

WEATHER REPORT

TODAY: Humid at first becoming fine with variable amounts of cloud
Warning: Nil
Wind: Southeasterly 5 to 10kt reaching 10 to 15kt at times
Warning: Nil
Sea State: 1 to 3ft
Sunrise: 5.48am **Sunset:** 4.54pm
Moonrise: 3.45pm
Moonset: 4.12am
Temperature: Max 34°C Min 27°C
Humidity: Max 80% Min 35%
Mina Salman tides: High at 4.21pm and Low at 10.25am
Actual values recorded yesterday:
Temperature: Max 34°C Min 27°C
Humidity: Max 81% Min 29%
Gulf temperatures: Kuwait 35°C Riyadh 31°C Doha 32°C Abu Dhabi 33°C Muscat 29°C

*Met. Office: 17321175/74
 Weatherline: 17236236

	Min	Max	CI
Amsterdam	9	13	CI
Athens	13	17	CI
Atlanta	15	18	CI
Auckland	5	18	CI
Baghdad	22	22	CI
Basra	28	33	CI
Bangkok	25	32	CI
Barbados	25	31	CI
Barcelona	13	21	CI
Beijing	5	13	R
Beirut	17	22	R
Belgrade	5	10	CI
Berlin	0	8	CI
Bermuda	21	24	R
Bogota	12	18	CI
Boston	7	12	CI
Brasilia	17	28	R
Brisbane	16	25	R
Brussels	5	13	CI
Bucharest	4	7	R
Budapest	0	11	CI
Buenos Aires	19	30	R
Cairo	20	26	CI
Calgary	-5	7	R
Caracas	25	33	CI
Chicago	8	19	R
Colombo	24	33	CI
Copenhagen	3	8	CI
Dhahran	24	36	CI
Dhaka	23	31	CI
Dili	20	32	CI
Dublin	10	16	R
Frankfurt	5	14	CI
Geneva	1	10	CI
Guatemala	15	25	CI
Hanoi	22	30	CI
Harare	19	26	R
Havana	23	32	CI
Helsinki	-4	2	CI
Hong Kong	24	29	CI
Honolulu	25	32	CI
Islamabad	10	29	CI
Istanbul	12	14	CI
Jakarta	24	33	CI
Johannesburg	12	22	CI
Kabul	5	19	CI
Kiev	-1	5	CI
Kuala Lumpur	23	33	CI
La Paz	1	18	CI
Lima	16	21	CI
Lisbon	17	24	CI
London	10	16	CI
Los Angeles	11	23	CI
Madrid	9	25	CI
Managua	24	31	CI
Manila	23	30	CI
Mecca	23	37	CI
Melbourne	18	27	R
Mexico City	14	24	R
Miami	25	31	CI
Montevideo	16	22	R
Montreal	3	13	R
Moscow	-2	1	S
Nairobi	15	25	R
Nassau	23	31	CI
New Delhi	17	32	CI
New York	11	15	CI
Nice	12	21	CI
Osaka	12	25	CI
Oslo	-5	-1	CI
Panama	24	30	R
Paris	6	9	CI
Perth	7	27	CI
Prague	-2	8	CI
Rio de Janeiro	21	28	CI
Rome	7	19	CI
San Francisco	10	22	CI
San Salvador	21	29	CI
Toronto	10	13	R
Tunis	16	21	R
Valetta	13	21	CI
Vancouver	5	14	R
Vienna	0	9	CI
Warsaw	-1	4	CI
Washington	12	16	CI
Zurich	4	9	CI

CODE: CI=cloudy, C=clear, R=rain, S=snow

CHEMISTS

24-hour chemists:
 Jaffer Pharmacy: 18, Tarfah bin Al Abrid Avenue, Manama 319. Tel: 17291039.
 Awal Pharmacy: 30, Shaikh Ali bin Khalifa Avenue, East Riffa 901. Tel: 17772023. Al Muwasaa Pharmacy: 38, Shaikh Mohammed bin Salman Avenue, Muharraq 205. Tel: 17335666. Al Maraya Pharmacy: 379 Amman Avenue, Tubli 705. Tel: 17784029. Al Rahma Pharmacy: 12 Souk Abu Dhar Alghafari, Isa Town 814. Tel: 17687117. National Pharmacy: Bldg. 2058, Road 4563, Sanad 745. Tel: 17620208. Nasser Pharmacy: 63-B, Qadisiya Avenue, Manama 332. Tel: 17740900. Hamad Town Pharmacy: 225 Souk Waqf, Hamad Town 1203. Tel: 17410114. Majeed Jaffer Pharmacy: Building 233, Avenue 57, Muharraq 203. Tel: 17331168. Al Hilal Pharmacy: Shop No. 649B, Road 1511, Muharraq. Tel: 17341700.
 Vet Services 24-hours 39481208.

PRAYER TIMES

Noon (Dhohr) 11.21am, Afternoon (Asr) 2.32pm, Sunset (Maghrib) 4.57pm, Nightfall (Ishaa) 6.27pm and Dawn (Fajr) 4.29am tomorrow.
 Today is the 13th day of Dhul-Qa'ada, 1430, in the Islamic calen-

WHAT'S ON

Bahrain's best guide to the local scene...

ITALIAN FESTIVAL

■ Screening of Italian film *Seconda Notte Di Nozze*, 8pm, Dana Mall cinema complex, Sanabis. Tickets BD3. The Colours of Light art exhibition, 8am-8pm, Bahrain National Museum, Manama. Entry free.

TOURIST AND LEISURE ATTRACTIONS

- **Wahooo! water park, 10am-10pm, Bahrain City Centre mall, Seef. Entry BD9.5 for people above 1.2m and BD6 for others. BD3 for children under three-years. Contact 17173000.**
- Lost Paradise of Dilmun Water Park, 10am-5pm. Entry BD14 for people above 1.2m and BD5 for people under 1.2m. Contact 17845100.
- **Adhari Park, 10am to midnight. Contact 17407300.**
- Trips to Al Dar Islands. 10am-6pm. Sea taxi from Sitra fisherman's port. Pearl collecting, fishing trips, island tours, dolphin watch. ID required. Contact 17704600.
- **Bahrain National Museum, 8am-8pm, Manama, Contact 17298777. Entry 500 fils.**
- Half-day tours of Bahrain, 9am-1.30pm, Bab Al Bahrain. Contact 17252205, 17243022 or 36646077.
- **Trips to Hawar Islands. Boats depart from Ad Dur Jetty, 10am. Bookings can be made by calling 17290377.**
- Al Areen Wildlife Park and Reserve, 8am-4pm. Entry BD1 for adults and 500 fils for children under 15. Contact 17845444.
- **Tree of Life, near Jebel Dukhan, visit any time of day.**
- Ahmad Al Fateh Mosque (Grand Mosque) visit programme, 9am-4pm. Visits are closed during prayer times. No prior appointments needed unless big groups or special arrangements are required. Contact Farahat Al Kindy on 17727773, 39734440 or fax 17729695.
- **Al Jasra Handicrafts Centre, Al Jasra, 8am-2pm. Entry free. Contact 17611900.**
- Permanent exhibition on Bahrain, 7am-2.15pm, Industry and Commerce Ministry building, Seef. Contact 17564170.

DANCE

- **Primary Ballet, 3.15pm, Victoria Dance, KG Kids, Saar. Preparatory and grade 1 ballet, 4pm, grade 2 and 5 ballet, 5pm, pointe work, 6pm. Contact 39876215 between 3pm and 7pm.**
- Hip-hop dance lessons, 6pm, Sherry Spa, Juffair. Salsa basics, 7pm, Argentine tango, 8pm. Contact 39865464.
- **Salsa Intermediate and Advanced classes, Garden City Future Shape Studio, Budaiya, 8pm-9pm. Call Celi on 39676349 or visit www.salsabahrain.com.**
- Cultural and cinematic dance lessons, Kerala Catholic Association, 7.30pm-8.30pm. Contact 17232109 or general secretary K M Thomas on 39867041.

CULTURE, ARTS AND CRAFTS

- **Contemporary Indian art exhibition, 9am-1pm and 4pm-8pm, Saya Art Gallery, Exhibition Avenue. Contact 17746909.**
- Bin Matar House, Muharraq, 8am-1pm and 4pm-8pm.
- **Morning and evening art classes by appointment, private gallery, Jasra. Contact 39922642 or e-mail Marianne@pasmansdesign.com.**
- Children's scrapbooking and papercraft classes, 4pm-6pm, Celebrations for Art, Budaiya. Children's woodcraft painting, 4pm-6pm. Contact 17595791.
- **Paint your own pottery, 9.30am-6pm, Studio Ceramics, off Budaiya Highway. Contact 17599026.**
- Ella Art Gallery, Hoor, 9am to 12.30pm and 4pm to 6.30pm; Classes in oil painting, pastels and water colour. Call 17292815 or 39073299.
- **Nadine Gallery, Gufool, 10am-1pm and 4pm-8.30pm, art rental, art classes and home accents. Tel 17826456, 16622661, e-mail info@nadinegallery.com**

SPORT, FITNESS AND WELL-BEING

- Abs and stretch, 9am, Regency Health Club, InterContinental Regency Bahrain, Manama. Pilates, 1.30pm, kickboxing, 7pm, LBT, 8pm. Contact 17208355.
- **Seminars on weightloss without exercise, 9am-1pm and 3pm-6pm, Rachani Group, Manama. Contact 17717500 or e-mail healthywater.Bahrain@gmail.com.**
- Pool and snooker coaching, 12.30pm-midnight. Contact 39778367 for location.

AT THE CINEMAS

SEEF (II) (EAST SIDE): 10 Screens

- 1) **The Time Traveler's Wife (Romantic)**
Shows at 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm and 11.30pm
Starring: Rachel McAdams, Eric Bana and Ron Livingston
- 2) **Dance Flick (Comedy) (15)**
Shows at 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm and 11.30pm
Starring: Shoshana Bush, Essence Atkins and Chelsea Makela
- 3) **Direct Contact (Action) (15)**
Shows at noon, 2pm, 4pm, 6pm, 8pm, 10pm and midnight
Starring: Dolph Lundgren, Gina May and Bashar Rahal
- 4) **Surrogates (Action/ Thriller/ Adventure) (15)**
Shows at noon, 2pm, 4pm, 6pm, 8pm, 10pm and midnight
Starring: Bruce Willis, Radha Mitchell and Rosamund Pike
- 5) **Omar Wa Salma 2 (Comedy) (15)**
Shows at 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm and 11.30pm
Starring: Tamer Hossni and May Eiz Eldeen
- 6) **Wake Up Sid (Hindi/ Romantic/ Comedy) (PG 13)**
Shows at 11am, 4pm and 9pm
Starring: Ranbir Kapoor and Konkona Sen
- 7) **Final Destination (Thriller/ Horror) (15+)**
Shows (3 D Digital) at 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm and 11.30pm
- 8) **Imagine That (Comedy/ Family) (PG)**
Shows at 1.45pm, 6.45pm and 11.45pm
Starring: Eddie Murphy, Thomas Haden Church and Nicole Ari Parker
- 9) **G-Force (Comedy/ Adventure/ Family) (PG)**
Shows at 11.15am, 1pm, 2.45pm, 4.30pm and 6.15pm
Starring: Bill Nighy, Will Arnett and Kelli Garner
- 10) **Inglourious Basterds (Action/ Adventure) (15+)**
Shows at 11.30am, 2.30pm, 5.30pm, 8.30pm and 11.30pm
Starring: Brad Pitt, Diane Kruger and Christoph Waltz
- 11) **Gamer (Action/ Thriller/ Adventure) (15)**
Shows at 11.45am, 1.45pm, 3.45pm, 5.45pm, 7.45pm, 9.45pm and 11.45pm
Starring: Gerard Butler, Amber Valletta and Michael C. Hall
- 12) **Halloween 2 (Thriller/ Horror) (18)**
Shows at 8pm, 10pm and midnight

Starring: Scout Taylor-Compton, Tyler Mane and Malcolm McDowell

SEEF (I) (WEST SIDE): 6 screens

- 1) **El Farah (15)**
Shows at 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm and 11.30pm
Starring: Khalid Sawi, Jumana Murad and Dunya Sameer Ghanim
- 2) **Eden Lake (Thriller/ Horror) (18+)**
Shows at 11.45am, 1.45pm, 3.45pm, 5.45pm, 7.45pm, 9.45pm and 11.45pm
Starring: Kelly Reilly, Michael Fassbender and Thomas Turgoose
- 3) **London Dreams (Hindi/ Romantic)**
Shows at 11.30am, 2.30pm, 5.30pm, 8.30pm and 11.30pm
Starring: Salman Khan, Asin and Ajay Devgan
- 4) **Drag Me To Hell (Horror / Thriller) (15+)**
Shows at 12.30pm, 2.45pm, 5pm, 7.15pm, 9.30pm and 11.45pm
Starring: Lorna Raver, Dileep Rao and Alison Lohman
- 5) **A Perfect Getaway (Thriller/ Action) (18)**
Shows at 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm and 11.30pm
Starring: Steve Zahn, Timothy Olyphant and Milla Jovovich
- 6) **Aif Mabrouk (Comedy) (PG)**
Shows at 11am, 1.30pm, 4pm, 6.30pm, 9pm and 11.30pm
Starring: Ahmed Helmi and Rahma

SAAR CINEPLEX - 4 Screens

- 1) **The Time Traveler's Wife (Romantic)**
Shows at 12.15pm, 2.30pm, 4.45pm, 7pm, 9.15pm and 11.30pm
Starring: Rachel McAdams, Eric Bana and Ron Livingston
- 2) **Eden Lake (Thriller/ Horror) (18+)**
Shows at 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm and 11.30pm
Starring: Kelly Reilly, Michael Fassbender and Thomas Turgoose
- 3) **Dance Flick (Comedy) (15)**
Shows at 1pm, 3pm, 5pm, 7pm, 9pm and 11pm
Starring: Shoshana Bush, Essence Atkins and Chelsea Makela
- 4) **Drag Me To Hell (Horror/ Thriller) (15+)**
Shows at 3.15pm, 7.15pm and 11.15pm
Starring: Lorna Raver, Dileep Rao and Alison Lohman

■ **Ashtanga yoga, breathing techniques and relaxation, contact 39443940 for location. Visit www.lotus-yoga.cc**

■ Acupuncture, Medical Tuina (massage), Reflexology, Cupping, GuaSha, The Chinese Medical Clinic, Bahrain Wellness Resort, Janabiya, 9am-1pm and 4pm-8pm. Contact 17795823, 1779 5961 or 3972 8383.

■ **Women's fitness programme, 7.30am-1pm and 3pm-7.30pm, Curves Women's Fitness Centre, Budaiya. Contact 17691496.**

■ Yoga classes for men and women, Marina Club, Manama, 6.30pm-8pm, Yoga classes only for women, Aseel Saloon, Riffa, noon-1pm. Contact Aruna on 39052254.

■ **Indoor cycling, pilates, 8.30am, step and tone, 9am, pilates for pregnancy, 9.40am, indoor cycling, 4.30pm, step and sculpt, 6pm, belly dancing, 7pm, indoor cycling, 7.30pm, Body Line, Saar. Contact 17793932.**

■ Spinning, 4.30pm, Aerobics, 5.30pm, Pineapple Spa, Manama. Body conditioning, 6.30pm. Contact 17712000.

■ **Squash coaching by Hussain Al Thawadi. Contact 36309124.**

■ Nia, 8.30am, World Beat Fitness Centre, Janabiya. Hot yoga, 9.30am, belly dancing 10.30am, Bahrain Karate centre kids (beginners) 4pm, kids (advanced) 5pm, karate adults 6.30pm, mixed yoga, 7.30pm. Contact 17612576 for advance bookings.

■ **Chinese, Thai and relaxation massage, 10am-9pm, Tuina Ladies Massage, Budaiya. Contact 17596040.**

■ Career, executive and life coaching, 9am-5pm. Contact

36199980, 17532451 or coach@craigconsultants.com.

■ **Therapeutic massage, hand and foot reflexology in Saar. Contact 39015776 or 39694138.**

■ Cross training, 8.45am, 6.15pm, women's yoga, 7pm, Ezfit Sports Complex, Budaiya. Aerobics, 10.30am, 4.30pm, 6.30pm. Basketball, football, cricket, 4pm. Contact or 17692378.

■ **Tai chi Corniche beach class, 8.30am, Bahrain Tai Chi and Wushu Centre, Juffair. Ladies tai chi, 10.30am, Little Kung Fu, 4.30pm, Kung Fu Kids, 5.30pm, Junior Kung Fu, 6.30pm, Wushu, 8pm. Contact 36437931 or visit www.bahraintaichi.com.**

■ Men's aero kickboxing, 5pm, Gulf Air Club, Salmabad. Contact 17780087.

■ **Mixed yoga, Bahrain Wellness Centre 7pm-8.30pm, call 17795961 for details.**

■ Schwinn Indoor cycling, 7.30am, Dessange, Adliya. Yoga, 11am, Freemotion, 12.30pm, Aerobic combos, 5pm and 6.30pm. Contact 17713999.

■ **International Tennis League, open invitation for players, call 39800310.**

■ Drop in meditation classes, 7pm-7.30pm, Bahrain Meditation Centre, Adliya. Contact 17712545.

■ **Yoga, 6am-10am and 4pm-8pm, Bayoga, Juffair. Contact 17725027.**

■ Therapeutic and relaxation massage, 8am-11pm, Indian Ayurvedic Medical Centre, Mahooz. Free consultation, 8am-1pm and 4pm-9pm. Contact 17722060 or 17720780.

■ **Exercises and relaxation classes for pregnant mothers, 6.30pm-7.30pm, International Hospital of Bahrain. Contact 17598290.**