

VOL. 54 · MAY 2023

CAPITAL PLACE NEWSLETTER

The Official Newsletter of Capital Place Jakarta



CAPITAL PLACE BREAKFASTING EVENT WITH YAYASAN AT-TASYIER

By Capital Place Management



On Friday, 14 April 2023, Capital Place Building Management, along with the Building Landlord, MPP, held a breakfasting event with Yayasan At-Tasyier.



The event took place at Komunal Level 2, attended by 18 children from the orphanage located behind Capital Place.



Thank You, MPP

The children received a school back pack with goodies and a donation was also made to the orphanage.

This issue:

Breakfasting with Yayasan At Tasyier

PAGE 01

Free Takjil from Capital Place

PAGE 02

Retails Operational Hour

PAGE 03-04

20FIT Soft Reopening

PAGE 05

Waste Management

PAGE 06

History of Mayday

PAGE 07

5 Lifestyle Changes to Lowering Cholesterol Level

PAGE 08-09

What's Happening in Jakarta

PAGE 10-11

Four Seasons Promotion

PAGE 12



ACT OF KINDNESS *Ramadan Edition*



On Tuesday, 18 April 2023, Capital Place handed out 200 bottles of Cendol and Palm Sugar Milk to Capital Place tenants to break their fast.

Capital Place hope you enjoyed the sweet treat, and we look forward to our next Act of Kindness surprise!



*"No amount of kindness,
no matter how small, is
ever wasted."*

20FIT SOFT RE-OPENING AT CAPITAL PLACE

A promotional poster for the 20FIT soft re-opening at Capital Place. The background is a red-tinted image of a gym with people exercising. The 20FIT logo is in the top left, and the tagline 'WHERE FIT HAPPENS' is in the top right. The main text 'SOFT REOPENING 22 MAY 2023' is in large white letters. Below it, a list of activities: 'Gym', 'Classes', 'PT Session', and 'EMS' is shown, with a large white arrow pointing right. The operating hours are listed at the bottom: 'Monday-Friday 6am-9pm', 'Saturday 8am-8pm', and 'Sunday & Public Holidays Off'. Contact information 'INFO: 0812.1891.8953' and the location 'Level 3, Capital Place.' are at the bottom right.

20FIT
PROJECT

WHERE FIT HAPPENS

SOFT REOPENING
22 MAY 2023

Gym
Classes
PT Session
EMS

Monday-Friday 6am-9pm
Saturday 8am-8pm
Sunday & Public Holidays Off

INFO: 0812.1891.8953 **Level 3, Capital Place.**

We are pleased to inform that 20FIT will have a soft re-opening of the Capital Place gymnasium on Level 3 from Monday, 22 May 2023.

20FIT is planning to re-open the gymnasium, with fitness, (Zumba, yoga, HIIT, Muay Thai, and many other classes), PT sessions and EMS.

If you are interested in obtaining more information regarding our corporate memberships, please contact Anto at 20FIT (anto@fitco.id) or +62 811-984-1560 to arrange a meeting at your office.

For further information, please feel free to contact the Concierge

LEVEL 1 & B2

RETAILS OPERATIONAL HOUR 2023

LEVEL	RETAIL	OPENING DAYS	HOUR
1	BLOOM NGOPI	MON - FRI SAT	7:00 - 20:00 9:00 - 14:00
B2	MOR	MON - FRI SAT SUN	7:00 - 21:00 7:00 - 18:00 8:00 - 18:00
B2	CAPITAL PLACE CANTEEN	MON - FRI	10:00 - 15:00
B2	UMKM CANTEEN	MON - FRI	10:00 - 15:00
B2	KIMIA FARMA	PERMANENTLY CLOSED	

FOODST3PS

RETAILS OPERATIONAL HOUR 2023

LEVEL	RETAIL	OPENING DAYS	HOUR
3	FAMILY MART	MON - FRI	7:00 - 19:00
3	KOPITIAM	MON - FRI SAT	8:00 - 19:00 8:00 - 15:00
3	SEKAR PALA	MON - FRI	11:00 - 19:00
3	VINYARD	MON - SUN	9:00 - 21:00
3	BUANA BAKERY	MON - FRI	8:00 - 16:00
3	RAYUAN PULAU KOPI	MON - FRI	8:00 - 16:00
3	NY. RASSO	MON - FRI	8:00 - 16:00



WASTE MANAGEMENT

By Nino Aditya - Capital Place Chief HSE

What constitute waste around us?

Indonesian Law No. 18 of 2008: waste is referred to as the scraps of human beings' daily activities and / or residue of natural process that are solid in nature.

There are 3 types of waste that we can identify

1. Organic Waste:

Those that will get rotten / decomposed naturally (for example: food, paper, leaf, wooden, fruit scraps, etc.)

2. Inorganic Waste:

Those that generally would not get rotten / decomposed biologically (for example: plastic, glass, metal/iron scraps, etc.)

3. Dangerous and Toxic Waste:

Those originating from dangerous and toxic material that are combustible, environmentally pollutant, and endangering human health (for example: batteries, bulbs, cans of paint, oil etc.)

How should we manage waste? Waste management shall be a systematic, comprehensive and sustainable activity to improve the quality of community's health and environment and to convert waste to resources through the principle of 3R (Reduce, Reuse, Recycle) prior to being finally destroyed/annihilated.



The principle of 3R is:

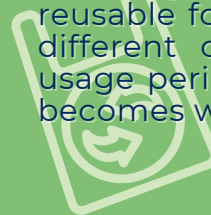
Reduce,

meaning to reduce everything that will produce waste. The more we use material, the more waste we produce.



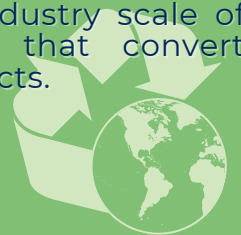
Reuse,

meaning to re-use waste that is reusable for the original function or different one. It shall extend the usage period of the object before it becomes waste.



Recycle,

meaning to recycle waste to produce beneficial new product. Not every waste can be recycled but currently there are many non-formal and home industry scale of businesses existing that convert waste to other products.



INTERNATIONAL LABOUR DAY

The history behind *May the 1st*

By Deasy - Concierge

International Labour Day or May Day is celebrated to finish the struggle as well as to promote the requirement of the eight-hour workday. Earlier the working condition of the laborer was very severe and working hours were 10 to 16 hour a day even in unsafe conditions.

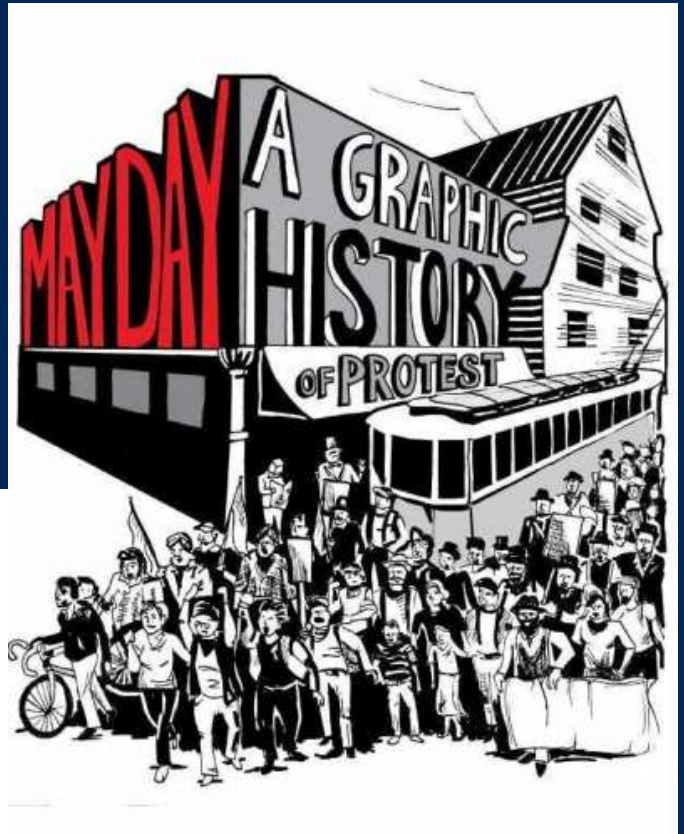
Deaths, injuries, and other dreadful conditions of the workers were very common at the workplace during the 1860s and working people were very agitated throughout the workday until the 8-hour workday was declared.

The rising death of working-class people (men, women, and children) in many working industries, required them to raise their voices for the safety of the working group people by decreasing their working hours in the industries.

In Chicago in 1884, the American Federation of Labor declared eight hours to be the legal working time for workers after many efforts made by workers and socialists.

Chicago's Haymarket Massacre took place during the strike workers' strike and many people lost their lives.

The purpose of May Day is to commemorate the Haymarket Massacre as well as to celebrate the social and economic achievements of the working class around the world.



THERE IS POWER IN
UNION

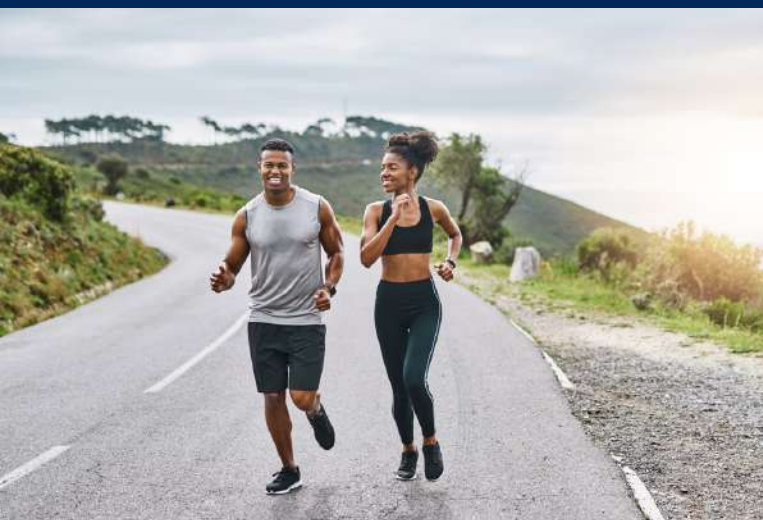


LESTEROL

If you already take medications, these changes can improve their cholesterol-lowering effect.

A few changes in your diet can reduce cholesterol and improve your heart health

-
- A heart-shaped red bowl filled with various healthy foods including grains, fruits, and vegetables, with a stethoscope resting on it, symbolizing heart health.



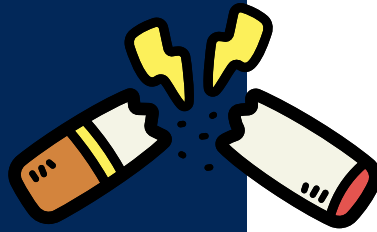
Adding physical activity, even in short intervals several times a day, can help you begin to lose weight. Consider:

- Taking a brisk daily walk during your lunch hour
- Riding your bike to work
- Playing a favorite sport

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3. Quit smoking

Quitting smoking improves your high-density lipoprotein cholesterol level. The benefits occur quickly.



4. Lose weight

Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Snack on air-popped popcorn or pretzels — but keep track of the calories. Look for ways to incorporate more activity into your daily routine, such as using the stairs instead of taking the elevator or parking farther from your office. Take walks during breaks at work. Try to increase standing activities, such as cooking or doing yard work.

5. Drink alcohol only in moderation

If you drink alcohol, do so in moderation. Too much alcohol can lead to serious health problems, including high blood pressure, heart failure and strokes.



If lifestyle changes aren't enough...

Sometimes healthy lifestyle changes aren't enough to lower cholesterol levels. If your doctor recommends medication to help lower your cholesterol, take it as prescribed while continuing your lifestyle changes. Lifestyle changes can help you keep your medication dose low.



What's Happening in Jakarta?

MAY 2023

By Capital Place Concierge



In the emerging era of contemporary art, the narrative of women's empowerment has risen. Many women artists have used their art to challenge societal norms and express their unique viewpoints. Women's role in the art world extends beyond questioning and protesting male domination in the field to play crucial roles in the development of art, the exploration of the rational artistic process, and the shifting of paradigm in artistic form.

The form is still used to explore aesthetic experiences in which women artists should be included in the discussion. Sua Kuasa Matra brings together different art forms. Each work explores shapes, colors, compositions, and even semi-realistic objects which evoke our aesthetic experience.

SUA KUASA MATRA

ISA Art Gallery at Wisma 46

March 18th – June 1st, 2023

What's Happening in Jakarta?

MAY 2023

By Capital Place Concierge



THE OTHER FESTIVAL

This year, The Other Festival adopts a new and bold theme called "Giant Steps" which offers a different, diverse, and able to reach a wider audience than the previous edition. They have announced the line up phase 1 consisting of Indies, HiVi!, Isyana Sarasvati, Sunset Rollercoaster, Nadin Amizah, The Adams, Coldiac, David Bayu, Matter Halo, Sal Priadi, Scaller, and others.

FOOD + BEVERAGE INDONESIA

The exhibition will provide the country's food businesses with the largest collection of food types, equipment, technologies, and production systems for processing, as well as packaging materials along with their suppliers, all at this one-stop venue.



AGUST D TOUR INDONESIA

ARMY Indonesia, be ready for SUGA!

Fri-Sun, May 26-28th 2023

Indonesia Convention Exhibition (ICE) BSD
Hall 5-6



FOUR SEASONS

HOTEL
JAKARTA



REDISCOVER JAKARTA WITH FOUR SEASONS

Make Four Seasons Hotel Jakarta your home base for a relaxing retreat. Enjoy 20% off room rate along with daily breakfast, 15% off spa treatments, and more - along with stunning views from your suite.

ABRUZZO'S GASTRONOMIC DELIGHTS

Abruzzo is a hidden treasure of Italy, a place where the sea meets the mountains and ancient history coexists with contemporary culture. Abruzzo's cuisine is among the greatest in Italy and is well-known for its richness. It offers a variety of gastronomic delights, influenced by the varied geography and history, ranging from hearty pasta and meat dishes to fresh seafood and cheese.

Meet us at Alto for a journey to Abruzzo. Discover the authentic 5-course dinner set menu created by Executive Chef, Marco Violano.



ALTO SUNDAY BRUNCH

Join us for an ultimate Sunday Brunch experience at Alto. Enjoy the full #AltoExperience as you feast on Salmon Gravlax, Pizza, Quiche, and other fine Italian specialties. Starting from 7 May 2023 onwards, every Sunday, 12 pm – 3 pm.



Condé Nast Traveler Readers' Choice Award

Four Seasons Hotel Jakarta is honored to be a part of the prestigious award, 2023 Condé Nast Traveler Readers' Choice Award. Thank you for making Four Seasons Hotel Jakarta as your preferred destination of choice. We would sincerely appreciate your vote of support.