



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** 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**, Thursday & Saturday afternoons, Age UK, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.



A new perspective: Artist Mike Poole. Photo Mike Coles.

Freedom of brush on canvas

Artist Mike Poole, whose abstract works are on show at the Phoenix Cinema throughout March, came to painting after his 31-year career as a magazine art director was abruptly ended by a stroke.

Following eight months of recovery and still experiencing left-side paralysis and blindness, Mike got support from the brain injury charity Headway East in Dalston, where he was encouraged to pick up a set of brushes. He is now studying for a fine art diploma at the London Art Academy.

Mike, of Bedford Road, said: "Having spent years working within the discipline of graphic design and client briefs it's wonderful to discover the freedom of expression and physicality of paint on canvas."

See Mike's work for free in the Phoenix foyer during opening hours and contact Mike on Instagram at [mikepoole.art](https://www.instagram.com/mikepoole.art).

Romantic drama

There's a rare opportunity to hear a performance of Dvořák's symphonic poem *The Water Goblin* when Finchley Symphony Orchestra presents a concert of dramatic romantic music.

The piece is based on the tragic story of a girl abducted by a malevolent goblin to be his bride. It will be accompanied in the programme by Richard Strauss's first horn concerto, a showpiece of the romantic tradition, and one of Tchaikovsky's best-loved symphonies, the *Pathétique*.

The orchestra under guest conductor Robert Hodge will be

joined by Alexander Edmundson, co-principal horn player with the London Symphony Orchestra and a former brass finalist in the BBC Young Musician competition.

Their concert takes place on Saturday 16 March at Trinity Church, Nether Street, N12, at 7.30pm. Save £2 a ticket by booking in advance at www.finchleysymphony.org/concerts.

What's On...

Monday 4 March to Saturday 30 March

- **Lines Through a Lens**, an exhibition of photographs by Geoffrey Davies; Aylmer Pantry, Aylmer Parade, N2. Closed on Sundays.
- **Finchley Chamber Choir and Finchley Baroque Ensemble present a programme of Vivaldi and J.S. Bach**; Trinity Church, Nether Street, North Finchley, N12, at 7.30pm. Tickets priced £15, £13 concessions, £6 under-18s available on the door, or in advance at www.fcchoir.co.uk. More information: tickets@fcchoir.co.uk or 020 8886 9978.

Sunday 10 March

- **Ramblers Association walk from Alexandra Palace**: five-mile route through eight conservation areas and nine parks, finishing at Bruce Castle. Starting at 11am, meet outside BBC tower at Alexandra Palace. Bring sandwiches; tea and coffee available in the museum. More information from Chris Barker and Joyce Rosser on 020 8347 7684 or 07951 905 490.

- **Free concert at East Finchley Methodist Church**, High Road, opposite Creighton Avenue, 7.30pm; The Haywood Trio (violin, cello and piano) play Faure, Suk

and Beethoven. Free admission; collection in aid of Homeless Action in Barnet. Fully accessible venue.

Tuesday 12 March to Saturday 30 March

- **Primavera**, a varied collection of art work and crafts by **East Finchley Open Artists**, all available to browse or buy; Barbican Library, 2nd floor, The Barbican, Silk Street, London EC2Y 8DS. Admission free. More information at www.eastfinchleyopen.org.uk.

Friday 15 March to Sunday 17 March

- **Phoenix Cinema fundraising weekend**: Friday evening film quiz; *Big Hero 6* in the Saturday Kids' Club; *Coldplay: A Head Full of Dreams* screening and Q&A with director Mat Whitecross on Saturday; bucket collection on High Road; tours of cinema and projection room on Saturday and Sunday; talk on history of the Phoenix on Sunday. Full details and booking at the cinema or online at www.phoenixcinema.co.uk.

Saturday 16 March

- **Finchley Symphony Orchestra** under guest conductor Robert Hodge present a concert of dramatic romantic music at 7.30pm at Trinity Church, Nether Street,

Immigrant life revealed through songs and poems

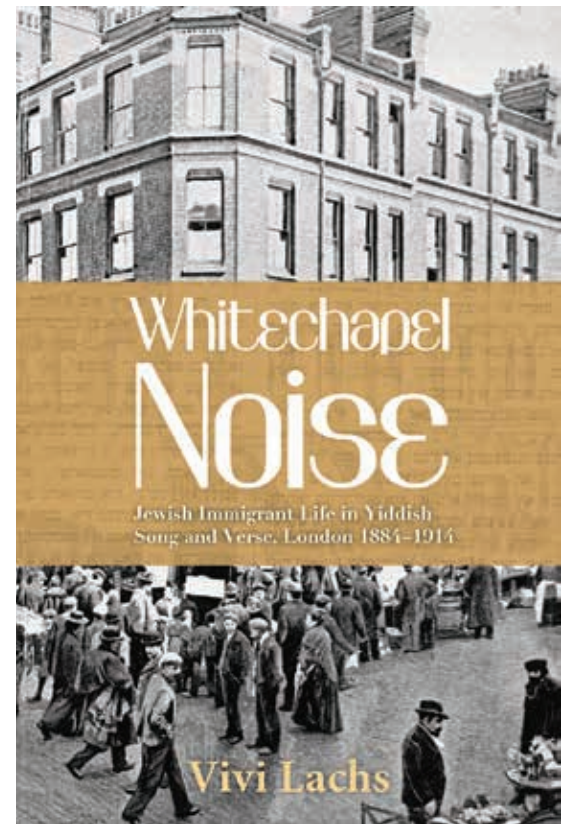
By David Melsome

Author Vivi Lachs found some highly original sources when it came to writing her new history of Jewish immigrant London. Instead of resorting to the usual history books, Vivi turned to popular culture and began exploring the hundreds of Yiddish kupletn (rhyming couplets) written by Jewish songwriters and poets in pre-First World War London.

Some were protest hymns and strike songs fighting for better conditions for East End workers. Some were moving ballads about children trying to make a living in London. There were also music hall songs and satirical verses. Vivi is an associate Research Fellow at Birkbeck College, University of London, and has been an East Finchley resident for 17 years.

She said: "Until now

these songs and poems were hidden in archives, but they tell tales of an immigrant culture in flux, anglicising to local British norms yet still trying to hold true to the culture they brought with them. They tell these stories with humour, intensity and passion."



East Enders: The cover of Vivi's book.

Vivi's book *Whitechapel Noise: Jewish Immigrant Life in Yiddish Song and Verse, London 1884-1914* is available at 20% discount and with free delivery from www.eurospan-bookstore.com by entering 'WHITECHAPELNOISE' at the checkout.

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

Saturday 30 March

- **Hampstead Garden Suburb - a Dame's dream**, an earthly delight: guided walk with City of London guide Paul Baker. Meet outside Golders Green tube station 11am. Tickets £10, £5 under 12s. More information from Paul on 020 8440 6805 or at www.barnet-walks.co.uk.

Until Saturday 30 March

- **WOMAN**, an exhibition of powerful portraits of women by Ivan Berg at Hampstead Garden Suburb's Fellowship House gallery, 136a Willifield Way, NW11 6YD, throughout March. Viewing times are Tuesday and Friday afternoons 2.30pm to 4pm and Wednesday evenings 6.30pm to 9.30pm. Admission free.

Friday 5 April

- **First Dr Bike cycle maintenance** session in East Finchley this year, running from 4-7pm opposite tube station. Bring your bikes for fixing and essential maintenance.

Thursday 11 to Saturday 13 April

- **The Guild Players**, Finchley's amateur drama group, presents *A Murder Has Been Arranged*, by Emyln Williams, at 7.45pm each evening. Tickets priced £10 now on sale at www.ticketsource.co.uk/theguildplayers