

Weekend in Moscow: Bridget Jones's Baby, a Veggie Conference and More

By [The Moscow Times](#)

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"Bridget Jones's Baby" [IMDB](#)

We have something for everyone this week. And we mean literally everyone: lovers of Nordic walking, romcom addicts and vegetarians — or vegetarian wannabes — look no further than our round-up of the weekend in Moscow.

Bridget Jones' Baby

One little bump, one big question

Bridget's back, and this time she's pregnant. The third installment of this iconic series based on Helen Fielding's novels, "Bridget Jones's Baby" could be the perfect antidote to a tough week at work. Starring Renee Zellweger, Colin Firth and Patrick Dempsey, it's the same witty formula for which the prior films are beloved. After a mishap involving some eco-friendly

biodegradable condoms, Bridget finds herself pregnant by one of two possible baby daddies. Cue the unfolding hilarious fallout.

Pioner Cinema

pioner-cinema.ru

21 Kutuzovskiy Prospekt, Metro Kievskaya

VegExpo

Go green

Oct. 1 is World Vegetarian Day, an opportunity to find out more about leading a meat-free lifestyle. The Sokolniki Conference Center is hosting a weekend-long VegExpo, where visitors can attend lectures on healthful eating, browse the vegetable-laden food court, take part in workshops and be inspired by vegetarian recipes. Entry costs 200 rubles and the parallel conference costs 1000 rubles.

Sokolniki Conference Center

vegconf.ru

5 Luchevoi Prosek, Bldg. 7c1,
Metro Sokolniki Oct. 1-2

Italy Week

Feasting, film and Russo-Italian friendship

Gray skies got you down? We might not be able to fly you to Italy, but we can bring a little bit of Italy to you. Designed to encourage the rapprochement of two nations who share a rich culture, if not a warm climate, Italy Week will involve film screenings and various activities showcasing the best of Italian music, fashion and, of course, food. This free Italian extravaganza will take place at the Manege all week.

Moscow Manege

italyweek.ru

Manege Square, Metro Alexandrovskiy Sad, Okhotny Ryad

Oct. 2-8

Festival of Nordic Walking

A work-out for all ages

Ever wondered how Scandinavians look so, well, healthy? Nordic walking is a type of fitness walking involving poles, therefore encouraging the walker to use their biceps, shoulders and core muscles. Festival visitors can learn about the practice from experts, take part in competitions and meet up with other like-minded folk. There will also be a parallel children's program.

Kuzminki Park

park-kuzminki.ru

Ulitsa Kuzminsky Park, Metro Kuzminki

Oct. 2

Charity Concert at the Conservatory

Music for a good cause

This Monday the Moscow State Conservatory will host a charity concert in collaboration with the 'Addresses of Compassion' fund to raise money for children with Cerebral Palsy. All funds from the ticket sales will go towards the foundation and its "Get up and go" family project. The charity helps pay for rehabilitation courses and supports disabled children from socially disadvantaged backgrounds. The concert will be performed by the Persimfans symphony orchestra.

Moscow State Conservatory Great Hall. 13/6 Bolshaya Nikitskaya Ulitsa. Metro Okhotny Ryad. Aleksandrovsky Sad. Monday at 7 p.m. Buy tickets at parter.ru.

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