



Regular Events Sport & Fitness

- ❖ **Badminton** on Wednesdays. Call 020 8349 0170
- ❖ **Body Control Pilates** classes. Call Deanna Wisbey 020 8883 7029
- ❖ **Counselling and psychotherapy service** at the Green Man Centre. For details phone 8440 4174
- ❖ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ❖ **London Cycling Campaign** (Barnet), has monthly meetings & rides. Call 020 8440 9080.
- ❖ **Step/Aerobics classes**, Sundays at Bar XL. Phone 0789 0033 968.
- ❖ **Tae Kwon Do** at The Green Man Thursdays 7-9pm 07949 612 706
- ❖ **Tai Chi** at the Green Man on Mondays 1.30-3pm
- ❖ **Tennis Club** off Southern Road. Call 020 8440 6953
- ❖ **Yoga & Meditation** classes at Holy Trinity Church, 020 8444 7217

Dance, Drama, Art & Music

- ❖ **Adult Line Dancing**. Call Footloose 020 8440 8530/ 8216 5633.
- ❖ **Art Classes**. For info call Henry on 020 8888 5133.
- ❖ **Ballroom dancing classes**, beginners and improvers. Phone 01707 642 378
- ❖ **Barnet Schools Music Centre** call 020 8359 3111 for details.
- ❖ **Broadway & West end Musical Singing Workshop** call Idit Gold 020 8449 0011.
- ❖ **Club Dramatika** drama club for kids. Call Vicky 020 8883 1554
- ❖ **Country & Barn Dancing**, at Oakleigh Park, 020 8349 0754
- ❖ **Columbian party dancing classes**, Call Nelsy 020 8444 2012
- ❖ **Incognito Theatre workshops**, Colney Hatch Lane, 020 8883 0911
- ❖ **Finchley Jazz Club**, Monday 15 & 29 December at Wilf Slack Cricket Pavilion, East End Rd, N3.
- ❖ **Over 60s come dancing** at Ann Owens Centre 020 8346 8736
- ❖ **Private drum tuition**, beginners welcome. Contact Eddie 8444 8376
- ❖ **Pottery Class** at The Green Man, Call Celia Holmes 020 8349 9315
- ❖ **Learn to sing** at Finchley Methodist Church. Call 020 8883 4070 for info.
- ❖ **Symphonic Wind Orchestra** of North London, Contact Caroline Egan 020 8340 2706

Clubs & Social

- ❖ **All Saints Beer and Wine Circle** Call Richard Baldwin 020 8883 7081
- ❖ **Bingo**, Green Man Community Centre, 020 8883 4916
- ❖ **Contact Lunch Club** at the Green Man. Call 8444 1162 to book a place. Every Thursday. 12.30-2pm
- ❖ **East Finchley National Childbirth Trust**, Contact Sophie Spence 020 8444 1890
- ❖ **East Finchley Writers** meet weekly at the Old White Lion. Contact Lillian on 020 8444 1793.
- ❖ **Fairacres Monday Club** for Jewish people, Rene & Reuby Hyams, 020 8883 0448 or Sylvia Lee 8958 7878
- ❖ **Finchley Philatelic Society**, Contact Brian Merryweather 8444 3251
- ❖ **Friendly Rubber Bridge** at The Old Barn, 020 8349 4613
- ❖ **Haringey Recorded Music Society**, informal meetings locally. Call David Mouldon on 020 83611696.
- ❖ **North London Bridge Club**, Muswell Hill, 020 8348 3495
- ❖ **Muswell Hill and Highgate Pensioners' Action Group** Call Bob Cottingham on 8444 7635.
- ❖ **Muswell Hill Synagogue**, Tetherdown, 020 8883 5925
- ❖ **Muswell Hill Tetherdown Bridge**, 020 8883 4390
- ❖ **Old Barn pre-school club**, 020 8349 4613/1961
- ❖ **Parent & Toddler Group**, Green Man Centre, Julia 8444 2276
- ❖ **Probus Lunch Club** for retired professional and business people, Details Eric Dalton 8340 0822.

The RSPCA in December

This year, please, please think very carefully before you give any animal as a Christmas present.

If you do, please make sure the recipient is fully aware of the hours of care and time they will need and the likely costs that may arise.

Each January our animal homes are filled with unwanted gifts. Our staff have to care for bewildered, upset puppies and kittens taken from their mothers, overwhelmed with attention, then abandoned. Most eventually find good homes - but please don't put them through this trauma.

Microchipping Offer

During December and January we have a special offer for owners of cats, dogs and rabbits: Microchipping is available at the bargain price of £10. Just come along any Monday or Thursday evening between 6pm and 7.30pm to the clinic in Park Road.

If a dog or cat gets lost it often loses its collar as well so, with a microchip, identification is assured. We are at present looking after a black and white adult male cat with no nametag or microchip. Has any reader lost him?

Accountant wanted

THE ARCHER found a cleaner for the Clinic and a home for Barney the Bear; now can it be three in a row? We badly need a qualified accountant to carry out the annual audit of our straightforward and meticulously prepared accounts. The gentleman who did this for many years for a nominal fee has had to give up due to failing eyesight. We hope, through this column, to find as kind and benevolent a successor. Please telephone Caroline or David Broome on 020 8444 2329.

What a Pantomime

The Guild Players present *'The Wonderful Story of Mother Goose'* by Norman Robbins on 10-13 December at 7.45 pm (plus 3pm matinee on Sat 13), Finchley Methodist Church Hall, Ballards Lane, N3. Tickets are £6. To book call 020 8346 6337 or visit www.guildplayers.org.uk



Trans Age Volunteers working with children. Photo courtesy of the Trans Age project

Vital Supporting Role for Older People

The chance to help children is being offered to older people by Age Concern, whose Trans Age project has been recruiting and training older volunteers all over the UK since 1995. The Barnet branch of Age Concern at the Ann Owens Centre in Oak Lane, is looking for volunteers aged 50 and over to work with children who need extra help, in both primary schools and family centres.

Tracey Evans, project manager of Trans Age said the project aims to create "supportive relationships" between elderly people and children who may have lost contact with their extended families through conflicts such as the divorce of their parents. She added, "Many children need individual atten-

tion. Older people, with their life experience and skills, can help these children in many ways."

The volunteers will start training on 14 January with a view to taking one or two sessions a week. Volunteers are carefully matched to an individual child or group of children and are supported by the Project Manager.

They will help children with literacy and numeracy, and in other areas in which they may have special skills or interests such as gardening or cooking.

Anyone who is interested in becoming a volunteer can contact Tracey at Age Concern on (020) 8346 0542, before 11 December or after 5 January.

A Walk on the Mild Side

By Diana Cormack

Are you one of those people who, like me, feel you should get out and get some exercise, but hate the idea of gyms and sweat and swimming pools? If so, you might be interested in a project being run by the borough of Barnet.

Walk for Life is a local scheme encouraging residents of the borough to walk by developing a programme of free volunteered walks. It is part of a national campaign, spearheaded by the Walking the Way to Health Initiative to promote health walking. By the year 2005 they hope to encourage one million people to walk regularly.

Rather less than that number turned up for the first Cherry Tree Wood walk, so borough coordinator Simon Barnett had no problems introducing us to our volunteer leaders, park keeper Chris Ward and Park Hall Road

resident Pat Orr. Both had been on a short training course and carried rucksacks well equipped for every eventuality. We filled in forms about our general health then, after an informative introduction by Chris, we set off.

The pace was gentle at first as we made a complete circuit of the park, then along Fordington Road on our way towards Highgate Wood. It quickened up there, but certainly not enough to disturb my conversation with a young lady of eighteen who is hoping to become a volunteer leader. On our approach back to Cherry Tree Wood we slackened

off and, after an hour of walking together through beautiful autumnal scenery, enjoyed a refreshing cup of tea courtesy of Chris.

Walking is said to improve your health, relieve stress and help you to sleep better. If you would like to join in, the walks take place on the first two Mondays of the month from 10-11 am (hopefully next year it will be every Monday). Meet outside the new café and take a step in the right direction! For more details contact Simon on 8359 7816 or at simon.barnett@barnet.gov.uk. Visit www.whi.org.uk to find more borough walks.

All Saints' Church, Durham Road, East Finchley Church of England

Sunday masses at 8.00 a.m. and 10.00 a.m.
Weekday masses at 10.00 a.m.
Prayer requests are gladly accepted.

The Parish has a flourishing social life.
Contact the Vicar, Fr Christopher Hardy,
on 020 8883 9315.

All Saints' also has a strong musical tradition and an enthusiastic choir of both adults and children.
Experienced singers are always welcome.
Contact Geoffrey Hanson on 020 8444 9214.

<http://www.allsaints-eastfinchley.org.uk>

East Finchley Baptist Church

Just off the High Road in Creighton Avenue

Sundays at 11.00am & 6.30pm

For more information please contact the Church Office - Tel: 8883 1544 (Minister: Simon Dyke)

Christmas Carol Services

Sunday 21st December

11.00am - All Ages in Together

(the Christmas story re-told by our children & young people)

6.30pm - Carols by Candlelight

Visitors Always Welcome