



Aljada

Community Newsletter

July 2022

Hello Aljada!

Welcome to our first community newsletter! My name is Sameer and I'm Arada's new Chief Community Officer serving the needs of residents at Aljada.

It's a matter of community pride to maintain the cleanliness, integrity and sustainability of our surroundings. We've been working hard to uphold the high quality of our facilities and standards of living together with more enjoyable activities and leisure offerings at Aljada. Your home, your community and your experiences are all very important to us and we rely on your support to constantly improve and evolve.

A moment of pride for all of us – our Al Janah pavilion won big at the AIA (American Institute of Architects) Awards. Congratulations to the talent involved in creating this modern-day landmark from

Arada Developments and the American University of Sharjah!

We have exciting times ahead – our community continues to grow with new residential handovers at Misk with more to follow.

We continue to maintain our building façades and landscaping and uphold safety with new signs and meticulous cleaning throughout Aljada.

Registrations are ongoing for potential students at SABIS-Aljada and there's a Canadian daycare joining us later this summer, Maple Bear Nursery.

On the retail front, we've now got our own Spinneys and Starbucks at Aljada!

Eclectic menus await as we welcome Moon Slice, Origami, Hoof Specialty Coffee and Here-O.

There are fantastic new options for active lifestyles. Sarab Community invites you to Wellfit, offering more than 25 types of group classes. There's also Round Fitness Studio, new to Nasma Central and specifically for women.

Don't forget to follow us on socials – and tag @AljadaShj when posting your photos when out and about or if you have something particularly interesting to share with us.

Keep smiling and thriving!

Best,



Chief Community Officer



The handover for Misk 1&2 has taken place with Misk 3&4's handover happening next

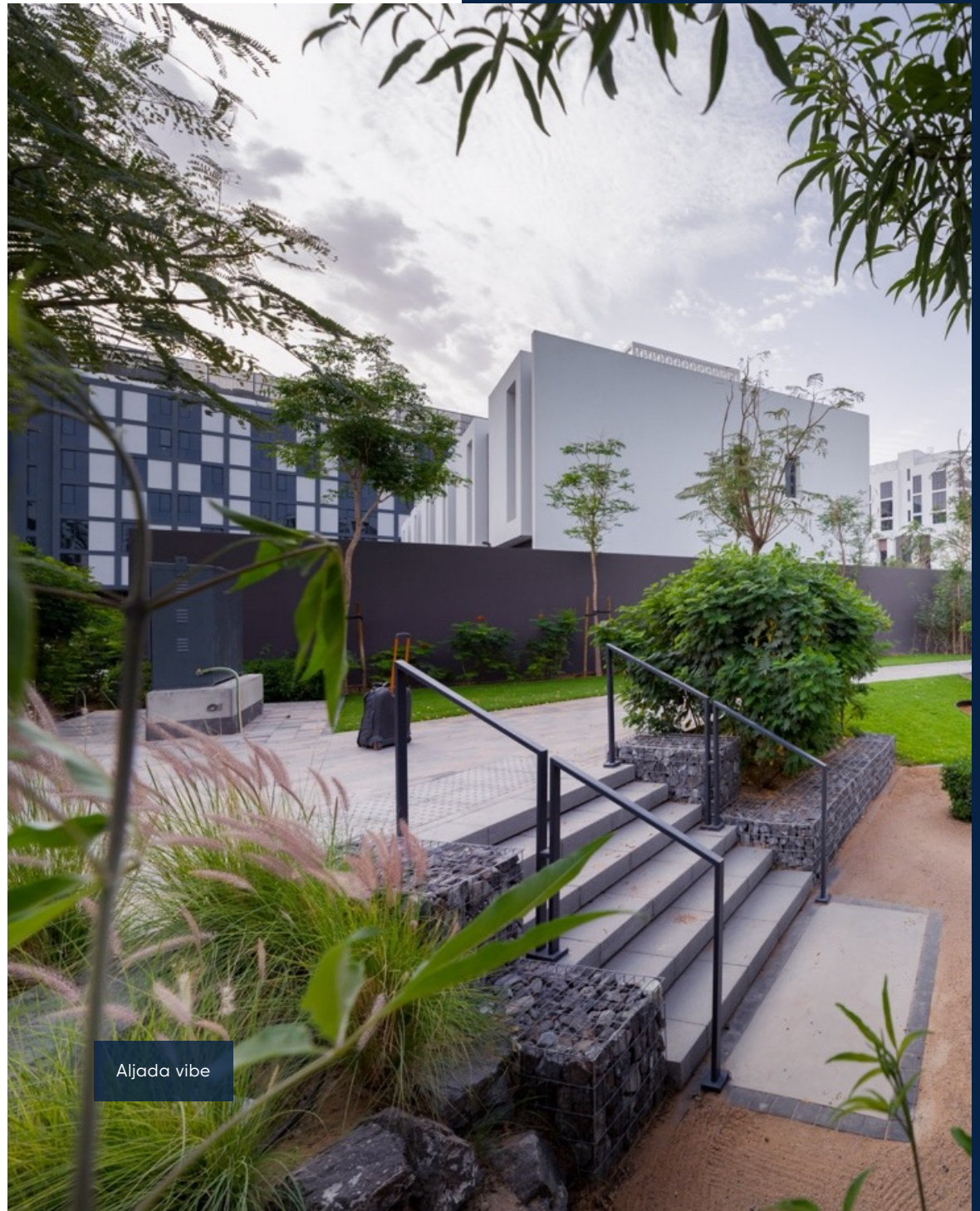




A balmy afternoon in Aljada



Walking through Aljada



Aljada vibe

Friendly reminders

Conditioning your aircon

As the sun grows stronger and our days grow longer, our use of energy increases tremendously. Let's be mindful of heavy air-conditioner (AC) usage with these handy tips:

- Don't leave your AC switched on when you're leaving a room for more than 15 minutes.
- Regularly clean or replace AC air filters and have AC-freon levels checked.
- Use thermostats wisely by setting economical temperatures for efficient usage.
- Have your ACs serviced by qualified personnel.
- Clean and flush your AC's drain line regularly to prevent excess moisture.
- Keep your blinds and curtains drawn, doors and windows shut during peak afternoon hours.
- Invest in fans and alternate AC usage with them.
- Use the heat to your advantage by indulging in Bikram yoga, swimming and water sports.





Man's best friend

While we're deeply fond of our furry friends, we do need to be considerate toward our neighbors in terms of our pets' behavior:

- Let's ensure that whenever we take our canine pals out-of-doors, they're always on a leash and bear proper identification.
- Please avoid areas where dogs are prohibited – signs have been placed accordingly.
- Do stay up to date with your pets' vaccinations.
- Endeavor to keep pets' noise levels modified.
- Make sure to keep dog food bowls within the vicinity of your home.
- Is your beloved pooch missing? Have you encountered an abandoned pet, inhumane animal treatment or an animal attack? Report serious incidents to the Sharjah Municipality at 06-562-3333.
- Be mindful of the heat – don't leave your dog in the car and pick cooler, permissible areas for dog-walking to save precious paws from burning on pavements.
- Utilize our designated dog waste bins at Sarab and take pride in keeping Aljada clean!

Events @Aljada



Al Janah Pavilion, Aljada – awarded in the prestigious Open International Category at the American Institute of Architects, Washington, D.C.



Young footballers in action at Aljada competing for the Red Bull Neymar Jr's Five



UAE Flag Day was fêted at the Aljada Discovery Center



Vibrant Diwali festivities at the Aljada Discovery Center



Jubilant winners of the Red Bull Neymar Jr's Five on Aljada's football pitch

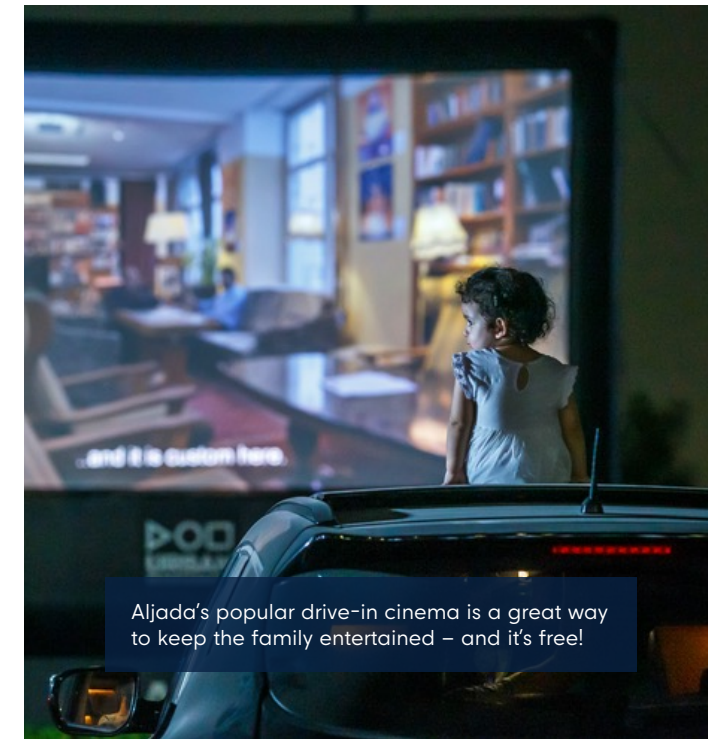
Community calendar @ Aljada

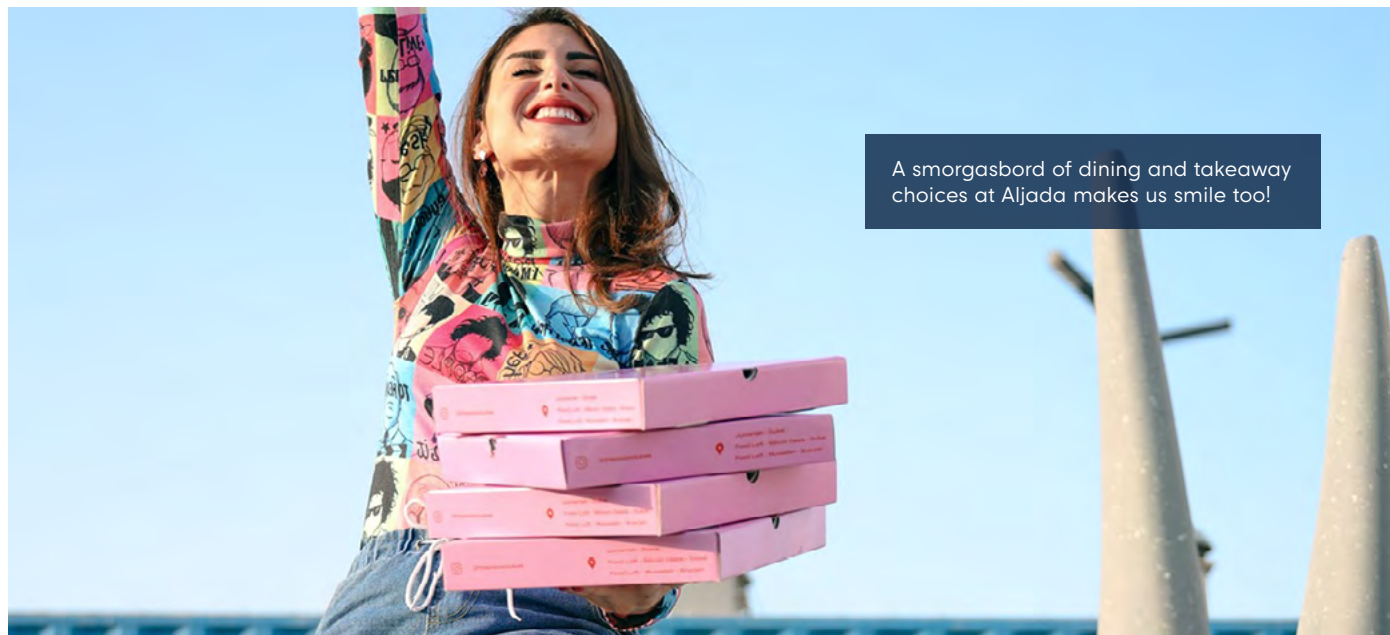
April 2022

Manbat continues every Saturday with a special Ramadan night market from 9pm to 1am. Browse fresh Emirati produce straight from the finest farms to enrich your iftar and suhoor tables!



Aljada's drive-in cinema has plenty of complimentary screenings on offer this Ramadan during Ramadan! Catch the Champions League finals live and Hollywood blockbusters, along with our Disney Club's family-favorite classics every Thursday this Ramadan at 6pm and 9pm.

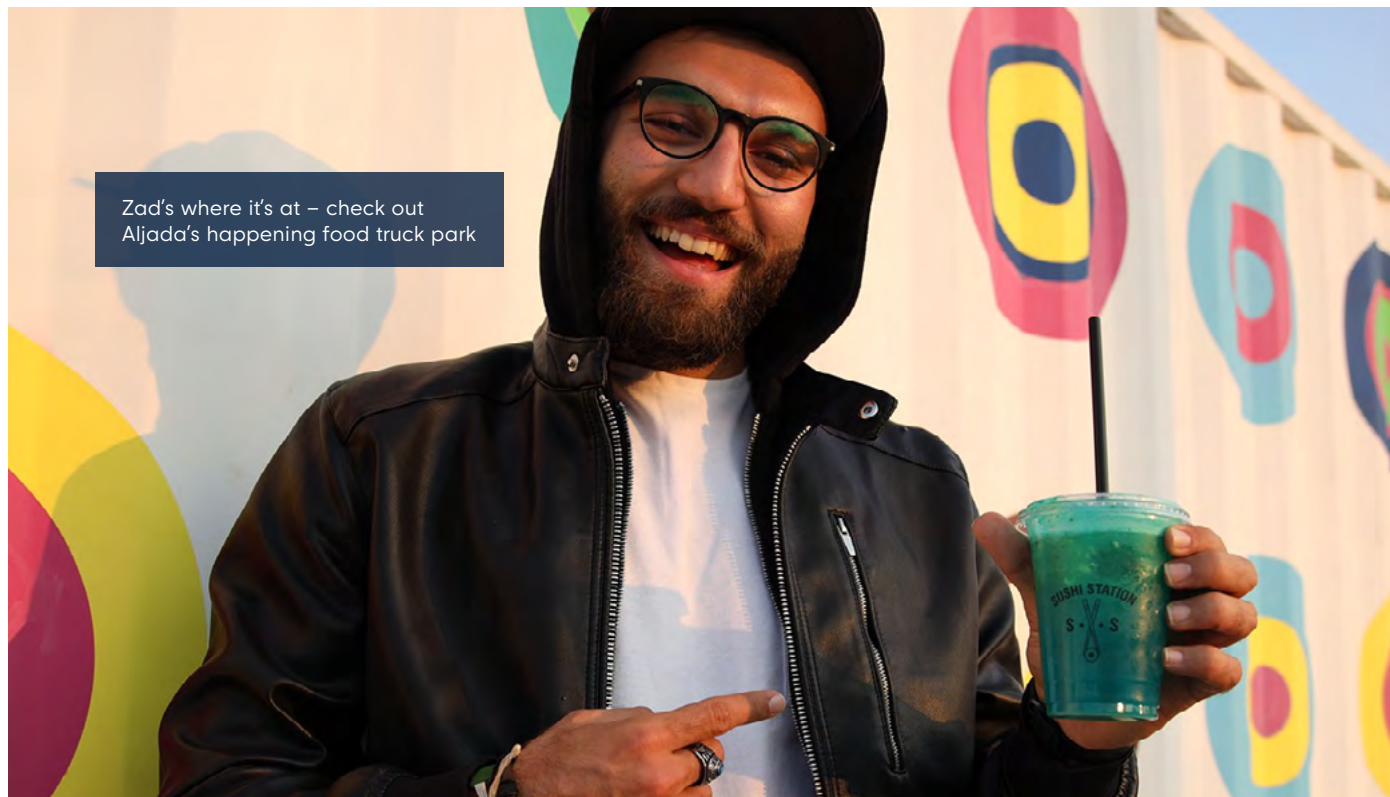




A smorgasbord of dining and takeaway choices at Aljada makes us smile too!

May 2022

Look to the skies for celebratory fireworks during **Eid Al Fitr!** We have plenty of family fun planned for you – stay tuned for details.



Zad's where it's at – check out Aljada's happening food truck park

Eid Al Fitr fireworks light up Aljada



New @ Aljada

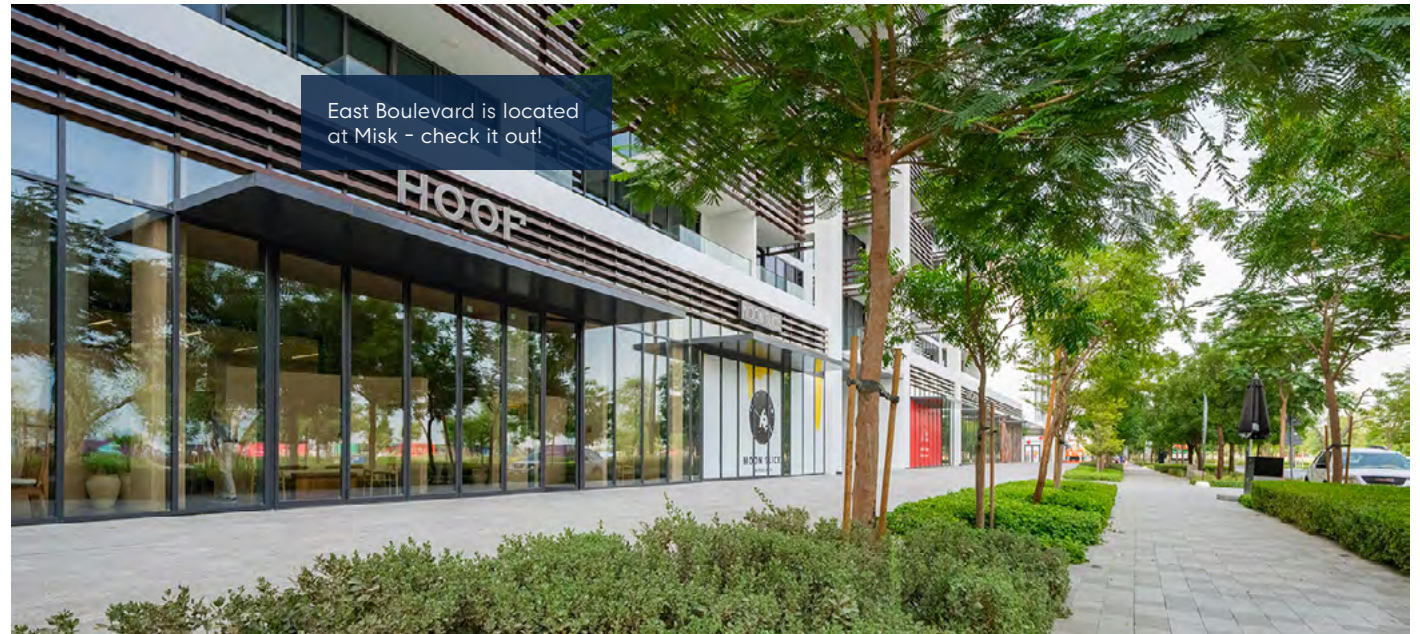
East Boulevard launches at Aljada! 75,000 square feet of retail, dining and services options along a wide, walkable tree-lined street.

Spinneys circles its way to Misk 1 for your essential supermarket needs, all under one roof. Stay tuned for special offers for residents!

Boost your wellness and track your activity levels at **Wellfit**, getting Sarab Community amped up with quality workouts, data-driven tools and a handy Members app. Over 25 group classes will be on offer including Step, Zumba, Cardio Pump and HIIT along with the gym's signature Ignite and Fortify classes. Watch out for promos and deals!



Train for glutes of steel at **Round Fitness Studio**, a ladies-only gym in Areej 3. Use the code ALJADA22 to sign up for a free trial class



Here-O's handmade sourdough donuts are joining the Zad foodtruck park and they look O-so-good!





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We can't wait for our first mouthful of stretchy mozzarella! Emirati-owned artisanal pizzeria **Moon Slice** is due to open at Misk 2.

Get chopstick-ready for **Origami's** scrumptious sushi platters, wok-ing their way to Misk 2.

Keep your clothing **Techno Clean** – the laundry service has freshly arrived to starch up Rehan 3.

Global favorite **Starbucks** steams its way to Misk 1 while **Hoof Specialty Coffee** – also at Zad – brings its minimalist ambience and quality brew to Misk 2.

Is the heat playing havoc with your hair? **Awtar Beauty Center** to the rescue! Set to open its doors at Rehan 3, expect salon classics along with spa services.

The renowned **SABIS International School-Aljada** began its first academic year here last year. Registrations are ongoing for the academic year 2022-2023. The SABIS International School network educates over 70,000 students in 20 countries

Maple Bear Nursery: This Canadian daycare center welcomes cubs aged 6 months to 6 years and launches mid-summer. More in our next issue – in the meantime, take a look at MapleBearGulfSchools.com

Not one, but two new chemists will cater to your family's daily needs – **Health First Pharmacy** at Rehan 1 and **Life Pharmacy** at Misk 1.

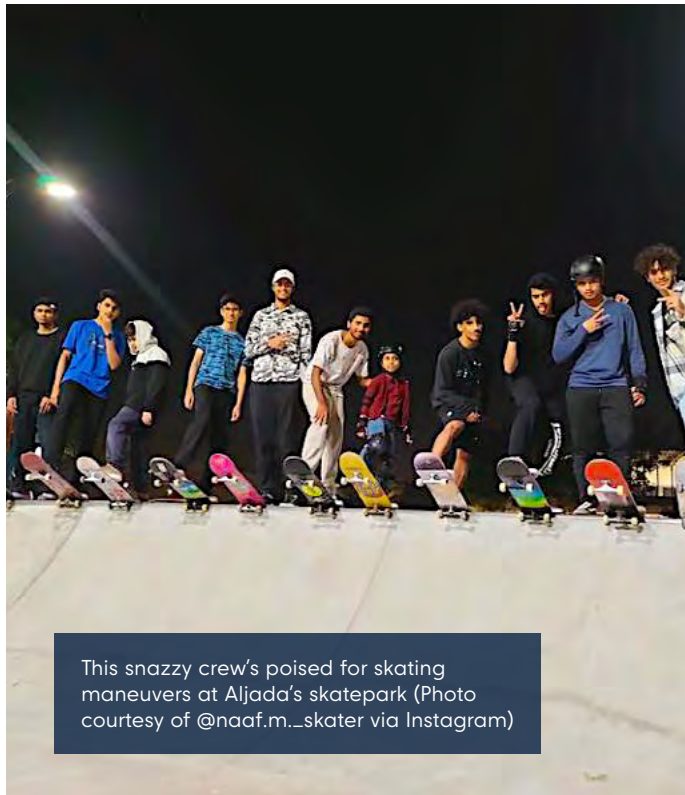


Life @ Aljada

Our home, our neighborhood, our community

Our top pick for #LifeAtAljada wins a gift voucher!

Congrats @naaf.m_skater



Keep tagging us in your photos & hashtag #LifeInAljada

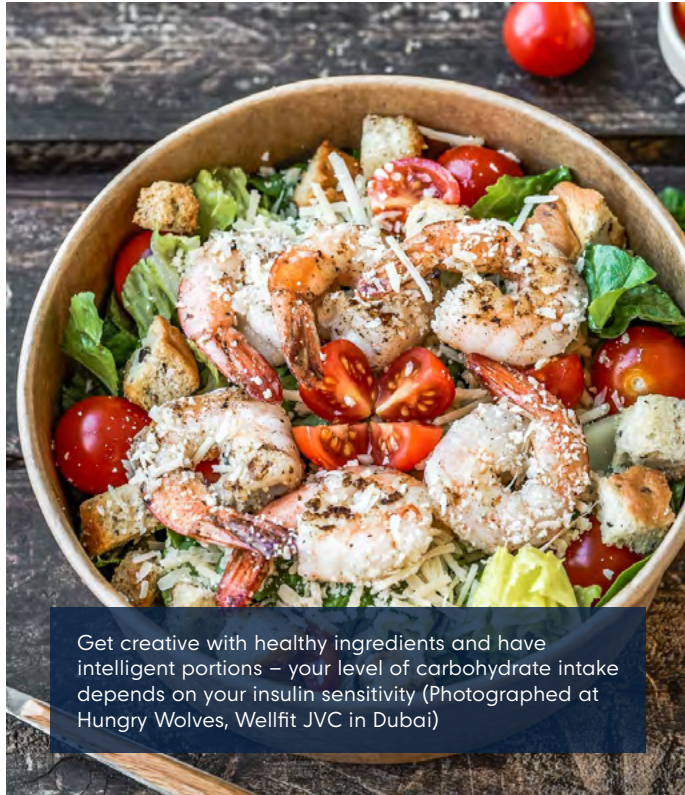


Fitness Bytes

Wellness is key this Ramadan

By Club GM Mujahid S. Ghazi

Wellfit, Sarab



Get creative with healthy ingredients and have intelligent portions – your level of carbohydrate intake depends on your insulin sensitivity (Photographed at Hungry Wolves, Wellfit JVC in Dubai)



Farm-fresh greens and juicy fruit add nutritional zest to your menu (Photographed at Manbat farmers' market)

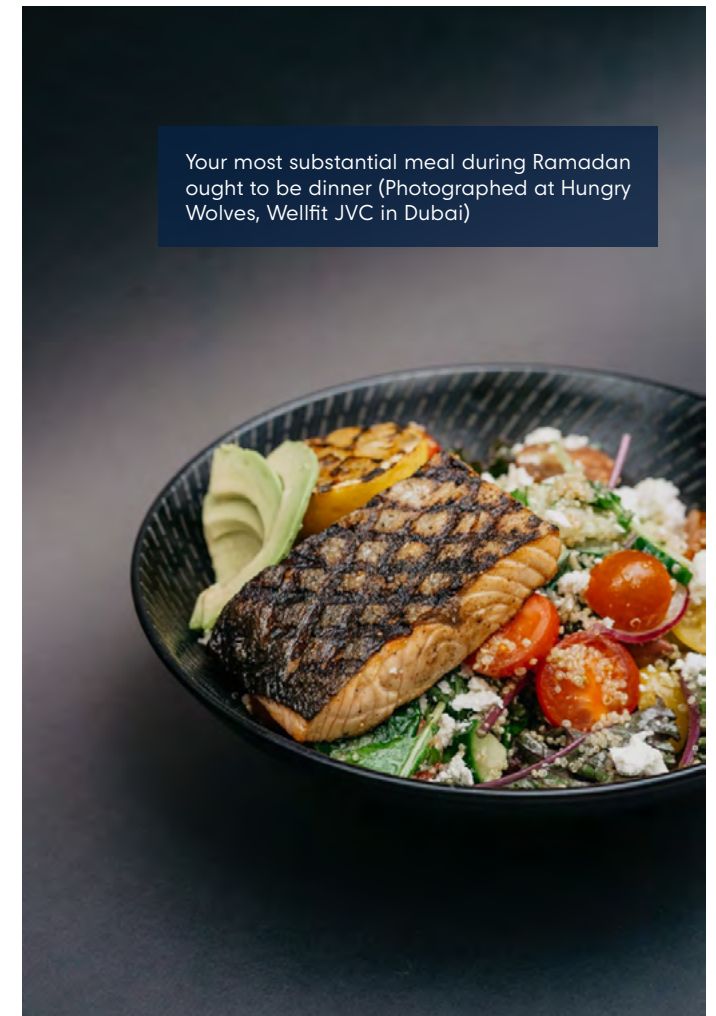
Suhoor – Take in enough healthy proteins and fats at this time and enjoy it! Avocados, peanut butter, eggs, chicken and bananas are all great options. Make sure to down at least two large glasses of water – if not more – and some multivitamins too.

Training – It's best to avoid working out while you are fasting. You risk dehydrating yourself at a time when you cannot drink water and may derail your sugar levels. After a safe interval of rest following iftar, get some exercise.

Iftar – Rehydrate and have intelligent portions – some protein, some low-glycemic carbs. Dates are a nutritious source of energy but also very sugary, so don't have too many. You can follow your iftar later with a more substantial meal.

Dinner – This ought to be your largest meal, ideally after you squeeze in a training session. Dinner can also include a protein shake and carbs. Your level of carbohydrate intake depends on your insulin sensitivity.

Mindfulness – Ramadan isn't the time to strive for fitness gold – be kind to yourself and take it one day at a time. If you feel up to it, come on down to Wellfit Nasma and try out one of our 20+ exercise classes, download our new Wellfit app, and have your kids check out our Oasis academy for juniors.



Your most substantial meal during Ramadan ought to be dinner (Photographed at Hungry Wolves, Wellfit JVC in Dubai)

Helpful contacts

Ambulance

06-998 | 06-999

Sharjah Police HQ

06-563-3333

Electricity

06-991

Civil Defense/Fire

06-997

Sharjah Police General Directorate (Traffic)

06-563-3333 | 06-563-3332

Water

06-992

Police

06-999

Maintenance

800-ARADA (800-27232)



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