



Brumlovka

## Christmas gifts from Brumlovka

Already thought about what to give your loved ones under the tree this year? We've got a few tips for you.

Giving a gift is a way to express how much we care about others and how we listen to the desires and wishes of our loved ones. Sometimes, however, choosing the right gift can be a really challenging task, so we've prepared some tips to help you decide.

Moreover, you don't have to go far for gifts or small tokens of affection; you can get them all conveniently, quickly and nearby.

Here at Brumlovka.

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## Gifts for HER

Original and handmade jewellery will make every woman happy, especially pieces from the workshop of **JK Jitka Kudláčková**. Did you know that this beautiful jewellery is made right there in the JK shop in the Filadelfie building? If you register in the shop, you can also make the most of its 15% Christmas discount on jewellery and watches.

Authentic crafted fashion can also be found in the **Meera Design** boutique, which offers quality and sustainable clothing. Another safe bet is a salon voucher from the **Radka Chvátlová Beauty Studio**, where they provide full body care services, or to the **Lady Li hair salon**, which also offers cosmetic services.

Or you can delight your friends or colleagues at work with a decorative floral gift from **Květiny Romantika**. If you're really not sure about choosing something to suit someone's taste, you can always buy a gift card to **dm** or **Albert**.

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## Gifts for HIM

A man can never have enough well-fitting shirts in his wardrobe. Both for formal and business occasions, as well leisurewear. The pleasant and friendly staff at **Anthony's** men's boutique can help you choose, and you can accompany the gift with a dry cleaning voucher for **We Hate Ironing**.

The outfit can be completed with the ever-popular sunglasses or prescription glasses from **Lens Optik**, which you can give as a present with a gift voucher. Many men love to take care of their car. The best service for this can be found at car wash **Automyčka Collection**, which offers a range of services and programme to make cars look like they just drove out of the showroom.



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# Gifts for GOURMETS

We have several tips for culinary buffs. For lovers of Asian cuisine we recommend a visit to the **Dian restaurant**, which featured this year in the „Duel on a Plate“ cooking competition, and which is ranked one of the best restaurants in the Czech Republic.

The culinary delights of Italy can be enjoyed at the **Grosseto pizzeria**, which also offers gift vouchers. And, of course, we've not forgotten about our fans of traditional Czech cuisine and authentic draught beer, and for those we recommend visiting the **Turnovská pivnice** pub, now also open on Saturdays. You're sure to thrill someone with a gift basket full of delicacies prepared to order at **Bianco Rosso** or **Sommellerie**, or a healthy option from the **Maranatha** store.

You can get wine buffs am **ASKO** home wine cabinet that can hold up to 190 bottles, with a special area for preparing the wine and the glasses before serving it. For the work colleagues you hang out with around the coffee machine on coffee breaks you can buy a pack of selected beans from **Costa Coffee**, **Coffee Perk**, **Tlap's Coffee**, or **Zrno Zrnko**, where you can get their famous artisan bakery Christmas cake every year.

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# Gifts for SPORT, RELAXATION & AND HEALTH

How many times has a friend or someone close to you talked about how they plan to start getting more exercise, but in the end this proved to be all talk and no action? Make it easy for them to take the first step towards change and give them membership at **Balance Club Brumlovka**, where they can enjoy some sports and also relax. Gift vouchers for additional services can be purchased for existing members. Effective exercise can help you to get in shape at **Body Express**. This 20-minute exercise using electrical muscle stimulation is fully equivalent to an hour and a half of training.

A good diet is also very important when making a lifestyle change, so you can supplement their membership with a voucher to something like **UGO fresh bar**, which are also popular with less sporty types. Supplements and vitamins can then be found at the **Lemon Pharmacy**.



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# Gifts for CHILDREN

Hand-painted animals and teaching aids from **Mandala Montessori** naturally develop children's creative thinking and logical reasoning. The most interesting gifts for enthusiasts of various art techniques and handicrafts can be found at **Papýrek**. For immortal LEGO® sets, stop by **KITSTORE**, which is not only a store, but also a showroom and dispensing point.

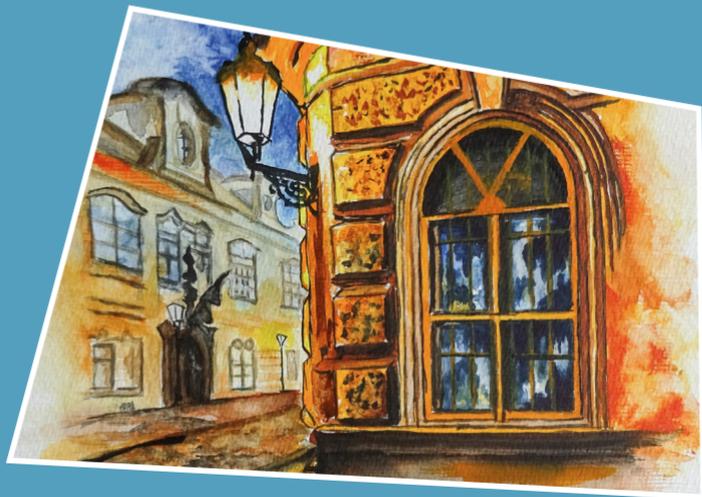
If you and your children enjoy water sports or swimming, look around for a gift at the **arena** swim store. For cycling fans or beginners we can recommend a visit to **bikero**, where they have a wide selection of bikes for adults.

You can sweeten up your life in the **Parkofka** café, where they make really fabulous cakes to order and where you can even organise a birthday party for your children.

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Exhibition.



## Romantic Corners of Prague



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Alpha Building

# Josef Balek: Romantic Corners of Prague

**When:** From 3 December to 31 December 2023

**Where:** Alpha Building, Vyskočilova 1461/2a

Originally from South Bohemia, this painter now lives in Prague 6. For almost thirty years he devoted himself to oil painting, after becoming fascinated by the art of the Old Dutch masters, led by Rembrandt. Since 2015 he has been painting only in watercolour and his subjects are mostly the hidden nooks of Prague. In 2012, he was awarded second prize in France for oil technique in the „Grand Prix International des Créateurs du Siècle La Lavoire“.

The exhibition takes you around the beautiful lesser-known parts of our Prague, showing its diversity and history. Many of Prague's residents walk the city's streets without taking much notice, yet there are lots of beautiful places that have witnessed a great deal of history.

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Brumlovka Building

# Eye tests

**When:** Monday, December 4, from 10:00 a.m. to 6:00 p.m.

**Where:** Lens Optik, Brumlovka Building, Vyskočilova 1100/2

Sight is our most important sense and deserves to be well looked after. Don't forget to make a free appointment for an eye test to help you find out how your eyesight's doing.

Make an appointment by e-mail: [lensoptikpraha@gmail.com](mailto:lensoptikpraha@gmail.com)

[www.lens-optik.cz](http://www.lens-optik.cz)

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Event.



# Eye tests



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Event.



## Angel gift-giving



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Brumlovka Square

# Angel gift-giving on Brumlovka Square

**When:** Tuesday, December 5, from 11:00 a.m. to 7:00 p.m.

**Where:** Brumlovka Square, Vyskočilova 1100/2

We invite you and your children to the Angel Afternoon at Brumlovka Square, where the good-hearted Saint Nicholas and his angels will be spreading joy. Warm up with good food, hot drinks and Christmas goodies.

- **11:00 a.m. – 7:00 p.m.** refreshment stands
- **3:00 – 7:00 p.m.** St. Nicholas and the angels, creative workshops for children

Come along, we look forward to seeing you!

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Filadelfie Building

# Travel Evening: Ascent of Kilimanjaro

**When:** Wednesday, December 6, from 5:30 p.m.

**Where:** Sommellerie wine bar, shop arcade of the Filadelfie Building  
(Želetavská 1525/1, Prague 4)

It's not easy to climb up to the highest point of Africa in six days. But Martin Levý did it! He will show you the route he took and how it went. And also how the landscape changes with the climb and how altitude sickness can affect you.

And how is it that the guides don't even get out of breath and manage the difficult terrain in ordinary sneakers? And why do porters carry a table and chairs? He will answer these and other questions at our next travel evening. He will advise you on what not to forget on a trip like this and what you don't need to carry all the way up to the top. You can try Massai cotton fabrics and how heavy a backpack is with all the equipment.

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Travel Evening.



## Ascent of Kilimanjaro



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Dance lessons.



## Dance lessons at brumlovka



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Filadelfie Building

## Dance lessons at Brumlovka

**When:** Thursday, December 7, from 7:00 p.m.

**Where:** shop arcade of the Filadelfie Building  
(Želetavská 1525/1, Prague 4)

**Come and dance with us free of charge under the tutelage of Lenka Nora Návorková** – many times the winner of the Czech Republic Latin American Dance Championship and participant in the StarDance television competition.

The December dance lesson will include Cuban dances. We'll be doing two of them, the Cha-cha and the Mambo. In both, you'll dance short choreographies that even a complete beginner can easily master.

We look forward to seeing you!

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Brumlovka Building

# Dating for exercise and sports enthusiasts

**When:** Tuesday, December 12, from 6:00 and from 8:00 p.m.

**Where:** Coffee Perk, Brumlovka Building, Vyskočilova 1100/2

We invite you to a relaxed evening of conversation with people on the same wavelength. We're organising speed dating for those who'd like to meet an active partner or friend.

The presenter will guide you through the whole evening, so there will be no time for nerves, stage fright or awkward moments of silence. Within an hour and a half, you will get to know all your counterparts and will be able to decide discreetly with whom to exchange contact information at the end of the evening.

Get lucky and sign up!

<b>From 6 p.m.</b>	women up to 45, men up to 54 - CZ
<b>From 8 p.m.</b>	women and men up to 35 - CZ

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Dating.



# Dating for exercise and sports enthusiasts



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Concert.



# Christmas Concert



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Bethany Community Centre

# Christmas Concert at Brumlovka

**When:** Thursday, December 14, from 6:00 p.m.

**Where:** Bethany Community Centre (Za Brumlovkou 1519/ 4, Prague 4)

Come and enjoy the atmosphere in the run up to Christmas with beautiful melodies at our popular Christmas concert in Brumlovka. Take a break from the everyday hustle and bustle, enjoy some world-famous melodies and brighten up the time before Christmas by listening to some great music.

**Big-name performers:** Soňa Godarská, soprano | Vratislav Kříž, baritone  
Karel Palowski, trumpet | Lenka Navrátilová, piano

- **M. A. Charpentie** – Prelude from the oratorio Te Deum
- **G. F. Händel** – Let the Bright Seraphim
- **W.A. Mozart** – Figaro aria
- **W. A. Mozart** – Hallelujah
- **A. Dvořák** – Biblical Songs (selection)
- **G. Ph. Telemann** – Air de Trompette

And many more... We look forward to seeing you! **Admission is free.**

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# Brumlovka Talks

**When:** Wednesday, December 20, from 6:00 p.m.

**Where:** première online on the **Brumlovka FB profile**

Every month, we invite people, who we feel have something to say and whose professional or personal life is somehow associated with Brumlovka. We want to seek out inspiration and advice for you, but also to present life's victories and defeats. Different person, different topic, each time on Brumlovka.

**Different person, different topic, each time on Brumlovka.**

**This month:** [Pavel Zavadil](#)

Pavel started his business career right after the revolution in 1990 with a windsurfing expedition to Baikal in Siberia. The success of that inspired him to start a sports marketing business. Four years later, however, the tragic death of his brother, a doctor, fatefully leads him into the health care business. He gradually builds up one of the largest health care companies in the Czech Republic, supplying diagnostic equipment to virtually every hospital. In the meantime, he manages to resurrect the practically defunct company Herbament out of the ashes and make it a leading manufacturer in the herbal dental hygiene sector. In 2011, he ventures into retail as an investor...

The interview will be conducted by **Eduard Forejt**.

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**Talkshow.**



**Pavel Zavadil**



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Sport.



Last session of the  
year: **December 19**

Last session of the  
year: **December 14**



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## Regular Sports Activities at Brumlovka

Regular sports help to improve your mood as well as your health. Come and treat yourself to a dopamine fix during the run up to Christmas as a break from all those Christmas parties, gift hunting and biscuit baking. But in order to recharge our batteries for the new year, we'll be taking a short Christmas break. An overview of the year-end lessons can be found below.

### Runs with Puma

**When:** every Tuesday from 5:30 p.m.

**Where:** Meet at 5:20 p.m. at the reception of the Beta Building, Vyskočilova 1481/4

The runs are led in two groups, for beginners and experienced runners, by Soňa Hrabec Kotulová and Michal Hrabec, instructors and bloggers from running2.cz.

**Last session of the year: December 19, first session in 2024: January 9**

### Yoga for the public

**When:** every Thursday from 7:00 a.m.

**Where:** Building G, retail unit, Michelská 58, entrance from Baarová street

A classic yoga session for beginners and advanced of all ages, with instructor Natálie Löwová. Own exercise mat required. No reservation required.

**Last session of the year: December 14, first session in 2024: January 11**

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Building D

## New Health+ clinic

**Health+** has expanded and renovated its clinic in Building D. The offices and reception were design in collaboration with architect Zuzana Boškova with the aim of creating a sense of positivity and well-being. You can now find ophthalmology, dermatology, psychology, orthopaedic and physiotherapy clinics as well as a new dental centre offering the full range of comprehensive dental care.

Health+ is a premium healthcare facility. It provides above-standard medical care with an emphasis on prevention. With a personal approach, in a modern setting and without having to wait. More information on the services offered by Health+ can be found at [healthplus.cz](https://healthplus.cz).

**Tel:** 227 071 561, 227 071 111

**Email:** [recepce@healthplus.cz](mailto:recepce@healthplus.cz)



Health+

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# Christmas shuttle service

Shuttle services on lines BB1 and BB2 will not be available during the upcoming holiday period. You'll be able to use the shuttle service **until Thursday 21 December 2023**. Shuttle services will resume **on Wednesday January 3, 2024**.

Wishing you a wonderful Christmas.

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