



## Regular Events

### Sport & Fitness

- **Finchley & Hornsey Ramblers Group**  
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **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](http://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](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 [www.stretchingpeople.co.uk](http://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](http://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](http://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](http://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.



'All aboard: Sophie Ablett, centre, as Bobbie in *The Railway Children*, with Matt Jessup as Peter and Beth Lilly as Phyllis. Photo by Johan Persson

## Sophie debuts in children's classic

Sophie Ablett, 22, summons up childlike innocence for her first major theatrical role starring as 11-year-old Bobbie in *The Railway Children* at King's Cross Theatre.

Sophie, of Summerlee Avenue, N2, began rehearsals in January and will be in the show until September. The Olivier Award-winning production of E. Nesbit's novel follows the story of Bobbie, Peter and Phyllis as they start a new life in rural Yorkshire. It famously features a live steam locomotive and a vintage carriage dating from 1896.

"It's so clever the way it's done," says Sophie. "The action takes place along the tracks and we can see the audience on

either side of us all the time. It's very immersive. The three children are first introduced as adults and then we look back at the story through their eyes as children."

Sophie graduated last summer from the University of Oxford after taking a year out to study at École Internationale de Théâtre Jacques Lecoq in France. She has recently finished shooting *Taboo*, a new mini-series for BBC1 starring Tom Hardy.

## Singing for the brain at dementia-friendly screenings

By Sheila Armstrong

As we reported briefly in February, the Phoenix Cinema in conjunction with the Barnet branch of the Alzheimer's Society is putting on a series of dementia-friendly screenings at 12 noon on Tuesdays called Cinememories.

They are free, relaxed events with louder sound and only slightly dimmed lighting. Damien Domski from the Alzheimer's Society in Barnet always welcomes the audience and outlines how the session will run.

### Music prompts memory

The screenings are split into two with a comfort break and sing-along at half time. This is run as a *Singing for the Brain* session by choirmaster David Timms. Free popcorn and drinks are served.

In early January *Carmen Jones*, an early musical with a cast including Harry Belafonte and Dolores Del Rio based on Bizet's *Carmen* was shown. The dramatic plot and faultless singing played to a good audience of around 40.

This was followed two weeks later by the Beatles 1960s classic *A Hard Day's Night*, a real trip back in time for most of

the audience, made in the early days of Beatlemania, before the screaming got too loud.

### All over-60s welcome

Jelena Milosavljevic, education officer for the Phoenix, emphasised that the screenings are not limited to those living with dementia. Anyone over 60 is welcome to attend, as are friends and carers. Barnet's population has the highest percentage of over-60s in London.

There are two more vintage films planned for March: *West Side Story* and *Guys and Dolls*. More details from the Phoenix website [www.phoenixcinema.co.uk](http://www.phoenixcinema.co.uk) or phone the box office on 020 8444 6789.

The Cinememories screenings are funded by the historic Mercers' Company. You can also get information from local dementia adviser Dominic on 07889 603708 or email [barnet@alzheimers.org.uk](mailto:barnet@alzheimers.org.uk)

## Cook with the Wooden Spoon and Apron club

EFAB's Wooden Spoon and Apron club is returning on Thursday 7 April for a set of six sessions based around different themes such as Chinese, European, Indian, Jewish, Persian, Thai and Ukrainian cooking, with recipes led by an experienced home cook wanting to share their skills with others.

As well as great food, the main emphasis is on having fun and socialising, with participants cooking tasty meals together in small groups and then eating the meal they have prepared together at the end of the session. Sometimes people even bring a bottle.

The sessions are taking place

on Thursdays from 5-8pm at the Ann Owens Centre, Oak Lane, N2, and £5 per session covers all ingredients, the meal and printed recipes to take away.

Anyone can participate, from beginners to more experienced cooks. To sign up, call Lisa Smith on 07909 998453 or email [us@efab.org.uk](mailto:us@efab.org.uk).



Chop, chop: Izzy and Patricia at a cookery session'

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

### Sunday 13 March

• **Battle of Barnet**, a 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, 11am. More details from Paul on 07506 761294 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

• East Finchley charity **The Friends of Cherry Tree Wood** will be holding their **AGM** at 12 noon in the Old White Lion pub on the High Road. Everyone is welcome to attend and discuss Cherry Tree Wood. The group is also looking for people with skills, experience or ideas that could help preserve the woodland and enhance the facilities.

• **Free music concert at East Finchley Methodist Church**, High Road, opposite Creighton Avenue, 7.30pm. Harpegiola, A Springtime Soiree to Warm Your Heart with Bronwen Harrison (voice) and Sue Rothstein (harp). Songs by Handel, Gilbert and Sullivan, Sondheim and Kern. Free admission with collection in aid of the Red Cross. This venue is fully accessible.

### Saturday 19 March

• **Table Top Sale in Christ Church Church Hall** from 10am to 12 noon to raise funds for much needed Church building repairs. Entrance is free and

there will be many items on sale: bric-a-brac, books, toys, homemade cakes and clothes. Refreshments will be available. Christ Church, Stephens Memorial Hall (behind Homebase), 620 High Road, North Finchley, London N12 ONU.

### Sunday 20 March

• **The Highgate Opera Circle Annual Concert**, 3pm, Dyne House, Southwood Lane, Highgate, N6 5EE. Future stars from Covent Garden give a fundraising recital of opera arias and ensembles to support the Highgate Literary and Scientific Institution. Tickets £25 (students £10) available from HLSI, 11 Southwood Grove, Highgate N6 6BS, and by phone on 020 8340 3343. Further information from [opera@hlsi.net](mailto:opera@hlsi.net).

### Sunday 20 March

• **Special Spring Equinox Barnet Ghost Walk** with City of London guide Paul Baker. A spooky tour of High Barnet and Monken Hadley, the second most haunted village in England, 7.30pm. More details from Paul on 07506 761294 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Wednesday 13 April

• **Senior Citizens' Tea Dance** at Bishop Douglass School, Hamilton Road, N2. All welcome. Entrance £3. Contact the school on 020 8444 5211.

### Midhurst Butchers

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