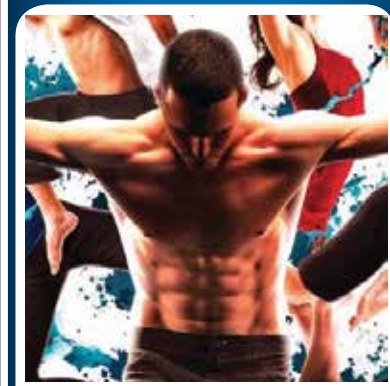


# OUT & ABOUT




**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](mailto:outandabout@dt.bh), or call 38444680.

**MARK YOUR Calendar**



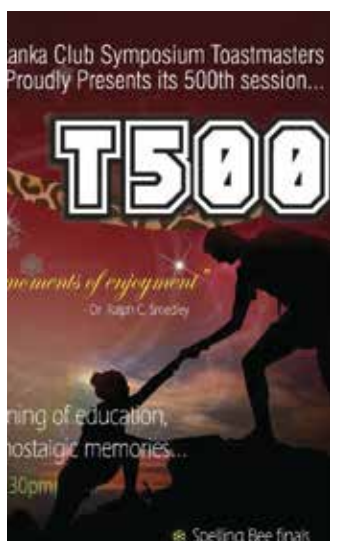
**TRACES**  
**Date:** March 23,24&25  
**Venue:** Bahrain Bay  
 Fresh, urban and seriously high energy, contemporary circus trail-blazers, the hit show Traces is more than just a display of acrobatic brilliance through film clips and narration. Set to a fantastic soundtrack ranging from Rock 'n' Roll to Blues to Hip Hop, this thrill-a-minute show is presented by the internationally acclaimed circus phenomenon "The 7 Fingers". The charismatic artists' lives are revealed as we, the audience, are gradually drawn into their story. By the final, dramatic climax of the show, we are on the edge of our seats, willing them to pull off the seemingly impossible! "A spectacular delight that will rob you of your breath" (Sunday Times). "A fix of pure urban adrenaline Mad, pulse-raising magic" (New York Times).

**BAHRAIN FARMERS MARKET**  
**Date:** On Saturdays  
**Venue:** Budaiya Gardens  
 The fifth edition of the Bahrain Farmers Market is open at the Budaiya Gardens. More than 40 Bahraini farmers are participating to provide a variety of local agricultural products. Many leading local restaurants will participate to present local food and drinks with the aim of introducing local food to the visitors of various nationalities. Bahrain Farmers Market targets promoting Bahrain's agricultural products and highlighting the development taking place in Bahrain's agricultural sector. It also aims to contribute to improving the Bahraini farmers' income through a marketing system prepared by the Agriculture and Marine Resources to assist in meeting the farmers' aspirations. Bahrain Farmers Market will be open every Saturday until April 29 from 8 am to 12 noon.

**BOOK FAIR**  
  
**25% OFF**  
**BOOK FAIR**  
 MARCH 24th - 30th 2017  
 (4pm to 10pm @ KCA - VKL Auditorium)

**Date:** March 24 - 30, 4pm-10pm  
**Venue:** KCA Auditorium Segaya Kerala Catholic Association (KCA) in association with 4PM News will be organizing a Book Fair from March 24 to 30 at the KCA-VKL auditorium in Segaya with lot of cultural programmes. There will be 'Varnam 2017' a painting competition for school children on Friday 11am onwards and a solo cartoon exhibition 'Pravasoottan' by V.R Sathyadev from 7.30pm onwards. On Saturday (March 25) 7.30pm, Dar Al Shiffa Medical Centre Dr Razia Muhammed will give an awareness talk on health issues. A seminar and discussion on changing literary writing style and reading habits will be held on Sunday 7.30pm. A quiz based on Malayalam literature will be held on March 27, Monday at 7.30pm. The other programmes: March 28, 7.30pm : Poetry Evening. March 29, 7.30pm: Folk songs. March 30,7.30pm : Tribute to Malayalam poet Vayalar Ramavarma. The Book Fair will be offering 25%discount on all books. There will be books on children's literature, fiction, non-fiction, and general references. For more details contact 17579871/36458398/38382100.

**SRI LANKA CLUB SYMPOSIUM TOASTMASTERS 'T500'**



**Date:** Today,6pm  
**Venue:** Baan Saeng Thai Auditorium  
 Sri Lanka Club Symposium Toastmasters will be holding their mega event "T-500" to commemorate their landmark

500th session at 6pm on Friday at Baan Saeng Thai Auditorium. The evening shall be adorned with an array of educational segments and entertainment performances by the Toastmasters and the event will be graced by the Toastmaster's International World Championship Finalist, Miss Kaishika Rodrigo.

**LADIES NIGHT WITH 50% DISCOUNT**



**Date:** Every Tuesday  
**Venue:** The Gulf Hotel Bahrain Convention & Spa  
 Ladies night out with 50% off for the ladies at all our restaurants, lounges and Spa!! For more info 17713000

**GHASSAN SALIBA LIVE AT ZAHLE RESTAURANT**

**Date:** Today, 2017  
**Venue:** Zahle Restaurant- Gulf Hotel  
 Zahle presents Ghassan Saliba, who came all over from Lebanon, is performing live in Zahle Restaurant, exclusively for ONE NIGHT only!!

**"NOWRUZ" PERSIAN NEW YEAR AT TAKHT JAMSHEED**

**Date:** 17 - 24 March, 2017  
**Venue:** Takht Jamsheed  
 Indulge in traditional Persian cuisine as Takht Jamsheed Restaurant celebrates Nowruz which marks the first day of spring. Award winning restaurant - Takht Jamsheed welcomes the New Year with Chef's special a la carte menu.

**SUNDAY GLOW**

**Date:** Every Sunday  
**Venue:** Gulf Spa - Gulf Hotel  
 Get 15% off upon your choice for one of the Gulf Spa luscious body scrubs that leave you glowing: Aromatic Basil and Mint, Sweetness Sugar or Summer Skin Cooler!!

**MOTHER'S DAY IN ZAHLE RESTAURANT**

**Date:** Every Sunday  
**Venue:** Zahle Restaurant - Gulf Hotel  
 Have a Lebanese Mother's Day at the iconic Zahle with excellent food and lively entertainment, as the restaurant presents an evening of authentic Arabian galore!! When you dinin at Zahle, mum gets to eat

for FREE!! Mezze, grills, kebab and so many more delicious dishes await! On March 21 from 7pm onwards!

**THAI FRIDAY NIGHT**

**Date:** Every Friday Night  
**Venue:** Royal Thai Restaurant - Gulf Hotel

Thai Friday Nights with live cooking counters serving, papaya salad, satays, carvings and unlimited selection of main-courses with an all you can eat menu!! For only BD15 NET per person inclusive of 2 selected beverages!

**THE SEAFARER**



**Date:** 22 March 7 pm - 25 March 11 pm  
**Venue:** Manama Theatre Club-Manama.

The Manama Theatre Club will be performing acclaimed Irish playwrights' 'The Seafarer' - a dark comedy, a supernatural ghost story and a modern day story of guilt and the demon 'drink'. It is Christmas Eve, and Sharky, erstwhile fisherman/van driver/chauffeur, gathers with friends at the dingy flat he shares with his cantankerous blind brother to drink booze and play cards. As the brothers drink Christmas Eve into Christmas Day with friends old (Ivan and Nicky) and new (the dapper and sinister Mr Lockhart), Sharky is reminded of a bargain he made in prison—and suddenly finds himself playing a game of poker with is soul set as the highest possible stake. Conor McPherson is one of Ireland's leading playwrights and his work has been performed throughout UK and America including The Weir, Port Authority, Dublin Carol, and Shining City, which premiered on Broadway.

**BAHRAIN TOASTMASTERS DIVISION-K ANNUAL CONTEST**

**Date:** Today  
**Venue:** Bahrain Society of Engineers Hall Juffair  
 Bahrain Toastmasters Division-K Annual Contest will be held on Friday 24th March 2017 at Bahrain Society of Engineers hall Juffair. The contest starts at 8.00 am till 5.00pm. The contest will be in four categories - International speech, Evaluation, Humorous, and Table Topics. The contestants are the winners from 4 area contest. The winners

will participate in district level and then in international level. DTM Philip De Mello will be the guest of honor. Registration is open for all toastmasters and guests. For more details and registration please contact Dr. Suresh Moorthy on 33721291.

**A NIGHT OF FILIPINO UNITY WITH QUEENIE PADILLA**

**Date:** Today 7 pm - 10 pm  
**Venue:** Swiss International Palace Hotel Manama-Manama  
 A Night to Unite the Filipino Community in Bahrain with Queenie Padilla (a former Philippine Actress / daughter of Robin Padilla) with the cooperation of Philippines Embassy and different Filipino Organization in Bahrain.

**NIGHT IN NEW ORLEANS**

**Date:** Today 7 pm - 11:30 pm  
**Venue:** ART Rotana- Muharraq  
 Take a journey through the historic streets of New Orleans and enrich yourself with a melting pot of vibrant cultures. Join us at Flames and discover a lavish spread of buffet with live station options each with their own iconic southern cuisine delicacies. Guests will also have the opportunity to sample a special tailored offering of brews, malts and wines from USA while enjoying the vibrant music scene of the 'Big Easy' with our live Jazz band on the terrace.

**PAACT MUSICAL PROGRAM**

**Date:** April 21  
**Venue:** Jashanmal Auditorium, Indian School, Isa Town

INTERADS in association with Palakkad Arts and Cultural Theatre (PAACT) is organizing a musical program 'Pathinte Niravil Paact-Swaralayam' on Friday, April 21 at Jashanmal Auditorium, Indian School, Isa Town. The morning session, Chembai Sangeetholsavam 2017 Season 4, from 9am to 2.00pm will be devoted to Indian classical music followed by a melodious evening event, Niloltsavam 2017 Season 4 from 5.00pm until 11pm. In case of enquiries, please contact PAACT President Jyothykumar Menon on 39851646.

**PEARLING PATH WALKATHON**

**Date:** 25 March, 8:30am  
**Venue:** Muharraq Meeting Point: Al-Hala Cub Parking  
 In cooperation with the Bahrain Road Runners (BRR), the Pearling Path Walkathon, will gather around 300 participants who will walk the Path back and forth starting from Al-Ghous house in the South, to the Seyadi house in the North, with a total distance of 6.5 km. Along the walk, information on each property of the Pearling Path will be available highlighting the history and story of the building and its relation to the Pearling narrative.