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

❖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. Tae Kwon Do for children & adults at Finchley Lido Mon & Fri 7-9pm 07949 612 706. www.taekwondo-uktd.co.uk Tai Chi class at EF Methodist Ch, Weds at 1pm. Call James Drewe 8883 3308 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 or see www.stretchingpeople.co.uk.

MUSIC, DANCE & CREATIVE ARTS

* Art Classes. For info call Henry on 8888 5133

Ballroom Dance Classes, Wednes day eves for beginners & improvers . St Mary's Church Hall, N3, 8444 0280. * Ballroom & Latin American Dance Classes - beginners and Improvers. Wed & Fri eve, Bishop Douglass Sch. 8207 2323

Creative writing classes in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217

Drama Classes for 11-15 year olds. Mondays 6.30-8pm. Contact Dominic Conway 0777 284 3958

* East Finchley Writers Group, Weds at the Old White Lion. Contact Carola 8883 5808 or Lilian 8444 1793.

East Finchley Poetry Writing Workshops. Monthly on Saturdays Contact Dennis Evans 8346 9528. Finchley Jazz Club: Live jazz on Mon 10 & 24 May at 8.15pm, Wilf Slack Cricket Pavilion, East End Rd, N3.

❖ Memory Lane Singing Club friendlysinging 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. SwampRock Louisiana Dance Club. Live music. Contact 07957 344 724 or www.swamprock.org.uk

Symphonic Wind Orchestra Contact Caroline Egan 8340 2706

Traditional music at EF Constitutional Club on 2nd Mon each month from 8.30 pm. Free to join in or just listen.

CLUBS & SOCIAL

(See p8 for Parent & Toddler Clubs)

Bingo evening, 8pm Sundays, at the Constitutional Club, The Walks, N2. Bingo Club Mondays 7-9 pm, Green Man Centre, Contact: Jan 8815 5452 Contact Lunch Club Tuesdays at the Green Man. Call 8444 1162 to book. Finchley & District Philatelic Society, Contact Brian 8444 3251

French conversation in small friendly group with native speaker. 8444 9395. Friendly Rubber Bridge on Weds

afternoons, call 7722 6209. 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.

\$LGBT? 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com

Muslim Lunch Club 1st & 3rd Weds, Green Man. Call 8444 1162 to book. * North London Bridge Club, Muswell Hill. Contact 8348 3495

Northside Bridge Club, EF Methodist Church, Thurs 7.30-11pm. 8346 8145. Jewish Friendship Club for over 60s, Tues 1-3 pm at Muswell Hill Synagogue, Tetherdown. Call Anita 8886 6140. Muswell Hill Tetherdown Bridge,

contact 8883 4390 Probus Lunch Club for retired professionals. Call John 8883 8114.

Community Focus goes national

When there is a recession, the first three sectors that often suffer are charities, the arts and disabilities. So when a disability-focused arts centre which is also a charity looks set to go national, it's good news.



Oak Lodge students take part in an animation project with CF.

Future Builders, a government-funded social investor, has spotted the talents of Community Focus, based at artsdepot in North Finchley, and is backing a new national venture over the next six months.

Schools, prisons or hospitals are invited to take part in this new social enterprise, with tailor-made packages available. Some of the projects CF is already working on include an animation project with Oak Lodge School in East Finchley and a five-week outreach project with the Hyde School in Colindale working with the Afghan community.

CF uses the arts as a means for personal development, education, therapy and social interaction. Its tutors are practising artists and many are graduates of the leading art schools including the Royal College of Art, Goldsmiths and Chelsea School of Art. Since 2007, the number of classes offered has tripled and outreach work has increased tenfold.

For details, visit www. communityfocus.co.uk or speak to CF's Director Tim Balogun on 020 8369 5481.

Star names for Proms

Opera maestro Sir Willard White and jazz vocalist Clare Teal are two of the stars lined up for the 18th season of Proms at St Jude's in Hampstead Garden Suburb.

The programme also promises the BBC Elstree Concert Band playing music from the silver screen, a choral concert with the Choir of Clare College Cambridge and a rousing Last Night of the Proms in the company of the Southbank Sinfonia.

Proms at St Jude's has become a major musical attraction for north London and a creditable small-scale rival to the summer's BBC Proms at the Royal Albert Hall.

There are free lunchtime concerts sponsored by the Hampstead Garden Suburb Residents' Association. These include an accordion recital, a cello quartet and a family concert featuring works by Holst, Purcell, Tchaikovsky and Copland. The musical menu is accompanied by a series of Proms Heritage Walks around the suburb.

The Proms season runs from 19-27 June. Full details of all the events are available now at www.promsatstjudes.org.uk or by telephone on 020 8455 8687. The box office opens on 020 8458 8798 from 1 June. St Jude's Church has wheelchair access.

May at the Phoenix

By Paul Homer, of the Phoenix Cinema

The Phoenix is now clad in scaffolding. As I write this, we're four weeks into the 24-week building programme and so far, touch wood, it's all going well. Of course, that could all change tomorrow. We're very aware that in raising over £1 million to do this work we have been entrusted to restore the cinema carefully and to manage the project professionally and diligently. Ultimately it's your money that's paid for this work so we're doing all we can to ensure that you have the cinema you deserve at the end of the project.

The iconic Phoenix fin has been removed and, once the new façade is complete with an insulated render and doors onto the new terrace, a new fin will be erected. We're making the cinema look like the wonderful 1930s building it once was and trying to undo some of the damage done to it in the intervening 70 years.

Throughout May we will remain open for film screenings on evenings and weekends. You'll have to excuse a few holes in the wall during this period, but the rest of the Phoenix experience should be of the same quality. On 7 May

we open with one of the more controversial films of the year. Four Lions, about a gang of hapless British Islamic terrorists. It's a very funny take on a serious issue and will certainly have people talking.

Also in May we have the extraordinary Lebanon about the 1982 war with Israel. We round off the month with Werner Herzog's re-imagining of Abel Ferrara's cult classic Bad Lieutenant with Nic Cage as the immoral cop. We hope to see you at the Phoenix this month. Our box office is on 020 8444 6789 and our website is at www.phoenixcinema.co.uk

Review:

A concert treat

By Susan Norman

If you were at Hampstead Parish Church on the evening of Saturday 27 March, then you'll have shared in the treat that was Hampstead Chamber Choir's performance of Pergolesi's beautiful Stabat Mater and the Officium Defunctorum (Requiem 1605) by Tomás Luis de Victoria. The latter is a mass for the dead which includes some plainchant, with intonations by East Finchley resident, Hugh L'Estrange.

This was the first concert under HCC's new conductor Iestyn Evans, who, among other things, has been Organ Scholar of both Westminster Cathedral and Westminster Abbey. Iestyn said he was 'delighted with the choir's performance' and 'greatly looking forward to working with them over the coming years'

HCC has been established for more than 30 years and has about 30 members at any one time. Their repertoire is wide-ranging and eclectic. Vacancies sometimes occur for singers. Contact them via their website: www.hampstea dchamberchoir.org

If you'd like to hear HCC's next concert, then put a note in your diary for Saturday 3 July at Rosslyn Hill Chapel, for a concert of Romantic music including Brahms' Liebeslieder Waltzes.

What's On...

Wednesday 5 to Saturday 29 May George Eliot's Daniel Deronda, Upstairs at the Gatehouse Theatre, Highgate. Tuesdays to Saturdays at Sundays at 4pm. Tickets £10. £15. Box office 020 8340 3488.

Saturday 8 May

 Dads' Day at Highgate Children's Centre (behind Highgate Primary School), Gaskell Road, Highgate N6 4ED. Telephone 020 3213 0004 or find out more about the Dads' Club at http://thedadsclublo ndon.blogspot.com.

Walk over hot coals for the North London Hospice, 7.30pm at The Five Bells, East End Road, N2. Bring friends or family to cheer you along. Participants must check in at 7.30, as there is motivational exercise beforehand. Register early, as places are limited. Information from 020 8446 2288 or asiddiqui@northl ondonhospice.co.uk.

Sunday 9 May

• Historical High Barnet: a guided walk with expert guide Paul Baker. Meet outside Barnet College, Wood Street, 2.30pm. Explore 1,000 years of history in two hours. For more

information, contact Paul on 020 8440 6805.

•Free concert at East Finchley Methodist Church, High Road, 7.30pm. Beethoven and Brahms. Collection in aid of Balanya, sending volunteer music teachers to Central America. This venue is fully accessible to people with disabilities.

Thursday 13 May to Saturday 15 May

• The Guild Players present *Deliver Us From Evil*, a thriller by J D Robins. Performances at 7.45pm at Finchley Methodist Church Hall, Ballards Lane, Finchley, N3 1NB. All tickets £8. Box office 020 8346 6337.

Until 16 May

• Tableau: new works by S. Ravi Shankar, Noble Sage Art Gallery, Fortis Green. All artworks for sale; free entrance. Wednesday to Friday 11am - 7.30pm, Saturdays and Sundays 11am - 5pm.

Sunday 16 May

• Georgian Monken Hadley: a guided walk with expert guide Paul Baker. Meet outside The Spires,

Barnet High Street, 2.30pm. Explore a beautiful unspoilt 18th-century village. For more information, contact Paul on 020 8440 6805.

Wednesday 19 May

• Westminster Morris Men will be dancing on at the Windsor Castle, Church Lane, 7.45pm, the Five Bells, East End Road, 8.30pm, and the Old White Lion, next to the station, 9.15pm.

Saturday 22 May

• East Finchley Neighbourhood Contact coach trip to Clacton. All senior citizens welcome, but booking necessary. Information from Keith John on 020 8444 1162 or www.efncontact.org.

• Come and join members of St Mary's Roman Catholic Church East Finchley on a guided walk through Coldfall Woods. Meet at the main gates of Coldfall Woods (Creighton Road Entrance) at 2pm. Our guide will be Linda Dolata who is a local resident and a Guide at Kew Gardens. Any enquiries phone 020 8444 8440.

• An Audience with Britt Ekland. artsdepot, North Finchley, 8pm.

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

Tickets £16 (£14 concessions). Box office 020 8369 5454.

Until 23 May

• Time and Time Again, paintings **by Lisa Milrov**, artsdepot, North Finchley. Open daily 12pm – 4pm. Free admission.

Thursday 27 May

• The Finchley Society hosts a talk by Ann Brown, Long Lane Pasture, 8pm in Avenue House, East End Road, N3 (tel. 020 8346 7812). Non-members are very welcome. Admission £2.

Wednesday 2 June

• Tumbleweed Comedy Club, The Old White Lion, next to the station. 7.30pm.

What's on at artsdepot

Reginald D Hunter: Saturday 8 May, 8pm. Sarah Gillespie: Saturday 1 May, 8pm. An Audience with Britt Ekland: Saturday 22 May, 8pm. The Importance of Being Oscar – Alistair Whatley: Thursday 27 May, 8pm. Michael Craig-Martin exhibition: Friday 28 May to Sunday 27 June. LaLaLuna - Wolfe Bowart: Saturday 29 May, 3pm and 7.30pm.