

Penang Free Sheet



Art, Workshops, Music and Other Events



ACIDIC BUNCH

FRIDAY & SATURDAY 6 & 7 MARCH
9PM - 12.00AM
RM50 MIN SPEND PER ENTRY

HIGH-ENERGY MULTILINGUAL ROCK & POP BUILT FOR DANCING, JUMPING AND FULL-ON SATURDAY NIGHT PARTY MODE

RESERVATIONS +604 263 7299 +6014-736 9645

Scan me!
TABLE BOOKING

華人屋
CANTEEN
CHINA HOUSE

Art - Penang Long Art Weekend
Friday-Monday March 6th-9th

Penang's independent art spaces throw their doors open to welcome you to explore the ever-changing art scene. Blank Canvas, China House Art Space, Cultprint, Hin Bus Depot, COEX, MassHaus, O Sculpture Art Space and Ritual Café put on a series of solo and group exhibitions, art events and happenings. Free of charge. More details [here](#).

PENANG
LONG
ART WEEKEND
6-9 March 2026



Talk - Dialogue with Leonardo Bigazzi
Friday March 6th, 4.30pm-5.30pm

Florence-based curator Leonardo Bigazzi ([@leonardobigazzi](https://www.instagram.com/leonardobigazzi)) has a special conversation with Blank Canvas founder, KY, on his curatorial practice and recent projects. Free of charge. Register by whatsapp 016-246 6814

Gilda, 81 Lorong Soo Hong

Opening - Unfinished
Friday March 6th, 7pm-9pm

Opening of a group exhibition, part of Penang Long Art Weekend, bringing together works that remain incomplete, paused, unresolved, or left open, and presented within an open studio environment. Exhibition opening hours 7th-9th March, 12pm-7pm.

Masshaus, 147A Victoria Street

UNFINISHED
69%

GROUP EXHIBITION
AT
MASSHAUS
7-9 MARCH

Opening 6 March 7-9pm

• Aboud Fares • Ain • Ariel Ong • Bibichun • Cloris Woon •
• Dhavinder Singh • Eeyan Chuah • Ernest Zacharevic •
• Eryn • Esther Geh • Fakhrur • Hao Yuan Cheng •
• ITIION • Kangblabla • Sharon SS Kow • Shetna Liam •
• Shin Yen Neoh • Stephen Teoh • Sumidik •
• Tazone • Thomas Powell • Trina Teoh • Wong Hoy Cheong •

MASSHAUS



Art Retreat on Pangkor Island, Perak
Led by full time artist Rebecca Duckett- Wilkinson.

4 days/3 nights of total art making in the jungle of Pangkor Island. Open to anyone who wishes to create an art routine, beginners & practicing artists who want a 'reset' in the making of their work. Different techniques, mainly water based pigments on paper, using many different techniques. More info [here](#).

Comedy - Lady Luck
Friday March 6th, 8.30pm

An all-women comedy show, headlined by award-winning comedian, Shaq Munisamy. RM 40 tickets [here](#).

Coex, 123 Jalan Timah



Music - One Night Only
Friday March 6th, 9pm

Two jazz sets by Australian singer Gregg Arthur and the Northern Jazz Unit, followed by disco night with hits from the 70s, 80s and 90s. RM 50.

Chartreuse at 32 Mansion,
32 Jalan Sultan Ahmad Shah

Want your child to be more active and less glued to a screen?

Island Pickleball Academy offers an exciting opportunity to play the fastest-growing sport in Malaysia and SE Asia. Pickleball is perfect even for non-sporty kids, decreasing screen time and boosting active play with new friends.

We supply all equipment and activities, focusing your child on healthy fun instead of video games and TV.

Sign up [here](#).



Island Pickleball Academy

At Island Pickleball Academy we specialise in helping kids stay active, and have fun playing Pickleball.



Tanjung Bungah
(Tenby Schools Penang)

FREE
skills assessment


Scan for more information






info@island-pickleball.com
+60 1154306095
www.island-pickleball.com

Share-Meeting 3: The Art Born From Earthquakes, Thunder, Fires, Fathers, and Pathogens

(SAT) (SUN)
March 7th & 8th, 2026
Level 1, UAB Building, No. 21-01, Gat Lebuh China,
10000 George Town, Penang, Malaysia



Organisers:  Supported by:  Media Sponsor:  Official Host: 

Workshop - The Art Born From Earthquakes, Thunder, Fires, Fathers and Pathogens
Saturday March 7th, 9.30am -
Sunday March 8th 5pm

A two-day programme, bringing together participants through open exchange, keyword mapping sessions, and presentations of the outcomes. Free and open to the public. RSVP required.

UAB Building, Gat Lebuh China

Discovery Afternoon: Age 2-5!

Explore our Early Years environment and see how we nurture confident learners. A journey of exploration and discovery for kids, guided tours for parents, and a session for families. Thursday, 12 March 1pm–2:45pm

Stonyhurst International School
Register [here](#) by 9 March.



Talk -The Penang Clan War 1867
Saturday March 7th, 2pm-4pm

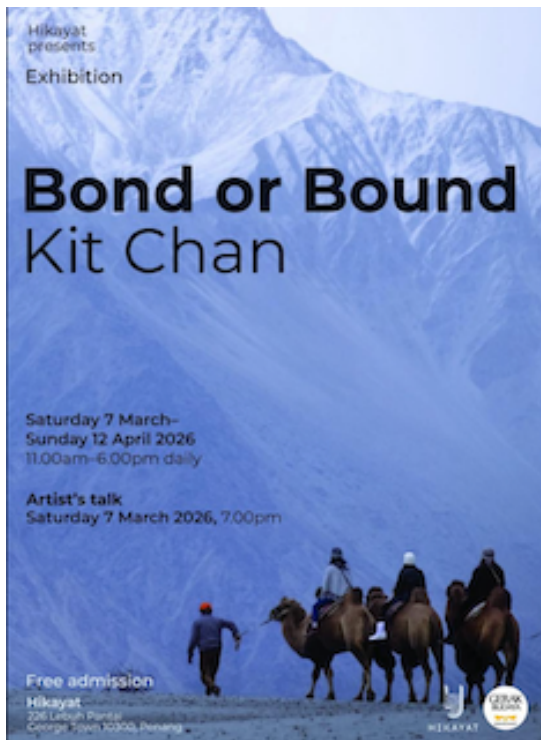
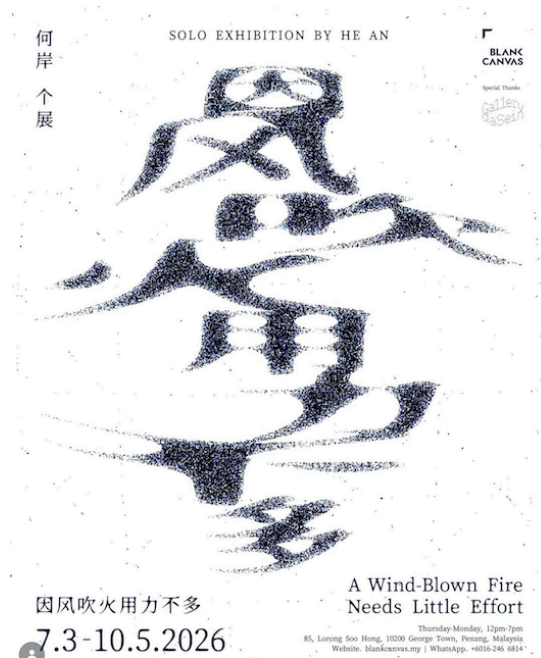
Discover how rival Chinese secret societies battled for power, learn the secret past of George Town and unravel the dramatic history of Penang's Chinese clan houses. RM 45 tickets available [here](#).

Penang Tourist Guide Association
Office, Lot 33-5-01, Prangin Mal

Opening - A Wind-Blown Fire Needs Little Effort
Saturday March 7th 5pm

Beijing-based artist He An talks about his work in the neighbouring restaurant, Gilda, followed by the official opening of his exhibition at 6pm.

Gilda/Blank Canvas, 81/85 Lorong Soo Hong



Opening - Bond or Bound
Saturday March 7th, 7pm

Official opening, and artist talk, for the new solo photographic exhibition by Kit Chan, a series that looks, sometimes gravely, sometimes cheekily, at the thin line between humanity and the animal world, captured over a decade across some of the last unspoilt yet fast-developing corners of Asia.

Hikayat, 226 Beach Street

Astadala Iyengar Yogashala
Traditional Iyengar Yoga for All Levels

Join qualified Iyengar yoga instructors
for a journey of wellness and
harmony. [Email](#) for more information
or check [Instagram](#) or [Facebook](#).

50-J, Fettes 10, Jalan Fettes



ASTADALA IYENGAR YOGASHALA

Traditional Iyengar Yoga for All Levels

DAY	TIME	CLASS TYPE	INSTRUCTOR
MONDAY	9:30 AM—10:30 AM	Preliminary	Su
TUESDAY	10:00 AM—11:00 AM	Gentle Yoga	Prema
	6:30 PM—7:30 PM	Intro	Thana
WEDNESDAY	9:30 AM—10:30 AM	Preliminary	Su
	5:00 PM—6:00 PM	Intro	Su
FRIDAY	9:30 AM—10:30 AM	General	Su
FRIDAY	4:30 PM—5:30 PM	Preliminary	Thana
SATURDAY	9:30 AM—10:30 AM	General	Naren
SUNDAY	5:30 PM—6:30 PM	General	Thana

Class Descriptions

- **Intro:** Perfect for absolute beginners. We focus on the basics and getting you comfortable on the mat.
- **Preliminary:** A step up from Intro; focusing on foundational poses and alignment.
- **General:** Open to all levels. A balanced flow to build strength and flexibility.
- **Gentle Yoga:** A slower paced, restorative session—ideal for stress relief.

Call / WhatsApp: +60 17-548 3779 | +60 12-470 3552

Instagram: @astadalaiyengaryogashala
E-mail: contact@astadalaiyengaryoga.com



TROPICAL SPICE GARDEN

JUNGLE RUMBLE

Frankie Flowerz^(ber)
Bule Sopan^(jkt)

ft. projection installation by Jvohan Lim

7 MARCH SATURDAY **8PM** tickets: RM50 online | RM60 door
tsgspicefam.com/calendar

Music - Jungle Rumble
Saturday March 7th, 8pm

Sets by Penang-born, Berlin-legend
DJ Frankie Flowerz, and Berlin-native
turned Jakarta resident DJ Bule
Sopan. RM 50, book [here](#).

Tropical Spice Garden, Teluk Bahang

Tour - Moniot Heritage Walk
Sunday March 8th, 8.30am-11.30am

A guided walk along a 3 km trail through a beautiful forest reserve and private land. RM 50. For more details and to pre-register contact 016-4201189 or visit [Facebook](#)



Dataran, Penang Hill



Workshop - Peranakan Tile Painting
Sunday March 8th, 2pm-3.30pm

Learn to paint your own Peranakan tile in this unique Penang experience. RM 139 per person. Direct message via [Facebook](#) to book.

Tanjung Bungah

Music - Spring Walk Over Water
Sunday March 8th, 3pm

The ProArt Chinese Orchestra presents Spring Warmth over Water, a Chinese orchestral concert inspired by the refined elegance of Jiangnan music, featuring renowned Shanghai erhu virtuoso Ms. Duan Aiai. Tickets RM 55 and upwards.

Dewan Sri Pinang



Discovery Morning: Ages 6–8!
Let your child explore our Pre-Prep (aged 5 & 6) and Prep (aged 7 & school while experiencing the warm, supportive environment that makes Stonyhurst Penang special. A half-day of discovery and hands-on learning, with guided tours for parents., Thursday, 25 March 8am–9:30am Stonyhurst International School Register [here](#) by 20 March.

Music - Eleanor McEvoy
Monday March 9th, 8pm

One of Ireland's most celebrated singer-songwriters performs live in Penang. Tickets RM 100 available by whatsapp 012 691 0226.

Healy Mac's, Straits Quay

The poster features a photograph of Eleanor McEvoy smiling and playing a red electric guitar. At the top left is the logo for the Irish Music Association Penang Chapter, and at the top right is the logo for Cultúr Éireann Culture Ireland. The text on the poster includes: 'SPECIALLY BROUGHT TO YOU BY ICCM PENANG CHAPTER', 'AN INTIMATE EVENING OF MUSIC with Eleanor McEvoy', 'One of Ireland's most celebrated singer-songwriters, with a rich, soulful blend of folk and contemporary music.', 'LIVE CONCERT IN PENANG', 'Date: Monday, 9 March 2026', 'Time: 8:00 pm', 'Venue: HEALY MAC'S IRISH BAR & RESTAURANT Penang', 'Admission: RM100 per person', 'Eleanor is best known for the iconic —Only a Woman's Heart—the title track of A Woman's Heart, the best selling Irish album in history.', 'For ticket sales & more info, contact: Maggie T: +6012-462 5596, Guru (Healy Mac's): +6012-691 0226', and 'Limited seats available. Get your tickets today!'.

The poster has a blue and yellow border with a scalloped edge. At the top, it says 'BIG BAD WOLF PENANG'. Below that, 'PENANG LANG, WE'RE COMING BACK!' is written in large, bold letters. In the center, a black silhouette of a wolf is shown carrying two colorful bookshelves on a wooden pole across its back. To the left of the wolf is a red circle with 'UP TO 95% DISCOUNT' and to the right is a red circle with 'BOOKS AS LOW AS RM3'. Below the wolf, it says 'GURNEY PARAGON MALL 26 FEB - 08 MAR 10AM - 10PM'. At the bottom, it reads 'WORLD'S BIGGEST BOOK SALE' in large, bold letters, with the tagline 'CHANGING THE WORLD, ONE BOOK AT A TIME' underneath.

Books - Big Bad Wolf Book Sale
Until March 8th,
10am-10pm

Thousands of English titles, with prices starting at RM3 and discounts of up to 95%.

Gurney Paragon Level 4

Comedy - Raw!

Wednesday March 11th, 7pm-8pm

A bi-weekly comedy open mic for all to try. Aspiring comedians get 3-5 minutes to try out new material, and not a minute longer! Sign up on the day. Audience welcome. Free of charge.

Mugshot Backroom,
302 Chulia Street



FREE - MUGSHOT - GRATIS
THE COOL FEEL, MUGSHOT

FROM COMEDIANS FOR EVERYONE PRESENTS
RAW!
COMEDY OPEN MIC

ATTENTION!
WANT TO PERFORM! YOU ARE AT THE RIGHT PLACE!
3 OR 5 MINUTES SLOTS
THIS IS THE BEST PLATFORM FOR COMEDIANS.
FIRST TIMERS, BEGINNERS TO TRY THEIR LINES.
AUDIENCE ARE WELCOME TO JUMP ON STAGE.
LAST BUT NOT LEAST! HAVE FUN!

BACKROOM @
MUGSHOT 302 CHULIA STREET
7PM TO 8PM

MARCH: 11TH & 25TH
APRIL: 8TH & 22ND
MAY: 6TH & 20TH

PENANG COMEDY




2026 LE CINÉ CLUB
FILM NIGHT


FREE ENTRY FOR AFPG MEMBERS
RM 10 FOR NON MEMBERS

STAY UPDATED


7:30PM **WEDNESDAY 11 MARCH** **MAKING OF COMEDY - DRAMA**
During the chaotic production of a socially engaged film, a passionate director struggles to hold his project together as conflicts, compromises, and personal tensions threaten to derail everything. Making Of reveals the fragile, explosive reality behind the camera.


7:30PM **WEDNESDAY 15 APRIL** **LA VALLÉE DES FOUS ADVENTURE - DRAMA**
At a turning point in his life, a man risks everything to compete in a solo ocean race. Battling powerful storms and crushing loneliness, he discovers that the real challenge is not the sea – but himself. A moving story about courage, second chances, and finding hope beyond fear.


7:30PM **WEDNESDAY 13 MAY** **LA FILLE DE SON PÈRE COMEDY - DRAMA**
Étienne becomes a single father when the mother of his newborn daughter suddenly leaves. Years later, as father and daughter build a strong and joyful life together, the past unexpectedly returns – forcing them to question love, freedom, and what it truly means to be a family.


WWW.AFPENANG.COM

Film - Making Of

Wednesday March 11th, 7.30pm

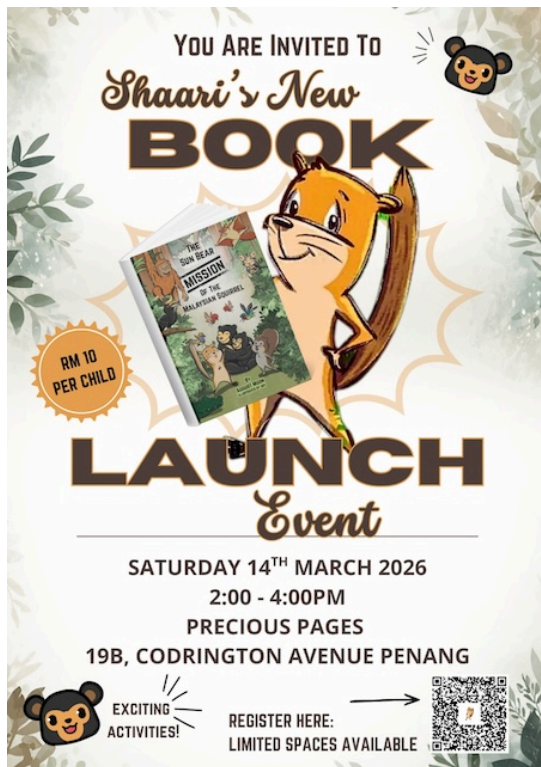
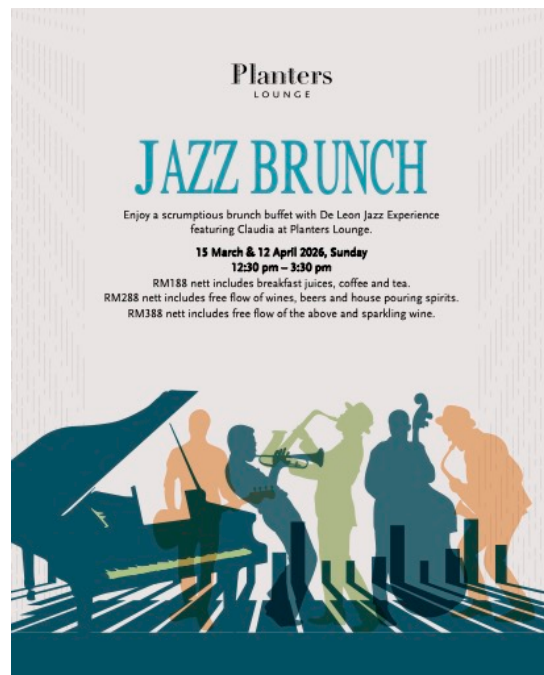
A sharp and compelling behind-the-scenes drama about the chaotic film shoot of a well-known French filmmaker filming a story about workers fighting to protect their factory from being relocated. RM 10 (Free for Alliance Française members). In French with English subtitles.

Coex, 123 Jalan Timah

Music - Jazz Brucch
Sunday March 15th 12pm-3pm

Brunch buffet with the De Leon Jazz Experience featuring Claudia. From RM 188. Book by [email](#).

Planters Lounge, E&O Hotel



Children - Book Launch
Saturday March 14th, 2pm-4pm

Author August Moon releases the 7th book in his series, and 7–12 year olds are welcome to the event, for storytelling, a colouring competition and other activities. RM 10 per child, register [here](#).

Precious Pages,
19B Codrington Avenue



Music - St. Patrick's Gig with Dram Band
Sunday March 15th, 7pm

The only Irish band in Penang storms back to the stage at Healy Mac's Penang for a legendary St. Patrick's Day celebration.
Whatsapp 012 691 0226 to reserve a table.

Healy Mac's, Straits Quay



Women's Space At OWL FREE INFORMATION

Join us for a gathering to share food, connect with other women (with or without children) & discover ways to care for yourself body, mind & spirit. Childcare is provided so you can focus.

Thursday March 26th 10.00am -11.30am

Thursday March 26th 10.00am -11.30am

1. Period & Cycle Awareness – Understanding your body's natural rhythms. With Kerry
2. Mojo & Energy – Reconnecting with your vitality & confidence. With Lilian
3. Menopause & Exercise for Women – Movement designed for every stage of womanhood. With Shelagh
4. Food & Meals– Eating for health, family wellness & menstrual balance. With Audrey & Kerry
5. Counselling for Women – Emotional & alignment through life's changes. With Cathie

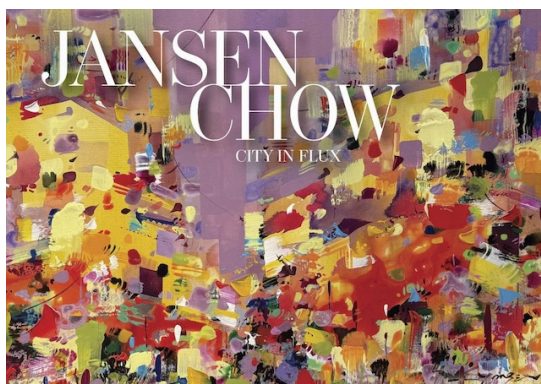
RSVP for catering

Cathie at 0175792152 or Vivienne at 0172568746



OWL Centre for Peace (upstairs), 12A, Lebuh Lembah Permai 4, Tanjung Bungah

EXHIBITIONS



Jansen Chow, City in Flux
Until March 10th

A solo exhibition by Jansen Chow, 40 recent oil and acrylic paintings inspired by the vibrant streets of George Town and the shoreline of Butterworth.

Gehrig Art Gallery, 53 Lorong Stewart
2pm-6pm daily

Hang Den
Until March 13th

A solo exhibition by Kide Baharudin, a Malaysian artist based in Kuala Lumpur. His painting and mixed-media work feature elements of pop culture and the social dynamics of his homeland.

Monday-Friday, 12pm-7pm
Saturday-Sunday, 10am-7pm
Hin Bus Depot, 31a Jalan Gurdwara



Group Sculpture Exhibition
Until March 15th

Eight artists from different generations engage with the horse, symbol of vitality, freedom, and an untamed spirit, for the new Chinese year of the Horse; Samm Koh, Low Chee Peng, Mohd Al-Khuzairie Ali, Raja Shahrman, Tang Mun Kian Teebai, Umibaizurah Mahir Ismail and Dua Yeong.

O Sculpture, Hin Bus Depot
10 am – 6 pm (Fri–Sun)

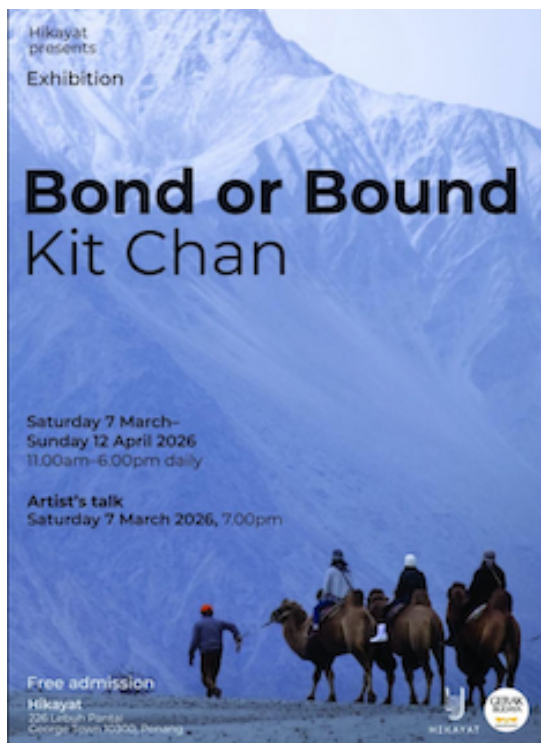
nyata 2.0

Until March 29th

A group exhibition of Malaysian Contemporary Art.

ChinaHouse Gallery 1 and 2,
153 Beach Street

11am-7pm daily



Bond or Bound

March 7th - April 12th

A solo photographic exhibition by Kit Chan, a series that looks, sometimes gravely, sometimes cheekily, at the thin line between humanity and the animal world, captured over a decade across some of the last unspoilt yet fast-developing corners of Asia.

11am-6pm daily

Hikayat, 226 Beach Street

The Untold by Da Niu

Until April 30th

A man who has learned to remember no longer knows.

G Hotel Kelawai Art Gallery, 24 hours.





Subculture

March 7th - May 3rd

A group exhibition of established and emerging artists, which explores subculture as a way of making: fluid, self-determined, and rooted in everyday experience.

12pm-7pm, Friday-Sunday

Cultprint, 35 Lebu Melayu

A Wind-Blown Fire Needs Little Effort

March 7th - May 10th

Beijing-based artist He An explores Penang and the Chinese Malaysian experience, with its multiple layers of ethnicity, identity and belonging.

The works were fabricated using the skills of a local paper effigy artisan

12pm-7pm, Thursday-Monday

Blank Canvas, 85 Lorong Soo Hong



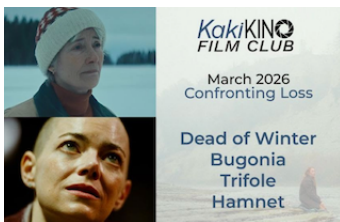
EVERY WEEK IN PENANG



Hash House Harriets, every Thursday 5pm. Run or hike weekly with like-minded thrill-seekers and nature-lovers. Join the whatsapp group [here](#).

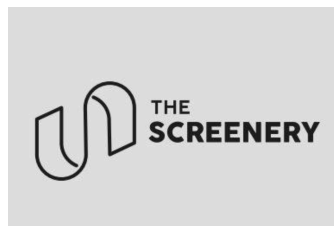


Hin Market takes place every Saturday and Sunday 11am to 5pm. Arts, crafts, souvenirs and food for sale in a relaxed open-air environment. Hin Bus Depot, Jalan Gurdwara.

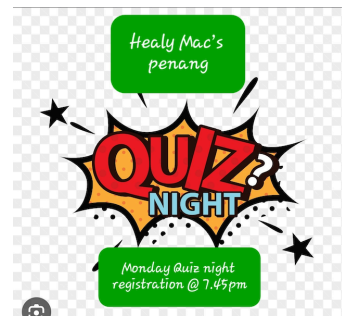


Kaki Kino film club in March is showing award-nominated films with the theme "Confronting Loss".

Hikayat, 226 Beach Street, Tuesday & Wednesday 6.00pm, Thursday at 6.30pm. Screening and refreshments RM 15. [Email](#) to book a seat.



Film club based in Midlands Mall, Lot G-41, Pulau Tikus, showing classics, indie and art films for educational purposes. March's themes are Hope v Despiar, and Wim Wenders v Rainer Werner Fassbinder. Join the [FB group](#) for more information.



Quiz Night. Every Monday at 8pm. Free to enter. 8 Booze prizes up for grabs. Guest quiz master each week and definitely NOT a British quiz.

Healy Mac's, Straits Quay

WEEKLY SUNDAY SILENT BOOK CLUB

at Dreamer Haven Art Cafe
4pm



Bring a book,
ebook,
audiobook, or
podcast.

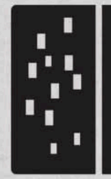
Read, relax,
and optionally
share with
new friends!

(Entrance Fees: Purchase Min 1 Order)

Silent Book Club every Sunday at
4pm. Bring your own reading material
then chat with your fellow readers.

More info on [Facebook](#).

Dreamer Haven Art Cafe, 251, Lebu
Kimberley



Urban Sketchers
Penang

The Urban Sketchers Penang is a
group of sketchers and water colour
painters who meet at different outdoor
locations around Penang on Sunday
mornings to draw and paint on
location. More information [here](#).



Live music every Thursday,
Friday and Saturday from 7pm
under the mango tree on the
grounds of the iconic Blue
Mansion.

Ka-kī Baca
Ka-kī Baca
Ka-kī Baca
Ka-kī Baca
Ka-kī Baca
Ka-kī Baca

A weekly script-reading platform that
brings people together to read and
freely discuss play scripts. Free of
charge, Soundmaker Studio, 360
Jalan Penang.

LIVE MUSIC ON EVERYDAY OF THE WEEK!

唐人厝
CANTEEN
CHINA HOUSE

MANIC MONDAY
11 AUGUST
- RAGGY

TUESDAY
12 AUGUST
- COVER UP BAND

JAM WEDNESDAY
13 AUGUST
- CORES CONVERSA

THURSDAY
14 AUGUST
- THE WONDERS MY

PARTY FRIDAY
15 AUGUST
- INSTYLE POCKETS

PARTY SATURDAY
16 AUGUST
- ACIDIC BUNCH

SUNDAY
17 AUGUST
- JOY & FRIENDS

MONDAY TO THURSDAY
8.30PM - 11.15PM

FRIDAY & SATURDAY
9.00PM - 12.00AM

SUNDAY
8.00PM - 10.45PM

RESERVATIONS
04 263 7299
+6014 736 9645



Daily live music at the Canteen, China House. 9pm until midnight.

LINE UP

26th May - 1st June 2025

26 (MON) SWEET CHERITA
8.30PM ONWARDS

27 (TUE) SWEET CHERITA
8.30PM ONWARDS

28 (WED) THE EGYPT
7PM ONWARDS
LADIES NIGHT PARTY (DJ JEY)
10PM TILL LATE

29 (THUR) K.A.M.E BAND
8.30PM ONWARDS

30 (FRI) NORTHERN JAZZ UNIT
7PM ONWARDS
FLYNIIGHT PARTY (DJ JEY)
10PM TILL LATE

31 (SAT) THE EGYPT
7PM ONWARDS
DANCE PARTY (DJ JEY)
10PM TILL LATE

1 (SUN) K.A.M.E BAND
7PM ONWARDS
SONIC SUNDAY PARTY (DJ JEY)
10PM TILL LATE



Live bands and/or DJs every night at Chulia Court, Chulia Street. Times vary, check schedule for details!

Silence SPA

Soak in an
atmosphere of PEACE and STILLNESS
Let your stress dissolve and melt.
Feel yourself being REFRESHED
and ENERGISED

6.45pm-7.30pm Daily at
Brahma Kumaris Meditation
674-H Jln Kebun Bunga (near Botanical Gdns)

RSVP important,
message 013-4301229 (Helen)

Free meditation 6.45pm daily. Brahma Kumaris, 674-H Jalan Kebun Bunga. More information on the [website](#). Whatsapp 0134301229 to book.



Guided tours of Cheong Fatt Tze, the Blue Mansion. Explore the historical grandeur of Cheong Fatt Tze's Penang home, learn about life in those times, and about the enormous renovation project that took place in the 1990s. Daily 11am & 3.30pm. RM 25 per adult, RM 12.50 per child. To book click [here](#).



Penang Coffee and Chat
Every Monday from 10am-12pm

Meet up with old friends and make new friends, no need to register.
Daily Coffee Signature,
188 Jalan Burma, Pulau Tikus.
Contact Denise McNamara
WhatsApp +61411735011 or [email](#)



Every Friday Friends Meet Up
10am - 12pm

Please feel free to join for friendly chat, meet new and familiar faces and introduce new friends to this warm welcoming group. WhatsApp Siew 01136043357.

Winter Warmers, Straits Quay



Alcoholics Anonymous Penang:
Support for anyone who wants to stop drinking alcohol or using drugs.
Whatsapp 011 5123 1396 for more information.



Whatever is troubling you, talk to us. We offer free, compassionate, and confidential support for emotional distress. 3pm-12am daily, 04 2910 100 or Whatapp 011 5670 6261 or [email](#).

If this email was forwarded to you and you would like to subscribe to Penang Free Sheet please click [here](#) to sign up

Penang Free Sheet

31 Jalan Chow Thye, 10050, George Town

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