

# CLUB AFFINITY COMMUNICATOR



## Helpful Resident Information

Affinity HOA after hour's emergency phone number: 702-362-6262

Sageмонт Park Patrol phone numbers: 702-886-5363 or 702-978-9566

**FREE FST Demos-** See notation at end of newsletter. Schedule your FREE session today!

Pool and Gym hours by reservation only:

Tuesday-Saturday- 8:00am-5:00pm  
Sunday-Monday- 10:00am-5:00pm

Be healthy, be happy, stay safe!!

“Every individual matters. Every individual has a role to play. Every individual makes a difference.”

~ Jane Goodall

## Welcome New Residents

Your Club Affinity staff would like to welcome everyone to Affinity!

**Want to get the most out of your club? Schedule your free equipment orientation and learn about all it has to offer!**

We are excited to open our doors to you. Come learn about all the amenities awaiting just outside your front door. Visit our relaxing lounge, check out the state-of-the-art fitness center, WELLBEATS™, movement studio and more! Contact Colleen Beck at 702-722-6045 or [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) for more information.

## We want your input! We remain committed to your health and wellness!

Please help us better serve you by providing us with feedback. What virtual programming would you like to see? What types of virtual classes would you partake in? Would you be interested in virtual personal training? What food do you like? Would virtual craft classes interest you? The list goes on and on and we are here to help fill your days with fun!

**What You Need**

Serves 6

1 ½ cups water

½ cup red quinoa, rinsed well

1 teaspoon salt

2 Tablespoons extra-virgin olive oil, divided

½ head Savoy cabbage (about 1 pound), cored and thinly sliced lengthwise

1 can (15 ounces) chickpeas, drained and rinsed

3 ounces pitted large green olives, such as Castelvetrano or Cerignola, halved (about ¾ cup)

1 lemon, zested and juiced

Salt and pepper to taste

**Instructions**

1. Bring water to a boil in a medium pot over medium-high heat. Stir in quinoa and ½ teaspoon salt and return to a boil. Reduce heat to low, cover, and simmer 15 minutes. Uncover, raise heat to high, and cook until water evaporates, and quinoa is dry and tender, about 5 minutes (stir frequently to prevent scorching)

2. Heat 1 Tablespoon oil, cabbage, 1 teaspoon salt in a large nonstick skillet over medium-high heat, and cook, stirring occasionally, until tender and golden brown in places, about 8 minutes. Transfer to a bowl.

3. Add remaining oil to skillet. Return sautéed cabbage to skillet, add quinoa, and raise heat to high. Cook, stirring occasionally, until quinoa is toasted and crisp, about 8 minutes. Remove from heat. Add chickpeas, olives, and lemon zest and juice, and toss to combine. Season with salt and pepper. Enjoy!

**Nutrition**

One serving equals 107 calories, 5g fat, 401mg sodium, 12g carbohydrate, 3g fiber, and 3g protein



### Recipe of the Month – Toasted Lemon Quinoa Cabbage Salad

With cabbage, green olives, chickpeas, quinoa and a lemony dressing, this salad really satisfies! It's fantastic as a meal all on its own, or to be served with a larger meal.

Don't be surprised if you find yourself making this salad time and time again – and sharing with your friends and family. Enjoy!

Courtesy of RealHealthyRecipes.com

## The black dot. (Something to think about)

One day, a professor entered his classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.

The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions—just a black dot in the center of the paper. The professor, seeing the expression on everyone's faces, told them the following:

“I want you to write about what you see there.”

The students, confused, got started on the inexplicable task.

At the end of the class, the professor took all the exams, and started reading each one of them out loud in front of all the students. All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet.

After all had been read, the classroom silent, the professor started to explain:

“I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot — and the same thing happens in our lives. However, we insist on focusing only on the black dot — the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our minds. Take your eyes away from the black dots in your lives. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!”

Author Unknown



## July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 9am-BURN (ZOOM)	3	4 9am-YOGA (ZOOM) <b>Independence Day</b>
5	6	7 9am-HIIT (ZOOM)	8	9 9am-BURN (ZOOM)	10	11 9am-YOGA (ZOOM)
12	13	14 9am-HIIT (ZOOM)	15	16 9am-BURN (ZOOM)	17	18 9am-YOGA (ZOOM)
19	20	21 9am-HIIT (ZOOM)	22	23 9am-BURN (ZOOM)	24	25 9am-YOGA (ZOOM)
26	27	28 9am-HIIT (ZOOM)	29 <b>2:15pm - FREE Equipment Orientation</b>	30 9am-BURN (ZOOM)	31	

## August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am-YOGA (ZOOM)
2	3 !	4 9am-HIIT (ZOOM)	5	6 9am-BURN (ZOOM)	7	8 9am-YOGA (ZOOM) <b>11:15am - FREE Equipment Orientation</b>
9	10	11 9am-HIIT (ZOOM)	12 Try Wellbeats today!	13 9am-BURN (ZOOM)	14	15 9am-YOGA (ZOOM) <b>Popsicle Day</b>
16	17	18 9am-HIIT (ZOOM)	19	20 9am-BURN (ZOOM)	21 Try Wellbeats today!	22 9am-YOGA (ZOOM)
23 Try Wellbeats today!	24	25 9am-HIIT (ZOOM)	26	27 9am-BURN (ZOOM)	28	29 9am-YOGA (ZOOM)
30	31					

## September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9am-HIIT (ZOOM)	2	3 9am-BURN (ZOOM)	4	5 9am-YOGA (ZOOM)
6	<b>Labor Day</b>	8 9am-HIIT (ZOOM)	9	10 9am-BURN (ZOOM)	11 <b>2:15pm - FREE Equipment Orientation</b>	12 9am-YOGA (ZOOM) <b>10:15am – Coffee Talk</b>
13 <b>Positive Thinking Day</b>	14	15 9am-HIIT (ZOOM)	16	17 9am-BURN (ZOOM)	18	19 No class - Try Wellbeats today!
20	21	22 No class - Try Wellbeats today!	23	24 No class - Try Wellbeats today!	25	26 No class - Try Wellbeats today!
27	28	29 9am-HIIT (ZOOM)  <b>World Heart Day</b>	30			

**Equipment Orientation** – Once a month FREE orientation in the Fitness Center. Get set up on a workout plan that works for you! Get answers to any questions about the fitness center you may have. Space is limited so email your Lifestyle Director to schedule.

**Coffee Talk** – Once a month discussion of need to know, comments and concerns. Held outdoors on the BBQ terrace.

**HIIT**– High intensity cardio class. 45-second intervals. Work at your own pace. Zoom invite sent prior to class. In-person class is available for up to two people upon request. Please email Colleen at [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) if you wish to partake in the live class.

**BURN** – Strength based class. Body weight exercises that can be modified with free weights or resistance bands. 45-second intervals. Work at your own pace. Zoom invite sent prior to class. In-person class is available for up to two people upon request. Please email Colleen at [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) if you wish to partake in the live class.

**YOGA** – Every Saturday is a different journey. From beginner to intermediate. Zoom invite sent prior to class. In-person class is available for up to two people upon request. Please email Colleen at [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) if you wish to partake in the live class.

**Wellbeats™** – Virtual classes on demand in Movement Studio. Choose a class by type, time, equipment, or any combination. Easy to use kiosk system. Fun, easy, or challenging classes for all levels. Try a class today!

**FREE FST SESSIONS** – We are currently offering FREE FST demos to all residents. If you have never experienced FST, fascial stretch therapy, now is the time to try it for FREE. FST helps improve mobility for functional performance in sports, fitness, and life. It is also for those who have not been able to find optimal solutions for their pain or dysfunction and willing to let us provide an optimal solution and provide a lifelong strategy for success. Contact your Lifestyle Director at [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) to schedule your FREE session or for more information. Your way to a healthier life!

### Upcoming events:

- 8/15 – **Popsicle Day** – Stop by the BBQ terrace between 11am-1pm for a refreshing popsicle.
- 9/13 – **Positive Thinking Day** – Smile to everyone you meet. Watch your email for great ways to shift to a positive attitude and some fun, inspirational quotes.
- 9/29 – **World Heart Day** – Schedule your free blood pressure check by emailing [cbeck@wtsinternational.com](mailto:cbeck@wtsinternational.com) and watch your email for information on keeping a healthy heart.