强度间歇训练</p> <p>(Dong Zhen Ying) 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>



2023年11-12月份优惠
NOV./DEC. 2023 PROMOTION

98元立减

艾灸

Moxibustion

RMB 98 Concession

60分钟以上

above 60 mins

或/or

热石焕能按摩

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60分钟以上

above 60 mins

只需198元

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香 SPA

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¥6,000

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Puzzle Games

益智小游戏



Z	I	L	N	L	I	N
P	O	R	E	O	O	O
D	O	U	D	V	Z	M
W	O	L	L	E	M	A
M	D	N	S	L	Y	N
M	D	A	U	Y	I	N
V	S	V	I	T	Y	I
C	A	N	D	Y	S	C

MELLOW CINNAMON DONUTS

LOVELY OREO CANDY

R	Z	L	H	W	H	O	B
R	E	A	H	R	A	K	U
V	O	G	M	S	I	L	L
T	C	U	I	B	T	H	G
I	C	T	S	N	I	E	A
A	O	R	Z	K	L	A	R
W	R	O	L	N	L	R	I
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K	M	A	I	V	T	A	L
E	W	B	A	B	M	I	Z

BULGARIA ZAMBIA NIGER

HAITI ZIMBABWE LATVIA

MOROCCO PORTUGAL KUWAIT

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

Hard

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

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, 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 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 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

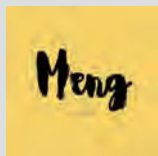
Tel: 18514005219
Opens Tuesday-Sunday
11:00 - 20:00

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
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”头衔的的 RICCITELLI

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

