



Regular Events

Sport & Fitness

- **East Finchley Flyers running club,** Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 367134.
- **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. 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.

Music, Dance & Creative Arts

- **Art Classes.** Call Henry on 8888 5133.
- **A-Chord,** friendly choir, all genres, open to all. Thursdays 8pm at NNL5, East End Rd. Laura 07732 120464.
- **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.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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

A festive overture

Review by Barbara Palczynski

St Andrew's Church played host once more to an evening of energetic music-making, thanks to the Fortismere Community Orchestra. The combined talents of teachers, students and parents from Fortismere School is an ever-growing force to be reckoned with, under the trusty baton of Thomas Gregory.

The USP of this now firmly established ensemble is its community spirit and ambitious programming. No shying away from big symphonic repertoire for this band. The programme showcased two lesser-known works (Shostakovich *Festive Overture* and Arutiunian *Trumpet Concerto*) with the exceedingly popular Tchaikovsky *Symphony no. 6*.

The Shostakovich was a brilliant opener with its brass fanfare and bright crisp wind sounds. It set the scene for Peter Desmond, trumpet soloist (and not forgetting his day job as Head of Haringey Music Services), to dazzle the audience with an extremely accomplished performance of Arutiunian's showy concerto.

The Tchaikovsky brought a change in mood with its romantic indulgence and the orchestra seemed to enjoy the contrast, finding their large symphonic voice in the fortissimo sections and playing with real energy. There was a perky, assured clarinet solo in the 3rd movement, and the strings ascended and descended with real pace.

Led by Rebekah Allen, the orchestra reflected the time and commitment of all its members. Their uncompromising ambition to work their way through the great orchestral repertoire will see them return to St Andrew's Church this term on Saturday 21 March, with no less than Rachmaninov *Piano Concerto no. 2* and Dvorak *Symphony no. 7*. Make a note in your new diaries!



On track: Evie Csaky, holding the baby, in rehearsals for *The Railway Children*. Photo Johan Persson

Dance fit

"I really believe in beautiful healthy bodies and what I love about this workout is that it encourages elegant posture and longer, more toned limbs," says Diana Eugeni Le Quesne about Aereoballet, her new full-body workout classes located in East Finchley, Muswell Hill and Highgate.

When Diana moved from Italy to London with her husband and three children she knew she needed to make other changes in her life as well. The travel demands of her successful career in fashion as an art director and choreographer had become less compatible with the needs of her family. Her background and training were in dance, so Aereoballet was born.

"Aereoballet is based on sequences of isometric small moves that lift and tone the body," Diana explains. Based on ballet, jazz, latin and catwalk steps, Aereoballet provides a workout which concentrates on the hips, thighs, seat, abdominals and arms. No previous dance experience is necessary and the classes are suitable for all ages and all fitness levels.

Diana is offering free taster classes and bespoke programmes to meet individual needs. For more information call 07580 041270, email info@aereoballet.co.uk or visit www.aereoballet.co.uk

Evie steamed up over stage role

Landing a role in a major London theatre show is quite a coup for any 10-year-old but Evie Csaky has the added thrills of starring alongside a familiar face from *Downton Abbey* and a fully operational steam train.

Evie, who lives in the county roads, will play the role of Mabel Perks in the production of *The Railway Children*, which runs at a specially created theatre at Kings Cross Station until the start of March.

The young actress will share the limelight with Jeremy Swift, who plays Maggie Smith's butler Spratt in *Downton Abbey*, as her father Albert Perks.

Even more excitingly, the show features a real-life steam engine and carriages which make a dramatic entrance at a significant point in the story.

Evie says: "I was so excited

to be at the auditions for *The Railway Children*. Once I got a call back I nearly fainted! It was such a brilliant experience and I would really recommend it to someone else.

"The rehearsals really helped me to improve my acting skills. I have learnt that just listening to a scene and imagining that you really are your part can make you react in the right way without knowing it."

Evie was selected from hundreds of children to share the role. She'll be appearing in the production three times a week for the length of the run.

January at the Phoenix

By Elizabeth Taylor-Mead, Phoenix Cinema executive director

One of the great gifts of cinema is that it brings the past into the present; we re-live it through the magic of the big screen.

January's main feature presentation, *The Theory of Everything*, portrays the early life of Dr. Stephen Hawking, with a performance by Eddie Redmayne that has the industry buzzing.

Sharing the month's spotlight are two very different types of battle: *Testament of Youth* is Vera Brittain's landmark WWI memoir brought to life and *Whiplash* is quite simply an exhilarating, inventive and suspenseful story of a music student and his mentor. Check our website for showtimes: www.phoenixcinema.co.uk.

Imagine working off some of the winter carbo-loading by exercising your brain at our *Use it or Lose It Film Quiz* (11am, Sunday 11 January) and the

Phoenix Film Salon (Monday nights, 5 and 19 January). Nick Walker of Rochester Kino provides the cerebral aerobics. January's quiz is themed around Cities in Film, and our Salon invites you to share your views on our current feature films.

If it's physical exercise you're craving, or at least watching it onscreen, join us on Sunday 25 January at 1pm for *Alf Engers, aka The King*, with rare footage of the great British cycling ace and a Q&A to follow.

Our café chefs are cooking up a (winter) storm, with tasty hot savouries and yummy sweet treats. The menu and bar offerings change with the season so no need to go with 'same old, same old' unless you're a creature of habit. Our wifi is free to our café customers, so that's one habit you'll want to continue year round. See you at the movies!

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

Thursday 15 January

• **A Little of What You Fancy** at Stephens House (formerly Avenue House), East End Road, N3, 2.30pm. Afternoon tea with live musical entertainment: popular Music Hall sing-along songs and memories with lots of humour. Tickets £9.50 via www.stephenshouseandgardens.com, at the House or by phone on 020 8346 7812.

Sunday 18 January

• **Open Sunday at Stephens House & Gardens** (formerly Avenue House), East End Road, N3, 1pm-5pm. The Stephens Collection and The Bothy Gardens are open to visit and explore free of charge. Sunday lunch served in the House, main courses from £7.50, sweets from £2.50. Booking

recommended at the House or by phone 020 8346 7812.

Until Sunday 25 January

• **Singin' in the Rain**, based on one of the world's best-loved movies, Upstairs at The Gatehouse, Highgate Village, N6 4BD. Tickets £14/£12 concs. Box Office: 020 8340 3488.

Sunday 1 February

• **Battle of Barnet:** guided walk around the Wars of the Roses battle site (1471) with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road at 11am. Tickets £9, £4 for under 12s. For details phone Paul on 020 8440 6805 or visit www.barnetwalks.talktalk.net