eBrumlovka.
newsletter 11|2026



Puberty Without Taboos

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Passerinvest

Building B

Puberty Without Taboos

What every parent should know as their daughter goes through puberty

When: Wednesday 4 November, from 5:30 pm
Where: FLEKSI, Building B, Vyskočilova 1422/1a
Speaker: **MDDr. Kateřina Lízlerová**

Puberty doesn't begin with a girl's first period. It's a process lasting several years, during which a girl's body, hormones and emotional responses gradually change. How can you recognise the first signs? What is normal at this stage, and when might there be cause for concern?

The talk will guide parents through the different stages of puberty, from the earliest changes and first period to the point when the menstrual cycle settles into a regular pattern. You'll learn how to prepare your daughter for these changes, how to talk naturally and openly about growing up and periods, and how puberty affects girls who are active in sport. The aim is to help parents stay one step ahead and create an environment in which their daughter feels able to ask questions.

Admission: **CZK 200/person** (Payment is to be made in cash)
Free of charge for Balance Club Brumlovka and FLEKSI members.
Registration: eventy@passerinvest.cz

Fb | Ins | brumlovka.cz

Brumlovka.

Filadelfie Building

Trekking Around Manaslu & Cycling Around Annapurna

When: Wednesday 4 November, from 5:30 pm
Where: Filadelfie Building shopping arcade, Želetavská 1525/1
Speaker: **Milan Dědek**

Join us on a journey into the heart of the Himalayas and experience two unforgettable adventures that will take you to the foot of the world's highest mountains. You'll embark on a breathtaking trek around majestic Manaslu and a cycling expedition around the legendary Annapurna. We'll make our way through green valleys, pass Buddhist monasteries and cross snow-covered mountain passes before reaching the deepest valley in the world. The talk will feature original photographs and video footage, along with compelling stories from the mountains – stories of pushing personal limits, encounters with local people and the beauty of untamed nature. You'll also pick up practical tips on preparing for a similar expedition, including what to pack, how to acclimatise and what to watch out for along the way. Come and find inspiration, courage and perhaps even the urge to set off on a Himalayan adventure of your own.

Namaste.

Fb | Ins | brumlovka.cz

Brumlovka.

Travel evening.



Trekking Around Manaslu & Cycling Around Annapurna

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Run.





Test the Latest R2 Sports Eyewear

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Filadelfie Building

Test the Latest R2 Sports Eyewear

When: Tuesday 10 November, from 5:20 pm

Where: Fine Grill Bistro, Filadelfie Building shopping arcade, Želetavská 1525/1

Join us for a run and try out the latest sports eyewear from Czech brand R2. You'll be able to test eyewear featuring innovative technology that any sports enthusiast will appreciate. The programme will also include an introduction to Attitude natural solid deodorants – and every participant will receive one to take home.

After the run, you can enjoy some well-earned refreshments courtesy of Fine Grill Bistro.

Meet fellow runners from Brumlovka and enjoy a relaxed get-together afterwards.

Fb | Ins | brumlovka.cz

Brumlovka.

Filadelfie Building

How to dress so that you always look your best with MEERA DESIGN

When: Wednesday 11 November, from 5:00 pm
Where: MEERA DESIGN boutique,
Filadelfie shopping arcade, Želetavská 1525/1

Want to feel great in what you wear – and understand why?

Join us for an inspiring styling session where you'll gain practical tips you can use every day. Light refreshments, coffee and tea will complete the relaxed atmosphere.

What can you look forward to?

- Colours that make you glow and bring out your natural beauty.
- Styles that flatter your figure.
- Simple outfit combinations to help you feel confident every day.
- Styling tricks that can transform even basic pieces.
- Tips on creating a practical, timeless wardrobe.

Register by emailing eventy@passerinvest.cz

Fb | Ins | brumlovka.cz

Brumlovka.

Workshop.



How to dress so that you always look your best

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Dating.

SEZNAMKA ŽWAKOVI



Speed Dating for Those Looking for More

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Brumlovka Building

Speed Dating for Those Looking for More

When: Thursday 12 November, from 6:00 and 8:00 pm
Where: Coffee Perk, Brumlovka Building, Vyskočilova 1100/2

Do you have your own life and dreams – and know what really matters to you? Are you looking for a partner you connect with not only at first sight, but also in your values, lifestyle and outlook on life? Come along to an intimate evening for discerning singles seeking a genuine, meaningful connection. You can look forward to a relaxed evening of conversation in a refined setting, with the opportunity to meet interesting and inspiring people face to face. Sometimes, one good conversation, a shared laugh and a few extra minutes are all it takes for a connection to form – something that can be difficult to recognise through messages alone. Perhaps this is where you'll meet someone you'd like to get to know better after the evening is over.

6:00–8:00 p.m.
Thu 12 November
CZ

8:00–10:00 p.m.
Thu 12 November
CZ

If this month's theme doesn't fit what you like, your preferences or age, check out the organising agency's website **www.seznamovacivecer.cz**, where you'll find a wide range of dating nights.

Fb | Ins | brumlovka.cz

Brumlovka.

Filadelfie Building

Dance Lessons at Brumlovka

When: Wednesday 18 November, from 7 pm
Where: Filadelfie Building shopping arcade, Želetavská 1525/1

Come and enjoy a free dance lesson led by Lenka Nora Návorková – a multiple Czech national champion in Latin American dance and a contestant on the popular television show StarDance.

At our November lesson, we'll be dancing the jive – one of the fastest Latin dances, blending elements of numerous dance and musical styles, including boogie-woogie, rock 'n' roll and swing. Come and give the jive a try, learn some new steps and master a short routine. We'll be dancing both solo and in pairs.

There's nothing to worry about – dancers of all levels are welcome, including complete beginners.

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Brumlovka.

Dance Lessons.



Dance Lessons at Brumlovka

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Christmas workshop.



Make Your Own Advent Wreath

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Filadelfie Building

Make Your Own Advent Wreath

When: Tuesday 24 November, 5:30–7:30 pm

Where: Fine Grill Bistro
Filadelfie Building shopping arcade, Želetavská 1525/1

The price includes a welcome drink, a fir wreath base, candles, decorations and floristry supplies, as well as the use of the required tools. Your finished Advent wreath is yours to take home. On the day of the workshop, all participants will receive a 10% discount at Květiny Romantika.

Capacity: **8-18 people**

Price: **CZK 1,300/person** (Payment is to be made in cash)

Reservation: eventy@passerinvest.cz

Fb | Ins | brumlovka.cz

Brumlovka.

Brumlovka

Talks from Brumlovka

When: Wednesday 25 November, from 6:00 pm
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, but always at Brumlovka.
This month: Šimon Lessenko

An architect by training, having studied at the Faculty of Architecture at the Czech Technical University in Prague, Šimon soon moved into building management. He developed his expertise at HOCHTIEF CZ, CPI and Trigema, where he was responsible for the Fragment build-to-rent (BTR) development. From there, moving into the BTR segment at Passerinvest Group was a natural next step. His extensive knowledge and experience in architectural design, facility management, property management and the care of premium properties are an ideal combination for developing the BTR segment. The sector brings together architectural and interior design, construction coordination, technology, legislation, services and numerous other disciplines, all of which need to be combined into a functional, harmonious whole. In his spare time, he practises aikido and plays bass in a band.

Fb | Ins | brumlovka.cz

Brumlovka.

Talkshow.

Šimon Lessenko



Online on the FB profile

Also available on Youtube

Now also available on Spotify

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Event.



Lighting of the Christmas Tree

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Náměstí Brumlovka

Lighting of the Christmas Tree

When: Thursday 26 November, 11:00 am–7:00 pm

Where: Náměstí Brumlovka, Vyskočilova 1100/2

Join us as we welcome the Advent season and enjoy the traditional Christmas tree lighting ceremony on Náměstí Brumlovka. The programme will include a children's theatre performance and creative workshops, Christmas stalls, a performance by the Rolnička Children's Choir and a festive carol singalong. There'll also be plenty of refreshments, including mulled wine, grog, hot apple juice and other festive treats.

- **11:00 am – 7:00 pm** Christmas-themed stalls
- **4:00 pm – 5:00 pm** Children's theater: SHEPHERDS, WAKE UP!, a fairy tale for children from 4 years old
- **4:00 pm – 7:00 pm** Children's creative workshops
- **5:00 pm – 5:10 pm** Festive Christmas tree lighting
- **5:10 pm – 5:30 pm** Rolnička Children's Choir
- **5:30 pm – 5:40 pm** Christmas carol sing-along
- **6:00 pm – 6:20 pm** Rolnička Children's Choir
- **6:20 pm – 6:30 pm** Christmas carol sing-along

Fb | Ins | brumlovka.cz

Brumlovka.

Alpha Building

Exhibition: Happiness All Around Us

Adam Jílek

When: November 2026
Where: Alpha Building, Vyskočilova 1461/2a

How can we survive without becoming numb?

How can we feel without falling apart?

A positive mindset doesn't have to mean denying reality.

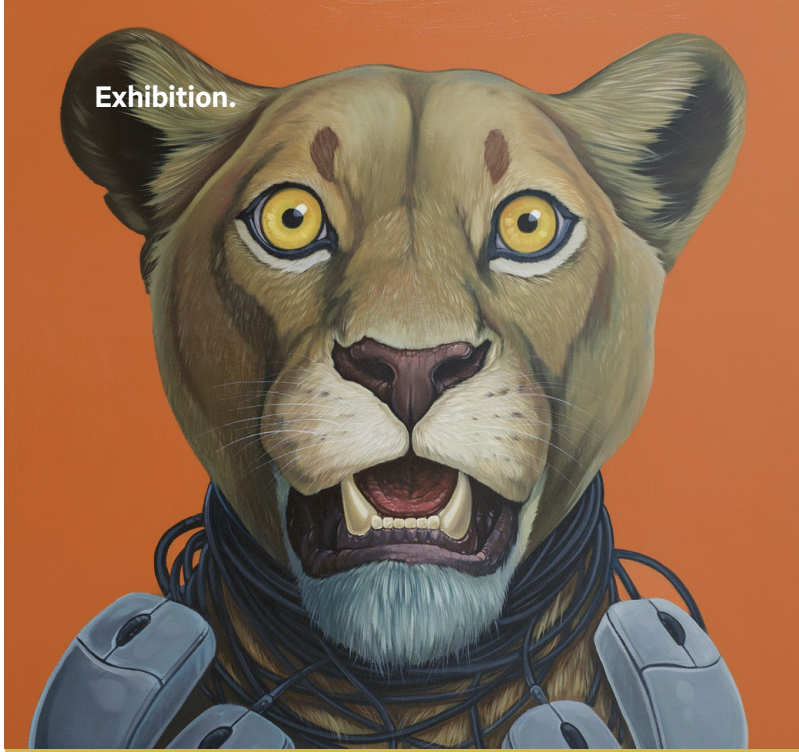
It can be a way of not losing ourselves in it.

And perhaps even a way of changing it.

These paintings don't offer answers. They offer space for reflection.

Fb | Ins | brumlovka.cz

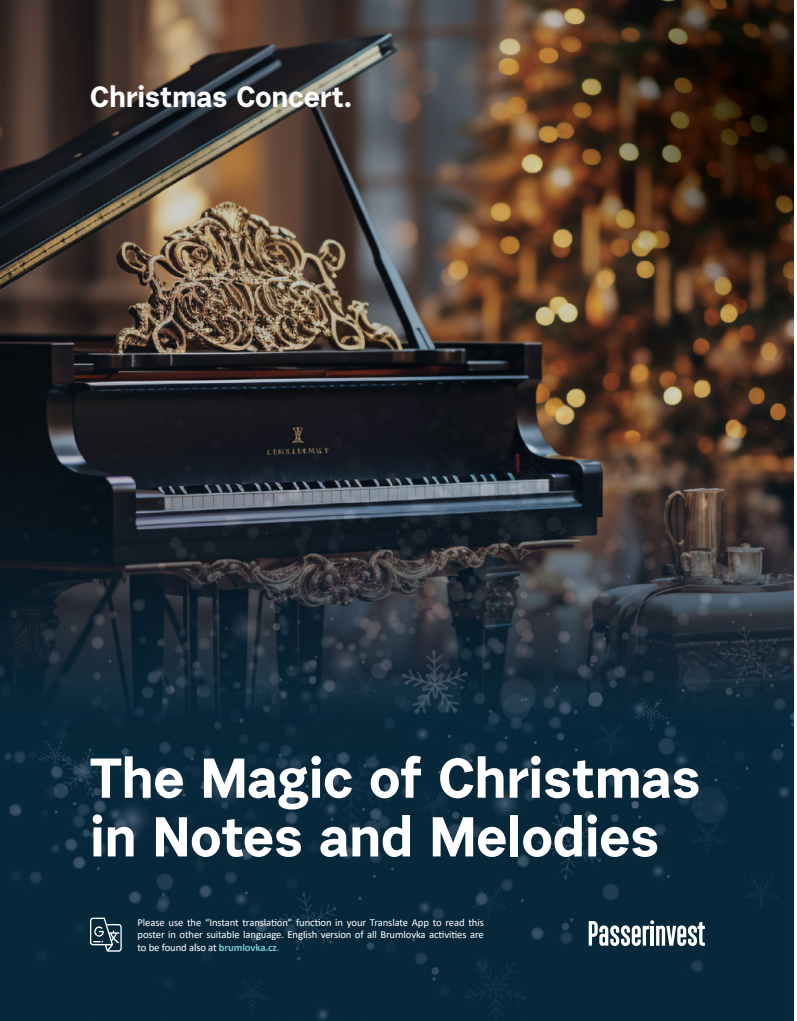
Brumlovka.



Happiness All Around Us

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Roztyly Plaza

The Magic of Christmas in Notes and Melodies

When: Wednesday, 25 November, from 6:00 p.m.
Where: Atrium of the Roztyly Plaza Building, Tomíčkova 2427/2

Take a break from the pre-Christmas rush and let yourself be carried away by the magic of music that will warm your heart. An evening filled with Christmas carols, popular Czech songs and international melodies performed by exceptional artists awaits you.

Performers:

- Jan Novák – piano
- Magdalena Vysohlídová – vocals

From traditional Christmas carols and songs by Aneta Langerová, Zuzana Navarová and Václav Neckář to international hits such as This Christmas, Make You Feel My Love and Amazing Grace.

Come and enjoy the pleasant pre-Christmas atmosphere and get into the spirit of the most wonderful time of the year.

Free admission.

roztylyplaza.cz

ROZTYLY PLAZA

Brumlovka Building

Sauna Ceremonies at Balance Club Brumlovka

Membership of Balance Club Brumlovka combines fitness and wellness to provide comprehensive care for both body and mind. In the wellness area, members have access to a 25-metre pool with natural light, an infrared sauna, a steam room, several different saunas, a Kneipp path and a sauna terrace with a plunge pool, whirlpool and greenery. The sauna experience is regularly enhanced by ceremonies featuring specially selected fragrances and distinctive towel techniques. The programme also includes sauna evenings and afternoons, with ceremonies held every hour. New ceremonies are unveiled each month at a Sauna Premiere.

If you prefer relaxing in fragrant steam, you can enjoy regular body scrub sessions in the steam room. For those who prefer to warm up more gradually, there's also music therapy in the infrared sauna.

Balance Club Brumlovka membership offers a wide range of ways to make the most of its wellness facilities. For more information, visit **balanceclub.cz** or email info@balanceclub.cz – the team will be happy to help.

Fb | Ins | **www.balanceclub.cz**

balance club BRUMLOVKA









Building B, Beta and Filadelfie

Christmas Get-togethers at FLEKSI

Are you looking for a venue for this year's Christmas get-together with your colleagues? Spend some time together in the run-up to Christmas, right here at Brumlovka.

FLEKSI offers event spaces for up to 90 guests and will take care of everything you need, from setting up the space and providing technical support to arranging the catering. All you have to do is get together with your colleagues and enjoy the evening.

Explore FLEKSI's event spaces and book a date for your Christmas gathering.

Contact FLEKSI at info@fleksi.cz or by phone at **+420 720 730 000**

Fb Ins Li **fleksiprostor.cz**

FLEKSI

Building B

BrainMarket Is Now Open at Brumlovka

As of 21 October, better health is just a few steps away. Czech brand BrainMarket, which specialises in food supplements, functional foods and a healthy lifestyle, has opened a new concept store in Building B. You'll be welcomed by trained sales staff and certified nutrition advisers, who'll help you find what best suits your individual needs. Autumn brings shorter days, less sunlight and cold, damp weather, making it the ideal time to pay more attention to your immunity, energy levels and quality of rest. And with Christmas closer than it may seem, BrainMarket also offers gift inspiration for health-conscious friends and family – whether they're active athletes, healthy-living enthusiasts or someone you'd like to surprise with a gift they'll genuinely find useful.

What you'll find at the store:

• Expert advice on nutrition and food supplements • InBody body composition analysis • Red light technology • BrainMax functional foods and food supplements • Talks and events focusing on health, exercise and recovery

Opening hours: Mon–Fri 8:00 am–8:00 pm; Sat–Sun 9:00 am–7:00 pm
Contact: +420 703 495 501, brumlovka@brainmarket.cz

Fb | Ins | brainmarket.cz

Brain market

Brain market

Myslete zdravě

Zážitková prodejna BrainMarket

Nově na Brumlovce

Zjednodušujeme vám cestu ke zdraví!

Odborné poradenství
Doplňky stravy
Funkční potraviny
Přednášky a setkání
Terapie červeným světlem
InBody měření

Více na brainmarket.cz

Otevírací hodiny
PO–PÁ 8:00–20:00
SO–NE 9:00–19:00

Kontakt na prodejnu
+420 703 495 501
brumlovka@brainmarket.cz















Filadelfie Building

New SIGNARE Collection and Christmas Inspiration at JK šperky

At its store in the Filadelfie Building JK šperky is presenting **SIGNARE**, a new original collection created to celebrate the brand's 35th anniversary.

Its distinctive symbol brings together the four pillars of JK: design, value, time and craftsmanship. Alongside SIGNARE gold jewellery for women and unisex bracelets, including the popular cord designs, customers can explore other JK collections and find a personal gift for someone special.

Early November is also the ideal time to commission a bespoke piece of jewellery so it'll be ready to delight someone under the Christmas tree. Registered customers, as well as anyone who registers now, can enjoy a 15% discount at JK šperky until the end of 2026.

The JK team looks forward to welcoming you. You'll find more inspiration in the **new catalogue**, which you can view or download online at **www.jk.cz**.

Fb | Ins | jk.cz

JK šperky

Filadelfie Building

New This Autumn at SUSHITIME

Autumn at Brumlovka has a new flavour. SUSHITIME is expanding its menu with two new additions that are well worth trying. The Chicken Teriyaki Onigiri is ideal for a quick snack or light lunch, and for something refreshing, there's the new sparkling Sea Buckthorn & Apple Lemonade.

Both are available now, with more new additions on the way. You'll find the latest menu on the **SUSHITIME Brumlovka website**, in the Brumlovka app and on SUSHITIME's social media channels.

Fb | Ins | sushitime.cz

SUSHITIME





Brumlovka Building

Save 15% on Car Care

A spotless car without the hassle? The Collection Car Wash at Brumlovka is offering all residents and tenants a special 15% discount on its car care services. Choose from a range of services, including exterior washing, interior cleaning, waxing and ceramic coating.

Have your car cared for right here at Brumlovka and take advantage of this special offer.

For more information, visit **acstore.cz** or call **+420 607 000 333**.

Fb | rucnimycka.cz

Automyčka® Collection

Brumlovka Building

Get ready for winter with We Hate Ironing

A cashmere coat, down jacket, favourite jumper or ski suit. We Hate Ironing's online dry-cleaning service will clean them all for you. Get your wardrobe ready for the coming winter. Proper, regular care will ensure that your winter essentials remain fully functional and keep you warm.

Have them professionally cleaned before you wear them for the first time this winter.

Fb | Ins | wehateironing.cz

WE HATE IRONING





Brumlovka Building

A Plant-Based Diet: Its Benefits and What to Watch Out For

When: Tuesday 24 November, from 5:30 pm
Where: Maranatha restaurant, Brumlovka Building, Vyskočilova 1100/2

Are you interested in plant-based eating or considering making more room for it in your diet? As part of its Health Club series, the Maranatha restaurant invites you to an informal event exploring the benefits of plant-based eating, its effects on health and what to bear in mind when adopting this way of eating, for both adults and children.

Your questions will be answered by Martin Hladík, manager of the Maranatha restaurant. You can submit a specific question when confirming your attendance, helping to ensure that the discussion covers the topics that genuinely interest you.

Register by emailing: martin.hladik@bbcmaranatha.cz

Fb restauracemaranatha.cz

MARANATHA

Beta Building

Bible Conversations

When: Every Thursday, at 5:30 pm

Where: FLEKSI, Beta Building, Vyskočilova 1481/4

What does the Bible actually say about the questions that matter most? Join a relaxed and open Bible study led by a young professional who works at Brumlovka and is passionate about studying the Bible, asking meaningful questions and connecting with people.

Together, we'll explore topics such as: What is God really like? Why is there evil and suffering? What happens when we die? Who is Jesus and why is he important? Can people really change? Where is our world heading? And is there hope beyond this life?

Whether you're a Christian, sceptical about faith or simply interested in finding out what the Bible has to say, you are more than welcome. Admission is free.

Contact: Martin Strnad, +420 601 354 228, martin.strnad@maranatha.cz

maranatha.cz

maranatha

Conversations.

maranatha



Bible Conversations

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