



## Regular Events

### Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07795 503752.
- **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](http://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](mailto: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](http://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](http://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](mailto: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. Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390



Mary Poulter's Willow and Sari Silk will be one of the works on show at the Cycles exhibition.

## Art in the round

By Adam Justice-Mills

**Artworks inspired by cycles, circles, seasons and rotations will feature in an exhibition by more than 20 members of the East Finchley Open (EFO) at The Highgate Gallery next month.**

Among the more literal interpretations of the theme, abstract painter Penny Elder's screenprints are inspired by the bicycles that featured so prominently in last summer's London Olympics, as well as her son-in-law's recent cycle ride from London to Edinburgh.

Among more unusual interpretations, basket maker Mary Poulter's *Willow Cycle* interprets the lifecycle of her raw material. "In one year," she says, "a coppiced stump can produce shoots from four to 15ft in length. As well as enhancing the landscape, offering a home for wildlife and materials for basketry, willow can be used as a renewable biomass to produce energy."

Dina Katz brings an organic approach to the theme and will exhibit textured stoneware using a leaf impression with glaze and natural oxides. An organic approach is also suggested by textile artists Clara Hancock and Ann Froomberg, who will be showing silk paintings.

Jewellery makers, photographers, glassmakers and other artists will all offer individual approaches to the challenge.

*Cycles* runs from 8-21 March at the Highgate Gallery, Highgate Literary & Scientific Institution, 11 South Grove, London N6 6BS, open Tuesday to Friday 1-5pm, Saturday 11am-4pm and Sunday 11am-5pm. More details at [www.hlsi.net](http://www.hlsi.net) and [www.eastfinchleyopen.org.uk](http://www.eastfinchleyopen.org.uk)

## What's On... E-mail your listings to: [the-archer@lineone.net](mailto:the-archer@lineone.net)

### Sunday 3 February

• **Barnet ghosts:** a ghoulish guided walk through High Barnet and Monken Hadley, the second most haunted village in England, with City of London guide Paul Baker. Meet at High Barnet tube station, 7.30pm. More details from 020 8440 6805 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net)

### Sunday 10 February, and weekly

• **Cabaret** at Lauderdale House, Highgate. Sunday 10 February, Jane Milligan (Return To The Forbidden Planet, Spend, Spend, Spend) supported by Stuart MacIver; Sunday 17 February, Miles Western (Pageant, Star Quality, Doctors) supported by Emma Clare; Sunday 24 February, Jeremy Legat (Wicked, Oliver!, Curtains) supported by Amy Coombes. All shows 4.30pm. Tickets priced £13 (£11 concs) from 020 8348 8716 (£2 admin fee) and online at [www.lauderdalehouse.org.uk](http://www.lauderdalehouse.org.uk) (£2 admin fee).

### Tuesday 12 February

• **Hendon and District Archaeological Society.** From Longboat to Warrior: the evolution of the wooden ship, a talk by Elliott Wragg from the Thames Discovery programme. 8pm at Avenue House, East End Road, N3 3QE. Welcome to all.

### Friday 22 February to Saturday 2 March

• **Garden Suburb Theatre** presents an innovative and exciting version of *Alice in Wonderland* and *Through the Looking Glass*, with puppets, projections, flamingos and mock turtles; Henrietta Barnett School Theatre, Central Square, NW11 7BN.

Tickets £12 (£9 concessions) from 020 7723 6609 or [www.ticketsource.co.uk/gardensuburbtheatre](http://www.ticketsource.co.uk/gardensuburbtheatre)

### Saturday 23 February

• **Tree walk** in Coldfall Wood led by Ian Loasby; suggested donation £3. Booking essential. Details: [www.coldfallwoods.co.uk](http://www.coldfallwoods.co.uk)

### Sunday 24 February

• **The Battle of Barnet:** guided walk with City of London guide Paul Baker. Tour the famous 1471 battlefield from the Wars of the Roses. Meet at junction of Great North Rd and Hadley Green Road, 11am. More details from 020 8440 6805 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net)

### Thursday 28 February

• **The Finchley Society** hosts a preview of digitised Finchley photographs from the Barnet Archives Picture Collection. Barnet Heritage Officer Hugh Petrie will demonstrate how digitised pictures can be accessed via any internet connection. 2.30pm at Avenue House, East End Road, N3 3QE. Non-members welcome. Admission £2.

### Friday 8 to Thursday 21 March

• **"Cycles"**, a show by **East Finchley Open artists**, at the Highgate Gallery, Highgate Literary & Scientific Institution, 11 South Grove, London N6 6BS, Tuesday to Friday 1-5pm, Saturday 11am-4pm, Sunday 11am-5pm. Details from 020 8340 3343 or [www.hlsi.net](http://www.hlsi.net). Information on the EFO and individual artists from [www.eastfinchleyopen.org.uk](http://www.eastfinchleyopen.org.uk)

## Love and loss at the Phoenix

By Carina Volkes, Phoenix operations manager  
**Fans of *The King's Speech* will love *Hyde Park on Hudson*, starting on 1 February at the Phoenix Cinema. Bill Murray plays Roosevelt, President when King George VI and Queen Elizabeth (Olivia Coleman) become the first British monarchs to visit New York.**

From 15 February, find out the story behind the making of *Psycho* with Anthony Hopkins as the eponymous director and Helen Mirren as his long-suffering wife.

Famous reclusive director Terrence Malick returns from 22 February with only his sixth film in 40 years. *To The Wonder* is a beautifully filmed meditation on love, the power of faith and dealing with their loss.

Visually spectacular time-lapse environmental documentary *Chasing Ice* gets a one-off show on 12 February, and French coming-of-age drama *Sister*, about a young boy who steals from the rich guests at the nearby Swiss ski resort, plays on 19 February only.

For families, our usual great Kids Club programme is every Saturday at 12. Also look out for additional family screenings during half-term to get the kids out of the house! On 5 February we launch Toddler Time, a weekly event specifically for children aged 2-4. Featuring short programmes of cartoons such as *Peppa Pig*, *Toddler Time* is a chance to let your child experience the magic of cinema for the first time.

Every Wednesday at 11am we give Mums (and Dads) a chance to come to the cinema with their baby to relax and see a new release. Look out for Oscar nominated *The Impossible* in February's line-up.

And if you're looking for something to do on Valentine's Day, check our listings and make a night of it with delicious food from our menu, and a glass of wine (which can be enjoyed in our fully-licensed historic auditorium)!

For more information on our programme, check our website [www.phoenixcinema.co.uk](http://www.phoenixcinema.co.uk) or call the box office on 020 8444 6789.



The Creative Writes group get creative.

## I plucked up the confidence to write

By Matthew Hall

**Like so many other people I had thought about joining a creative writing course but never had the courage to do so. This was mainly because I lacked self-confidence; I always felt that anything I wrote would be torn apart by the tutor and others on the course, who I thought would be better educated and more gifted than me.**

Creative Writes is different. It meets at the Clissold Arms pub, Fortis Green, on Tuesday mornings and, under the tutelage of Nichola, we are encouraged to develop our own style at our own pace.

There is no feedback from either Nichola or the other attendees. It is up to us whether we read out what we have written, so it can be as personal as we wish it to be. The workshops consist of ten-minute exercises over two hours on topics provided by Nichola and this can range from writing about objects, to quotes or abstract ideas.

Then it is for us to decide which direction we take our writing in. We can develop the themes or discard them and start again. All the exercises create building blocks that can be used to create and develop all types of writing. I use some of the exercises for work to improve my report writing so they are very flexible.

Creative Writes has a new programme of Jan-March 2013 workshops, including blogs and Tuesday morning workshops at the Clissold Arms. For information and booking, go to: [www.creative-writes.co.uk](http://www.creative-writes.co.uk)