

# this month



## WEIGHT LOSS SHOW

The second Weight Loss Show is back, promoting a healthy yet enjoyable lifestyle for the whole family. This year's show promises to include an array of healthy tips, solutions and fun activities to keep everyone of all ages healthy and fit. Promoting healthy living through innovative and natural strategies, the exhibition features companies offering the latest weight-loss solutions, the newest work-out routines and expert advice on nutrition, supplements and cutting-edge diet management.

**January 28-29, Meadows Village, Emirates Hills, (04 367 8192), [www.weightlossshow.ae](http://www.weightlossshow.ae)**



## Singing the blues

Check out international blues band, Going back to the Crossroads, who will be performing at the rooftops at Wafi. The singers are all stars in their own right with major careers in the blues world: to illustrate, the band developed blues sounds with the likes of BB King, Buddy Guy and Santana. The show gives a personal insight into the musical genre of the blues and the people that have influenced it.

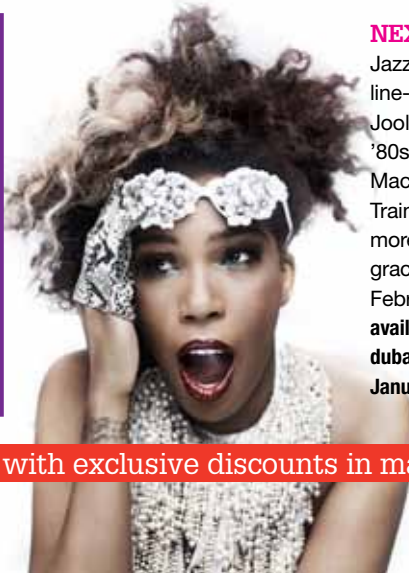
**8pm, February 1, Wafi rooftop. Dhs145, (04 324 4100)**

## One gal's junk...

If you're bored with your wardrobe, check out the newest way to swap clothes in the UAE – Frock Exchange. Bring unwanted branded clothes, such as Zara, Mango, Karen Millen or Gucci and exchange them for free. Frock Exchange is already popular in Europe and is a great way to get something new for the wardrobe while saving cash. Each lady is



assigned to a station where she can arrange her items. January 8, Premier Inn Dubai Investment Park. Pre-register at [info@dubaifrockexchange.net](mailto:info@dubaifrockexchange.net), Dhs50, refreshments included



**NEXT MONTH...** The Jazz Festival's illustrious line-up for 2011 includes Jools Holland and his band, '80s pop icon Alison Moyet, Macy Gray, and bands Train and Lifehouse, among more than 37 performers gracing the stages from February 1-18. **Tickets will be available online through [www.dubaijazzfest.com](http://www.dubaijazzfest.com) starting January 10, 2011**

Wednesdays at Oasis Centre is **Women's Day Out**, with exclusive discounts in many stores

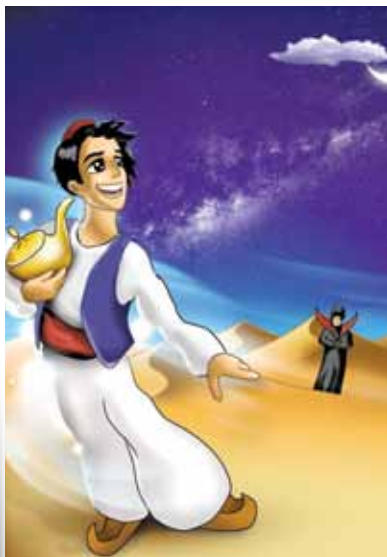


## just for you...

Start 2011 by spoiling yourself. Book Senso's New Year Resolution package, which includes a full body massage and an Anne Sémonin facial to soften and brighten your skin, leaving it with a

vibrant glow. Opt for either a manicure or pedicure to re-touch and refresh your tips and toes.

**Senso, Radisson Blu Hotel, Dubai Media City, Dh550 for a 150-minute treatment, (04 366 9111) [www.radissonblu.com](http://www.radissonblu.com)**



## Aladdin tales

Treat the whole family to the adventures of Aladdin. The story of Aladdin is brought magically to life by the cast of H2 productions. This UK production is packed with all of the traditional pantomime ingredients of comedy, stunning sets, beautiful costumes, plenty of boos and hisses and an Aladdin's cave full of surprises...

**First Group Theatre, Madinat Jumierah, Dh5125, show starts 3pm. (04 366 6546), [www.madinattheatre.com](http://www.madinattheatre.com)**



## educating the horse

Since the Iranian Revolution of 1979, artist Nicky Nodjoui has lived in Brooklyn, New York. In his large-scale oil paintings and small paper drawings, he transforms images from newspapers and political news into surrealistic images with unexpected elements. **Until January 14, 2011, Isabelle van den Eynde Gallery, Al Quoz, (04 323 5052), [www.ivde.net](http://www.ivde.net)**



## The Laughter Factory

If you're feeling like you've got nothing to smile about this month, perk up your laughing gear with a trip to The Laughter Factory's stand-up comedy nights, this month featuring Addy van der Borgh, Carey Marx and Jimmy McGhie.

**4, 5, 6, 7, 11, 12 and 13 January. Shows begin at 9pm, tickets Dh5115. [www.thelaughterfactory.com](http://www.thelaughterfactory.com)**



## ONE FOR THE BOYS

Head to the capital this month for the Abu Dhabi Golf

Championships. More than 100 players will be taking part, drawing international pro golfers to the Abu Dhabi Golf Course on January 20, 2011. **Dhs125, [www.adgolfclub.com](http://www.adgolfclub.com)**

## Dates for your dairy...

**3-17** Chinese 'hot-pot' food promotion at Shangri-La Qaryat Al Beri, Abu Dhabi, [www.shangri-la.com](http://www.shangri-la.com)

**4** World Orchestra for Peace, Abu Dhabi Festival 2011, (02 679 7461)

**21** Standard Chartered Dubai Marathon [www.dubaimarathon.org](http://www.dubaimarathon.org)

**10-11** February: Pharrell Williams, Amy Winehouse and Guy Posner at Gulf Bike Week in Dubai Festival City, [www.gulfbikeweek.com](http://www.gulfbikeweek.com)

