



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
- **Ladies Keep Fit Class** for over 50s. Tues 10.30–11.30am at Tetherdown Hall. Sheila 8444 0084.
- **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 Classes** Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley.co.uk. Michelle 07767 804 564
- **Tai Chi & Qigong** in N2, Weds 1pm. James 8883 3308/07836 710281 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.
- **Women's kick boxing**, Thursdays 9.30am, East Finchley Combat Academy, Church Lane, N2. Contact 07956 340540.

Music, Dance & Creative Arts

- **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.
- **Creative writing classes** in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217.
- **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.
- **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.
- **Muswell Hill after school ukulele club**, Wednesdays 4.15–5.15pm, ages 6–10. Contact Margie 07909 439513.
- **Traditional music at TOC**, Highgate Hill, on 1st & 3rd Tues each month 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**, every Saturday 1.30–4pm, Ann Owens Centre, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.
- **Jewish Friendship Club** for over 60s, Tues 1–3 pm at Muswell Hill Synagogue, Tetherdown. Anita 8886 6140.



Hooded figure: Janet gives the Archer an airing in Rio.

Stormburst over Rio

Janet Maitland, one of our contributors, packed *THE ARCHER* in her back pack when she went to South America earlier this year. Here she describes her trip.

This photo was taken beneath the 30 ton statue of Christ that stands on top of a mountain in the heart of Rio de Janeiro. Tourists make the journey up there for the fantastic views but there was a thick mist so Rio was completely invisible.

Then a storm broke right over our heads. We queued for two hours in the lashing rain for the last funicular down. When it finally arrived we shamefully joined the stampede to climb on board. It was like the last plane out of Saigon.

And the next day, as soon as we got off the cable car at the top of Sugar Loaf Mountain, another must-see viewpoint, huge black clouds burst all over us.

But we also spent one boiling hot evening marching through the back streets of Buenos Aires following a band of African drummers.

Surviving the glacier

The best bit was trekking in Patagonia, hundreds of miles of wilderness in the south of Argentina. One trek included struggling along the Puerto Moreno glacier. We found out later that the glacier had been featured in a Bear Grylls programme about how to survive in extreme environments.

We had to strap crampons on our boots because glaciers are not flat, but hilly. Who knew? I certainly didn't. They're also full of treacherous deep blue crevasses.

Climbing uphill is easy once you get the hang of keeping your feet wide apart to avoid ripping your calves open with a crampon spike. But going downhill defies all survival instincts as you have to lift your legs up like a trotting horse and stamp as hard as you can. Everything in you wants either not to do it at all or to climb down backwards, on your hands and knees. After three hours of this, the relief of climbing off the glacier was pure bliss.

What's On...

Saturday 3 - Sunday 11 October

• **East Finchley Arts Festival** at All Saints Church, Durham Road and The Phoenix Cinema. See www.eastfinchleyartsfestival.org.uk for details.

Saturday 3 October

• **Fungi walk in Coldfall Wood** led by local mycologist Andy Overall. 2.30 at East entrance to wood on Creighton Avenue. Booking advisable: info@coldfallwoods.co.uk

Sunday 11 October

• **Free concert at East Finchley Methodist Church**: The Silver Park trio play music by Haydn, Squire, Scott Joplin and Shostakovich, with dance gems from the 1920s to the 1950s. Free admission with collection in aid of HOPE, supporting children with epilepsy and their families. High Road, East Finchley, opposite Creighton Avenue. Venue accessible to

people with disabilities.

Friday 16 October

• **Memory Lane Singing Club** celebrates 22 years of singing in the community with free musical show and sing-along, St Mary's Parish Hall, Hendon Lane, Finchley Central, 11am to 12 noon. All welcome, along with carers, friends and family. Accessible to wheelchair users. To attend, please contact Valerie in advance on 020 8458 4508 or v.cowan@hotmail.co.uk

Saturday 17 October

• **Battle of Barnet: guided walk** with City of London guide Paul Baker. Meet at junction of Great North Road and Hadley Green Road, 2.30pm. More details from Paul on 020 8440 6805 or www.barnetwalks.talktalk.net

Tuesday 20 October

• **Stephens House and Gardens artist-**

in-residence Laura Fishman opens her art exhibition, A Walk in the Park, 7pm to 9pm, in the drawing room and salon of Avenue House, East End Road, N3.

Sunday 25 October

• **Spooky basement tour**, garden ghost hunt, face-painting, fire jugglers, children's activities and more at Stephens House and Gardens, East End Road, N3. Family ticket £20. No unaccompanied under 12s. More details at www.stephenshouseandgardens.com

Monday 26 to Saturday 31 October

• **Halloween half-term activities at Stephens House and Gardens**, East End Road, N3. Visit the Spooky Basement, venture outside for 'Ghosts in the Trees' garden ghost hunt with prize for all completed ghost hunts! £5 per visitor. Hot and cold drinks, sandwiches, cakes, light snacks in pop-up tea room; traditional

Morning musical

To celebrate 22 years of singing in the community, **Memory Lane Singing Club** is inviting local people, their carers, friends and family to join them for a free morning musical show.

There will be a selection of popular songs and a sing-along at the show at St Mary's Parish Hall, Hendon Lane, Finchley Central from 11am to 12noon on Friday 16 October. Tea and biscuits will be served.

The singing club usually performs in nursing homes and day centres. For this event, the hall is very spacious and has wheelchair access. Please RSVP to Valerie on 020 8458 4508 or email v.cowan@hotmail.co.uk to help organisers accommodate the right numbers.

Learn to cook... or cook better

EFAB's new cooking group 'The Wooden Spoon and Apron club' is getting ready to run four weekly sessions of cooking, and eating, delicious recipes together, starting on Thursday 22 October.

Participants will learn how to create a different menu each week, and then share the pleasure of eating together afterwards. With printed recipe sheets to take away with them, they can then recreate their new repertoire of recipes at home. The sessions at the Ann Owens Centre, Oak Lane, N2, are aimed at

anyone who wants to improve their cooking skills, including complete beginners, and to cook on a budget.

They will run from 4.45–7.30pm on Thursdays 22 and 29 October and 5 and 12 November and the cost is £20 for all four sessions, which covers ingredients and utilities. To book your place, contact us at efab.org.uk by 16 October.



The spirit of singing

The first open evening of Singing in London at the Archer Academy on 14 September raised the roof with songs from the shows.

Members and guests, mostly residents of East Finchley, enjoyed the musical leadership of Kieran, the session leader, singing the sentimental songs 'I won't send roses' and 'Movies are Movies' from the musical Mack & Mabel. The tunes were followed by 'Sweet harmony'

which was quickly learnt by the guests.

You can catch up with the singing at the next Open evening on Monday 19 October at the Archer Academy Building in Beaumont Place, off The Bishops Avenue. Find out more at www.singinginlondon.com

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

afternoon tea in the Victorian dining room of Avenue House during half-term week. Daily 1–4pm. More details at www.stephenshouseandgardens.com

Tuesday 27 to Saturday 31 October

• **Halloween Ghost Walk**: special guided walk through Barnet and Monken Hadley, the second-most haunted village in England, with City of London guide Paul Baker. Prize for spookiest costume! More details from Paul on 020 8440 6805 or www.barnetwalks.talktalk.net

Monday 9 November to Saturday 14 November

• **Finchley & Friern Barnet Operatic Society** presents *Into the Woods* by Stephen Sondheim, The Dugdale Centre, Enfield; 7.45pm with 2.30pm Saturday matinee. Box Office: 020 8807 6680 and 07956 304 947 or www.dugdalecentre.co.uk