



Fresh Market



Please use the "Instant translation" function in your Translate App to read this poster in other suitable language. English version of all Brumlovka activities are to be found also at brumlovka.cz

Passerinvest

Brumlovka Square

Fresh Market

When: Tuesday, August 2, from 10:00 am to 2:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

From August, we will be holding a Fresh Market on Brumlovka Square from 10:00 am. Besides the usual stalls selling things like fruit, vegetables, baked goods, dairy products, cheese, eggs, smoked meats and strudels, this time there will also be food stands.

from 10:00 am
to 2:00 pm

Brumlovka.

Bethany Community Center



Lecture: Stress and How to Manage It

When: Tuesday, August 2, from 5:30 pm

Where: Bethany Community Center, Za Brumlovkou 1519/4

Price: CZK 150, Balance Club Brumlovka Members and Benefit Klub
Brumlovka Members Free of Charge

Balance Club Brumlovka and Passerinvest are holding a fascinating lecture on the topic of „Stress and How to Manage It“. Doc. RNDr. PhDr. Ing. Jana Jaklová Dytřtová, Ph.D., will explain how the processes that occur in our bodies during times of acute stress increase our mental and physical abilities, and why long-term (chronic) stress is harmful and is one of the main factors that cause illness. We will learn how to manage acute stress using the 3D breathing technique and the „O-A-E“ voice method.

As capacity is limited, please register by emailing:

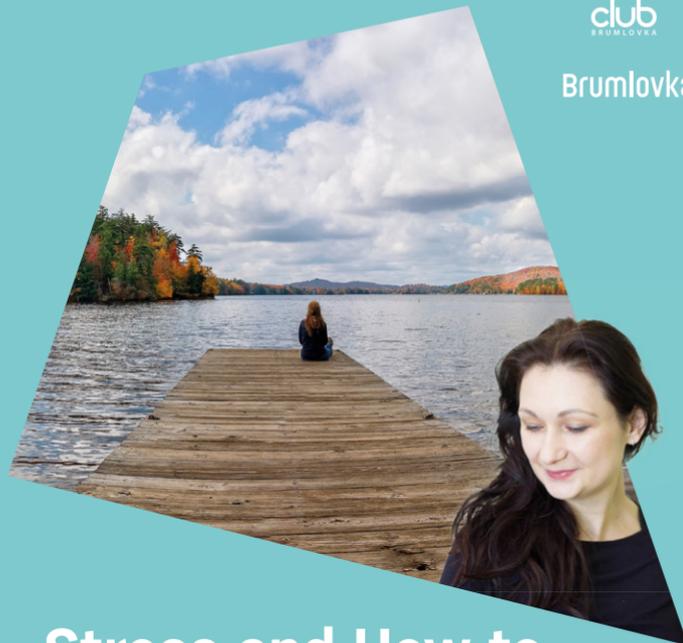
marika.duchonova@passerinvest.cz.

A fee of 150 CZK will be charged as you enter, cash only.

Lecture.

balance
club
BRUMLOVKA

Brumlovka.



Stress and How to Manage It



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Passerinvest

Dance
Lessons.



Dance Lessons at Brumlovka



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Passerinvest

Brumlovka Square

Dance Lessons at Brumlovka

When: Wednesday, August 3, class from 7:00 pm, dance floor from 8:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

Samba, De Janeiro! Yes, in August we can look forward to the rhythms and energy of Brazilian samba.

The dance teacher is Lenka Nora Návorková, champion of the Czech Republic several times in Latin American dance, winner of StarDance 2018, and the dance partner of Mirai Navrátil in the past season of this popular television competition.

* In the event of rain please check **Brumlovka's FB profile** for current information.

Brumlovka.

Filadelfie building



Colombia - the most diverse country in the world

When: Wednesday, August 10, od 5:30 pm.

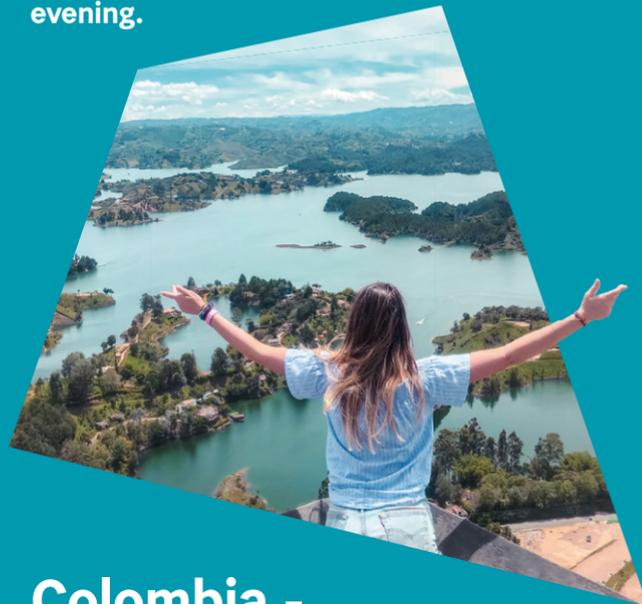
Where: Sommellerie, Filadelfie building, Želetavská 1525/1

Colombia is not just a country rife with drugs and danger, but has hundreds of different cultures, friendly people, lively dances, exotic fruits, unfamiliar food and a wealth of unknown traditions. The shores of Colombia are washed by two oceans, while further inland we can find here the Amazon basin, deserts, thousands of mountains, the best coffee plantations, and much more.

Colombia is a country that can surprise and amaze us with something everywhere we turn. Traveller and YouTuber Lenka Kosmatová invites us to her talk on Colombia, the most diverse country in the world. She'll tell us what Colombia is really like, how to travel around the country, how people really live there, what to visit, what to see, what to watch out for and what to avoid. And, most of all, that Colombia is nothing like what we might think.

Brumlovka.

Traveler's
evening.



Colombia - the most diverse country in the world



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Passerinvest

Street food
festival.



Experience Latin America at Brumlovka



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Passerinvest

Brumlovka Square

Experience Latin America at Brumlovka

Street Food Festival

When: Thursday, August 11, from 11:00 am to 3:00 pm

Where: Brumlovka Square, Vyskočilova 1100/2

Let's take a culinary journey around the world and sample Latin American culinary specialties such as quesadillas, tacos, burritos, guacamole, bunuelos, traditional Peruvian grilled meat, chilli sauce and much more.

And, you can enjoy some Cuban music and rhythms at midday.

Brumlovka.

Baar Park

Summer cinema at Brumlovka

When: Monday - Thursday, August 15 - 18, from 9:00 pm

Where: Baar Park, in front of the Elijaš elementary school, Baarova 360

The Cinema Bus is heading to Brumlovka again. What will they be showing?

- Monday, August 15 **Prvok, Šampón, Tečka a Karel** 
- Tuesday, August 16 **Croodsovi: Nový věk** 
- Wednesday, August 17 **Po čem muži touží 2** 
- Thursday, August 18 **Známí neznámí** 

Free admission. The movies will always start after dusk — at around 9.00 p.m.

Films are not shown in heavy rain!

More information on [Brumlovka FB profile](#).

Brumlovka.

Culture.



Summer cinema at Brumlovka



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Passerinvest

Charity.

Be Charity
NADACNÍ FOND BARRY NESVADBOVÉ



**Donate what you
no longer wear**



Please use the "Instant translation" function in your Translate App to read this poster in other suitable language. English version of all BB Centrum activities are to be found also at brumlovka.cz.

Passerinvest

Filadelfie building

Be Charity Donate what you no longer wear

When: Monday - Thursday, August 22 - 28, from 7:30 am to 7:00 pm

Where: Filadelfie building, reception desk, Želetavská 1525/1

The 16th annual Be Charity bazaar, organised by the Barbara Nesvadbová Foundation, will be held on September 12 in the Žofín Restaurant by STONES. Every one of us can all get involved already though. How?

Bring along any nice women's clothes that you no longer wear, shoes that are too tight, dresses that are too big for you, or perhaps a handbag given to you by the wrong man. The clothes will be sold as part of the charity bazaar. All the proceeds will be donated to the Be Charity Foundation for the physiotherapy of children with handicaps.

For more information, email us at: marika.duchonova@passerinvest.cz

Brumlovka.

Brumlovka



Brumlovka Talks

When: Wednesday, August 31, from 6:00 pm

Where: online on Brumlovka FB profile

Talks is our talk show, where we invite personalities, whom we feel have something to say and whose work or personal life is somehow associated with Brumlovka.

This month: Tomáš Šimon, KITSTORE

Tomáš Šimon is in charge of the KITSTORE e-shop and store in Brumlovka, which specialises in the LEGO® building kits. He says that after spending many years working for a major global manufacturer of children's toys, playgrounds and sports fields, he jumped at the chance to work at KITSTORE, where a family approach to employees and customers is one of the company owner's main philosophies.

The talk show is hosted by Eduard Forejt.

Brumlovka.

Talkshow.



Brumlovka Talks Tomáš Šimon



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Passerinvest

Brumlovka

Regular Sports Activities at Brumlovka

The summer temperatures are ideal for exercising outdoors. Join us for some of our sessions:

Running Lessons with Puma

When: every Tuesday from 5:30 pm

Where: meeting at 5:20 pm at Beta building reception, Vyskočilova 1481/4

Running lessons are led in two groups for beginners and experienced runners by instructors and bloggers from [running2.cz](https://www.running2.cz) Soňa Hrabec Kotulová and Michal Hrabec.

Outdoor Yoga for Seniors

When: every Tuesday from 10:00 am

Where: Park Brumlovka, ulice Za Brumlovkou

Health exercises with Simona Helová adjusted with regard to participants' health limits. Own exercise mat required.

Outdoor Yoga for the Public

When: every Thursday from 7:00 am

Where: Brumlovka Park, ulice Za Brumlovkou

A classic yoga lesson for beginners and advanced students of all ages with Daniela Bacíková. Own exercise mat required.

No reservation required. In the event of bad weather, yoga lessons are not held.

You can find current information at [Brumlovka's FB profile](#).

Brumlovka.

Sport.



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Passerinvest



Outdoor Workout for the Public

When: every Wednesday from 6:30 pm
Where: street workout area in the Nové Roztyly Park ([GPS here](#))
Instructor: Eva Némethová



Running Lessons

When: every Wednesday from 6:30 pm
Where: meeting point by the Roztyly metro entrance at 6:20 pm
Instructor: duo Running2 duo



Yoga for seniors

When: every Wednesday from 2:00 pm
Where: meadow by the Nosál hotel, Za Větrem restaurant ([GPS here](#))
Instructor: Simona Helová



Yoga for the public

When: every Thursday from 6:00 pm
Where: meadow by the Nosál hotel, Za Větrem restaurant ([GPS here](#))
Instructor: Danča Bacíková



Parkour for the public

When: every Thursday from 3:30 pm
Where: parkour area in the Nové Roztyly Park ([GPS here](#))
Instructor: Mikeš and team

Nové Roztyly Park

Regular sports activities in Nové Roztyly park

During the summer months, Passerinvest also holds regular sports sessions in Nové Roztyly park. Besides the yoga, yoga for senior citizens and runs we have at Brumlovka, there are also outdoor fitness exercises and parkour lessons.

More information on the individual sessions can be found at [krcakzije.cz](https://www.krcakzije.cz)

The sessions are not held in poor weather; please check for updates on [FB at Krčák žije](#).



Olivka building

Open Day at the GENIUS bilingual kindergarten

When: Tuesday, August 23, from 2:00 pm - 6:00 pm

Where: GENIUS Kindergarten Olivka, Hodonínská 4

The Czech-English GENIUS Kindergarten invites you to its Open Day. Come and take a look at its beautiful premises in the new Olivka building, which will house the kindergarten from September 1, 2022. Get to know the school team and enjoy the fun programme prepared for the children.

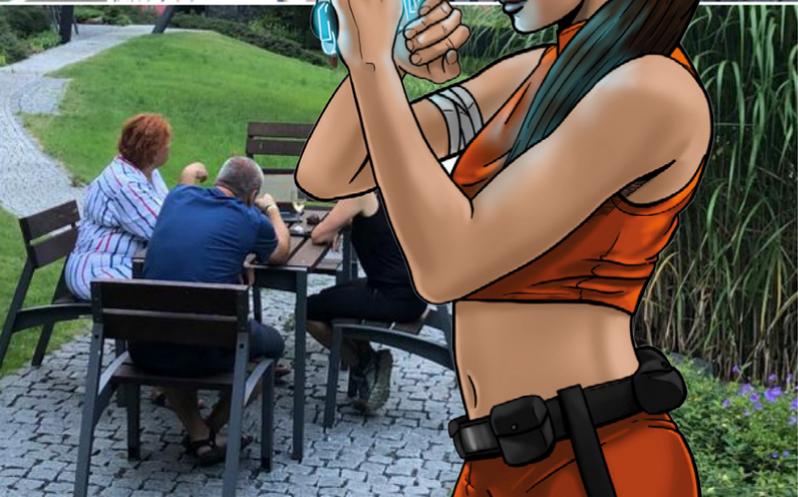
Registration for the 2022/2023 school year is now open for children aged 2 and above. A preparatory class for the associated GENIUS Elementary School will also be opening in the Olivka, with a bilingual programme, in Krč in Prague 4.

You can find more information at genius-school.cz/genius-olivka

The GENIUS Kindergarten team is looking forward to seeing you!



Open Day **August 23 2022**



Budova G building

Summer fun at the Avatar VR Park

Looking for something to entertain you on those hot summer days, where you can cool down, have fun with friends and perhaps enjoy a summer drink?

The VR Avatar Park in Building G on Michelská street is just the place for you. Besides visiting a virtual world where you can become whoever you want, you can see your friends or children getting excited about games and new experiences, or can simply enjoy a glass of wine or a good cup of coffee. It is open every day from 12:00 to 8:00 p.m.

More information at avatarpark.cz

AVATAR VR PARK

Budova B building

An apricot treat from Zrno Zrnko

In the summer, the Zrno zrnko craft bakery uses fruit grown in this country and makes goods using what is currently ripening in Czech orchards.

After the strawberry harvest, it was time for cherries in „grandmother’s“ traditional sponge, and also apricots. Zrno zrnko bakes them into fantastic Moravian cakes, filled with cottage cheese, sprinkled with crumble (...and smeared with butter and real cane rum after they are done).



Letní úlet

Espresso orange



Beta building

Summer fling Espresso orange

There's no summer fling like a summer fling. In this case, we don't mean raging passions or a movie or a book. We're talking about a coffee drink made by the baristas of Costa Coffee. And in all honesty, combining coffee and orange juice really is a blast.

As this drink is ice cold, when better to drink it than in the summer. That's probably how this drink got its name. Coffee and orange juice go surprisingly well together and the result is more than good. These two flavours complement one another perfectly. The drink is a combination of a double espresso, chilled through ice cubes, and quality 100% orange juice.

The juice is poured through ice cubes into a glass, which the barista then tops up with chilled espresso. The two layers should not blend together completely, and with a bit of imagination you can even see the sunset. Who fancies ordering one „summer fling“??



Letní ovocný koláč

Lehký dezert s lesním ovocem
a jogurtovo-pudingovým krémem



Sladká frappé tečka



slaný karamel
čokoláda & brownie
jahoda & kokos

Delta building

Turnovská pivnice at Brumlovka

At the Brumlovka summer festival in June, representatives of the Turnov Municipal Brewery presented a new restaurant that nicely matches the concept of the Turnovská pivnice restaurant network. The restaurant is scheduled to open in September 2022. You will find the Turnovská pivnice Brumlovka in the Delta building.

They will be serving unique beer from the Turnov craft brewery and preparing modern Czech cuisine, including lunch menus, offering something to suit everyone. The brand's concept preserves the elements of a traditional pub, where customers can enjoy premium Turnov beer combined with modern cuisine.

 **TURNOVSKÁ
PIVNICE**



A close-up portrait of a woman with blonde hair, smiling slightly. She is wearing a light green spaghetti-strap top, a delicate necklace with a butterfly pendant, and a ring with a butterfly design on her finger. Her hand is raised near her face.

JK

Filadelfie building

Our Butterflies - a new edition from the JK workshop

JK Jitka Kudláčková presents a limited edition from the Our Butterflies collection, created together with the remarkable entrepreneur and confectioner Iveta Fabešová.

The jewellery set includes earrings, a ring and a necklace. The set can be made in all colours from fourteen-carat gold. It is set with SI1/G brilliant-cut diamonds. Jewellery from this set can be ordered from the e-shop or at the store.

JK provides registered customers with a price discount according to the loyalty programme.

LIMITOVANÁ EDICE Z KOLEKCE

NAŠI MOTÝLI

VE SPOLUPRÁCI S IVETOU FABEŠOVOU

JK
JITKA KUDLÁČKOVÁ

Brumlovka building

Transitions self-tinting lenses at Lens Optik

Especially in summer, we need to protect our eyes from dangerous UV radiation. One option for those who wear prescription glasses is to use self-tinting lenses.

Transitions intelligent spectacle lenses adapt to the light conditions. They are clear on the inside, and dark on the outside. Discover Transitions spectacle lenses in new tint colours at LENS OPTIK on the ground floor of the Brumlovka building.

A woman with long brown hair is wearing dark-tinted sunglasses. The background is a blurred office or retail space. The advertisement includes the Transitions logo, 'light under control', 'Style COLORS', and the website 'transitions.com'. There is also small text in Czech at the bottom right.

Transitions™
light under control™

Style
COLORS

transitions.com

Fotochromatický výkon je ovlivňován teplotou
UV zářením a materiálem čočky
©2019 Transitions Optical, Inc.

AKCE 1+1 DÁREK v hodnotě 209 Kč

S.O.S. mast Modrý kód: rychlá úleva pro namožené svaly a ztuhlé klouby.

*Dárek k nákupu vybraných produktů; za 0,01 Kč; platí do 31. 8. 2022 nebo do vyprodání zásob; při uplatnění klientské karty Lékařna LEMON; změny vyhrazeny.

VÝBĚR Z AKČNÍ NABÍDKY od 11. 7. do 31. 8. 2022

NEOSPAN FORTE
45 tobolek

- pomáhá s usínáním a omezuje předčasně probuzení (extra silná dávka kozliku lékařského a pomerančovníku hořkého)

Doplňk stravy.
(1 tobolekx5,95 Kč)

273 Kč
229 Kč
-44 Kč

IBEROGAST®
20 ml

- při pocitu plnosti, bolesti břicha nebo nadýmání
- bylinný lék
- expert na Vaše zažívací potíže

V AKCI TAKÉ:
Iberogast® 50 ml/249 Kč 439 Kč-
Iberogast® 100 ml/489 Kč 699 Kč-

Čtěte pečlivě příbalovou informaci. Iberogast je léčivý přípravek s vnitřním užitím. Léčivý přípravek je složeno z některých esenciálních olejů různých částí bylin.

219 Kč
169 Kč
-50 Kč

FEMIBION® 1
PLÁNOVÁNÍ & PRVNÍ TÝDNY TĚHOTENSTVÍ
4týdenní balení (28 tablet)

- jedinečné složení pro specifickou péči v období plánování těhotenství a jeho rané fázi
- obsahuje kyselinu listovou a aktivní folát Metafolin®, vitamín D3
- obohacený o cholin, selen a železo
- do ukončeného 12. týdne těhotenství

V AKCI TAKÉ:
Femibion® 2 Těhotenství, Femibion® 3 Kojení
4týdenní balení (28 tablet a 28 tobolek)/569 Kč 639 Kč-

Doplňky stravy: Femibion 1 (1 bal./11,03), Femibion 2 (1 koř/9,08)

389 Kč
309 Kč
-80 Kč

OCUTEIN® SENSITIVE PLUS
oční kapky 15 ml

- poskytuje okamžitou úlevu pro podrážděné a unavené oči
- vhodné pro citlivé oči
- lze aplikovat na kontaktní čočky

V AKCI TAKÉ:
OCUTEIN® SENSITIVE oční voda 50 ml/119 Kč 149 Kč-
OCUTEIN® ALLERGO oční kapky 15 ml/139 Kč 166 Kč-
OCUTEIN® SENSIGEL hydratační oční gel 15 ml DuVinci/255 Kč 299 Kč-
OCUTEIN® SENSITIVE roztok na kontaktní čočky 360 ml/229 Kč 270 Kč-

OCUTEIN® SENSITIVE, OCUTEIN® ALLERGO - zdravotnické prostředky.
Pečlivě čtěte příbalovou informaci. OCUTEIN® SENSIGEL - kosmetický přípravek.

209 Kč
169 Kč
-29 Kč

NUROFEN RAPID 400 MG
30 měkkých tobolek

- rychlá a účinná úleva od horečky a bolesti, včetně bolesti hlavy, zad, zubů, či při menstruaci

V AKCI TAKÉ:
NUROFEN Rapid 400 mg,
20 měkkých tobolek/99 Kč 129 Kč-

Léky k vnitřnímu užití. Obsahují ibuprofen.
Pečlivě čtěte příbalovou informaci.

169 Kč
119 Kč
-50 Kč

PANTHENOL 10% SWISS PREMIUM PĚNA
125 + 25 ml ZDARMA

- rychlá úleva podrážděné pokožky po opalování
- vysoký obsah D-panthenolu, Aloe vera a vitamínů

V AKCI TAKÉ:
Panthenol 10% Swiss PREMIUM spray 150x25 ml/199 Kč 239 Kč-
Panthenol 10% Swiss PREMIUM gel s mentolem 100x25 ml/149 Kč 179 Kč-
Panthenol 10% Swiss PREMIUM tělové mléko 200x50 ml/209 Kč 249 Kč-

Kosmetické přípravky.

211 Kč
179 Kč
-32 Kč

Residence Villas

Enjoy a summer full of discounts and benefits with the Lemon pharmacy

If you're about to go on holiday and plan to add treatments for allergies, stings or burns to your first-aid kit, you can get them cut-price at the Lemon pharmacy.

The full-range special offer is available at the lemony e-shop.

Filadelfie building

Collect your dm.cz order within 90 minutes

at the dm store of your choice

With new possibilities for express pick-up, you can now shop at your local dm with greater convenience, simplicity and speed. Shop at dm.cz and choose express pick-up as your choice of delivery. Your order will be ready pick up no later than within 90 minutes of paying for it. Once you receive the e-mail you can then pick your order up from your favourite dm store.

This delivery method is also a sustainable alternative that saves packaging and the environment.



“Co potřebuji,
chci co nejdříve”





Brumlovka building

OK POINT

A more relaxed holiday with travel insurance

Holidays are in full swing during the summer. The desire to travel abroad or discover the local sights is always at its strongest during the holidays. So, don't let yourself be caught out by an unexpected event or accident while you travel, and take your precautions beforehand. The right travel insurance has already saved many a holiday.

You can travel in peace of mind if you don't underestimate the premium and arrange liability insurance at the same time. An injury or damage to property can happen just like that, and this is either covered by your insurance or you have to pay the costly expenses out of your own pocket. This is doubly true if you plan to spend your holiday with children or a pet. Fun activities such as entertainment and sports pose an even higher risk, so it is well worthwhile taking out additional insurance.

The specialists at OK POINT Brumlovka will be happy to help you arrange the right insurance contract for you. You can call 242 486 328 to arrange an individual meeting with them online or in person. OK POINT is open at the following times:

- Monday 08:30 am - 6:00 pm
- Tuesday, Thursday 09:00 am - 5:00 pm
- Wednesday 08:30 am - 5:00 pm
- Friday 09:00 am - 3:00 pm

Brumlovka

Replacement of the hot water pipeline

From July 20 work has been carried out on the new hot water pipeline between the Alpha and Brumlovka buildings; traffic between the buildings and on the road in "Za Brumlovkou" street has been restricted until September 30, 2022. Entrances and exits to the car parks of all the adjoining buildings as well as safe pedestrian access throughout the entire construction site will be via fenced-off mobile footbridges. See the links below for maps:

CONSTRUCTION SITUATION

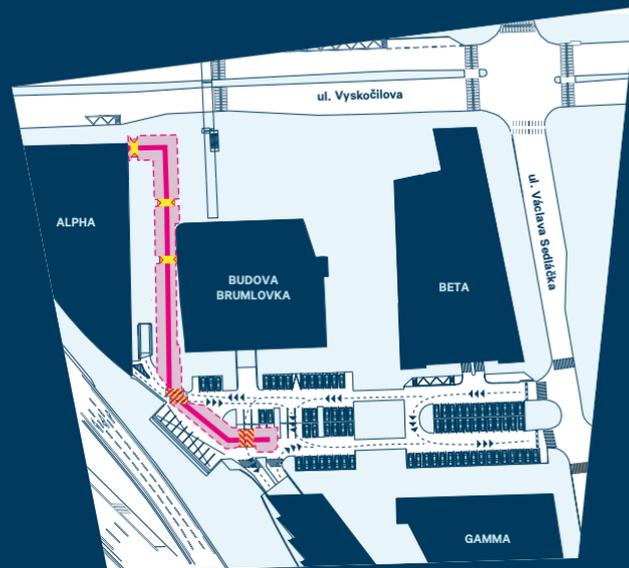
TRAFFIC SITUATION IN THE CAR PARK BEHIND BRUMLOVKA

The work will be performed by Termonta Praha a.s., commissioned by Pražská teplotárenská a.s.

Please take extra care during the course of these works.

Brumlovka.

News.



It has to
be fixed