

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Mingle with those who can further your goals. Unexpected visitors will be a welcome surprise. Your lucky day this week will be Saturday.



TAURUS (APR. 21-MAY 21)

Delays will cause setbacks. Think twice before signing up for costly ventures. Problems with family members could cause problems. Your lucky day this week will be Saturday.



GEMINI (MAY 22-JUNE 21)

Your health can suffer due to neglect. You need time to rejuvenate. Travel should be on your agenda. Your lucky day this week will be Wednesday.



CANCER (JUNE 22-JULY 22)

Investments will pay off. Your knowledge will help more than you think. Changes in attitude can disrupt your home environment. Your lucky day this week will be Monday.



LEO (JULY 23-AUG 22)

Your communication skills will help getting the point across. You might blow situations out of proportion. Your lucky day this week will be Tuesday.



VIRGO (AUG. 23-SEPT. 23)

Don't ignore any emotional issues. Your generous nature could be taken advantage of. You will be a real chatterbox this week. Your lucky day this week will be Tuesday.



LIBRA (SEPT. 24-OCT. 23)

Your ingenuity will be financially beneficial. You may have difficulties with family members. Your lucky day this week will be Saturday.



SCORPIO (OCT. 24-NOV. 21)

Take the day to relax. Your partner may require some attention. Try approaching things with a creative mindset. Your lucky day this week will be Friday.



SAGITTARIUS (NOV. 22-DEC. 21)

Entertain those you wish to close deals with. Uncertainties about your personal life are probable. Try working out from this week. Your lucky day this week will be Friday.



CAPRICORN (DEC. 22-JAN. 20)

Your determination will make your work look flawless. Expect some setbacks. Refuse to let others make unrealistic demands of you. Your lucky day this week will be Saturday.



AQUARIUS (JAN. 21-FEB. 19)

Get on with your life. Honesty will be your best policy. Don't donate more than you can afford. Your lucky day this week will be Monday.



PISCES (FEB. 20-MARCH. 20)

Approach the situation as calmly as possible. Hidden matters are likely to surface. Don't let your partner upset you this week. Your lucky day this week will be Saturday.

THANK GOD IT'S FRIDAY

BY TANZIRAL DILSHAD
DITAN



CONCERT FOR KPR

Date: Friday, 26 January

Time: 3 PM - 8 PM

Venue: KIB Complex — Krishibid Institution Bangladesh, Krishi Khamar Sarak, Farmgate, Dhaka Dreek, Shunno, Nemesis, and Arnob completes the lineup for Concert for KPR. Prepare to be mesmerised by the sensational lineup and enjoy the amazing performance each of the participants promises to deliver.

To book tickets, log onto: <https://goo.gl/okEEAg>

BANGLADESH COMIC CON 2018

Date: Friday, 26 January

Time: 3 PM - 9 PM

Venue: Baridhara DOHS Convention Centre (end of Road 1; turn left), Dhaka, Bangladesh

Bangladesh Comic Con returns! Over 10,000 fans attended last year's convention and BDCC 2018 promises to be bigger and better.

Comic Con gives Dhakaites an opportunity to celebrate people's love for comic books, graphic novels, and pop culture in general. This year's event will feature brilliant musical performances, kiosks by makeup artists, photographers, and shops selling iconic comic books, graphic arts, action figures, masks, posters, T-shirts, and merchandise!

Entry fee: Tk 300; will be available on-spot at the Entry Desk.

For further details and rules log onto: www.facebook.com/dhakaexpo/about

SPECIAL DAY WITH SPECIAL KIDS — A MUSEUM VISIT FOR SUPERHEROES

Date: Sunday, 28 January

Time: 10 AM - 12 PM

Venue: Bangladesh National Museum, Shahbag Road, Dhaka

Child Foundation will arrange a visit to the Bangladesh National Museum for children with special needs for developing their social skills and promoting their inclusion in society. The programme hopes to make it possible for children with special needs to socialise, learn and have fun in public.

Child Foundation assures exclusive privilege for children with special needs by deliberately scheduling the programme during quiet hours when few visitors are in the museum. This provides a suitable environment for children who may not be comfortable in crowded places. The event is free for all children with special needs, aged between 2 and 18 years. A parent or a single caregiver may accompany the child.

11TH INTERNATIONAL CHILDREN'S FILM FESTIVAL

Date: Monday, 29 January to Thursday, 1 February

Venue: Auditorium Nouvelle Vague, Alliance Francaise

This youth-led festival aims to open up a new world of films to the children of Bangladesh and to expose them to a diversity of cultures and traditions from various nations through cinema. CFS envisages to impact on the entire film industry of Bangladesh by inspiring the upcoming generation of filmmakers and offering them bigger platform to exercise and exhibit their talent.

Initiated in 2008, it is one of the biggest film festivals in Bangladesh and also the only international film festival for children and young adults in the country. This year the festival will screen close to 200 films by renowned and aspiring directors from all over the world.

Of housework and exercise

In the course of my life I have done what many wives in the diplomatic service still do perhaps, which is, to help the help. In

Paris I ironed my full cotton bedsheets, because I hated wrinkles. In Moscow I washed windows, and much later, when we left the service, I continued to vacuum, clean and dust when I wanted to. It was both work and exercise, and it had to be done.



THOUGHT CRAFT

BY NASRIN SOBHAN
Freelance Writer

I also liked doing housework, truthfully! In my mind the bending, lifting, cleaning and mopping made up for my reluctance to go to the gym. I even found washing dishes therapeutic, and I would find myself humming while I soaped and rinsed, admiring the rose sprigs on my saucers, or the blue border of a much-loved tea cup.

In my early years in Dhaka, post Paris, Moscow, and Belgrade, I used to team up with a friend and go to the health club of the Sheraton in the evenings, where we would spend a few good hours on the treadmill, try weights and cycles, then going on to the sauna and the jacuzzi, and finally into hot showers.

It was fun comparing how many calories each of us had burned, or how long we had used the machines. We always emerged refreshed, saying to each other, "Ah, ki shukh!"

Things change though, and after a time when the heavy traffic made the drive from Gulshan to the hotel too time-consuming, I tried other gyms nearer to home.

Gyms in general are pleasant and well equipped, but there were challenges for me. Most people wanted the room hot, whereas I wanted it cold. I preferred quiet, but most people wanted 'desi' disco. I found it stressful to listen to the shrill tones of someone giving orders over the mobile, or the revelations of someone sharing gossip with others at top volume.

So, I decided to work out at home. I found that I quite enjoyed doing exercise by myself, to my own routine and music, thinking my own thoughts. In some ways it was almost as pleasurable as washing dishes. I could lose myself in the rhythm, not even counting the number of reps or the time, and emerge at the end both wonderfully relaxed and delighted with myself for having done a good day's work-out.

Things changed again. These days exercise bores me, and even housework has lost its charm. My new excuses for avoiding exercise include having a sore knee, feeling cold, feeling hot, feeling lazy, needing to freshen up my flower arrangements, or drinking a cup of tea before I begin.

Sometimes while sipping the tea I notice a book on the table. I open the book, and before I know it, two hours have passed and so has my exercise time.

In today's world there are hundreds of different types of workouts to choose from. YouTube has been a revelation for me. I have become a devotee of Lumowell, Fitness Project, Fitness Blender and Yoga for Seniors. There is even chair yoga, which should be great for lazy people like me!