

APRIL 2022 | VOL. 41

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



Greetings from Capital Place Management

The Holy Month of Ramadhan is a time to reflect not only on our own blessings but celebrate those who we live and work with, to appreciate their love, support and loyalty. As we recognize and practice the true meaning of Ramadhan, we are reminded of our duties to mankind and our responsibilities to those closest to us. It is an opportunity for us to contemplate our thoughts, our actions and our values which makes the Holy Month the most precious in the calendar, where we forgive and seek forgiveness through fasting and praying.

On the occasion of the Holy Month, we at Capital Place wish you and your loved ones a blessed Ramadhan. May your heart fill with courage and generosity that will bring you closer to the victory. **Happy Fasting!**



Jadwal Kajian Ba'da Dzuhur Ramadhan 1443 Hijriyah



Ustadz DR Buya Arrazy Hasyim

Tema : Puasa ala Rasulullah
Senin, 4 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz KH M Abdul Syukur Yusuf

Tema : Kisah Kisah Keluarga Sakinah
Senin, 18 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz DR Ali Nurdin MA

Tema : Mengunduh Berkah Ramadhan
Selasa, 5 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Syahroni Mardani, Lc

Tema : Jangan Jadi Orang Sial Dibulan Ramadhan
Selasa, 19 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz DR Abdul Muta'ali MA

Tema : Menjaga Antusiasme Ramadhan
Rabu, 6 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Zakaria Khobir, MA

Tema : Kemuliaan Lailatul Qodar
Rabu, 20 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz DR Agus Setiawan MA

Tema : Memahami Konsep Kampus Ramadhan
Kamis, 7 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Ahmad Faris BQ MA

Tema : Hutang Berjibun Tapi Mau Bersedekah
Kamis, 21 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz DR Amir Fashol Fath MA

Tema : Meraih Ketenangan Hidup Dengan Ridho
Senin, 11 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz DR Adiwarmar Karim MA

Tema : Bulan Penuh Ikhlas
Senin, 25 April 2022 •• Jam 12:30 - 13:30 WIB



Ustad DR Ahmad Hatta MA

Tema : Bahagia Bersama Al Quran
Selasa, 12 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Habib Geys Assegaf, MA

Tema : Mudik Rohani
Selasa, 26 April 2022 •• Jam 12:30 - 13:30 WIB



Ustad DR Andian Parlindungan MA

Tema : Mensukuri Ramadhan
Rabu, 13 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Bobby Herwibowo, Lc

Tema : Jangan Ragu Dalam Bersedekah
Rabu, 27 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Bendry Jaysurahman, Lc

Tema : Memilih Ikhtiar
Kamis, 14 April 2022 •• Jam 12:30 - 13:30 WIB



Ustadz Ibnurahman Al Bughury

Tema : Makna Hakiki Idul Fitri
Kamis, 28 April 2022 •• Jam 12:30 - 13:30 WIB



Marhaban Ya
1443 H
Ramadhan
رمضان كريم

COVID-19 VACCINATION PROGRAM

A report by Kartika Puspitasari



In order to assist the acceleration of COVID-19 Vaccinations, Capital Place Management has teamed up with Kepolisian Sektor Mampang Prapatan in providing free vaccinations for the residents of the Capital Place Complex.



With a target of 400 participants, held in Capital Place's KOMUNAL, we are pleased to inform you that 315 out of 363 attendance got boosted on Friday, 25th March 2022.

Thank you for everyone's support and participation in this program. We wish you great health and happiness.





Lazada

27 March 2022

DANA

21 March 2022



ZALORA

26 March 2022

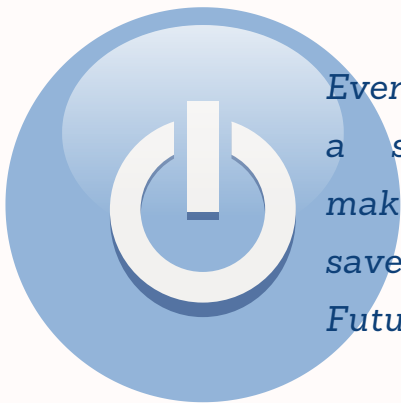


Happy Birthday
to our Valued Tenants

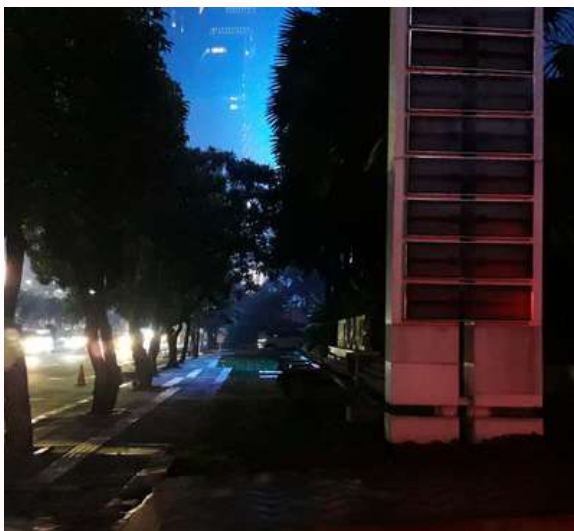
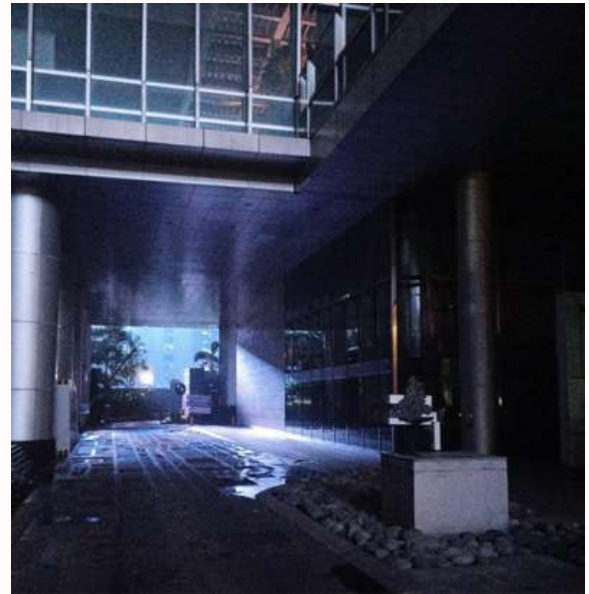
EARTH HOUR 2022 CAPITAL PLACE



As part of Capital Place commitment to our sustainability program, and to continue supporting the annual Earth Hour program. Capital Place turned off all non-essential lighting between 8:30pm and 9:30pm on Saturday, 26 March 2022.



Everything starts with a single switch, to make a big impact to save our Earth and our Future Generations.



Thank you to the Capital Place tenants who also participated in this important event.

For more information about Earth Hour, please visit: www.earthhour.org

KARTINI PHOTO CONTEST



Join us participating in Hari Kartini this year by submitting your photo of the best traditional attire that you wear to work.

The 4 top winners will receive an F&B voucher worth IDR 200K, which can be redeemed at the Dolcetto by Four Seasons.

You can submit your best photos to Concierge through email at concierge@capitalplace.co.id from 1 April 2022 until 18 April 2022.

Winners will be announced in the May 2022 Newsletter.

For further information please feel free to contact our Concierge at concierge@capitalplace.co.id

credinex

FamilyMart

Beli Sekarang Bayar Nanti
dengan CrediNex

CASHBACK
50%

0% Biaya Bunga &
Biaya Layanan

Scan & ajukan
sekarang



*Syarat & ketentuan: Cashback 50% max. 20.000 per transaksi dan max. 80.000 per bulan. CrediNex Paylater is powered by AdaPundi.

BUY NOW, PAY LATER, AND CATCH A CASHBACK!

Install Credinex now and get 50% cashback from your transaction at Family Mart through payment by Credinex Paylater by Adapundi.

Are you hungry?
but unable to leave
your workstation?

CAPITAL PLACE CANTEEN is
Ready to Deliver your food
order to your office.

Simply  to: +62 895-7040-22522

For CAPITAL PLACE Tenants ONLY.



CONCIERGE, YOUR GENIE AT THE OFFICE

An article by Deasy



As offices are starting to be back open with a higher capacity of occupants, it seems like our normal busy life at work is returning to normal.

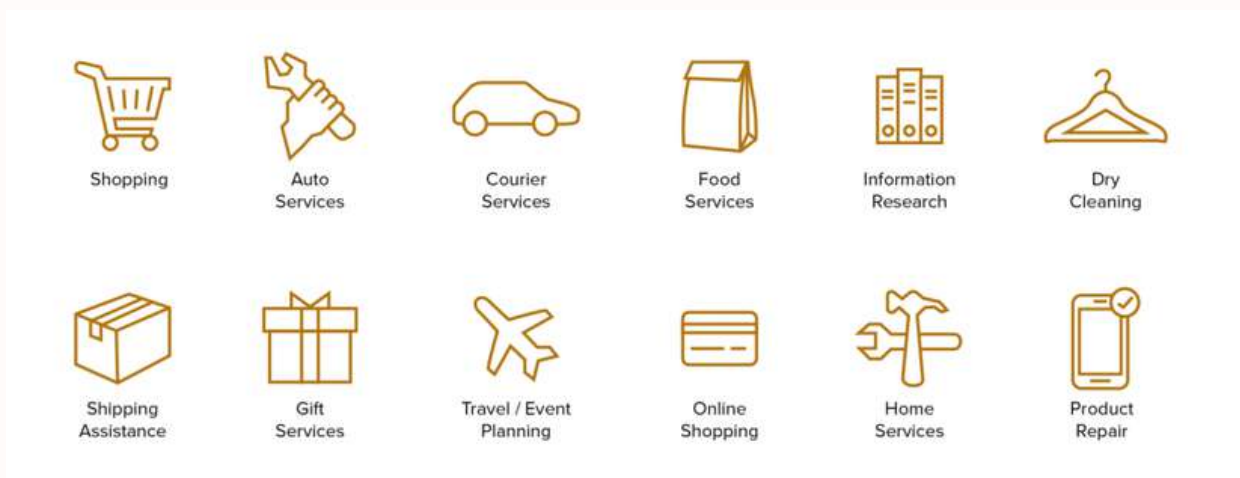
Did you know that our concierge services could bring efficiency to your hustle-bustle working life?

From looking for convenient meeting rooms, food and restaurant options or deliveries, car, and chauffeur service, arranging reservations, purchasing tickets, providing express laundry and dry cleaning service, until helping you create an itinerary for your upcoming holiday plan.

The concierge is thrilled to make it all happen!

As simple as it gets, you are just one call or email away from the concierge. Reach them at +62 21 2277 5959 or concierge@capitalplace.co.id

Should you wish to meet the concierge directly, Deasy is available at the lobby, receptionist desk from 8 AM until 5 PM, every Monday to Friday.



WAYS TO KEEP A HEALTHY LUNG

An article by Deasy



Most people want to get healthier. Rarely, though, do they think about protecting and maintaining the health of their lungs.

The truth is that your lungs, just like your heart, joints, and other parts of your body, age with time. They can become less flexible and lose their strength, which can make it more difficult to breathe. But by adopting certain healthy habits, you can better maintain the health of your lungs, and keep them working optimally even into your senior years.

- **Don't smoke or stop smoking**

Every time you smoke a cigarette, you inhale thousands of chemicals and toxins that could damage your lungs. They increase mucus, make it more difficult for your lungs to clean themselves, and irritate and inflame tissues.

Quitting usually takes several attempts. It's not easy, but it's worth it. Combining counseling and medication may be the best way to succeed.

- **Exercise to breath harder**

During exercise, your breathing increases from about 15 times a minute to about 40 to 60 times a minute. That's why it's important to regularly do aerobic exercise that gets you breathing hard.

This type of exercise provides the best workout for your lungs. The muscles between your ribs expand and contract, and the air sacs inside your lungs work quickly to exchange oxygen for carbon dioxide. The more you exercise, the more efficient your lungs become.

• Avoid exposure to pollutants

Give your lungs a break. Reduce your exposure as much as you can:

1. Avoid secondhand smoke, and try not to go outside during peak air pollution times.
2. Avoid exercising near heavy traffic, as you can inhale the exhaust.
3. Keep your home as clean as you can. Mold, dust, and pet dander can all get into your lungs and cause irritation.
4. Use natural cleaning products when possible, and open a window when using products that create fumes.
5. Make sure you have adequate fans, exhaust hoods, and other ventilation methods throughout your home.

• Prevent infections

The best way to avoid lung infections is to keep your hands clean. Wash regularly with warm water and soap, and avoid touching your face as much as possible.

Drink plenty of water and eat lots of fruits and vegetables — they contain nutrients that help boost your immune system.

Stay up-to-date with your vaccinations. Get a flu shot each year, and if you're 65 or older, get a pneumonia vaccination as well.

• Breathe deeply

Deep breathing helps clear the lungs and creates a full oxygen exchange. Breathing exercises can make your lungs more efficient. To try it yourself, sit somewhere quietly, and slowly breathe in through your nose alone. Then breathe out at least twice as long through your mouth. It may help to count your breaths.

Shallow breaths come from the chest, and deeper breaths come from the belly, where your diaphragm sits. Be aware of your belly rising and falling as you practice. When you do these exercises, you may also find you feel less stressed and more relaxed.

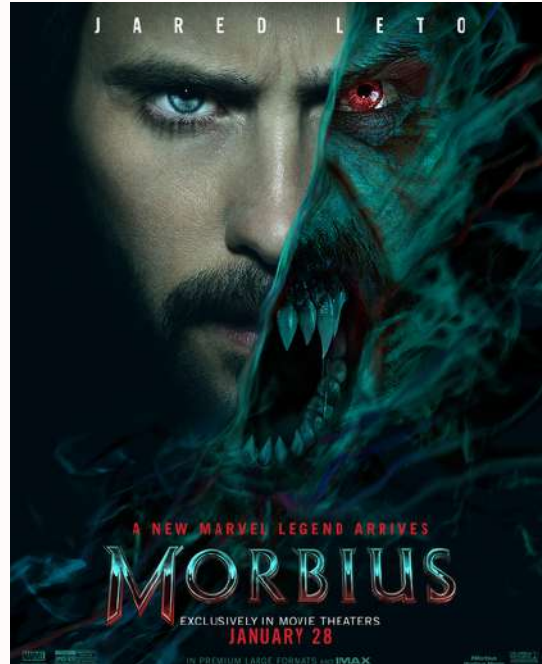
Try to incorporate these five habits into each day: Stop smoking, exercise regularly, reduce your exposure to pollutants, avoid infections, and breathe deeply. By focusing a little of your energy on these tasks, you can help keep your lungs working optimally for life.

APRIL MOVIE RECOMMENDATIONS

Morbius

Dangerously ill with a rare blood disorder, and determined to save others suffering his same fate, Dr. Morbius attempts a desperate gamble. What at first appears to be a radical success soon reveals itself to be a remedy potentially worse than the disease.

Morbius will be released on 1 April 2022 in the cinema.



Fantastic Beasts: The Secrets of Dumbledore

Professor Albus Dumbledore knows the powerful, dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts magizoologist Newt Scamander to lead an intrepid team of wizards and witches. They soon encounter an array of old and new beasts as they clash with Grindelwald's growing legion of followers.

This movie will be released on 15 April 2022 in the cinema.

APRIL MOVIE RECOMMENDATIONS

Sonic the Hedgehog 2

After settling in Green Hills, Sonic is eager to prove that he has what it takes to be a true hero. His test comes when Dr. Robotnik returns with a new partner, Knuckles, in search of a mystical emerald that has the power to destroy civilizations. Sonic teams up with his own sidekick, Tails, and together they embark on a globe-trotting journey to find the emerald before it falls into the wrong hands

Sonic the Hedgehog 2 will be released on 8 April 2022



Turning Red

Mei Lee is a 13-year-old girl who is torn between being her mother's obedient daughter and the chaos of her youth. As if that were not enough, when she gets too excited, she turns into a big red panda.

Curious about the continuation of Mei's story? The Turning Red movie can be watched on the Disney+ Hotstar streaming service from 11 March 2022.

RAMADAN IFTAR AT PALM COURT RESTAURANT



Indulge in a lavish iftar beneath a stunning Lasvit chandelier, inspired by the fronds of a palm tree. With its high-back emerald green chairs and soaring colonnades, Palm Court is reminiscent of a plush desert oasis. What better venue to celebrate Ramadan with the entire family?

Curated by the Hotel's Indonesian chefs – Tri Priyanto, Darius Tjahja, and Asep Hamdani – the Iftar feast features traditional kampong specialties and beloved Arabic classics, elevated with the finest ingredients. Enjoy dishes such as the Cold Mezze Platter, US Short Ribs Garang Asam and Ayam Bakar Taliwang. A number of live stations are also on offer with a Shawarma Corner, Mie Ayam, Siomay, and Sate selections. Not to be missed are the Ta'jil and a fine assortment of desserts, including Es Doger.

Delightful Iftar at Palm Court is priced at IDR 453,000++ per person.

RAMADAN HAMPERS



Choose from seven luxurious gemstone-inspired hampers, the ideal presents of appreciation for valued business partners and loved ones alike. The Alexandrite Hamper (IDR 2,350,000++) and Sapphire Hamper (IDR 2,000,000++) are a treasure-trove of indulgent treats such as premium cookies and nastar, fine teas, infused sugar and salts, chocolates, and the signature Four Seasons Sambal by Chef Darius.

Also available are the Emerald Hamper (IDR 1,880,000++), Ruby Hamper (IDR 1,480,000+++), and Topaz Hamper (IDR 1,200,000++), each one with a different selection of delicious goodies. Additionally, the team has curated two premium cookie hampers – Amethyst (5 jars, IDR 660,000++) and Amber (3 jars, IDR 440,000++). Finally, gift-givers have the option to create a customized hamper, complete with Four Seasons branding.

Ramadan Hampers are available at La Patisserie starting March 18, 2022. For catalogue: <https://qrfourseasonsjkr.qrd.by/eidhamper2022>

RAMADAN AND EID AL-FITR STAYCATION



The Ramadan Staycation Offer offers 20% savings on the Room Rate, daily in-suite Suhoor breakfast, and even a 3 pm late checkout (subject to availability) to extend the celebration just a little longer. Upgrade to one of the Ambassador or Presidential Suites to unwind in truly luxurious style.

Visit fourseason.com/jakarta/offers to book this staycation.

IFTAR 2 GO



Enjoy Iftar at home with delectable delights prepared by Four Seasons chefs using treasured family recipes. Choose from four menu options, with each package including Kurma and a selection of main courses. Savor all-time local favorites such as Braised AUS Beef Rendang Curry, Udang Bakar Sambal Matah, and Ayam Bakar Jahe Emprit Ketumbar, along with international selections like Grilled Lamb Kofta and Pan Seared Tiger Prawn in Mediterranean Sauce. Each meal is complemented by a signature rice dish, sambal, and dessert.

The Iftar2Go menu is priced at IDR 348,000 ++ per package.