

THE PAKUBUWONO HOUSE

INSIDE



RSM NOTE

Warmest Greetings from The Pakubuwono House!

We really appreciate that you have chosen to stay with us and we will do our utmost to ensure that your overall experience is most comfortable. Your personal satisfaction at The Pakubuwono House is our foremost priority. If there is anything we can do to make your stay more enjoyable, do not hesitate to contact our Tenant Relation Officer.

We wish you an enjoyable stay!

Sincerely,

Birgitta Adisty
Residence Service Manager

REGULATION & RULES

10. Maintaining The Units

10.1 Noise Disturbance

10.1.1 Residents must refrain from any noisy activity or boisterous acts that would disturb the peace and quiet of other Residents.

10.1.2 Radio, television and/or any other source of noise or music must not exceed normal sound levels at any time, Band instruments are not permitted to be played at all times.

10.1.3 Residents must ensure that their Visitors / drivers do not announce their arrival by blowing of the horn on their vehicle.

10.2 Odor Control

10.2.1 Residents must keep their Units free from offensive / disturbing odors which originate from odors of cooking and waste bins.

10.2.2 The use of chemicals which produces unpleasant odors or poisonous gases is strictly prohibited.

10.3 Pets

Residents are not allowed to bring/have/and/or allowed anyone to bring animals/pets of any kind into the Units or anywhere in the Common Area. The Building Management will have the right to confiscate and dispose of any unauthorized pet found inside the Complex as it deems necessary.



INFORMATION

DISINFECTANT SPRAYING SERVICE

Please be informed that we are now doing a disinfectant spraying treatment in all area (unit corridor, public area and surrounding) as our anticipating the prevention of the spread Covid-19 virus.

We also would like to offer you a disinfectant spraying service for free inside the Unit. This service will be available once per month.

Booking in advance is highly remcommended, for further assistance and information please contact our Tenant Relation Officer.



THANK YOU NOTE FROM THE PAKUBUWONO HOUSE



Dear All Residents,

Warmest greetings from The Pakubuwono House!

Together with this letter, we are from The Building Management would like to express our deepest gratitude and appreciation for your attention to support us in term of providing food and personal protective equipment in this difficult time. We thank specifically to:

- 1. Bapak Harvey Moeis & Ibu Sandra Dewi - Town House F*
- 2. Bapak Armand Setiawan Tanudjaja & Ibu Grace Tjugiarto - Rosewood 10B*
- 3. Bapak Raynaldy Ali - Rosewood 11G*
- 4. Bapak Tarcisius Aswin Julizar - Rosewood 15I*
- 5. Ibu Christy Bunatalie - Rosewood 16C*
- 6. Bapak Mikael Mirdad - Rosewood 16D*
- 7. Bapak Hario Soeprobo - Rosewood 19A*
- 8. Bapak Matheus Mamintada - Rosewood 20A*
- 9. Ibu Fransisca Nelwan Mok - Rosewood 20C*
- 10. Bapak Renard Gamaliel & Ibu Stephanie - Rosewood 20E*
- 11. Bapak Ir. Carmelus Susilo HP - Rosewood 25E*

We wish you and your family the best and blessed. And we also apologize if there are any deficiencies in the delivery of words and attitude.

Once again, thank you for your continuous support and attention.

Best regards.

Building Management



SOLIDARITY ACTION BY THE PAKUBUWONO HOUSE

We would like to inform you that we are doing the solidarity action to RW 01 Kelurahan Gunung residents by giving them 150 package of basic food on Friday, 15 May 2020.



"We thanked to everyone who is participating on this action."



“At-Home Workouts You Can Do Without Any Equipment”

The best at-home workouts don't necessarily require a ton of equipment other than your own bodyweight. That's good news for many exercisers who may not have dumbbells, kettlebells, resistance bands or other equipment at home. If you don't have a lot of equipment, at-home bodyweight workouts are clutch and allow you to keep up your fitness routine. You might think your options are limited if you don't have a whole rack of equipment at your disposal, but that's definitely not the case. You can use bodyweight exercises to work nearly every muscle in your body, from your quads (squats) to your butt (glute bridges), to your chest (push-up) to your core (plank variations).

Whatever your intended goal of the workout, the list below of the best at-home workouts that require only your bodyweight has you covered.

1. Lower-Body Workout With Cardio Burnout

This workout will test your endurance all the way through. And then just when you think you're done, there's a cardio burnout at the end that'll give you one last challenge. You can make it easier or harder by tweaking the amount of rest you take between exercises in the circuit.



2. A 20-Minute HIIT Workout That's Kinder on Your Joints

It includes lower-impact moves like side kick throughs and crab toe touches. There still are some moves that are a little higher impact, like skater hops, so if you're not sure if this workout would be safe for you, talk to your doctor or physical therapist first.



3. A Plank-Based Workout to Light Up Your Core

You can work your arms with just your bodyweight. And a great way to do that is through variations of the plank, where your shoulders and triceps really put in the work. This workout will start with skaters to get your blood pumping, and then take you to the floor for the next three plank-based moves: push-up, shoulder tap, and plank forearm reach. The second circuit is heavy on the plank variations too, with the plank jack and forearm plank.



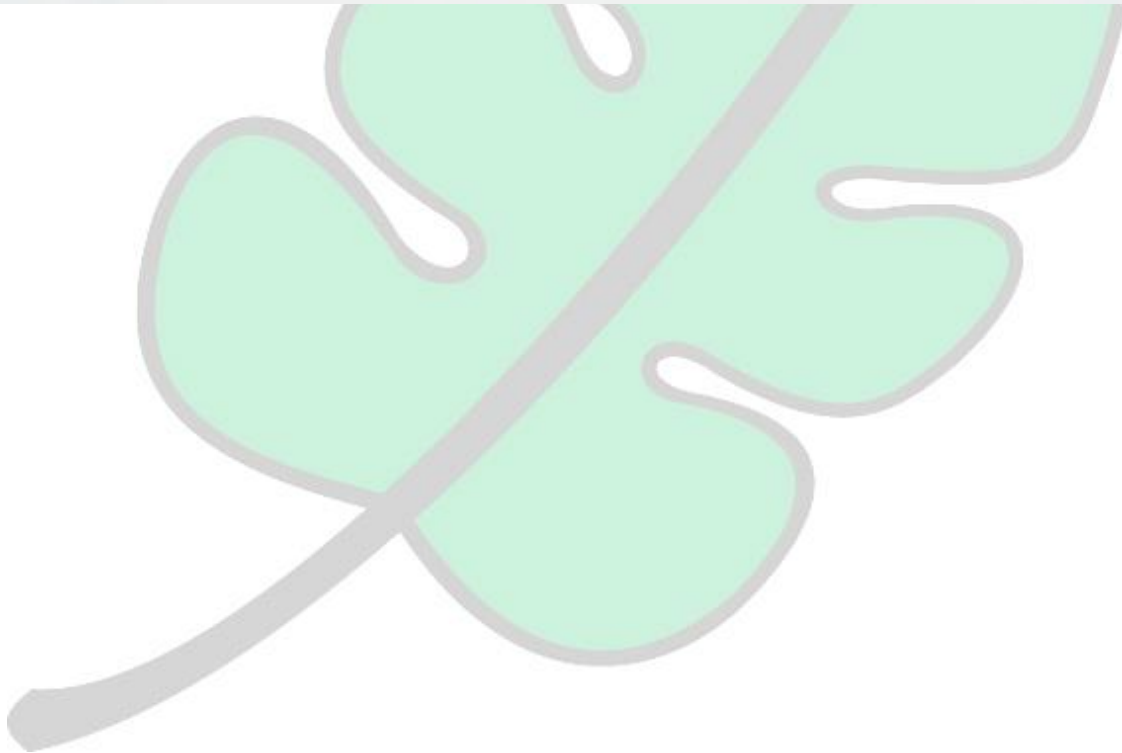
4. A Core Workout That's Great for Your Arms

This workout, primarily works your core, but thanks to exercises like the push-up, plank-to-dolphin, and diamond push-up, your arms will get a serious workout too. There are nine exercises in the workout, which seems like a lot, but it only takes 15 minutes to finish. Your shoulders and triceps will totally be feeling it by the time you're done.



5. An Abs Workout That's Done in 8 Minutes

The good thing about abs workouts is that they're pretty easy to do at home without any equipment. The not-so-good part? Abs workouts can be superhard, which is why we're all for one that's over in eight minutes. With this at-home workout, which was created by Amy Marturana Winderl, C.P.T., you'll spend 30 seconds on five separate exercises, including dead bug, forearm plank rock, and plank up-down, taking no rest between the moves until the circuit is complete. After three rounds, your abs will definitely be burning.



ACTIVITIES AT THE PAKUBUWONO HOUSE

FREE ZUMBA CLASS

There is no Zumba Class until further notice

Covid-19 Breakthrough



Chain Distribution of Covid-19 Breakthrough

Concerning the Global Pandemic status stated by The World Health Organization on March 10th 2020 and consider as a National Calamity by the President of The Republic of Indonesia due to the exposure of Covid-19 and increasingly the number of people infected especially in South Jakarta. All of the Building Management of Pakubuwono Property align with the Homeowners Association take the liberty and initiative to implement of reducing the use of the public area and other facilities, restriction to all visitors to enter the premise, and encourage all the residents to practice a social distancing measure in daily basis, furthermore there will be adjustments that will be implemented effectively on **Wednesday, March 18th 2020**, as follows:

1. Temporary closure The Children Playground.
2. Indoor pool remain open as a normal operation hour and prior booking is highly recommended with maximum 5 person at the same time.
3. All the classes (regular, zumba and sports community) under authority of The Building Management will be suspended temporarily.
4. Event or functions under authority if The Building Management will be no longer available or facilitate.
5. Resident with the age above 50 years old are advised to not leave the unit.
6. Visitor is prohibited to enter the premise.
7. Resident only allowed to have one driver.
8. Live Out maid will be no longer able to enter premise.
9. Food and any kind of delivery will be centralized to be delivered at Gate 1 as a pick up point and should be collected by live in maid.
10. The usage of elevator can only accommodate maximum 3 (three) persons only in a row.
11. Social distancing measure will be applied minimum 6 feet (2 meters) away from one to another.

We encourage your continuous participation in line with our commitment to break through the Covid-19 exposure in The Pakubuwono House complex. As we updating ourselves that Social Distancing Measure is one of the key point to reduce and prevent the Covid-19 around the neighborhood.

Assurance from the Building Management to the cleanliness and hygiene of the Public Area managing intense sterilizing process, package or goods will be sprayed using disinfectant, reported the medical record of staff and family members including their travel history as well, managing the staff in charge to prevent loaded number of person and make sure the basic needs of the Residents is fulfilled until 4 to 6 months ahead,

Building Management look forward for any further of consultation and preventive with your personal healthcare assistance and should be reported to our in house clinic which located at Upper Ground Floor to summarize the medical records in the last 30 days (one month), we will give you assurance that the record will remain confidential.

Thank you for your kind attention and support.

Building Management

FULLY-FURNISHED UNITS AVAILABLE FOR LEASE

SINCE APRIL 2016
Open Plan, 1-Bedroom, 2-Bedroom



FACILITIES & AMENITIES

Indoor Swimming Pool • Fitness Center • Relaxation Sauna
Children Playground • BBQ Area • Rooftop Garden • Laundry
High Speed Wireless Internet Access • TV Cable/Satellite
24-Hrs Receptionist • 24-Hrs Security
CCTV System • Housekeeping Service • 1 Carpark per Unit
Full Generator Backup • No Smoking Environment

LOCATION



For more information & Inquiry:
(021) 2751 3800

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TIPS & TRICK

"Making Dalgona Coffee"

Dalgona coffee, it started as a Tik Tok trend and has now exploded all over the internet as the It-Drink of the moment. If you have got the instant coffee, sugar and water on hand, you can make this. It will go faster if you have a hand mixer, but a humble regular whisk, one powerful arm, and a good dose of patience and endurance will get you there too, just make sure you're ready to feel the burn in your triceps and biceps and you'll be rewarded with a nice tall glass of cold, creamy coffee that's sweetened just right.

Ingredients:

2 tbsp granulated sugar

2 tbsp instant coffee

2 tbsp boiling water

A pinch of cinnamon (optional)

Ice (for serving)

Milk (for serving)

Method :

1. Add all the coffee, sugar and boiling water in a bowl (you can easily double or triple this recipe). Using a hand mixer or stand mixer and whip on one of the higher speeds.



2. Whip the entire mixture for about 2 minutes. Scrape down the sides and whip any bits that didn't get whipped.



3. Taste it (it'll be very strong) and add more sugar if desired. Remember it'll be diluted with the milk.



4. Add the coffee to a tall glass (about 8 ounces/1 cup) of your favourite milk. If you're doing iced, add a few ice cubes, then the milk, then spoon the whipped coffee on top. If using hot, just add it to the glass.
5. Using your spoon or straw, stir vigorously to swirl it into your milk



DID YOU KNOW ?

World Milk Day

World Milk Day is an international day established by the Food and Agriculture Organization (FAO) of the United Nations to recognize the importance of milk as a global food. It has been observed on June 1 each year since 2001.

The day provides an opportunity to focus attention on milk and raise awareness of dairy's part in healthy diets, responsible food production, and supporting livelihoods and communities. This is supported by FAO data showing that more than billion people's livelihoods are supported by the dairy sector and that dairy is consumed by more than six people globally. The fact that many countries choose to do this on the same day lends additional importance to individual national celebrations and shows that milk is a global food



World Environment Day

World Environment Day (WED) is celebrated on 5 June every year, and is the United Nations' principal vehicle for encouraging awareness and action for the protection of our environment. First held in 1974, it has been a flagship campaign for raising awareness on emerging from environmental issues to marine pollution, human overpopulation and global warming to sustainable consumption and wildlife crime.

World Environment Day has grown to become a global platform for public outreach, with participation from over 143 countries annually.

Each year, WED has a new theme that major corporations, NGOs, communities, governments and all celebrities worldwide adopt to advocate environmental causes.



THE PAKUBUWONO HOUSE

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