



Regular Events

Sport & Fitness

- **Badminton** Weds eves 8-10pm all abilities, contact George 8349 0170 or John 8444 7163.
- **East Finchley Flyers running club**, Tuesdays 7pm at the tube station, 7k run and socialising. Nick 07593 367134.
- **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.
- **Pilates Beginners Classes** Tue 9.30-10.30am, Holy Trinity Church Hall. Michelle 07767 804 564
- **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 1pm. James 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 www.stretchingpeople.co.uk.

Music, Dance & Creative Arts

- **Art Classes**. Call Henry on 8888 5133.
- **Ballroom Dance Classes**, Wednesday eves for beginners & improvers. St Mary's Church Hall, N3. 8444 0280.
- **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.
- **East Finchley Writers Group**, Weds at the Old White Lion. Contact Carola 8883 5808 or Lillian 8444 1793.
- **East Finchley Poetry Writing Workshops**. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- **Ladies Keep Fit** Class for over 50s. Tues 10.30-11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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.
- **Symphonic Wind Orchestra** Contact Caroline Egan 8340 2706

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
- **Contact Lunch Club** Tuesdays at the Green Man. Call 8444 1162 to book.
- **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.
- **LGBT?** 1st Weds every month in a local pub. Welcoming atmosphere. Email efinchleylgbt@hotmail.com
- **Muslim Ladies Lunch Club** 1st & 3rd Weds, Ann Owen Ctr., Oak La. Call 8432 1415 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. Anita 8886 6140.
- **Muswell Hill Tetherdown Bridge**, contact 8883 4390
- **Youth Club** at Green Man Community Centre, Strawberry Vale every Tues in termtime. Ages 8-13, £1 entry.



-Ally Pally painted in coffee by Colin Foo, with augmented reality tag

Coffee stains hide a deeper meaning

By Daphne Chamberlain

Paintings in coffee that are also a secret history of Muswell Hill? What's all this about? Local artist Colin Foo celebrates familiar landmarks in an unfamiliar way. I saw his paintings at the Broadway patisserie, Sable d'Or. Given a sepia feel by the coffee, they look almost antique. But then, before your very eyes, each building stops being a picture and turns into a printed account of its history. This 21st century magic comes via a free Layar app on your smartphone or iPad, held up in front of the picture.

An extra dimension

Colin has used this Augmented Reality Technology in his work as a designer, but never before in his personal artworks. He told *THE ARCHER* that the artwork needs to be strong on its own. "AR can add another dimension, but only if it's relevant, if it adds something extra/special, and not as a gimmick. I've used AR in my series of paintings because, like the history of the buildings itself, you'll only find out the stories if you dig a little deeper." (Appropriately, one of the buildings is W.Martyn, the coffee and tea specialist on the Broadway.)

So why coffee? Noticing

long-lasting coffee stains on some of his old paperwork, he found himself wishing he had turned them into doodles at the time, and this started a personal challenge. He decided to bring out the shape and form of buildings using different strengths of diluted coffee.

Colin's next coffee ven-

ture is a commission to paint Hampton Court, but he works in many mediums. His paper-cut impression of Noah's Ark will be auctioned soon for the Noah's Ark Hospice.

The coffee exhibition continues at Sable d'Or until 15 November, but you can see Colin's work on www.colin-slab.co.uk/coffee.

Green gym in green space

A new green gym has opened in Hendon, combining help towards better fitness with a conservation session to improve the park.

Gym goers will plant trees, seed wildflower meadows and create habitats for wildlife. No knowledge of gardening is needed; residents need only to be enthusiastic and passionate about improving their local environment.

The sessions are being run by The Conservation Volunteers, in partnership with Barnet Council, on Wednesdays from 10.45am until 2pm at West Hendon Playing Fields.

The Conservation Volunteers' London Health Manager, Chris Speirs, said: "The Green Gym will be the first in Barnet and is a free and fun way to get fit, learn new skills and meet new people. We hope to see as many people as possible joining in." For more information please contact the Green Spaces Project team at gg-barnet@tcv.org.uk, or ring 020 8533 8022.

Alternatively log on to www.tcv.org.uk/barnet

Pirates in Highgate!

Garden Suburb Theatre returns to Upstairs at The Gatehouse in Highgate with Treasure Island, promising an exciting show with plenty of laughs and gasps!

The production features a motley cast of pirates and includes East Finchley resident Isaac Rudden as Jim Hawkins. Isaac attends Christ's College Finchley and this marks his second role with the group.

The play runs from Wednesday 27 November to Sunday 1 December at 7.30pm, with a 4pm show on the Sunday. Tickets cost £12 (£10 concessions) and are available from www.upstairsatthegatehouse.com or by ringing 020 8340 3488.



Arr, me hearties! Mark Overall will star as Long John Silver.

November at the Phoenix

By Phoenix Cinema manager Cassie Birtwistle
This November at the Phoenix we're gearing up for a full slate of screenings from the UK Jewish Film Festival. This year we have more films than ever with four UK premieres and four Q&As and are excited to be participating in this popular festival once again.

As far as main features go, you can't go wrong this month. Stephen Frears's newest film *Philomena*, showing for the first two weeks of the month, manages to tell a heartbreaking story with warmth and humour and is anchored by a tour de force performance by Phoenix patron Dame Judi Dench.

Starting from Friday 15 November we're bringing the 2D version of Alfonso Cuarón's *Gravity* to our screen which has garnered rave reviews at festivals and talk of an Oscar nomination for Sandra Bullock.

Finally, starting from 22 November we're showing the 2013 Palme d'Or-winning *Blue is the Warmest Colour*, an intense depiction of the relationship between two schoolgirls which touches on wider themes of personal identity and family upbringing.

For full listings please see our website www.phoenixcinema.co.uk.

What's On...

Sunday 10 November

• **Free music concert at East Finchley Methodist Church**, High Road, opposite Creighton Avenue, 7.30 p.m.; The Ellerdale Trio play Glinka, Fauré and Schubert. Free admission, collection in aid of the Anthony Nolan blood cancer charity. Venue fully accessible to people with disabilities.

Tuesday 12 to Saturday 16 November

• **Finchley & Friern Barnet Operatic Society** present *Footloose, The Musical* at The Intimate Theatre, Palmers Green N13 4Dh. Tickets 020 8482 6923 or ticketsource.co.uk/ffbos.

Thursday 14 November

• **Tales from Fukushima**; East Finchley resident Nicola Grove tells stories gathered in Fukushima, Japan, this summer, from storytellers, evacuee families and campaigners fighting Government inertia and propaganda; Black Gull Books, High Road, 7.30-9.30pm. No charge but suggested £3 donation. Space limited: advance booking recommended 020 8444 4717/black.gull.finchley@gmail.com

Saturday 16 November

• **Christmas Craft Fair at Henrietta Barnett School**, Central Square, Hampstead Garden Suburb, NW11 7BN, 11am to 5pm. Adults: £2; Children under 12: free. More than 30 stalls in aid of the Family Holiday Association.

Thursday 21 November

• **Music at Lauderdale House**: Carol Grimes with Annie Whitehead (trombone), Dorian Ford (piano), Neville Malcom (bass) and Winston Clifford (drums); Lauderdale House, Highgate, 8.30pm / £9 (£7.50 concs)

Saturday 23 November

• **Fabulous Finchley: guided walk** with City of London guide Paul Baker. Meet at Finchley Central tube station (Ballards Lane exit) at 11am. Discover 1,000 years of the history of Church End and East Finchley. More details from Paul on 020 8440 6805 or www.barnetwalks.talktalk.net

• **Christmas Fair at St Mary's Catholic Church**, 279 High Road, N2, 12 - 3pm. In one hall children can meet Santa; decorate cookies; make Christmas craft; shoot-out;

dance and more. Other hall will have cake stall; toiletries; books; knitwear; and more. Burgers, hot dogs and soup on sale along with mulled wine, mince pies & waffles.

Sunday 24 November

• **East Finchley Open Artists Winter Fair** at TreeHouse School, Woodside Avenue, Muswell Hill from 11am - 5pm. Free admission; donations welcome to Ambitious About Autism.

Wednesday 27 November to Sunday 1 December

• **Garden Suburb Theatre Company** presents *Treasure Island* at the Upstairs at the Gatehouse Theatre, Highgate, 7.30pm, with a 4pm show on the Sunday. Tickets £12 (£10 concessions) available from www.upstairsatthegatehouse.com or by ringing 020 8340 3488.

Thursday 28 November

• **Artsdepot: the first nine years and the future**. Keith Martin gives the Jean Scott Memorial Lecture for The Finchley Society; 8pm at Avenue House, East End Road, N3

30E. Admission £2 for non-members, but everyone very welcome.

Saturday 30 November

• **Holy Trinity Primary School Winter Fair** open to all from midday until 2.30pm. Meet Santa, enjoy many side stalls, games, arts and crafts, buy a ticket for the raffle, feast on delicious food, celebrate a performance from the school choir and much more!

• **North London Hospice craft fair**, Tetherdown Hall, Tetherdown, Muswell Hill from 10am to 4pm. Lots of handmade and craft items to browse and buy.

Wednesday 4 to Saturday 7 December

• **The Guild Players present Jack and the Beanstalk**. Tickets £8 from guildplayers.org.uk

Saturday 7 December

• **East Finchley Christmas Festival**, all along the High Road from 9.30am to 5pm; live music, entertainment, food, crafts, storytelling, a snow machine and a visit from Santa with two live reindeer. Free and open to all.

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