



## Regular Events

### Sport & Fitness

- **Finchley & Hornsey Ramblers Group**  
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **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.
- **Outdoor Fit Camp** Lyttelton Playing Fields, N2, 6.30pm Wed and 9.30am Sat. Call Martin on 07809 593952.
- **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](http://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](mailto: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).
- **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](http://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](http://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 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](http://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.

## Spinning around at the Stables

By Daphne Chamberlain  
The Art Stables, now a partner of East Finchley Open, invited visitors last month. It was an Open day with "taster" sessions. So I went along and threw several tubefuls of paint around.

The one-time stables of the Sternberg Centre are tucked away in East End Road, just over the N3 border. Rescued from decrepitude only three years ago, they are now a three-studio centre for the arts in every shape and form. Painting, drawing, modelling, sculpture, French, the guitar, the Alexander Technique, Pilates, yoga, meditation, street dancing: they are all on offer, as well as children's classes and weekend clubs.

There were plenty of people of all ages and backgrounds milling around happily. Two of the staff had constructed a spinner, a revolving machine similar to one apparently used by Damien Hurst. Anyone wanting to try their hand, including me, was handed tubes of different coloured paint. We then squirted these over a blank piece of paper inside the spinner, while the machine rotated wildly. These amazingly different, unrepeatable works of art were dried and displayed. Great fun. We also realised that even this wasn't just random. There were definitely some techniques.

To find out more about what is on offer, have a look at [www.artstables.co.uk](http://www.artstables.co.uk), or contact [info@artstables.co.uk](mailto:info@artstables.co.uk) or 020 3302 5525. The Art Stables are at 80 East End Road, N3 2SY.

### Greene Driving School

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## Blooms and fancy dress

Hampstead Garden Suburb's Horticultural Society held its 281st flower show on Saturday 11 June at the Free Church Hall garden in Northway, NW11.

Entries for soft fruit and vegetables were down a bit, thanks to the cold spring, but the weather seems to have suited the Suburb flower-growers, whose many scented entries, especially the roses, greeted visitors, who included the new Mayor and Mayoress of Barnet Councillor David Longstaff and Ms Gillian Griffiths.

After opening the show, Councillor Longstaff went on to judge the fancy dress costumes and present prizes to the young princes and princesses who paraded round the garden in honour of HM The Queen's 90th birthday. He praised the high standard of the delicious cakes for tea.

The society's Autumn Flower Show will take place on 10 September, with Grimsdyke Brass Band making a welcome return visit to the Free Church Hall. It will be opened at 3pm by TV gardener and Royal Horticultural Society judge Jim Buttress.

## Earthy drama needs actors

East Finchley resident Jake Eiseman-Renyard plans to show the importance of urban nature through musical theatre. Puppet production **One Planet Future** features foxes, mini beasts, fish, humans and anthropomorphic, discarded household items.

Based on a school play by Debbie Campbell, Jake's show is set in a neglected allotment where rubbish has been dumped. Foxes Rag and Bone, mini beasts Wormy, Grub and Maggot (nature's original recyclers) and pond fish are joined by the GROTs (Got Rid Of Thats) such as Velocity the bike, Drip the fridge, Carrie the bag, Bulky the sofa and computer LT250, who searches the internet to discover what will become of their habitat.

Using Campbell's script and music and his own puppets,

Jake is looking for musicians, actors/singers/puppeteers to operate and voice the characters and a venue to host the show.

"Campbell is a genius at making ecology fun through her characters and songs," said Jake. "School plays are well and good, but her stories are crying out to go further."

The Battersea Arts Centre has agreed to see the production if it goes ahead, and then move it to the BAC if they're impressed with it. Contact [jakeeiseman-renyard@gmail.com](mailto:jakeeiseman-renyard@gmail.com) if you'd like to be involved.

## Library turns into a garage

Barnet's libraries have been awarded funding from the Tinder Foundation to help local small businesses improve their online presence and digital skills. Known as the Digital Garage, pop-up training events will help those who own, work in, or want to start a small business.

The next scheduled pop-up will be at East Finchley Library on Saturday 20 August from 2pm to 4pm. Pre-registration is requested but drop-ins will be welcome. Bring your own mobile or laptop or use one of the tablets available at the library.

After an initial diagnostic session participants will be able to select from a wide variety of topics and lessons in the Google database that include web analytics, online marketing, social media and building an online shop.

This project is available for free to anyone aged 19 or over, such as sole traders, home-based business owners, employees of charities or students interested in starting a business. Each participant is asked to complete one hour of learning and at least seven lessons. Once registered for the project, learning can continue anywhere with access to the internet. For more information visit [www.barnet.gov.uk/digitalgarage](http://www.barnet.gov.uk/digitalgarage).

## Can you deliver?

**THE ARCHER** needs volunteers to deliver papers to Ludlow Way, Ossulton Way, Maurice Walk, Blandford Close, Cornwood Close, Greenhalgh Walk and part of Lyttelton Road.

Please contact us by email at [the-archer@lineone.net](mailto:the-archer@lineone.net) or by phone on 0800 612 0748. Thank you.

## What's On...

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

### Saturday 6 August

- **Blackberry picking** begins at Long Lane Pasture, opposite fire station in Long Lane, N3. Official start of the pick which may last through to September. Bring own containers, make donation at entrance. Please take care with brambles and try not to trample hedges which are habitat for birds and mammals.

### Sunday 7 August

- **The Battle of Barnet: guided walk** with City of London guide Paul Baker. Explore the famous battlefield from 1471 (The Wars of the Roses). Meet 11am at junction of Great North Road and Hadley Green Road. More details: contact Paul on 07506 761294 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Saturday 13 August

- **Butterfly Morning** at Long Lane Pasture, opposite fire station in Long Lane, N3, 10am to midday. If weather's warm and dry visitors should see many species recorded at the pasture. Booklets available, and help with identification.

### Saturday 20 August

- **Together As 1 Festival**, a free family fun day organised by the Monday Club at Martin Primary School, Plane Tree Walk, N2, 12 midday to 6pm. All welcome to enjoy performances by local entertainers, stalls, bouncy castles and food from many countries.

### Sunday 21 August

- **Walk with the Ramblers Association** on seven-mile route around Camden Town, following parts of the Jubilee Greenway on the Regents Canal. Walk will be at moderate pace, mainly on towpaths with some road walking. There will be a coffee stop and opportunity for pub lunch at the end. Contact leader John Dempsey on 07710 463920.

### Saturday 28 August

- **Charles Dickens in North London: guided walk** with City of London guide Paul Baker. See how important Finchley, Barnet, Hendon, Highgate and Hampstead were in Dickens's life and work. Meet 2.30pm, High Barnet tube station. More

details: contact Paul on 07506 761294 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Sunday 4 September

- **Hampstead Garden Suburb: guided walk** with City of London guide Paul Baker, 11am. Discover a dame's dream and an earthy paradise. More details: contact Paul on 07506 761294 or visit [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Saturday 10 September

- **Spiders and Bugs Hunt at Long Lane Pasture**, opposite fire station in Long Lane, N3, 10am to midday. Pasture should be alive with grasshoppers, spiders and other creatures. Discover more about insects, observe the wasp spider, harmless to humans and find out how the bees are doing.

### Saturday 10 September

- **Hampstead Garden Suburb Horticultural Society's Autumn Flower Show** with the Grimsdyke Brass Band, opened by TV gardener Jim Buttress; Free Church Hall, Northway, NW11, from 3pm. More details at [www.hortsoc.co.uk](http://www.hortsoc.co.uk).