



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.

❖ **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.

❖ **Finchley Jazz Club: Live jazz** on Mon 16 & 30 Jan at 7.45pm, Hall School Sports Ground, East End Rd, N3.

❖ **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 8.30pm. Free. All musicians welcome. Info 07958 282898.

CLUBS & SOCIAL

(See p8 for Parent & Toddler Clubs)

❖ **Bingo evening, 8pm Sundays**, at the Constitutional Club, The Walks, N2.

❖ **Bingo Club** Mondays 7-9pm, Green Man Centre, Contact: Jan 8815 5452

❖ **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.

❖ **Finchley & District Philatelic Society**, Contact Brian 8444 3251

❖ **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 Lunch Club** 1st & 3rd Weds, Green Man. Call 8444 1162 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

❖ **Probus Lunch Club** for retired professionals. Call John 8883 8114.

Thrill of the spoken word

Jazz, poetry, writing and art all mix together in a regular free event called **Spoken Words** every Thursday from 3pm to 5.30pm Upstairs at Sable D'Or on Muswell Hill Broadway.

No one knows who will turn up from week to week, but people do show up and the event is growing in popularity.

Jazz world artist Annalou Oakland and Sable D'Or organiser Joan Podel welcome entertainers of all kinds: musicians, poets, writers, rappers and others. Whoever wants to visit Upstairs is welcome.

Joan said: "These Thursday events have been meaningful in so many ways, bringing people together not only from Muswell Hill but also the surrounding areas of North London. Also, there are not many spaces in London where one can have an event such as this, which is unique and very special."

Jewellery appeal

If you have any jewellery which is broken or which you no longer want, the Alzheimer's Society can put it to good use. An odd cuff link or earring, a bracelet or necklace you no longer wear, even an old watch, can be used to raise money to help their work in the fight against dementia.

Freepost Jiffy envelopes in which to send your jewellery can be ordered by phone or on-line. Call 0844 477 0035 or visit www.alzheimers.org.uk/oldjewellery

Hunt for raffle organiser

The East Finchley Community Festival is on the lookout for someone to organise the 2012 Festival raffle. Organisers need someone to work with local traders and others to provide the prizes, marshal volunteers to sell the tickets both before and on the day, and then make sure the prizes get to the lucky winners.

For the last couple of years the raffle has not had someone specifically responsible for it and takings have suffered as a result. If you want to take on this vital task and support the local community, contact eastfinchleyfestival@gmail.com or phone 07983 360834.



At the court of Arcadia. Photo courtesy Guild Players

Puss in Boots claws it back

Review by Daphne Chamberlain

As Puss in Boots stalks national cinema screens this winter, the Guild Players brought their own version of the top cat to the Finchley stage. "It's the purrr-fect story to tell," said Mother Goose, but at the Saturday matinee it took a while to get going. Circumstances beyond their control in the first 10 minutes or so didn't help, but some of the cast in this production of Puss definitely needed a bit more welly.

However, after the interval we got into traditional panto action, and once the audience were involved children around me shrieked with glee and clutched each other in enjoyable horror. We had a bone-crunching ogre, his gruesome henchman, a cat-loving hero and his two useless brothers, and a ghost who really was behind them all.

Voice projection (and general lack of oomph) was a bit of a problem with some of the actors, but the two useless brothers, the gruesome henchman, the Lord Chamberlain and Freckles the page were all excellent, and the Queen of Arcadia was a dame with real presence.

As usual with this company, the scenery, costumes and

props were fantastic, and this year they really went to town with their special effects. The five-piece band was excellent, and I liked the introduction of a lively country dance.

So it all ended happily. Proceeds from the performance on Wednesday 7 December went to Save the Children. The Guild Players, who rehearse and perform at Finchley Methodist Church, N3, have been entertaining us since 1946. To find out more, visit www.guildplayers.org.uk or call 020 8441 7696.

Women, run for your lives

By Victoria Davenport

Soon after my return from running the New York City Marathon, which was thrilling, wonderful and hell, all at the same time, the stats were emailed containing my time and that of 40,000 others. It's fascinating and in some ways predictable: the older I get, the more shocked I am by the decline in the number of women runners from age 40.

In this year's NYC marathon, out of a total of 17,000 women, of all ages, there were only 280 in my age group (60-65). The previous two groups from age 50 weren't much greater.

What's going on? What happens to us when we hit 50 and particularly, what happens to women? I suspect it's along the lines of "No one else is doing it, I'd look like an idiot if I did".

Over-40 is a tricky age for everyone. The usual stuff applies: everything goes into decline, the older we get the more invisible we feel. The problem is that when you are depressed, the last thing you feel like doing is going out running, or swimming or dragging to the gym, yet it is probably the best thing you can do.

Mood-changing

As a psychotherapist I hear first-hand how exercise can affect people's moods. There is no doubt in my mind that what-

ever is going on chemically in the brain during exercise has a positive effect.

So, ladies, if anyone wants to take a chance and join me on Saturday mornings for a friendly walk/jog around the woods, please do get in touch. I am not a coach or a trainer, I just know from experience that women in my age group need to stick together, cheer each other on, and get moving.

Let me know by email at vdavenport@btconnect.com. The only restriction that applies is that it's for women only, preferably 40 plus.

Laplanders who lunch

Santa Claus made a surprise visit to Age UK's premises at the Ann Owens Centre in Oak Lane just before Christmas.

Responding to a request from the East Finchley Community Trust, Santa interrupted his busy present wrapping schedule to hand out gifts provided by Budgens East Finchley to senior citizens at the luncheon club on 1 December. The Trust also supported senior citizen lunches at Paul Byrne House, Thomas More Estate and the Green Man Community Centre. In each case the food was supplied for free by Budgens of East Finchley.

What's On...

Sunday 15 January

• **Battle of Barnet:** guided walk around the famous Wars of the Roses battlefield of 1471 with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road, 11am. Phone Paul on 020 8440 6805.

Tuesday 17 January

• **The Future of the Old Barn:** public

E-mail your listings to: the-archer@lineone.net

meeting at Green Man Community Centre, Strawberry Vale, ^ .30 pm. All welcome.

From Thursday 19 January

Vocal workshops for beginners Thursday 19 January until 23 February, 7.15 - 8.45pm. Details from 07904 884 485, email office@singinginlondon.com or visit www.singinginlondon.com