



Regular Events

Sport & Fitness

- **Finchley & Hornsey Ramblers Group**
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **1-2-1 boxing and Pilates** training with Martin Carroll at home or private studio, call 07809 593952
- **Pilates** Classes Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley.co.uk. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 12pm, 1pm, 6pm & 7pm. James 8883 3308/07836 710281 or james@taiji.co.uk
- **Tennis club** with four clay courts off Southern Road. Call 8883 7723.
- **Tennis group lessons** for adult beginners and intermediates, weekends, Park Road, N8. Contact Maz on tennisgift@gmail.com.
- **This Mum Runs**: Free social runs in East Finchley and Muswell Hill, Sunday 8am and Wednesday 7.30pm. Contact trishy.dixon@gmail.com.
- **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
- **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

- **The Archer Community Choir**, Tuesdays 7-9pm, The Archer Academy, Eagans Close, N2. Email: archercommunitychoir1@gmail.com.
- **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.
- **'Calm & Sing' workshops**. Contact Angie on 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.
- **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.
- **Jazz Club** at the Bohemia, North Finchley. Call 020 7998 6217 or 07957 347411 for more information
- **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.
- **Rock 'n Roll dance lessons**, 8pm every Weds at the Constitutional Club, The Walks. Drop-in. Call Kav 07721 489489.
- **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** friendsofcherrytreewood.home.blog 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**, Thursday & Saturday afternoons, Age UK, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.

Walk in and enjoy some art

By Mike Coles

East Finchley is already noted for its cultural credentials, having an independent cinema, a buoyant local artists group, a youth theatre, a bookshop and many other art-related activities. Now there is a new addition with the opening of the Offshoot Gallery and Art Space.

The inaugural exhibition at Offshoot, situated in the High Road opposite the junction with Kitchener Road, was aptly named *Prologue* and featured a range of painters. That's now completed its run and the gallery team are working on their

at the back, and as the gallery develops Nick and Hannah plan to open up these spaces to other activities such as art classes, mindfulness and yoga classes, lectures, workshops and studios. The plan is that all the spaces will be in use and



The Offshoot Gallery - left to right, Gallery Executive William Esdale and Co-Directors Hannah Woldu and Nick Scammell. Photo Mike Coles

next exhibition to be announced soon.

The idea for a gallery came as a result of a chance meeting by Leslie Road resident Nick Scammell and a friend of his neighbour's, printmaker Hannah Woldu. Hannah had been running the Ryker Kids clothes shop on the site but wanted to start something art-related.

So, as co-directors, Nick and Hannah got together and created the gallery in the Ryker space. Joining them, William Esdale masterminded its refurbishment into a light and modern display space.

As well as being a talented artist himself, Nick was working as a freelance curator, so has brought a lot of knowledge and experience to the new venture. Complementing the extensive exhibition area there are rooms

benefit the local community.

Offshoot will be posting details of upcoming events in its window, on its website www.offshootartspace.com and on social media.



Flowering artist: Sonya Elizabeth

Vibrant floral art from the kitchen table

By David Melsome

Local photographer turned artist Sonya Elizabeth is exhibiting her new collection of abstract floral paintings, all created in the kitchen of her home in West Finchley. Sonya, who lived in East Finchley for many years, is inspired by walks in Cherry Tree Wood, Highgate Woods and along Dollis Brook.

Mother of three Sonya, 43, said: "Life got in the way of painting until now, but I'm making up for lost time. I simply paint any time I can. My studio is my kitchen table and my house is filled with colour."

You can see Sonya's work at the New North London Synagogue in East End Road, N3, until the beginning of August (viewing by appointment) or browse online at www.sonyaelizabeth.co.uk

Double trouble

Garden Suburb Theatre is performing two plays in rep for their regular open-air appearance in Little Wood, Hampstead Garden Suburb, this month. In *Our Country's Good*, the dramatic true story of the convicts in the first penal colony in Australia is brought to life. Then *The Merchant of Venice* is Shakespeare's comedy-drama centred on love, money, prejudice and social injustice.

The plays are being performed at Little Wood Open Air Theatre, NW11, on selected dates between 4 and 20 July at 7.30pm, with five matinees at 2.30pm. Tickets priced £12/£10, with family and group tickets available, can be bought from www.ticketsource.co.uk/gardensuburbtheatre

Open air: The Garden Suburb Theatre cast rehearsing *Our Country's Good*.



What's On...

Saturday 6 and Sunday 7 July

• **East Finchley Open artists' open house weekend** at various locations, 11am to 6pm; browse and buy paintings, photography, jewellery, sculpture, textiles and pottery in artists' own homes and studios. Find full list of locations at www.eastfinchleyopen.org.uk

Sunday 7 July

• **Hampstead Garden Suburb open gardens**; 13gardensopen11.30am-5.30pm in aid of National Garden Scheme; plants for sale and home-made teas. Combined admission £12, children free. Tickets and map from Fellowship House, Willifield Way, NW11 6YD, from 11.30am.

Saturday 13 July

• **Moth and Dragonfly Morning at Long Lane Pasture**, Long Lane, N3, opposite fire station, 10am-noon. As part of National Moth Count, moth traps will identify

those caught before release. Damsel and dragonflies should also be seen defending their territory.

Sunday 14 July

• **Race the Neighbours, Cherry Tree Wood**, 9.30am start; more than 400 runners race 10km for East Finchley or Muswell Hill to compete for Cherry Tree Trophy. Come and cheer on the runners.

• **Open garden** at 24 Twyford Avenue, N2, in aid of National Garden Scheme; plants for sale and home-made teas; 2pm-6pm; admission £4, children free.

• **Finchley Victoria Bowling & Croquet Club** celebrate their centenary; Ballards Lane, N3 2PL (opposite Old Police Station). Have fun and try bowls or croquet FREE; equipment and coaching provided. Contact Gary on 07956 546457 or 020 8346 0818.

• Free concert at East Finchley Methodist

Church, High Road, opposite Creighton Avenue, 7.30pm. An Evening of Schubert, with Sanae Honda and Junko Isigaki, violin, Ruth Cohen, viola, Maryan Balkwill, cello, and Andrea Whittaker, soprano. Free admission, collection in support of Help Musicians UK. Fully accessible venue.

Monday 15 July

• **1960s Film Club double bill: *Entertaining Mr Sloane***, based on Joe Orton play, starring Beryl Reid, Harry Andrews, Peter McEnery, music by Georgie Fame: and ***Super Secret Cypher Snatch***, a classic episode of *The Avengers*, with Patrick McNee and Linda Thorson. Admission £3. Friern Barnet Community Library, Friern Barnet Road, N11 3DS. Doors open 7pm. Programme starts 7.15pm.

Saturday 20 July

• **Finchley Chamber Choir and Finchley Symphony Orchestra** perform Vaughan

E-mail your listings to: the-archer@lineone.net

Williams' *Overture: The Wasps and Serenade to Music* plus Elgar's *Enigma Variations* and *The Music Makers*; Trinity Church, Nether Street, N12 7NN; tickets available in advance from www.finchleysymphony.org

Saturday 27 July

• **Muswell Hill indoor car boot sale**, 10am-1pm at Hornsey Parish Church Hall, Cranley Gardens, N10 3AH; information from 020 8368 8180 or 07708152354; admission 50p; refreshments available.

Saturday 3 August

• **Blackberry picking** starts officially at Long Lane Pasture, Long Lane, N3, opposite the fire station. The pick may last through to September. Bring own containers, make a donation at entrance. Please take care with brambles and try not to trample hedges which are a habitat for birds and mammals.