



MAY NEWSLETTER

I DO PILATES. WHAT IS YOUR SUPERPOWER?



Pilates strengthen, tone and lengthen the entire body and are valuable for all adults, including those starting out or renewing an exercise routine.

Join our class in Komunal-L2 on 8 May 2019 at 6PM.

Registration is free.

Kindly register yourself to Concierge.

WELCOME KOPITIAM

We are very pleased to welcome Kopitiam to Foodst3ps, Capital Place from 22 April 2019. Enjoy their tasty food and beverage selections.



WHAT'S ON AT THE MOVIES?



POKEMON: DETECTIVE PIKACHU

A young adult teams up with Detective Pikachu to find out what made his father suddenly disappear. As they chase clues all over Ryme City, the dynamic duo discover a larger plot that poses a threat to the Pokemon universe.

JOHN WICK: CHAPTER 3 - PARABELLUM

Super-Assassin John Wick is on the run after killing a member of the international assassin's guild, and with a \$14 million price tag on his head - he is the target of hit men and women everywhere.



ALADDIN MOVIE

The tale of the charming street rat Aladdin, the courageous and self-determined Princess Jasmine and the Genie who may be the key to their future.



THE OUTDOOR ACTIVITIES IN AND AROUND JAKARTA

1) Camping and outbound activities

Why not head a few hours away from the city center and retreat in for a few nights in for more greens, fresher air and more activities? There is a lot of camping grounds in Jakarta's surrounding area such as Gunung Pancar, Bogor, Tanakita, Sukabumi and Legok Kondang, Ciwidey.

2) Have a fun picnic

Pack a little basket and discover the few green areas or parks in the city for a quick and easy fun. Making homemade delights and taking a blanket to sit outside and enjoy it! Try Ayodya Park in Barito, Langsung Park in Kebayoran Baru or Scientia Square Park in Gading Serpong.

3) Take a trip to Pulau Seribu

We recommend heading out and picking a resort in one of the nicer islands out there. The key to find good snorkeling or diving spots in Pulau Seribu is: the farther, the better Explore Pulau Macan or Pulau Harapan.

4) Rock Climbing

Check out Jakarta Climber, a group of wall climber that provide rock climbing classes for all ages in Plaza Festival, Kuningan.

5) Visit Taman Mini

The all-in-one stop to go to enjoy the cultural richness and ethnic heritage of Indonesia. Take a guided tour of the archipelago in the captivating ring of fire consisting of over 17,000 island and 300 different ethnic groups.



ED SHEERAN IS COMING TO JAKARTA 3 MAY 2019

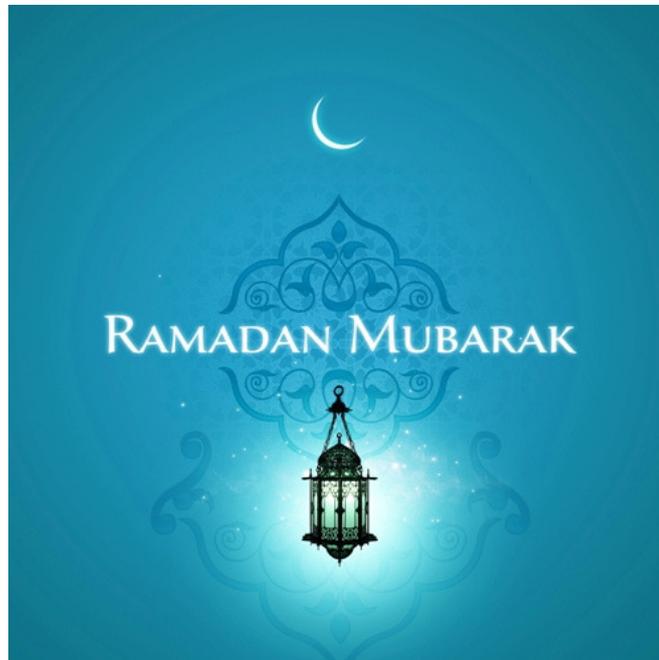


Ed Sheeran – 2017’s biggest-selling global artist (IFPI) – released his Grammy-winning third studio album ‘÷’ (Divide) in March last year. With over 15.5 million copies sold worldwide to date, ‘÷’ has spawned Ed’s hit singles “Shape of You” (the third biggest-selling single of all time in the UK and most-streamed track on Spotify, ever), “Castle on the Hill”, “Galway Girl”, the 2017 UK Christmas Number 1 “Perfect” and “Happier”. Ed was awarded a MBE for his services to music and charity at the end of 2017. He has won an array of awards over his career to date including 4 x Grammys, 4 x Ivor Novello’s, 5 x BRIT Awards, 6 x Billboard Awards and many more.

Ed’s show in Jakarta will feature one of the biggest names in rock music, ONE OK ROCK. A Japanese rock band which performs approximately 100 live concerts every year.

Tickets can only be purchased from edsheeranjakarta.com and Tokopedia.

Please be informed tickets will be personalized and will have the name of the ticket purchaser (account holder) printed on them. The name registered to the ticket(s) cannot be changed.



THE FASTING: A TIME FOR THOUGHT, ACTION, AND CHANGE!

For Muslims, Ramadan is a period of introspection, communal prayer (ṣalāt) in the mosque, and reading of the Qurʾān. God forgives the past sins of those who observe the holy month with fasting, prayer, and faithful intention. Ramadan with all of its numerous blessings presents us with some productivity challenges. Learn below few activities to help you optimize your days during Ramadan:

- 1) Eat the morning meal with healthy meals in moderation for energy and strength. Create healthy meal plans for yourself and family.
- 2) Perform your five daily prayers on time. Recite and memorize portions of the Qurʾan daily. Immerse your heart into the recitation and connect with the meanings.
- 3) Get some fresh air and daily dose of exercise. Make time for sleep also.
- 5) Distribute meals to the poor and needy. Invite people for iftar in your home. Counsel a fellow who is going through a difficult patch. Start a charity drive to collect items of great need in your community.
- 6) Build new habits and crush bad ones. Evaluate yourself every day. Make time to self reflect and assess your daily activities. Make a comprehensive 'Goals checklist' to help you focus on what you want to achieve in Ramadan.