



Regular Events

Sport & Fitness

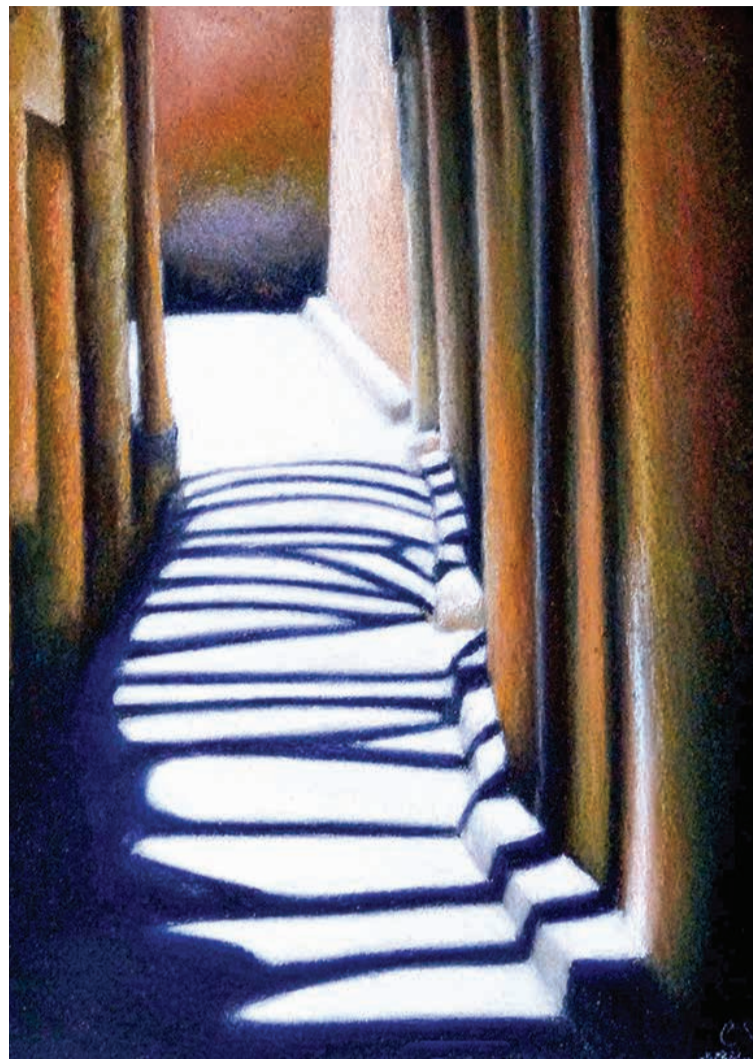
- **Finchley & Hornsey Ramblers Group**
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **Keep fit for the Retired** on Wednesdays, Christ Church N12. Call Bridie 8883 5269
- **Ladies Keep Fit Class** for over 50s. Tues 10.30-11.30am 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 tunes @ TOC Highgate Hill**, join in playing by ear - 1st & 3rd Tues monthly 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.
- **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.



Fez Shadows, by Christine Watson

Pick of the pastels

Fez Shadows, painted by East Finchley artist Christine Watson, has been selected from over 700 entries to appear alongside works by some of Britain's leading pastel artists. The Pastel Society's annual exhibition will be on display at Mall Galleries in The Mall, near Trafalgar Square, between 23 February and 5 March. More information at www.mallgalleries.org.uk

Re-train your body

A pilates teacher in East Finchley is urging people to fight back against the effects of modern life.

Michelle Imber says most of us spend many hours bent over a desk, sitting at a computer or driving a car, essentially training our bodies into postures that cramp our muscles, strain our back, weaken our pelvic floor and inhibit our breathing.

She says pilates can teach you to counteract these negative effects by helping you to re-train your body and improve your overall physical fitness

and well-being.

Because the pilates method consists of low-impact movements it is suitable for everyone, even those who shy away from exercise because of pain or injury. One of its most appealing aspects is that anyone can do it, and everyone can achieve results.

Find out more about Michelle's classes by visiting www.pilatesineastfinchley.co.uk

Grab your dancing shoes

By Marthemilie Mpanzu
The monthly tea dances at Bishop Douglass School in Hamilton Road are in full swing on the first Wednesday of each school month.

With the team of dedicated sixth formers who take time out of their schedule to help bake the wonderful cakes and scones and prepare the sandwiches, we are able to bring senior citizens from the local

community together, with a delightful cup of tea of course!

Come and join us for a great and rewarding time. Tea dances are on 3 February, 2 March and the 13 April and entry is £3.

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Come to the cabaret

Garden Suburb Theatre is bringing *Cabaret* to the Lund Theatre at University College School in Hampstead. The classic musical is set in the Kit Kat Klub, a seedy establishment in the heart of 1930s Berlin, where the master of ceremonies oversees the action and that flower of England, Sally Bowles, performs her cabaret act.

Cabaret will be performed at the Lund Theatre, UCS, Frognal, Hampstead on 16-20 February at 7.30pm with a matinee on Saturday 20 February. Tickets cost £12 (£10 concessions). To book, visit www.ticketsource.co.uk/gardensuburbtheatre or call 020 7723 6609.



Show time: The cast of Cabaret

When commuters stopped to listen

By Marian Bunzl

First there was St Pancras station's vast modern glass and girder-domed concourse with elegant shops and cafes, then there was East Finchley station's small art deco-styled exit hall, with tiling and potted palms. At both venues, 30 North London Chorus singers performed an hour's worth of traditional Christmas carols.

In St. Pancras, we stood at the junction of various aisles, accompanied by two men dressed in daffodil yellow outfits, with matching buckets, collecting for Marie Curie's Hospice. As we sang, travellers rushing by from all directions stopped to listen; their stressed expressions relaxed into smiles, mobiles and iPads flashed and, by the final carol, we had gathered quite a crowd. A round of applause, the rattle of coins, and the daffodil men

staggered under the weight of their buckets.

At East Finchley we lined up by the potted palms facing a long empty corridor from the platforms to the exit turnstiles; collectors and buckets in red for the Noah's Ark Children's Hospice. Every few minutes a train disgorged tired commuters trudging along, eyes fixed on exit and home and each time the carols worked their magic: people stayed to listen, applaud, and fill the buckets.

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

Sunday 7 February

• **Charles Dickens in Barnet and Finchley:** guided walk with City of London guide Paul Baker. Special walk to celebrate Dickens's birthday. Meet at High Barnet tube station at 11am. More details from Paul on 07506 761294 or visit www.barnetwalks.talktalk.net

Friday 12 February

• Talk on the history of British literary censorship entitled *'The Man in Control: Undesirable Books, Obscene Libel and the Great Purge of 1954'*; by Sim Branaghan, East Finchley Library, 2pm.

Sunday 14 February

• **Free concert at East Finchley Methodist Church**, High Road, N2, opposite Creighton Avenue, 7.30pm; the Hermitage Ensemble plays a programme including Mozart's Clarinet Quintet and Mendelssohn's String Quartet Opus 44 No2 in E minor. Free admission; collection in aid of Sistema Scotland, supporting underprivileged children through music. Venue fully accessible.

Monday 15 February

• **David Bowie night** at the Boogaloo Bar, 312 Archway Road, N6, with DJ Joe Strong and very rare vinyl auction. A fundraising event for East Finchley's Monday Youth Club. 8.30-11.30pm. More details from 020 8340 2928.

Tuesday 16 to Saturday 20 February

• **Garden Suburb Theatre** presents the musical *Cabaret*, Lund Theatre, UCS, Frognal, Hampstead, at 7.30pm with a Saturday matinee. Tickets £12 (£10 concessions). Book at www.ticketsource.co.uk/gardensuburbtheatre or call 020 7723 6609.

Saturday 20 February

• **Forest School Walk** in Coldfall Wood with Ewan Marshall of Coldfall Primary School. Discover how woodland activities can transform education. Meet 10.0 am; booking and arrangements at www.coldfallwoods.co.uk

Saturday 27 February

• **Battle of Barnet: guided walk** with City of London guide Paul Baker. Step back in time to 1471 and the Wars of the Roses. Meet at junction of Great North Road and Hadley Green Road, 2.30pm. More details from Paul on 07506 761294 or www.barnetwalks.talktalk.net

Wednesday 2 March

• Tea dance for everyone in the community at Bishop Douglass School, Hamilton Road, N2. Entry £3. For times, contact school on 020 8444 5211.

Wednesdays from 2 March

• **Baby&U baby massage course**, Wednesdays 10.30-11.30 throughout March in N2. See www.facebook.com/babyandubabymassage for details or email babymassagewithruth@gmail.com.