



WELCOME TO SUZYCLUB NEWSLETTER



Our first newsletter

Since the outbreak, we decided to keep the events via Zoom (conferencing software) so we can stay in touch and enjoy the activities together.

[View our Calendar](#)

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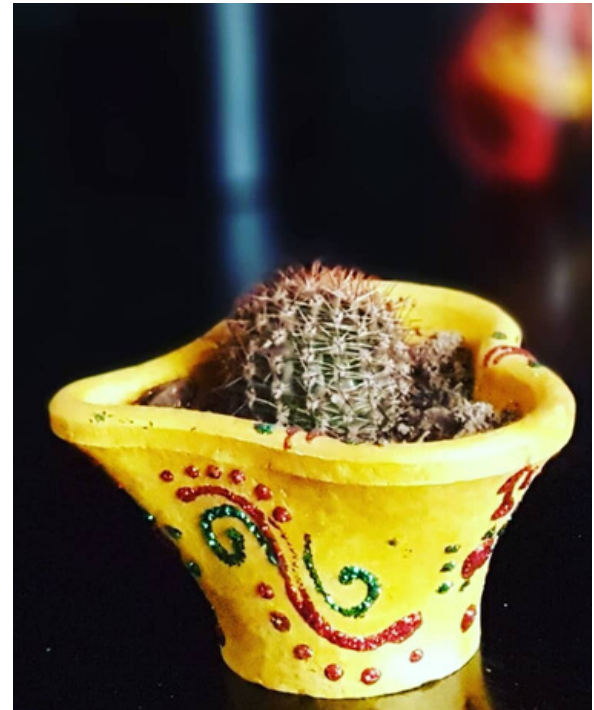




HOME DECORATION

Apartment or house, everyone loved decorating their homes. The way your home looks determines the mood and atmosphere for you and your family. A well decorated home can effectively put you at ease and get rid anxiety.

Our French designer offers a great selection of home decor products handmade and more.



HOT TRENDS 2020

Check out our cactus decor selection handmade by Suzanne Fashion. Their unusual shapes and bright desert flowers make them perfect for decorating. And the cactus plants can redirect the negative energy, balance the house energy flow, and create a better environment that attracts wealth.



FASHION EARRING

We selected for you the latest design of handmade earring made by Suzanne Fashion. Each earring is for 2 OMR.

The collection of earring is now available on our online shop of Suzyclub.com

Suzanne.Fashion





GHAITH AL GHAFRI

Arabic teacher

We are happy to participate in the Arabic course of Suzyclub of a great Omani teacher specialized for the non native speakers. Ghaith has graduated with a bachelor degree from Higher College of Technology in Oman and speak fluent Arabic, English, French, Spanish and Italian and currently he's learning Portuguese and German.

His passion for learning languages led him to become an Arabic Teacher for non-native speakers, a translator and a tour guide for different travel agencies in different languages. He has worked as Arabic Teacher for non native speakers for four years in Berlitz Language Centre (Berlitz Oman) then an Assistant General Director of the centre.

Apart from the center, Ghaith Al Ghafri has worked as a private tutor of Arabic as well in different companies and institutions in Muscat, teaching groups as well as private students. He has taught students of more than 35 different nationalities using different languages and methods to explain Arabic lessons.

Suzyclub provides an environment where talented members can meet up and share their skills and experiences.

GHAITH AL GHAFRI



Ghaith_idiomas





"MOMO" IS A TYPE OF STEAMED DUMPLING WITH SOME FORM OF FILLING.

IT IS A TRADITIONAL DELICACY IN NEPAL AND TIBET

Momo King

Cooked in a traditional way by using Himalayan herbs, I promise you an authentic experience full of mouth-watering bite, especially its steamed dumplings. Located in Al Ghubra, the only Nepalese restaurant in town known for their steamed momos. Their secret is that most of its ingredients are imported from Nepal to ensure an authentic culinary experience in the mouth.

Great food & Great experience

Their food has excellent flavor with their fresh dips and spices. I recommend their special dish Mutton Steamed Momo. Momo King is definitely one of the top Asian restaurants in Muscat. And with your SuzyClub membership card, you get 10 % discount.

Try it and let us know what you think.

Text and photo by LineCooks



CRISPY SWEET POTATO FRIES BAKED IN THE OVEN

Ingredients - Serve 4 persons

- 2 large sweet potatoes
- 3 tablespoons vegetable oil
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- 2 tablespoon cornstarch



INSTRUCTIONS

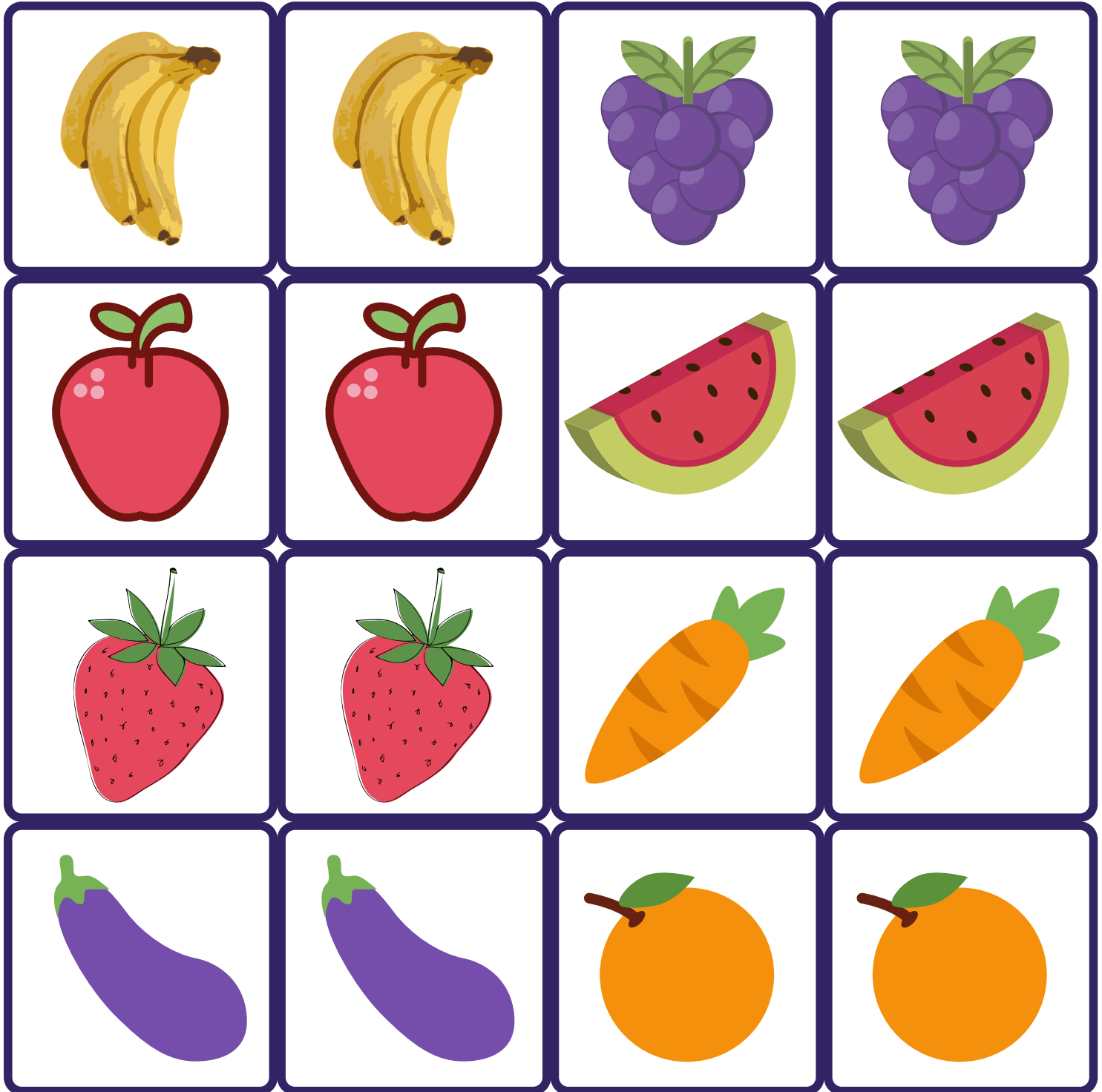
1. Peel the sweet potatoes after washing them,
2. Cut the sweet potatoes to size 1/4-inch thickness,
3. Soak the sweet potatoes in cold water for 1h. This method will help them cook through better to be crispy on the outside, tender on the inside without burning
4. Dry them very well on paper towel,
5. Coat the potatoes well with the cornstarch in a large mixing bowl, toss them vigorously. The idea is not to cover them in starch, but to get a whisper thin coating of the starch on the sweet potatoes,
6. Season the potatoes with vegetable oil, garlic powder, paprika, black pepper. Mix thoroughly to combine.
7. Line two baking sheets with parchment paper,
8. Spread the fries on the paper, placing them as far apart as possible.
9. Crank the oven to 400°F for a hot, fast roast for 30min. It's a critical step for a crispy coating and tender interior. Note that a low bake (says 375°F or below) will result in tender, sweet potatoes, but never crisp,
10. Flip them just once after 15min,
11. Cool for about 5 minutes, salt then serve immediately.

Recipe by Linecooks



PICTURE MEMORY GAME

This great printable version provides a fun variation of the typical picture memory game. Games like this are a great way to boost your child's cognitive skills, and you'll be getting them hungry for healthy food at the same time !



Contact the printing press AlwanPlus on 71 17 14 04, they do print and deliver.

Printing press - AlwanPlus.oman





WEEKLY SCHEDULE

MAY

MONDAY

9 am
Pilates

8:30 pm
Arabic for
beginners

TUESDAY

7:00 pm
Yoga

10:00 pm
Zumba

WEDNESDAY

8:30 pm
Arabic for
advanced

FRIDAY

9:30 am
Yoga

5:30 pm
cook & iftar
together

SUNDAY

10:00 pm
Zumba

NOTES

Some activities / classes may
be added





**“WE MAKE YOUR LIFE A GREAT
EXPERIENCE”**

Share the newsletter with your friends and family.
Do not hesitate to contact us if you write an article on
our next newsletter. That would be great !

Stay safe and Enjoy!

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@suzyclub

