



BB Centrum

Oliva grows up next to the Brumlovka Park

Are you looking for housing in Prague 4 a building that suits you, either due the location, the civic amenities or simply because you do not want to settle for anything less than your dream home?

Look no more, because you have just found what you are looking for. The Passerinvest Group started construction on a new project with 72 flats - the Oliva Residence by the Brumlovka Park - at the beginning of this year. This architecturally exceptional building with a shape reminiscent of an olive offers modern housing in an area where everything is within reach.

Leave your contact details online at residenceoliva.cz and you will be among the first to hear when the flats go on sale.

BB Centrum

Beautiful sportswomen: make-up that can handle training and running

WHEN: Wednesday, February 3, from 6:30 pm

WHERE: BB Centrum FB page

Why not look great even when doing sport? We are able to raise our game when we feel confident. How can you make sure that your face will still look flawless after training, instead of like a smudgy painter's pallet? The cosmetic editor, blogger and runner, Soňa Hrabec Kotulková, who always looks like she has just started running even at the end of a marathon, shares her advice and tricks.

See for yourself and kiss streaky lipsticks and mascaras goodbye!



ONLINE WEBCAST

BEAUTIFUL SPORTSWOMEN



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English version of all BB Centrum activities are to be found also at

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AN ONLINE WEBCAST

AUSTRALIA



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BB Centrum

Australia – a small continent full of large surprises

WHEN: Wednesday, February 10, from 5:30 pm

WHERE: BB Centrum FB page

We will set off on a 12,000 km circuit of the smallest and at the same time the driest continent where the distances between individual places are much bigger than is usual in other countries. Australia, a land of dingoes, kangaroos, koalas, wombats, echidnas, Tasmanian devils, eucalyptus, didgeridoos and boomerangs offers fascinating natural scenery, an attractive undersea world and a completely different lifestyle.

We will set off northwards from pulsing Sydney to the world's oldest primaevael forest in the Daintree National Park, from where we will then head into the red centre of the country.

Speaker: Marek Kovář



BBCENTRUM

BB Centrum

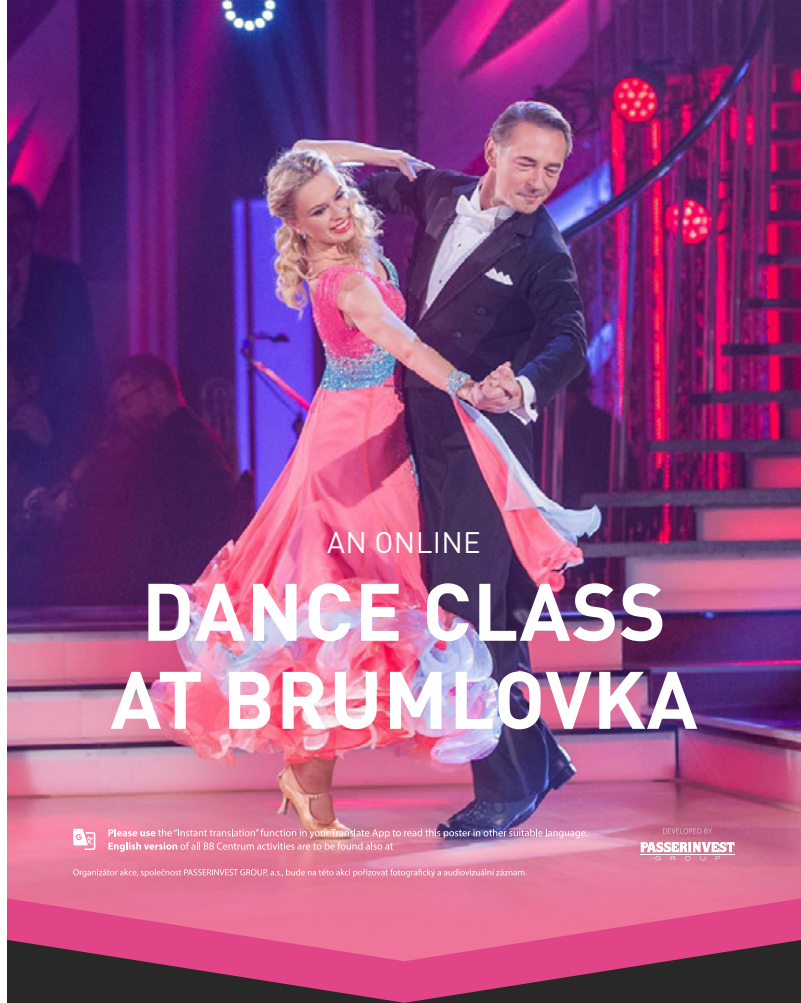
An online dance class at Brumlovka

WHEN: Wednesday, February 17, from 6:00 pm

WHERE: BB Centrum FB page

Join our dance classes taught by Lenka Nora Návorková, a multiple champion of the Czech Republic in Latin American dance and a winner of the StarDance television competition.

The traditional samba carnival in Rio de Janeiro takes place in February and therefore the choice of the dance for this month was clear! We will get our hips swaying together and the energetic music will transport us to the sunny beaches of Brazil. Don't miss the February samba which will be sure to get you out of your seat.



AN ONLINE
**DANCE CLASS
AT BRUMLOVKA**



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BB Centrum

Home Gourmet

WHEN: Monday, February 22, from 6:00 pm

WHERE: BB Centrum FB page

Do you like cooking and like being inspired by professional cuisine? CATERMAT, a partner company of the Bistro Roast & Grill, which you may know from the Filadelfie mall, will present culinary tips, tricks and recipes that you can try cooking at home in the new Home Gourmet online webcast.

This month, chef Pavel Bortník will teach you:

- salmon gravlax with horse radish mayonnaise, marinated radishes and radish caviar
- chicken supreme filled with herb butter with carrot purée, steamed carrots in melted butter and a vegetable fritter

It is well worth watching this culinary show, you can also compete for interesting degustation prizes. The question will be mentioned during the show, answers will be collected on BB Centrum FB Page.

You can purchase packages of ingredients to make both recipes at catermat.com with the option of either home delivery or pick up from the Bistro Roast & Grill in the Filadelfie Building.

AN ONLINE WEBCAST

HOME GOURMET



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BB CENTRUM

BB Centrum

Brumlovka Talk

WHEN: Wednesday, February 24, from 6:00 pm

WHERE: BB Centrum FB page

In January, we presented the new Interviews from Brumlovka project which enjoyed a great deal of interest from many listeners. We would like to follow up on our initial success. As such, we will invite personalities, whom we feel have something to say and whose work or personal life is somehow associated with Brumlovka, every month.

February guest: Radka Novak

Radka Novak is a partner in the Cushman & Wakefield international consultation company, but is mainly a leading consultant on the Prague market in modern office buildings. She specialises in corporate strategies and marketing and has a CIMA-B diploma. She likes to spend her free time with her family, caring for the animals on the family farm and also travelling and playing tennis.

The talk show will be hosted by Eduard Forejt

ON (CH)AIR



AN ONLINE WEBCAST

BRUMLOVKA TALK



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DANIEL HLUBUČEK
HOME FITNESS

YOGA
DANIELA BACÍKOVÁ



BB Centrum

Body and Mind lessons

WHEN: Mondays and Thursdays from 6 pm, according to the schedule below

WHERE: BB Centrum FB page

Tuesday and Thursday evenings are a time for exercise. The Home Fitness lessons aimed at physical fitness take place under the tutelage of Balance Club Brumlovka instructor, Daniel Hlubuček. The Yoga lessons led by Daniela Bacíková focus on flexibility and calming the mind.

The lessons are suitable for both beginners and advanced practitioners of all ages.

- Tue., February 2, 9, 16 and 23 – Home Fitness with D. Hlubuček
- Thu., February 4, 11, 18 and 25 – Yoga with D. Bacíková



BBCENTRUM

Delta Building

Burger week at the Vyskočilka restaurant

The Vyskočilka restaurant is currently presenting a week-long event with gourmet specialities. It will prepare a new event for you every month. In February, they have prepared a burger week that will appeal to more than just meat lovers, especially February 8 - 10.

- **Monday, February 8, Chicken burger** – grilled chicken breast with BBQ sauce, brie, Romaine lettuce, sautéed Italian pancetta, green lettuce
- **Tuesday, February 9, Tortilla burger** – 100% beef burger in a wheat tortilla with cheddar cheese, sautéed bacon, tomatoes, iceberg lettuce, avocado dip
- **Wednesday February 10 and Thursday February 11, Vyskočilka Burger** – 100% beef burger in a home-made bun with cheddar cheese, sautéed bacon, Jalapeños, lettuce and a fried egg
- **Friday, February 12, Vegetarian burger** – grilled vegetables with goat's cheese, herbs and tomato dip

The restaurant prepares the meat for the burgers and the buns using its own recipe and the burgers are served with home-made French fries and mayonnaise.

 VYSKOČILKA





Brumlovka Building

Coffee Perk – coffee and a sandwich to take away

The popular Coffee Perk café in the Brumlovka Building prepares choice coffee, home-made lemonades and special deserts for you every day.

It has now expanded its offer to include a variety of breakfasts and takeaway sandwiches. They will prepare your coffee in a take-away cup or you can also purchase a pack to take home. They will also deliver to your office by arrangement. You can simply order on the website or using the Waldeska mobile application.

They will show you that it is possible to make a great cup of choice coffee in a take-away cup.



Filadelfie Building

The Valentine's bouquet competition with Romantika flowers

Saint Valentine's Day falls on a Sunday this year. A little planning can pay off, if you want to delight your better half with a bouquet of flowers. You can order the bouquet you want directly from the Romantika florists on the ground floor of the Filadelfie Building.

However, one lucky person will not have to order. **We have prepared a competition for a Valentine's bouquet valued at 1000 CZK for you. Just correctly answer the competition question which you can now find on the BB Centrum FB page.**

The competition will continue until 9.2., so that there will be time to contact the winner.



*Happy
Valentine's
Day*



Filadelfie Building

Saint Valentine at Sommellerie

BELLINI | ROSSINI | PUCCINI

Celebrate this year's Valentine's Day with the Italian Canella low-alcohol aperitif. You are sure to enjoy the flavours of juicy white peach, elegant strawberry or energetic Sicilian mandarins?

On February 10 – 12 you will receive a 10% discount when purchasing 2 bottles of the Canella aperitif of your choice.

You can also continue to choose from the other, albeit limited, product range during the modified opening hours from 11:30 am to 7:00 pm on weekdays.

Filadelfie Building

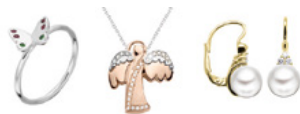
Celebrate the day of lovers with an original gift from JK

Valentine's Day is a perfect opportunity to let our partner know how we really feel. We can do this with a kind word, a loving Valentine's card or an original gift. This year, an original idea will probably be more important than ever before, because we cannot rely on a romantic dinner in a restaurant.

Popular Valentine's gifts often take the form of jewellery that expresses our feelings and that our other half can always keep with them.

Suitable gifts for a woman include jewellery with a heart motif, a symbolic flower or the classic gift of pearls. You can also choose something for men from the JK men's collection that contains accessories for the real gentleman ranging from cuff links to rings, pendants and elegant tie pins. And if you want a symbol that will bring you together, you can choose unisex bracelets from the Love, Faith and Hope collection.

The Valentine's offer at JK is subject to a 15% discount.



VYUŽIJTE DO KONCE ÚNORA
MIMOŘÁDNĚ ZVÝHODNĚNÝCH
NÁKUPŮ ŠPERKŮ V JK

JK
JITKI KUDLACKOVI

jk.cz

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LET S VÁMI



Filadelfie Building

Body Express accepts Benefit Plus payment card

Wondering how to claim your employee benefits? Body Express Studio based in the Filadelfie Building is one of the Benefit Plus partners. You can use your benefit points for individual EMS workouts whether season tickets and be ready for the moment when fitness studios open again.

How does it work? EMS technology activates the entire body using weak electrical impulses. And that is why 20 minutes once a week is sufficient for your body to receive the necessary amount of training to make it firm and active and burn more energy.

Studio Body Express will open its branch depending on the applicable government measures. There are a maximum of 2 clients in the studio at any one time and they maintain a distance of 2 metres. Every client has their own changing room for their personal effects and receives special single-use sportswear. All of the equipment is regularly disinfected. The staff and clients wear masks – it is no problem to complete the 20-minute procedure in a mask!

BODY EXPRESS

Bethany Community Centre

The National Week of Marriage

The 15th year of the National Week of Marriage will take place in the week from 8 to 14 February 2021. The motto this year is the topic Marriage and Children.

Fresh research has shown that the coronavirus epidemic has brought some couples together, but many marriages have not been immune to its effects. Therefore, the Bethany Community Centre has become involved in this initiative and it has prepared 4 interesting online interviews with special guests in cooperation with Maranatha and the HopeTV internet television platform:

- **Mon., February 2 - The family – a necessity or a relic?**
an interview with Mgr. Radek Jonczy
- **Tue., February 9 – Empty nest syndrome**
an interview with Dr Pavel Raus
- **Thu., February 11 – Divorce and the Covid period**
an interview with Dr Jeroným Klimeš
- **Fri., February 12 – The secret of the survival of the Jewish people**
an interview with Robert Řehák, PhD

The interviews will be broadcast on the Bethany Community Centre's website from 8:00 pm on the stated day.



THE NATIONAL
WEEK OF MARRIAGE