

# OUT & ABOUT

## How to reach us

'Out & About' page gives up-to-date information on a daily basis (except on Wednesday and Thursday) on the events and programmes taking place in clubs, associations, churches, temples, mosques, universities, colleges, schools, and Bahrain Exhibition Centre. To be included, you may share your events' details well in advance on our whatsapp group 'Bahrain Events' (39817819) or email: outandabout@dtbh or call 38444680.

### SILKSCREEN POP ART WORKSHOP

**Date:** 5, 7 October 2015, 5pm to 8pm

**Venue:** Cultural Hall

A three -day printmaking workshop led by artist Ahmed Emam. Students will learn a guided introduction to screen-printing and get hands-on practice in everything that goes into the process from start to finish including preparing artwork for the medium, coating and exposing the screen, setting up the work space and equipment and working with inks.

### 3-DAY PMP TRAINING

**Date:** 6 October to 8 October 2015

**Venue:** Ramada Hotel, Manama

The PMP training that includes 3 days of classroom training and 100 days of online training will help you to gain knowledge on Project Management and clear your PMP examination at the first attempt helping you for a successful career growth in Project Management field.

### GLOBAL EMPLOYERS SUMMIT

**Date:** 6 & 7 October 2015

**Venue:** BCCI

The Global Employers Summit, organized by the International Organisation of Employers will take place from 6th October to the 7th October 2015 at the Bahrain Chamber of Commerce and Industry in Manama, Bahrain. The conference will cover areas of interest to employers and companies operating in a global context.

### SPORTING LINES

**Date:** 7 October 2015 till end of November

**Venue:** InTouch Gallery

The InTouch Gallery within the InTouch Integrated Chiropractic Spine Center will be showcasing a selection of illustrated artworks by artist Tejbir Singh that depicts lively sports action scenes. These drawings show specific action snapshots from sports like football, basketball, volleyball, handball, tennis, cricket, hockey, ice hockey, Thai boxing, horse riding etc.



## MARK YOUR Calendar



### PINK PARTY ZUMBA CLASSES

**Date:** October 4 at 5pm

**Venue:** The Ritz Carlton, Bahrain Hotel & Spa

Every Sunday & Wednesday, from the 4th of October to the 28th of October, The Ritz Carlton Ladies Gym opens its doors to the public to join the all ladies "Pink Party Zumba Classes", a minimum donation of 1 BD per person is required. All proceeds will be donated to Think Pink Bahrain, in support of breast cancer awareness.

### LIVE MUSIC AND DJ

**Date:** 8 October 2015

**Venue:** Meisei Restaurant

Aneta Moran is a German Saxophone player able to improvise on a variety of tracks, Aneta has made a huge impact on the Irish house music scene in recent years and her high energy and soulful style will pair greatly with our resident DJ, DJ Salime who will be playing the very best in soulful, jazzy, deep, dirty and upfront house.

### AUTUMN LATIN BOOT CAMP 2015

**Date:** 8 to 11 October

**Venue:** Le Meridien

Three days filled with energetic classes, outstanding shows and sensational

parties. Have fun, make new friends and happy memories. Don't miss a chance to learn hot new moves from superb skilled artists coming for the very first time to the Gulf region. Are you as excited as us?!m Have fun! Leave with unforgettable memories!!

### LIVE PERFORMANCES, GOURMET CUISINE

**Date:** Open all seven days from 9:00AM - 2:00PM

**Venue:** Ramee Rose Hotel, Juffair

Takasim promises to be the most popular Arabic Specialty restaurant in Bahrain offering a Beautiful blend of live Performances, gourmet cuisine and fine beverages. This is an ideal venue to enjoy the late evenings of unbridled fun and unlimited entertainment with friends and families.

### THINK PINK BAHRAIN CHARITY GOLF DAY

**Date:** 8 October 2015

**Venue:** Building 1513, Road 4325, Block 943

Ladies 18 hole & 9 hole tournaments plus gents 9 hole Night Golf tournament. Open to all. To sign up, email golf events@theroyalgolfclub.com

### ANNA KARENINA

**Date:** 8 & 9 October 2015

**Venue:** Bahrain National Theatre

Bahrain International Music Festival this year opens with the internationally acclaimed masterful Ballet from St. Petersburg, Russia: Anna Karenina on 8

and 9 October. The Eifman Ballet led by the Artistic Director and choreographer Boris Eifman, is a story of passion, rejection and self-destruction! A new masterpiece based on the famous novel by the acclaimed Russian novelist Leo Tolstoy that should not be missed! Tickets are sold at Virgin Megastore.

### TRIB FEST : BAHRAIN

**Date:** 9 October 2015

**Venue:** Bahrain Rugby Club

Trib Fest is an open air family friendly music festival. There will be two festivals a year, one in spring and one in autumn. The festival is made up of 21 tribute acts from the United Kingdom. These acts are flying in to wow you with their musical talents. The Bahrain Rugby Club shall serve as the perfect venue for this outdoor celebration of music. The event starts at 10:00am and runs until 10:00pm ...that's right...12 hours of music! This event is sure to be a massive hit and a firm favourite on the Bahrain social calendar.

### THE 24TH BAHRAIN INTERNATIONAL MUSIC FESTIVAL

**Date:** 19 October 2015

**Venue:** Bahrain National Theatre & Cultural Hall

The 24th edition of the Bahrain International Music Festival, an annual landmark event occurs every fall season and brings together acclaimed musical innovators from around the world. Over the course of the festival, Bahrain will be treated to an outstanding and diverse musical showcase, including classic orchestral compositions, ballet and opera productions, Arabic tarab music, family-oriented theatrical shows, and so much more.

### LIVE IMPROV MUSIC AND DJ SET

**Date:** 29th October 2015 9.30pm to 1am

**Venue:** Meisei Restaurant

Rosie Langley is a classically trained Violinist with a reputation for invigorating performances around the world; with a great passion for improvisation, her musical styles span from folk and country all the way to contemporary and rock. Rosie will be improvising alongside our resident DJ on the 29th October, offering a unique and rich sound for your Halloween evening.

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### INTUITION, PERCEPTION AND PSYCHIC INSIGHT WORKSHOP

**Date:** Friday, October 30 at 2pm - 5.15pm

**Venue:** Elite Grande Hotel, Manama

Julie Lomas holds workshop to discuss intuition/perception/psychic abilities, difference between Clairaudience, Clairvoyance, learn practical ways to develop your /perceptive psychic ability, how to use certain Crystals to enhance your ability, meditation to still the mind and listen 'in'.

### CLUB XS NON-STOP MUSIC

**Date:** Open all seven days from 7:00PM - 2:00AM

**Venue:** Ramee Rose Hotel, Juffair

For those who live by the philosophy of work hard and party harder, Club XS provides a posh and electric atmosphere to shake the rigours of the week off. Aptly located in Juffair - club-goers can look forward to a long night of non-stop music mixed by our in-house DJ Rodney, a London based producer and DJ who has brought much energy and excitement to venues around the world including the Ministry of Sound in London.

### AROMATHERAPY-INSPIRED BEAUTY TREATMENTS

**Date:** Open all seven days from 10.30AM - 10:00 PM.

**Venue:** Ramee Rose Hotel, Juffair

Reborn Spa & Slimming Wellness Centre now open at Ramee Rose, Juffair provides aromatherapy-inspired body and beauty treatments. Enjoy the ambience of tranquil surroundings as you escape to another world. Take an ancient cultural journey with Spa rituals, designed to elevate your sense of well-being.

## UPCOMING EVENT

### MEXICO SINGS TO THE WORLD

**Date:** 11 October 2015 at 8pm

**Venue:** Cultural Hall



Get immersed in the splendour of Mexico's culture and art, expressed through opera arias and authentically Mexican songs beautifully performed

by a trio of internationally-acclaimed artists; mezzosoprano Encarnación Vázquez, tenor Jose Luis Ordóñez, and pianist Rodolfo Ritter.



**Date:** October 6

**Venue:** Jawad Supermarket

Brand ambassador of Jawad Supermarket, chef Alexandra Mariot holds cooking classes to give the cooking enthusiasts a chance to try out various products every week. The first session on October 6 at 10am will cover Haloumopita and stuffed mushrooms with Feta cheese while the session at 6pm will have Lamb Kleftiko and Kalo Prama.