Regular Events

Sport & Fitness

- Finchley & Hornsey Ramblers Group Call Vivien 8883 8190
- Glebelands Indoor Bowls Club, Summers Lane N12. New and experienced bowlers welcome
- 1-2-1 boxing and Pilates training with Martin Carroll at home or private studio call 07809 593952
- Pilates Classes Tue 9.30, Fri 9.15 & Sun 11am. www.pilatesineastfinchley. co.uk. Michelle 07767 804 564
- Tai Chi & Qigong in N2, Weds 12pm, 1pm, 6pm & 7pm. James 8883 3308/07836 710281 or james@taiji.co.uk
- Tennis club with four clay courts off Southern Road. Call 8883 7723.
- Tennis group lessons for adult beginners and intermediates, weekends, Park Road, N8. Contact Maz on tennisgift@ gmail.com.
- This Mum Runs: Free social runs in East Finchley and Muswell Hill, Sunday 8am and Wednesday 7.30pm. Contact trishy. dixon@gmail.com
- 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
- **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

- The Archer Community Choir, Tuesdays 7-9pm, The Archer Academy, Eagans Close, N2. Email: archercommunitychoir1@gmail.com.
- 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.
- 'Calm & Sing' workshops. Contact Angie on missangiea@yahoo.co.uk
- Creative writing classes in informal, friendly atmosphere. Tel Sallie Rose 020 8444 7217
- Creative Writing at Friern Barnet Community Library. Every Saturday, 12pm, 07488 230580
- 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
- East Finchley Poetry Writing Workshops. Monthly on Saturdays. Contact Dennis Evans 8346 9528.
- Jazz Club at the Bohemia, North Finchley. Call 020 7998 6217 or 07957 347411 for more information
- 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.
- Rock 'n Roll dance lessons, 8pm every Weds at the Constitutional Club, The Walks. Drop-in. Call Kav 07721 489489.
- 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 friendsofcherrytreewood.home.blog 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, Thursday & Saturday afternoons, Age UK, Oak Lane, N2 8LT. Contact Ray Tiano 07944 562180.

Get your walking shoes on for the Suburb's Proms

Tickets for Hampstead Garden Suburb's summer music and literary festival Proms at St Jude's are now on sale in support of welfare and advice charity Toynbee Hall and the North London Hospice.



Heritage walk: A tour guide leads a group through the Suburb. Photo

Running from 22 to 30 June, the music Festival will comprise five free lunchtime concerts, events specially for children and nine evening concerts, including Nevill Holt Opera performing Cosi Fan Tutte, world-renowned vocal group The King's Singers, and Fascinating Aida member Liza Pulman singing Barbra Streisand.



Author and commentator: Alan Rusbridger. Photo Greg James

The LitFest on Saturday 22 and Sunday 23 June will comprise eight conversations with top authors, including political commentator Steve Richards, local constitutional expert Vernon Bogdanor, psychoanalyst and former cricketer Mike Brearley, and former editor-inchief of The Guardian, Alan Rusbridger.

Nine guided walks will take place, mainly in the Hampstead Garden Suburb and Golders Green area. There will also be a self-guided walk

and treasure hunt on Saturday 22 and Sunday 23 June. The walks will cover a range of interesting topics including the local architecture, past residents, history and landscape.

On Saturday 29 June, there will be late-night stand-up comedy with Athena Kugblenu, Zahra Barri and Jim Daly. See the full festival line up and buy at www.promsatstjudes.org.uk.



Put 'em up: Comedian Josh Howie will speak at Eden Primary.

Pick a fruit from the tree of knowledge

One of our primary schools runs an annual event where friends and neighbours can teach and learn from each other, sharing ideas, knowledge and skills in talks and practical workshops.

Speakers at the Eden Primary Tree of Knowledge are a mixture of parents and local residents, and they cover a wide variety of subjects from current affairs, culture and politics.

Over four Wednesday evenings this June the programme includes a talk on Nazi war criminals in the UK, an orchestra conducting workshop, how to put comedy into public speaking with Josh Howie, an illustrated history of the London Underground with David Leboff, Brexit with Lord Andrew Adonis and a screening of the documentary We Are British Jews followed by a Q&A with its maker Lucie Kon.

Other events include Lawrence Bloom, the secretary general of the Be Earth Foundation, talking about the environment and global sustainability, award-winning metal artist Adi

Toch talking about her work, and East Finchley author Adam Blain on his book about living with a brain tumour, Grin and Pear It.

There will be two childrenfocused sessions about anxieties at primary school and supporting kids in the modern world, plus mindfulness for busy people, a decluttering workshop and cake decorating.

Tree of Knowledge events take place on Wednesdays 5, 12, 19 and 26 June from 8pm to 10pm at Eden Primary in Creighton Avenue, N10. Tickets at £7.50 a session, including refreshments, are available in advance only by searching 'Tree of Knowledge' at www. edenprimary.org.uk. All events are for adults only. Money raised will provide equipment for the school.



Metal vessels: The work of Adi Toch

What's On...

 Finchley Chamber Choir presents An American Evening at Trinity Church, Nether Street, North Finchley, N12 7NN, 7.30pm; including Copland, Thompson, Ives, Tippett and Whitacre. Tickets: £15, £13 concessions, £6 under-18s, available on door, or in advance at www.fcchoir.co.uk. Sunday 12 May

• The Stone of Free Speech, a green spaces walk from Finchley to Parliament Hill; meet outside East Finchlev tube station at 11.45am for 12 noon start; total distance 4.3 miles with lunch stop; £4 per person; further details from Mike Gee on 020 8346 5503 or email mikegee1968@gmail.com Sunday 12 May

Free music concert at East Finchlev Methodist Church, High Road, N2, opposite

Creighton Avenue, 7.30pm; *Music for* Bush, vocals, Gunther Kurmayr, piano, a While, Ayumi Toyama (piano), Junko Ishigaki (violin), Ryusuke Koarashi (guitar) and Viola da Cunha (mezzo soprano) perform works by Beethoven, Purcell, Satie and Stravinsky. Free entry with a collection in aid of Noah's Ark Children's Hospice. This venue is fully accessible. Saturday 18 May

• Finchley Symphony Orchestra under guest conductor Tom Hammond present a concert of classical greats at Trinity Church, Nether Street, N127NN, 7.30pm, including Brahms' popular 'St Anthony' variations and Beethoven's Symphony No.8. Save £2 a ticket by advance booking at www. finchleysymphony.org/concerts.

Sunday 19 May

• Jazz at the Bohemia, 7.30pm; Lauren

Matt Miles, bass, plus guest vocalists Peter Matthews, Ailsa Chamley and Lisa Feldman. The Bohemia, 762-764 High Road, N12 9QH.

Monday 20 May

• 1960s Film Club presents The Servant, the highly acclaimed dramatic film written by Harold Pinter, directed by Joseph Losey and starring Dirk Bogarde, James Fox, Sarah Miles and Wendy Craig; 7.15pm at Friern Barnet Community Library, Friern Barnet Road, N11 3DS. Admission on night by £3 donation. Saturday 25 May

Muswell Hill Indoor car boot sale, 10am-1pm, Hornsey Parish Church Hall, Cranley Gardens, N10 3AH; admission 50p, refreshments available. More information from 020 8368 8180 or 07708152354.

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

Sunday 26 May

·Ramblers Association walk along the course of the River Moselle ending at Lordship Rec, total 4 miles. Meet at Queen's Wood Café, N10 3JP, for 11am start. Bring a packed lunch. More details from leaders Chris Barker and Joyce Rosser (020 8347 7684 or 07951 905 493).

Until Friday 31 May

• Finchley Art Society 70th anniversary exhibition; selection of paintings by the society's artists on first-floor gallery wall of artsdepot, North Finchley. Free entry.

Sunday 2 June

• Private garden open in aid of National Gardens Scheme; 66 Abbots Gardens, N2, 2pm-5.30pm, admission £4, children free. Home-made teas available. Featuring owner Ruth Kersley's glass and mosaics.