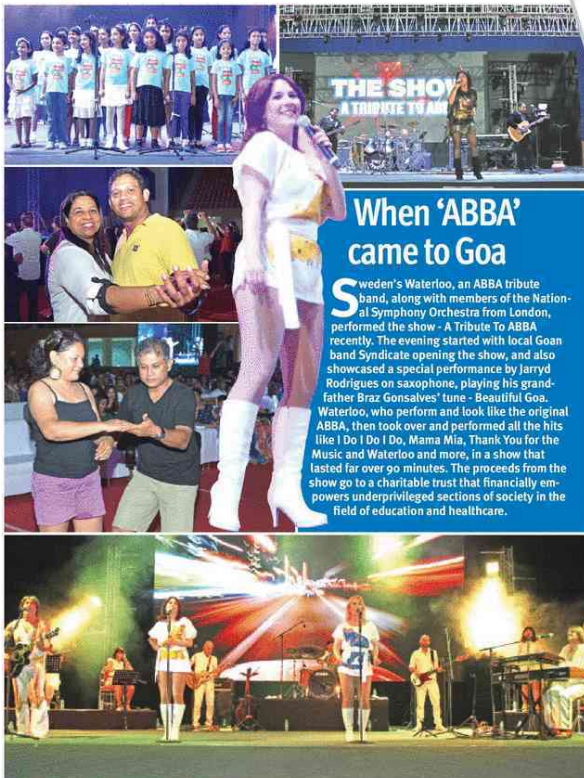




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When 'ABBA' came to Goa

Sweden's Waterloo, an ABBA tribute band, along with members of the National Symphony Orchestra from London, performed the show - A Tribute To ABBA recently. The evening started with local Goan band Syndicate opening the show, and also showcased a special performance by Larry Rodrigues on saxophone, playing his grandfather Braz Gonsalves' tune - Beautiful Goa. Waterloo, who perform and look like the original ABBA, then took over and performed all the hits like I Do I Do, Mama Mia, Thank You for the Music and Waterloo and more, in a show that lasted for over 90 minutes. The proceeds from the show go to a charitable trust that financially empowers underprivileged sections of society in the field of education and healthcare.

A musical show for a cause

The international music star Najwa and Goan musician Mac Dourado are performing for the 'Build Our Bridge' campaign, a live music show at Cantar, Saligao North Goa. Najwa is a London based French-Moroccan singer and songwriter who had stunned the judges, with her performance at her live audition on The Voice. Many fell in love with her honesty and vulnerability, and her



soulful tones. For Najwa, music plays a pivotal role in her life which supports her continuing journey towards peace, happiness and honesty.

The event will be held on May 12 from 7:30 pm onwards, is being organised by Sethu Centre for Child Development and Family Guidance. There will be a luxury raffle and an auction at the event.

Contact: 750724456

#MY JAM

I like the song 'It's my life' by Bon Jovi. To me, it's an all time classic.

-Ankur Pant, Margao



WHACKY WEDNESDAY

A six foot long arm?

No, the woman featured in this photograph doesn't really have the world's longest arm. Although at first glance, the snap does suggest otherwise. Eleanor Bailey, shared the picture of her sister Tabitha, posing with friends at a Beyoncé-themed event and the amusing image has since gone viral. This was an optical illusion, caused by the colour of the clothes and position of her limb, where her arm appears to stretch way out in front of two of her pals.



Saturday Night Party Spots

One of Goa's hidden, or rather shall we say, lesser known secret are the hidden springs located in tiny shaded pockets in the countryside. Many of them, including the one at Pomburpa village located about 10 kms from Panaji, are even known for medicinal quality of the water which flows out to the surface after running by rock, roots and pockets of minerals embedded deep in the earth.

Getting to the Pomburpa spring is in itself a beautiful experience as it takes you along a narrow road which runs along the stunning Mandovi river. It then banks and cuts through a stunning countryside before ending up near a gated area, which houses the spring.

The waters emanating from the two spouts at the spring are cooler than normal at any time

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of the year. Renovation has ensured that bathers get privacy, thanks to stone walls built by the tourism department, which is keen on promoting such avenues as tourist destinations. Locals in the vicinity religiously use the water for cooking purposes or simply drink it claiming it has medicinal properties and works well to help tide

over fatigue, tiredness and even some skin-related ailments. You can try it yourself. The well shaded vicinity of the spring, which is covered by a large canopy of trees, is a nice spot for a family picnic. A couple of homely taverns located in close vicinity of the spring will ensure that you will not go hungry or thirsty for that matter.

Arvalem Caves

Located in Bicholim, North Goa, these age-old rock-cut caves dating back to 6th century are popularly known as the 'Pandava Caves'. As the myth goes, it is believed that the 5 Pandava brothers, from the Mahabharatha, found refuge in these laterite rock caves during their exile.

This is suggested on the basis that there are 5 caves, and each cave has a Shiv-linga. According to another myth, the caves are believed to have Buddhist origins due to Buddhist architectural style and a large statue of Buddha near by. Having made a trip this far into North, you must not leave out

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the Arvalem waterfall. Located just a few kilometers away from the caves, this waterfall is perfect picnic spot and is a beautiful sight during the monsoon. Moreover, the Government of Goa has also built a recreational park near by.

MAY 10

Food and culture

The Goa Food & Cultural Festival 2017 will be held from May 10-14 at B Bandodkar Ground, Campal, Panaji.

EP launch

Catch the legendary artist and music producer Kumail on tour for his EP 'Launch "From You to Blue"' with a fresh live set featuring Apurv Isaac (Lala) and Nathan Thomas on May 10, 8 pm onwards at Cafe Cotinga, Anjuna. Contact: 6519999/8888

Film screening

Sunaparanta will host the screening of the film 'Insonnia' on May 10, 6:45 pm at Sunaparanta amphitheatre. Contact: 2423111

Visual art and theatre

Sunaparanta is happy to announce another exciting year in Visual Arts and Theatre, beginning June 2017. The Mango Tree after school art programme will be held every Thursday for age

group 5 to 9 years while the Pencil to Portfolio programme will be divided into two batches. The Junior batch (5-13 years) will be held every Friday while the Advanced batch (13-18 years) will be held every Saturday. In Stages-A Theatre company for young adults will have classes from age group 12-16 years every Saturday. Contact: 2423111, 9767864206. Email: info@sga.org

Teachers training

Adv. Rudolph Almeida Memorial Institute of Learning is offering a one year diploma training for pre-primary teachers. Avail of certified courses in communication skills, personality development, dance and movement therapy along with the diploma. Contact: 2733832, 9765856166

IPL screening

Throw in some luck to your favourite IPL Team, by watching them screened live at Casino Strike, Bambolim from 8 pm to 12 pm. Contact: 07930946871

Jumble sale

The Women's Forum, YMCA, Panaji, will be organizing their annual Monsoon Magic sale in June 2017. Proceeds from the sale will be utilized for their ongoing social service project Adoption from a Distance. Donations are invited in the form of clean, wearable clothes, books, toys and household items in working condition that can be dropped off at the YMCA from Monday to Saturday between 10 am and 5 pm. Contact: 9822582022, 9423170317

Yoga classes

Hatha Yoga classes with Bablu Marik and team will be held on Monday, Wednesday and Friday at 8 am and on Sundays at 10.30 am for beginners and 11.30 am for Intermediate level students at Museum of Goa, Pilerne.

Share market classes

Learn the Fundamentals (Basics) of Share Market (BSE / NSE) and increase your money in just two sessions. Theory sessions are held everyday at 4.30 pm at Vinay Plaza, Mapusa while practical

sessions are held from Monday to Friday at 11.30 am. Contact: 9860398098

Cruise line culinary training

Admissions open at American College of Culinary & Language Arts (ACCLA), Margao. The culinary academy specializes in professional culinary education and training, specialising in the field of cruise line culinary programmes. Contact: 6488771

MAY 12

Art classes

Girish Gujar will conduct an intensive watercolour workshop from May 12 to 23, 2 to 6 pm at Cape Diem, Majorda. On May 13, a Madhubani art workshop will be conducted from 10 am to 4 pm. Contact: 2881035

Creative writing

Cape Diem, Majorda is all set to hold a series of workshops. A rhyme and poetry workshop will be conducted by Mario Coelho and Israel Sarvishta on



Snaden Shawn Dance Academy - Summer Dance Classes

Register today and avail early bird offer. Summer dance classes - Ballet, Hip-hop, Jazz, Bollywood for kids - preteens - Adults. Call and enrol now for April & May. Contact: 9890163433 / 9637048183 / 7798609859.

May 14, A story telling / writing workshop will be conducted by Isabel Santa Rita Va on May 16 while a chapbook making workshop will be conducted by Jose Lourenco on May 16.



Mother's Day Out!

It's time to show the woman who nurtured and loved you even before you were born just how much you care. Cidade de Goa is celebrating Mother's Day with a special brunch at Laranja on May 14 so you can pamper this special woman of your life. Come along with your family (minimum four persons) and enjoy a day filled with memorable moments. Happy Mother's Day! For more details, call Cidade de Goa on 2454545.



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Workshop on diabetes
A workshop on Diabetes Type I & II will be conducted by author and doctor B. R. Chowdhury at Institute Meneses Braganza, Panaji, on May 13 from 3 pm to 6 pm. He's a Post Graduation in Diabetes Education - International Diabetes Federation (Belgium), with a certificate in Raw Nutrition, Mint Culinary School (and a diploma in Echocardiography).
Contact: 9011242800 / 8975239900