

OUT & ABOUT

HOW TO REACH US

"Out & About", a ready reckoner for the events taking place on the island, is published from Friday to Tuesday. To be included, please use one of the following: outandabout@dt.bh, or call 38444680.

MARK YOUR Calendar

MOTHER'S DAY BRUNCH AT BAHRAIN BAY KITCHEN

Date: March 17, 12:30pm to 3:30pm

Venue: Four Seasons Hotel

Personalized giveaway will be prepared for all mothers during Mother's Day Brunch at Bahrain Bay Kitchen. Reservations: +973 17115500

FRIDAY BRUNCH

Date: Every Friday from 12:30 pm to 3:30 pm

Venue: Four Seasons Hotel

Friday Brunch: The known lavish culinary offerings, including five unique food stations serving Arabic, Western, Indian, Japanese and Chinese delicacies. Reservations: +973 17115500

SATURDAY BRUNCH

Date: Every Saturday from 12:30 pm to 3:30 pm

Venue: Four Seasons Hotel

Saturday Brunch: Offering wide selection of Arabic favorites such as lamb Ouzi, cold mezzes and much more. It's just the perfect offer for you and your family. Reservations: +973 17115500.

re/IMAGINE YOUR SATURDAYS

Date: Every Saturday from 12:30 pm until 3:30 pm

Venue: Four Seasons Hotel

Four Seasons Hotel Bahrain Bay invites you to discover the perfect Saturday Brunch at re/Asian Cuisine by Wolfgang Puck. Soak in the immersive views from the 50th floor and feast on mouthwatering Asian selections like Korean Fried Chicken Bao Buns, Wok Fried Shrimp Dumplings and Brisket Wontons for BD 19+-. Reservations: +973 17115046

MEI YUE NIGHTS AT RE/ ASIAN CUISINE

Date: Every first Tuesday of the month, 7pm

Venue: Four Seasons Hotel

Experience the authentic world of the Asian street food culture spiced with world renowned restaurateur Wolfgang Puck's modern take on traditional Asian cuisine every first Tuesday of the month. Reservations: +973 17115046

SPRING OF CULTURE

Date: February 23 onwards

Venue: Different Venues

Bahrain's 12th Spring of Culture has kicked off with an energetic musical performance by the German group Groove Onkels. The band will be performing throughout the weekend with four street performance acts this season. Groove Onkels' show will be followed by an open invitation "Bucket Drumming" workshop, led by the band itself, in which young and old participants can learn from the masters how to create rhythmic beats from random objects. On Friday 24th, the Groove Onkels' will perform in the Khalifa Al Kubra Garden in Riffa at 4pm, followed by a performance at 6pm in the Prince Khalifa bin Salman Park in Hidd. The band will finish the night with another performance at Block 338 in Adliya, starting at 8pm. On Saturday 26th the band will perform another three shows at Seef Mall in Seef District, at 11am, 4pm and 7:30pm. The performances are themed around recycling and environmental awareness, using only jumps, kicks, slaps and throws to create great beats with household objects. Entrance to all of these family friendly performances is free of charge.

BRAZILIAN CARNIVAL

Date: 24 Feb 12 am - 25 Feb 12 am

Venue: Café Amsterdam-Manama

We are back after a long break with an event for all! The Brazilian Carnival is coming to Café Amsterdam on the 24th of February! We have not one but two events on the night! Enjoy an evening of spectacular entertainment with Brazilian dancers, a magician, 3 DJs with a DJ Gabriel Deb, all the way from Brazil with percussions and more surprises on the night! Live music in our Carnival garden with live food stations!

FRIDAY BRUNCH

Date: 24 Feb 12:30 pm - 3:30 pm

Venue: Bushido (restaurant & lounge) - Manama

A brunch with a twist, discover the brand new reworked Brunch at Bushido... Brunches are very popular but, as usual, Bushido brunch is more than "just a brunch". From the guests' arrival, they will smell the flavors of live cooking stations, from sushis to Teppanyaki, it will be a pleasure for eyes and mouth. With a selection of its best-selling items and some new creations, Bushido Friday Brunch will offer a mix of Japanese and Continental dish selection, with "a la carte order" and "live cooking stations".

HIGHLIGHT

BAHRAIN INTERNATIONAL GARDEN SHOW

Date: February 22, and will be open to the public from the 23rd to the 26th of February 2017

Venue: Bahrain International Convention & Exhibition Centre

This year's Bahrain International Garden Show will feature the latest agricultural innovations in utilizing limited resources to create small gardens or green spaces in order to achieve agricultural development and sustainability. To achieve this goal, the theme of the show is "Compact Gardens", with the University of Bahrain designing a special display, demonstrating unique ideas in utilizing limited spaces to easily create compact gardens. A section in the exhibition has been allocated to showcase pictures of local homes and buildings with creative ways to introduce different plants and flowers that are suited to limited spaces and our climate. Another section has been allocated



to showcase practical ideas and solutions for designing small spaces in residential areas such as balconies, roofs, and exteriors, focusing on the positive impacts of limiting pollution, beautifying residences, and providing fresh produce for the owners' needs, said National Initiative for Agricultural Development (NIAD) Secretary-General Shaikha Maram bint Isa AlKhalifa.

SHAKEDOWN CLUB AT UP'N'DOWN

Date: 24 Feb 8 pm - 11:50 pm

Venue: Upstairs Downstairs Restaurant- Adliya

Come along and Shake it Up with the dedicated swing dancing group "ShakeDown Club". ShakeDown will be joining us to perform at Up'n'Down on Friday the 24th February, they will be offering pre dance classes from 7pm to 8pm and then getting in the Swing from 8pm till late at Bahrain's original "Home of Jazz" Upstairs Downstairs Restaurant, where jazz has been performed and enjoyed for the last 40 years. Our resident duo Fox & Alchemy will be providing the vocals and ruthenium for your entertainment, so lets Shake it Up and dress Up if you please!

BUY ONE GET ONE FREE CHOCOHOLIC FRIDAY BRUNCH

Date: 24 Feb 1 pm - 4 pm

Venue: Sheraton Bahrain Hotel-Manama

Live cooking station, seafood items, cold cuts, International main course plus extravagant selection of desserts and crepe station with loads of chocolates every Friday from 1:00pm to 4:00pm.

TRUFFLE DINNER AT CUT BY WOLFGANG PUCK

Date: 24 Feb 7 pm - 11 pm

Venue: Four Seasons Hotel Bahrain Bay- Manama

The black truffle is undeniably the culinary world's most appreciated jewel. Wolfgang Puck Executive Chef Brian Becher is eager to welcome the black truffle back to his kitchen to create a one-of-a-kind dinner menu on February 24, from 7:00 pm at celebrity

chef Wolfgang Puck's American steak restaurant CUT.

GROUNDING & PROTECTION WORKSHOP

Date: 25 Feb 10:15 am - 1 pm

Venue: Serenity Meditation, Yoga and Reiki Centre- Janabiya

We have all come into contact with people who drain our energy. They can leave us feeling tired, with a headache and sometimes feeling sick. How do we peacefully combat this? Find out about the importance of grounding and protecting your energy field. In this workshop, we experience different ways to disconnect from those who drain us. We look at our energy as a precious entity, and learn to protect ourselves from energy drainage.

IZAKAYA SUNDAY

Date: 26 Feb 7 pm - 11:30 pm

Venue: Bushido (restaurant & lounge) - Manama

Izakaya is a type of informal Japanese food gathering.

Food items are served in small portions, similar to Spanish Tapas.

Izakaya dining includes a wide variety of Bushido's signature dishes.

Food is normally ordered slowly over several courses rather than all at once.

Guests can re-order dishes as much as they like. Dishes on the menu include Bushido's famous volcano roll, the scrumptious rock shrimp tempura and the mouth-watering beef tenderloin with teriyaki sauce.

CURRY NIGHT | CHOICES

Date: 27 Feb 7 pm - 11:30 pm

Venue: ART Rotana- Muharraq

Join us for a night of the best Desi Cuisine! Spice up your Monday nights with aromatic curries from across the Desi region including all your favorites and authentic drinks made to order.

HIGHLIGHT

MAKE YOUR MOMMA PROUD LIVE

Date: 3rd March 2017, 6:30pm

Venue: The Indian School Ground, Isa Town

One of the biggest and well-known music bands in the Philippines is coming to Bahrain exclusively for Modern Exchange customers. Make Your Momma Proud known popularly as M.Y.M.P will be performing live on March 3 at the Indian High School Ground, Isa Town.

M.Y.M.P., an acoustic band from the Philippines consists of five members. It is a tribute to lead singer Chin Alcantara's mom. She saw him start with the guitar but never got to see him play professionally. They have rose to stardom through the release of their soulful albums many of which has been certified as Platinum. It is MYMPs first performance in the Kingdom and promises to be a mesmerizing experience for the Filipino community. The process of getting a pass for this exciting program is quite simple. Do a transaction of any amount to the Philippines from Modern Exchange before 03rd of March and get a free pass for the event.

