



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 Bootcamp** 9.30am & 10.30am every Sat; **Boxing and Kettlebells**, 6.45pm Weds, Victoria Park, N3. Contact Sarah 07956 589902.
- **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. 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 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 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.



Resident Chris Yanniss tries the new computer with Stan Spinks, deputy chairman of the East Finchley Community Trust, and complex manager Bernadette Watson.

Screen saver

By Stan Spinks

East Finchley Community Trust has donated a new computer to Paul Byrne House, a retirement housing complex on the Thomas More Estate, off East End Road.

Complex manager Bernadette Watson brought it to the attention of the Trust that the computer used by the residents had finally given up the ghost.

Many of the residents were then left with no computer facility which in this day and age can be quite serious; particularly with online shopping, pensions information and even registering to vote.

The board of the trust decided that this was a worthwhile cause and donated suf-

ficient funds to purchase a new desktop computer.

The presentation was made on Friday 22 July at a small party attended by many of the residents and directors from Viridian Housing, the association which owns the complex.

The trust raises funds from the summer community festival and donations from generous local traders with tremendous support from *THE ARCHER*, Greater London Hire and Budgens East Finchley.

Fun at free festival

The Grange Big Local project will be celebrating its fourth community festival on Sunday 25 September from 12-4pm at Bishop Douglass School in Hamilton Road. Everyone is welcome and there will be plenty of free activities, live music and stalls.

For youngsters aged six to 16 there is a five-a-side football tournament (text Ashley from Superbos on 07932 636302 to sign up) and for adults there is a tug of war competition organised by East Finchley Combat Academy (teams of five should text Ibbby on 07985 137948 to sign up).

Chandos Lawn Tennis Club will be offering tennis, and there will be a chance to climb on a fire engine or in a police

van, as well as arts and crafts from charities like Community Focus and a free bouncy castle.

Jon Woolfson from Grange Big Local said: "We want this to be an opportunity for local people to come together, meet and have fun. It also gives us a chance to explain to people what Grange Big Local is doing in the area."

For more information, visit the Grange Big Local website www.grangebiglocal.org or email info@grangebiglocal.org.

Greene Driving School

East Finchley N2

From **£20.00** per hour
for 2 hr lesson

Safe driving for life

Small manual Low Co2 Car
Eco & Low Maintenance Tuition
Pass Plus 4 cheaper Insurance.

Call John M.L.M.I

0773 851 4406 greenedriving.co.uk

Midhurst Butchers

Certified organic meat
at reasonable prices
Free-range poultry
Home-made sausages
(including Boerwors)

2 Midhurst Parade,
Fortis Green, London N10
Tel. 020 8883 5303

You are what you eat

By Sheila Armstrong

Marcelle Rose is a nutritional therapist giving advice on diet, weight loss and general health for a variety of conditions in both adults and children and she's opening a new clinic at Utopia Marcelle in Leicester Mews, N2.

To mark the opening she is offering a limited number of complimentary 20-minute face-to-face consultations on Thursdays this month with some simple energy-boosting diet and lifestyle tips that can be put into practice straightaway.

Meeting individual needs

Marcelle recommends individual nutrition plans and diet and lifestyle changes to help gut, thyroid, poor sleep and other problems, which might include supplements and life style changes like meditation, exercise and yoga.

To book your place phone Marcelle on 07961 166582 or



New clinic: Marcelle Rose

contact her through her website www.marcellerosenutrition.co.uk.



Off the wall: Pianist Martin James Bartlett. Photo Kaupo Kikkas

Piano virtuoso

BBC Young Musician of the Year 2014 Martin James Bartlett, 19, will be bringing his virtuosic piano playing to the Highgate Society's 50th Anniversary Concert.

The concert takes place in the United Reformed Church, South Grove, Highgate, at 7.30pm on Saturday 15 October.

Tickets can be bought at The Gatehouse (020 8340 3488), Brooksby's in Highgate High Street (cash only) or by post from the Highgate Society, 10a South Grove N6 6BS (cash or cheque with a SAE). Tickets include an interval glass of wine.

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 or by phone on 0800 612 0748. Thank you.

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

What's On...

Saturday 10 September

- Iain Loasby leads another of his popular **tree walks in Coldfall Wood**, off Creighton Avenue, at 10am. Visit www.coldfallwoods.co.uk/whats-on for details and to book places.

- Join a **spiders and bugs hunt** from 10am to midday at Long Lane Pasture, opposite the fire station in Long Lane. The Pasture should be alive with grasshoppers, spiders and other creatures. Discover more about insects especially the wasp spider (harmless to humans) and find out how the bees are doing. Free admission.

- Chelsea Flower Show judge and TV gardening personality Jim Buttress will judge exhibits and open **Hampstead Garden Suburb Horticultural Society's 282nd flower show** at 3pm. Venue: Free Church Hall, Northway, NW11 6PB. Grimsdyke Brass return to play in the garden, and home-made teas, a prize raffle and spring bulbs will be on offer.

Sunday 11 September

- **Marvellous Mill Hill**: guided walk with City of London guide Paul Baker. Fascinating and surprising roam along the Ridgeway and through Mill Hill Village. Meet outside Mill Hill East tube station, 11am. Details: contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

- Free concert at **East Finchley Methodist Church**, High Road, opposite Creighton Avenue, 7.30pm; Sanae Honda (violin), Ruth Cohen (viola), Saoko Blendis (piano) and Yuki Osedo (piano) play a programme including Mozart, Schubert, Ravel and Brahms. Free admission, collection in aid of Spread a Smile. Venue accessible to people with disabilities.

Friday 23 September

- Cindy Blaney leads a **family bat walk** in Coldfall Wood, off Creighton Avenue, starting at 6.30pm. Visit www.coldfallwoods.co.uk/whats-on for details

and to book places.

Sunday 25 September

- **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 at junction of Great North Road and Hadley Green Road, 11am. Details: contact Paul on 07506 761294 or visit www.barnetwalks.talktalk.net.

- **Grange Big Local Community Festival** at Bishop Douglass School, Hamilton Road, N2, from 12 noon to 4pm. Stalls, activities, five-a-side football and fun for all the family, and you can find out the Big Local project's hopes for the area. Free admission.

Sunday 2 October

- Bring your camera for a **photography walk** in Coldfall Wood, seeking out the autumn colours, at 2pm. Visit www.coldfallwoods.co.uk/whats-on for details and to book places.