



## Regular Events

### Sport & Fitness

- ◉ **Finchley & Hornsey Ramblers Group**  
Call Vivien 8883 8190
- ◉ **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- ◉ **Muswell Hill Bowling Club**, Kings Ave, N10. New & experienced bowlers welcome. Tel: 8883 0433.
- ◉ **Outdoor Bootcamp** 9.30am & 10.30am every Sat; **Boxing and Kettlebells**, 6.45pm Weds, Victoria Park, N3. Contact Sarah 07956 589902.
- ◉ **Outdoor Fit Camp** Lyttelton Playing Fields, N2, 6.30pm Wed and 9.30am Sat. Call Martin on 07809 593952.
- ◉ **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 beginners' course** at Yogalogy, High Road, N2. Contact 020 70187377 or [info@yogalogy.co.uk](mailto:info@yogalogy.co.uk)
- ◉ **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.
- ◉ **'Calm & Sing' workshops**. Contact Angie on [missangiea@yahoo.co.uk](mailto:missangiea@yahoo.co.uk)
- ◉ **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- ◉ **Creative Writing** at Friern Barnet Community Library. Every Saturday, 12pm, 07488 230580.
- ◉ **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.

## Singing and movement in one

Singer Coco Mbassi is passing on her passion by launching a new series of singing workshops. Her three-hour sessions involve African dance-inspired movement in conjunction with vocal polyphony for beginners. Other sessions focus on the connection between head, body and voice for singers and musicians with more experience.

Coco, who lives in East Finchley, runs her workshops at various locations across north London. Find out more at [www.cocombassi.co.uk](http://www.cocombassi.co.uk) or email her at [coco\\_mbassi@yahoo.com](mailto:coco_mbassi@yahoo.com).



In fine voice: Coco Mbassi, centre, leads a singing group.

## Browsable art

Hordes of art lovers thronged the Finchley Art Society's Annual Exhibition in November. Prints and originals by the society's members were on display and on sale at the fortnight-long event at Trinity Church Centre, North Finchley.



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

### Saturday 2 December

Charles Dickens in North London: a Christmas guided walk with City of London guide Paul Baker. Meet 11am outside High Barnet tube station. More details on 07506 761294 or at [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Thursday 7 December

Special 25th anniversary screening of *Leon the Pig Farmer* (PG) plus Q&A session with co-writer and co-director, local resident Gary Sinyor, 7.30pm, at Stephens House and Gardens, East End Road, N3. Tickets £10. Booking essential at [www.stephenshouseandgardens.com/events](http://www.stephenshouseandgardens.com/events).

### Thursday 7 December to Saturday 9 December

*Bluebeard*, traditional family pantomime presented by The Guild Players at Finchley Methodist Hall, Ballards Lane, N3, 7.30pm; Saturday matinee 3pm. Tickets £10 from 02083466337 or [www.guildplayers.org.uk](http://www.guildplayers.org.uk).

### Saturday 9 December

Winter Bazaar at Nazareth House residential home, 162 East End Road, N2; fun event for all the family with music, teas and cakes, games for children, tombola, raffle and

stalls. Entry £1 for adults, children free.

### Wednesday 13 December to Sunday 28 January

*Strictly Come Dancing* champion Joanne Clifton stars in Irving Berlin's classic musical *Top Hat*, an all-singing, all-dancing show featuring songs like *Cheek to Cheek*, *Puttin' on the Ritz* and *Let's Face the Music and Dance*; Upstairs at the Gatehouse, Highgate, N6. Details and booking at [www.upstairsatthegatehouse.com](http://www.upstairsatthegatehouse.com).

### Tuesday 19 December

Cake Decorating Workshop, Christmas Special, at Hospitality House, 11-59 High Road, N2. Learn how to cover a celebration cake with smooth sides and top with fondant icing, piping techniques, pulled sugar flowers, use of plunger cutters and modelling. Work on real cakes and take your cake home. Price £59. Book at [www.barnetsouthgate.ac.uk/courses](http://www.barnetsouthgate.ac.uk/courses).

### Wednesday 3 January

North London Meet Your Neighbours: friendly club hold monthly pub social at The Woodman pub next to Highgate tube, Archway Road, N6. Everyone welcome from 7.30pm. Look for the NLMYN signs.



Artist Cathy Burkinshaw exhibiting at Lauderdale House. Photo Mike Coles

## Watercolour challenge

Hertford Road resident Cathy Burkinshaw has been exhibiting at the annual Highgate Watercolour Group exhibition at Lauderdale House, Waterlow Park, N6. Cathy recently joined the group and has enjoyed painting some of the beautiful but endangered buildings in Highgate. She has been a member of the East Finchley Open Artists group for a number of years now where the emphasis is on more experimental work, which suits her style of painting birds and trees.

## Mindfulness for mothers

A mother-of-two has founded two classes that will be helpful to fellow mothers and mothers-to be. Ruth Sabrosa, a certified hypnotherapist who lives on Fortis Green Avenue, N2, has also produced a mindful colouring book especially designed for pregnant women and those in labour.

With the help of family friend and artist Judith McWilliam, the book contains unique hand-drawn pictures along with affirmations designed to help facilitate a more relaxed and calm birth.

Ruth runs her monthly Mindful Mothering group at Tomato Tutors on the High Road, N2, on a Tuesday evening between 7.30pm and 8.30pm, along with a Hypnobirthing Pregnancy Relaxation group from her home. Find out more about the classes and the colouring book at [www.ruthsabrosa.com](http://www.ruthsabrosa.com).



Mother's little helper: Ruth Sabrosa

## Tour guides have the knowledge

Blue Badge London tour guides Rachel Kolsky, from East Finchley, and Diane Burstein, from North Finchley, together with team members Colin and Chris, claimed victory when they pitched their brains and London knowledge against fellow members at the London Historians' inaugural quiz.

London Historians was established as a hub for those involved in different London-interest groups. Members include academics, authors, archivists, genealogists and lots of tour guides.

You can discover and enjoy more of London with Rachel and Diane by joining one of their walking tours. Find out more at [golondontours.com](http://golondontours.com) and [secretlondonwalking-tours.co.uk](http://secretlondonwalking-tours.co.uk).



Quiz-tastic: Rachel Kolsky and Diane Burstein raise their winners' trophy.