



Regular Events

Sport & Fitness

- **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
- **Ladies Keep Fit Class** for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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 Classes** Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley.co.uk. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 1pm. James 8883 3308/07836 710281 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 www.stretchingpeople.co.uk.
- **Women's kick boxing**, Thursdays 9.30am, East Finchley Combat Academy, Church Lane, N2. Contact 07956 340540.

Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **A-Chord**, friendly choir, all genres, open to all. Thursdays 8pm at NNLS, East End Rd. Laura 07732 120464. www.a-chord.uk
- **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.
- **Dance conditioning classes**. New body in 10 lessons. Diana: 07580 041270. www.boldbodies.co.uk.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Ralph 8444 5903.
- **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.
- **Muswell Hill after school ukulele club**, Wednesdays 4.15-5.15pm, ages 6-10. Contact Margie 07909 439513.
- **Traditional music at TOC**, Highgate Hill, on 1st & 3rd Tues each month from 8.30pm. Free. 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
- **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.
- **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
- **Bridge Club**, every Saturday 1.30-4pm, Ann Owens Centre, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.
- **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

Come and sing at the Arts Festival

This year's East Finchley Arts Festival opens with a full-throated burst of audience participation thanks to a performance of Handel's *Messiah* where all comers are invited to join in.

Singers are welcome to an afternoon rehearsal followed by a 7.30pm performance, both on Saturday 3 October, the festival's opening day. Refreshments will be provided and money raised from the event will support the festival's charities Noah's Ark Children's Hospice and the Harington Scheme.

Tickets are £15 to sing, and £5 to be in the audience. Book your place and tell organisers your singing voice by emailing eastfinarts@btinternet.com or phoning 020 3509 6418.

Nine days of special performances

The Arts Festival runs from 3-11 October at All Saints Church in Durham Road, N2. Just ahead of the *Messiah* Come and Sing, the very first event is a puppet show at midday on Saturday 3 October.

The rest of the week has a new trumpet con-

certo by Festival Director Geoffrey Hanson played by Paul Archibald and The London Mozart Players.

Massive Violins play a programme of rock and pop classics from Queen to Eminem taking in Clean Bandit, Beach Boys & Britney Spears on the way.

Kosmos, a trio of players including accordionist Milos Milovojevic, will play music featuring jazz, wild Gypsy fiddling, emotive Jewish music and hot-blooded tango. Pop Up Opera return with a performance of *The Italian Girl in Algiers*. Divertimenti play suffragette Ethel Smyth's String Quintet and Schubert's Quintet in C. Then there's the Art Exhibition with 25 local and international artists exhibiting their work; the Greenwich Soul Choir; East Finchley Writers; and a concert by local school choirs. Find all the details at www.eastfinchleyartsfestival.org.uk



Cash for festival coffers

East Finchley Arts Festival director Geoffrey Hanson received a £1,000 donation from representatives at Waitrose, who handed over the contribution as part of the company's Music Matters scheme. The cash will be a huge help in supporting the festival that runs at All Saints Church, Durham Road, N2, from 3-11 October.

Get healthy as a family

Public Health Barnet is offering children aged four to 11 and their families the chance to live a healthier lifestyle with the help of a 12-week health programme.

The 'Alive N Kicking' scheme is oversubscribed for the summer months but has sessions available in September. The programme helps young people and their families to reach and maintain a healthier weight. It aims to change people's behaviour towards food using a range of activities such as food preparation and portion control, physical activity sessions and family activity circuits.

For more information or to book a place on the programme, visit www.ank.uk.com and click on the Barnet page or ring 020 8102 0530.

Youth club fun day

On Saturday 15 August the Monday Youth Club will be holding a fun day for all the family on Martin School Field from 1pm to 6pm.

There will be music and entertainment on the stage featuring home grown talent, a bouncy castle and slide as well as plenty of games to play including five-a-side football. A variety of stalls will be selling their wares and different sorts of international food will be on sale. Entry is free, so just come along and join in the fun.



Portrait show: One of the works by artist IMPREINT.

Portraits with a balloon

Dan & DeCarlo coffee shop in the High Road is one of several venues around the world to host part of an ongoing art project by London-based artist IMPREINT.

The work, which can be seen in the back room at 20 High Road, is part of the Portraits project by the artist which began in December 2013 when he started taking photographs of people with balloons in Notting Hill.

The project rapidly expanded when he asked people from around the world to participate

by sending pictures of themselves with balloons. These have been used to create a series of collages.

As well as Dan & DeCarlo, parts of the work can also be seen in Hornsey Library and at locations in Budapest, Syracuse in Sicily and the Georgian capital Tblisi. The East Finchley part of the work will be on show until 31 December.

What's on at the Phoenix in August

By Nick Walker

The line-up at the Phoenix Cinema in August shines the spotlight on three compelling actresses: Greta Gerwig, Gemma Arterton and Charlotte Rampling.

Mistress America comes from writer/director Noah Baumbach whose previous zany and profound films include *The Squid and the Whale*, *While We're Young* and *Frances Ha*. Regular collaborator, star and real-life partner Greta Gerwig here also acts as co-scriptwriter. The film is an endearing comedy full of energy, chemistry and reflection; something in the mould of a Preston Sturges screwball classic.

Director Anne Fontaine's Flaubert-inspired drama *Gemma Bovary* centres on a young married couple from England, played by Gemma Arterton and Jason Flemyng, who move into an old house in rural France searching for peace and tranquillity yet fail to reckon with their next-door neighbour, whose favourite book is *Madame Bovary*...with amorous and humorous consequences. Fontaine supplies a mixture of wit, drama and sensuality whilst getting good performances from the cast wandering around in this beautiful French landscape.

45 Years is director Andrew Haigh's follow-up to his acclaimed indie film *Weekend* and a wonderful slice of humanity. The movie stars Charlotte Rampling as Kate, a woman who lives in the British countryside with her long-time husband, played by Tom Courtenay. However something shocking is revealed and Rampling conveys the conflicting emotions of a woman by turns hurt, uncomprehending and angry. Courtenay is just as superb playing a man who is used to feeling but is unable to express his emotions.

For more information and to book tickets drop into our foyer or visit: www.phoenixcinema.co.uk

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

Wednesday 5 to Sunday 23 August

• **Photography Competition show** at Lauderdale House, Highgate, showcasing work from artists of all ages.

Sunday 9 August

• **Summer tree walk**, led by Iain Loasby, at Coldfall Woods, Creighton Avenue, N2, at 2pm. More details at www.coldfallwoods.co.uk

Saturday 15 August

• **Monday Youth Club** fun day for all the family on Martin School field from 1pm to 6pm. Music, entertainment, bouncy castle, games and five-a-side football, along with stalls and international food. Free entry.

Friday 21 August

• **Bat walk**, led by Cindy Blaney, at Coldfall Woods, Creighton Avenue, N2, at 9pm. More details at www.coldfallwoods.co.uk

Sunday 30 August

• **The Highgate Jazz with Soul Festival** returns to Lauderdale House, Highgate, presenting two special concerts. At 6.30pm, Time Out Critics Choice live act Sara Mitra performs original songs, well-known standards and fresh reworkings of traditional numbers backed by her 7-piece band. From 9pm Gilad Atzmon will be promoting his new album *The Whistle Blower* with his acclaimed jazz and Middle Eastern group the Orient House Ensemble. Tickets £17.50 (£15 concessions). Box office: 07976 379891.

Saturday 3 to Sunday 11 October

• **East Finchley Arts Festival**, All Saints Church, Durham Road, N2: nine days of music, literature, performance and arts. Full details at www.eastfinchleyartsfestival.org.uk