



## Regular Events

### Sport & Fitness

- **Finchley & Hornsey Ramblers Group**  
Call Vivien 8883 8190
- **Glebelands Indoor Bowls Club**, Summers Lane N12. New and experienced bowlers welcome.
- **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](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 beginners' course** at Yogalogy, High Road, N2. Contact 020 70187377 or [info@yogalogy.co.uk](mailto:info@yogalogy.co.uk)
- **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.



Sound of the Suburb play to a packed house at Maddens. Photo Mike Coles

## Sounding fine in the suburb

Review by John Lawrence

**It was standing room only when Sound of the Suburb played the launch gig for their new album at Maddens pub in the High Road early in December.**

Fans and friends crowded the venue to hear the East Finchley-based group belt out tracks from *Still Waiting* as well as some old favourites and classic covers.

Their second release in four

years is a powerful mix of self-penned rockabilly, rock 'n' roll and what you might call urban country. It's upbeat, Pogues-ish in places with a touch of Johnny Marr here and there, but always

very distinctive. They are very much their own Sound.

All this came across in a highly energetic performance at the Maddens gig. Drummer Mike Solomon is still a driving force, months after his diagnosis with lung cancer. A share of the profits from sales of CDs and T-shirts at the evening went to the Royal Marsden Hospital where he is receiving treatment.

You can grab yourself a copy of *Still Waiting* from Alan's Records in the High Road, N2, or find it online, and if you get the chance to see Sound of the Suburb play live they are highly recommended.



## Midwinter and the changing seasons

**This stunning photo is one of 12 featuring in Long Lane Pasture's calendar for 2017. Taken by Donald Lyven, it shows the nature reserve's Ash Grove enclosure covered in a hard frost.**

Copies of the calendar are still available for the modest sum of £5, which helps to cover the running costs of the land. Pop along to the pasture opposite the fire station on Long Lane any Saturday morning between 10am to 12noon to pick up a copy or email [longlanepasture@gmail.com](mailto:longlanepasture@gmail.com) to make arrangements to buy one.

## What's On...

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

### Sunday 15 January

Battle of Barnet: guided walk with City of London guide Paul Baker. Meet at the junction of Great North Road and Hadley Green Road at 11am. More details from Paul on 07506 761294 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

### Until Sunday 15 January

Noel Noel: a collection of winter art, Highgate Contemporary Art, Highgate High Street, London N6.

### Until Sunday 29 January

Ovation presents the 1962 off-Broadway version of *Anything Goes*, with music and lyrics by Cole Porter. This is an

all-singing, all-dancing musical theatre classic set aboard an ocean liner on an east-bound trans-Atlantic voyage in 1934. Songs include *It's De-Lovely*; *I Get A Kick Out Of You*; *You're The Top*; *Blow, Gabriel, Blow* and the title song *Anything Goes*. More details from [www.upstairsatthegatehouse.com](http://www.upstairsatthegatehouse.com).

### Sunday 5 February

Hampstead Garden Suburb: guided walk with City of London guide Paul Baker. Meet outside Golders Green tube station at 11am. More details from Paul on 07506 761294 or [www.barnetwalks.talktalk.net](http://www.barnetwalks.talktalk.net).

## Play your part at the Youth Theatre

By Roger Chapman

**The Friends of Finchley Youth Theatre are looking for people to support the venue in the High Road, N2, which provides inclusive and accessible arts and drama for young people in the area.**

The Board of Trustees is particularly interested in individuals with experience in architecture, building surveying, fundraising, accountancy, business management, marketing and social media.

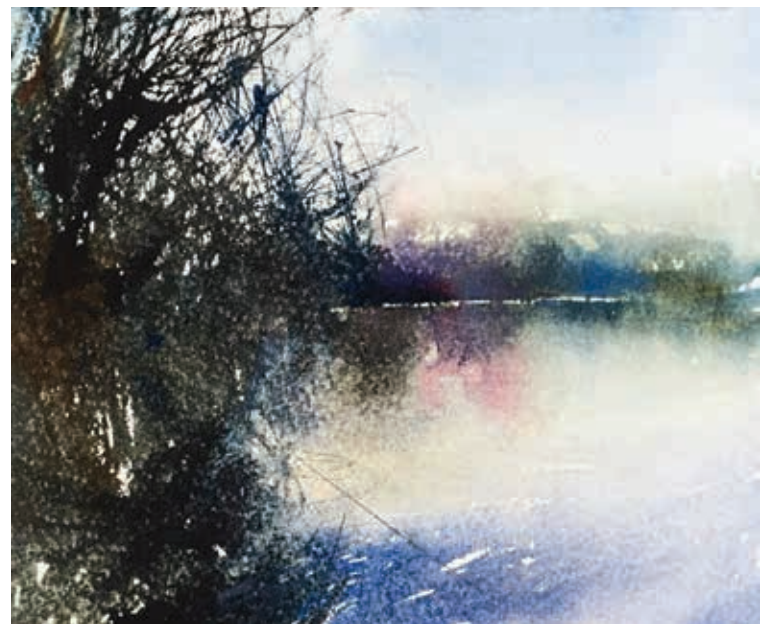
Members of the Board are expected to understand and contribute to the strategic planning process, financial oversight, financial well-being and accomplishment of The Friends' vision for the theatre.

They would be expected to attend board meetings every six weeks and offer guidance and expertise, act as advocates in the local community, be responsible for the allocation of financial resources for the Friends and attract new volunteers and donors.

If you are interested please send a short CV to the Friends of Finchley Youth Theatre, c/o 142 High Road East Finchley, N2, by 10 February. If you wish to discuss the work of the charity please ring Roger Chapman on 07855 304 488.

## Music and movement

**A Movement to Music class runs at the Green Man Centre, Strawberry Vale, N2, every Wednesday from 11.30am to 12.30pm and is open to everyone over 55. Cost per session is £3.50. For more information, call Nila at Age UK Barnet on 020 8629 0269 or email [nila.patel@ageukbarnet.org.uk](mailto:nila.patel@ageukbarnet.org.uk).**



Winter scene: One of the works on show at Highgate Contemporary Art.

## Art comes in from the cold

**The Highgate Contemporary Art gallery is exhibiting a collection of winter-inspired paintings, ceramics and sculptures, including this pond scene, at 26 Highgate High Street until Sunday 15 January.**