



## 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](http://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](http://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
- **Traditional music** at TOC, Highgate Hill on 1st & 3rd Tue each month from 8.30 pm. Free. All musicians welcome. 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
- **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](http://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](mailto: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

# Jazz Voices at The Clissold

By Sheila Armstrong

**Held in the famous Kinks Room set aside free by The Clissold Arms in Fortis Green, Pete Grainger, Tina Learmonth and Carolyn Reisman, ably assisted by well-known keyboard player Geoff Castle, organised a Jazz Voices fundraiser for the MS Society.**

Pete has a lifelong love of music and is a member of the North Camden Chorus. Carolyn, originally a classical pianist, sings with a jazz soul band. Tina started jazz singing a few years ago and is a member of the North London Group *Take Twenty*. Geoff has worked as a keyboard player since the 1970s with many top artists including Ronnie Scott's Quintet and Graham Collier's Nucleus.

The main reason for this talented quartet to get together in September was to raise funds for MS, especially poignant as

Pete's nephew Tim Barnett was diagnosed with the condition in 2009. Tim's family have all rallied round, forming the Buxton and Glossop Friends Fighting MS Group which has raised an amazing £25,000 in four years for the MS Society's Cambridge Centre for Myelin Repair.

Almost 100,000 people in the UK have MS, normally diagnosed between the ages of 20 and 40, and once diagnosed it is a lifelong condition. The causes are not yet known but treatment can help manage the symptoms. Donations can be made at [www.bgffms.blogspot.co.uk](http://www.bgffms.blogspot.co.uk)

# October at the Phoenix

By Cassie Birtwistle, manager of the Phoenix Cinema  
**We start the month of October with Woody Allen's *Blue Jasmine* starring Cate Blanchett as a narcissistic New York socialite who is forced to move in with her sister in San Francisco when her life falls apart.**

Starting 11 October we're showing *Hannah Arendt*, a look at the life of the German-Jewish political theorist who reports for the *New Yorker* on the war crimes trial of Nazi Adolf Eichmann. Her criticism of the way the trial is conducted and the actions of some prominent Jewish leaders during the Holocaust causes great animosity in her own community.

The second half of October features Roger Michell's *Le Week-End*, starring Jim Broadbent and Lindsay Duncan as a British couple who return to Paris many years after their honeymoon to try to rejuvenate their marriage. Jeff Goldblum also features in this light-hearted paean to the difficulties

and joys of a long marriage.

Striking a different note is Clio Barnard's *The Selfish Giant*, which opens here on 25 October. Barnard follows up her brilliant debut *The Arbor* with another work of social realism in her retelling of Oscar Wilde's story.

In addition to some compelling main features the new season of The Met: Live in HD starts this month with Tchaikovsky's *Eugene Onegin*. There are very few tickets remaining for the live and encore shows so book soon if you'd like to see this new production starring the charismatic Anna Netrebko opposite Mariusz Kwiecien. We hope to welcome you to a screening this month.



Sippy with Slimming World consultant Jackie Toserkani.

# Slimming woman of the year

By Daphne Chamberlain

**East Finchley's branch of Slimming World held their Woman of the Year competition recently, and Sippy Azizollah was voted one of the group winners. Consultant Jackie Toserkani told us: "We had four worthy winners. Sippy was an inspiration in my 12 o'clock group. She has lost over one and a half stone since she joined, and plans to lose eight stone over the next few years."**

Sippy is ecstatic. Her weight has been a problem for years, and her physical condition means that she can't exercise. She says, "The support and advice from Jackie and my group members is great. It's healing to talk and to realise that everyone is in the same boat. I felt I was alone with my problem because of my disability, but I've come to see that others have their problems too."

Jackie emphasised that Slimming World encourages healthy eating through a wide variety of foods. Recently the morning group took part in a walk for Cancer Research, the organisation's chosen charity, raising over £150. The local branch meets in the East Finchley Methodist Church on Wednesdays at 9.30am, 12

noon, 5pm and 7pm. Anyone interested in joining should call Jackie on 07941 400058.

# Pottery classes

**Ceramics graduate Cecilia Holmes is running an eight-week series of pottery classes from her home in Park Farm Close, N2, between now and Christmas.**

Cecilia hopes to repeat the success of the classes she held for children and adults at the Green Man Centre. Sessions take place on Thursdays from 7pm to 10pm. Contact Cecilia on 07533 750400 or [ceciliaholmes@btinternet.com](mailto:ceciliaholmes@btinternet.com)

# What's On...

## Sunday 6 October

- **Marvellous Mill Hill**: guided walk with City of London guide Paul Baker. Meet Mill Hill tube station, 2.30pm. For details contact Paul on 020 8440 6805 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net)

- **An Evening with Jonathan Miller**, one of Britain's most intriguing minds, in aid of North London Hospice, 8pm, Middlesex University, The Burroughs, Hendon NW4 4BT. Tickets £20 including refreshments, from Peter Kraushar on 020 8883 4736 or [peterkrau@alo.com](mailto:peterkrau@alo.com)

## Monday 7 October

- **Grange and area Big Local meeting**, 6.30-8pm. Venue to be decided. Details from Paul Bragman on 07887 721825.
- **Open Mic Music Night** at The Raglan Hotel, Queens Avenue, Muswell Hill, N10 3NR, from 7.30-10.30pm. Call Cecilia if you wish to perform: 07533 750400. Musicians get chance to play two or three songs, classical, jazz, guitarists, any musical instrument/genre within reason/

discretion. Grand piano on loan from London Pianos available on the night.

## Saturday 12 October

- Free juice, and recipes for cakes and desserts, at **Apple Day with the East Finchley Abundance group**, outside Budgens on the High Road from 10.30am to 2.30pm. Donations of surplus apples welcome on the day or in advance. Contact [efabundance@btinternet.com](mailto:efabundance@btinternet.com) or write to c/o 32 Park Hall Road, N2 9PU

## Sunday 13 October

- **Free music concert at East Finchley Methodist Church**, High Road, N2, opposite Creighton Avenue, 7.30pm; Sanae Honda, violin, Junko Ishigaki, violin, Helen Cooper, cello, and Caroline Soresby, piano, perform Frank Bridge, Beethoven, Mozart and Prokofiev. Free admission, collection in aid of the Multiple Sclerosis Society. Venue fully accessible to people with disabilities
- Thursday 17 October**
- **Quiz night** with fish and chip supper included, Avenue House, East End Road,

7.30 - 10pm. Cash bar, plus tea and coffee.

## Sunday 20 October

- **Battle of Barnet**: guided walk with City of London guide Paul Baker. Meet at junction of Great North Road/Hadley Green Road at 2.30pm. For details, contact Paul on 020 8440 6805 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net)

## Friday 25 October

- **Jonathan Veira** brings his entertaining and very funny one man show to Christ Church, North Finchley at 7.30pm. Tickets £10 & £8 concessions from church office on 020 8445 2532.

## Sunday 27 October

- **Halloween Howler fun** in aid of Noah's Ark Children's Hospice; pumpkin carving, traditional craft activities, spooky shoot-out, trick or treating, face painting, tractor rides, ghost stories and a haunted trail; Capel Manor Gardens, Bullsmoor Lane, Enfield, EN1 4RQ from 10am to 3pm. For details contact Priya Singh on 020 8449 8877 or email [psingh@noahsarkhospice.org.uk](mailto:psingh@noahsarkhospice.org.uk)

E-mail your listings to: [the-archer@lineone.net](mailto:the-archer@lineone.net)

## Monday 28 to Thursday 31 October

- **Barnet Hallowe'en walk**. Meet each evening at High Barnet station, 7.30pm. Prize for spookiest costume. For details contact Paul Baker on 020 8440 6805 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net)

## Thursday 31 October

- Find out more about the **Big Local project for The Grange** and neighbouring area, plus updates on other localism projects and regeneration of North Finchley at the Finchley Society's meeting from 7.30pm, Avenue House, East End Road, N3. All welcome with admission fee of £2 for non-members.

## Saturday 2 November

- **Combat Stress winter fair**, opened by author and BBC journalist Martin Bell, with refreshments, collectables, jewellery, crafts, books, home-made cakes and produce, Combat Stress Christmas cards, and vintage and new clothes; Free Church Hall, Northway, Hampstead Garden Suburb, NW11 6PB, 11am - 3pm. Entrance £2, children free.