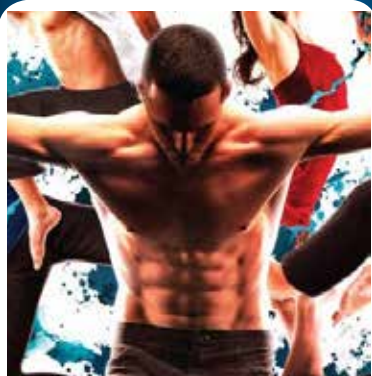


# OUT & ABOUT



**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

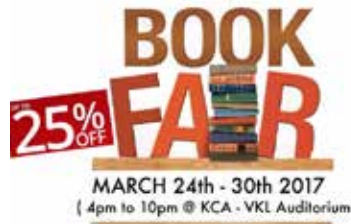
Fresh, urban and seriously high energy, contemporary circus trail-blazers, the hit show Traces is more than just a display of acrobatic brilliance through film clips and narration. Set to a fantastic soundtrack ranging from Rock 'n' Roll to Blues to Hip Hop, this thrill-a-minute show is presented by 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



**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 'Pravasootan' 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.

### 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

### 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!

### RED CARPET FASHION SHOW

**Date:** March 31 and April 1  
**Venue:** Al Taj Ballroom, Sheraton Bahrain Hotel.

ahrain Fashion Night and Exhibition titled 'Red Carpet' will take place on March 31 and April 1 at Al Taj Ballroom, Sheraton Bahrain Hotel. Chairperson of Medpoint Events, Shaikha Noora Al Khalifa Al Khalifa in association with Fuchsia Events and Management is bringing the Fashion Show and lifestyle exhibition to Bahrain for the 3rd consecutive year.

Being the 3rd successful year of Red Carpet, the organizers have received an overwhelming response from both local as well as international designers. "The Glamorous Fashion Night "on the 31st March will be a flamboyant Fashion Show along with an Exquisite Dinner for our guests. The Fashion show will be hosted in collaboration with the finest fashion choreographers, Makeup artist, and hair stylist from Bahrain. The Fashion show will be staged for VVIP, VIP invitees from Bahrain and Saudi Arabia. We have Designers from Saudi, Morocco, Pakistan, India, Dubai, showcasing their latest Couture collections, the event will be followed by a B to B Exhibition on the 1st April 2017. A part of the revenue from the event will be given to a local Charity in Bahrain, Shaikh Noora said. Fashion Show Timings: March 31, 7 pm onwards (Ticket for the Fashion show & Dinner: 20 BD). Exhibition Timings: 31st March: 2pm - 7pm; 1st April: 10am - 8pm.

### MINI OLYMPICS | INTER SCHOOL



### HOCKEY

**Date:** 28 Mar 12 pm - 29 Mar 2 pm  
**Venue:** Bahrain National Stadium- Ar Rifa'

Hockey will be introduced for the first time in the Mini Olympics festival organised by Bahrain Olympic Committee. The hockey activity will feature inter school competitions in Under 15 and Under 11 categories

### PAACT MUSICAL PROGRAM

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

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.

### WAHINE TUESDAY



**Date:** 28 Mar 6 pm - 9 pm  
**Venue:** Trader Vic's, Bahrain-Manama

Wa-hey! It's Puka Puka night at Wahine Tuesday! Wahine-Tuesday, Trader Vic's ever-popular ladies' night returns after the hot summer break inside Trader Vic's Bar, taking place every Tuesday evening.

### GUITARIST PACO RENTERIA

**Date:** 6 April 2017, 8:00pm  
**Venue:** Cultural Hall

Paco Rentería is México's most successful guitarist at present and is in fact considered by critics as one of the best in the world. To date, he has composed over 300 pieces that illustrate his inimitable musical style. Rentería performs hundreds of concerts annually in front of legions of fans around the globe, including some of the world's most prominent venues with the likes of Carlos Santana and Luciano Pavarotti. His memorable concerts are renowned for their high levels of excitement, energy and emotion.

### ODU TRIO

**Date:** 27 Mar 7:30 pm - 10:30 pm  
**Venue:** Alliance Francaise Bahrain- Isa Town

On the occasion of the month of the Francophonie, the French Embassy in Bahrain and the Alliance Française (Isa Town) are organizing an "Oud Trio" performance by 3 musicians coming from different regions to showcase the blend of cultures through their musical performance.

### THE PEARLING PATH EXHIBITION

**Date:** 18 April - 4 August, 8:00am - 8:00pm  
**Venue:** Bahrain National Museum

Four years after the inscription of the "Pearling, Testimony of an Island Economy" site on the

UNESCO World Heritage List, the exhibition will showcase the built vision for the site through architectural models, images, studies and mock-ups of the different components of the project. From the conservation aspects to the new architectural interventions, the exhibition will give an in-depth overview of this unique project that aims to spearhead the rehabilitation of the Old City of Muharraq.

### PERFORMANCE BY MUSIC LEGEND TOM JONES

**Date:** April 7, 8pm  
**Venue:** Bahrain Bay

Legendary performer and recording artist Sir Tom Jones is set to perform at the electrifying grand finale of this year's Spring of Culture festival. Tom Jones has cemented his place amongst music's icons following a critically acclaimed career that has spanned five decades and includes hits such as "It's Not Unusual", "Kiss", "Delilah", "What's New Pussycat", "I'll Never Fall In Love Again" and "If I Only Knew". Tom Jones' concert at the Spring of Culture 2017's grand finale has been organized by the Bahrain Economic Development Board (EDB), and tickets for the performance can be purchased on March 25 at the Spring of Culture stand at City Centre Bahrain Entrance 4 and online at [www.springofculture.org](http://www.springofculture.org).

### IZAKAYA SUNDAY

**Date:** 26 Mar 7 pm - 10 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.

### LATIN FOOD FESTIVAL



**Date:** 29 Mar 7 pm - 10 pm  
**Venue:** The K-Hotel- Manama

Bringing you the sound and taste of Latin Culinary. Spice up your meal, raise your glasses and chant ole as we bring you our Latin Food Festival this March 29th!