

CityLife

by TMG

Issue No.03 - March 2023

Hend Sabry

**ENCHANTING US
WITH SECOND
CHANCE**

NOOR
Living a
Bright
Future

ASSER YASSIN
A MOTHER'S DAY
TRIBUTE



**CELEBRATING SPRING,
RAMADAN, EID AND EASTER**

و بدأت الحياة في سيليا



سيليا تستقبل قاطني أولى المراحل السكنية بها، في مجتمع مثالي يتمتع بتصميمات معمارية فريدة وموقع مميز بقلب النهر الأخضر بالعاصمة الجديدة.

وبالتزامن مع تسليم أولى المراحل السكنية، تم افتتاح العديد من الخدمات، من كلوب هاوس وملعب وسوبر ماركت ومسجد، ليستمتع السكان بتجربة معيشة متكاملة من اليوم الأول.

سيليا هي نموذج مثالي للخصوصية والتكامل من خلال التصميمات المعمارية الفريدة للمشروع، والمناظر الخضراء الخلابة والخدمات المتكاملة التي تساهم في خلق نمط حياة صحي وفريد من نوعه.

Say Hello to Spring with CityLife



Spring is in the air, and nowhere is it more apparent than in the beautiful gardens and green areas of our communities. In this, the season that embraces Ramadan, Eid, Easter and Sham El Nessim, along with that very special day when we pay tribute to the mothers in the community, we can look forward to enjoying the beauties of nature as we spend quality time with family and friends.

Within this, our third issue, we look at all the ways the energy of spring revitalizes us. The holy month of Ramadan draws us together, in worship, and in a celebration of time spent with family, neighbors and our community. We also meet amazing women from different walks of life, who have made their mark through creativity, initiative, and determination, giving us inspiration to live our lives to the fullest.

With the east side of Cairo developing rapidly into a dynamic and highly desirable lifestyle choice, we look at how NOOR, the latest exciting project from TMG, meets, and even exceeds the aspirations of today's young home buyers. Incorporating the best of technology, it has 'green' credentials that promise sustainability into the future.

This issue of *CityLife* also brings us the latest news from MGC and our retail, commercial and sporting facilities. You will find what you need to know about great new venues, entertainment, Ramadan cuisine, and important information from City Hall.

As we experience the beautiful days of spring, we invite you to share your news and achievements, as well as your suggestions for topics that will benefit our residents. Your thoughts and milestones are important to us.

CityLife is created for our TMG communities, to entertain and inform you. We wish you and your loved one all the blessings of Ramadan, and happy days ahead.

CityLife Team

Citylife@tmg.com.eg

C O N T E N T S

MARCH 2023

Celebrity Feature:

Hend Sabry
Enchanting Us with Second Chance



Interview:

Mona Al Deghaidy



Fashion & Beauty:

Second Chance by Hend Sabry

Spring Fashion Trends

Keeping It Natural

Perfumes for Spring



TMG News:

NOOR Smart Homes for Youth

Orion Has You Covered

Meet Elena Kudina

Meet Erika Szemes

Madinaty Golf Club: MENA Tour

Pro Shop

Yoga Hub

Troon Wellness



Men Zone:

Fitness Gadgets

Latest Tech and Electronics



Sports & Activities:

**Table Tennis, Tyche Academy
and Warriors**

Archery HUB and Pickleball

Nagwa Ghorab

Madinaty Junior Sports Champions



Wellbeing During Ramadan

Ramadan Mood

Ramadan Gifts

Ramadan Recipes

Ramadan Restaurants



Travel: **Eid Getaway**

Kids Zone: **Celebrating Spring Around the World**

What's New

Spotlight:

Gateway

South Park

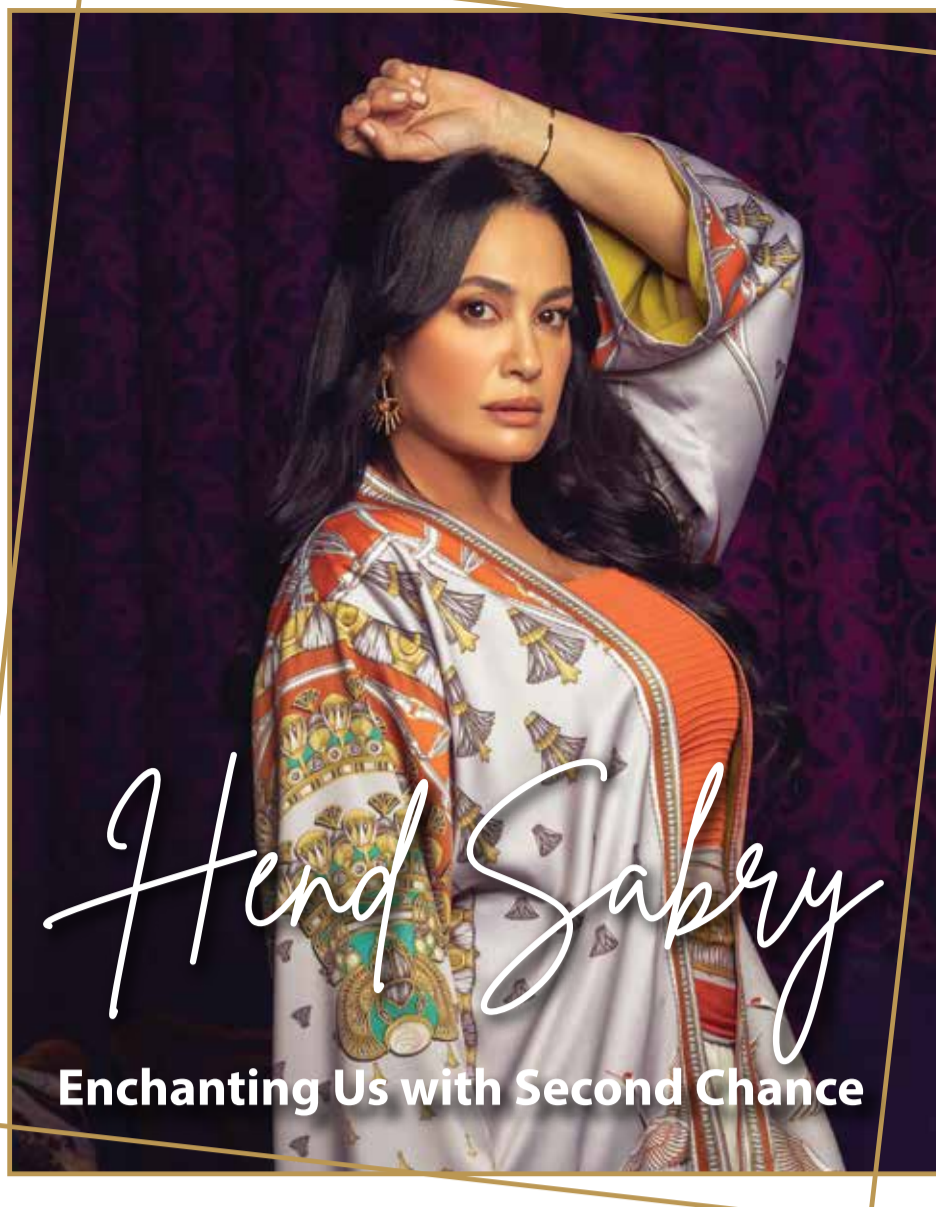
Park 15

Craft Zone



City Hall News

Al Rehab and Madinaty Mosques Prayer Timetable



Hend Sabry

Enchanting Us with Second Chance

Award-winning actress, lawyer, WFP Regional Ambassador, wife, and mother. And now, the creative talent behind a clothing brand that is breathing fresh air into our lifestyle.

Hend, tell us, how do you manage to juggle all this?

I honestly don't know. I think it's from a drive I have within me to do what I need to do without procrastination. Sometimes I tend to multitask, which is exhausting. I don't recommend it, especially when you are a mum, as your attention needs to be in one place. But it is the only way I would have it, I am not a jack-of-one-trade.

Do you think that living in a gated community with services and amenities offers an easier lifestyle for busy families?

I do live in a gated community, and definitely it is safer for kids, knowing that you are not with them 24/7. But, wherever you live, in a family building or community, the most important element is an efficient and helpful support system built through good neighbors, friends, or family who live close by.

What age groups are you catering to with your Second Chance collection?

The good thing about Second Chance is that it does not target a certain age group, or a certain height or weight. It is for everyone, whether modern or conservative. It is for any woman who wants to be aligned with her values, and the streets of the Arab world, with simple elegance. Our main interest comes from the 25 to 50 years age group, but I would love to have a line for men, and a line for kids. We are a very inclusive brand.

Do you see a trend towards more relaxed and modest clothing?

For sure. And with economic factors playing a role, I think we need to be more cautious about what we buy. I believe in affordable good quality, and we are not merely driven by profit. We value sustainability, and use sourcing of recycled materials. We donate 10 percent of each item to associations working with textile communities. We are trying to give back as much as possible, and include our values in Second Chance's values. My values are important to me and I wouldn't feel happy being part of a business that didn't give back.

Now, with Second Chance, you have diversified your creativity. What motivated you to start this line of clothing, and where do you find your design inspiration?

With Second Chance, I am not the main creative influence, my partner Rym Turki is, but I am asking her to let me become more involved in the creative side. I think I am actually going to design some of the collections. Creativity is not limited to one field, as well as being an actor I loved the creative process of being a producer of *Finding Ola*. You need to come up with solutions in production, to be involved in every aspect of the work, from development to décor and writing. I find my inspiration generally in my life. I am influenced by what I see when I travel, what I read, and the movies I watch. I have reached an age where this translates into taste, and I am proud and happy to have a partner I share these values with. That is how Second Chance came about.



Do you think that women have been looking for a clothing brand that reflects their individuality and self-empowerment?

Definitely, women have been looking for clothing that makes them feel confident, but that is practical and easy to wear. Something that shows their individuality and makes them proud of their roots, integrating colors and patterns. We are very aware of this and are happy to be offering this to women across the Middle East.

Did you start out by designing outfits for yourself?

I sat with Rym some years back, as I liked the things she was designing. I had an important part at the time, and I sat with the stylist and decided to wear this kind of rural chic kimonos and cardigans, as I thought they were relatable for that character in particular. So with the stylist, Omnia Aly and Rym, I came up with four or five kimonos that I wore for the role, and that style became really popular.

You have had a string of highly successful films this year. What are you currently working on?

I am working on *Finding Ola Season 2*, and we are nearly ready to film. Look out for it on Netflix by the end of 2023. We are looking forward to it as *Finding Ola* is really my baby, and it was extremely successful, even beyond my expectations. I am also waiting for the release of *Fi Mahab Al Reeh*, based on the popular series *The Good Wife*, which I shot for NBC last summer. It is a 45-episode social drama, with Eyad Nassar, Jumana Mourad, Huda El Mufti, Maged El Masry, Noha Abdin and Ali Al Tayeb.

When you consider a script, what are the things you look for?

It is not that I look for things, it is more about being surprised when I read a script. I don't like it to be predictable from the beginning, it should have a surprise through the series of events, or through the depth of character of the actors. I always look for a fresh take on things by a writer, which can be very rare these days.

With Mother's Day on the calendar this month, what are your wishes for your two daughters as they go forward in their lives?

Happy Mother's Day to all, and to my own mother as well. My wish for my daughters is to grow up in a world that is not as harsh as it is today. I really hope that their future is brighter, with peace and serenity, and a little bit of hope.

QUICK-FIRE ROUND

Most important quality in a friend?

Loyalty

Valentine's Day Gift - Chocolates, flowers or jewelry?

Flowers

Best advice you have ever received?

Don't answer critics

Getaway holiday destination?

Rome, Athens and

Early bird or late riser?

Super early bird

Comfort food?

Pasta, pizza and bread



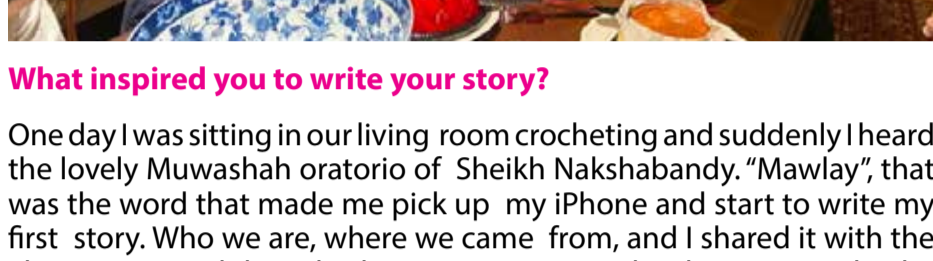
Mona El Deghaidy

A Woman for All Seasons

With Mother's Day approaching, we had a heartwarming chat with Mona El Deghaidy and learned more about her book, her life story, and her relationship with her family.

What can you tell us about your recently published book?

The book *Noni and Her Stories* contains a summary of my life, in a simplified way, as I wanted to leave something for my grandchildren that would introduce them to my personality and who I am. As I mentioned in the book, I was born in Port Said, lived in Qantara, grew up in Al-Mahrousa in Cairo, fell in love in Alexandria, lived in London, taught in Nigeria, and by living in Suez City for some time, I had covered the entire Canal Zone, as they say. I later moved on to Ankara in Turkey, lived in Abu Dhabi, then finally anchored in Al-Mahrousa in Cairo.



What inspired you to write your story?

One day I was sitting in our living room crocheting and suddenly I heard the lovely Muwashah oratorio of Sheikh Nakshabandy. "Mawlay", that was the word that made me pick up my iPhone and start to write my first story. Who we are, where we came from, and I shared it with the Short Stories Club and other groups on Facebook. Surprisingly, the reactions were great, and they asked for more and more stories in this simple, colloquial dialect.

Do you have a core philosophy to life that has been a driving force to your fulfillment, and supported you through challenging times?

Actually, I don't have a specific philosophy, however, if I had one it would be, "Life is too short, so learn more and more, trying to get the best of it".



Are you a person who sets up routines and works to a clear structure, or do you prefer to 'go with the flow' and see what each day brings?

Honestly, I am a routine person who doesn't like sudden changes, except in some matters as I love to learn and practice new hobbies related to handicrafts such as crocheting, sewing, decoupage, accessory making, macramé, sculpture, and making nice simple projects to decorate our home garden. Some of these crafts I learned after the age of 60, so I am not a 100% traditional person.



Have you been a strict mom or more of a friend to your sons?

Because of my husband's work and the fact that he was always traveling, I had to play the role of mother and father sometimes. Because I was raising men, I was strict, but without giving up my tenderness, so I was a friend to them. There was firmness in my dealing but without cruelty, the same way I was raised.



What pastimes and hobbies do you enjoy, and how have you managed to find time to follow them?

I learned to crochet when I was in Nigeria, from Filipino friends who were there, and I was good at detailing, and I love making galabiyas for children. I also love drawing on gravel, and I have gravel that I use in the office that is more than 40 years old. All these hobbies I practice in parallel with my role as a mother and grandmother, and they do not conflict with it.



We know you are a great cook and keen gardener. How important are these activities in energizing the soul?

Sure, I love cooking for my family, and I humbly consider myself a great cook in some special dishes. I feel happy and proud when friends call me asking for my recipes. At the same time, thank God, I am a good gardener too, and I put a lot of effort into arranging our flowers, plants and my lovely projects in the garden.

What is the best advice you have ever received, and who has been an important role mentor and role model for you?

The best advice I received was when I was in my twenties. It was, "Crises become good experiences for you". Actually, my parents and my husband have played important mentors and role models in my life. For my mother, I followed her principles in raising my kids, and how she successfully managed her time between duties and hobbies. At the same time, I was inspired by my father, who practiced medicine while enjoying his hobbies of painting, and gardening, in a competent way. As for my husband, he taught me not to be impulsive, and to take time before reaching my decision.

Do you play a close role in the life of your sons Asser and Islam, and your grandchildren?

I believe so, and am a proud mother of two gentlemen, Asser and Islam, as well as a proud grandmother to my beloved grandchildren, with whom I also participate by sharing my experiences to encourage and strengthen their artistic sense.

As a symbol for the many women on Mother's Day, please tell us of the mutual respect you share with your husband.

Mutual respect is the most important basis in forming a strong, bonded family. Family means time sharing, caring, appraising and appreciating each other's efforts. This will make it a real, happy and successful family.



Asser Yassin

Quick-fire Round

What is the sweetest Mother's Day gift you have ever given to your mother?

I cannot answer that question as she is the one to answer this. However, if she asks for the whole world, I will do my best to please her.

How would you describe your mother in three words?

The best heart in the world, if only three words, this description sums up my mother

We know your mother is a talented cook. What's your favorite dish?

There is a special dish she makes that I love so much, the meat tray with her special sauce. And her cakes!

If you could take your mother on the holiday of a lifetime, where would you go?

She's not going anywhere without Papa and the kids, but if I decide to go on a trip with her we'll go to London.

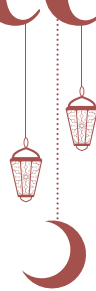
What is the best advice your mother has ever given you?

It is a saying more than a piece of advice. "Treat people as you would like to be treated".

Second Chance

By Hend Sabry

A Collection to Adore This Ramadan



Ramadan invites us to return to a more relaxed form of dress. Cool, flowing designs that soothe us and allow us to feel more at one with the environment. Combine this with elegant patterns that draw on our rich cultural background, brought to you by the ever-talented Hend Sabry and her design partner Rym Turki, and you have the new collection that has captured our hearts.

www.secondchanceonline.com



Fashion for a Spring Mood

Fresh and subtle.
This spring calls for
understated chic.



T-Shirt With Contrast
Designs - ZARA



Printed chiffon blouse - MANGO



Small Metallic Bag - MANGO



Pleated Blouse - H&M



Stretch Belt With Acetate Effect - ZARA



Navy Striped Cotton Shirt
- MASSIMO DUTTI



Knit Crochet Dress - ZARA



Tie-Dye Tulle Dress - PULL&BEAR

Spring Fashion Trends



Kids' Trends



Floral Rhinestone Dress – ZARA



Keeping it Natural

Spring is all about keeping your look as fresh and natural as possible. A healthy glow with well-hydrated radiant skin, and sparkling eyes. Our pick of great products will work wonders!

Maquillage Perfecting Concealer & Blender (Warm Light) - DERMATIQUE

Hide those dark spots and even out your skin tone.



Miracle Face Serum - RAW AFRICAN

Hydrates and moisturizes the skin, improving elasticity and improves skin tone.



Extra Lashes Mascara with Argan Oil - LUNA

The rich nutrient Argan Oil strengthens lashes while encouraging growth.



Moon Kiss Shimmering Lotion - RAW AFRICAN

Its lightweight, fast-absorbing formula provides your skin with essential oils and minerals that completely hydrate the skin, leaving a glowing, velvety finish.

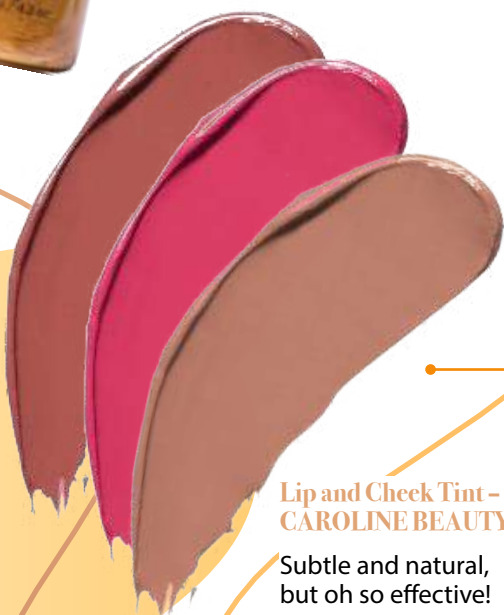


Ultra fine eye shadow with a silky texture -LUNA



Lip and Cheek Tint - CAROLINE BEAUTY

Subtle and natural, but oh so effective!



Perfumes for Spring

Our favorite designers have created some memorable fragrances that capture the mood of a new season, ripe with possibilities. Go fruity, go floral, or mix it up, there is a perfume that uniquely defines who you are.



1

1. Cartier Declaration Haute Fraicheur Eau de Toilette

Cartier is not just about jewelry, but the brand's latest fragrance, Declaration Haute Fraicheur, has plenty of sparkle. With divine botanical scents, you can wrap yourself in notes of citrus, cardamom, cedarwood, and crumpled leaves.

2. Tom Ford Rose de Chine Eau de Parfum

One of Tom Ford's Private Blend Private Rose Garden collection, Rose de Chine layers Chinese golden peony into a bouquet of rose notes. A light, smoky whisper of myrrh adds a touch of mystery.

3. Louis Vuitton Spell on You Eau de Parfum

Louis Vuitton's stunning Spell on You Eau de Parfum is a concoction of a worldly blend of flowers like sambac jasmine, rose from Grasse, Egyptian acacia, and the star note, iris from Florence. It's romantic and soft with a touch of passion.

4. Armani My Way Nacre Eau de Parfum

My Way Nacre Eau de Parfum weaves bergamot and orange blossom with tuberose and jasmine for a vibrant combination that's lightly warmed by vanilla, cedarwood, and white musks. Floral and spicy, it suits all occasions.

5. Mugler Angel Nova Eau de Toilette

With a strong top note of rose, accented by fruity raspberry notes and tropical bergamot notes, this is a perfume that will create a mood for embracing spring and all its adventures.

6. Prada Paradoxe Eau de Parfum

Paradoxe offers a bright, sweet floral with a musky trail that develops throughout the day. Distinctive with fruity notes of pear, tangerine and bergamot, floral notes of orange blossom, neroli and jasmine and warm notes of bourbon vanilla, amber and benzoin, it is finished with a light cloud of clean white musk.



6

2



3



4



5



NOOR

Living a Bright Future

Set strategically in the beating heart of East Cairo, Noor is a beacon, an innovative, inspired and visionary lifestyle concept that offers a fresh new perspective on home design and community living. As we adapt to a rapidly evolving world, one thing remains constant. Our need for homes that offer all the elements that support our aspirations, sustainably, and intelligently.

Noor takes the core essence of aesthetic design, eco-awareness, functionality, and accessibility, and incorporates technology and smart home principles to create residential spaces that resonate with the dreams of today's young homeowners. Spaces offering privacy and a respite from the outside world, yet in a sociable, energetic community of like-minded, creative individuals who are shaping the dreams of tomorrow. Homes that meet practical needs, while offering a chic ambiance that reflects the taste of a discerning market.



WELL CONNECTED

Situated in front of the Administrative Capital with its Governmental institutions, ministries, and parliaments, as well as all major centers of banks and companies, Noor enjoys all the benefits of its proximity to the pulse of East Cairo. Seamless access to all points through its frontage onto the Suez Road puts the essentials of life just minutes away. In a few minutes you can find yourself in Madinaty or Al Rehab, New Heliopolis, and also the Suez Canal development axes and all the new cities like 10th of Ramadan, Badr and Sherouk.

FOURTH-GENERATION CITY

The blossoming of East Cairo into one of the most desirable locations in the country, with growth patterns showing a population of 10 million anticipated by 2030, will place Noor, as one of the fourth-generation cities, at the center of a dynamic hub, driving the progress of the country.



SMART RESIDENCES FOR ENHANCED LIVING

While Noor looks outwards to its connectivity, it also reflects inwards to the meticulously planned environment that houses over 140,000 attractive residential units, ranging in size from convenient 63 m² apartments up to spacious villas of 195 m² and more. Drawing on the expertise of three leading international architects, Perkins Eastman, Sasaki, and SWA, the master plan incorporates state-of-the-art technology by BCG Century Cities. The use of natural light and green landscaped views enhances the interaction with nature, presenting an exceptional living experience.

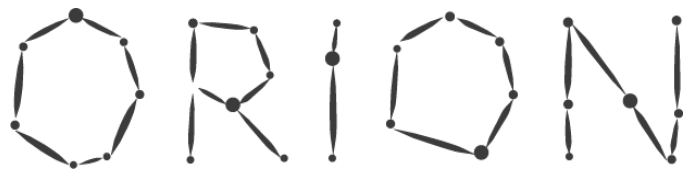
COHESIVE LIFESTYLE

But what is life without a good supportive infrastructure? Those essential elements which round out our community. They are all there. Within the 5,000 acres that comprise the smart, environmentally friendly city, 3,000 acres are dedicated to residential units. The remaining expanse includes an educational complex with 10 schools on an area of 50 acres, a university set within 40 acres, health clinics, 17 places of worship, both mosques and churches, Ria Club spread of 90 acres, and a green internal axis of gardens and landscaped areas. No details have been overlooked.



Business needs are also well taken care of with commercial complexes spread over an area of close to 100 acres, with further space dedicated to public services. Keeping a lifestyle balance, there are ample entertainment and touristic facilities, 150 hotel rooms, and a Mega Mall to take care of shopping sprees. Drawing it all together, smoothly and serenely, a central gathering area of 50 acres gives breathing space, an oasis for relaxing and bonding with the community. Holistic living at its best.

A smart city, environmentally –friendly, and envisioned to greet the future. Setting standards that can let our future generations reach their unlimited potential.



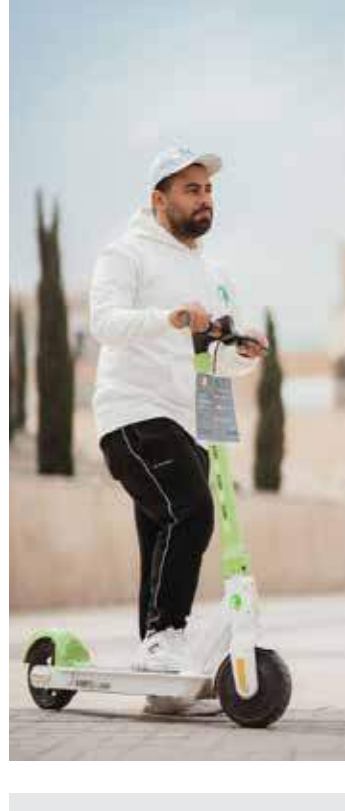
Has You Covered

When life gets hectic and you hit a speed bump or two, wouldn't it be wonderful to have a magic wand to help out? That's what Orion can do for you. From complete housekeeping and maintenance services to limousine service, and even electric scooter rental. The question is, how did you ever manage without Orion?

Sustainable Eco-friendly Riding

Orion has teamed up with electric scooter companies KIWI and Loop in Al Rehab, and Scooby in Madinaty, to introduce the use of micro-mobility ridesharing. It has become extremely popular around the world, and is definitely the most environmentally-friendly way to show our planet you care. Perfect for getting around the area, the service is cheaper and more convenient than normal cars, generates fewer CO2 emissions, is hassle free and reduces the amount of traffic. The Unlock prices start from 2.5 EGP and the scooter rent is 1.85 EGP per minute. Pick up stations are conveniently located in the Food Court of Al Rehab 1, El-Rehab Club gates 9, 4 and 15, and Avenue Mall, Mall 2. Madinaty residents will find scooters at South Park, Central Park, B6, B2, and B1. More stations will be added in the near future to make this one of the most convenient ways of getting from A to B.

Simply download the app, scan, and ride.



LOOP micro-mobility application:

www.loopmicromobility.com/download

Scooby application: www.onelink.to/scooby

KIWI RIDE application app store:

[kiwirideandroidapp](https://play.google.com/store/apps/details?id=com.kiwiride)



Love that Limo



When you need limousine service with well-presented vehicles and professional drivers, Orion offers you Ride Right by Avis. This On-Demand Limousine service in Madinaty operates with a fixed price of 35 EGP, anywhere and anytime within Madinaty, in addition to a fixed price list from Madinaty to other destinations. The immaculately clean, well-maintained black Volvo S80 limousines can be ordered through the call center on 16286. This just has to be the most convenient solution for covering your transportation needs for that night out or shopping excursion.



Hassle-free Housekeeping



Just what every busy household has been searching for, a way to ensure that your home stays sparkling clean, dust-free and well-maintained without adding to your stress levels or consuming your precious time. Orion has the expertise and skills to cover everything from post-finishing cleaning for newly completed homes, basic cleaning, and deep cleaning to specialized furniture cleaning. This is a service that can be ordered whenever you require a helping hand, or by monthly subscription, according to your needs.

Home maintenance is often something that gets left until it becomes a problem. By using Orion you can keep on top of things, and avoid problems before they arise.

Orion General Services

If DIY is not your strong point, you need to call on the experts. Covering a broad range of essential services, Orion can come to the rescue with:

- Home Finishing
- Pest control
- Landscaping
- Carpentry, plumbing, and electricity work
- Painting
- Satellite installation
- AC maintenance
- Appliance maintenance
- Dry cleaning
- Home electricity recharge
- Car towing
- Car maintenance
- Car wash
- Marble and alu-metal work



Life Just Got Sweeter!

Meet Elena Kudina
The Queen of Honey
Cake in Madinaty

Some secrets are almost too good to share, but we know that we all deserve to know where to find the most scrumptious dessert imaginable. Master Baker, Elena Kudina, shares her story. For anyone new to the world of Honey Cake, this is what you needed in your life...



Elena, as a Madinaty resident, what are the things you most enjoy about the lifestyle?

I love that it is so quiet, very beautiful, and such a secure area with a lot of fresh air.

Has living in Madinaty helped you grow your business?

It started here, and the Madinaty community showed a lot of enthusiasm for my product. They found it unique, delicious and affordable, and helped Honey Cake become well known.

How long have you lived in Egypt?

I have been a Madinaty resident for 10 years, and came here when I arrived in Egypt.

What brought you here, and how did you take the decision to stay?

The best of reasons. I'm married, and my husband is Egyptian.

Do you have a big family here?

Yes, my husband and our two lovely boys of 9 and 7 years of age, my mother-in-law, my sisters and brothers-in-law. I have a big family here in Egypt. I'm so blessed and thankful, and love them so much.

When did you launch your bakery business?

From 2016 to 2020 it was 24/7 non-stopping baking time at home in Madinaty to introduce unusual, delicious, and mouthwatering traditional Russian Honey Cake to the market. It was a time full of challenges and failures, involving a lot of effort, and work with no relaxation or vacations. I'm in love with my work, I enjoy bringing happy moments to my clients, being a part of their celebrations, and any occasion, it's priceless!!

Step by step, Honey Cake became more and more popular in Egypt. The biggest step was in 2020, which involved building a team and opening branches in Heliopolis, Alexandria, Nasr City, and Tagamoa, followed in 2021 by Sheikh Zayed, Maadi, and Shorouk. We opened in 2022 in Obour, then in 2023 with another branch in Alexandria. I really want to show more and more people that it's not just a cake, it's way more than that. To all of you, Find your passion, build your dream, and believe in yourself, keep moving forward.

Do you have regular customers who keep coming back?

Yes, I have clients who have been with me since 2016 and till now. I'm so thankful to everyone who believes in me and inspires me to keep it up. During these years I've met so many lovely people, kind hearts understanding, and ready to support me at any time. I truly appreciate it so much!

Do we need to order in advance?

You can just pass by and choose from the availability of products in the branch, we are open every day.

Do you deliver?

Yes, each branch can deliver in their area.

Instagram: elena_honeycake_egypt



Meet Erika Szemes

1st Foreign Resident of Madinaty



We understand you were one of the first expats to live in Madinaty, when did you come to live here?

I am Hungarian, and have been living in Madinaty for almost 10 years.

What makes the lifestyle so attractive here?

Life inside Madinaty is all about privacy, where each resident enjoys a quiet, peaceful life. It includes security, and contains all sorts of entertainment and basic services any resident would need. Also one of the best features of Madinaty is that it provides many different types of units, with varying spaces. This gives everyone the chance to find a place that suits them and their financial budget.

What do you enjoy most about spending Ramadan in Madinaty?

Most importantly, Ramadan is the month of spiritual rejuvenation. The taraweeh prayers give us so much peace. Standing next to people we don't usually meet and praying also makes our perspective stronger, and it builds the peace in the community. Aside from Ramadan tents and fancy restaurants, a staple in Egyptian outings during Ramadan is the Egyptian coffee shop, or better yet, El-Ahwa, and this is always available every year in Madinaty, which I love.

What type of work do you do?

I have my own business. The main role of my company is physical activity and sportswear and sports tools. Also now we have branched out into advertising and media.

Has living in Madinaty helped your business?

Of course, Madinaty offers a wide array of residential units, services, facilities and leisure activities. Accordingly, you can fully depend on the compound's resources to satisfy all your daily needs and spend fun quality time with your friends and neighbors, even with my work.

How do you spend your free time?

In my free time I enjoy reading, it helps me to think outside the box and use my imagination. Enjoying my time with my family in our Madinaty Club. It is one of the best ways to create memorable experiences.

What makes Madinaty so good for raising a family?

Madinaty is a perfect community. Raising your child in a compound has many advantages. Madinaty offers an edge of safety, clean air and an environment free of pollution, among many other benefits.





Madinaty Golf Club Hosts MENA Tour



The excitement of the MENA Tour stepped up a notch further as Madinaty Golf Club hosted back-to-back events from January 31st through to February 7th, 2023. Continuing its 2022/23 season with the Egyptian Swing Series, the MENA Tour had already seen very successful events in Thailand and Saudi Arabia, and Madinaty Golf Club provided an excellent venue for international players as they competed for lead position in the prestigious Order of Merit.



The MENA Tour, hosted by Madinaty Golf Club for the first time in Egypt since 2020, has an impressive prize pool of \$75,000. The event attracted 120 players from 35 different countries, and was held under the auspices of the Arab and Egyptian Golf Federations.

England was to the fore, with Ben Jones achieving 7 strokes below par when the first round concluded on the 2nd of February, and compatriot Brandon Robinson Thompson won the second round that took place on the 7th of February by achieving 11 strokes below par.

David Spencer, Commissioner of MENA TOUR, enthused, "We are delighted to announce that our 2022/23 season took place at the fantastic Madinaty Golf Club, which strengthens our presence in the MENA region and offers local players the opportunity to compete against world-class competition. It has always been the goal of the MENA Tour to develop both professional and amateur golfers from the region by providing them with the opportunity to compete in professionally run events. We are delighted to have the support of many regional golf federations as we strive to ensure the region's players reach their full potential on the world stage."

Madinaty Golf Club also hosted the Pro-Am Golf Tournament as part of the activities of the MENA Tour, with the participation of 22 teams, each with a professional player and three amateur players. Hosted as two rounds, the event was popular and entertaining, with the team consisting of Bayley Gill, Tasrif Tarmizi, Fawzan bin Rahim and Hisham bin Zayani winning the championship with a total of 113 hits.



Madinaty Golf Club Scoops Up Award for Second Consecutive Year



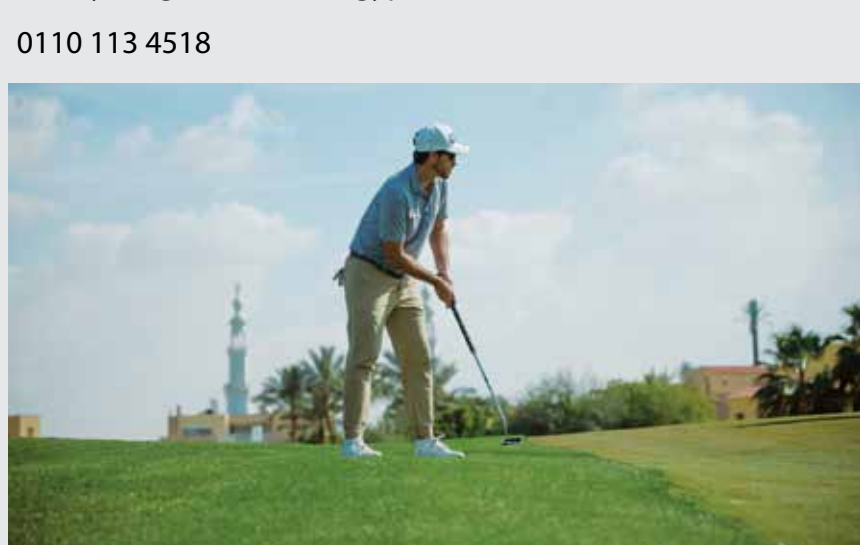
Egypt's Best Golf Course

Following up on the accolade of 2021, Madinaty Golf Club has once again been awarded "Best Golf Course in Egypt" by World Golf Awards.

The stunning course was designed by world-renowned Robert Trent Jones Jr. It comprises an 18-hole championship golf course and the first active 9-hole footgolf course in Egypt. Designed to challenge and appeal to players of all levels of experience, it is truly a course that will provide an excellent golfing experience time and again. Located in New Cairo, inside of Madinaty, the Golf Club contributes strongly to promoting golf in Egypt, having recently hosted the Asian Tour International Series and the Egyptian Amateur Championship. The Club is managed by Troon, a world leader in Club Management, with over 750 Courses worldwide.

Book your game now in Egypt's number 1 Golf Course:

0110 113 4518



Golf Like a Pro



Located by the entrance of Madinaty Golf Club, Pro Shop offers a range of golf products that will add to your golfing experience in so many ways. From clubs, golf balls, caps, and gloves, to towels and equipment, Pro Shop is committed to offering affordable products of the highest quality, showing just how passionate they are about the game.



You can even work on your swing under the expert supervision of Pro Shop staff on a golf simulator. Taking the mission to provide 5-star customer service even further, a few steps away you will find a fleet of golf carts, ready and waiting to serve the golfers. It's time to hit the green!

To contact our Pro Shop please call – 0110 113 4518



Break Your Fast at Kahraman Tent in MGC



Ramadan brings a unique ambiance to Madinaty Golf Club's Golf Terrace as it transforms itself into the atmospheric Kahraman Lounge, the largest venue in Madinaty. Throughout the holy month of Ramadan, exquisitely prepared *iftar* and *sohour* buffets will present classic Arabic and International dishes, with live cooking stations, a rich variety of sweets and desserts, and all the favorite Ramadan juices and beverages. Adding to the traditional atmosphere, there will be live entertainment with classical music and Oriental melodies, with some surprise musical superstars appearing during weekends.



Location: The Golf Terrace at Madinaty Golf Club

For bookings, please call: 0110 113 4516

The Holistic World of MGC

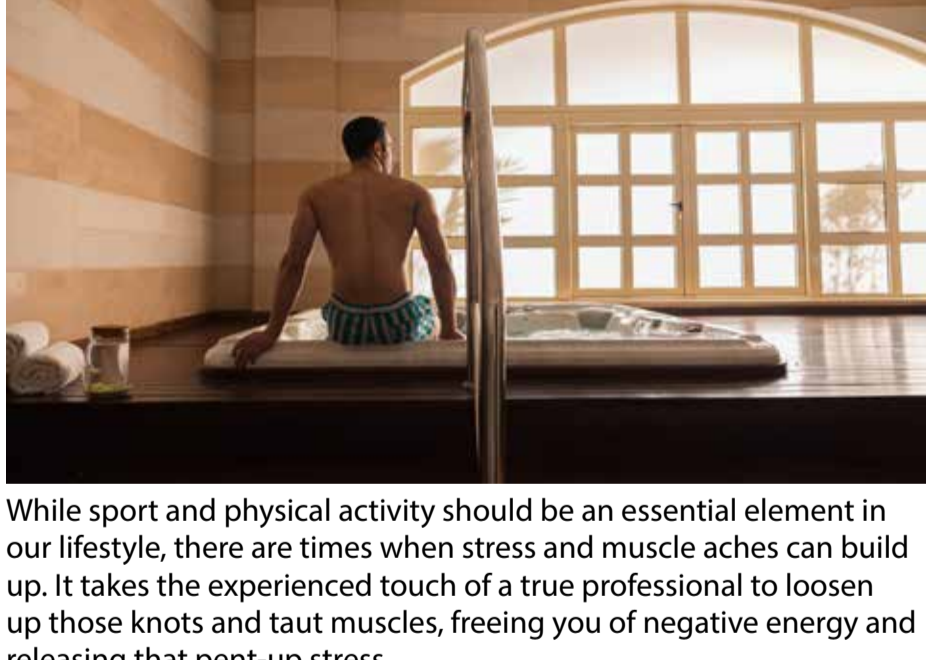


YOGA HUB has been launched as the first fully integrated yoga studio in Madinaty Golf Club. Building on Madinaty Golf Club's commitment to the wellness of the community, the studio was founded by Sarah Mahdy and is keen to welcome all enthusiasts, regardless of age, fitness level, and body type. Newcomers are welcome, and experienced instructors will help them start their yoga journey. With the objective of raising yoga awareness through classes and workshops, the new facility will help people to attain self-awareness and greater focus and serenity.

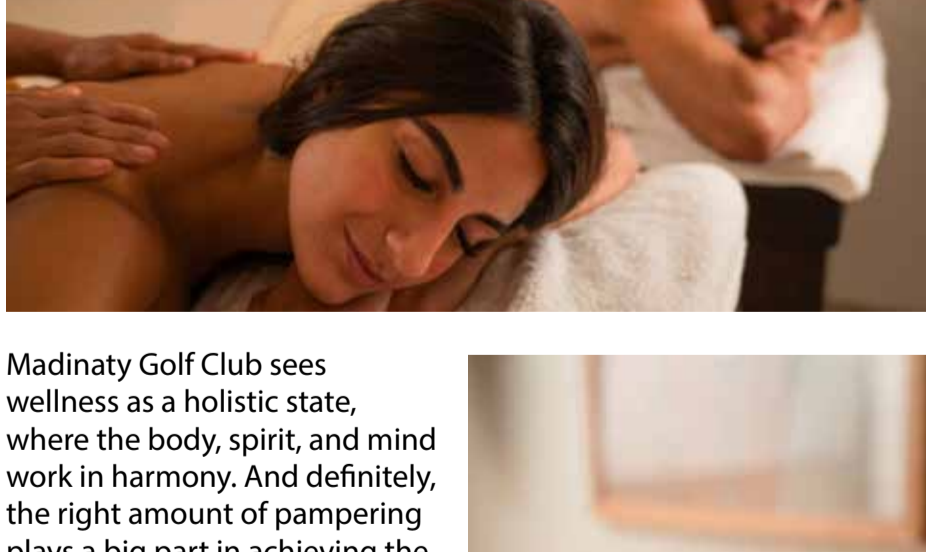


Troon Wellness Spa

Banish Stress and Pamper Yourself

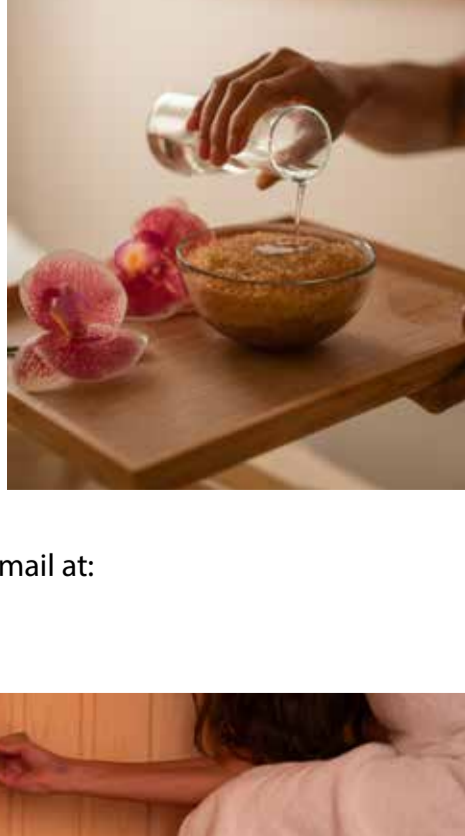


While sport and physical activity should be an essential element in our lifestyle, there are times when stress and muscle aches can build up. It takes the experienced touch of a true professional to loosen up those knots and taut muscles, freeing you of negative energy and releasing that pent-up stress.



Madinaty Golf Club sees wellness as a holistic state, where the body, spirit, and mind work in harmony. And definitely, the right amount of pampering plays a big part in achieving the best result.

With the expertise of an Asian and local therapist, the Spa experience will help you unwind and feel refreshed and relaxed. It currently provides a couple's massage therapy for you and your loved one, allowing you to pamper yourselves together. Troon Wellness Spa should be more than the occasional indulgence, it is core to your wellbeing!



To learn more, please send us an email at:

info@madinatygolfclub.com

Or call: 0114 419 0008.



Best Fitness Gadgets 2023



HYPERICE HYPERVOLT 2 PRO Massage Gun

Good for eliminating tired muscles after workouts. Get right into the deep tissue to eliminate the aches and pains with multiple vibration settings, heads, and a comfortable grip,



Apple Watch Ultra

Titanium Case with Midnight Ocean Band

Your watch of choice for a summer lifestyle, dive in and stay connected.



Moodz Intelligent Neck Massager

The 3D massage technology is a simulation of the Shiatsu massage technique with infrared light for heating various parts of the body promoting blood circulation, relieving cervical vertebrae stress and releasing tension.



TANGRAM SKIPPING ROPE

The smart Tangram skipping rope features 23 LEDs and magnetic sensors to track your workouts, monitor your calorie burn and log your data in real-time.

OURA RING (GEN 3)

The fitness tracker of choice for many celebrities, Oura Rings occupy a similar space in the fitness world to Peloton and F45. As soon as you slip one on, the seven sensors track such metrics as heart rate, blood oxygen and sleep. At ouraring.com



WITHINGS BODY+ SMART SCALE

The supreme total body health tracking scale for weight loss. Withings performs a full-body composition analysis with an easy-to-use app to analyze your metrics and the scales will even display the weather to properly prep you for the day ahead.



WALKINGPAD X21

If you're short on floor space at home, the WalkingPad X21 folds neatly away so that it needn't dominate your home. With a 121cm long running belt and a max speed of 12km/h, it's probably best suited to a mix of light jogging and walking.

Say Hello to the Future

The experts agree, the best place to get a taste of what is coming up on the tech horizon is CES, held annually in Las Vegas. So what had everyone talking this year? We take a peek...



Samsung Odyssey G95SC

Gamer alert! Samsung claims this 49-inch model is the world's first 32:9 aspect ratio OLED gaming monitor. The company says we can expect to see the price tag later this year.

Aqara's FP2 presence sensor



The sensor that's going to make smart home automation easier, the Aqara FP2 is a presence sensor that can accurately detect human presence from movements as slight as the rise and fall of your chest when breathing. Presence sensing is a big leap forward from passive infrared-based motion detection, which relies on big movements.



OLED M

LG's Signature OLED M really stands out. This giant 97-inch 4K OLED gets all of its audio and video wirelessly from a small Zero Connect box that you can put anywhere in the room within 30 feet. You plug all of your gizmos and gaming consoles into that box, and everything is beamed to the screen — at up to 4K 120Hz, LG claims. The only cord you have to worry about for the TV is power.



Lenovo's Yoga Book 9i

This is a fun laptop to use. There's a haptic touchpad and a haptic keyboard, there's a detachable keyboard you can click on and off, and you can move your windows between the two screens, resize them, and make good use of the form factor.

Samsung Display's Flex Hybrid

Samsung Display's latest concept, the Flex Hybrid, combines both foldable and slidable form factors so, theoretically, you will be able to unfold it for a small tablet-style experience and then slide it out further when you need a bigger screen.



Table Tennis at Al Rehab Club and Madinaty Sporting Club



Fast, fun and great for all ages, table tennis has come to Al Rehab and Madinaty. Also known as ping pong, the game takes concentration, a quick eye, and nerves of steel to become an expert, so why not give it a try? Table tennis has been an Olympic sport since 1988, an indication of its global popularity. You will find it available at Al Rehab Club, and Madinaty Sports Club.

Al Rehab Club: 02 2607 2003

Tyche Academy



After its successful launch in El Rabwa, Tyche Academy has now come to Al Rehab Club to offer tennis lessons for all ages and stages of expertise. Professional trainers are available for beginners, and anyone looking to improve their style and skills while boosting their fitness and mental abilities.

Tel: 0120 000 3008

Facebook: TycheEg

Instagram: tyche_eg



Warriors Sports



Warriors Sports is ready and waiting for you at Al Rehab Club and Madinaty Sports Club for water polo, water ballet, and swimming. With summer on the way, the best way to stay fit and fresh is in the water. Enjoy team spirit with a high-energy game of water polo, or tone your body and build strength with regular swimming under the supervision of professional trainers. Beautiful to watch, and fun to perform, water-ballet is becoming a popular sport worldwide, so let your young ones test their skill.



Locations: Madinaty Sporting Club - Madinaty Golf Club - Al Rehab Club

Tel: 012 12 84 3333

www.egypt.warriorssports.com

Archery Hub in Al Rabwa



Dating back to around 10,000 BC, where early evidence shows that bows and arrows were used by Egyptians and Nubians for hunting and warfare, archery grew in many cultures across the world. It has become a popular sport in many countries and is also contested in the Olympics.

Now available at Al Rabwa Club, classes are available with professional instructors for all ages. Find out how archery can improve your focus, improve your hand-eye coordination and improve your upper body strength, and enjoy testing yourself in competitions.

Instagram: archeryhub

Facebook: ArcheryHub

Pickleball in Al Rehab, Madinaty, and Al Rabwa

Get your pickleball game on this spring! If you haven't tried this adrenalin-boosting combination of ping-pong, tennis, and badminton yet, you have been missing out. Pickloo can be found in Al Rehab Sporting Club, Madinaty, and Al Rabwa, making it easily accessible to our community.



WhatsApp: 0103 048 5842

Facebook: pickloo.eg





Breaking Age Barriers

AI Rehab Resident, Athlete and Artist, Nagwa Ghorab Continues to Shine

From the age of four, AI Rehab resident Nagwa Ghorab has been at home in the water. Now, at eighty years of age, she still rises at five in the morning to prepare for two hours of morning training in the pool. Her passion for life fuels her and gives her the determination that has seen her receive a host of medals. After winning the Republic Singles Championship when she was seven years old she went on to win titles in the Republic Championship until the age of sixteen, claiming the title of Champion of the Republic at the age of 18. At that time in Egypt, women were not allowed to compete internationally, and university studies in art and French and a career in teaching took over, along with raising a family.



Returning to competitive swimming upon her retirement from teaching in 2003, Nagwa Ghorab excelled once again, and gathered medals at leading international competitions across the globe, competing against the top swimmers in the world. *City Life* caught up with this inspiring, remarkable woman to learn more about her story.

When did you come to live in AI Rehab, and what are the things that most attracted you to the community?

I came to live in AI Rehab in 2005, and was attracted by the calm lifestyle and respectable society.

As a global medal-winning swimmer who still pursues a very active lifestyle, how convenient is it to have excellent sports amenities right on your doorstep?

It gives me a very happy life, with a lot of positivity. I easily forget any negative feelings.

When did you start swimming, and how important is it for children to have access to sport and training early in life?

My father, Youssef Ghorab, was an Olympic champion in equestrian sports who wanted his three daughters to become athletes with high fitness levels. We started swimming from an early age. I believe it is very important for young people to free themselves from bad habits; they have to become more active, rather than staying looking at their mobiles for hours. By being active they become more creative, and through this they find more happiness.



As well as your achievements in swimming, you are a talented artist with your own atelier. How have these very different activities played out in your life?

I adore both swimming and painting, and I received these talents from God. My parents supported me a lot; they were understanding and very intelligent and believed in my talents. Now, I must have time for my hobbies to be in good condition, physically, mentally and emotionally.

What challenges have you faced over the years as a busy mum, and grandmother?

When I want something I do it easily. I believe that there is nothing impossible in life. I challenged everything and had determination, and carried out the instructions of my coach, so I was able to participate in a world championship at the age of 76. I love sport, and it is the secret of my happiness in life so far.

As we celebrate Mother's Day, what advice would you give young women on the importance of pursuing their passions and inspiring their children to live their best lives possible?

My advice for everyone is to be intelligent enough to create a guided life for themselves and for their family. It should never be forced, but done very gently. Especially for women, don't let negative comments about what you should and shouldn't do after fifty get to you, stay strong and pursue your dreams. The most important thing is to organize your time and strike a balance between all requirements. Stay close to positive people who boost you with psychological support and encouragement. Embrace culture, listen to music and do other positive things, and preserve the blessings of God.

What activities do you enjoy with your community of friends in AI Rehab, aside from swimming?

We enjoy walking, as AI Rehab is an excellent place for that. After swimming, I practice some meditation and relaxation exercises under the sun, and then I relax in my garden and read my favorite books.



MADINATY JUNIOR SPORTS CHAMPIONS



KARATE

Malak Hisham Hassan Hassanein

She achieved first place in group kata and second place in kumite at the World Championships in Slovenia (Traditional Karate), held from 15 to 22 November 2022.



TENNIS

Nour Ashraf El Sayed Ahmed Malt

- First place singles Smash Club Leroy
- First place singles Cochium Gardenia
- First place singles center for Sporting Club
- First place singles center Salmaniya Club
- First place doubles, the Zohour Club, the assembly
- First place singles Cochium Gardenia
- Second Place doubles center Tawfiqia Club
- First place GA Sporting Club in 12 years
- First place GA Club Maadi Club
- First place in 14 years, El Mokawloon Club, G3



TAEKWONDO

Amna Ahmed Abu Al-Nasr

Fifth place in the World Junior Championships in Sofia, Bulgaria



Hebatallah Ayman Abd El Hadi

Sixth place in the World Junior Championships in Sofia, Bulgaria



TRIATHLON

Ahmed Mohamed Ahmed Abdulaziz

- Third place and bronze medal in the African Triathlon Championship
- Second place and a silver medal in the Arab Triathlon Championship
- Second place and bronze medal in the Republic Triathlon Championship





الدورة الرمضانية لنادي مدينتي و الرحاب الرياضية

*اجمالي الجوائز المالية
١٢٢,٠٠٠ جنية

ستقام الدورة علي ملاعب نادي مدينتي الرياضي ونادي
الرحاب الرياضي، من يوم ٢٠٢٣/٤/١ و تنتهي يوم ٢٠٢٣/٤/١٠

تتضمن البطولة الفئات العمرية وأسعار الاشتراك التالية:

- تحت ١٨ سنة شباب - ٣٥٠٠ جنية للفريق
- فوق ١٨ سنة - ٤٥٠٠ جنية للفريق
- فوق ٤٠ سنة - ٤٥٠٠ جنية للفريق

لمزيد من المعلومات والاستفسارات، يرجى زيارة قسم النشاط
الرياضي بأي من الناديين، أو الاتصال علي:

نادي مدينتي الرياضي: ٠١١١٦٦٠٣١٩٧ - ٠١٢٢٩٤٠٩٨٣٣

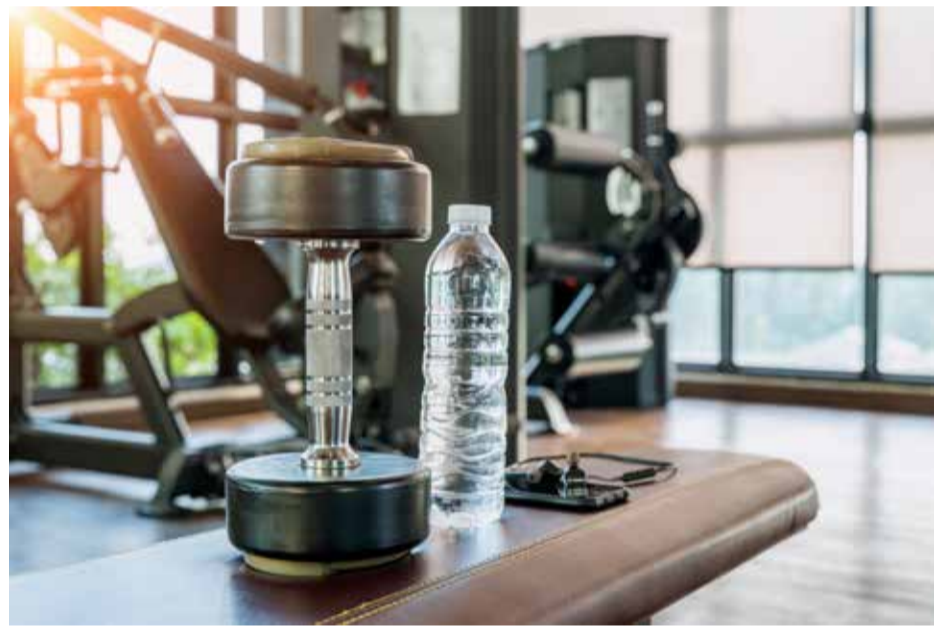
نادي الرحاب الرياضي: ٠١٠٠٦٩٥٤٦٤١



OPTIMIZING YOUR WELLNESS IN RAMADAN

As our bodies adjust to a different routine, the question often arises, “How should I adjust my normal fitness routine during Ramadan?”. We should listen to what our body tells us, as everyone is different. But certain sensible guidelines can be applied, helping us to maintain good hydration, high energy levels, and stable metabolism. Exercising too strenuously on an empty stomach can affect blood sugar levels and lower blood pressure, which can result in light-headedness and fainting.

Gentle exercise benefits us all, so walking in a fresh, pleasant environment will not only help us physically, it will help our general state of mental wellbeing as well. This could be the perfect time to try yoga or tai-chi if we haven’t found time before. Focus, combined with breathing and balance will help us tap into a state of inner calm. But, of course, dedicated workout fans will be reluctant to give up routines and sacrifice the level of fitness that has been achieved. By making a few tweaks and adjusting timing, it is even possible to come out feeling better at the end of the month!



WORKOUT TIPS

- Don't skip warm-up and cool-down routines
- Decrease volume and intensity during the first week of Ramadan as the body adjusts to fasting
- Strength training is best either an hour after a small *iftar*, or, if we can, early in the morning after *sohour*.
- Spending 20 minutes on HIIT works during Ramadan. This should be carried out in short bursts of 45-second intense exercises and 15-second rests.
- Cardio should be reduced to two sessions a week during Ramadan, with low-intensity options like jogging or pilates, preferably before *iftar*.
- For resistance training, choose exercises that target the upper body before the lower body to avoid any drop in blood pressure during or after.



NUTRITION

The delights of a Ramadan table are well-known, and it takes immense willpower to stay on any sort of disciplined eating plan. But why forgo the pleasure of joining with family and friends and enjoying the bonding that is such an important part of the Holy Month? By following the right guidelines it isn't difficult to avoid weight gain, and feel nourished and healthy. Choose nutritious, energy-rich foods when you do eat.

- Calorie-dense, healthy fats such as oils, eggs, nuts and avocados will be packed full of energy and help fuel you and keep you feeling fuller throughout the day.
- Choose complex, fibrous, slow-release carbohydrates with meals such as wholegrain rice, quinoa, beans, lentils, or sweet potatoes because it takes longer to break them down and they release energy slowly and stabilize blood sugar.
- Proteins such as eggs, beans, pulses, cheese and meat are important for muscle maintenance.
- Eat plenty of water-filled fruits and vegetables such as cucumbers, melons and tomatoes.
- Avoid excess salt, carbonated beverages and coffee during Ramadan.
- Make sure to stay well hydrated. Keep a bottle of water handy from after *iftar* until *sohour*.
- Try to avoid processed sugar.
- Use a small plate and reduce portion size.
- Eat slowly, enjoy every mouthful!

Wellness is more than just taking care of our bodies. Embrace the month of Ramadan as a time to find peace with your inner self, to count your blessings and share what you have with a generous heart.

Create a Ramadan Mood

with Eman Essam



Instagram: party_to_remember

One of the most special times each year, the Holy Month of Ramadan brings families and communities together in a mood of spirituality and celebration. Rich in tradition, it gives us a chance to decorate our homes to reflect the traditions that mean so much and invite family and friends to join us at a beautifully decorated table for *iftar* or *sohour*. Eman Essam creates beautiful Ramadan lanterns and table décor with exquisite craftsmanship that evokes everything we hold dear about Islamic art, culture and tradition. She is passionate about creativity and her work, and is always looking for new ways to express herself by using her imagination.



What special elements and accessories give any space a Ramadan mood?

You can use both contemporary and oriental themes, but for an authentic table for *iftar* or *sohour* we use oriental accessories, like lanterns, placemats, cutlery holders, candles and special serving dishes, then we can add some more details like small cards and wrapped dates on each plate.



Do you create decorative items yourself, and what materials do you use to make your Ramadan lanterns?

All of my products are handmade. I use fabrics, ribbons and embroidered words like Ramadan Kareem and Ramadan Mubarak to make them more elegant and special. If I want to go for a boho style I can use jute material, and if I want a classic mood, gold and silver materials work well.

What are your top tips for holding a successful Ramadan event?

Embrace the holy spirit of Ramadan and add a festive touch to your home by decorating your walls and doors with joyful Ramadan banners and decorations. Pay attention to detail, choose a date and time that works for everyone, and importantly, find a venue that is large enough to accommodate your guest. And don't forget flower arrangements, and subtle lighting.



Ramadan Gifts



Colorful Geometric Patterns with Border Cushion – **MARKAZ**



Ramadan Karim Dessert Spoons and Forks - **MAWD**



3 Rings Hammered Bowl – **MARKAZ**



Ramadan Serving Platters Set – **THE GIFTERY**



The Harem Set of Six Arabic Coffee Cups – **MAWD**



Oriental Sweets – **ABDEL RAHIM KOUEDER**



Gold Gift Box with Nuts and Fruits – **ABU AUF**



Kadria Serving Dishes – **MAWD**

Ramadan Series

Omla Nadra

Nelly Karim plays the role of a widowed wife in upper Egypt who is in a constant fight to receive her inheritance. Many stars including Gamal Soliman, Mariam El Khosht, and Ahmed Eid.



Sok El Kantu

Amir Karara takes us back to 1920 in his period piece around West el Balad, Ballah market to be particular. The cast includes Kamal Abou Raya, Mai Ezzeldin, and Fathy Abdel Wahab.

El Kebir Awi 7

Ahmed Mekky is back with another season of the infamous series *El Kebir Awi*, and after last year's success, we can't wait to see what he's got in store for us. The show continues with the same cast as last year with a few changes.



El Emam El Shaafy

Khalid El Nabawy is back for a 15- episode series revolving around the life story of Islamic figure El Emam El Shaf3y. El Nabawy acts along with Salma Abudief, Arwa Gouda, and Khaled Anwar.

Taht al-Wesaya

Mona Zaki plays the role of a woman who is forced to live like a man in order to work and take care of her family. She works at a port where she paints ships and fishing boats.



Al-Aghar

The events series occur in the al-Darb al-Ahmar neighborhood in Cairo, and Africa.

It is starring Amr Saad, Sayed Ragab, Dora, and Khaled Zaki.

Hamdallah Ala Al Salama

The series revolves around a housewife living abroad who returns to her home country to search for her children's heirs. The series also stars Shaimaa Seif, Mohamed Tharwat, Adam Al Sharkawy, and Mayan El Sayed.



Al Kateba 101

The series boasts a star-studded cast, including Amr Youssef and Asser Yassin. The show's compelling narrative centers around the valiant members of Battalion 101 as they confront terrorist groups in Sinai.

El Harsha el Sabaa

Amina Khalil and Mohamed Shahine are a married couple entering a discussion of marriage problems after the 7th year of wedlock, some of which will include unfaithfulness and the desire for change. The series also stars Asmaa Galal and Aly Kassemi.



Jafa El Omda

The name is about the role of a Major whose multiple marriages get him in trouble. The series is scripted and directed by Mohamed Sami and Ramadan's wives are starred by Zeina, Menna Fadali, and Mai Kassab.

Kunafa

Ramadan calls for our favorite sweets, and for us, warm, melt-in-the-mouth kunafa, gooey with melting cheese and laden with syrup, ticks all the right boxes.



SCENTED SUGAR SYRUP

- 2 1/2 cups (500g) granulated sugar
- 1 1/4 cup (300ml) water
- Squeeze of fresh lemon juice (about 1 teaspoon)
- 1 tablespoon rose water
- 1 tablespoon orange blossom water

Preparation:

Combine the sugar, water, and squeeze of lemon juice in a saucepan. Boil over high heat, stirring very lightly. Once it comes to a boil, stop stirring and let simmer for around 10 minutes. Remove from heat, then stir in the rose and orange blossom waters. Allow to cool to room temperature before using.

CHEESE FILLING

- 600 grams mozzarella cheese, shredded or cut into small pieces. You may use a combination of mozzarella, ricotta and Nabulsi cheese if preferred.
- 3 tablespoons granulated sugar
- 2 teaspoons orange blossom water
- 1 teaspoon rose water
- Mix together in a bowl.

Kunafa Crust

- 500g kunafa or kataifi/kadaifi pastry, fresh or frozen. If using fresh, freeze for an hour for easier cutting. If using frozen, thaw slightly.
- 1 cup melted butter

Preparation:

Preheat oven to 200C. Grease a 30cm cake pan with butter. Shred the kunafa dough into 2.5cm long pieces. Pour the melted butter evenly over the kunafa, leaving behind the white layer (milk solids).

Transfer two-thirds of the amount of kunafa to the prepared pan and firmly press it on the bottom and up the sides. Top with the cheese mixture and pat down into an even layer. Scatter the remaining third of the kunafa over the creamy cheese filling, lightly press it on to stay in shape.

Place the pan in the oven and bake for 45 to 60 minutes, or until the top and sides of the kunafa are deep golden brown in color.

Remove the kunafa from the oven and immediately pour on about 3/4 of the scented syrup, starting from the edge and moving towards the center, in a circular motion, making sure to cover the entire surface. Reserve leftover syrup for drizzling over individual servings. Decorate with ground pistachios.

Chef Amal Elbanna Suggests



Instagram@chefamalelbanna

Facebook: Amal elbanna

PUMPKIN SOUP



Ingredients:

- 1 kg pumpkin
- 1 onion
- 1 carrot
- 1 celery stalk
- 1 clove garlic
- Vegetable stock
- 1/2 cup cooking cream
- Minced parsley

Preparation:

Place pot on high heat, add olive oil. Add the vegetables and stir fry, then add salt and pepper. Add stock, cover the pot, and keep on low heat until the pumpkin is tender. Blend the soup and return it back to the pot, and keep it on low heat for 20 minutes before adding the cooking cream.

Serve the soup with a sprinkle of parsley.

Ingredients:

- 2 tablespoons olive oil
- 1/2 kg tomatoes
- 1 onion
- 1 small carrot
- 1 celery stalk
- 2 sprigs thyme
- 2 tablespoons tomato paste
- 2 teaspoons sugar
- 2 teaspoons Worcestershire sauce
- 2 cups chicken or vegetable stock
- 1/2 cup cooking cream

TOMATO SOUP



Preparation:

Cut all vegetables into small cubes. Put the pan on high heat, add olive oil then onions, carrot and celery, mix, then add thyme. Add sugar and tomato paste and keep stirring. Add tomatoes, then stock.

Cover and keep on medium heat for half an hour. Blend the soup with a hand blender. Strain the soup and keep it on low heat. Add cooking cream and serve.

Princess Café



With warmer days, and the sociable evenings of Ramadan upon us, our thoughts can't help but wander to delicious food, good company and relaxation. Now, with Princess Café perfectly positioned in both Gateway Mall in Al Rehab and Open Air Mall in Madinaty, we can look forward to having our taste buds tantalized with a selection of expertly prepared international dishes. From appetizers, sandwiches and soups, to pizza, entrees, desserts and so much more, we could quite happily find a new dish to explore through spring and summer without ever feeling bored.

With everything sounding so scrumptious, we would be challenged to know where to start, but based on excellent reports we have had, we would opt for the Creamy Chicken Soup, or the Chicken Mushroom Soup. The other options sound yummy as well, and could wait for a future visit. We would definitely order a few salads from the selection of Oriental and International ones available, they are substantial and great for sharing. Then, we couldn't pass up on appetizers. There are all of everyone's favorites, so being a group of friends we would be happy sharing both the Oriental Mixed Appetizers and the Western Mixed Appetizers, just to cover all the bases.



Then the tough decisions would kick in. Of course, we would share, but we would be spoiled for choice. Molokheya with Shrimp, or rich béchamel laden Moussaka? Lamb or Beef Mozza Fatteh? Or go for the Mushroom Beef Fillet or Chicken Sweet Chili? Even the diet plates are innovative and appealing, but those could wait until we have more willpower. And the younger ones would be torn between Spaghetti with Meatballs and Mexican chicken, or most of the items on the Kids' Menu, we are sure.

We know there will be days ahead when we will feast on Pizza, Calzone, Crepes, Feteer, and hearty sandwiches, washed down with decadently rich shakes and smoothies, but this time we would keep space for dessert. Then it would be a toss-up between the Mega Oreo Pie and the Mega Lotus Pie... or maybe the Apple Cinnamon Roll Pie.

The ambience is so relaxing at Princess Café we would be in no mood to rush away, so conversation and gazing at a starry sky would gently prepare us for a leisurely walk home, as we looked forward to our next visit.

Handy to know: Delivery is available as well.

Locations:

Gateway Mall – Al Rehab

Open Air Mall – Madinaty

Tel: 0120 000 2230

Facebook: princesscafeeg

Instagram: princesscafeeg

Coming Together During Ramadan

OHANA



A meeting point for friends and families at any time of day, Al Rehab Club blossoms with the beauty of spring as we welcome Ramadan. Offering both *iftar* and *sohour*, Ohana is the perfect spot to indulge in Egyptian specialties, along with waffles, and other favorite international dishes. Each dish is freshly prepared and bursting with flavor, making your Ramadan meal a special occasion.



Reservations: 0122 575 2070

ALLEGRA CAFÉ

Allegra Café will have *iftar* and *sohour* available throughout Ramadan. Located right next to Gate 3 of Al Rehab Sports Club, it is an ideal meeting point for friends to break their fast or enjoy *sohour* together.

LA PERGOLA

Live the authentic Ramadan experience and enjoy the delicious oriental Ramadan drinks with your loved ones at La Pergola at Al Rehab Sporting Club. Enjoy the fresh outdoor ambiance of the terrace on balmy Ramadan evenings.



Tel: 0111 553 7277



MADINATY SPORTING CLUB WELCOMES RAMADAN

Ramadan is a time for gathering with family and friends, and what could be a better spot than the fresh atmosphere of Madinaty Club? With pleasant spring evenings, the weather will be perfect for relaxing in a serene, nature-filled atmosphere.

KALISTA

Why not enjoy *iftar* or *sohour* at Kalista, a great place to relax and unwind? Catch the match, or enjoy soothing music in a true Ramadan setting. Kalista enjoys a wonderful setting, In the Clubhouse, next to Gate One.



Reservations: 0128 201 0820

THE VIEW

The View in Madinaty Club offers both *iftar* and *sohour*, along with a spacious, relaxing ambiance. Gather friends together and spend time relaxing over excellent dishes, created by the talented chef.

Reservations: 0114 237 5555

EXPLORE LUXOR

When your batteries need a bit of recharging, a quick getaway to the beauties of Upper Egypt may be just what you need. Every day we get news about remarkable new discoveries in Luxor, adding to the already impressive wealth of antiquities. While touring the world-famous sites and monuments is always a big attraction, there are so many lovely spots to relax in, making it the perfect escape from life in hectic Cairo.



WHAT TO SEE:



The West Bank is an absolute must for any visitor. The Valley of the Kings and Valley of the Queens are home to some of the most well-preserved tombs, giving insight into the world of the Pharaohs. The temple of Queen Hatshepsut is also spectacular, and both the hot-air balloon ride and the Sound and Light show at Karnak are unmissable once-in-a-lifetime experiences. Luxor offers so much that even the most jaded traveler will be fascinated.

WHERE TO STAY:



Jolie Ville Hotel & Spa Kings Island Luxor is a luxurious resort located on a private island. Surrounded by 165 acres of landscaped gardens, it overlooks the Nile.

Located in the heart of Luxor, **Jewel of the Valley Howard Carter Hotel** offers comfort, character and convenience. The guest house is 4.9 km from Karnak Temple and a 30-minute drive from Luxor International Airport. An airport shuttle is available upon request.

Djorff Palace is an exclusive hotel handily located on the West Bank of the Nile just minutes away from the sites of the ancient city of Luxor.



WHERE TO EAT:

Sofra, a restaurant located in the heart of Luxor draws its inspiration from the rich Egyptian culture and traditional cuisine. Located in an old 1930s Egyptian house that still retains its traditional character, the three private dining rooms and the main salon on the ground floor each reflect an individual style.

Nubian House

For delicious traditional home-style dishes, served in a family ambiance, this delightful spot offers a true taste of Upper Egypt.

The Lantern Room

Tasty International and Egyptian food using local produce, served in a warm and friendly atmosphere.

WHAT TO BUY:

Apart from a treasure trove of colorful cotton t-shirts and galabeyas, look for stunning alabaster dishes and vases. And the peanuts are worth stocking up on. They taste better than anywhere else.



ESCAPE TO CYPRUS



Just right for an Eid break, and a short flight of one hour and twenty minutes from Cairo, Cyprus offers a rich culture, wonderful sightseeing, delicious cuisine, and a pleasant climate. Oh, and may we mention, it is really quite affordable. The beauty of even a short holiday is that everything is so accessible, with excellent transportation options and varied landscapes within a couple of hours in any direction. Mountains and beaches, forests and valleys, there is something for every mood. The small mountain villages are wonderful to explore, and the historic monasteries are nothing short of spectacular. Take photos!

WHERE TO STAY:



Those in the know often opt for a weekly rental of an apartment or villa. For a family or group of friends, it can be a very comfortable and budget-friendly option, and they are generally very well-equipped and of a high standard. There are many reputable booking sites, but we have always found www.holidaylettings.co.uk/cyprus extremely reliable to deal with. With so many lovely cafés and restaurants to try, you don't really need to be stuck in a hotel, do you? Choose your location to suit your interests. Paphos is charming, steeped in culture and history, and is handy to the West coast beaches and the historic Troodos Mountains. Limassol is larger, and boasts a lovely harbor and promenade, while also being handy to the traditional interior of the island. If golden sand and turquoise sea, along with hectic nightlife, is your thing, Agia Napa may tick all the right boxes. Don't expect to be immersed in local culture there, it is crawling with Brits and Europeans who tumble off charter flights at regular intervals. Nicosia is also worth a half day, if you can fit it in.

WHERE TO EAT:

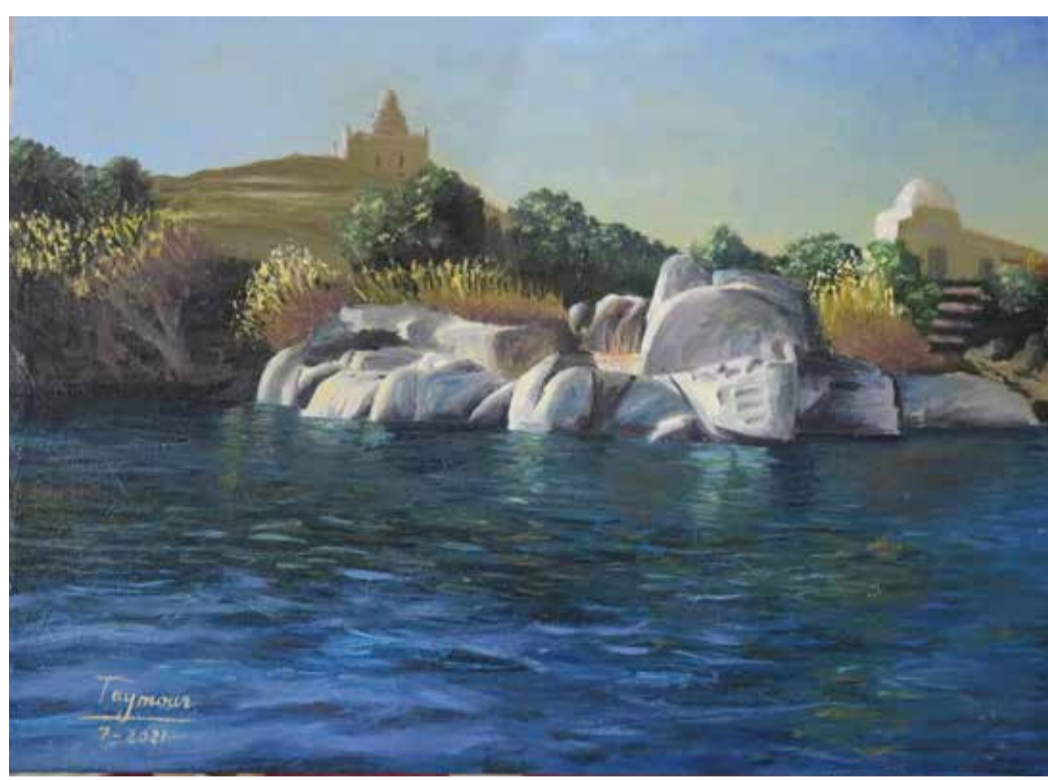
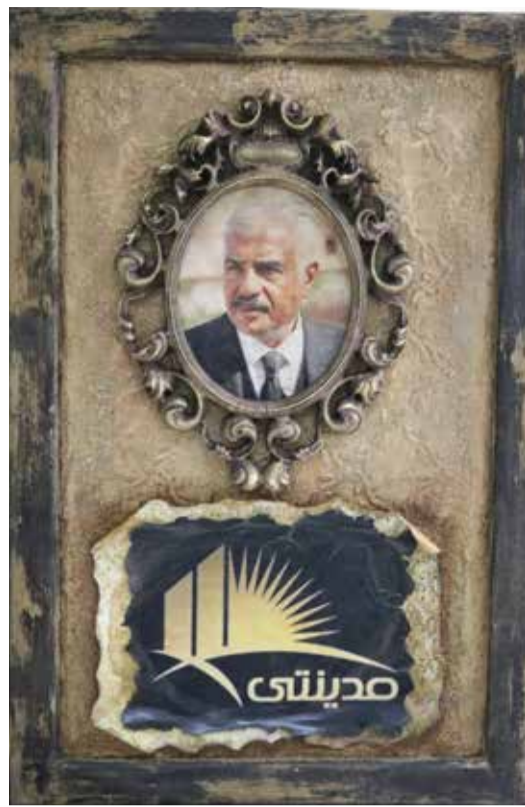
It is hard to go wrong here. Cyprus loves its meat, but be sure to specify if you want to avoid pork. Grills and kebabs can be found everywhere, as well as some superb fish. Food in tavernas is typical of the Eastern Mediterranean, with many familiar dishes, and the local cheese, halloumi, is found everywhere. Takeaways cover everything from burgers and pizza to local souvlakia (chicken or meat wraps).

WHAT TO BUY:

The local handicrafts are of lovely quality, with pretty ceramics and lace making wonderful souvenirs. There are some high-end malls with well-known clothing brands, and you can pick up some good bargains during the sales.

Art Exhibition

Madinaty Grand Mosque in Central Park recently played host to an Art Exhibition, running from the 28th of February through to the 3rd of March. This second edition of the Art Exhibition of impressive works by talented Madinaty and Al Rehab residents was sponsored by Bernasos Stationery and organized by TMG as part of its ongoing encouragement and support for culture and art within the community.



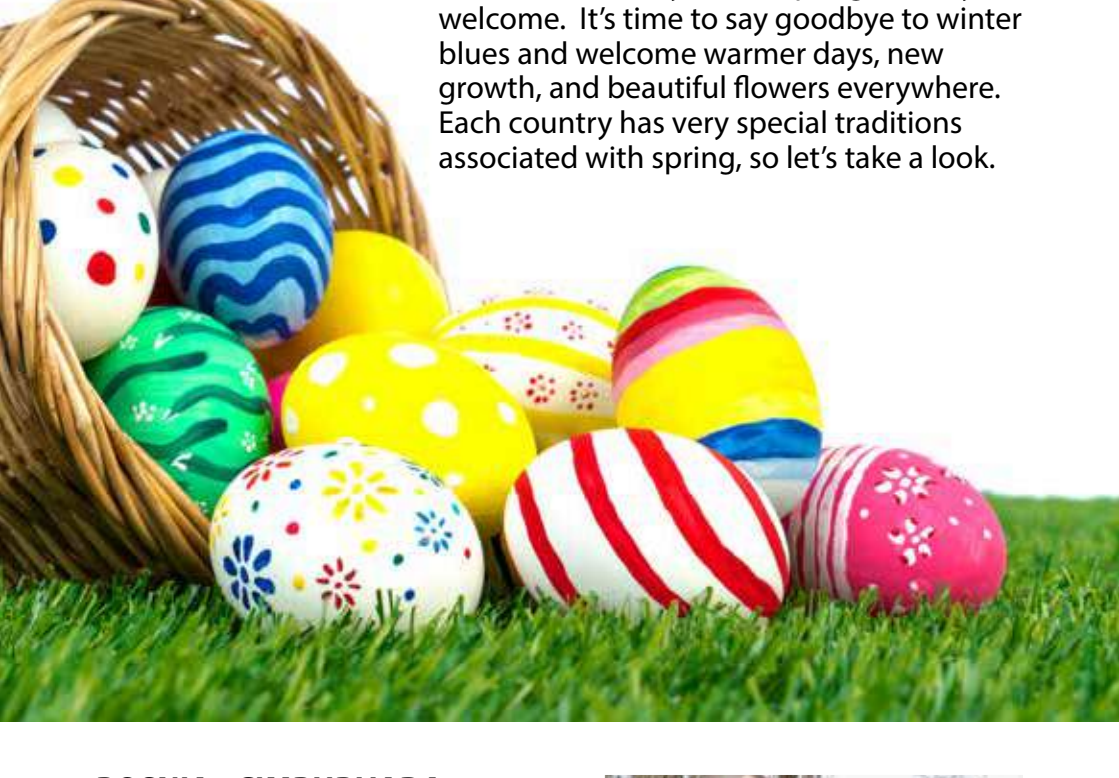
THIS YEAR'S EXHIBITORS:

1. Heba AlBughdady Ameen
2. Nermeen Mahmoud Youstry
3. Sawsan Isaac Farah
4. Rana Dawoud AlNazer
5. Naglaa Salah-Eldin AlHalawany
6. Menas Lasheen Mohammed
7. Nora Atef Deraz
8. Kareem Mohammed Kamal
9. Mai AlMoatasem Hussein
10. Dr. Safaa Ahmed Mukhtar
11. Aya Sayed Mohammed
12. Murad Nasr-Eldin
13. Mariam AlHusseiny Abdelaziz
14. Mahmoud Hassan AlSheikh
15. Faten Mustafa Khalefa
16. Amany Asaad AlNahas
17. Eman Ahmed Ghanem
18. Ameera Mamdouh AlKafrawy

19. Mohammed Ali AlHamawy
20. Nada Ahmed Abdo
21. Noor Mohammed Mohsen
22. Rehan Saed Abdelaal
23. Yehia Osama Sultan
24. Sarah Amir Abbas
25. Reham Mohammed Hegab
26. Manal Ahmed Mohammed
27. Nermeen Refaat Abdullah
28. Omneya Emad Thabet
29. Aya Ayman AlRamlawy
30. Atteya Mohammed Atteya
31. Heba Gamal-Eldin Hassanein

The President of the Judging Committee Mr. Mohsen Mansour stated that the second Art Exhibition was a great success, with an increase from 9 artists last year to 31 participants. There was an enthusiastic attendance of around 250 visitors on the opening day.

Celebrating Spring Around the World



No matter where you are, spring is always welcome. It's time to say goodbye to winter blues and welcome warmer days, new growth, and beautiful flowers everywhere. Each country has very special traditions associated with spring, so let's take a look.

BOSNIA - CIMBURIJADA

The Festival of Scrambled Eggs

During Cimburijada, Bosnians crack thousands of eggs to make enough scrambled eggs to feed the entire neighborhood! They start to cook at dawn on the first day of spring and crowds of people gather in Zenica near the Bosna River, where the streets are lined with giant pots and pans. Everyone is invited to eat, the eggs are tasty and also symbolize the birth of new life.



EGYPT - SHAM EL NESSIM

Dating back to Pharaonic times, Sham El Nessim is celebrated each year on the Monday after Coptic Easter. It is a celebration of spring, where people spend all day out picnicking in any space of green, public gardens, or on the Nile. There are several traditions linked to this day.



Traditional food eaten on this day consists mainly of fesikh (a fermented, salted and dried grey mullet), lettuce, scallions or green onions, and lupin beans. Egyptians say that lettuce represents hopefulness at the beginning of spring. Eggs are used to represent the renewal of life in the season of spring. People dye eggs in various colors in a tradition that goes back to the ancient Egyptians who were probably the first to introduce this practice.

GREECE - MARTIS

March is considered to be the first month of spring and in Greece there is a custom for its arrival. People weave a bracelet from red and white string on March 1st and wear it until the end of March or leave it on the first tree that they see bearing fruit blossom to ensure a good harvest.



INDIA - HOLI



Holi, also called the Festival of Colors, is an ancient Indian tradition that celebrates the end of winter and the beginning of spring. During this lively outdoor festival, people light bonfires, throw colored powder called gulal, sing and dance, and eat delicious sweets and treats. By the end of the festival, everyone has eaten well, and is covered from head to toe with bright colors!

IRAN - NOWRUZ

Nowruz, meaning "new day" in Persian, is an Iranian spring tradition that celebrates the rebirth of nature. It takes place during the March equinox. A table is arranged with seven items to celebrate:



- Seer (garlic): A symbol of medicine
- Seeb (apple): For health and fertility
- Sabzeh (sprouted wheat or lentils): A symbol of greenery and rebirth
- Serkeh (vinegar): To show aging and wisdom
- Senjed (dried fruit of a lotus tree): A symbol of love
- Somagh (sumac): Symbolizes the color of sunrise
- Samanoo (sweet wheat pudding): Symbolizes affluence

In addition to these items, a mirror is usually added to the table to represent light and abundance.

It lasts almost two weeks and is a time of new beginnings. It is a tradition to clean and repair homes and buy new clothes during Nowruz as well.

JAPAN - HANAMI

Japan's cherry blossoms bloom to make a famous spring spectacle that takes place from late March to early May across the country. Visitors also come from many countries to enjoy walking among the trees.



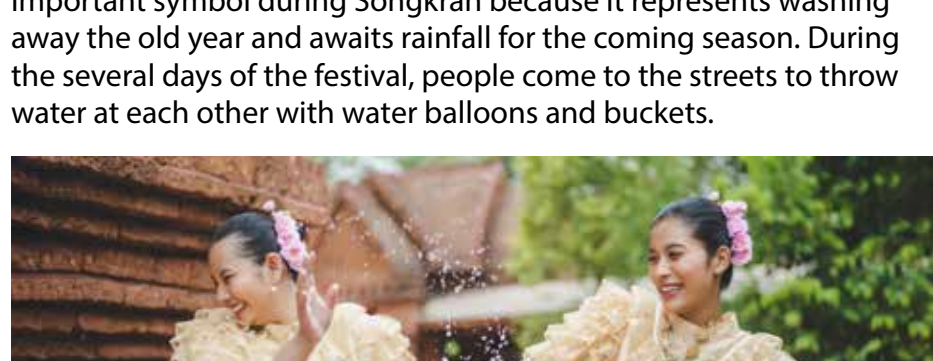
NETHERLANDS - FLOWER PARADE OF THE BOLLENSTREEK

One of the biggest and most anticipated spring events is the Flower Parade of the Bollenstreek. Dozens of floats made of tulips, hyacinths, daffodils, and more parade through several villages from Noordwijk to Haarlem. Millions of flowers are used to make these beautiful floats, which can take the shape of anything from ducks to chairs!



THAILAND - SONGKRAN

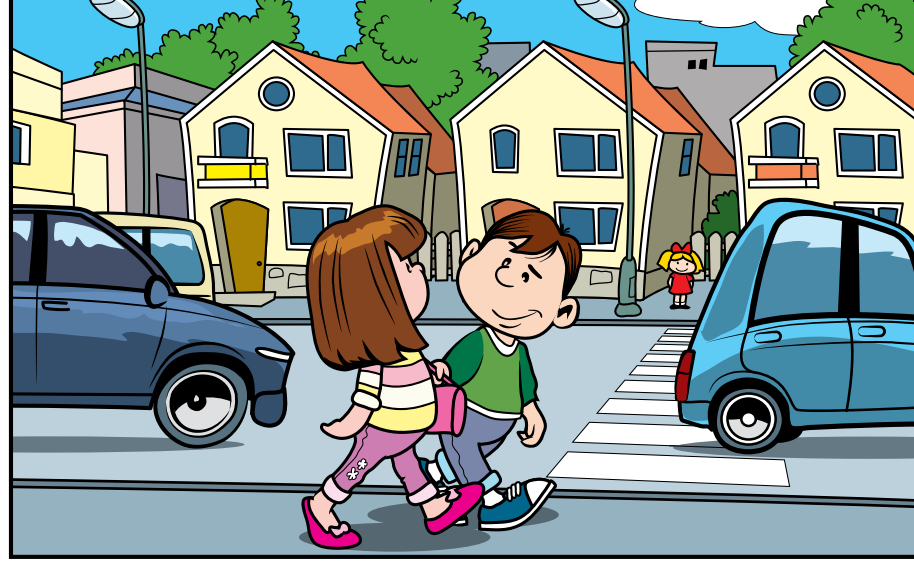
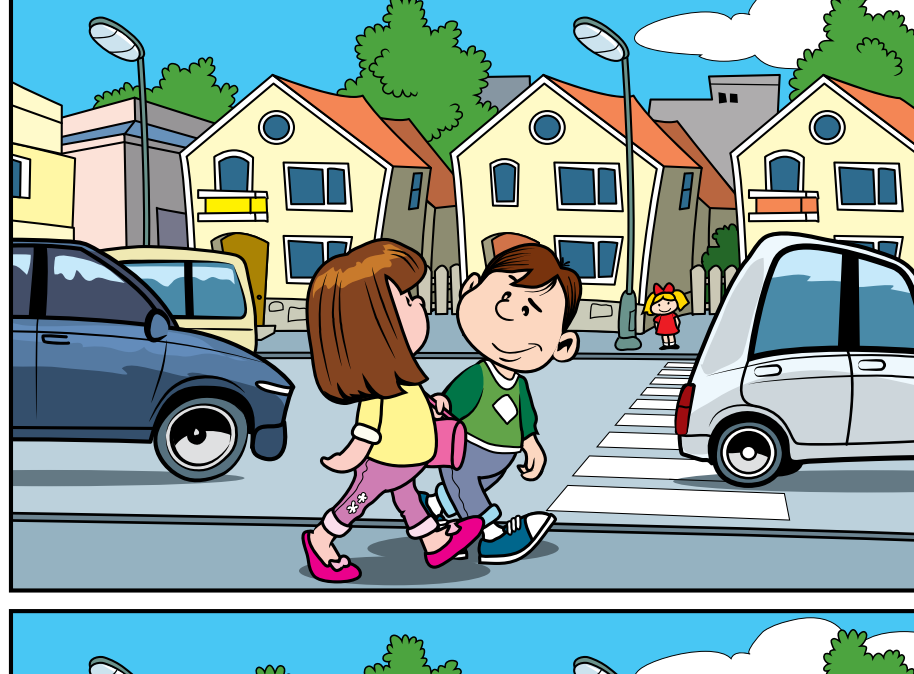
The Songkran festival comes at the beginning of the Thai New Year. It takes place in April, one of Thailand's hottest months. Water is an important symbol during Songkran because it represents washing away the old year and awaits rainfall for the coming season. During the several days of the festival, people come to the streets to throw water at each other with water balloons and buckets.



KIDS ZONE

FUN & PLAY

Find 10 Differences

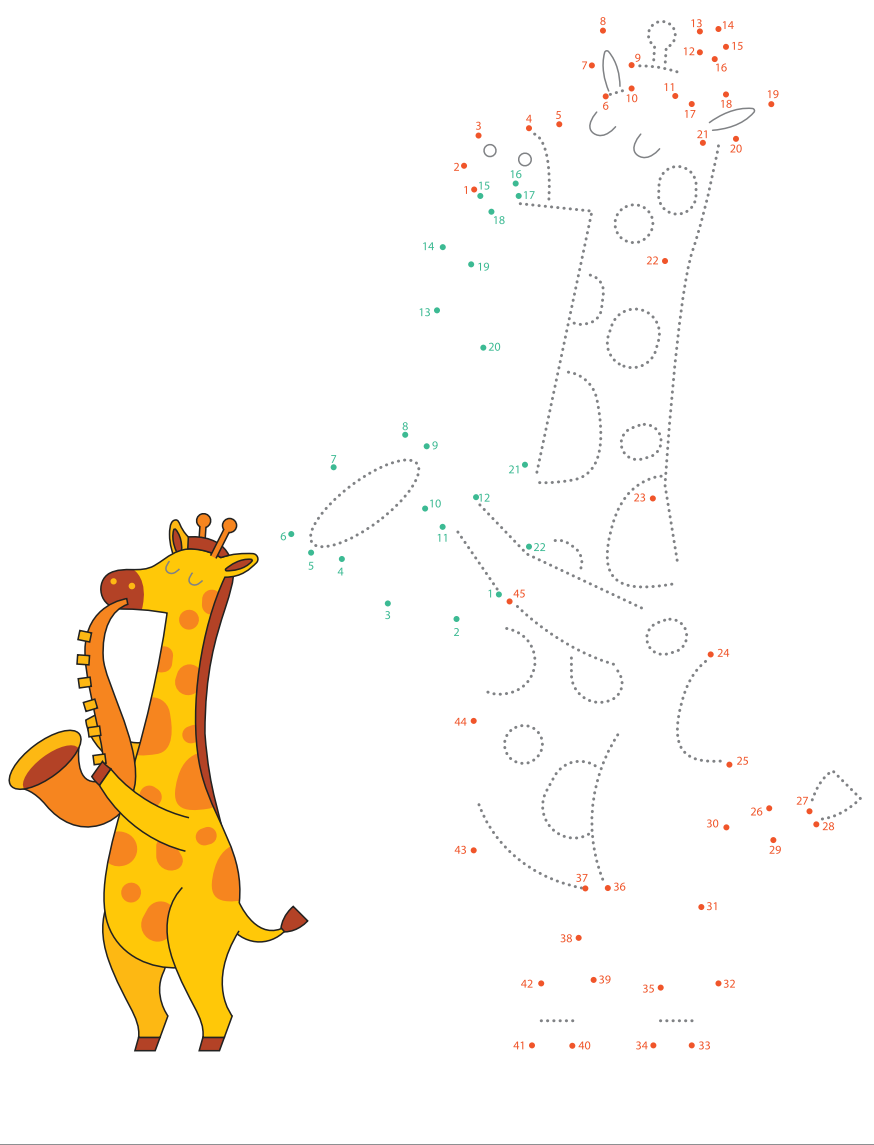


FIND THE WORD

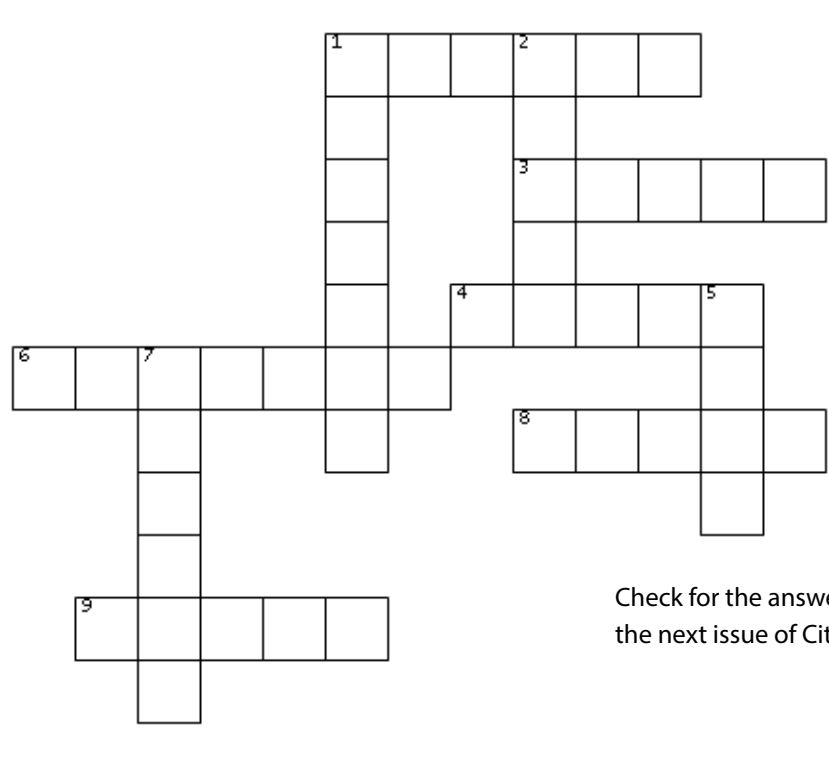
K R J H U Q F H B S N Y T A C Q V P C Z
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- | | | |
|------------|------------|---------------|
| 1. Nature | 6. Friends | 11. Art |
| 2. Ramadan | 7. Trees | 12. Clubhouse |
| 3. Family | 8. Golf | 13. Flowers |
| 4. Music | 9. Sun | 14. Tennis |
| 5. Birds | 10. Iftar | 15. Swimming |

DOT-TO-DOT



CROSS WORDS



Check for the answers in the next issue of City Life

- | | |
|--------------------------------------------|------------------------------|
| ACROSS | DOWN |
| 1. People we love | 1. They brighten our gardens |
| 3. Music for Ramadan | 2. Breaking our fast |
| 4. Limo, scooter and housekeeping services | 5. Smart homes for youth |
| 6. You need a bow and arrow | 7. Big island north of Egypt |
| 8. A place with many monuments | |
| 9. Weather we enjoy in Spring | |

THE MAZE

Help the little duck to find mum



Spetalia Medical Hub



Offering a comprehensive range of medical services and quality care for Madinaty and Al Rehab residents, Spetalia Medical Hub is now open at B10 in Madinaty under the umbrella of MR Polyclinics. Services are covered through Primary Care Clinics and Specialized Care Clinics with a highly qualified team of medical professionals.



Primary Care includes laboratory testing, screening for high blood pressure and diabetes, respiratory conditions, UTI, and treatment for minor cuts and bruises. The Specialized Clinics cover radiology, cardiology, dentistry, dermatology, ENT, gastroenterology, gynaecology, obstetrics, ophthalmology, orthopedics, urology, and physical therapy.

The availability of such high-level medical care right at their doorstep is an important facility for the residents of Al Rehab and Madinaty, and is a valuable addition to the broad range of services to be found within the communities.

Leap Development Hub Offers French Learning



Following Talaat Moustafa Group's mission to offer the highest standard of educational facilities to its residents, Leap Development Hub has now opened a new French section, Leap en Français, in B8 in Madinaty. Offering classes for children ages 1 to 4 years, the comprehensive developmental approach enables students to express themselves correctly orally, to learn the beginnings of writing, to develop their phonological awareness as well as develop their understanding of numbers and quantities in a well-rounded program covering Educational Development, Physical Development, Creative Development, Cognitive Development, and Health Development.

Tel: 0114 911 1715

Talaat Moustafa Group Welcomes GMG to Madinaty



Talaat Moustafa Group and GMG recently held an official signing ceremony at Madinaty Golf Club, agreeing that the global well-being company retailing, distributing, and manufacturing company with a portfolio of leading international and homegrown brands across sport, food, and health sectors will launch its home-grown concept, Sun & Sand Sports, the Middle East's largest sports retailer, at Madinaty's newly launched mall, All Seasons Park. The company will also open a Nike store at the prestigious Open Air Mall, also in Madinaty.



Covering close to 1,600^m2 the two stores are planned to open during 2023, allowing visitors to enjoy the chance to shop new exciting globally recognized brands. All Seasons Park is located in the south of Madinaty in close proximity to the New Administrative Capital, Mostaqbal City, and will become a focal point for shoppers and visitors with its range of shopping, entertainment, dining, and medical services. Open Air Mall is one of the largest shopping and lifestyle destinations in Egypt and the Middle East with eight different themed buildings.

So Many Reasons to Visit **GATWAY** Mall in Al Rehab

For shopping, for leisure, or to enjoy scrumptious food. There are also medical clinics that are now ready to welcome patients. The mall is easily accessible through Al Rehab City's gates 12 and 13. Come and explore!



- Abu Auf
- Alfa Labs
- Alwan
- Aspects Clinic
- ASTK
- Banque Misr
- Bucharest Café
- B. Tech
- Cinnabon
- El Mokhtabar
- Escape the Room
- Kids Station
- MAGRABi
- Nash
- Panda
- Princess Café
- Queen's Beauty Salon
- Quick 24
- Radiance
- Raya Electronics
- Roll n Bake
- Royal Pin
- Saied Rabee
- Starbucks
- Stop and Stock
- The Burger Factory
- The One
- Tie Shop
- Trianon
- Z10 Boxing



SOUTH PARK

Right in the vibrant heart of Madinaty, South Park is buzzing with energy and great food and activities. Kids will love the hours of entertainment Fun City will provide with a huge range of video games to amuse all ages. And why not make it a family affair and enjoy a meal at one of the restaurants or cafés? You will find all of your favorite Egyptian foods as well as popular Syrian dishes at Sayed Hanafy and Al Dahan, and can also choose from many international names like Pizza Hut, Hardee's, Starbucks, KFC, McDonald's, Chili's and Costa.



With Ramadan just around the corner, South Park is calling you to come and relax and have loads of fun on warm spring evenings.



Your Hub in Al Rehab

Conveniently positioned right next to Al Rehab Sporting Club, Park 15 is easily accessed from Gates 20 and 22 and is establishing itself as a popular spot to catch up with friends, in beautiful surroundings. Leisure aside, there are excellent facilities for education, work, and fitness, along with great food experiences.

Cambridge International Preschool and Nursery offers a good start for children as they start out on their educational journey, and MQR provides office space with convenient co-working facilities and areas, right in the heart of Al Rehab. Fitness is always important, and alongside BeFit 360, residents can now sign up with Iconfit to keep themselves in optimum shape and health under the guidance of top fitness professionals.



Work, and working out, create healthy appetites, and Yatta is there to provide some of the most delicious food around. With a bakery, café, and restaurant, your taste buds will be well and truly pampered with a huge variety of sandwiches, soups, salads, pizza, burgers, pasta dishes, and Egyptian and International favorites. Breakfast is a big attraction after a tough workout, so it is worth checking out the different options, and stopping by the pastry counter before you leave.

It's time to learn, work, workout, and kick back and relax!

BeFit 360

Website: www.befiteg.com



Cambridge International Preschool and Nursery

Tel: 0121 229 4208

Facebook: CIPNursery



Iconfit

Tel: 012 880 97777

Facebook: [iconfit.eg](https://www.facebook.com/iconfit.eg)



MQR

Tel: 0121 142 8888

Website: www.mqrspaces.com



YATTA Bakery & Cafe – Restaurant

Tel: 0123 450 0084

Instagram: [yatta.eg](https://www.instagram.com/yatta.eg)



Everything in One Spot at



Each day of our busy lives we need such a variety of items and services it seems impossible to hunt them down. But Craft Zone is a step ahead of us. Gathering everything we could think of, and more, it truly is a one-stop- shoppers' paradise, and the answer to all of our needs.

Car problem? Keep your car running smoothly with the help of companies offering everything from spare parts, maintenance and car servicing to car wash. When your cupboards are empty it is easy to stock up at any of the handy markets, greengrocers, butchers and supermarkets, making meal preparation a breeze. You will even find building supplies, DIY tools, color centers, fire supplies, and integrated home solutions, along with home décor and furniture shops to inspire your next home makeover.

There are days when you feel that we need a makeover, too, so it is great to have beauty centers, nail spas and even men' salons a few minutes away. Then feeling all brand new, how could you resist popping into jewelry boutiques like Vine Jewelry or Aljawahirji to see what new designs brighten up the windows. On the way, it is always tempting to browse through the new spring outfits and shoes that have just hit the stores.

When you need to find some relaxing downtime, explore the bookstores for new releases, pick up your fresh juices from Healthy Juice or Top Fruit, a tub of artisan ice-cream from Omayya, freshly roasted nuts from The Roastery or Golden Nuts, and don't forget to pass by the patisserie. Just a suggestion, it is up to your willpower of course. And send the kids off to the PlayStation spot, and your man off to Shots N' Dots for a game of billiards, to guarantee that you are not disturbed.

Your tech needs are taken care of with mobile service providers, computer and smartphone service centers and retailers, helping us all stay connected. Need a passport photo or some of your digital masterpieces printed for framing? Simply pop into Kodak.

The health and wellbeing of our family is always a priority, so having pharmacies within a few minutes reach gives peace of mind around the clock. Don't forget that pets are a part of the family as well, and you will always find a veterinarian available for everything from grooming and routine vaccinations to emergency treatment.

Sometimes it is the day-to-day stuff that eats up our time, so it is good to know that you can drop your dry-cleaning off on the way to update official papers at the Health Center and Civil Registration Office. With all the messages and shopping done, take a break and skip cooking by treating the family to a meal from the wide selection of cafés, restaurants and fast food outlets that offer diverse and exciting menus.

As you wander, you will often find new arrivals to Craft Zone, so why not pop in and say hello? They will be delighted to meet you!

16286

مع اورايون

خدمة النظافه المنزلية تبدأ

من ١٩٢ جنيه

تطبق الشروط و الاحكام



ORION



منى الدغيدى

«بحب الناس الراقية اللي بتضحك على طول.. اما العالم المتضايقة انا لا مالايش في دول» بتلك الكلمات البسيطة من أغنية المطرب احمد عدوية ورامي عياش لخصت الكتابة منى الدغيدى فلسفتها في الحياة، وطريقة تعاملها مع الناس، فتقول انها تحب الناس و تحب التعامل معهم، وهو ما يأخذ عليها بعد ذلك من الحبيطين بيها.

استطاعت منى الدغيدى تحقيق شهرة واسعة على مواقع التواصل الاجتماعي بكتابتها البسيطة، و حكاويها التي دخلت القلوب والعقول، وهو ما جعل احد أكبر دور النشر بالتواصل معها لجمع تلك الحكايات في كتاب يوثق حياة الطبقة المتوسطة أكثر مما وثق حياة شخص، ليخرج بعنوان «نوئي و حكاويها»، والذي نجح في تحقيق أعلى المبيعات و تصدر الأكثر مبيعا لفترة طويلة، لتنفذ الطبعة الأولى و الثانية منه، و في صدد طبع الثالثة.

قمننا بمقابلة منى الدغيدى و التحدث معها حول كتابها و حكاويها، و علاقتها بأبنائها و احفادها، و مدى تدخلها في حياة بنجلها الفنان أسر ياسين، وكيف تطورت مهارتها في الزراعة و التفصيل، و غيرها من الأمور التي تناولها هذا اللقاء خلال السطور التالية..



ماذا يمكنك أن تخبرينا عن كتابك الذي تم إصداره مؤخرًا؟

كتاب «نوئي و حكاويها» فيه ملخص لحياتي، بشكل مبسط، حيث انني كنت اريد ان أترك لأحفادي ما يعرفهم بشخصيتي، ومن آكون، بداية من تهجيرنا من بورسعيد الى وجودنا في منزل التجمع الخامس، فمثل ما ذكرت في الكتاب «: انولدت في بورسعيد وعشت في القنطرة وزى ما بيقولوا ترعرت في المحروسة وحييت في إسكندرية واتحيت في لندن ودرست في نيجيريا وعشت في السويس وبيها كده أبقي غطيت الكنال كله زى ما بيقولوا بلدياتي بورسعيدية واتغربت في بلاد الأناضول واستقرت في أبوظبي وبعد اللفة دى كلها رسيت على بر مصر المحروسة».



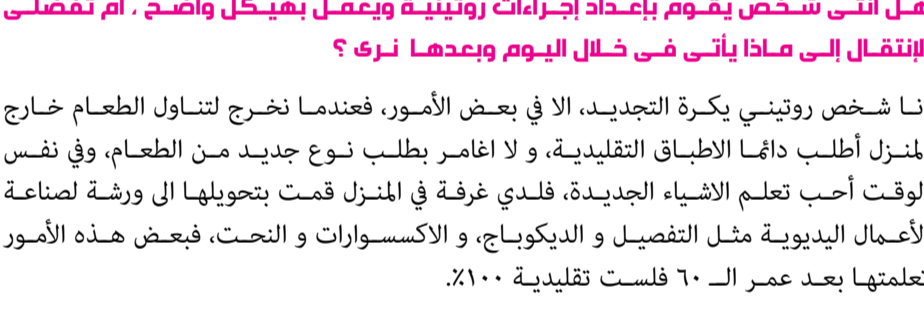
ما الذي أهمك لكتابته؟

الموضوع لم يكن مخطط له، بل جاء عن طريق الصدفة، ففي فترة انتشار الكوفيد، كنت ممنوعة من الخروج من المنزل لمدة ٦ شهور، وهذه الفترة أطلق عليها المنحة، أكثر من كونها منحة، حيث استطعت خلالها التقرب أكثر من أحفادي و الجلوس معهم فترات أطول، وفي أحد الأيام كنت أستمع الى موشح الشيخ النقشبندى«مولاي ابي باباك» وبكيت، لأنه يذكرني بتهجيرنا من منازلنا عام ١٩٦٩ من بورس سعيد، فكنت اسمعه حينها، ففتحت الفيس بوك و كتبت بوست اشرح خلاله من أنا، ووضعه علي أحد جروبات القصة القصيرة المشتركة فيها، فكانت ردود الافعال رائعة جدا، و طالبوني بأستكمال الحكايات، والتي كنت اكتبها باللهجة العامية البسيطة، وفي أحد الايام استقبلت رسالة من مديرة الدار اللبنانية تطلب منى التواصل لنشر تلك الحكايات في كتاب، فانا لم اكن اعرفها، و لم تكن في قائمة أصدقائي، فاستشرت بنائي وزوجي، فمسموني جدا على تلك الخطوة، فخشيت ان يكون هذا العرض من أجل اني والدة الفنان أسر ياسين، لكن عندما تحدثت مع مديرة الدار قالت لي انه لم تكن تعلم اني والدةها حينما عرضت علي ذلك العرض، و بالفعل قمننا بإعادة كتابة الحكايات بتفاصيل أكثر ووضوح ألوم صور، و تم طرحها.



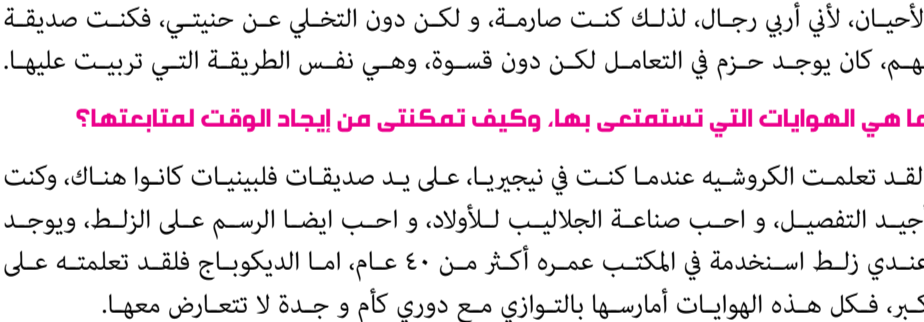
هل لديك فلسفة أساسية للحياة كانت قوة دافعة لكي لجمعك في الاوقات الصعبة؟

(ضاحكة) من ستر ربنا انه ليس لدي فلسفة، و لكني أحب الناس جدا، وأتعود عليهم بسرعة، فإذا كان يوجد فلسفة فهي أني أحب الناس و اتعامل معهم بشكل جيد، وربنا بيسترها معي، وأكره الأشخاص الكذابين، و يكشف كذبهم بسهولة، ففي داخل «سينسور» يكشفهم، و مثل ما قلت في الكتاب «بحب الناس الراقية اللي بتضحك على طول.. اما العالم المتضايقة انا لا مالايش في دول».



هل أنتي شخص يقوم بإعادة إجراءات روتينية ويعمل بهيكل واضح ، أم تفضلين الانتقال إلى ماذا يأتي في خلال اليوم وبعدها نرى ؟

انا شخص روتيني بكرة التجديد، الا في بعض الأمور، فعندما نزرع لتناول الطعام خارج المنزل أطلب دائما الاطباق التقليدية، و لا اغامر بطلب نوع جديد من الطعام، وفي نفس الوقت أحب تعلم الاشياء الجديدة، فلدي غرفة في المنزل قمت بتحويلها الى ورشة لصناعة الأعمال اليدوية مثل التفصيل و الديكوباج، و الاكسسوارات و النحت، فبعض هذه الأمور تعلمتها بعد عمر الـ ٦٠ فلست تقليدية ١٠٠٪.



هل كنتي أماً صارمة أم أكثر صداقة مع أبنائك ؟

بحكم عمل زوجي و انه كان دائم السفر، كان يجب ان ألعب دور الأم و الأب في بعض الأحيان، لأنني أربي رجال، لذلك كنت صارمة، و لكن دون التخلي عن حنيتي، فكنت صديقة لهم، كان يوجد حزم في التعامل لكن دون قسوة، وهي نفس الطريقة التي تربيت عليها.

ما هي الهوايات التي تستمتعي بها، وكيف تمكنتي من إيجاد الوقت لمتابعتها؟

لقد تعلمت الكروشيه عندما كنت في نيجيريا، على يد صديقات فلبينيات كانوا هناك، و كنت أجيد التفصيل، و احب صناعة الجلايب للأولاد، و احب ايضا الرسم على الزلطف، و يوجد عندي زلطف استخدمته في المكتب عمره أكثر من ٤٠ عام، اما الديكوباج فلقد تعلمته على كبر، فكل هذه الهوايات أمارسها بالتوازي مع دوري كام و جيدة لا تتعارض معها.

نحن نعلم أنك طبخة رائعة ما مدى أهمية هذه الأنشطة في تنشيط الروح؟

أنا أحب الطهي جدا، و أجيدة بشكل كبير، و لكن لا أحب «الافتكاسات» الجديدة، فيوجد أكلة يحبها زوجي جدا و هي «السويس بديس الرمان»، و كنا نأكلها خارج المنزل، فممنذ فترة قريبة قررت ان اجربها في المنزل، و بالفعل شاهدت الطريقة التي لاعدتها، و قمت بتضييرها بنفسي، و أعجب بها زوجي جدا، و هو الأمر الذي جعلني أشعر بسعادة كبيرة لا توصف.

ما هي أفضل نصيحة تلقيتها أنتي على الإطلاق ، ومن كان الناصح دوما والنموذج الذي يحتذى به بالنسبة لكى؟

يوجد نصائح كثيرة، فأنا شخص يمكن نصحه، و احب الاستماع لمصائح الجميع حتى لو أصغر مني في السن، و لكن النصيحة التي عالقة في ذهني قالها لي والدي عندما كنا في نيجيريا، ففي أحد المرات تعرضت لصاحد، اصطدمت في سيارة من الخلف، و لم أكن مخطأة، فنزلت من السيارة و أنا أبكي و خائفة، و طالبوا الناس بحضور الشرطة، و اثناء وقوفي وسط الناس و الشرطة شاهدت السائق الخاص بوالدي يمر من أمامي، فأعتقدت انه سوف يقول له و يحضره، و ذهبتا للقسام، و بعد ساعات طويلة خرجت لاني لم أكن مخطأة في الأمر، فوجدت والدي فسألته لماذا لم يحضر مبكرا فقال لي :«انا لم أعيش لك العمر كل، فالأزمات تصبح تجارب جيدة لكي»، و بالفعل بعد فترة تكرر الأمر و صدمتني سيارة أخرى، و الفتاة التي وقتت تبكي المرة الماضية، نزلت بكل ثقة من سيارتها تلوم السائق الأخر عن فعلته، فوالدي ووالدتي هما مثلي الأعلى و كذلك زوجي العزيز الذي أعرفه منذ ان كان عمري ٣ سنوات.

كرمز للعديد من النساء في عيد الام، يرجى إخبارنا عن الاحترام المتبادل الذي تشاركيه مع زوجك

أهم شيء في تكوين الأسرة هو الاحترام المتبادل بين الزوجين، فلنك منا دور يقوم به من أجل الآخر، فلا أنتقص من دورة شيء و لا ينتقص من دوري، و فوق كل ذلك ان يشعر بعضنا بالآخر، و نتمنين جهود بعضنا البعض.

هل ما زلت تلعبين دورًا وثيقًا في حياة ابنك أسر؟

بالنصح فقط، فأنا أمه و سأظل أمه مدى الحياة، فكنت أقوم بقراءة الأعمال التي سوف يقدمها، قبل زواجه، و في أحد التعليلات قالبنني شباب، و يعرفوني، و بالصدفة قال لهم أحد الحضور اني والدة أسر ياسين، فقام أحد الشباب المتواجدين بإحضار زميل له و سأله عن من كنا نتحدث منذ قليل و انه قدوى لنا فقال له أسر ياسين، فشعرت بسعادة كبيرة، و ذهبت الى أسر و قلت له عليك أختيار أعمالك بعناية كبيرة لأنك أصبحت قدوى لعدد من الشباب.

في حياة أحفادك أيضًا؟

أشارك في تربية أحفادي، بحكم أني أراهم في ساعات طويلة، و لكن في الحقيقة أهمياتهم يبلون حسنا في تربيتهم بشكل رائع جدا، وانا سعيدة به.

في أي مجال درستي ؟

أنا خريجة هندسة الأسكندرية قسم ميكانيكا إنتاج، و عملت فترة كمهندسة اثناء تواجدا في نيجيريا، و لكن بعد ركزت في تربية الأولاد، و لكن بعد عودتنا من تركيا لاحظت مستواهم في اللغة الإنجليزية بدأ في الهبوط، و عندما تحدثت مع المدرسة طلبوا منى التدریس لديهم، و بالفعل درست اللغة الإنجليزية للأولاد لمدة عامين، و لكنني توقفت بسبب المجهود الكبير الذي لم أستطع تحمله.

كيف تم تطوير مهاراتك في الخياطة وزراعة الحدائق ؟

في الخياطة بالممارسة، و حضوري لكورسات جديدة لزبد من التعلم، اما في الزراعة فلم يكن لدي فكرة عن الزراعة، و لكن عند بناء منزلنا الجديد في التجمع الخامس، حرصت على وجود حديقة كبيرة في تصميم المنزل، الذي جعلته علي شكل حرف L، ليكون هناك مساحة للحديقة، و دخلت علي جروب خاص بالزراعة على الفيس بوك، و قمت بالاستفسار عن التعلم، و حرصت على حضور معرض الزهور الذي يقام كل عام في حديقة الأورمان، حتى اصبحت اقوم بتصميم الحدائق الخاصة بمنازل أولادي و الاقارب، و صناعة ماكيت للحديقة بالبرطمانات الفارغة ة إعادة تدويرها.

أسر ياسين

ما هي أحلى هدية عيد الام قدمتها لأمك على الإطلاق؟

لا استطيع الأجابة على ذلك السؤال فهي من تقول، ومع ذلك ، إذا طلبت العالم كله، سأبدل قصارى جهدي لإرضائها.

كيف تصف والدتك في ٣ كلمات؟

أطيب قلب في الدنيا، لو هما ٣ كلمات فقط، فهذا الوصف يلخص أمي

نحن نعلم أن والدتك طاهية موهوبة. ما هو طبقك المفضل؟

يوجد أكلة أحبها من يدها جدا، و هي صينية اللحم بالصوص، فهي ماهرة جدا في عملها ، بالإضافة إلى الكعك.

إذا كان بإمكانك اصطحاب والدتك في إجازة العمر ، فأين ستذهب؟

هي لن تذهب الى أي مكان بدون بابا و الأولاد، لكن لو قررت الذهاب في رحله معها سوف نذهب الى لندن

ما هي أفضل نصيحة قدمتها لك والدتك؟

إنه قول أكثر من مجرد نصيحة. «عامل الناس كما تصب أن يعاملوك.

نور

“نور” طفرة انشائية جديدة على الأراضي المصرية، تقدمها مجموعة طلعت مصطفى، وتعتبر أحدث المدن الذكية الصديقة للبيئة، التي تقام على مساحة 5000 فدان، وتم تخطيطها بالإستمانة بأبزر 4 مكاتب إستشارية على مستوى العالم، وهم: SWA, SASAKI, EASTMAN, BCG، لتمثل نموذجًا جديدًا لمدن القرن الحادي والعشرين، والتي توفر مستوى جديد من السكن المصري المتكامل، وتمزز الحياة المجتمعية في بيئة صحية وأمنة.

مدينة الجيل الرابع

تتميز نور بموقعها المتميز امام العاصمة الإدارية، مما يجعلها امتداد عمراني نموذجي للسكن والحياة الهادئة الخضراء الذكية المتكاملة، والقريبة من كافة الخدمات والوزارات والبنوك والمؤسسات الحكومية.



بجانب تميز موقعها من نبض شرق القاهرة، والتي تمتد من مدخل العاصمة الإدارية الجديدة، إلى طريق السويس، مما يسهل الانتقال في دقائق معدودة إلى مناطق هليوبليس الجديدة، الرحاب، مدينتي، القاهرة الجديدة و الشروق، بالإضافة إلى ربطه بمحاور تنمية قناة السويس، وكافة المدن الجديدة مثل: (العاشر من رمضان، الشروق، بدر، وخلافة).

تعد مدينة نور تجربة معيشية استثنائية؛ فهي تضم أكثر من ١٤٠,٠٠٠ وحدة سكنية، تقدم خلالها إختيارات متنوعة، ترضي جميع المتطلبات، تشمل شقق وأستوديوهات بمساحات مختلفة تبدأ من ٢٣م^٢، إلى الشقق التي تبلغ مساحتها ١٩٥ مترًا مربعًا وأكثر، وصولاً إلى مختلف أماط الفيلات (Stand Alone, Twin-House, Town-House Villas) المبنية على أحدث التقنيات من قبل مكتب BCG، الذي راعى في تصميماته تعزز استخدام الضوء الطبيعي والمناظر الخلابة الخضراء، مع وجود مساحات واسعة بين الوحدة والأخرى مما يوفر مزيد من الخصوصية والهدوء.



كما تم تصميم الطرق داخل المدينة بأنظمة مرور حديثة وذكية تستوعب الكثافة السكانية المستقبلية للمشروع وممرات مخصصة للمشاة والدراجات تطل على المساحات الخضراء داخل المدينة، مما يمنح سكانها حياة صحية مميزة، بجانب انتشار المساحات المفتوحة في تسلسل رائع في مختلف المناطق لتساهم في تقليل استهلاك المياه وتوجيه مياه الأمطار نحو وادي موسمي يتدفق من الغرب إلى الشرق عبر وسط المدينة ويوفر منظر طبيعي خلاب.

ووسط كل هذا الاهتمام بالرفاهية والشكل الجمالي لم تغفل إدارة المشروع أيضا عن عنصر الأمان، حيث تم توفير أنظمة مراقبة ذكية تعمل في كافة الظروف، فضلاً عن استخدام غرف مراقبة وتحكم بالمدينة على مدار الساعة.

كذلك احتياجات العمل تم الإهتمام بها بشكل جيد من خلال المجمعات التجارية المنتشرة على مساحة تقرب من ١٠٠ فدان، مع مساحة إضافية مخصصة للخدمات العامة، والمرافق الترفيهية والسياحية، وميجا مول لرعاية فترات التسوق، مما يجعل تجربة التسوق مميزة و ممتعة، لقاطني المشروع و الاماكن المجاورة.

ولأن المشروع شمل جميع جوانب الحياة فكان يوجد إهتمام كبير بالعملية التعليمية، فتم تخصيص مجمعاً تعليمياً يضم ١٠ مدارس على مساحة ٥٠ فدائاً، وجامعة تقع على مساحة ٤٠ فدائاً، وعيادات صحية، و ١٧ مكاناً للعبادة، (مساجد وكنائس)، ونادي رياضي ممتد على مساحة ٩٠ فدائاً، ومحور داخلي أخضر، مما يوفر حياة جديدة لـ ٦٠٠٠٠٠٠٠ نسمة.

مساكن ذكية لحياة أفضل

ففي مدينة نور تتكون البنية التحتية من أحدث الانظمة الذكية في البناء والاستخدام لتصبح خدمات المدينة بالكامل عبارة عن غرف تحت الارض بأنفاق تصل الي مركز التحكم لخدمات المدينة، ولأول مرة ستكون بنظام الـ 5G في انظمة الاتصالات والانترنت وكذلك الهاتف الارضي بنظام الاليف الفايبر لتوفير سرعة كبيرة جدا في الانترنت.



كل ما سبق يثبت لنا اننا أمام نقلة نوعية في خارطة التطوير العقاري بمصر، فهي خطوة جديدة في تطوير منطقة كاملة، وخلق فرص إستثمارية واعدة بها، وبكافة مناطق الجذب المحيطة، متمتعاً بكافة التقنيات الحديثة و الذكية الصديقة للبيئة، و هو ما تراعيه دائماً مجموعة طلعت مصطفى في المشاريع السكنية التي تقوم بتنفيذها، والتي أصبحت علامة مسجلة في إقامة مجتمعات سكنية جديدة اساسها الخلود و الاستمرار مهما مر عليها من وقت، فهي رمز للتخطيط و الحداثة، و البنية التحتية التي تجعلها في مقدمة المدن الجديدة، و الاختيار الأمثل للشباب، و العائلات، و المستثمرين ايضاً.



سيمبوزيوم مدينتي الخامس للنحت

واصلت مجموعة طلعت مصطفى التزامها بدمج الفن والثقافة في مجتمعاتها من خلال معرض سيمبوزيوم مدينتي الدولي الخامس للنحت. أصبحت مدينتي معرضاً دائماً لأعمال النحاتين الدوليين والمحليين المرموقين ، مما يسمح بمشاهدة أعمال النحت الفنية في بيئة طبيعية، جنباً إلى جنب مع المساحات والممرات الخضراء ليستمتع بها مجتمع مدينتي. حلت هذه القطع الجديدة بجوار أعمال سيمبوزيوم السابقة، مما يضيف مزيداً من السحر على مناطق مدينتي المفتوحة.

الفنانين المصريين



الفنان / هاني فيصل



الفنان / هاني السيد



الفنانة / نيفين فرغلي



الفنان / معاوية هلال



الفنانة / ميسون الزربة



الفنان / عبد الرحمن البرجي



الفنانة / سارة قاسم



الفنان / أحمد موسى



الفنانة / سيدة خليل

الفنانين الأجانب



إفان تيسكادزه - جورجيا



سيرجي أوليشكو - أوكرانيا



كانان سوغورداغ زونغور - تركيا



سونجول تيلييك - تركيا



رولاند هوفت - ألمانيا



جمبر جيكيكا - جورجيا



نديم حاجياتيفيتش - صربيا



خالد عبد الله - السودان



آنا تيريزا راسينكا - بولندا



جون غوغابريشيلي - جورجيا



فاليريان جيكيكا - جورجيا



نيكولاي كارليخانوف - روسيا



كامين تانيف - بلغاريا

التوعية و ترشيد استهلاك المياه



تحظى قضية التوعية و ترشيد استهلاك المياه باهتمام الدولة المصرية ، لذا تقدم إدارة الشبكات بالمشاركة بمعلومات استرشادية لترشيد إستهلاك المياه و التوعية عن القطع الموفرة للمياه أثناء الإستخدام و المحافظة على المرافق للحفاظ على البيئة.



ترشيد استهلاك المياه

- تركيب أدوات ترشيد الإستهلاك على مخارج المياه بالمنزل (الصنابير الموفرة) والتي توفر المياه بنسبة تصل الى ٤٠٪.
- تركيب وحدات نظام الري الذكي بالحدائق الخاصة بمناطق العمارات والفيلات.

المحافظة على شبكات الصرف بالمدينة

- الحرص على عدم إلقاء أى مخلفات صلبه (أكياس بلاستيكية أو أي معادن) أو أي مخلفات ورقية في الصرف المنزلي لتجنب إنسداد الصرف و التسبب في إنتشار الروائح الكريهة و الحشرات ناتج خروج المياه من بلاعات الصرف.
- التعاون بوضع النفايات في الأماكن المخصصة لها في الشوارع الرئيسية حتى لا يتسبب عدم الإلتزام في إنسداد بالوعات صرف الأمطار بالشوارع و تراكم المياه لفترات طويلة بالطرق الأمر الذى يتسبب في إعاقة المرور.
- الحرص على الإبلاغ فوراً بأى خلل بأغطية البلاعات و غرف التفتيش في الطرقات العامه و المناطق السكنية لسرعة إتخاذ اللازم.



الزراعة في مدينتي

من العلامات المميزة لمدينتي التصميم الجمالى المختلف للمساحات والنباتات، لذا تتمتع كل منطقة بتصميم مختلف يعكس تميزها عن الاخرى ليزيدها اختلافاً و تنوع لذلك تحرص ادارة الزراعة بجهاز مدينتي بتقديم كافة الخدمات الزراعيه للساده العملاء الافضل للحصول على اعلى مستوى يليق بعملاء مجموعه طلعت مصطفى. يرجى مراعاة الإلتزام برؤية إدارة الزراعة. ويتم ذلك بمراعاة تقليم النباتات بمواعيد محددة في مواسم التقليم المختلفة وفقاً للرؤية الفنية ولما هو محدد في لائحة المدينة للحفاظ على التصميم والشكل الجمالي للمدينة. ونود أن ننوه على أن ضم جزء من المسطحات العامه لمساحة الحدائق الخاصة بزراعة بعض النباتات تعتبر مخالفة قانونية

الخدمة المجتمعية

مبادرة توفير الدواء

في إطار حرص مجموعة طلعت مصطفى على الاضطلاع بمسؤوليتها المجتمعية، قامت إدارة العلاقات العامة بالمجموعة بإطلاق مبادرة إنسانية ، لتوفير الدواء لغير القادرين، و ذلك بالتعاون مع المركز الطبى مدينتي و الرحاب و مؤسسة الدواء للجميع الخيرية . و تهدف المبادرة الى تجميع الأدوية الفائضة عن حاجة الأفراد و فرزها و إعادة توزيعها على المرضى الغير قادرين، و شهدت الحملة إقبالا كبيرا من السكان حيث قام قاطنى مدينتي و الرحاب بالمساهمة الفعالة للمشاركة في هذه الخدمة المجتمعية.



ندوة طاقتك حياتك

ان ريادة مجموعة طلعت مصطفى لجمال التطوير العقارى في مصر و الشرق الأوسط لم تكن نتيجة دورها فقط في بناء وحدات سكنية، و لكن كانت نتيجة هدفها الذى دائما ما نسعى الى تحقيقه في كافة مشروعات الشركة و هو بناء مجتمع متكامل بكافة احتياجاته و اهتماماته و ما يترتب على ذلك من ضرورة العمل في شتى المجالات والتفاعل مع جميع المناسبات ، كما أشار الأستاذ/ حسين الجندي، مدير عام إدارة خدمة العملاء و العلاقات العامة الى أن موضوع الندوة جاء إستكمالاً للفعاليات التى تقوم بها مختلف إدارات المجموعة خلال شهر مارس إهتماماً بالمرأة لما لها من دور أساسى في بناء و تنمية المجتمع لذا قامت مجموعة طلعت مصطفى - إدارة العلاقات العامة بجهاز مدينتي بتنظيم ندوة تحت عنوان (طاقتك حياتك)، بالتعاون مع مركز Zezeeta و SelfCare Clinic ، بمشاركة كل من الدكتورة/ إنجي فيصل إستشارى العلاقات الأسرية و الأسرية و علوم الطاقة و الدكتورة سميرة دويس خبيرة التجميل و العناية بالبشرة و التغذية العلاجية بمناقشة كثير من الموضوعات المهمة المتعلقة بصحة و جمال المرأة و من أهمها أنواع الطاقة و تأثيرها على الجسم ، قانون الجذب، كيفية التأمل ، التغذية و دورها في حياة صحية أفضل.



حملة مدينة العيون

قامت ادارة العلاقات العامة بمجموعة طلعت مصطفى بجهاز مدينتي بحملة مدينة العيون بالتعاون مع مركز مدينة العيون التخصصى، و خلال الحملة تم تنظيم ندوة طبية للتوعية بمرض ضغط العين (الجلوكوما) و تأثيرها على العصب البصرى ، و ندوة أخرى عن مرض السكر و تأثيره على الشبكية و طرق العلاج منه، كما تم إجراء كشف مجاني على قاع العين على العديد من سكان مدينتي. كما شهدت الحملة استقبالا كبيرا و مشاركة كبيرة و فعالة من السكان.



رمضان

٢٠٢٣ م - ١٤٤٤ هـ

تعد مساجد مدينتي والرحاب من أبرز الانشاءات المعمارية التي لا تقل روعة عن جمال المباني الموجودة داخل مشاريع مجموعة طلعت مصطفى، حيث تتوسط المدينة بعنبرها الشامخة، وتصميماتها المميزة، وسط مساحات واسعة من الحدائق الخضراء، مما يجعلها وجهة مميزة لعباد الرحمن في الشهر الكريم، وجميع المناسبات الدينية، التي تجمع بين الروحية، والجمال. بنيت مساجد مدينتي والرحاب على الطراز الإسلامي المميز والمعاصر، وفي أماكن يسهل الوصول إليها، ومن أشهر تلك المساجد: مسجد طلعت مصطفى ومسجد أحمد عفيفي بالرحاب، والمسجد الجامع بمدينتي، وغيرها من المنابر التي تقيم صلاة التراويح والتهدج بشهر رمضان المبارك.

دليل مساجد الرحاب

المسجد	الموقع	تراويح	تهجد	إعتكاف	صلاة العيد
الهداية	المرحلة الأولى	ربيعين	٢٠ رمضان		✓
أحمد عفيفي	أمام الفودكورت	ربع واحد	٢٠ رمضان		✓
الرحمن	بجوار مول ٢	ربيعين			✓
طلعت مصطفى	المرحلة الرابعة	جزء كامل	٢٠ رمضان	الساحة	
جهاز المدينة	بوابة ٦	ربع واحد			
مصعب بن عمير	نادي الرحاب	ربيعين	٢٠ رمضان	ساحة الحديقة الكبيرة	
السيدة عائشة	المرحلة العاشرة	ربيعين			✓
أبو بكر الصديق	المرحلة الخامسة	جزء كامل	٢٠ رمضان	✓	
فاطمة الزهراء	فيلات الرحاب هيلز	ربع واحد			
عمر ابن الخطاب	المرحلة التاسعة	ربيعين	٢٠ رمضان		✓
عثمان بن عفان	المرحلة الثامنة	جزء كامل	٢٠ رمضان		✓
بلال بن رباح	أمام البنوك (السوق القديم)	ربع واحد			
عمار بن ياسر	إمتداد نادي الرحاب	ربع واحد			
عبد الرحمن بن عوف	السوق الشرقي	ربع واحد			
السلام	جراج السوق الشرقي	ربع واحد			
الشهيد طيار هشام حسني	المرحلة السابعة	ربيعين	٢٠ رمضان		✓

* جميع المساجد بها مصلي للسيدات

* الجداول نهائية ما لم يصدر تعليمات أخرى من وزارة الأوقاف

* الاعتكاف:

- سحب الاستمارة من مسجد ابو بكر الصديق من يوم ٢٥ شعبان حتى ٥ رمضان
- يرفق صورة شخصية و صورة رقم قومي
- يقتصر على سكان الرحاب فقط



دليل مساجد مدينتي

المسجد	الموقع	تراويح	تهجد	إعتكاف	صلاة العيد
نور الاسلام	أرابيسك مول	ربع			
عمر بن عبد العزيز	B1	ربيعين	نصف جزء		
عمرو بن العاص	B2	جزء كامل	نصف جزء	✓	✓
التوحيد	B2	ربيعين			
علي بن أبي طالب	B8	ربيعين			
أنس بن مالك	B3	ربيعين			
خالد بن الوليد	جهاز المدينة	ربيعين	نصف جزء		✓
الزبير بن العوام	Vg5	ربيعين			
التقوى	B6	ربيعين	نصف جزء		✓
حمزة بن عبد المطلب	B7	نصف جزء	نصف جزء		
الرحمة	B10	ربيعين			✓
سعد بن أبي وقاص	B11	ربيعين	نصف جزء		✓
جعفر بن أبي طالب	الكرافت زون	ربع واحد			
السيدة خديجة	النادي	ربيعين			
الجامع	ستراال بارك	ربيعين	نصف جزء		✓
أسامة بن زيد	B12	ربيعين			
ساحة خيمة المبيعات					✓

* جميع المساجد بها مصلي للسيدات

* الجداول نهائية ما لم يصدر تعليمات أخرى من وزارة الأوقاف.

* الاعتكاف:

- سحب الاستمارة من مسجد عمرو ابن العاص من يوم ٢٥ شعبان حتى ٥ رمضان
- يرفق صورة شخصية و صورة رقم قومي
- يقتصر على سكان مدينتي فقط

أداب زيارة المساجد في رمضان

المساجد بيوت الله تعالى، ومن أحب الله تعالى أحب بيوته، وأكثر من زيارته فيها.

قال تعالى: { وَأَنَّ الْمَسَاجِدَ لِلَّهِ فَلَا تَدْعُوا مَعَ اللَّهِ أَحَدًا } (١٨) الجن.

التهيؤ للذهاب الى المسجد بالطهارة وحسن الوضوء، ولبس الثياب النظيفة، والتجمل والتطيب واستخدام مزبل عرق.

خلع الحذاء وإزالة ما علق به من أوساخ خارج المسجد، ووضعه في المكان المخصص.

الانتباه الى طهارة الجوارب ونظافتها، قبل المشي بها داخل المسجد.

صلاة ركعتين سنة تحية المسجد قبل الجلوس.

تجنب اللهو واللعب والجري وارتفاع صوت البكاء للأطفال، واللغو والثثرة، ورفع الأصوات ولو بقراءة القرآن لعدم التشويش على المصلين والذاكرين.

تجنب تناول الأطعمة في المسجد (يوصى بتمر وماء فقط اثناء خطبة التراويح) وجعلها أمكنة للراحة أو القبولية.

اصطحاب الأطفال للمساجد المتواجده بها مكان مخصص لهم وتشجيع الصبية الذين تجاوزوا السابعة وإحضارهم الى المسجد تعويدا لهم على العبادة، وتحييهم بالمساجد مع تعليمهم آدابها قبل دخولها.

الحرص علي صف السيارات في الأماكن المخصصة وعدم عرقلة السير أو خروج سيارة أخرى من مكانها.

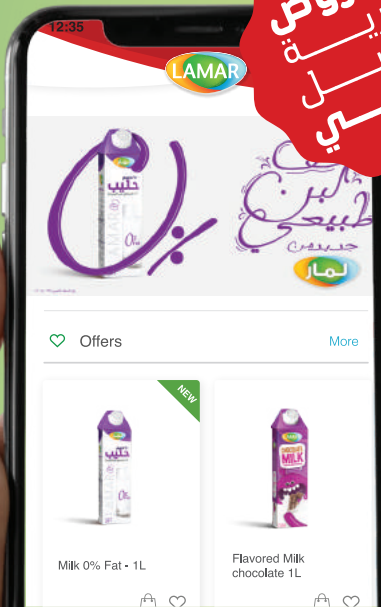


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لحد باب البيت

التوصيل لسكان الرحاب ومدينتي فقط

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