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## TOP 10

Your essential guide to what's on in the Emirates

### ABU DHABI ANIMAL MAGIC

Help an animal welfare organisation by enjoying an iftar at The Foundry in the Southern Sun Hotel from Sunday to Tuesday. For every two iftars purchased, the proceeds of one meal will go to Rescue of Abu Dhabi. The week will culminate with a grand charity iftar on May 15 with tickets priced at Dh150 per person. Purchase tickets directly from the Southern Sun Hotel, Fit Life Vet, Canadian Vet or Rescue of Abu Dhabi volunteers on 052 141 1741.  
**► Sunday to Tuesday and May 15, 7pm to 9pm, Dh150 for grand charity iftar, The Foundry, Southern Sun Abu Dhabi, Al Mina street, Tourist Club Area, 02 818 4888**

### ABU DHABI SCREEN DREAMS

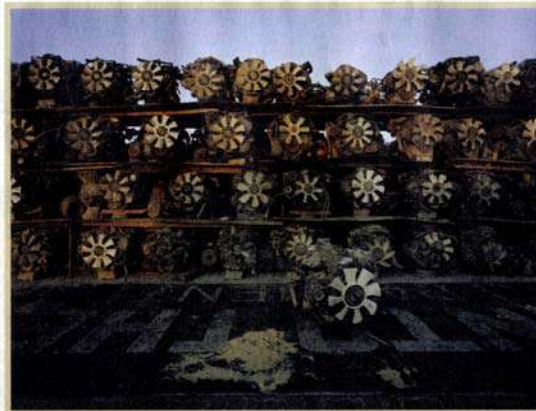
Cinema Akil returns to Warehouse421 this Ramadan for a series of special screenings in conversation with Al Rabi'a. Visual artist Shaikha Al Ketbi explores mental health through artworks that depict her dreams. On Saturday,

see the animated film *Spirited Away* and on May 18, watch the documentary *The Kingdom of Madness*, which takes viewers behind the scenes of the Japanese Studio Ghibli.  
**► Saturday and May 18, 9pm, free with registration, Warehouse421, Mina Zayed, Abu Dhabi, register at www.warehouse421.ae**

### DUBAI CALLIGRAPHY CLASS



Arabic calligrapher Wissam Shawkat presents *Evolution | Revolution*, an exhibition that features his contemporary practice of abstract letters as graphic forms. His works highlight the intricate detail of the Arabic alphabet along with a sense of revolutionary freedom. Shawkat will lead a workshop suitable for all levels on Monday at 10.30am, from Dh35 for Alliance Francaise members and from Dh45 for non-members.  
**► Runs until June 1, 9am to 8pm, Sundays to Wednesdays; 9am to 5pm, Thursdays and Saturdays (closed on Fridays), La Galerie, Alliance Francaise Dubai, Oud Metha, Dubai, 04 335 8712, www.atdubai.org**



### DUBAI INSIDE INDUSTRY

*Beyond the Fence* is an exhibition of works by photographer Lalal bin Thaneya, who explores the unavoidable byproduct of modernity: scrapyards, refineries and metal works that are generally hidden from view. See detailed images of the inner-workings of industry that blend landscape and industrial architecture.  
**► Runs until June 11, 10am to 10pm, Saturdays to Thursdays (closed Fridays), Tashkeel, Nad Al Sheba, Dubai, 04 336 3313, www.tashkeel.org**

### DUBAI BEAUTY BUYS

Visit Tips and Toes on Sundays, Mondays and Tuesdays and get double points all day in May when you show your loyalty card. Get a root colour service for Dh175 instead of Dh250. Ladies aged 13 to 21 can enjoy discounts on Tuesdays for eyelash extensions, nail services,

Glamglow express facials and hair removal services. Buy any retail item and 10 per cent will go to children's charities this Eid.  
**► May, various timings and prices, all Tips and Toes locations in Al Ain, Ras Al Khaimah and Abu Dhabi (except Yas Mall); as well as Business Bay, Golden Mile, Panorama, Me'aiseem, Dubai Festival City, Mira, Springs Souk and Al Barsha in Dubai, 04 399 0550, www.tipsandtoes.com**

### ABU DHABI ITALIAN JOB

Book your spot at La Tavolata Evening Brunch at Si Ristorante Italiano and Bar on Saadiyat Island and enjoy the traditional Italian family table with an a la carte set menu, featuring authentic dishes as well as live cooking stations and desserts to share.

The brunch is ongoing through Ramadan.  
**► Thursdays, 6.30pm to 10.30pm, from Dh275, Si Ristorante Italiano and Bar, Saadiyat Rotana Resort and Villas, Saadiyat Island, Abu Dhabi, 02 697 0000**

### DUBAI SUPER SCRUB



This Ramadan, detox and rejuvenate with a spa treatment that includes a 30-minute exfoliating body scrub that leaves skin soft and a 60-minute nourishing body-balm massage that refreshes. Complement the experience with an instant booster facial from Dh150.  
**► Daily until June 30, 9am to 10pm, from Dh550, The Spa at Address Boulevard, Dubai, 04 561 8126, spa.adbo@addresshotels.com**

### DUBAI BEACH BODIES

Join a free class with Fitness in DXB at Hilton Dubai Jumeirah and enjoy a 45-minute bootcamp-style beach circuit workout just after the sun sets. Dates and water will be available beforehand for those who are fasting. There will be prizes and guests can enjoy a 30 per cent discount on

iftar at Oceana restaurant or BICE restaurant.  
**► Today, 6.40pm to break the fast with dates and water; class from 215pm, free with registration, Hilton Dubai Jumeirah, Dubai Marina, reservations essential at rsvp@sevenmedia.ae**

### ABU DHABI KAYAK CALLING

View Louvre Abu Dhabi from a different perspective: on the water. Kayaking at the Museum takes place every Friday and Saturday, with one-hour sessions led by professional instructors. Tour into the stillness of the Arabian Sea and discover the architecture from another angle.  
**► Fridays and Saturdays, 10am to 5pm, from Dh120 per hour, ages six-plus, Louvre Abu Dhabi, Saadiyat Island, Abu Dhabi, www.louvreabudhabi.ae**

### THREE EMIRATES WALK INTO LIGHT

Register to take part in the Darkness Into Light walk to raise awareness for mental health. The five-kilometre walk begins just before the sun rises and highlights the struggles of those suffering from mental illness and celebrates hope for the future. Entry fees go directly to mental health treatment and research.  
**► May 11, 3.45am, from Dh10, Emirates Palace, Abu Dhabi; Green Mubazzarah Park, Al Ain; Kite Beach, Dubai; Al Marjan Island, Ras Al Khaimah, www.darknessintolight.ae**

► Send your event details to [listings@thenational.ae](mailto:listings@thenational.ae) | Compiled by Ellen Fortini

For more things to do across the UAE, visit the lifestyle section of [thenational.ae](http://thenational.ae)