



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **Finchley & Hornsey Ramblers Group** Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **Keep fit for the Retired** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- **Pilates** in East Finchley, qualified teacher. Contact Dee on 8883 7029
- **Pilates class** Weds 3.30 & 7pm at Ann Owens Ctr, N2. Call Penny 8444 2882.
- **Pilates Beginners Classes** Tue 9.30-10.30am, Holy Trinity Church Hall, Church Lane N2. Contact: Michelle 07767 804 564
- **Tae Kwon Do** for children & adults at Finchley Lido Mon & Fri 7-9pm 07949 612 706. www.taekwondo-uktd.co.uk
- **Tai Chi** class at EF Methodist Ch, Weds at 1pm. Call James Drewe 8883 3308 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Yoga, breathing & relaxation**. Weekly drop-in classes - N3, N6, N10. Phone Judy on 07956 375607.
- **Yoga**, pregnancy yoga, meditation classes. Call Sunnah 07941 321 772 or see www.stretchingpeople.co.uk.

Music, Dance & Creative Arts

- **Art Classes**. For info call Henry on 8888 5133.
- **Ballroom Dance Classes**, Wednesday eves for beginners & improvers. St Mary's Church Hall, N3. 8444 0280.
- **Ballroom & Latin American Dance Classes** - beginners & improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323.
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Carola 8883 5808 or Lilian 8444 1793.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Memory Lane Singing Club** - friendly singing club meets every Friday in Finchley. Call Valerie 8458 4508.
- **Over 50s Tea Dance** at Christ Church, North Finchley. Every Weds, 1pm. 020 8444 0280.
- **Learn to sing** at Finchley Methodist Church, Ballards La. Call 8888 4412.
- **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706
- **Traditional music** at TOC, Highgate Hill on 1st & 3rd Tue each month from 8.30 pm. Free. All musicians welcome. 07958 282898.

Clubs & Social

- **Bingo evening**, 8pm Sundays, at the Constitutional Club, The Walks, N2.
- **Bingo Club** Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452
- **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- **French conversation** in small friendly group with native speaker. 8444 9395.
- **Friends of Cherry Tree Wood** www.cherrytreewood.co.uk or 8883 7544.
- **Haringey Recorded Music Society** informal meetings locally. Call David Moldon on 8361 1696.
- **LGBT?** 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com
- **Muslim Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 to book.
- **North London Bridge Club**, Muswell Hill. Contact 8348 3495
- **Northside Bridge Club**, EF Methodist Church, Thurs 7.30-11pm. 8346 8145.
- **Jewish Friendship Club** for over 60s, Tues 1-3 pm at Muswell Hill Synagogue, Tetherdown. Call Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390

New teacher for Alexander technique

By Sheila Armstrong
There is a new Alexander technique teacher in East Finchley: Adrian Farrell, who can be found working at Chiropractic at 98 High Road.

The Alexander technique is used to treat headaches, backache, RSI, neck and shoulder pain, stress and poor posture. It was first evolved by Frederick Alexander in Australia in the 19th century, and is much used by musicians and performers.

Adrian told *THE ARCHER* that he first practised the technique himself in 2002 because of neck and shoulder pain caused by long hours sitting at a computer.

"At the time I was working as an IT consultant in the City and I found the high demands of the job made taking care of myself difficult," he said. "Within a few months of weekly Alexander lessons, not only did my balance, coordination and posture continue to improve, but I found myself much calmer, and able to handle stressful situations."

Changing bad habits

Alexander lessons attempt to change the harmful patterns of physical and mental tension that may be built up from childhood. These can cause a wide range of common problems and restrict mobility and alertness. A lesson is concerned with teaching the body to rethink the way it does basic movements like sitting and walking.

Scientific research on backache funded by the Medical Research Council and published in the British Medical Journal in 2008 concluded that the technique was an effective long-term solution to recurrent and chronic back pain.

Adrian can be contacted on www.adrianfarrell.co.uk or 0780 8612510. He also has a clinic in Highgate. For more information, visit www.alexander-technique-in-london.co.uk

Mozart masterpiece

In the New Year, the North London Chorus will be taking a role in the ITV drama *Endeavour* singing a passage from Mozart's *Mass in C Minor*.

You can see the choir perform this unfinished masterpiece in real life on December 15 at St James's Church in Muswell Hill, at a concert also featuring the world premiere of Matthew King's cantata *Out of the Depths*.

This work was commissioned in memory of William Brown, a much-loved member of the choir who died suddenly in 2009. The text is based on



The Loop Academy crew with their special birthday guests.

Star guests bring smiles

A Highgate theatre and performance school celebrated its second birthday with some very special guests. Actors Marc Baylis, from *Coronation Street*, and Jim Howick, from *Horrible Histories*, joined in the birthday fun at Loop Academy at Highgate Primary School.

The day was a huge success with live music, workshops for children and stalls from local businesses. The children also raised money for their chosen

charity, Great Ormond Street Hospital and are going to visit the hospital in the New Year.

Loop is currently enrolling for the spring term. For more

information visit www.loopacademy.co.uk. To reserve a place please call 07758616774 or email loopacademy@gmail.com.

Miriam is remembered

The New North London Synagogue in East End Road recently hosted a community screening of an acclaimed documentary film about life after terrorism called *Love Hate Love*.

The film tells the story of three families from around the world whose lives were changed forever by some of the most notorious acts of the 21st century, including the family of Miriam Hyman, 32, of Ossulton Way, who died on the number 30 bus in the London bombings of 2005.

Executive produced by Sean Penn, and featuring tracks by Radiohead, U2 and Bruce Springsteen, *Love Hate Love* had its world premiere at the Tribeca Film Festival in New York in April 2011.

Miriam's sister Esther, who now campaigns and fundraises through the Miriam Hyman Memorial Trust, introduced the synagogue screening, timed to coincide with what would have been Miriam's 40th birthday on 30 November. Find out more at www.miriam-hyman.com



"Textures of Impermanence" by Elena Sargiuta.

Artists from three nations

By Sheila Armstrong

In November the Chorak café on the High Road showed the work of four London-based graduates from the Cass School of Art in Whitechapel. The young artists come from Iran, Romania and Barnet and met while on the MA course.

Mainly in black and white, a range of graphic work, collage and photography was exhibited, from East End scenes to pure abstraction.

One of the artists, Finchley resident Nye Thompson, told us that her work was about exploring the properties of graphite, and came from an interest in both geometry and organic forms.

If you have seen the work at Chorak and want to find out more, contact Nye on nye.thompson@gmail.com.

What's On... E-mail your listings to: the-archer@lineone.net

Sunday 9 December

- **Monthly litter pick** at Stanley Road Playing Field. Volunteers welcome. Meet 2pm, equipment provided.

Thursday 13 December to Sunday 27 January

- **Upstairs at the Gatehouse**, Highgate, presents *Crazy for You*, the Gershwin musical featuring hit songs *Someone to Watch Over Me*, *I Got Rhythm*, *Embraceable You* and *Nice Work If You Can Get It*; Tuesdays to Saturdays at 7.30pm, Sundays at 4pm with family matinees on 27 and 28 December at 3pm. Tickets £12-£16, concessions available. Box office 020 8340 3488 or www.upstairsatthegatehouse.com

Saturday 15 December

- **North London Chorus performs Mozart's *Mass in C Minor* and Matthew King's cantata *Out of the Depths***, commissioned in memory of much-loved choir member William Brown and based on Oscar Wilde's

De Profundis; St James Church, Muswell Hill, 7.30pm. Tickets: £18, £13 and £10 with concession reductions of £2 from Ticketline on 0203 468 1213 and Les Aldrich music shop, Fortis Green Road, Muswell Hill.

Until Sunday 16 December

- **Art exhibition at the Garden Suburb Gallery**, Fellowship House, 136a Willifield Way, NW11. Kochi Okada works in silver and gold using pearls from the Orient; Rachel Dein's wall-hanging plaster and clay tiles range from the natural world to everyday objects. All exhibits for sale. Exhibition open daily 10.30am to 4.30pm with tea and mince pies on weekend afternoons.

Saturday 22 December

- **Kat's Whiskers perform *Rosie and the Seagull***, an adventure with puppet, poetry and music, suitable for five to 10-year-olds; Finchley Youth Theatre, High Road, 12 noon. Tickets £5 from 020 8883 9957.