



INFORMATION

VISITOR REGULATION FOR USING FACILITIES

In accordance with the easing health protocol Covid 19 in Jakarta area and also with the previous regulation adjustment in The Pakubuwono House, we are glad to inform you that effective on 25 April 2022 Visitors are admitted to use the gym facilities. Please find the terms and conditions below to be admit:

1. Visitors are had been vaccinated twice and required to present the certificate of COVID-19 vaccine from Peduli Lindungi Application.
2. Visitor who wants to use any of facilities will be charged IDR 100.000,- per person.
3. Visitor who intend to use the facilities must be accompanied by the respective Residents at all times.
4. Use of facilities by the Visitors shall be limited to a maximum of two Visitors per day.
5. Visitors must observe proper attire and footwear, decorum and respect, and shall strictly adhere to the Rules and Regulations on use of the common facilities.



New: Smart Locker PopBox

We would like to inform you, in order to increase the package delivery service, we provide the smart locker (PopBox) in Ground Floor area (close to ATM). The smart locker will available for 24 hours. Every package that arrived could be directly collected individually to the PopBox counter with the following steps:

1. Users will get a “pick up code” notification via PopBox / Whatsapp application if the package already in the locker.
2. Select the AWB/Receipt number you want to collect on the "Your Transactions" menu at PopBox App
3. Select the “pick up” menu at the locker
4. Scan the pick up barcode
5. Open the door and take the package
6. Close the locker door and click “Done” on the monitor

Note: (for large dimensions packages which can not be put into PopBox, the pick up point remains in the Package Room operation hour)

To facilitate the pickup and delivery transaction, we urge to all resident to download and install the PoPBox application (PopBox - Box and Beyond). Follow the instructions below for account registration:

1. Select “create account”
2. Enter your Whatsapp number and Email
3. Enter the verification code
4. Fill in your personal data correctly and completely
5. Create a PopBox PIN
6. After that, please login with your account

For the complete procedure of PopBox lockers you may access through: bit.ly/detailpopbox

Thank you for your kind attention and cooperation. For any further question and assistance,



ZEN GARDEN CLOSED FOR TEMPORARY

Please be informed that we will be carrying out a project for upgrading the Zen Garden area to Outdoor Children Playground. Please find the schedule as follows:

- Date : May 12 – August 31, 2022

During the process, we will close the Zen Garden area for temporary and we will do our best to minimize any disturbance. Please contact Tenant Relation for further information.

Thank you for your kind attention and cooperation. We apologize for any inconvenience.



New: Price for Function Room

Please be informed that there will be a new price for Function Room. For any further question and reservation please contact Tenant Relation Officer.

Thank you for your kind attention and

Price List Function Room 2022

Function Room	Duration	Price	Promo*
Room Only	Per 4 hour	1,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 4 hour	2,000,000	1,000,000
Additional hour	Per 1 hour	200,000	
Chef Room			
Room Only	Per 5 hour	2,000,000	
Additional hour	Per 1 hour	100,000	
Room include facilities	Per 5 hour	2,500,000	1,500,000
Additional hour	Per 1 hour	200,000	
BBQ Area			
Bbq area include facilities	Per 4 hour	1,500,000	1,000,000
Additional hour	Per 1 hour	200,000	
Deposit Event Fee		1,000,000	

“ THE PAKUBUWONO HOUSE X HAMERA LAB “

As part of our effort to maximize the service and facilities, we, in collaboration with Hamera Laboratories, are providing the Home Service Covid-19 Testing only for Tenant at Pakubuwono Group. These service will available for everyday (Monday -Sunday) from 08:00 - 16:00. For registration please directly contact our Tenant Relation Officer at Ground Floor Lobby. Please find the price list below for your references:

Hamera LABORATORIES THE PAKUBUWONO HOUSE

Lab. C.719 E-Hac Indonesia

PCR HOME SERVICE (VISIT TO UNIT)

1 X 24 Hours	IDR 275.000
1 X 12 Hours	IDR 475.000
EXPRESS	IDR 775.000

CUT OFF SAMPLE

SWAB PCR 24 Hours	16.00 pm
SWAB PCR 12 Hours	12.00 pm
SWAB PCR EXPRESS	10.00 am

DATE AND TIME OF RESULT SWAB EXPRESS

SWAB PCR EXPRESS	Max. 16.00 pm
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RAPID ANTIGEN

REGULAR	IDR 75.000
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OPERATIONAL HOURS :
Monday - Sunday
(08.00 am - 16.00 pm)

BCA ACCOUNT :
4522702211 a/n Hamera Sarana Indonesia

CALL CENTER HAMERA LAB :
(021) 2213-5420 (Call)
0812-8591-5264 (Whatsapp & Call)

VISA Mastercard

“Lojin Organic Store X The Pakubuwono House “

We would like to inform you that in a collaboration with LOJIN Organic Store, there will be a special 10% discount for all product only for all residents of The Pakubuwono House.

This is link for the detail menu <https://www.lojin.co.id/menu/> . For purchase order please contact directly to 0822-3777-2800 in everyday at 08.00-16.00 and for the delivery order 3 times in a week on Monday, Wednesday and Friday. Thank you for always supporting us, should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management

LOJIN Organic Store

ESPECIALLY FOR YOU

THE PAKUBUWONO HOUSE

FREE HOME DELIVERY

Asparagus Rp. 42.500
Broccoli Rp. 25.000
Kyuri Rp. 15.500
Horento Rp. 12.750

STAY HOME & WHATSAPP US FOR DELIVERY
0822-3777-2800
WWW.LOJIN.CO.ID

DISCOUNT 10% ALL PRODUCT

ORDER & PRODUCT LIST
SCAN THE QR CODE
直接注文

LOJIN ORGANIC STORE

“Rezeki Privilege Membership Program”

We are excited to announce that all of the Pakubuwono Apartments under The Pakubuwono Property Development (**The Pakubuwono Residence, The Pakubuwono View, The Pakubuwono House, The Pakubuwono Spring**) in a collaboration with REZEKI Fresh Market are launching “PRIVILEGE MEMBERSHIP” for all residents of The Pakubuwono.

This program provides extra discounts special for Resident of The Pakubuwono who shop at all Rezeki Fresh Market outlets. Please register yourself by filling in the Privilege Membership registration that will be available at our Tenant Relation Officer.

Thank you for always supporting us, should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management

rezeki fresh market PRIVILEGE MEMBERSHIP REGISTRATION FORM
REZEKI FRESH MARKET – THE PAKUBUWONO GROUP

THE PAKUBUWONO View THE PAKUBUWONO Signature THE PAKUBUWONO HOUSE THE PAKUBUWONO Spring THE PAKUBUWONO Residence

Nama/Name* : _____
No. KTP/KITAS/KITAP/ID NO* : _____
Tanggal Lahir/ Date of Birth* : _____ (tanggal/date) _____ (bulan/month) _____ (tahun/year)
Jenis Kelamin/ Gender* : ☐ Laki-Laki/Male ☐ Perempuan/Female
Apartment ThePakubuwono* : ☐ View ☐ House ☐ Signature ☐ Spring ☐ Residence

Tower / Apartment Unit No. : _____
No. Mobile Phone* : _____
Alamat Email/Email Address* : _____

(*) wajib diisi/mandatory to be filled in

Terms & Conditions:

- Keanggotaan khusus ini hanya untuk penghuni group The Pakubuwono. (This privilege membership is valid only for the Residents of The Pakubuwono Group)
- Satu unit hanya untuk satu kartu keanggotaan. (Each unit entitled of 1 (one) membership card).
- Keanggotaan ini dapat digunakan di semua toko Rezeki Fresh Market (The membership can be used in all the Rezeki Fresh Market outlet)
- Keuntungan/discount member (Privilege for discount membership): 10% Sayuran (Vegetables), 5% Buah-Buahan (Fruits), 5% Daging & Hidangan Laut (Meat & Seafood)
- Keanggotaan berlaku untuk 2021 – 2023. (The membership is valid for 2021 – 2023)
- Formulir yang telah diisi dapat diserahkan kepada Bagian Kepenghunan di The Pakubuwono property (Please submit registration form to your Tenant Relations Officer at your The Pakubuwono Property)
- Keuntungan member ini tidak dapat dialihkan. (This privilege membership is non transferable)

Syarat & ketentuan privilege member baik berupa diskon, atau promo lainnya dapat berubah sewaktu-waktu sesuai kebijakan Rezeki Fresh market. (The terms & Conditions of the privilege, either if the form of discounts or other promotions, can change at anytime according to the policies of Rezeki Fresh Market).

Dengan menandatangani formulir pendaftaran privilege membership, saya mengakui bahwa seluruh data yang diberikan dalam formulir ini adalah benar dan tepat yang dapat digunakan oleh Rezeki Fresh Market untuk memberikan pelayanan dan informasi terkini sehubungan dengan Rezeki Fresh Market. (By signing the Privilege registration form, I acknowledge that all data provided in this form is true and correct which can be used by Rezeki Fresh Market to provide up-to-date services and information in connection with Rezeki Fresh Market)

Jakarta, _____, 20____

Tanda Tangan & Nama Jelas (Signature & Name)

“Zumba Class “

Let’s sweat together!
Please join our Zumba Class (for FREE) on every Thursday at 18:30 - 19:30. It will be held on Aerobic Room at 35th Floor. Should you have any questions please do not hesitate to contact our Tenant Relation Officer at Ground Floor Lobby.

Sincerely,
Building Management

Please join our FREE class !!

ZUMBA CLASS

sweat together

on Every Thursday
Starting 2nd June 2022
18.30 – 19.30
At GYMNASIUM 35th Floor

Join Now

For Further Information
Please Contact Tenant Relation Officer

Many factors can interfere with a good night’s sleep, from work stress and family responsibilities to illness. It’s no wonder that quality sleep is sometimes elusive. You might not be able to control the factors that interfere with your sleep. However, you can adopt habits that encourage better sleep. Start with these simple tips.

Tips & Tricks

“6 Steps to Get Better Sleep”

1. Stick to a sleep schedule
- Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don’t need more than eight hours in bed to be well rested. Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body’s sleep-wake cycle.
- If you don’t fall asleep within about 20 minutes of going to bed, leave your bedroom and do something relaxing. Read or listen to soothing music. Go back to bed when you’re tired. Repeat as needed, but continues to maintain your sleep schedule and wake-up time.
2. Pay attention to what you eat and drink
- Don’t go to bed hungry or stuffed. In Particular, avoid heavy or large meals within a couple of hours of bedtime. Discomfort might keep you up. Nicotine, caffeine and alcohol deserve caution too. The stimulating effects of niccotine and caffeine take hours to wear off and can interfere with sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.
3. Create a restful environment
- Keep your room cool, dark and quiet. Exposure to light in the evenings might make it more challenging to fall asleep. Avoid prolonged used of light-emitting screens just before bedtime. Consider using room-darkening shades, earplungs, a fan or other devices to create an environment that suits your needs. Doing calming activities before bedtime, such as taking a bath or using relaxation techniques, might promote better sleep.
4. Limit daytime naps
- Long daytime naps can interfere with nighttime sleep. Limit naps to no more than one hour and avoid napping late in the day. However, if you work nights, you might need to nap late in the day before work to help make up your sleep debt.
5. Include physical activity in your daily routine.
- Regular physical activity can promote better sleep. However, avoid being active too close to bedtime. Spending time outside everyday might be helpful too.
6. Manage worries
- Try to resolve your worries or concerns before bedtime. Jot down what’s on your mind and then set it aside for tomorrow. Stress management might help. Start with the basics, such as getting organized, setting priorities and delegating tasks. Meditation also can ease anxiety.



The immune system consists of organs, cells, tissues, and proteins. Together, these carry out bodily processes that fight pathogens, which are the viruses, bacteria, and foreign bodies that cause infection or disease. When the immune system comes into contact with a pathogen, it triggers an immune response. The immune system releases antibodies, which attach to antigens on the pathogens and kill them. Incorporating specific foods into the diet may strengthen a person's immune response. Here on to discover foods that boost the immune system.

Recipe

“Best Food for Boosting Immune System”

- 1. Blueberries**
Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person's immune system. Researchers found that people who ate foods rich in flavonoids were less likely to get an upper respiratory tract infection, or common cold, than those who did not.
- 2. Dark Chocolate**
Dark chocolate contains an antioxidant called theobromine, which may help to boost immune system by protecting the body's cells from free radicals. Free radicals are molecules that the body produces when it breaks down food or comes into contact with pollutants. Free radicals can damage the body's cells and may contribute to disease. Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is important to eat it in moderation.
- 3. Turmeric**
Turmeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response. This is due to the qualities of curcumin, a compound in turmeric.
- 4. Oily Fish**
Salmon, tuna, pilchards, and other oily fish are a rich source of omega-3 fatty acids.
- 5. Broccoli**
Broccoli is another source of vitamin C. It also contains potent antioxidants, such as sulforaphane. For these reasons, it is a good choice of vegetable to eat regularly to support immune system health.
- 6. Sweet Potatoes**
Sweet potatoes are rich in beta carotene, a type of antioxidant that gives the skin of potatoes its orange color. Beta carotene is a source of vitamin A. It helps to make skin healthy and may even provide some protection against skin damage from ultraviolet rays.
- 7. Spinach**
Spinach may boost the immune system, as it contains many essential nutrients and antioxidants, including: flavonoids, carotenoids, vitamin C and E.
- 8. Ginger**
According to a review, ginger has anti-inflammatory and antioxidative properties and is likely to offer health benefits.
- 9. Garlic**
Garlic is a common home remedy for the prevention of colds and other illness. One review looked at whether taking garlic supplements containing allicin reduced the risk of getting a cold.
- 10. Green Tea**
Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system. As with blueberries, green tea contains flavonoids which may reduce the risk of cold.
- 11. Kefir**
Kefir is a fermented drink that contains live cultures of bacteria that are beneficial for health. Initial research suggests that drinking kefir may boost the immune system. Regular consumption of kefir can help with:
 - Fighting bacteria
 - Reducing inflammation
 - Increasing antioxidant activity
- 12. Sunflower Seeds**
Sunflower seeds can make a tasty addition to salads or breakfast bowls. They are rich source of vitamin E, an antioxidant.
- 13. Almonds**
Almonds are another excellent source of vitamin E. They also contain manganese, magnesium and fiber.
- 14. Oranges or Kiwi**
Oranges and kiwis are an excellent source of vitamin C, which is the vitamin that many people turn to when they feel a cold developing. The vitamin C may reduce the duration of common cold symptoms and improve the function of the human immune system.
- 15. Red Bell Pepper**
For people trying to avoid the sugar in fruit, red bell peppers are an excellent alternative source of vitamin C. Stir-frying and roasting both preserve the nutrient content of red bell peppers better than steaming or boiling.



Did U Know ?

“World Photography Day”



World Photography Day also known as World Photo Day is an international celebration focus on photography and its history, that takes place on 19th August every year. On August 19, 1839 the French government purchased patent of the daguerreotype process, the first photography process, and released it to the world for free. In honor of this, world for free. In honor of this, World Photography Day is celebrated on August 19.

Currently, World Photography Day aims to inspire photographers around the world to share their own photos with the simple goal of sharing their world with the world.

The idea of a day for photography was first suggested by Indian photographer O.P. Sharma in 1988. As he says in an interview: “... in various publications that documented the history of photography, I came across this date: 19 August 1839. It was recorded as the date on which the then French government announced the invention of the ‘Daguerreotype’ process of photography as a ‘free gift to the world’.”

Sharma set up about propagating the idea of celebrating World Photography Day within the photography community in India and abroad. The first observance of the day wa in 1991, by the Indian International Photographic Council, founded by Sharma himself. Subsequently, Sharma was able to persuade the Photographic Society of America and the Royal Photographic Society of Great Britain to join in. The request was accepted with the support of others and the day has been celebrated globally since 1991.

World Photography Day is celebrated every year on August 19 as a day to commemorate the importance of cameras and photography in our lives. This day is celebrated by people who love photography, from amateur to professional photographers. Currently, World Photography Day aims to inspire photographers around the world to share their own photos with the simple goal of sharing their world with the world. World Photo Day hosted its first global online gallery on August 19, 2010.

Now, other than exibiting own photos, many, including photography organizations and camera companies are celebrating World Photography Day by conducting events and competetions in photography.

“International Friendship Day”

Friendship Day is a day in several countries for celebrating friendship. It was initially promoted by the greeting cards’ industry; evidence from social networking sites shows a revival of interest in the holiday that may have grown with the spread of the internet, particularly in India, Bangladesh, Malaysia. Mobile phones, digital communication and social media have contributed to popularize the custom. Those who promote the holiday in South Asia attribute the tradition of dedicating a day in honour of friends to have originated in the United States in 1935.

Friendship Day was first proposed in Paraguay in 1958 by Joyce Hall. It was a holiday involving the celebration of friendships through a global holiday. The original Date of Celebration was August 2nd, though it has since been moved to August 7th due to de-synchronization in the United States.



In honor of Friendship Day in 1998, Nane Annan, wife of UN Secretary-General Kofi Annan, named Winnie the Pooh as the world’s Ambassador of Friendship at the United Nations. The event was co-sponsored by the UN Department of Public Information and Disney Enterprises, and was co-hosted by Kathy Lee Gifford.

The idea of a Global Friendship Day was first proposed on July 20th, 1958 by Dr. Ramon Artemio Bracho during a dinner with friends in Puerto Pinasco, a town on the River Paraguay about 200 miles north of Asuncion, Paraguay.

During said meeting, the World Friendship Crusade was born. The World Friendship Crusade is a foundation that promotes friendship and fellowship among all human beings, regardless of race, color or religion. Since then, **July 30th** as World Friendship Day and finally in 2011, the General Assembly of the United Nations decided to designate the 30th of July as the International Day of Friendship; and would proceed to invite all the Member States to obeserve the International Day of Friendship in accordance with the culture and customs of their local, national and regional communities, including through education and public awareness-raising activities.

THE  PAKUBUWONO
HOUSE

inquiry@pakubuwono6.com
www.pakubuwono6.com

Page 7